



World Triathlon
Championship Series
ABU DHABI
2021



Triathlonlive.tv



Age Group Guide

5 - 6 November 2021 | Yas Island
www.abudhabi.com.triathlon.org



Welcome

I am delighted to welcome you back to the World Triathlon Championship Series Abu Dhabi presented by Daman.

Over the course of the weekend, we will welcome over 2000 athletes racing across 12 different race categories – from seasoned triathletes looking to clock their personal best, to first-timers experiencing the sport of triathlon for the first time. Whatever your personal goal – I wish you the very best of luck.

As well as taking part in your own races, I also hope you take your seats in the grandstands to watch and cheer on the elite races which take place on Friday 5 November.

Alongside the elite men's and women's sprint races, we are excited to add the World Triathlon Para Championship to this year's event schedule for the first time. As a country dedicated to inclusion, we simply could not pass on the opportunity to host some of the most inspirational elite para triathletes from around the world here in the Capital.

The elite athlete and para-athlete fields are truly world-class, welcoming many stars of the Olympic and Paralympic Games. To mention just a few of the inspirational athletes who will race here in Abu Dhabi this weekend - Bermuda's first ever Olympic gold medalist Flora Duffy; Olympic gold, silver and bronze medalist Jonny Brownlee from Great Britain; 4-time Paralympic gold medalist Jetze Plat; and Paralympic gold medalist and doctor Susana Rodriguez. I'm sure I speak on behalf of the whole community when I say it is a true honour to host athletes of this calibre here in the capital – watching them go head-to-head is an inspiration to all.

And of course, many of these athletes will be back in Abu Dhabi in just under a year's time, as we prepare to host the World Triathlon Championship Finals 2022. The journey to hosting the Finals began 7 years ago, in 2014, when we had the opportunity to host the first and only World Triathlon Championship Series event in the Middle East. As preparations continue, and our



community of triathlon enthusiasts across the region grows, it brings me great pride to see our vision become a reality.

Finally, I would like to extend my thanks to our family of sponsors and stakeholders who are fundamental to the success of this event – most notably our presenting partner Daman, the UAE Triathlon Federation, as well as Miral and Yas Island who have once again provided a world-class venue for this event. A final thanks goes to our team of fantastic volunteers without whose support, the event would not be possible.

Race well, be safe and enjoy the experience!

HE Aref Al Awani
General Secretary,
Abu Dhabi Sports Council





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2022**

Welcome

Greetings and a warm welcome to the 2021 World Triathlon Championship Series and World Triathlon Para Championships Abu Dhabi.

It is a great pleasure to be back in Abu Dhabi for a sixth year with the World Triathlon Championship Series and to finish what has been such a momentous season in this spectacular venue. Olympic and World Champions past and present will take to the start line knowing that, in 12 months' time, it is on this very course that the next world champions of our sport will be crowned.

It was just ahead of our 2020 event here that the world was blown off course for the 18 months that has followed, which makes it all the more special to be able to close out this season like no other here on Yas Island, just as we will next year when Abu Dhabi hosts the Championship Finals.

We have seen brilliant racing and superb organisation here over the years and it is thanks to the hard work and commitment of the LOC and Abu Dhabi Sports Council that we are also able to stage the 2021 World Triathlon Para Championships, following their cancellation earlier this year with Italy unable to host the event.

Outstanding host cities like this allow World Triathlon to continue to be able to grow the sport, and we are grateful for the opportunity to hold events of this calibre in the Middle East, helping to ensure the races that the athletes deserve and develop triathlon around the globe in both profile and participation. Crowning the World Champions of para triathlon here will only further that progress and we look forward to more of the incredible action we witnessed from the very best in the sport during Tokyo 2020.

The vibrant city of Abu Dhabi and its iconic Yas Island venue provide a superb backdrop for all these events during a thrilling weekend of family-friendly sport for the community. 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 to all of the Local Organising Committee members, the UAE Triathlon Federation, sponsors Daman, the volunteers and the city of Abu Dhabi for their help in putting this weekend together.

Good luck to all the athletes in reaching their goals and I hope everyone will enjoy the spectacle of another World Triathlon Championship Series Abu Dhabi.

