



Race Overview

On the 21st October 2016, athletes will swim the beautiful natural bay, cycle on a scenic and undulating cycle course then finish off with a run on the Khorfakkan Corniche, where participants will cross the finish line in the grounds of the Oceanic Khorfakkan Resort & Spa.

Course Distances

We are excited to announce that along with the short course, we will also be introducing a Super sprint Distance for this event.

Super sprint

375m Swim, 12km Bike, 2.5km Run

This event is open from age 10 years and older.

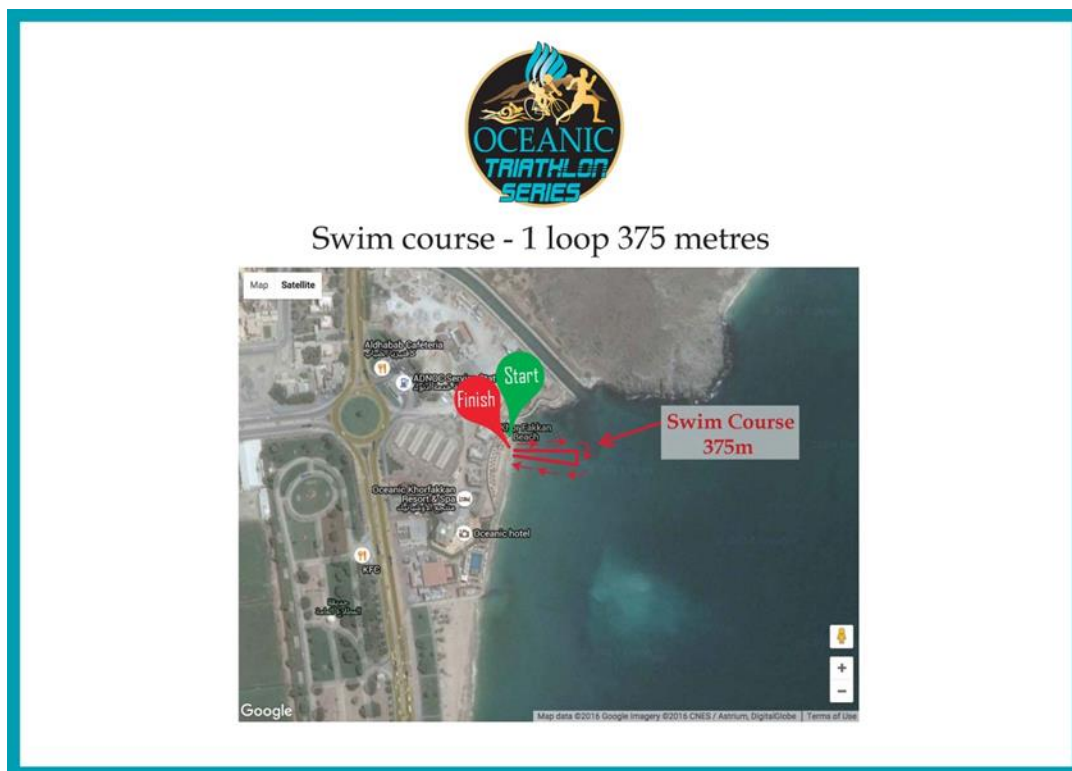
Prize categories:

1st, 2nd, 3rd Male and Female ages 10 – 12

1st, 2nd, 3rd Male and Female ages 13 – 15

1st, 2nd, 3rd Male and Female ages 16 – 18

1st, 2nd, 3rd Overall Adult Male and Female (19 and above)





