



Aquathlon Ajman

أكواثلون عجمان

دائرة التنمية السياحية
Department of Tourism Development

حكومة عجمان
Government of Ajman

Friday
18/12/2020



ترايثلون الإمارات
UAE TRIATHLON



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Government Of Ajman

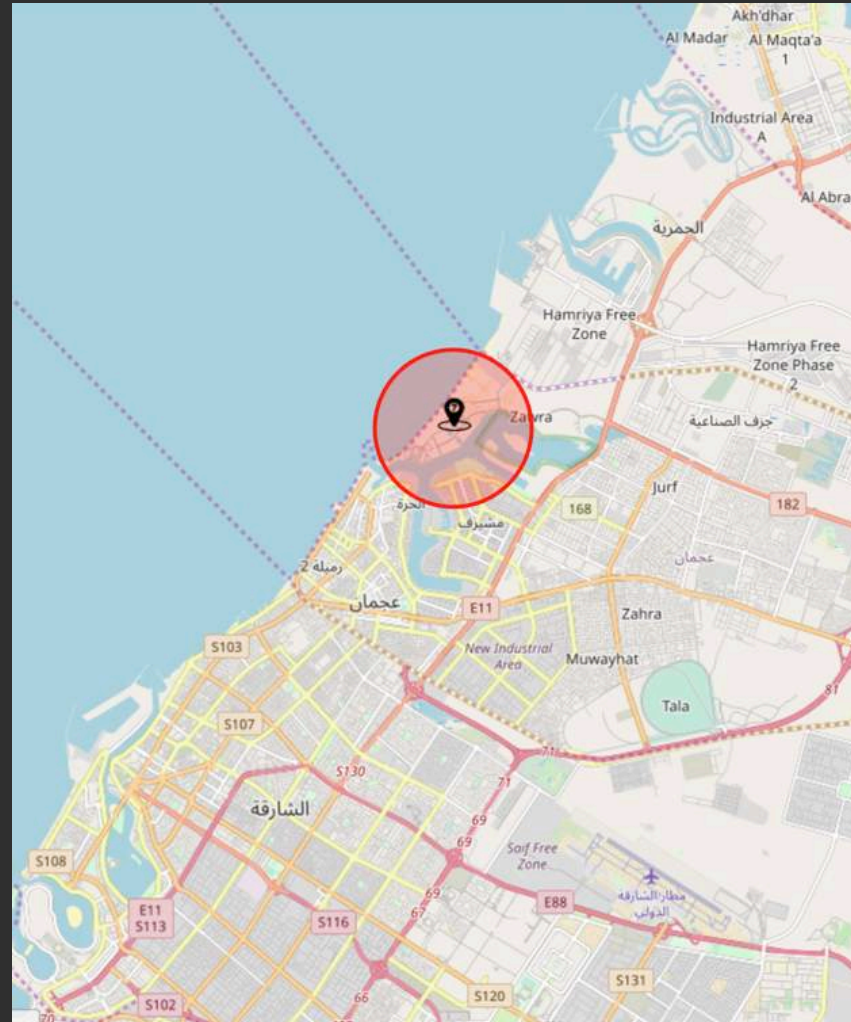
دائرة البلدية والتخطيط
Municipality & Planning Department



AL ZAWRA AJMAN

Aquathlon ajman is based in and around the grounds of the al zawra.

See the map on the right for further instructions.



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race program

Race day	categories	Start time
Saturday 18/12/2020	Junior Aquathlon (200m Swim 1.5Km Run)	8:00
	Super Sprint Aquathlon (500m Swim 2.5Km Run)	8:30
	Sprint Aquathlon (1km Swim 5Km Run)	9:00

categories	fees
Junior Aquathlon UAE	110 AED
Super Sprint Aquathlon UAE	140 AED
Sprint Aquathlon UAE	160 AED
Junior Aquathlon	110 AED
Super Sprint Aquathlon	140 AED
Sprint Aquathlon	160 AED



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Categories : Emirates

Junior Aquathlon (Men & Female)

Super Sprint (Men & Female)

Sprint(Men & Female)

Categories : Overall

Junior Aquathlon (Men & Female)

Super Sprint (Men & Female)

Sprint (Men & Female)

