

# EDUCATION CITY Aquathlon Series



**RACE INFORMATION PACK**

**RACE 3 – FRIDAY 31<sup>st</sup> MARCH | 8:00 PM**



# Categories & distances

## Adults

Senior 18-39	Swim 500m	Run 5KM
Masters 40+	Swim 500m	Run 5KM
Super Sprint	Swim 200m	Run 2.5KM
Enticer	Swim 100m	Run 1.25KM

## Youths

MINI-KIDS (4-7)	Swim 50m	Run 250m
KIDS 1 (7-9)	Swim 100m	Run 1.25KM
KIDS 2 (10-11)	Swim 200m	Run 1.25KM
KIDS 3 (12-13)	Swim 200m	Run 2.5KM
JUNIORS (14-15)	Swim 200m	Run 2.5KM

## Team relays

Two team members compete as a relay team, one discipline each. Use timing chip as baton, handed from swimmer to runner. Fastest cumulative time, including transitions, wins

Primary relay Youths aged 7-12	Swim 100m	Run 1.25KM
Secondary relay Youths aged 12-17	Swim 200m	Run 2.5KM
Parent & Child relay	Swim 200m	Run 2.5KM
Sprint relay	Swim 500m	Run 5KM

# Race At-A-Glance

**7:00pm**

Registration opens

**8:00pm**

Mini-kids

Swim 25-50m  
(parents choice)

Run 250m  
1 lap of carparks

**8:15pm**

Primary relay  
Kids 1 (7-9)  
Enticer

Swim 100m  
2 lengths

Run 1.25 KM  
1 lap

**8:25pm**

Kids 2 (10-11)

