



DAMAN
WORLD TRIATHLON
ABU DHABI

TRIATHLON
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JUNIOR RACE GUIDE

8 - 9 MARCH 2019 | YAS ISLAND
 ABUDHABI.TRIATHLON.ORG



ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | LEEDS/NOTTINGHAM | MONTREAL | HAMBURG | EDMONTON | LAUSANNE

WELCOME

There are over 2,500 amazing triathletes from all over the world taking part in this year's Daman World Triathlon Abu Dhabi – including age-groupers, elites, juniors and Special Olympics World Games 2019 athletes.

For those of you who have raced before, we can't wait to see you back on the famous blue carpet! For those toeing the start line for the first time – welcome!

This guide is your go-to place for everything you need to know about the Junior races. It includes essential information including how to register and pick up your race pack, schedules, routes, and of course, those all-important race results!

We want to ensure that every athlete has an incredible time at this year's Daman World Triathlon Abu Dhabi - so whether you are competing in your first ever triathlon or are a seasoned pro, please take the time to read this guide prior to your race. We would also recommend regularly checking our website for the most up-to-date information.

As well as preparing for your race, we would encourage you to check out all the fun happening OFF the race course on 8 – 9 March! The Daman World Triathlon Abu Dhabi is much more than a swim, bike, run - there's fun for the whole family in the Event Village which is bigger and better than ever before. Bring your Mum, Dad, brothers, sisters and friends to cheer you as you cross the finish line, and enjoy the weekend's festivities.

Throughout race week, and after your race, we'd love to hear about your experience. Don't forget to share your experience on social media tagging us @WTSAbuDhabi, and using #WTSAbuDhabi.

Good luck and race well!

For more information, go to abudhabi.triathlon.org

IMPORTANT: Juniors taking part in the Junior Sprint Individual or Relay race should refer to the AGE GROUP GUIDE (not this Junior Guide).



#JOINOURTRIBE



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WELCOME

In 2014, we had a vision - to bring the very best of triathlon to Abu Dhabi.

To witness this event – the fifth year that the ITU's World Triathlon Series season-opener is hosted here in the Capital - brings me great pride, as I see our vision become a reality.

Over the course of the weekend, you will witness 110 of the world's best triathletes go head-to-head as they chase precious Olympic points, in both the individual races and the exciting new Mixed Relay race. We are also incredibly excited to be hosting the first sports competition of the Special Olympics World Games Abu Dhabi 2019. 35 athletes of determination will toe the line on Friday – don't miss it! In addition, 2,000 amateur triathletes and 600 junior triathletes will go head-to-head in their own personal 'Olympic Games'.

We have seen a 56% increase in participation since our first event in 2015, marking the Daman World Triathlon Abu Dhabi as the biggest triathlon in the region. But perhaps more importantly, through our partnership with the Special Olympics World Games and the addition of dedicated race waves for para triathletes, we are also now the most inclusive triathlon in the region.

And what's more, the reach isn't just on a local scale. This event, a jewel in Abu Dhabi's sporting crown, has global influence with people travelling from over 50 countries to take part and TV viewers in excess of 2.5 million. It is proof of how truly international, inclusive and gender equal the sport of triathlon is – a sport perfectly aligned with our own values.



This year, we are delighted to welcome Daman to the family in a title partner role. They continue to help significantly grow the reputation of the event, as well as getting the local community active. Thank you also to the UAE Triathlon Federation for their commitment to growing the wonderful sport of triathlon here in the UAE, and to our sponsors, partners and volunteers without whose support, the event would not be possible.

Of course, as we enjoy the festivities this weekend, we have even more to look forward to as Abu Dhabi has been selected to host the ITU's Grand Final in 2022! I would like to thank the ITU for their support and guidance in our journey together. We look forward to continuing that journey over the coming years.

To all the athletes toeing the line this weekend – good luck, race well, and enjoy the experience! I encourage you to bring your friends and family along to the Yas Marina Circuit to witness your achievement, and to enjoy the festivities in the Event Village!