Yours in sport,

Marisol Casado
World Triathlon President
IOC Member





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Schedule

Tuesday 2 November

12:00 - 20:00 Age Group Registration and Race Pack Collection - Dubai GO Sport - Mall of the Emirates

Thursday 4 November

12:00 - 20:00 Age Group Registration and Race Pack Collection - Abu Dhabi Yas Mall, Yas Island, Abu Dhabi

Friday 5 November

6:00 Event Village opens Event Village

6:29 Sunrise Event Village

08:00 - 11:00 World Triathlon Para Championships Grand Stands, Event Village

11:15 - 12:00 Medal Ceremony: World Triathlon Para Championships Grand Stands, Event Village

11:00 - 12:00 Age Group swim course familiarisation Swim start, Event Village

12:00 - 18:30 Age Group Registration and Race Pack Collection - Abu Dhabi Event Village

14:11 - 15:11 Elite Race: World Triathlon Championship Series - Men's Sprint Grand Stands, Event Village

16:11 - 17:41 Elite Race: World Triathlon Championship Series - Women's Sprint Grand Stands, Event Village

17:50 Medal Ceremony: World Triathlon Championship Series men's and women's Grand Stands, Event Village

17:36 Sunset Event Village

19:30 Event Village closes Event Village

Saturday 6 November

5:00 Event Village opens Event Village

5:30 - 6:30 Age Group Bike Check-In: Olympic distance triathlon Age Group Transition

6:30 Sunrise Event Village

7:00 Age Group Race: Olympic distance triathlon Event Village

7:30 Age Group Race: RUN Challenge Drag Strip, Event Village

8:00 Junior Bike Check-In and Racking: Kids & Junior Duathlon Age Group Transition

9:00 Junior Races: Kids & Junior Duathlon Main Grandstand, Oasis

10:00 - 11:00 Age Group Race: SWIM Challenge Swim start, Event Village

11:00 - 12:00 Age Group Race: CYCLE Challenge Event Village

11:00 - 13:00 Age Group Bike Check-Out: Olympic distance triathlon Age Group Transition

11:30 Age Group Cut-Off: Olympic distance triathlon Event Village

11:00 - 12:00 Age Group Bike Check-In: Sprint distance triathlon Age Group Transition

12:30 Age Group Race: Sprint distance triathlon Event Village

15:00 Age Group Cut-Off: Sprint distance triathlon Event Village

14:00 - 15:30 Age Group Bike Check-Out: Sprint distance triathlon Age Group Transition

13:00 - 14:00 Age Group Bike Check-In: Super Sprint distance triathlon Age Group Transition

14:45 Age Group Race: Super Sprint distance triathlon Event Village

16:15 Age Group Cut-Off: Super Sprint distance triathlon Event Village

16:00 - 17:00 Age Group Bike Check-Out: Super Sprint distance triathlon Age Group Transition

17:35 Sunset Event Village

19:00 Event Village closes Event Village

Before the Competition

Registration and Race Pack Pickup

To take part in the World Triathlon Championship Series, you will need to register and pick up your race pack before your designated race day. We are once again hosting registration and race pack collection options in Dubai and Abu Dhabi - both venues have ample parking. Registration is only open during the following dates and times.

If you have entered online, you will have already agreed to our indemnity form. For those signing up during registration, you will need to sign an indemnity form. All participants will collect their race pack during registration.

Date	Time	Venue
Tuesday, 2 November	12:00 - 20:00	GO Sport, Mall of the Emirates
Thursday, 4 November	12:00 - 20:00	Yas Mall, Yas Island
Friday, 5 November	12:00 - 18:30	Registration Tent in the Athlete Village, Yas Marina Circuit, Abu Dhabi

IMPORTANT: When registering, please bring a valid photo identification. Without photo ID, you will not be able to collect your Race Pack and wristband, and therefore will not be able to race. If you are registering and collecting a race pack on behalf of a friend, you will need to bring a copy of their race entry and their ID.

There will be no race pack collection facilitated on race day, please ensure you collect your race pack on the Registration Days listed.

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Event COVID-19 Protocol and Access to the Venue

Access to the venue at Yas Marina Circuit will only be open to those that present a green status on the Alhosn app and a negative PCR Test result with a 96hr validity. All event participants and spectators must wear masks and maintain a physical distance where possible.