Swim 200 M  
4 lengths

Run 1.25 KM  
1 laps

Secondary relay  
Parent & Child relay  
Kids 3 (12-13)  
Juniors  
Super Sprint

Swim 200 M  
4 lengths

Run 2.5 KM  
2 laps

**8:35pm**

SPRINT DISTANCES:  
Seniors, masters and relay

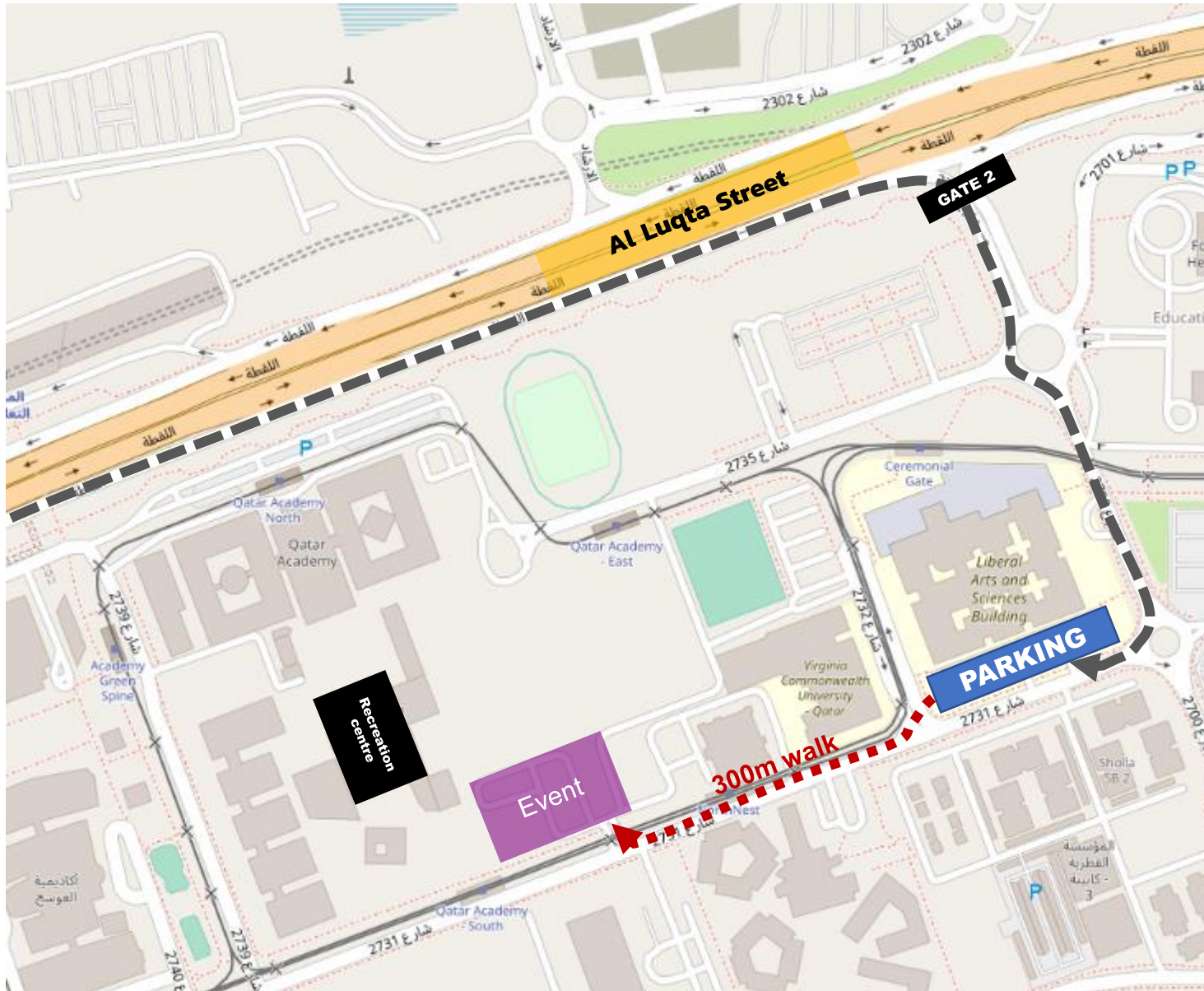
Swim 500 M  
10 lengths

Run 5 KM  
4 laps

**9:20pm**

Prize giving (check [live results](#) here)

# Location



## GETTING TO THE RACE

- Enter Education City Gate 2 from Luqta Street  
[Location](#)
- At the first roundabout continue straight.
- At the second roundabout, turn right and parking is located immediately on your right.
- Parking is [here](#)
- From the parking, walk 300m to venue.
- Event is at Qatar Academy Primary School car park  
[Location](#)

# Race day checklist

Check directions to Education City venue and location of parking (see map page 4)

TriClub Members – **Remember your timing chip** and **check that it beeps BEFORE you race.**

Non-Members: Bring QID or 500 QAR as a deposit to collect your race timing chip

Race Gear: running shoes, goggles, swim cap, race wear

Be at swim start (inside Recreation Centre Swimming pool) on time – **Check the start list for your assigned wave time**

# Timing

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To get accurate times and results, **every competitor uses a MyLaps timing chip** while racing.

**Live results are available** at <http://triclubdoha.com/en/results/live-timing>, updated as competitors pass the finish line.

The **timing chip must be worn around your ankle** and not on your wrist or in your pocket

For those that have rented chips for the race, you will need to provide a deposit of 500 QAR or QID. Please remember to visit the chip return desk near the finish line after your race

It is participants' responsibility to **ensure the timing chip that they wear during the race is the exact one allocated to you** on the race registration. Failure to do so may result in a delay to your race results and may result in your time not being available for the podium presentation.