HE Aref Al Awani
General Secretary,
Abu Dhabi Sports Council



WELCOME

Greetings and welcome to the 2019 Daman World Triathlon Abu Dhabi.

It is a great pleasure to return to Abu Dhabi for a fifth successive year with the World Triathlon Series, and to once again begin a new season in this wonderful city. Not only will we raise the curtain here on 2019's WTS Elite racing, but, for the first time ever in Abu Dhabi, the expanded World Triathlon Mixed Relay Series will also take place this weekend.

The unique excitement that the team format brings our sport has captured the imaginations of the triathlon world and it will be fascinating to see what this season's five races hold ahead of its Olympic Games debut next year in Tokyo.

The ITU has cherished the opportunity to hold such important events in the Middle East over the past five years, helping to develop our sport in the UAE in both profile and participation. This race can set the tone for the rest of the calendar year, and is a crucial test for the athletes after the months of hard work and close-season training they have all been through.

Abu Dhabi will also provide another exciting weekend of activities for triathletes of all ages and abilities to get involved in our sport. Super-Sprint, sprint, standard and fun-run events will take place and bring together more than 2,500 Age-Group racers, providing a range of enthusiasts with the perfect challenge to suit their level.

We are also delighted that the triathlon race of the Special Olympics World Games 2019 will be integrated into the Daman World Triathlon Abu Dhabi – marking the first competitive event of the World Games. What



a fantastic experience for our athletes to meet the determined and watch them race.

The vibrant city of Abu Dhabi and its iconic Yas Island venue provide the perfect backdrop for these events during an excellent weekend of family-friendly sports action for its citizens. After all, triathlon is a sport for everybody, regardless of age or gender.

I would like to thank our partners at Abu Dhabi Sports Council for their continued support and dedication to growing the sport of triathlon. Thank you also to the UAE Triathlon Federation, title sponsor Daman, the Local Organising Committee, and the city of Abu Dhabi for their help in putting this weekend together.

I hope you will enjoy another memorable World Triathlon Abu Dhabi spectacle and have a wonderful weekend to start the new season.

Sincerely,

MARISOL CASADO

President, International Triathlon Union IOC Member



BEFORE THE COMPETITION

RACE PACK

Your race pack will contain the following items:

- Triathlon race bag
- Wristband
- Swim cap (For triathlon race packs only)
- Race number(s) (two race numbers for teams)
- Sticker sheet

Collect your Timing Chip at Registration after you have picked up your Race Pack, it will be checked against your bib numbers in the Registration Tent.

You will also receive a Finishers' Medal and online Finisher's Photo Certificate, along with post-race refreshments.

WRISTBAND

Please wear your wristband from the time you register until your race has finished. For those cycling, your wristband is required to collect your bike after the race, and will be checked against the numbers on your helmet and your bike



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RACE NUMBER AND ELASTIC BAND

If you do not own a race belt, attach your race number to the elastic band provided. If you are participating in the duathlon or the triathlon, you must wear your race number on your back during the cycle, and on your front during the run.



TIMING CHIP

Please securely fasten your chip around your left ankle prior to starting your race, and do not remove it throughout the competition, unless racing in a team event.

If you fail to wear the timing chip correctly, we cannot guarantee you accurate results.

Those taking part in the 1km Family Fun Run will not receive a timing chip for this particular event. 1km participants will receive a race number

IMPORTANT: Timing chips must be handed in at the end of the race before leaving the finish area. Please don't forget, as you will be charged for your chip if you fail to return it (chips cost AED 200). Please only use the timing chip we supply as no other timing devices will work.

STICKER SHEET

Peel off stickers and place on items as shown below

BIKE STICKER

Please stick this sticker onto the saddle post so that the number is clearly visible from the left and right hand-side.



HELMET STICKER

Please stick the number to the front and side of your helmet as per the sticker instructions



IMPORTANT: Your bike and helmet stickers must be attached prior to checking your bike into Transition. After the race, please do not remove your bike or helmet numbers until you have checked your bike out of transition because officials will check them against your wristband number before you are allowed to check your bike out.