Race Pack

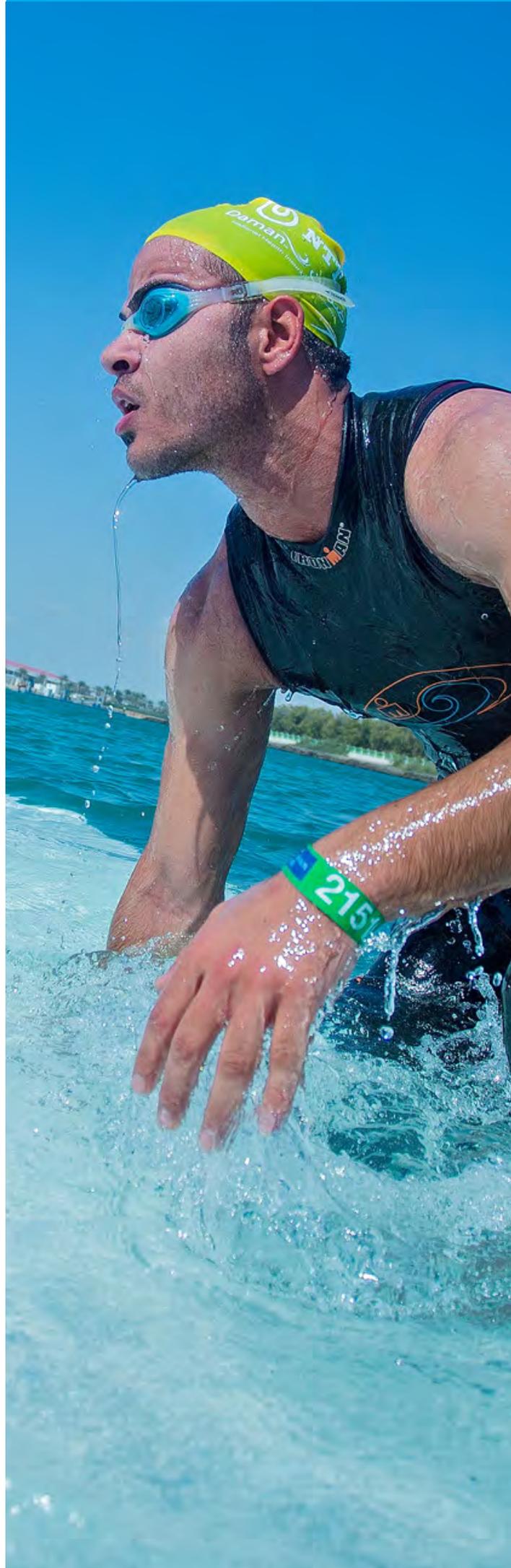
Your 2021 Race Pack will contain the following:

- Branded swim cap
- Race number and envelope (personalized if you signed up before 14 October 2021)
- Athlete identification pack (sticker sheet including supporters' sticker and wristband)
- Event Race Bag
- Timing chip – Collect at bike check-in on race day.

IMPORTANT: Wristbands must be worn from the time you register until the time you check your bike out of Transition after the race. If you do not have a corresponding wristband, you will not be allowed to check your bike in or out of Transition.

Swim Cap

You will receive your swim cap as part of your race pack. Each start wave has an individual swim cap colour, so you will need to wear your designated swim cap during the swim. Don't forget to check your start time and start in the correct wave.



Race Number

You must know your race number in order to receive your Race Pack.

Your race number will be published on our website, abudhabi.trathlon.org when online registration has been closed. Each competitor will receive a unique race number.

If you do not own a race belt, attach your race number to the elastic band provided.

While cycling your number must be worn on your back. While running, your number is worn on your front.



PLEASE NOTE: Participants competing in a team category will be supplied with two race numbers and safety pins to secure their race numbers.





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Sticker Sheet

Bike Sticker

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



Helmet Sticker

Please stick the number to the front and sides of your helmet.



IMPORTANT: Your bike and helmet numbers must be fixed to your bike and helmet prior to checking your bike into transition. Please do not remove your bike or helmet numbers until you have checked your bike out of Transition. This is important, as officials will check your bike and helmet number against your wristband number when you check your bike out.

Race Bag Sticker

Attach the sticker to the strap of the race bag.



Supporters Sticker

On race day, stick your supporters' sticker onto your biggest fan!