Age groups categories

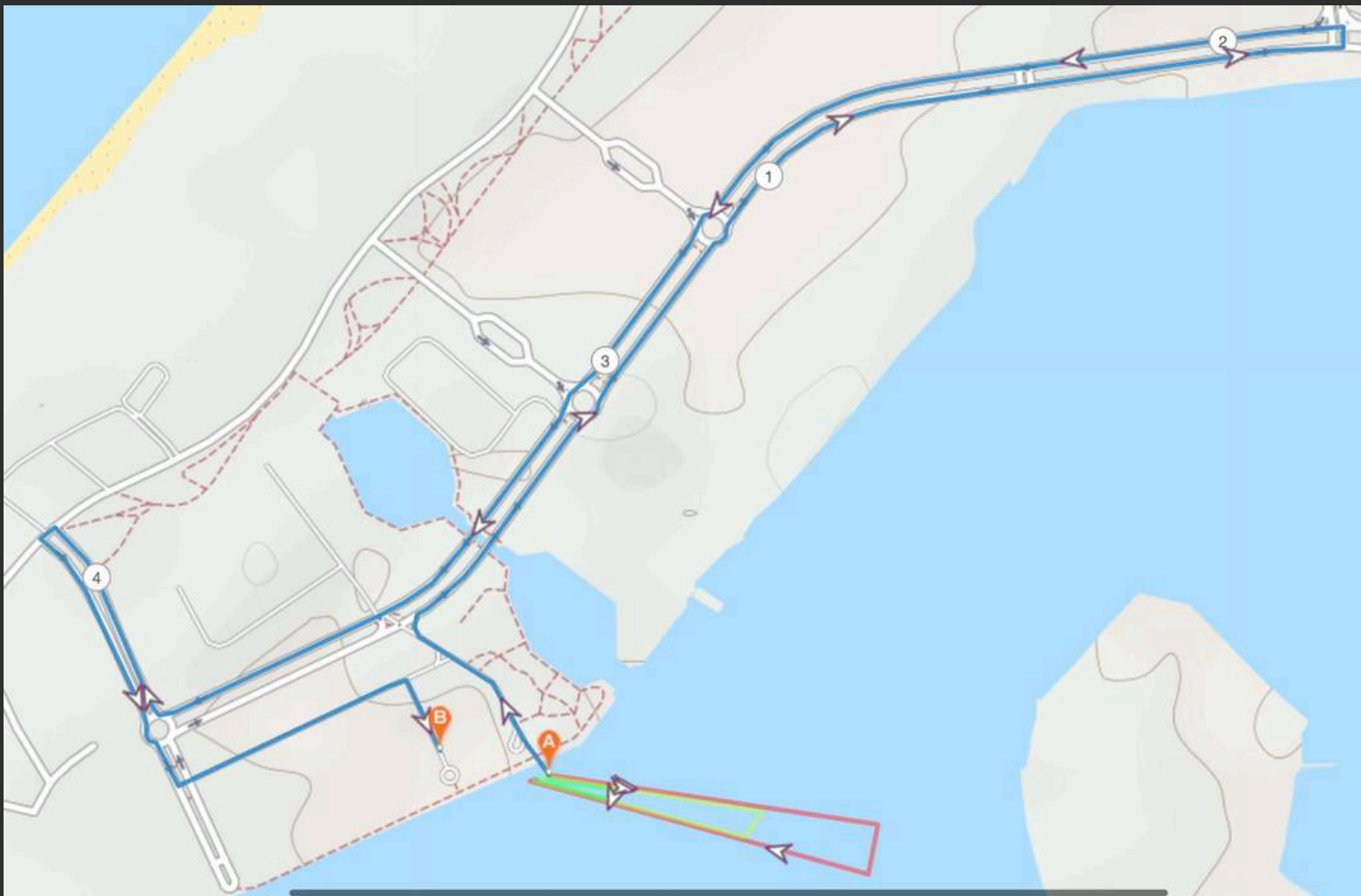
- 2008-2007 Junior Aquathlon (Men & Female)
- 2006-2005 Junior Aquathlon (Men & Female)
- 2004-2003 Junior Aquathlon (Men & Female)
- 2002-2001-2000-1999-1998 U23 (Men & Female)
- 1997-1981 (Men & Female)
- 1980-1971 (Men & Female)
- 1970-1961 (Men & Female)
- 1960+ (Men & Female)



