



EDUCATION CITY TRIATHLON

SWIM



BIKE



RUN



30TH JANUARY 2026, 7AM

TRICLUBDOHA Members
40% discount



SIGN UP



info@triclubdoha.com



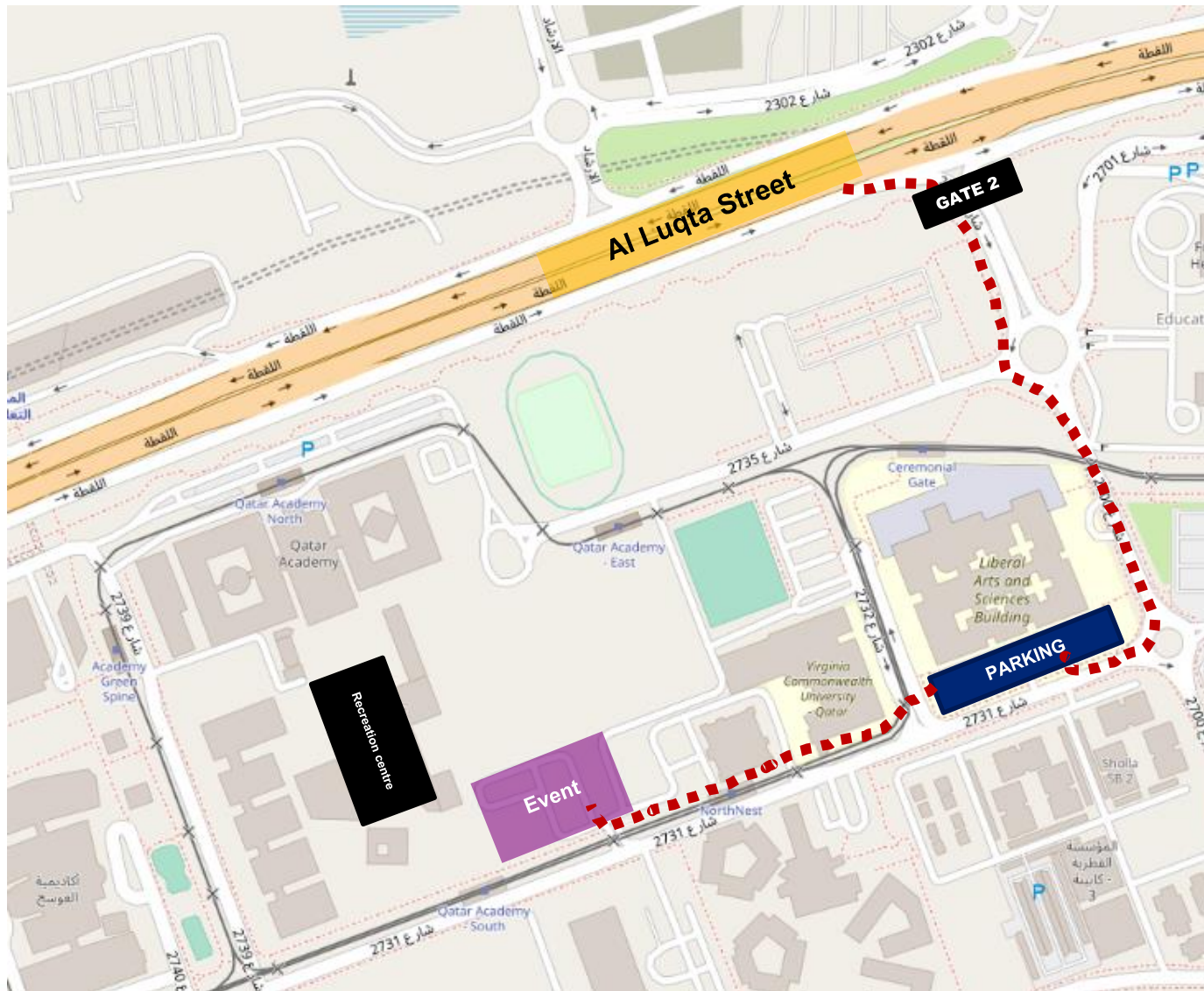
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المدينة التعليمية
Education City
Triathlon Series

Race Location & Getting There



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 on your right.
- Parking is [here](#)
- From the parking, walk 300m to venue.
- Event is at Qatar Academy Primary School car park. [Location](#)
- For safety: walk on the footpath between the buildings and the tram way and not on the road.

