

Welcome to Race 2
of the Oceanic
Triathlon Series
2023/24!

Introducing the toughest Triathlon in
the UAE!





RACE BRIEFING

DISTANCES

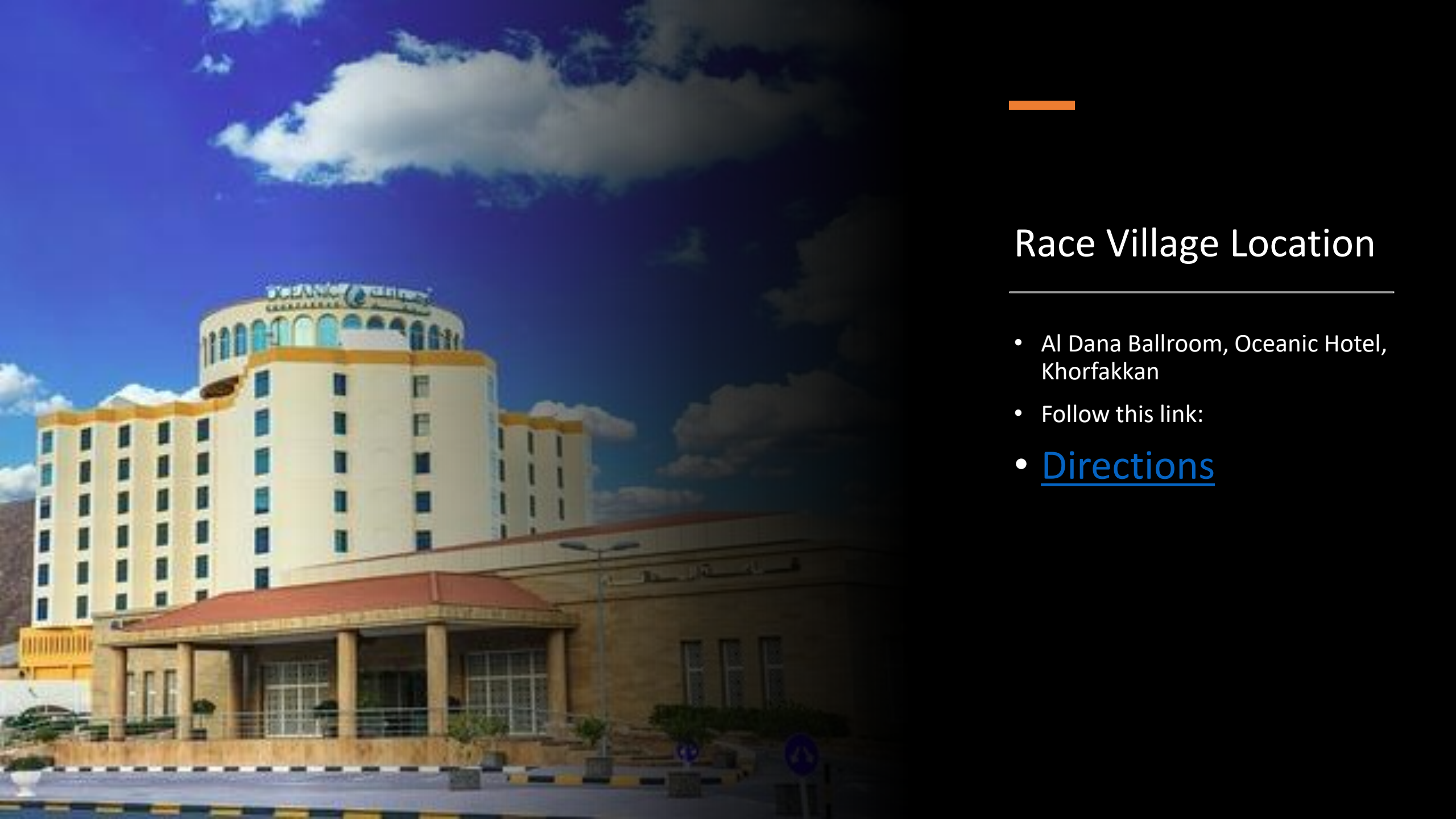
- Junior Super Sprint
- Super Sprint
- Sprint
- Olympic



Let's Do This!