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AJMAN POLICE



COURSE



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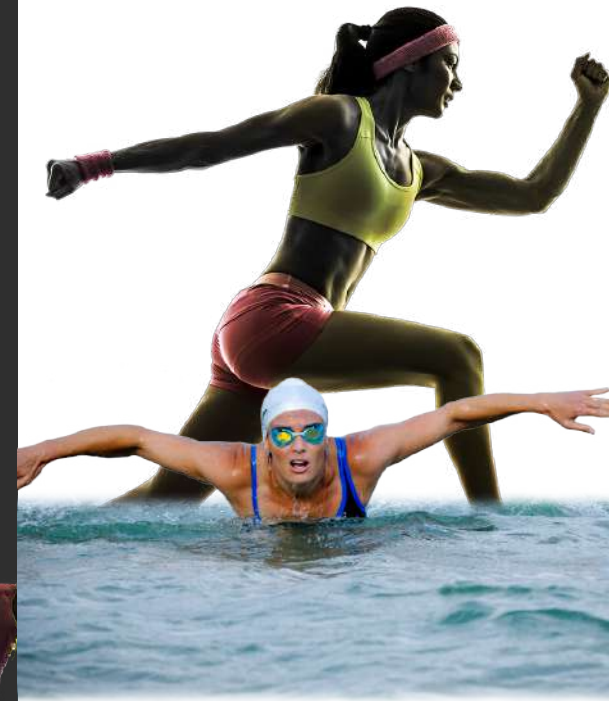
دائرة البلدية والتخطيط
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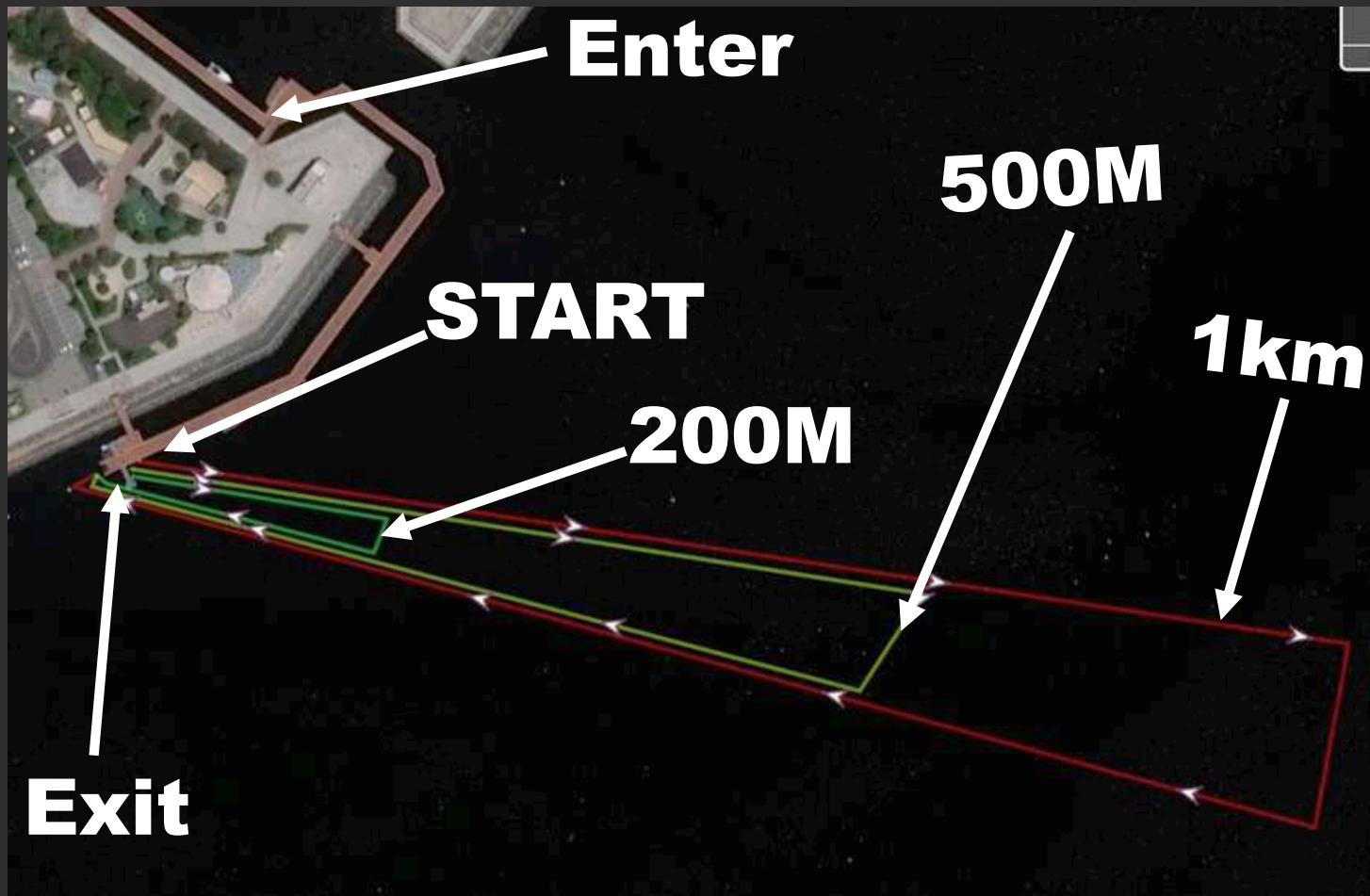
START & FINISH COURSE



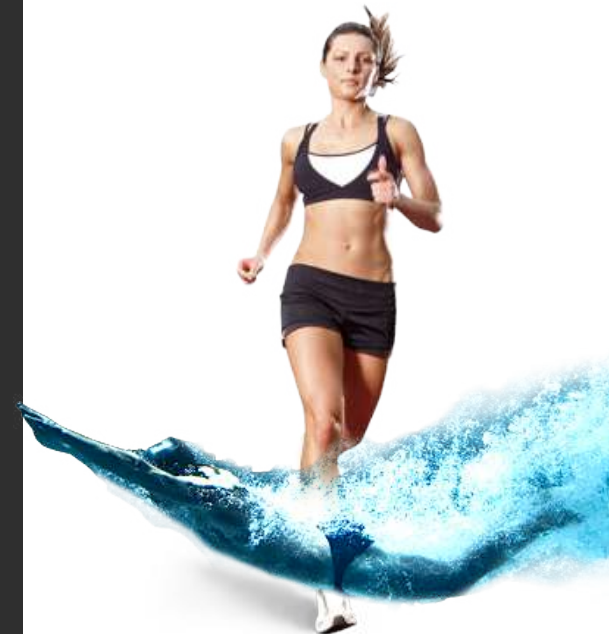
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SWIM COURSE