Timing Chip

You will collect your timing chip on race day at bike check-in. This will be activated for you by the timing staff. If you do not wear the timing chip correctly, we are unable to guarantee accurate results. You must wear the timing chip provided to you by the race organizers – if you own a Championship Chip, these are not permitted to be used at the event.

Before your race, securely fasten your chip around your left ankle and do not remove it during the competition (unless you are racing in a team event).

IMPORTANT: Timing chips must be handed in at the end of the race before leaving the finish area. You will be charged AED 300 for your chip if you fail to return it.

Bag Storage

There will be a Bag Drop available on race day in the Race Village, where you can safely store your bag while you compete.

IMPORTANT: Your race number sticker must be attached to your race bag before you leave it at the Bag Drop. To collect your bag, ensure that you are wearing your wristband with the corresponding number.



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Race Briefing

Race Briefing is compulsory for all participants. This year the Race Briefing will be conducted online. The link to Race Briefing will be shared along with your Race Number prior to Race Pack Collection.

Bike Check-in

	Race Category	Date	Time
Check in	Olympic Distance	Sat, 6 November	05:30 – 06:30
	Sprint Distance	Sat, 6 November	11:00 – 12:00
	Super Sprint Distance	Sat, 6 November	13:00 - 14:00

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During Check-In, a safety check will be carried out on your bike and helmet. Please ensure the following to ensure a quick and efficient bike check-in:

- Safety first – your bike must be in good working order or you will not be allowed to start
- Helmets must be worn and fastened
- Handlebar plugs must be present and secure, and brakes must be in good working order
- Ensure your tyres are pumped to the correct pressure
- Race numbers must be securely attached to your bike and helmet before you enter Transition
- To ensure bikes remain secure, entry into and exit from Transition is strictly controlled by wristband and race numbers. Please have your wristband and race numbers ready for inspection for bike check-in.
- All bikes must be racked personally onto the racking area which is allocated to your wave. Each racking area will be marked according to your start wave. Racking positions will not be numbered individually.



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ABU DHABI
2021

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Bike Support

Our partner, Wolfi's Bike Shop, will be offering bike technical support, sales of equipment, bike un-boxing and boxing, and any last-minute tweaks you may need at the following locations and times:

Date	Venue	Time Start	Time End	Athlete Category	Task Description
Thurs 4th Nov	Yas Plaza	13:00	18:00	Age Group	Bike assembly & Tech Support
Fri 5th Nov	Race Village	8:00	19:00	Age Group & #Cycle Challenge	Expo Stand - Tech support / Sales / Bike Rental
Sat 6th Nov	Race Village - YMC	6:00	18:00	Age Group & #Cycle Challenge	Expo stand Bike Tech Support / Sales
	Race Village – AG transition zone	5:00	16:00	Age Group	Bike Tech Support

NOTE: While minor tweaks and repairs will not be charged for, Wolfi's Bike Shop may charge for any repairs they deem fit and all spares including tubes, cables and spokes will be charged for. Bike unboxing and boxing is also a chargeable service.

For details or to book a time slot, please email bart@wbs.ae.

Transition

Ensure that your race equipment is arranged neatly next to your bike within the area allocated to your start wave. Please be mindful of other competitors when setting up your transition area.

No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed in Transition and should be safely stored at the Bag Drop.

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The Competition

Start Times

Race Category	Date	Time	Cut-off
Elite Para Race		08:00	NA
Elite Men's Race	Fri, 5 November	14:11	NA
Elite Women's Race		16:11	NA
Olympic Distance		07:00	4 hours
Run Challenge		07:30	1 hour
Swim Challenge		10:00	45 mins
Cycle Challenge	Sat, 6 November	11:00	1 hour
Sprint Distance		12:30	2 hours 30 mins
Super Sprint Distance		14:45	1 hour 20 mins

Final briefings will take place 15 minutes before the start of each wave in the Swim Start assembly point.

IMPORTANT: Your personal start time will be published on the website closer to race day. We reserve the right to amend the times should a delayed start occur or for safety reasons.