**TriClub Doha members must bring their own chip.** No spare chips will be available on race day for non-members that forget their timing chips

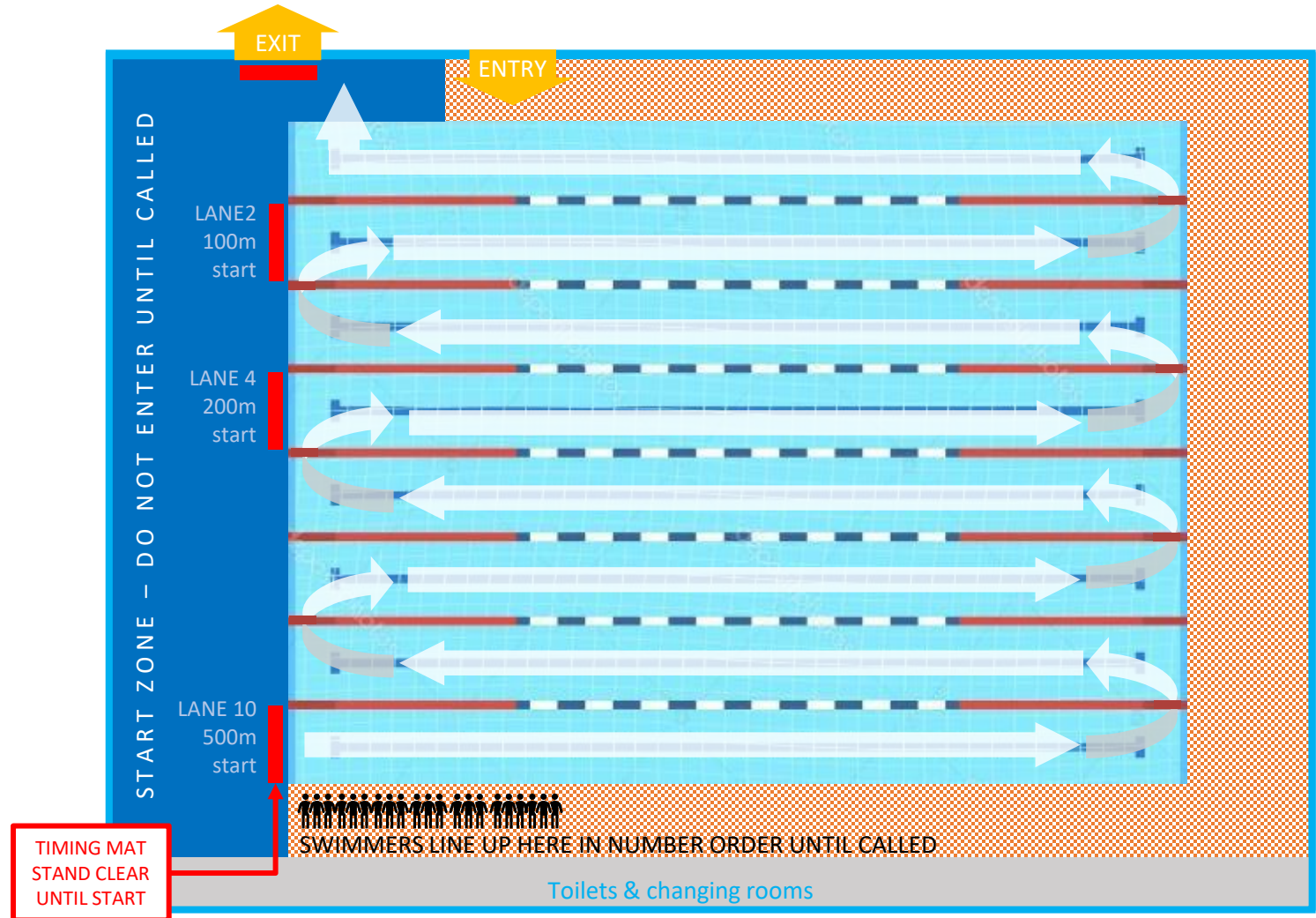
# Course Information: Swimming

The pool swim follows a simple system where you swim one length of each lane of the pool; turning and swimming under the lane ropes at each end of the pool until you reach the exit (see below).

Be sure to enter at the correct lane according to the distance you must swim.

On completion, exit the water and make your way to the transition area which is approximately 200m away.

Don't forget to put on your timing chip. Your time will start when your chip crosses the timing mat. So stay clear of the mats until ready to start.



# "Rolling" Swim Start

Race Numbers are assigned based on previous swim times. Participants without historic race times start after the seeded swimmers.