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SWIM COURSE

Swim

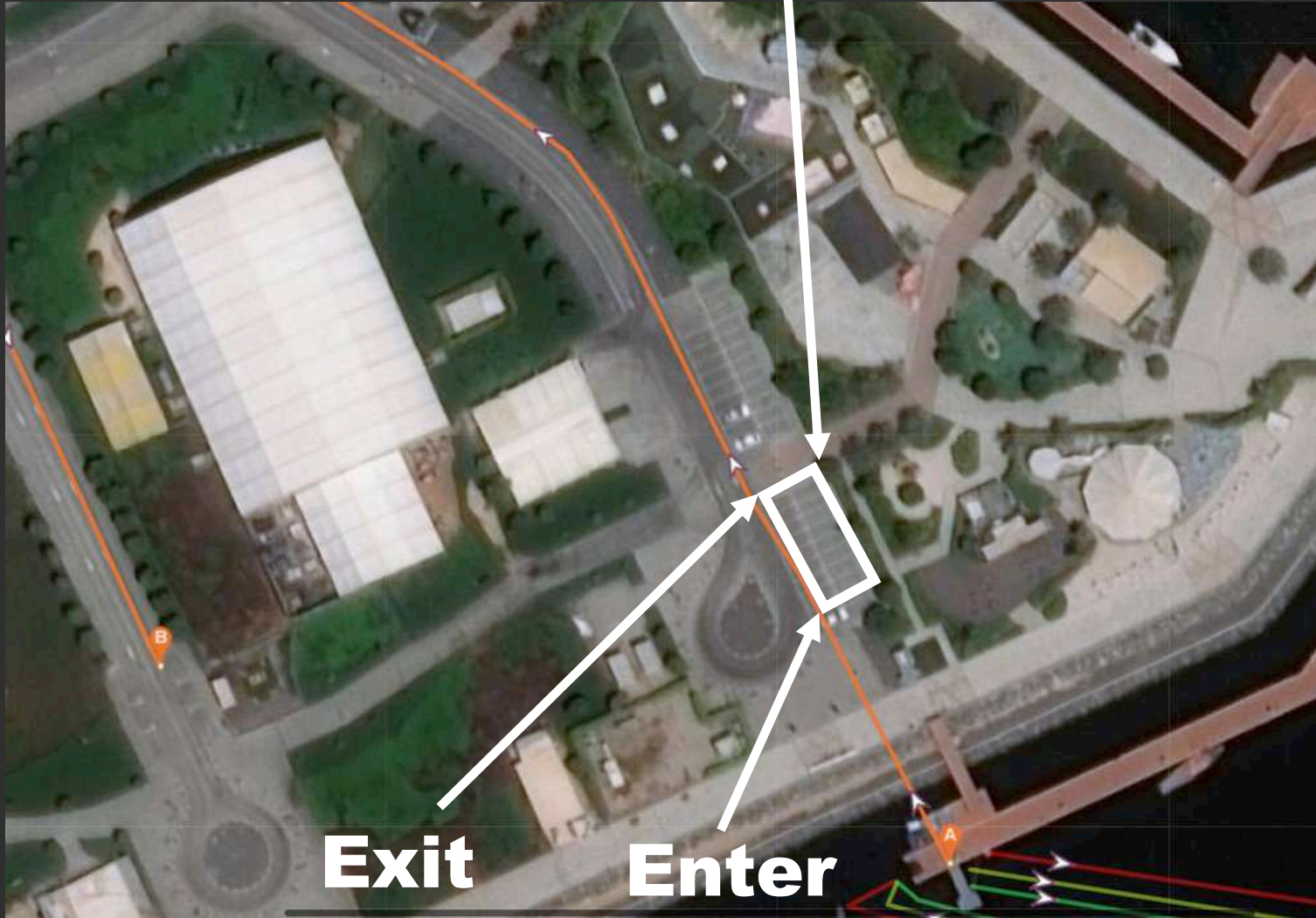
The swim will be a non-wetsuit swim. Only race legal speedsuits (no rubber or neoprene) will be permitted. All athletes must wear the swim cap provided and start in their allocated wave. Only swim goggles or masks are permitted. No other swim aids of any kind are permitted. Only official lifeguards on kayaks and rescue jet skis are allowed on the swim course. Swimmers may use the kayaks and jet skis for aid should they require assistance so long as there is no forward momentum, which would result in disqualification.