RACE BAG STICKER

Attach the sticker to the strap of the race bag, if using the Bag Drop facility.



SUPPORTERS STICKER

Stick your supporters' sticker onto your biggest fan on race day, and make sure they're cheering you on during your race!



THE COMPETITION

RACE BRIEFING

The Junior Race Briefing takes place on Thursday 7 March from 4 - 5pm in the grand-stands, Event Village, Yas Marina Circuit, There will also be a short race briefing 10 minutes before the start of each race.

VENUE

The Race Village is located at Yas Marina Circuit via gate 28 on Yas Island.

DATE

Junior Races take place on Friday 8 March. The Junior Sprint and Junior Sprint Team races take place on Saturday 9 March as part of the Age Group races.

CATEGORY	AGE	LEG 1	LEG 2	LEG 3
Family 1km Fun Run	Open to all – Mums, Dads & Kids	1km run / walk	-	-
Kids Duathlon	7 – 9 yrs 10 - 11 yrs	500m run	4km bike	500m run
Junior Duathlon	12 – 13 yrs 14 – 15 yrs	1km run	7km bike	500m run
Junior Super Sprint	12 – 13 yrs 14 – 15 yrs	400m swim	10km bike	2.5km run
Junior Super Sprint team	14 – 19 yrs	400m swim	10km bike	2.5km run

A Podium Medal for 1st, 2nd and 3rd place finishers in each category (except the Family 1km Fun Run) will be awarded at the official prize presentation taking place at the completion of the Junior Races on Friday 8 March.

Families! Don't forget to Run with Rio from Team Angel Wolf at the FREE Family 1km Fun Run at 3.30pm on Friday. Its completely un-timed and open to all, including Mums and Dads pushing strollers.



EVENT RULES

1. Any person who participates in any portion of the event without properly registering will be disqualified.
2. Race numbers will be provided in your Race Pack. Athletes must wear a race number on their back during the cycle and on their front for the run. Attaching the race number to a race belt or elastic band allows for the switch from back to front.
3. Races will start as per the schedule.
4. All athletes completing the race will receive a finishers' medal.
5. Medical staff will be on stand-by and in the event of any medical issues. If you require any assistance please inform the nearest marshal (on the cycle/run) or lifeguard (on the swim).
6. Final and split times will be taken when crossing the timing points.
7. Participants must cover the prescribed course in its entirety to obtain a race result.
8. It is the participant's responsibility to know the course, regardless of the actions of race staff or volunteers.
9. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official or other another participant.



- Any such violation shall result in a variable time penalty or disqualification at the discretion of the Technical Officials.
10. No participant shall accept from any person (other than a race official) physical assistance in any form.
 11. No participant shall leave any equipment or personal gear on the race course.
 12. All parents, guardians and coaches should ensure that the child participating in the Kids Duathlon/ Junior Duathlon/Triathlon has adequately prepared for that specific event and age category.
 13. Parents, guardians and coaches must refrain from entering the field of play, including the transition zone. A breach may result in your child being disqualified.
 - 14. IT IS ABSOLUTELY MANDATORY TO HAVE AN AWESOME TIME!**

THE COURSE





SWIM RULES

1. The swim is anti-clock-wise, out-and-back direction starting and finishing on the designated pontoon landing.
2. The event swim cap must be worn throughout the swim.
3. Any swimmer wearing any artificial propulsion device, including fins, gloves, paddles, or floating devices of any kind shall be disqualified.
4. Swimmers may use any stroke to propel themselves through the water, and may tread water or float.
5. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
6. A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down and call or seek assistance.
7. Swimmers, who have received assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
8. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

BIKE TRANSITION (T1/T2)

1. Before the race, all triathletes are to rack bikes in the designated Transition area.
2. Athletes are to lay their equipment needed for the cycle and run in an area beside their bike.