The race starts for an athlete by **stepping** on the timing loop before diving/jumping into the water. Care should be taken to ensure that an **audible beep is heard to ensure that the start time is recorded**. We recommend that you test your chip BEFORE the race. This can be done at the finish line after registration.

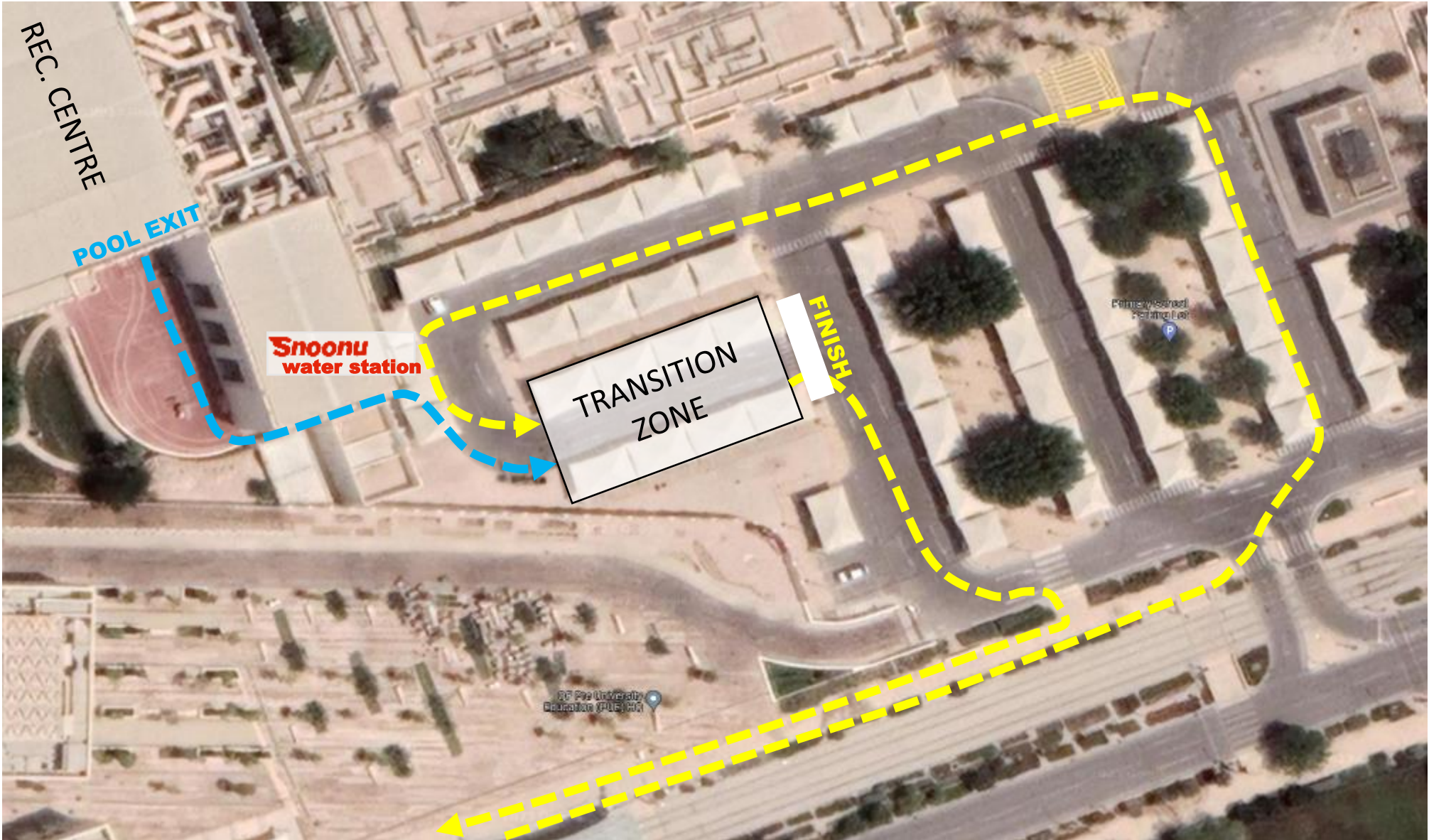
- Athletes will enter the pool area in according to start wave (see previous page) only minutes before their start time. They will line up at the side of the pool and order themselves based on their race numbers.
- The starter will call the athletes forward and will start them at 10 second intervals.
- Every 10 seconds, the start marshal lets next participant start, cross the timing mat. This records the start of your race. Jump or dive into pool to start race.
- Swimmers cross another timing mat on exiting pool to record their swim time
- Entering the pool in order of race number allows us to correct swim start times in the event of any issues with chips (which occasionally don't read the correct start time due to athletes jumping over the timing line or getting too close to the start line while lining up)

