



# RAS AL KHAIMAH TRIATHLON

15 JANUARY 2021

Junior Super Sprint | Super Sprint | Sprint | Olympic

Al Marjan Island, Ras Al Khaimah, UAE

## RACE BRIEFING



**TRIATHLON**  
RAS AL KHAIMAH

## WELCOME MESSAGE

Thank you for joining us for this season's Ras Al Khaimah Triathlon.

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 atmosphere.



**GOOD LUCK TO YOU ALL!**

[Follow us at](#)

[Super Sports Events](#)



## COVID-19 PRECAUTIONS

We will be partnering with a sanitizing company – to provide us with all our needs for all events and we will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a disposable mask till just before you start and once you finished a new disposable mask will be given to you.
- Stay in the Briefing Area till your wave / distance is called to the Start Area.
- No gatherings / hugging / touching / group photos etc.
- Self service water station out on course and at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

**Any participants not observing any of the above rules will be asked to leave the event!**



# COVID-19 RESPONSE





## 3 WAYS TO COLLECT YOUR RACE PACK

### 1. Online Race Pack Delivery

- We've arranged with the team at GRIT+TONIC.com to provide STRESS FREE RACE PACK DELIVERY direct to your home. Delivery will take place between 10 – 13 January (Sunday – Wednesday) and all orders must be placed by midday on Sunday 10 January.
  - Delivery is ONLY FOR DUBAI residents.
  - To go STRESS FREE there is a nominal charge of AED25, but GRIT+TONIC.com will include 1 GU Energy Gel and 1 GoldNutrition Salt Bar as a thank you.
  - If you need a few things for race day, then spend AED125 and STRESS FREE is COMPLETELY FREE – and you still get the GU Energy Gel and your GoldNutrition Salt Bar! Don't forget to check out their new 2XU and HUUB wetsuits.
  - To book your delivery, <https://gritandtonic.com/stress-free-race-pack-delivery-rak-triathlon.html>
- Any enquiries contact 971 4 289 6001 or [sales@gritandtonic.com](mailto:sales@gritandtonic.com)

### 2. Collection on Thursday 14 Jan, the night before at DoubleTree by Hilton Resort & Spa Marjan Island

Race packs can be collected on Thursday, 14 Jan between 6 – 7pm at the DoubleTree by Hilton Resort & Spa Marjan Island. Warren, the Race Director is also available to answer all questions about the triathlon that you may have.

### 3. On Race Day

Race Packs can be collected from Race Check In on the morning of the race from 6.30am – 7.45am. You must have checked in and received your timing chip 30 minutes before your race start. Once you know your race number, proceed directly to the Race pack collection desk and collect your race pack.





## CHECK YOUR RACE DATA

- Please check that all your data which is printed on the label of the race pack envelope is correct. This includes your name, age category, gender and distance and in the event of there being any errors, please let our registration staff know so we can change it for you, so you have the correct result when finishing the race.

## WHAT WILL BE IN YOUR RACE PACK

- Timing Chip
- Race Bib
- Swim Cap
- Race Towel
- Shirt & Breakfast Snack is collected after race





## DIRECTIONS TO AL MARJAN ISLAND, RAS AL KHAIMAH & PARKING

[CLICK HERE](#) for Google Maps

Google Maps Search = DoubleTree by Hilton Resort & Spa Marjan Island

### GENERAL INFORMATION

- **PARKING** Opposite the transition area across the road from Double Tree by Hilton
- **TOILETS** are available in the car park area as well as at the hotel.
- **AMBULANCE** and paramedic services will be on site and in the event of any athletes being in trouble, please inform the closest race marshal / lifeguard to call for assistance.





**TRIATHLON**  
**RAS AL KHAIMAH**

## **RACE DAY PROGRAM**

Be checked in at least 40 minutes before the start of the race.  
There is NO on the day registration.

06h30: Race Check In Opens, Transition Set Up and Warm Up

07h45: Race Briefing for ALL on beach.