- Thank you for joining us in the beautiful Khorfakkan for the Oceanic Triathlon Series, hosted by the Oceanic Resort and Spa. Taking you on an adventure through the seaside town of Khorfakkan, you will then cycle over the hills to have stunning views of Khorfakkan Bay if you are taking on the Olympic Distance. A tough one for sure on the longer course, but each distance will prove to be an amazing experience for everyone racing.
- The following pages will give you all the information you need for your race day
- A reminder to all triathletes that this is a community-based event focusing on allowing individuals, families, clubs and groups of athletes to experience a race environment in social yet competitive atmospheres. In addition to that, if you are registered with UAE Triathlon Federation, you can collect league points from this event and qualify you for the World Triathlon Championship finals





Race Village Location

- Al Dana Ballroom, Oceanic Hotel, Khorfakkan
- Follow this link:
- [Directions](#)

Race Information

Distances and Laps

Race Distance	Swim	Bike	Run
Junior Super Sprint	150m – 1 lap	8km – 1 lap	1.5km – 1 lap
Super Sprint	375m – 1 lap	13km – 1 lap	2.5km – 1 lap
Sprint	750m – 1 lap	18.5km – 1 lap	5km – 1 lap
Olympic	1500m – 2 laps Aussie Exit	39.5km – 1 lap	10km – 2 laps

Race Day Programme

- 04:30 AM: Check in, transition opens
- 05:17 AM: Al Fajr prayer
- 06:15 AM: Road Closure! No vehicles will be permitted on roads leading to the start/finish after this time
- 06:10 AM: Transition closes
- 06:20 AM: Race briefing
- 06:35 AM: Sunrise
- 06:40 AM: Wave 1: Junior distance start
- 06:50 AM: Wave 2: Olympic (Individual & Relay) distance start
- 06:55 AM: Wave 3: Super Sprint distance start
- 07:00 AM: Wave 4: Sprint distance start
- 09.00 AM: Breakfast for all athletes in the Dana Ballroom
- 09:30 AM: Awards ceremony
- 09:30 AM: Bike course cut off
- 10:50 AM: Race Cut off

RACE PACK

A cyclist wearing a pink jersey, blue helmet, and black shorts is riding a road bike on a paved road. The cyclist is looking towards the camera. The background is a blurred road with white lane markings.

You will find the following items in your race pack:

- Please check the front of your envelope to ensure it includes the correct bib number. If this is incorrect, then please notify a member of staff at registration
- Timing Chip – this must be worn at all times during the race on your left ankle
- Swim Cap – your swim cap will be colour coded to your race. Some athletes like to wear two swim caps, please ensure the cap you receive is the cap you wear on top so you can be easily recognized during the swim leg of your race
- Race Number - You will receive a sheet of race numbers which must be placed on different parts of your equipment
- Athlete Wristband – the coloured wristband in your pack must be worn throughout the race. Do not remove it until after the race has finished as you need this to access athlete only areas. You will also need the wristband to take your bike and equipment from the transition area after the race, as well as your bib number
- You will also receive a breakfast wristband. This is required on entry to the Al Dana Ballroom after the race for breakfast and the awards ceremony

Transition

- Only competitors and race officials/volunteers will be allowed entry to the transition area on race day
- One (1) Parent or Guardian will be allowed into the transition area, Pre-Race ONLY, to assist their athlete for the Junior Super Sprint
- The transition area will open for the collection of bikes once the last competitor in your race distance has completed the cycle course. We appreciate that you wish to access your equipment as soon as possible and do everything in our power to achieve this
- Each category will have a clearly marked allocated area for racking. You must rack on your designated number within this area, please do not rack your bike in another race category or on another number
- Be aware when racking your bike of the athletes equipment to either side of you and do not take more space than you require. Each competitor is allocated enough bike rack space and those taking up too much space may have their equipment moved. If you are unsure as to your racking location, then please ask a friendly volunteer who will be able to help you with this
- Please note that NO BAGS are permitted to be left in the Transition area once transition closes
- Always remember to respect each others space and help your fellow athletes out if this is their first triathlon experience on how to rack and set up their space

Timing Chips

- NO CHIP = NO TIME
- Your timing chip will be in the envelope provided at registration
- IMPORTANT: Your timing chip must be securely fastened around your LEFT ANKLE before you start your race and must not be removed throughout the race
- IMPORTANT: Your timing chip must be returned when you cross the finish line at the end of the race.
- Lost timing chips will be charged at 300dhs per chip