## **IMPORTANT**

It is important that you enter the pool in order of race number. This allows timing marshals to make corrections to swim start times in the event of any issues with chips (which occasionally don't read the correct start time due to athletes jumping over the timing line or getting too close to the start line while lining up)



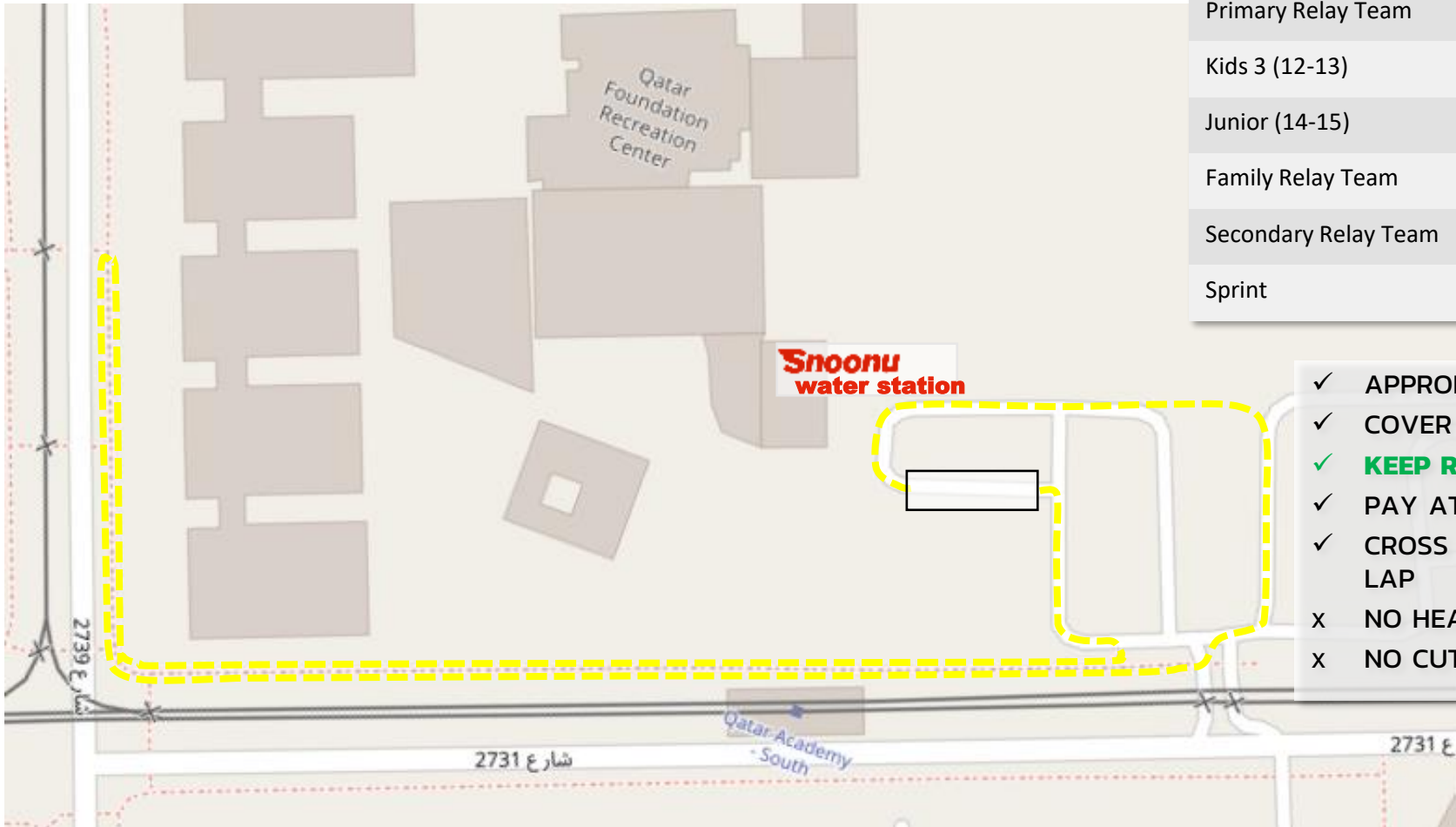
# Transition Area



# Run Course Information

This is a new route which **does not cross the tram-way**. It starts with an out and back section, following the path next to the tram-way. **BE CAREFUL TO ALLOW FASTER RUNNERS ROOM TO PASS**. A lap of the carpark, passing through transition completes one lap.

Category	Laps	Distance
Kids 1 (7-9)	1	1.25 km
Kids 2 (10-11)	1	1.25 km
Primary Relay Team	1	1.25 km
Kids 3 (12-13)	2	2.5 km
Junior (14-15)	2	2.5 km
Family Relay Team	2	2.5 km
Secondary Relay Team	2	2.5 km
Sprint	4	5 km



- ✓ APPROPRIATE CLOTHING
- ✓ COVER CHESTS
- ✓ **KEEP RIGHT**
- ✓ PAY ATTENTION TO SIGNS
- ✓ CROSS TIMING MAT EACH LAP
- x NO HEADPHONES
- x NO CUTTING CORNERS