08h00: Start –Super Sprint 13+ years Individual & Relay, Male & Female together

08h05: Start –Junior Super Sprint: Under 13 years Individual & Relay, Male & Female together

08h15: Start –Olympic Male Individual

08h20: Start –Sprint Male Individual

08h25: Start –Olympic & Sprint Female Individual and Olympic & Sprint Relay Teams

10h00: Junior Super Sprint & Super Sprint Prize Giving

10h30: TRANSITION OPENS

10h30: Sprint Prize Giving

11h00: Race Cut off Time for Olympic Prize Giving

11h05: Olympic Prize Giving

11h30: Official Race Cut Off Time for all distances

Please note, roads will only open at 10h30 once **TRANSITION OPENS**, after which you may leave the venue.

**THERE IS NO BAG DROP!**





## RACE DISTANCES & AGE GROUPS

Age Groups are determined as per your age on race day – so however old you are on that day is the age group you will be racing in.

### **JUNIOR SUPER SPRINT – 180m swim, 5km cycle, 1.25km run**

0 – 8 years, 9 – 12 years, Relay  
UAE National Top 3

### **SUPER SPRINT- 375m swim, 10km cycle, 2.5km run**

0 – 18 years, 19 years+, Relay  
UAE National Top 3

### **SPRINT – 750m swim, 20km cycle, 5km run**

0 – 18 years, 19 – 29 years, 30 – 34 years, 35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years, 55 years+, Relay  
UAE National Top 3

### **OLYMPIC – 1.5km swim, 40km cycle, 10km run**

0 – 18 years, 19 – 29 years, 30 – 34 years, 35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years, 55 years+, Relay  
UAE National Top 3







## RACE BIB

- Bring a Race Belt to attach your number too as this needs to be visible in different positions throughout the race and will save you time in not having to have to pin it in different positions during the bike and run legs.
- It would be advisable to buy these belts before race day and figure out how they work.

## TIMING CHIP

- This will be included in your Race Pack and to be worn on your **LEFT** ankle with the number facing outward at all times during the race.
- Once finished racing, hand your race chip and bib in and collect your branded shirt.
- Make sure the chip is fastened tightly so that it does not move or change position during the race. (TIP: If the velcro strap is not long / tight enough, use a safety pin to adjust the length to keep the strap / chip in place and tight on your leg)
- Your final time for the race will be taken when crossing under the Super Sports arch after the run leg of the race.
- Split and finish times for all legs will be available.





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## TRANSITION

**06h30: Opens for Racking**

**07h45: Closes for Race Start**

**10h30: Opens for Departure**

- Once the race has started, only racing and relay team athletes will be allowed into the Transition area .
- This is to avoid over crowding, for safety reasons and to give everyone a fair chance to transition without extra people being in the way.
- No bags will be allowed to be left in Transition – only the equipment needed for each leg.
- If you do have extra bags etc, please leave them on the pavement perimeter near transition so once you finish the race you can easily access them by not actually entering the transition area.

**Please inform your supporters that they are NOT allowed in Transition!**





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## RELAY TEAMS

- SWIMMER – starts at waters edge
- CYCLIST – waits at the exit of the hotel grounds near the main road
- RUNNER – waits at the exit of transition by the RUN OUT banner
- All relay teams will need to “TAG” their teammate at these respective points by handing over their teams timing chip in order for their team mate to start their leg of the race.
- All Relay Team members will be allowed to cross the finish line at the same time as the runner for their finish line photo, so swimmer and cyclist can join the runner at the start of the finish area.





## FINISHERS MEDAL

When crossing the finish line, please keep moving through the finish chute and then you will receive your finishers medal.

## RACE RESULTS

- Please scan the QR codes in the Race Village to view your result once you have finished.
- Medals for 1st, 2nd and 3rd places, per Age Group and Gender will be awarded per race Trophies will be awarded to top 3 Overall respective distance winners. You cannot win an overall prize and your age group prize.
- Full results will be on the Super Sports website as soon as possible at [www.supersportsuae.com](http://www.supersportsuae.com)

## PHOTOS

- Remember to smile at the camera man, give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 72 hours after the race has finished.