Relay Teams

- **SWIM:** The swimmer must wear the timing chip on their LEFT ankle and follow the steps above for the race start. After exiting the swim, they will make their way to the designated area in transition where they will remove the timing chip and fasten it on the left ankle of the cyclist. Swimmers are not allowed to stay in transition
- **BIKE:** Once the timing chip has been securely fastened on the cyclist's left ankle, the cyclist must then ensure that they have their race numbers showing in the correct positions on the bike and that their bib number is on their back. The cyclist must first secure their helmet before unranking their bike. Remember, if you are in motion your helmet must be fastened on your head! Once the cycle leg is complete the cyclist **MUST** rack their bike securely before removing their helmet. The cyclist will first rack their bike and then run to the end of transition where they will handover the timing chip to the runner in the team and securely fasten it on their left ankle.
- **RUN:** Once the team cyclist has racked their bicycle and swapped over timing chip to the runner they have placed the chip on their LEFT ankle, the team runner is to follow all course signage for the distance in which they are competing. Each team will receive 2 race bibs one for the cyclist and one for the runner. The runner will need the race bib to enter the transition area prior to starting the run.
- **FINISH:** You all took part in the race, so you are all entitled to enjoy the finish! Teams are allowed to cross the finish line together to savour the moment. The swimmer and cyclist are requested to wait outside of the finish chute until their runner appears. Please be aware of the other competitors as you make your way down the finish chute and don't unnecessarily block the other finishers in your enthusiasm to soak up the finish.

Prize Giving

Overall

- Olympic (Men & Female)
- Sprint (Men & Female)
- Sprint Relay (Men & Female)
- Super Sprint (Men & Female)

Emirati

- Olympic (Men & Female)
- Sprint (Men & Female)
- Super Sprint (Men & Female)
- Juniors
- 5-8 years (Boys & Girls)
- 9-12 years (Boys & Girls)





Age Categories

Olympic

- 19 – 29 | 30 – 39 | 40 – 49 | 50+

Sprint

- 16- 18 | 19 – 29 | 30 – 39 | 40 – 49 | 50+

Super Sprint

- 13-15 | 16- 18 | 19 – 29 | 30 – 39 | 40 - 49 | 50+

Prize Money (Olympic)

Overall

- Olympic (Men & Female)

Emirati

- Olympic (Men & Female)



REGISTER
سجل الان
NOW



اوشيناك خورفكان ترايثلون OCEANIC KHORFAKKAN TRIATHLON

الجوائز المالية CASH PRIZES

المجموع العام رجال OVERALL MALE		المجموع العام إناث OVERALL FEMALE	
1st	1500 DHS	1st	1500 DHS
2nd	700 DHS	2nd	700 DHS
3rd	500 DHS	3rd	500 DHS

فئة الإماراتيين EMIRATI MALE		فئة الإماراتيات EMIRATI FEMALE	
1st	1500 DHS	1st	1500 DHS
2nd	700 DHS	2nd	700 DHS
3rd	500 DHS	3rd	500 DHS



الأحد
SUNDAY



3
MAR.
2024

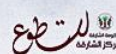


06:30
AM



خورفكان
KHORFAKKAN

linktr.ee/endurances



Equipment List

Pre/Post Race	Swim	Bike	Run
Watch	Goggles	Bike	Running Shoes
Race Belt	Swim Cap – in race pack	Helmet	Running Clothes
Safety Pins	Body Glide or similar	Bike Shoes	Cap or Visor
Pre and Post Race Nutrition	Swim wear or Tri Suit	Elastic Bands	Sunglasses
Heart Rate Monitor	Timing chip and strap – in race pack	Sunglasses	Water
Phone	Heart Rate Monitor	Bike Computer	Nutrition
Photographic ID	Towel	Race Belt	
Post Race Shoes / Clothes	Wetsuit	Water Bottles	
Race Kit		Spare Tubes	
Sunscreen / Hat		CO2 and Tool Kit	
Bike Pump and Tool Kit		Cycle Clothing	
Personal Medication			



FINAL OPPORTUNITIES TO
RACK UP POINTS IN THE
UAE TRIATHLON LEAGUE.
DON'T MISS THEM !

الفرصة الأخيرة
للحصول على نقاط
دوري الإمارات
للترايثلون،
لا تفوتها!



OCEANIC KHORFAKKAN TRIATHLON

SUN. 3 MAR 2024

أوشيانيك خورفكان ترايثلون

الأحد 3 مارس 2024



SHARJAH TRIATHLON

SUN. 14 APR 2024

الشارقة ترايثلون

الأحد 14 إبريل 2024





OCEANIC KHORFAKKAN

TRIATHLON SERIES



Save the Date

 3rd March 2024
 6:30 am
 Oceanic Khorfakkan
Resort & Spa



مجلس الشارقة الرياضي
Sharjah Sports Council