Short course bike - 12km loop



Run course - 1 loop 2.5 km



Short Course

800m Swim, 30 km Bike, 7 km run

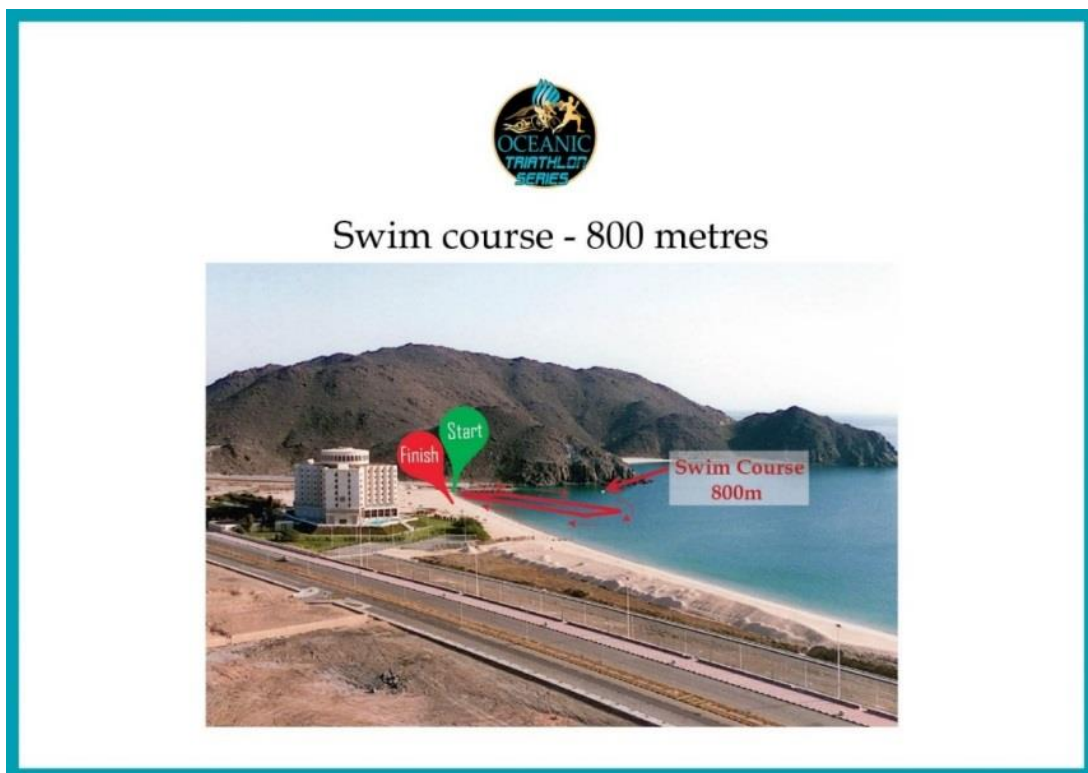
This event is open from ages 18 and above.

Prize Categories

Prizes include 1st, 2nd and 3rd in each category as well as age group prizes.

Age group categories include male and female as follows:

18 – 24	30 – 34	40 – 44	50 - 54	60 – 64	70 - 74
25 – 29	35 – 39	45 – 49	55 – 59	65 – 69	75 - 100





Bike course - 1 x 30km loop



Run course - 1 loop



Accommodation & Breakfast Packages

Oceanic Khorfakkan Resort & Spa is offering all race participants, the following accommodation package for the weekend of the race: AED 500 net, room only basis

To avail of this offer, please email: reservations@oceanichotel.com and use the promotion code in the subject line: OCEANICTRI2016

In order to qualify for this very special offer, please attach a copy of your race registration confirmation.

Breakfast is included with participant entry fee. If you wish to purchase additional breakfast packages for family or friends, please do so via www.hopasports.com or www.premieronline. Prices are AED 67 for adults, AED 35 for children (6 - 12) and complimentary for children under 6.



Race week order of events

Tuesday, 14 th October	: Registration closes
Tuesday, 18 th October	: Race Pack Collection at TRI Pod (10:00 – 19:00)
Thursday, 20 th October	: Race Pack Collection at Oceanic Hotel (17:00 – 21:00)
Friday, 21 st October	
04:00 – 4:30	: Dining room opens for a pre-race snack (Please note. This is for in-house athletes only.)
04:00	: Transition opens
05:30	: Road closure of bike course (make sure that you have reached the race venue prior to 05:15)
05:45	: Transition closes
06:00	: Race Briefing
06:15	: Race start: Super Sprint
06:30	: Race start: Short Course
08:45	: Roads re -open (bike cut off time)
09:30	: Breakfast opens
09:45	: Last participant finishes.
10:00	: Breakfast and prize giving
11:00	: Event wrap up