The entrance to parking is on the race course and roads close at 06:45. If arriving later, alternative car parks are available.



CATEGORIES (male & female)

INDIVIDUAL AGE GROUPS

- ❖ MiniKids (<7)
- ❖ Kids 1 (7-9)
- ❖ Kids 2 (10-11)
- ❖ Kids 3 (12-13)
- ❖ Juniors (14-16)
- ❖ Seniors (17-39)
- ❖ Masters (40+)

RELAYS

- ❖ Sprint (12+)
- ❖ Kids (7-12)
- ❖ All ages can mix

DISTANCES

SPRINT

-  500M
-  20KM (4 LAPS)
-  5KM (4 LAPS)

SUPER-SPRINT/K3

-  200M
-  10KM (2 LAPS)
-  2.5KM (2 LAPS)

BEGINNER & KIDS 2

-  10M
-  10M (1 LAP)
-  25KM (1 LAP)

KIDS 1

-  100M
-  3KM (1 LAP)
-  1.25KM (1 LAP)



Categories & Race Distances

Start Time	Race Group	Category	Age	Swim	Bike	Run	
7:00 AM	Sprint	Sprint <i>Sprint Relay</i>	17+ <i>12+</i>	500 m (10 lengths)	20 km (4 x laps at 2.5km)	5.0 km	4 x <i>Laps</i> (1250m)
7:20 AM	Super Sprint	Super-Sprint Juniors Kids 3	17+ 14 - 16 12 - 13	200 m (4 lengths)	10 km (2 x laps at 2.5km)	2.5 km	2 x <i>Laps</i> (1250m)
7:30 AM	Beginners	Beginners Kids 2 <i>Kids Standard Relay</i>	17+ 10 - 11 <i>7 - 12</i>	100 m (2 lengths)	5 km (1 x lap at 2.5km)	1.25 km	1 x <i>Laps</i> (1250m)
7:50 AM	Kids 1	Kids 1	7 - 9	100 m (2 lengths)	3 km (short lap at 1.5km)	1.25 km	1 x <i>Lap</i> (1250m)
8:30 AM	Mini Kids		<7	50 m	100 m	100 m	

1. **Relay:** 2-3 team members compete as a relay team, one discipline each.
2. Awards Ceremony at 9:00 AM

3. Check Live Results [HERE](#)

Race Day Checklist

Check directions to Education City venue and location of parking

TriClub Members: Remember your timing chip and check that it beeps on crossing the finish line BEFORE you go to the start.

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

Race Gear: running shoes, goggles, swim cap, bike, helmet, race wear, water bottles

Registration: Register at least 45 minutes before you start then get body-marked with your number.

Prepare: Find a position on the racking. Places are not numbered. *Pro tip: practice the routes from swim to bike and bike to run. Help your younger triathletes to understand the routes*

Race Check-In



To avoid waiting in line, be sure to go to the correct desk according to your needs:

Body Marking

- Get arm marked with race number

Non-Member Check-in

- Complete waiver
- Collect timing chip QID or QAR 500 left as deposit (remember to return after race)

TriClub Doha Desk

- Become a member
- Change race category
- New members collect timing chips
- Member's chip problems
- Rent a chip (QAR50)

Race Information



- **REGISTRATION**

Registration and transition opens at 06:00 am. The swimming pool will be open from 06:30 am for warm-up and you will be asked to leave the pool to prepare the start. There will be a race briefing before the start. All athletes must check in at the registration for body marking. For non-members that have registered online, locate the registration desk at the transition area, to collect chip and body mark your race number. Rental chips require a Qatar ID or a monetary deposit of QAR500 to ensure that the chip is returned immediately after the race – No Exceptions.

- **TRANSITION**

After registration, please proceed to the transition area, please note that this area is **strictly accessible by participants only**. Parents can assist children to prepare but we ask them to allow them to be independent during the race. Please do not leave excess bags in transition. Please be careful of other competitors who are racing if you are setting up or collecting things in transition.