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Transition



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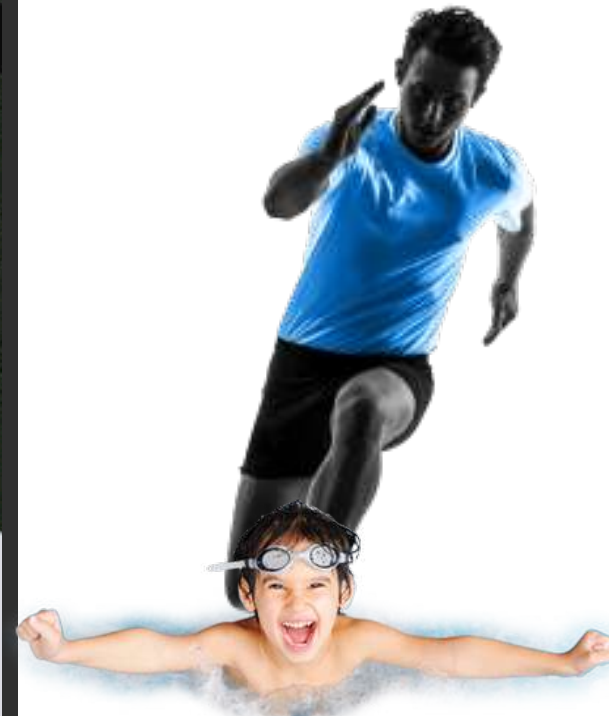
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SWIM

RUN

RUN COURSE



RUN COURSE

Run

A shirt or full-length tri suit must be worn at all times. No ipads or similar headphone devices allowed. Race numbers must be worn on your front during the run