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Course Description

	Swim	Bike	Run
Super Sprint	400m (1 lap)	10km (1 lap)	2.5km (1 lap)
Sprint	750m (1 lap)	20km(2 laps of 10km)	5km (1 lap)
Olympic	1500m (1 lap)	40km (4 laps of 10km)	10km (2 laps of 5km)



Wetsuit Use

The water temperature is taken one hour before the start of each event. Using the below table, the start official will announce whether or not wetsuits will be permitted to be worn during the swim. Notice will be posted at the information centre in the race village, as well as at the swim start.

Category	Forbidden	Mandatory
Age Group Olympic	24.6°C and above	15.9°C and below
Age Group Sprint	22°C and above	15.9°C and below
Age Group Super Sprint	22°C and above	15.9°C and below

The average race course water temperature for November at the race venue is 26°C, so we expect wetsuits to be forbidden.

Swim Start

- Each wave will start in a rolling start format over a period of a few minutes, to provide all athletes with the best possible start experience.
- The Swim Start assembly point is located in front of the team villas.
- Please arrive at the Swim Start 20 minutes before your start wave
- Please listen to and comply with announcements from staff and officials
- Technical Officials will call each wave forward into the start pens prior to the start of the rolling start
- If you are a strong/confident swimmer, you may wish to place yourself towards the front of the start line up for your wave. For those less experienced or nervous, we'd suggest placing yourself towards the back of the rolling start for your wave
- As you reach the water's edge for the start, you'll be instructed when to enter the water by the officials
- Your race time does not start until you enter the water, regardless of where you are positioned within the wave start



Swim Course

- You will start your race in the water in front of the team villas and must follow the instructions of the race starter
- The length of the swim course is as follows: 400m single lap for Super Sprint, 750m single lap for the Sprint and 1500m single lap for the Olympic distance
- Lifeguards from our swim safety team will guide you and help if needed
- If you get into difficulty, lie on your back and raise your arm. A lifeguard will come to your aid and, if necessary, arrange a safety boat to take you out of the water
- At the end of the swim, you will leave the water using the swim exit ramp attached to the pontoon
- You must follow the signs to Transition and merge with the runners already en route to Transition
- You will follow instructions from the marshals and Technical Officials in order to flow through Transition in the correct manner
- After your swim, wetsuits may only be rolled down as far as your hips until you reach your bike. Wetsuits can be removed completely only when you have reached your bike rack. Please place your wetsuit next to your bike rack in a tidy fashion
- There are no changing facilities available for Super Sprint

Water Quality

The water quality tests meet the World Triathlon standards.