# Snoonu سنونو

## Water Station

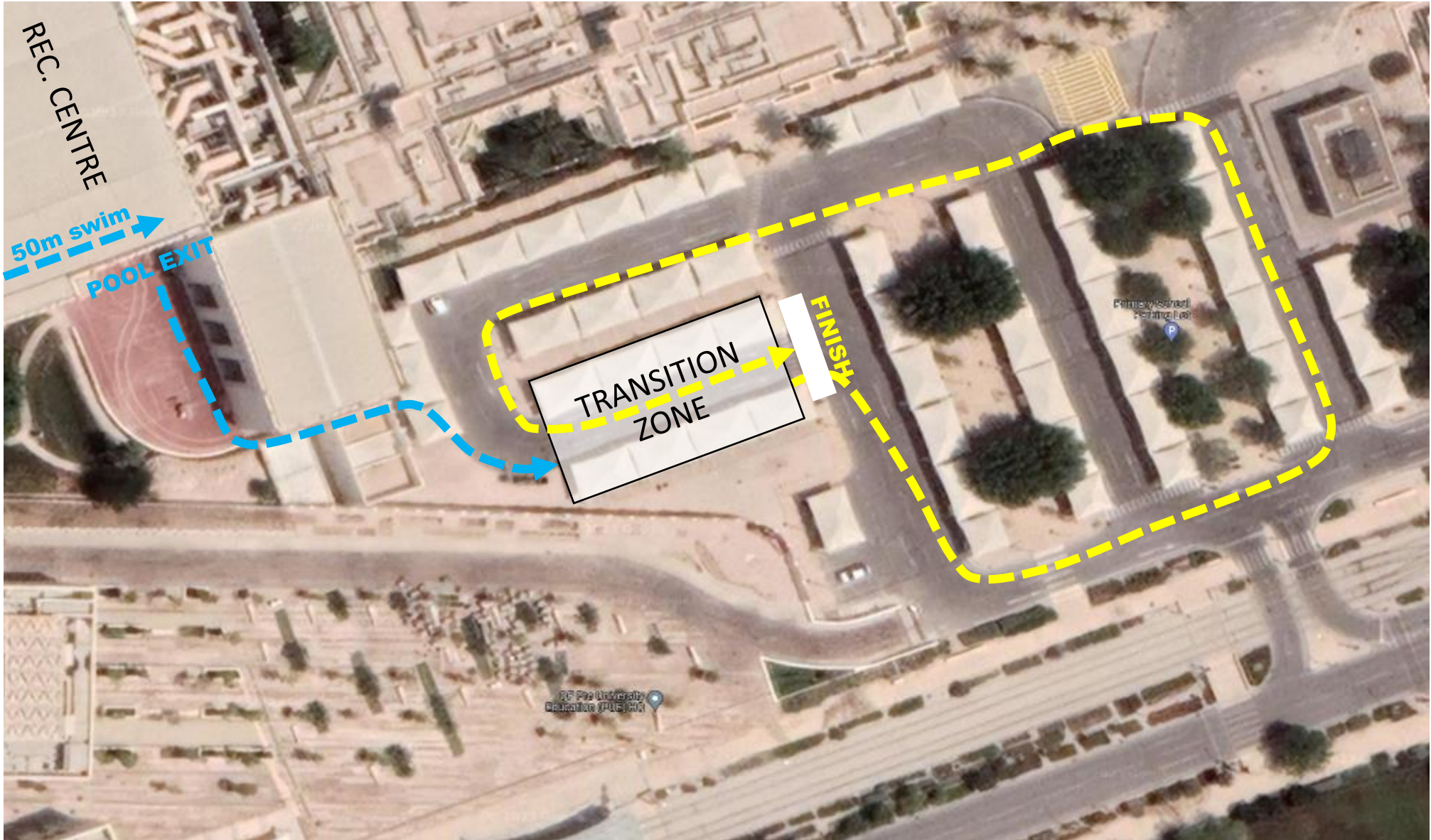
We are pleased to announce Snoonu as our water sponsor for the Education City Series

Iced Water Station is available at the start/finish of each lap 0m, 1.25km, 2.5km, 3.75km, 5km

# Mini-Kids Aquathlon

- The race will begin with the "Mini-Kids Aquathlon"
- The distance is 25m to 50m swim followed by transition into running shoes and a 200m run. Swim distance is chosen by parents based on child's ability.
- Parents must be at the side of the pool to monitor their child. Swimming aids, floats/noodles are allowed.
- The race will start approximately 20:00 as the first wave
- Mini-Kids will cross the EC Aquathlon Series finish line and collect a finishers medal
- This is a fun, non-competitive event... we are looking for lots of smiles and hopefully no tears, inspiring the next generation of athletes, who are, of course, already inspired by their mum, dad and older siblings.
- Parents are requested to assist in the facilitation of this event.

# Mini-kids aquathlon



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**Education City  
Triathlon Series**

# Post-Race Information

## **MEDALS**

You will be given a finisher medal at the finish line.

**POST RACE REFRESHMENTS** - Post race snacks of bananas and a muffin are available to all participants, please collect your post race snack near the finish line

## **AWARDS CEREMONY**

Gold/Silver/Bronze medals will be awarded to both male and female winners of the following individual categories: Kids 1 (7-9), Kids 2 (10-11), Kids 3 (12-13), Junior (14-15), Beginners, Super Sprint Senior, Super Sprint Masters, Sprint Seniors (16-39 years) and Sprint Masters (40+).