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CAR PARKING



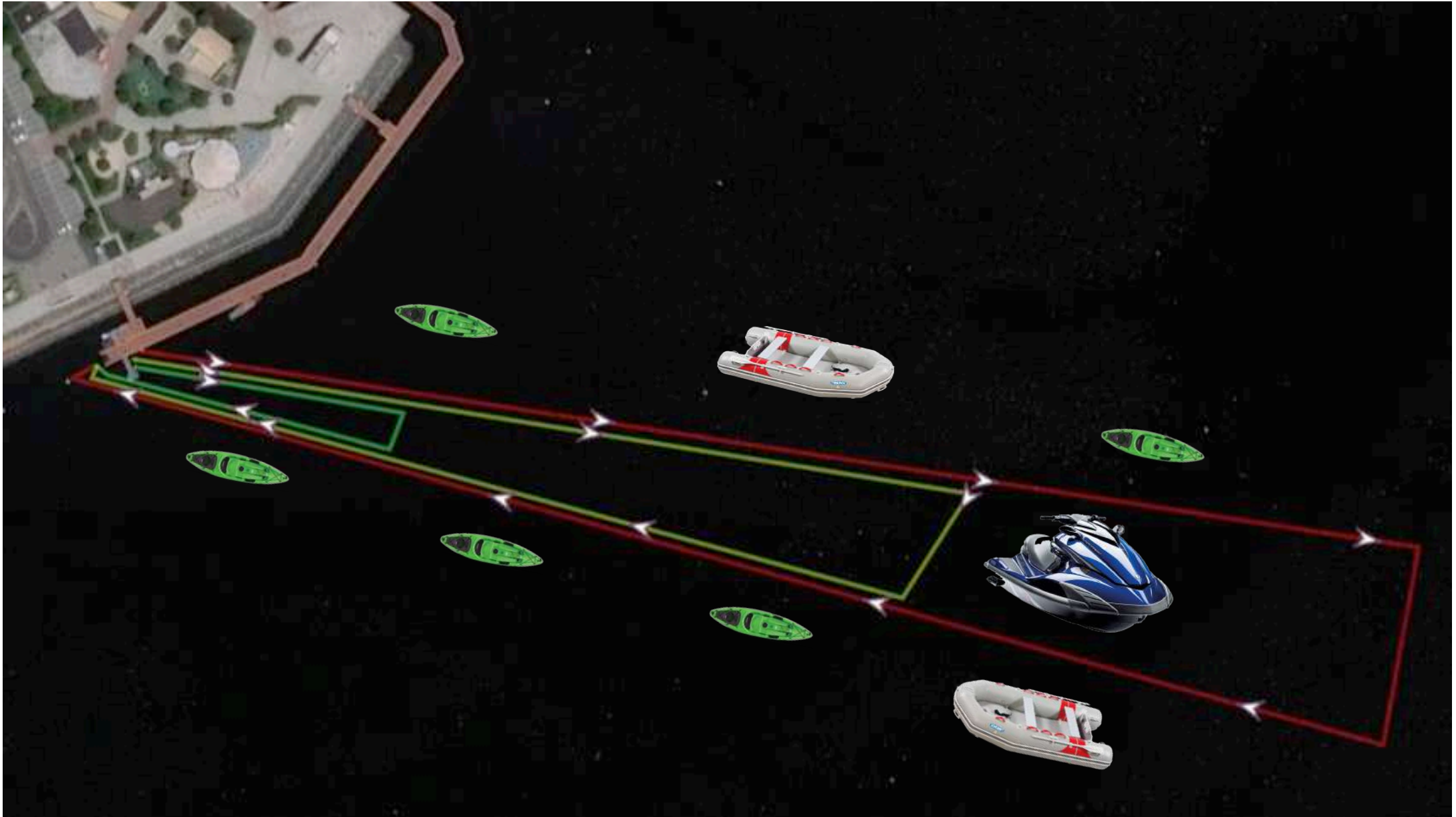
PODIUM

Car parking:
Car parking is available on a first come, first served basis.
Parking Area 1 is about 2 minutes walk from transition.



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1.5km

2.5km

5km

AMBULANCE

- UNDO
- HILLS
- DIR'NS
- PHOTOS

Race numbers 5:00am - 6:00am

At your corresponding allocated number on the run racks you will find your drawstring bag and race chip. If it is not there please seek a marshall.

Your bag will contain:

Timing chip & ankle strap

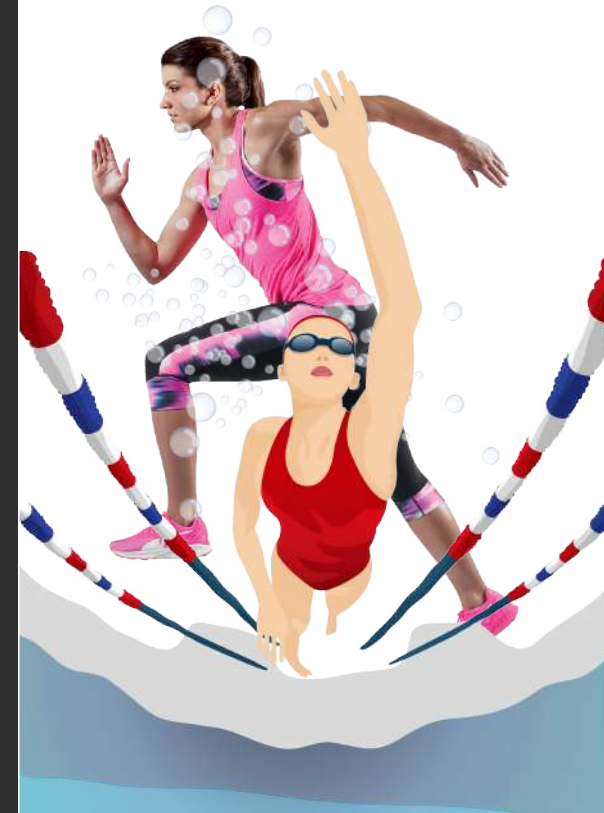
You need to attach the timing chip to your LEFT ankle. Your chip will be collected from you at the finish line - if you don't return your chip at this point you will be liable for a fee of AED100 – so please remember to return it! (Note that we are not using the ChampionChip system – so please use the timing chip given to you at registration – any other chip will not work).

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Race numbers 5:00am - 6:00am

Race number

A race number must be clearly visible

Swim cap

Each wave will start with a different colour cap. Please make sure the colour of the cap in your race pack matches the colour shown on the information board. It is compulsory to wear these swim caps in the swim.



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Timing , briefing

Race Briefing

There will be a short race briefings. Please always listen carefully to the announcements as any last minute changes will be addressed.

Timing

Timing antennas will be positioned at the start, and at the finish line. We'll endeavour to provide you with all your timing splits, but this is not guaranteed. Very occasionally, a timing chip may not be read or a timing antenna may fail and timing splits may not be available. You'll receive a total finish time providing we can see your race number when you cross the finish line. If you withdraw during the event please make sure you return your timing chip, otherwise we will think you are still out there racing!