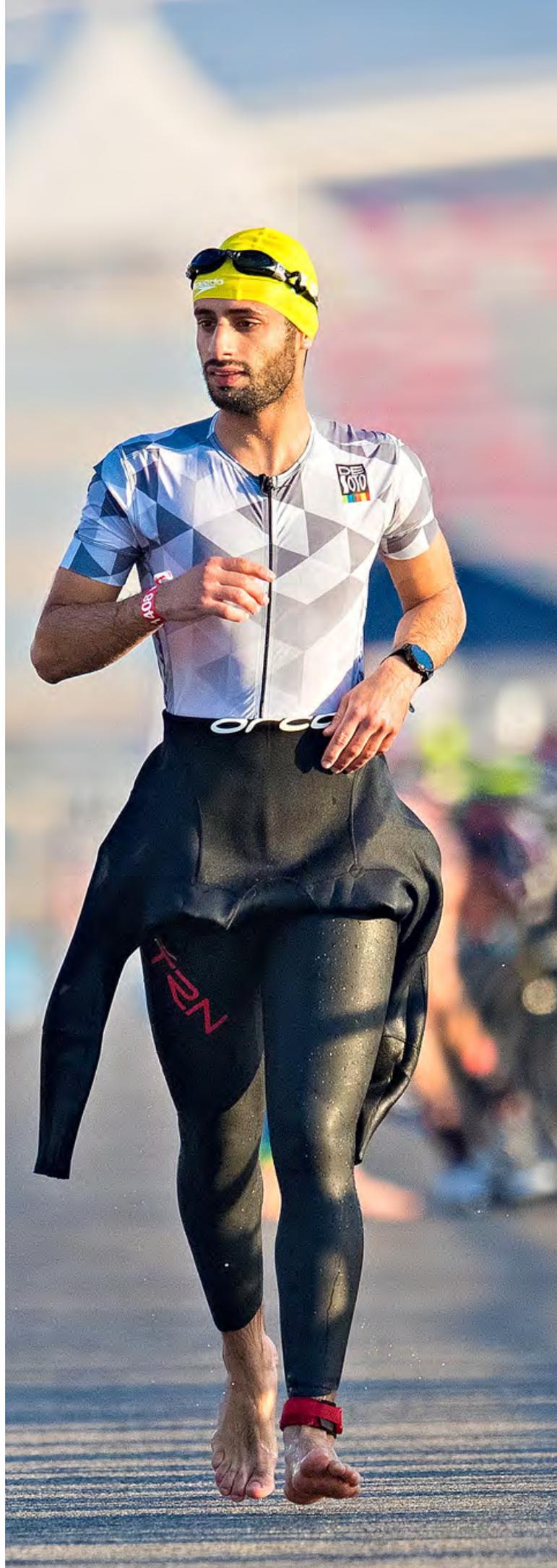
Transition 1

- Change at your rack
- Put your helmet on, and securely fasten it BEFORE removing your bike from the rack
- Ensure that you wear your race number and that you are still wearing your timing chip on your ankle for the bike section – if not, report this to officials in Transition
- While cycling, your race number must be worn on your back
- Please note that nudity is strictly forbidden

IMPORTANT: No cycling is allowed in Transition. Bikes must be pushed through the Transition exit until you are OVER the MOUNT Line, where you may mount your bike and start cycling.

Bike Course

- A clothed upper-body is mandatory
- No personal music devices are permitted
- The Mount Line is located shortly after exiting Transition
- The bike loops incorporate Yas Marina Circuit and inner roads within YMC.
- Do not return to Transition until you have completed all of your laps
- You are responsible for keeping a count of the number of laps yourself. After the race, a timing mat on the course will verify whether you have completed the correct number of laps. Athletes will be disqualified for not completing the correct number of laps corresponding to their race course
- Athletes are instructed to ride on the right and overtake on the left-hand side
- After you complete your final lap (Super Sprint – 1 lap, Sprint - 2 laps, Olympic - 4 laps), move into Transition, where you will be instructed to dismount BEFORE the Dismount Line



IMPORTANT: Drafting is NOT permitted



Drafting

Drafting off another athlete or motor vehicle is forbidden. Athletes must reject any attempts by others to draft. An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing. An athlete who approaches from any position to take advantage of the draft is responsible for avoiding the draft

Drafting

An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone and progresses through it within 20 seconds then completes the overtaking manoeuvre
- For safety reasons
- 100m before and after an Aid Station or Transition area
- During an acute turn
- If the technical delegate excludes a section of the course because of narrow lanes, construction, detours, or other safety reasons

About Drafting

Diagram 1:

Distance of drafting zone for all competitors.

(Super)Sprint/Olympic:

Time allowed to pass

through 10 metre zone is 20 seconds. NOTE it is the same time allowed to clear this zone for all 3 distances.



Diagram 2:

Drafting A has overtaken B and B is now drafting the lead cyclist A.

B must drop out

of A's draft zone before attempting to re-pass A. A must move to the Right Hand Side of the road when safe otherwise A can be called for blocking. B can only overtake A on A's Left Hand Side



Diagram 3:

Blocking A and B are maintaining adequate separation between each

other, eventhough they are abreast to one another.

B is not drafting A in this instance. A however, is not BLOCKING position. If A remains on the Left Hand Side, A will receive a blocking Penalty.



Diagram 4:

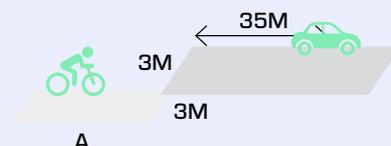
Drafting and not drafting A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.



Diagram 5: Vehicle draft Zone

A is travelling at the same speed as the vehicle.

A is drafting. A must move to the Left Hand Side of the road otherwise A can also be called for blocking.