Medals will be awarded to the first three relay teams: Sprint Relay, Primary School Relay, Secondary School Relay & Parent Child Relay:

**As we do not wish to delay the awards ceremony for all participants, we cannot guarantee that the race times for late “on-the day” entries and TriClub members that forget their chips/update their mylaps subscription (and therefore require a rental chip) will have their results in the timing system before the awards ceremony. In this case, it is possible to miss-out on the podium and winner’s medal. Please check your chip prior to the race.**

# TriClub Doha Club Championship

7 Badges to Collect ... earn Bronze, Silver or Gold



- TriClub Doha's Annual Leaderboard and "frequent flyer" program open to all club members.
- Participate, or volunteer, in one race in any of the 6 Race Series to earn that Series badge.
- Points awarded for each event based on your placing in age group; ie: 50 points for 1<sup>st</sup> place, 49 for 2<sup>nd</sup> etc, per age group (Veterans, Open, Junior Age Groups.)
- Points awarded will start at 50 points for standard/sprint distance races. Super Sprint distance 40 points, Maxi duathlon/aquathons: 60 points, Beginners Tri 30 points. Minimum points earned per race is 10 points, even if race not finished. Volunteers earn 50 points.
- Earn 40 points to upgrade to Bronze Series Badge, 75 points for Silver and 100+ points for Gold
- Participate in 10 Races in the season and qualify for the "Club Championship Badge" and join the leaderboard to compete for the title of "Club Champion" based on sum of the 10 best scores in the season
- Earn 300 points for Bronze Club Championship Badge, 400 for Silver and 450 for a Gold Club Championship Badge
- For more information, please see <http://www.triclubdoha.com/en/members-only/club-championship>

المدينة التعليمية  
Education City

Snoonu  
سنونو

  
THE RITZ-CARLTON  
SHARQ VILLAGE, DOHA

alGharafa  
CYCLING

primepower

## TriClub Doha Sponsors & Partners

Races don't happen without the support of businesses and organisations which contribute so much. Please show your support for those who have supported us at today's event.

 MAZARS





# Frequently Asked Questions

**Question:** Do I need to arrive before the first start if my wave is a later one?

**Answer:** We recommend you arrive a minimum of 20-30 minutes before your start time. Also be mindful not to impede any athletes in transition.

**Question:** Is the race segregated by gender?

**Answer:** The race is a mixed-gender race with male and female swimming in the pool at the same time

**Question:** Can my 5 year old enter the Kids 1 Aquathlon?

**Answer:** The minimum recommended age is 7 years. Participants must be able to swim 100m non-stop. We won't stop an underage child from racing unless they are causing potential danger to themselves and other participants. 5 year olds can take part in the mini-kids aquathlon

**Question:** Can I show up late and race?

**Answer:** Late comers who miss their swim wave will not be allowed to race.



# Race Rules

## SWIM RULES

Swimsuit - any style but no bikinis permitted, goggles optional and advised. Wetsuits and buoyancy shorts not allowed.

Floatation devices and swimming aids not allowed.

Swim any stroke or style but no walking.

Swim in the correct direction and in a fashion that does not obstruct or interfere with other competitors.

Allow faster swimmers to pass at the ends of the pool (If somebody keeps touching your feet it usually means they want to pass).

## RUN RULES

No form of locomotion other than running, walking or crawling is permitted.

All Competitors must follow the normal rules of the road, but safety should be the first priority.

## GENERAL

Usage of MP3 players and mobile phones, in combination with or without headphones, are not allowed during any phase (swim, run and transitions) of the event.

## PENALTIES AND INFRINGEMENT RULES

Failure to obey direction of race official - Disqualification  
Verbal/physical abuse of officials - Disqualification (be nice to the officials we cannot organize events without them)

## SAFETY

All participants are responsible to bring any medications specifically required by them e.g., inhalers etc. and inform the race management of their needs.

Provision for rehydration will be made available at each event in the form of water points on the run course.

Participants are responsible for abiding by the safety rules and regulations and for their own actions.

There will be an on-site Ambulance available for the duration of the race.

All participants in events organized by TriClub Doha do so entirely at their own risk and the club cannot be held responsible for accidents, injury or other incidents however caused

## APPEALS

Any competitor questioning their time (s), who disagrees with an officials ruling or wishes to lodge a complaint about another participant's behavior must submit their complaint to triclubdoha