3. During the race only the official entries and exits are to be used.
4. Triathletes must have their helmet on and securely fastened prior to taking their bike out of transition; no triathlete will be allowed to leave transition without a securely fastened cycling helmet and covered shoes.
5. A bike bottle may be carried on your bike in an appropriately fitted bike cage.
6. No parents/coaches/spectators are allowed in Transition whilst the race is in progress.
7. On completing the cycle course triathletes are to rack their bikes, remove helmets and ensure they have running shoes on and ensure your torso is covered before exiting the bike transition and commencing the run segment of the course.
8. Once you have completed the race you will be allowed back in to Transition to collect all your personal belongings during the designated Bike check-out times.
9. Team's riders and runners are to wait in Transition for handing over the timing chip.



BIKE RULES

1. The bike course is to be ridden in an anti-clockwise direction. Ensure you check and understand the course before race day.
2. Cycle on the right at all times, and over-take on the left.
3. Exit the bike course after 1, 2, 3 laps (depending on your race category) and re-enter the bike Transition Area. You are responsible for counting your own laps, if you do not complete the correct number of laps you will be disqualified.
4. Your torso should be covered during the cycle leg.

RUN RULES

1. The run is in an anti-clockwise direction. Keep to the right of the running path at all times.
2. Your torso should be covered during the run leg.
3. Shoes are compulsory.
4. No form of locomotion other than running, walking or crawling is allowed.
5. One Water Station will be provided on the course, and one at the Finish Line.





KIDS AND JUNIOR DUATHLON: BIKE RACKING

1. Stick your bike number onto your bike saddle post before check-in.
2. For identification purposes during check-in, have your race number and wristband ready to gain entry to transition.
3. Attach the helmet stickers to the front and sides of your helmet and wear your bike helmet fastened on your head when you come to check in.
4. Bikes must be racked personally onto the racking area allocated to your wave. Each racking area will be marked according to your start

wave. Racking positions will not be numbered individually.

5. Please take time to familiarize yourself with your surroundings and your position in relation to the rest of Transition. This will speed up your transition process when you are in the race.

KIDS AND JUNIOR DUATHLON: RUN RULES

1. The run is in anti clockwise direction. Please keep to the right of the running path at all times.
2. Your torso should be covered at all times during the cycle and the run.
3. Shoes are compulsory.
4. No form of locomotion other than running, walking or crawling is allowed.
5. One Water Station will be provided on the course and one at the Finish Line.
6. No parents/coaches/spectators are allowed in Transition whilst the race is in progress.

FAMILY 1KM FUN RUN

The Family 1km Fun Run will start in the Race Village behind the Grand Stand and Finish on the blue carpet under the event arch. You will run/walk in a clockwise direction, out and back from the main event start.

LIVE RESULTS

Your provisional race results will be published live on the RESULTS page of our website abudhabi.triathlon.org.

THE WEEKEND SCHEDULE

As well as the Junior Races, there's lots going on at the Daman World Triathlon Abu Dhabi for you, your friends, school buddies and families. Check out our 'hot picks' schedule below – don't miss the 'must-see' events highlighted in yellow!

THURSDAY 7 MARCH 2019	
12.00 - 18.00	Registration and race pack collection
16.00 - 17.00	Junior race briefing
FRIDAY 8 MARCH 2019	
05.30	Event village and expo opens
07.00	Age Group Super Sprint race
08.00 – 10.00	Junior races, followed by the prize-giving at 10.30
10.00 – 12.20	Special Olympics World Games Abu Dhabi 2019 triathlon race
14.06 – 15.06	Elite Men's Sprint Race
15.30 – 16.00	Family 1km Fun Run
16.06 – 17.36	Elite Women's Sprint Race
17.45	Elite Men's and Women's prize ceremony
18.30	Event village and expo closes
SATURDAY 9 MARCH 2019	
05.00	Event village and expo opens
07.00	Age Group Olympic race
12.06 – 14.06	Elite Mixed Relay Race
14.00	Age Group Sprint race
18.30	Event village and expo closes