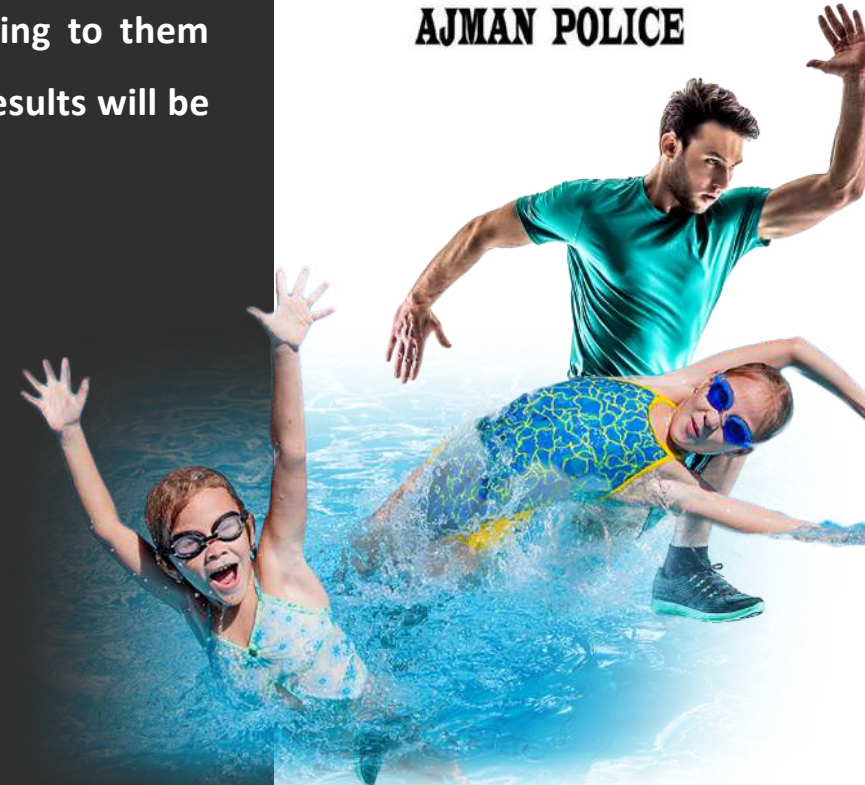
results

Results

A set of results will be available on website www.hopasports.com as soon as possible after the event. We hope they'll all be perfect – but any queries relating to them should be emailed to us by 19th of December 2020, after which time all results will be deemed as final and complete. Email us on admin@uaetriathlon.ae



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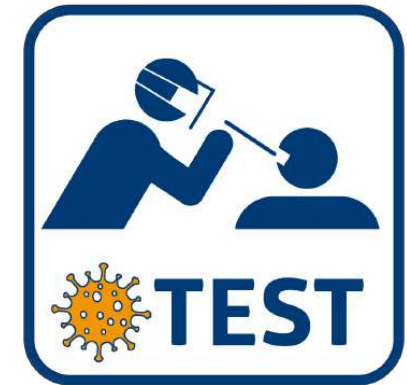


Important note:

- ✓ Corona examination is compulsory for everyone
- ✓ The examination will be provided free of charge to all athletes 24/24
- ✓ Location: Ajman opposite City Center Ajman
- ✓ A special counter is opened for athletes only
- ✓ Examination within 48 hours before the race



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COVID-19 EVENT IMPLEMENTATIONS

Social Distance Branding

Social Distance reminders will be in effect throughout the event venue area and on the routes for runners:

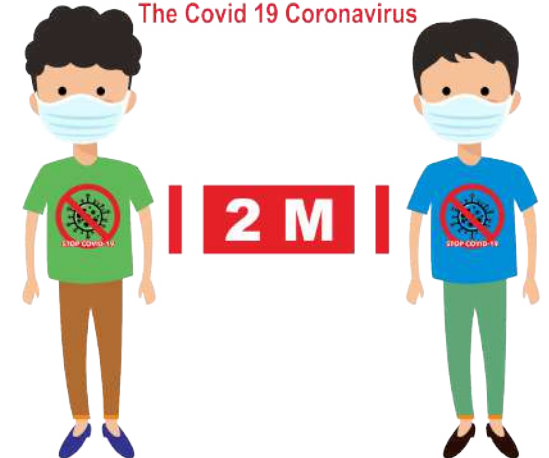
- ✓ Start line Rules for participants at start gantry
- ✓ Signs at aid stations
- ✓ Finish approach reminder rules
- ✓ Stickers on run route floor as reminder



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SOCIAL DISTANCE

Preventive Measure To Prevent The Spread Of
The Covid 19 Coronavirus



Body Temp Checks

Each participant will be subjected to a thermal body temperature check upon entering the start pen area or beach start for Aquathlon

- ✓ Quickly identify individuals showing first signs of COVID-19 infection
- ✓ Quickly measure and display a temperature reading so a large number of people can be evaluated individually
- ✓ Positive participants will be quarantined at special medical tent
- ✓ Marked temps against race numbers for tracking
- ✓ Non-contact temperature measurement devices help reduce the risk of spreading COVID-19 infections



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STOP



**BODY TEMPERATURE
CHECK IS
REQUIRED
PRIOR TO ENTERING**

*Thank you for your
understanding and cooperation.*

Face Masks

Each participant will be required to wear face masks up to 30s before their race start.

They will also be issued with a new mask / face buff 30s after finishing the race.