Rules and Regulations

SWIM

1. Each competitor must wear the swim cap provided by the Race Organisers.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are permitted.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
5. Wetsuits are mandatory up to 17 degrees.
6. Wetsuits are optional and permitted up to and including 23 degrees.
7. Wetsuits are not permitted if the water temperature is above 23 degrees
8. Wetsuits must be 5mm thick or less.
9. Swim skins or similar swimwear are permitted. Swimsuits and/or tri-suits (including branded and two piece) are permitted provided they conform to point 10 and 11 below.
10. Material used for swimwear must be 100% textile material. This is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. Simply put, this would generally refer to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene.
11. Swimwear may not cover the neck, extend past the elbow and knees (this includes compression socks and compression sleeves). Swim suits and/or tri-suits may contain a zipper.
12. No covering of hands or feet in the swim is permitted.
13. Any assistance required during the swim will result in disqualification if forward progress is made. Competitors are permitted to use kayaks and boats as aids, so long as no forward progress is made. Course Officials and medical personnel reserve the right to remove competitors from the course if determined medically necessary.
14. All competitors must cross the timing mats on entrance to transition or they may be disqualified.
15. Competitors shall at all times swim so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident may incur a time penalty.

TRANSITION

16. Helmets must be a recognized design and a standard model and will be checked by Officials prior to entry into Transition.
17. Transition is a competitor and Officials only area. No family, children, friends or pets are permitted.
18. No public nudity.
19. No cycling before the mount line in Transition. Any cycling in these areas will incur a penalty.
20. Bikes must be placed in their correct allotted area within Transition.
21. No bags may be left in transition. Only items that will be used during the race may be placed in your allotted area.
22. Bikes should be racked by either the seat pin or handlebars/brake levers, unless other arrangements are provided.
23. Bikes that are incorrectly racked may be determined a hindrance to other competitors and may incur a penalty.
24. Competitors must not interfere with another competitor's equipment in the Transition area. This could result in a penalty or disqualification.
25. Competitors must not use any device to mark their position in Transition. Any device or marker will be removed by the Official. If this is not possible, a penalty may be incurred.

Transition One

26. When leaving Transition, competitors may only mount their bike once all parts of the bike have left the mount line which will be clearly marked at the beginning of the bike course.
27. Race numbers must be clearly displayed on the competitor's back before the start of the bike section.

Transition Two

28. When returning to Transition, competitors must dismount their bike before any part of the bike reaches the dismount line, which will be clearly marked before the end of the bike course. Competitors may then walk or run with their bike to its allotted area.
29. Race numbers must be clearly displayed on the competitor's front before the start of the run.

BIKE

30. Bikes must be well maintained, roadworthy and have the following characteristics:

- The front wheel may be a different diameter than the rear wheel but must be of spoke construction; wheel covers or disc wheels are permitted on the rear wheel only.
- No fixed wheels are permitted. There must be a brake on each wheel, and both wheels must be classified as free.
- Handlebars and tri-bars must be plugged.
- Add-ons, such as computers or lighting brackets and mounting points, must be positioned so as to prevent injury in the event of a crash or collision with other competitors or spectators.
- Any unusual or unorthodox bikes must be presented to the Technical Officer prior to the event. Straight forward clip-on handlebars must not carry forward-facing brake levers.

31. Absolutely no drafting of another bike or any other vehicle is allowed.

32. The draft zone is a rectangle 3 meters wide by 12 meters, which extends backwards from the leading edge of the front wheel of the bike ahead. Entering this zone and not passing the bike in front will result in an overtaking penalty.

33. The draft zone, with respect to a motor vehicle, is a rectangle 5 meters to each side of the vehicle by 35 meters behind the vehicle. It is the competitor's responsibility to continually communicate to the vehicle to move away.

34. Competitors must ride single file on the right hand side of the road except when passing another competitor. Side-by-side riding is not allowed and will result in a blocking or position violation.