## SWIM RULES

- All swimmers to wear swim caps supplied by sponsor out of respect for them sponsoring the race and also for identification and safety reasons.
- **WETSUITS: 15 January 2021 - allowed**
- The swim direction will be in an anti-clockwise direction from the start.
- Distances
  - Junior Super Sprint will complete a 180m swim – straight line swim out and back – see swim course map
  - Super Sprint will complete a 375m swim – see swim course map
  - Sprint will complete a 750m swim – see swim course map
  - Olympic will complete a 1500m swim course – see swim course map
- All swimmers will need to pass through the “GATE” in order to finish a lap and also when exiting the water to the transition area. No need to exit the water to complete a lap – just keep swimming.
- Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.
- Swimmers may use any stroke to propel themselves through the water and may tread water or float.
- A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
- A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down and call or seek assistance.
- Swimmers who have received assistance whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.





## TRIATHLON RAS AL KHAIMAH

### BIKE RULES

- Bike direction will follow the normal traffic direction and 1 lap will be equivalent to 10km
- Distances
  - Junior Super Sprint will complete 1/2 lap of attached course = 5km
  - Super Sprint will complete 1 lap of attached course = 10km
  - Sprint will complete 2 laps of attached course = 20km
  - Olympic will complete 4 laps of attached course = 40km
- Before exiting transition, your race number has to be facing away from your body and on the back side of your body, waist height.
- All participants shall wear a protective helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC).
- The helmet must be fastened before the participant first mounts the bicycle; at all times when the participant is on the bicycle and must not be unfastened until the participant has dismounted.
- Triathlon time trial bikes are allowed, as well as conventional road bikes and mountain bikes.
- No tandems, recumbent and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
- Solid disc wheels are allowed.
- Any new, 'unusual' or prototype equipment will be subject to a determination of legality by the Chief Race Referee.
- Athletes must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than technical support officials will be grounds for disqualification. Each cyclist should be prepared to handle any possible malfunction.
- Technical support DOES NOT include the normal changing of flat tyres. You may not receive a spare wheel if yours breaks.
- Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
- All Athletes must mount and dismount in the marked zones at the transition area.
- Under no circumstances may a participant ride his/her bike inside the transition area.





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**BIKE RULES (continued)**

**DRAFTING:**

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- The 10meter (X 1.5m) draft zone rule will apply.
- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- All passing takes place on the left.
- A violation of the Drafting rule will result in Marshalls verbally informing you and showing you a “drafting warning” card immediately when cited during the race and your race number will then be written down to be compared with other Marshalls’ citations.
- 2 or more citations will result in a 3 minute penalty for each and every citing

**PASSING:**

- All passing takes place on the left.
- When you want to pass the cyclist ahead of you, you MUST move 1.5m to the LEFT before entering the 10meter Draft Zone.
- You have 15 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking.
- The athlete, just overtaken, then has 15 seconds to see to a 10m gap between him/her and the bike that just passed.
- Failure to do so is a drafting violation.

**BLOCKING:**

- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- Should they ride on the left side of the road and not be in the process of following the Passing rule protocol (see paragraph above) they are blocking the cycling course for faster riders coming up from behind and they will be penalised for blocking.
- When in doubt as whether to move left or right when cyclists are approaching from behind, the best is to keep your course in a straight line and let the cyclist behind choose on which side to pass you.
- Never ride two or more abreast.
- You must have plugs in the ends of your handlebars.





## TRIATHLON RAS AL KHAIMAH

### RUN RULES

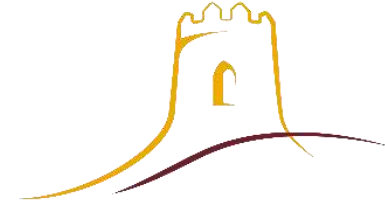
- Running will be in an anti-clockwise direction so all athletes need to stay on the **left hand side** of the running track.
- There will be 3 turning points on the track. One point at 630m for Junior Super Sprint, 1.25km for SUPER SPRINT (SS) ONLY and another at 2.5km for Sprint and Olympic (S/O). Make sure you turn at the correct point!
- Distances
  - Junior Super Sprint will complete 1/4 lap of attached course = 1.25km
  - Super Sprint will complete 1/2 lap of attached course = 2.5km
  - Sprint will complete 1 lap of attached course = 5km
  - Olympic will complete 2 laps of attached course = 10km
- Before exiting transition, your race number has to be facing away from your body and on the front side of your body, waist height.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- 2 Water stations will be provided on the course.







ترايثلون الإمارات  
UAE TRIATHLON



Ras Al Khaimah

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