



RACE BRIEFING

MAMZAR BEACH PARK

RACE DAY PROGRAM

05h30 - 06h45	Registration Opens, Transition Set Up and Warm Up All competitors need to be registered before 06h45 as roads leading to the start/finish area will be closed to ALL traffic as from this time
06h45	Race Briefing for all
07h00	Sprint & Olympic Start together
08h00ish	Super Sprint Starts (as soon as last swimmer from Sprint / Olympic exits the water)
10h30ish	Prize Giving for All

DIRECTIONS TO MAMZAR BEACH PARK

- Travel in the direction of Dubai to Sharjah
- Pass Dubai International Airport, then the Dubai Police Headquarters, then Al Mulla Plaza all on your right hand side.
- Take Exit 67 to Mamzar Beach Park and double back over Dubai / Sharjah Highway.
- Follow signs to SLIPWAY – where they launch the boats in to the water
- Along the way to the SLIPWAY, you will see the TRANSITION and START / FINISH area of the Triathlon

1. GENERAL INFORMATION:

1. Races will start promptly as per the above schedule.
2. Only start and finish times will be made available on all results – no split times for different legs or time spent in transition will be available.
3. Parking – this will be available in car parks close to the Transition area.
4. Ablution facilities are also available close by.
5. **Bring a torch or other lighting instrument as it will still be dark when setting everything up in the Transition area.**
6. **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. These will also be sold on the morning of the Race at 15dhs each for those of you who don't have a belt. It would be advisable to buy these belts before race day and figure out how they work. Most bike shops stock such belts.**
7. Once the race has started, only athletes will be allowed in to the Transition area – this is to avoid crowding the space as well as for safety reasons.
8. No bags will be allowed to be left in Transition – only the equipment needed for each leg. A special demarcated area will be available to store access baggage if you have no one to look after it for you.
9. There will be 1 water point on the run course and competitors will pass this point at the following distances from the finish line so plan your fluid intake accordingly:
 - a. Super Sprint: 1km & 1.5km
 - b. Sprint: 1km & 4km
 - c. Olympic: 1km, 4km, 6km & 9km
10. All relay teams will need to "TAG" their partner at the entrance of the SWIM IN / RUN OUT area in order for the to start their leg of the race

11. Medical staff will be on stand-by and in the event of any athletes being in trouble, please inform the closest race marshal / lifeguard to call for assistance.
12. Please see attached race course for route, water points, turning points, start / finish etc...
13. Your final time for the race will be taken when crossing under the Super Sports arch after the run leg of the race.
14. Race Series t-shirts, finishers medals, winners medals and vouchers as well as refreshment "Goodey Bags" will be handed out to all at registration, when crossing the finish line or at prize giving.
15. Please bring your own food and drinks for post race needs as there is no where to buy anything nearby.

SWIM RULES

1. The swim direction will be in a clockwise direction from the start with each lap being 375m.
2. Distances
 - a. Super Sprint will complete a 200m swim which will be a straight line swim of 100m out and 100m back
 - b. Sprint will complete 2 laps of attached course = 750m
 - c. Olympic will complete 4 laps of attached course = 1500m
3. If your course involves 2 or more laps, you will need to pass through the "GATE" in order to finish a lap and also for your last lap when exiting the water to the transition area. No need to exit the water to complete a lap – just keep swimming.
4. **Wetsuits will be allowed for Race 2 (03 February 2012) only and not for Race 1 & 3.**
5. Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.
6. Swimmers may use any stroke to propel themselves through the water, and may tread water or float.
7. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
8. A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down, and call or seek assistance.
9. 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.
10. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

BIKE RULES

1. Bike direction will follow the normal traffic direction and 1 lap will be 8km
2. Distances
 - a. Super Sprint will complete 1 lap of attached course = 8km
 - b. Sprint will complete 3 laps of attached course = 24km
 - c. Olympic will complete 5 laps of attached course = 40km
3. Before exiting transition, your race number has to be facing away from your body and on the back side of your body, waist height.
4. All participants shall wear a protective helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC)
5. 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.
6. Triathlon time trial bikes are allowed, as well as conventional road bikes and mountain bikes.
7. No tandems, recumbent and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
8. Solid disc wheels are allowed.
9. Any new, 'unusual' or prototype equipment will be subject to a determination of legality by the Chief Race Referee.
10. 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 mechanical malfunction.
11. Technical support DOES NOT include the normal changing of flat tyres. You may not receive a spare wheel if yours breaks ' there is no support vehicle on the course.
12. Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
13. All Athletes must mount and dismount in the marked zones at the transition area.
14. Under no circumstances may a participant ride his/her bike inside the transition area

DRAFTING:

1. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
2. The 10meter (X 1.5m) draft zone rule will apply.

3. Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
4. All passing takes place on the left.
5. 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.
6. 2 or more citations will result in a 3 minute penalty for each and every citing

PASSING:

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

BLOCKING:

1. Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
2. 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.
3. 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
4. Never ride two or more abreast.
5. You must have plugs in the ends of your handlebars.

RUN RULES

1. Running will be in a clockwise direction so all athletes to stay on the left hand side of the running track.
2. There will be 2 turning points on the track. One point at 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 or face disqualification.
3. Distances
 - a. Super Sprint will complete 1 SS lap of attached course = 2.5km
 - b. Sprint will complete 1 S/O lap of attached course = 5km
 - c. Olympic will complete 2 S/O laps of attached course = 10km
4. Before exiting transition, your race number has to be facing away from your body and on the front side of your body, waist height.
5. Your upper body must be covered at all times on the run portion of the race.
6. Shoes are compulsory.
7. No form of locomotion other than running, walking or crawling is allowed.
8. 1 Water station will be provided on the course.