35. Competitors must move to the left upon entering the 12m draft zone. In other words, no slipstreaming of the competitor ahead is allowed when passing.

36. Competitors are allowed 20 seconds to pass. A pass occurs when the passing competitor's front wheel overtakes the passed competitor's front wheel. Failure to complete a pass within 25 seconds will result in a drafting violation.

37. An overtaken competitor must fall back 12 meters before attempting to re-pass. Failure to immediately fall back will result in a drafting violation. Immediately re-passing will result in an overtaking violation.

38. Violations will be noted and where possible communicated at the end of the race.

39. Competitors will be disqualified if they receive three drafting penalties or as listed under Penalties.

40. Each competitor must be individually responsible for repair and maintenance of their own bike. Assistance by anyone other than Race Personnel will be grounds for immediate disqualification. Each competitor should be prepared to handle any possible mechanical malfunction.

41. All competitors must follow the normal rules of the road, obey all traffic signals and follow any instructions given by the police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

42. Competitors shall at all times ride so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and may incur a penalty.

43. Any part of the bike course may be covered on foot, but on these occasions, the competitors must carry or push their own bike.

44. Approved helmets are required during the entire bike section. Helmets must be securely fastened at all times when on the bike, and must not be unfastened until the bike is racked within Transition.

Any competitor riding without an approved helmet or chinstrap securely fastened may be disqualified. Alterations to helmets, which affect its integrity, are not permitted.

45. No individual support is allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a competitor, may not pass food or other items to a competitor and should be notified to stay completely clear of all competitors to avoid the disqualification of the competitor. It is incumbent upon each competitor to immediately reject any attempt to assist, follow or escort.

RUN

46. No form of locomotion other than running or walking is allowed. Crawling is not allowed.

47. A shirt must be worn at all times. Failure to wear either shoes or a shirt may result in disqualification.

48. Competitors shall, at all times, run so they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and may incur a penalty.

PENALTIES

49. Anyone not behind the start line when the Race starts will receive a 30 second penalty.

50. Competitors will be notified of any penalties at the end of their race.

51. Competitors may only be penalised by readily identifiable Race Officials. Officials can impose the following types of penalty: verbal warning, time penalty and disqualification.

The following penalties will be imposed for infringements:

Disqualification - to include, but not limited to:

- Threatening, abusive or insulting words or conduct.
- Breaking road-traffic regulations.
- Dangerous conduct/riding.
- Failing to obey marshals or the police.
- Nudity.
- Outside assistance.
- Tampering with the equipment of others.
- Unsporting impedance - including, but not limited to, incorrectly racked bikes, discarded equipment and the use of marking devices that impede others or gain an unfair advantage.
- Three drafting violations noted by Official/s OR three reports from draft-control Marshals.
- If drafting is identified from media coverage during the event you may also receive a penalty.

52. A 5 minute penalty will be incurred for drafting violations. A second drafting violation will incur a further 5 minute penalty. A third drafting violation will result in disqualification.

53. Penalties may be issued or disqualifications given at any time up to the announcement of the final results.

54. Retrospective penalties may be imposed if rule infringements are later discovered.

RACE NUMBERS

55. Additional body markings may be provided by the Race Organiser, but this is not a substitute for, or replacement of, an official race number.

56. Race numbers must be worn on your back during the bike and on your front during the run.

57. Race numbers issued by the Race Organiser identify the official competitors in the Race. Folding, cutting, intentional alteration of any kind or failure to wear the race number is strictly prohibited and may result in disqualification.

GENERAL RULES

58. Competitors are responsible for counting their own laps. Any competitor who does not complete the official course may be disqualified.

59. Headsets, headphones or any items which obstruct hearing such as mobile phones are not permitted during any section of the event.

60. Any littering of the course will result in a penalty. Bins are located around the course for competitor's use.

61. Competitors are expected to heed directions and instructions of all Race Officials and public authorities. Failure to do so may result in disqualification.

62. The decisions of the Officials are final.

63. If you are involved in an accident with another person, please ensure that a Race Official is notified before leaving the scene.

64. If not specified then ITU rules apply.