Overtaking

- An athlete is passed when another athlete's front wheel is ahead of theirs
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 5 seconds
- Athletes must keep to their side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course



Drafting Penalties

- It is forbidden to draft in a race declared as 'draft illegal' (ITU World Triathlon Abu Dhabi is DRAFT ILLEGAL)
- Athletes who draft are subject to a time penalty sanction, and will be notified by Technical Officials
- Sanctioned athletes must stop in the next Penalty Box and follow directions from the Referee
- It is the sanctioned athlete's responsibility to stop in the next Penalty Box. Failing to do so will result in disqualification
- The penalty for drafting is:
 - Olympic Distance: 2 minutes
 - Sprint Distance: 1 minute
 - Super Sprint: 1 minute2 drafting penalties will result in a DSQ.

Transition 2

- All riders must dismount BEFORE the Dismount Line at Transition and push your bike to it's racking position
- Bikes must be returned to the same racking position
- Helmets may only be unclipped and removed once your bike is racked

Run Course

- While running, race numbers must be worn on your front
- A clothed upper body is mandatory
- No personal music devices are permitted
- After you complete your final lap (Super Sprint – 1 lap, Sprint - 1 lap, Olympic - 2 laps), enter the Finish Chute
- You are responsible for counting the correct number of laps according to your race course. After the race, a timing mat on the run course will verify whether you have completed the correct number of laps. Athletes will be disqualified for not completing the correct number of laps corresponding to your race course



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Relay Teams



If you are competing as part of a Relay Team, each individual team member must attend Registration. All team members must present a valid photo ID and sign the indemnity form before they receive their wristband.

Each team will receive a Race Pack containing the following:

- 1 x swim cap, to be worn by the swimmer
- 2 x race numbers. One race number is to be worn on the cyclist's back, and the other on the runner's front
- 1 x sticker sheet, to be used on the cyclist's bike and helmet, as demonstrated on page 12
- 1 x body decal to be worn by the swimmer on the left arm

All Relay Team members must be fitted with a wristband at Registration. All Relay Team members will be allowed access into Transition.

The Handover Zone is inside Transition. You must attach your timing chip to your teammate's left ankle before they are allowed to start their own leg of the race.

To avoid congestion, only the cyclist should be in the Handover Zone ready for the changeover from the swim course to bike race. Likewise, only the runner should be in the Handover Zone for the changeover from bike race to running. During the race, three Relay Team members should never be in the Handover Zone at the same time.

Swimmer

Wear the timing chip around your left ankle. After your swim, run into Transition, at the Handover Zone attach your timing chip to the left ankle of your cyclist.

Cyclist

In the Handover Zone your helmet must be on your head, securely fastened and your race number on your back. Wait for your swimmer to attach the timing chip to your left ankle before you leave the Handover Zone. Remove your bike from its rack and make your way to the Mount Line. After the cycle you must rack your bike in its original position before running to the Handover Zone where you will attach the timing chip around your runner's left ankle.

Runner

In the Handover Zone, be ready with your race number on your front. After the bike has been racked, your cyclist will run to the Handover Zone and place the timing chip around your left ankle, following which you can then proceed onto your run. Make sure your race number is visible on your front as you cross the Finish Line.

Finishing Together

All relay athletes can finish the race as a team! There is a designated Relay Team Meeting Point at the beginning of the Finish Chute. When your runner enters the Finish Chute, you will be given access so you and your team can cross the Finish Line together.

