



ترايثلون عجمان  
Ajman Triathlon

# AJMAN TRIATHLON

13-10-2024

Olympic, Sprint, Super Sprint &  
Junior Super Sprint



حكومة عجمان  
Government of Ajman

دائرة التنمية السياحية  
Department of Tourism Development

 **Endurance**  
SPORTS SERVICES

ترايثلون الإمارات  
UAE TRIATHLON

# Ajman TRIATHLON

Olympic | Sprint

Super Sprint | Junior Super Sprint

, Ajman , UAE

## RACE BRIEFING

# Ajman Triathlon

Thank you for joining us for this unique event in AJMAN for the first time.

The following pages outline all the important information you need to know on 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 a social yet competitive atmospheres.





## Ajman Triathlon Location

Google Maps: AJMAN CORNICHE ,  
<https://maps.app.goo.gl/Tv4tmuAYFEHpNgA96>

## Ajman Triathlon

The distances and lap totals for the various races are listed in the table below:

Distance	 SWIM	 CYCLE 1 lap= 5.79 km	 RUN
Olympic	1500 M	40.5 KM ( 7) Laps	10KM =4 LAPS
Sprint	750M	23 .1 KM (4) laps	5KM = 2 LAPS
Super Sprint	350M	11.6 KM (2) lap	2.5KM= 1 LAP
KidsTRI & Junior Triathlon	150M	11.6 KM (2) lap	1.5KM

## RACE DAY PROGRAM

04:30 AM : Transition area open

4:59 AM : Al Fajer prayer

**06:00 AM : Roads leading to the start/finish close**

05:50 AM : Transition area close

06:00 AM : Race briefing

06:13 AM : Sunrise

06:15 AM : Wave 1 : Junior Super Sprint distance

06:20 AM : Wave 2 : Olympic distance start

06:25 AM : Wave 3 : Sprint (Individual & Relay) distance start

07:00 AM : Wave 4 Super Sprint distance start

08:30 AM : Coronation ceremony (Sprint, Super Sprint & Junior)

09:00 AM : Coronation ceremony (Olympic)

10:15 AM : Race Cut off Time



## RACE PACK

You will find the following items in your race pack:

### A. TIMING STRAP

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.

### B. SWIM CAP

This swim cap will be the color that matches your competition. Some athletes like to wear two swim caps but 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.

### C. RACE NUMBERS

You will receive a sheet of race numbers which must be placed on different parts of your equipment.

### D. COMPETITOR WRISTBAND

You will be given a colored wristband at registration when you pick up your race pack. Please make sure to wear your wristband and do not remove it until after the race. You will need this wristband to access competitor-only areas of the venue such as the swim start and transition area. For Teams, the wristband should be worn by the Bike rider for your team. It is important that you keep this wristband on until after you have collected your bike at the completion of the race. The wristband number will be checked against your bike number when leaving the transition area, along with your Race Bib.

## TRANSITION

The transition area :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 competitor 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. But remember that competitors that race after you have the same right to a clean transition area despite starting in a later wave.

Each wave 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 Wave area or another number.

Be aware when racking your bike of the competitor's 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.

If this is your first triathlon, please remember that we have limited area in the transition and to keep all your belongings close to your bike. Please be mindful of other competitors in these areas and respectful to their space and equipment



## HOW TO USE YOUR TIMING CHIP

- NO CHIP = NO TIME
- When collecting your Race Pack, your timing chip will be in the envelope provided.
- **IMPORTANT:** Your timing chip must be securely fastened around your **LEFT ANKLE** before you start your race and must not be removed until after you cross the finish line. Please do not wear your timing chip anywhere else.
- **PLEASE NOTE: YOU MUST HAND BACK YOUR TIMING CHIP AND BAND AT THE END OF THE RACE. YOU WILL BE CHARGED FOR ANY LOSS OF YOUR TIMING CHIP AED300.00**

## RELAY INSTRUCTIONS

**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 unpacking their bike. Remember, if you are in motion your helmet is 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 hand over 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 and placed this on their own 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 savor 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.



## Coronation categories

### Overall

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

### Emirates

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

### Age groups categories | Junior Super Sprint

- 5 - 8 Junior ( Male & Female )
- 9 - 12 Junior ( Male & Female )



## Age groups categories

### Olympic

19 – 29 | 30 – 39 | 40+

### Sprint

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

### Super Sprint

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

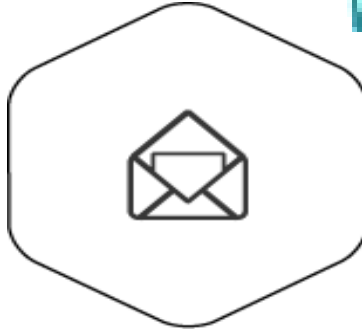
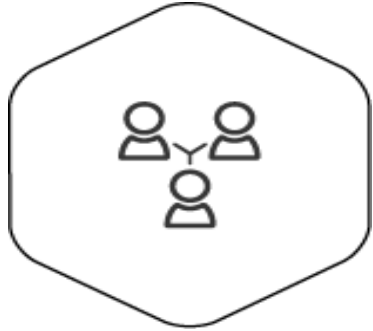
PRE/POST RACE	RUN	CYCLE	Swim
Watch	Running Shoes	Bike	Goggles (+ Spare Pair)
Race Belt	Towel	Bike Shoes	Swim Cap (provided in race pack)
Safety Pins (for race number if not using Race Belt)	Cap/Hat	Helmet	Body Glide or similar lubrication
Pre and Post race nutrition		Sunglasses	Swimming Costume/Trisuit/Tri Knicks
Heart rate monitor	Running Clothes	Mini-pump	Timing Chip and Strap (provided in race pack)
Phone		Race Belt	
Photo ID		GPS/Bike Computer	
Post-race shoes/clothes		Spare Tyre/Tubular	
Race Pack		Water bottles	
Sunscreen		Bike clothes	
Pump			
Any personal medication			
Bike repair tools/tape			



## الجهات المنظمة و الداعمة

- دائرة التنمية السياحية عجمان
- فندق رامادا
- القيادة العامة لشرطة عجمان
- الاتحاد للماء والكهرباء
- دائرة التخطيط و البلدية
- شركة القدرة للخدمات الرياضية
- مستشفى امينة
- إنفينيتي جيم
- HEALTHY & TASTY
- القدرة للدراجات
- فريق فرسان زايد التطوعي

# Thank You



[www.eevents.ae](http://www.eevents.ae)

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