- ✓ Drastically reduces the spread of the infection
- ✓ Helps flatten the curve
- ✓ Reminds people to keep their social distance
- ✓ Minimizes time without mask in potential large gathering areas
- ✓ Buffs given out at end of race to participants to identify them and to help manage people flow at finish area
- ✓ Medical professionals on site to ensure all people are safe and healthy



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Hand Sanitizers

There will be hand sanitizers throughout the start and finish line with active encouragement to use particularly at the finish area

- ✓ Obligatory use at start entry
- ✓ Obligatory use at finish line
- ✓ Participants not allowed to leave finish area without a mask or use of hand sanitizer



Designated, trained staff officials

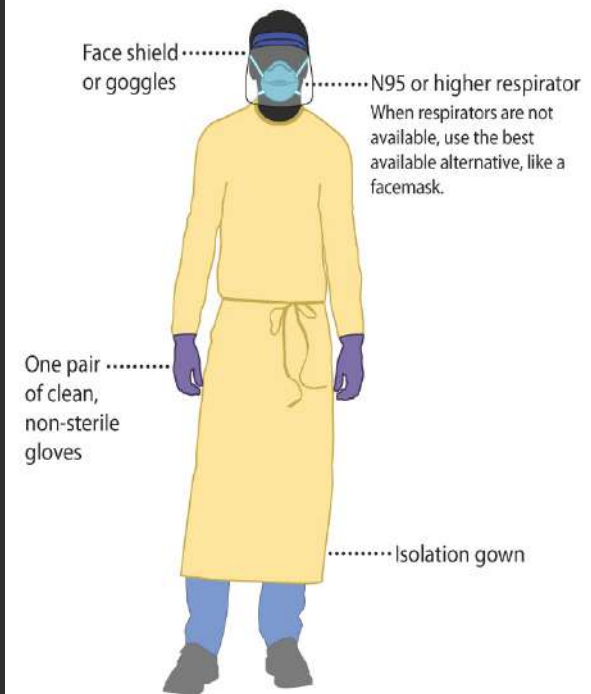
At each event there will be staff officials; COVID Monitors, who at all times will be monitoring all staff, participants and spectators to adhere to current

government guidelines and UAE triathlon federation requirements.

- ✓ Social gathering controls
- ✓ Ensures race participants keep their distances throughout the event
- ✓ All staff will be wearing protective clothing
- ✓ Disqualification measures if rules broken



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COVID Quarantine

There is a dedicated sealed tent area for any participant deemed unfit to race manned by a professional medical person.

- ✓ Qualified personnel on site
- ✓ Removes possible risk from participants
- ✓ Secure safe environment to assess and make possible tests

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Participant Waiver

All entrants will be required to self certify before the event with records being kept

for 21 days for traceability purposes.

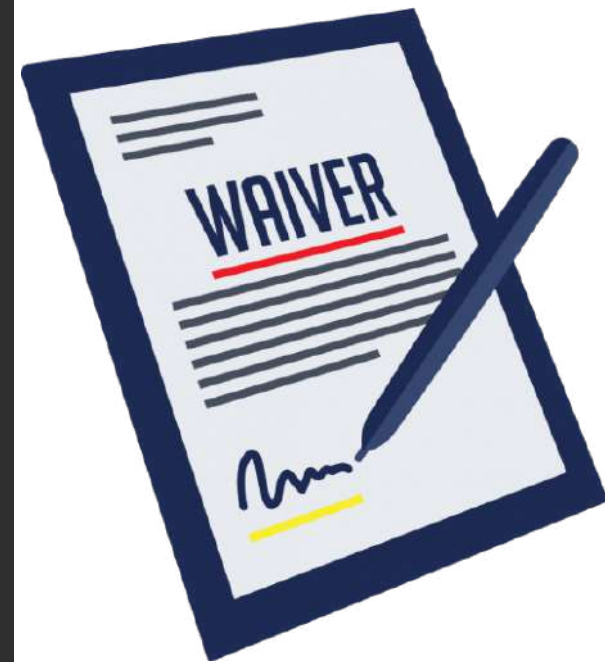
✓ Waivers individually checked with questions designed to flag potential risk

✓ Allows checks to take place to ensure safety for the event

✓ Questions chosen and picked against WHO and medical guidelines



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Arrival programming

All entrants will be given specific arrival and start window times to the event

and venue for event personnel management.

- ✓ Limits amount of people in venue
- ✓ Helps with social distancing
- ✓ Controls crowds
- ✓ Provides safe start of event for individuals as well as a non congested race track
- ✓ Helps keep staff safe and not subject to large demands from participants



Social Distancing In Operation

We have a social distancing program in place, please respect this and adhere to the signage on premises



Always keep
a minimum
of 6ft / 2m
distance

Follow the
floor markers
indicated



Wash your hands
with soap and water
and use hand
sanitizer regularly

Water & Aid stations

All aid stations will consist of sealed sterilized water bottles placed on a table by a staff member trained in COVID measures and wearing protective clothing.

- ✓ Limits interactions with staff and other participants
- ✓ Does not allow for any contaminates
- ✓ Participants stay hydrated through UAE climate

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UAE participants ONLY

Until regulations change we will not be permitting International participation into our events to help reduce domestic nationals risks.

UAE participants ONLY

- ✓ Reduces International risk
- ✓ UAE ID cards required for entry
- ✓ More opportunity for UAE residents and nationals to participate



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