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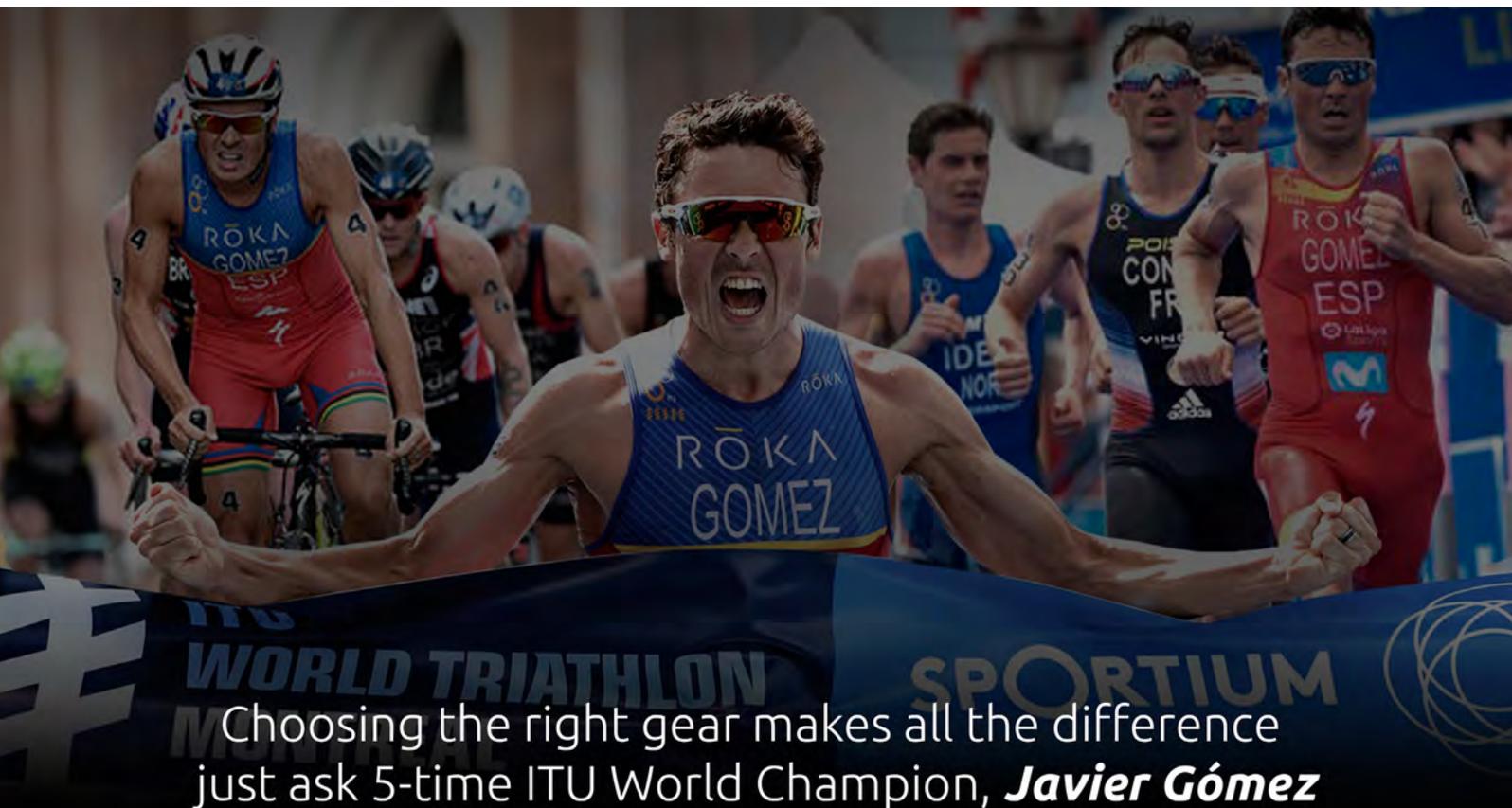
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AGE GROUP SPRINT MAP 2021



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After the Competition

After the Finish Line, head to the Recovery Area where you will receive your medal and refreshments.

All timing chips must be returned in the Finish Area immediately after the race. Failure to do so will result in a AED300 fine, which will be charged by the organizer after the event.

Bike Check-out

Bike Check-Out is at the same location as Check-In. Do NOT remove your wristband or tear off your bike number before Check-Out. If you do not have a corresponding wristband, you will not be allowed to check your bike out of Transition.

Results

After the competition, provisional results will be posted at the Information Desk in Race Village area. Results will also appear online shortly after the race at Abu Dhabi. triathlon.org and will be sent via SMS to the



phone number you have registered with Race Result. The live results link for Junior and Age Group races can be found on our website. Medals will be awarded to the top three athletes in each specified Age Group Category.

Lost and Found

Any lost items which have been handed in can be collected from the Race Village Information Desk.

Bike Check-Out timings:

Bike Check-Out is at the same location as Check-In. Do NOT remove your wristband or tear off your bike number before Check-Out. If you do not have a corresponding wristband, you will not be allowed to check your bike out of Transition.

Race Category	Date	Bike Check-out
Olympic	Sat, 6 November	11:00 - 13:00
Sprint		14:00 - 15:30
Super Sprint		16:00 - 17:00

All bikes must be removed before bike Check-Out closing time – the organizers reserve the right to remove any unclaimed equipment after this time.



World Triathlon
Championship Series
ABU DHABI
2021



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