- **STARTING**

The race will proceed by category as shown in the race timeline page. Once one category has left the pool the next will be started. Be on time – latecomers who miss their wave will not be allowed to race. Mini-kids will start once others have finished.

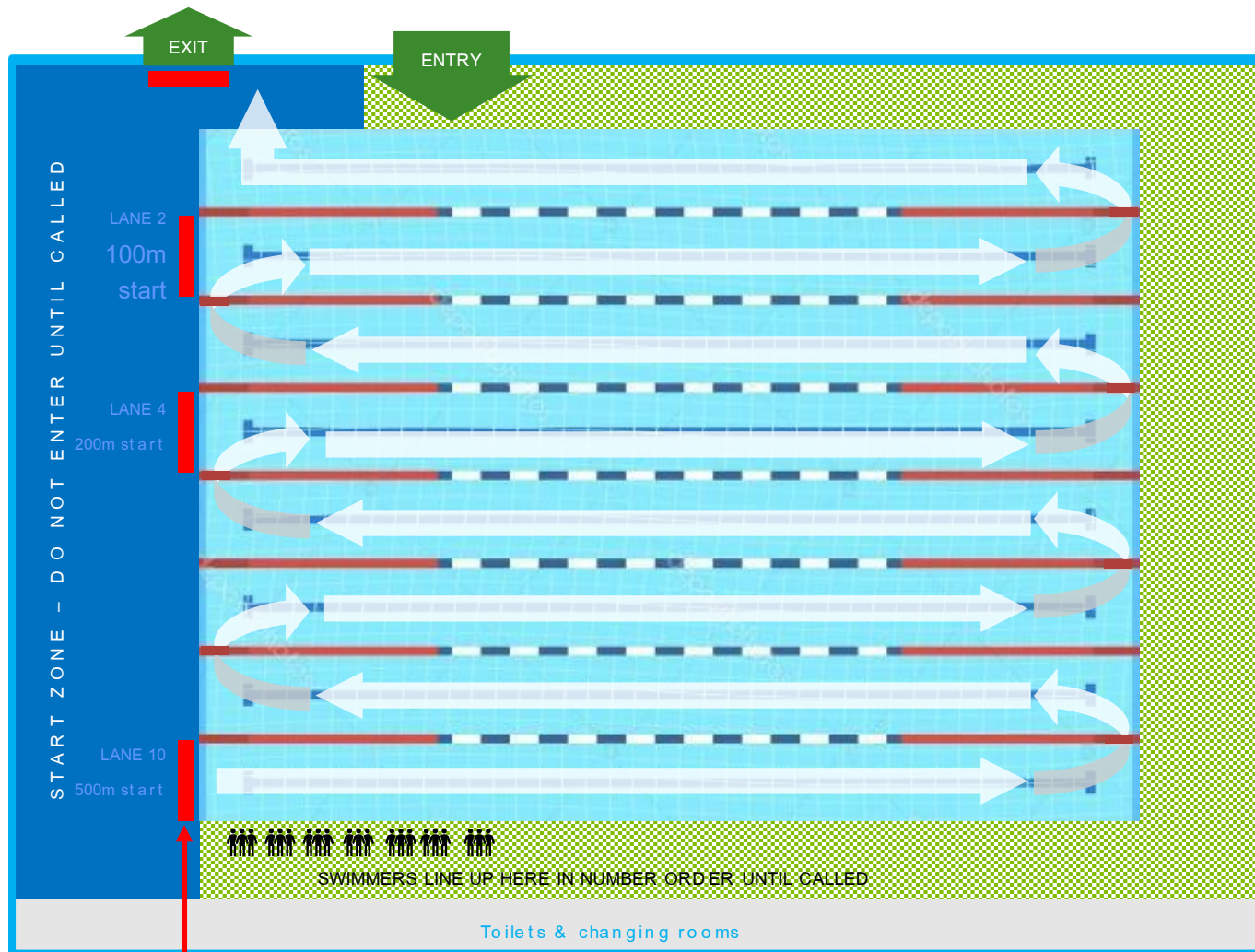
- **DRESS CODE**

A vest or sleeved top and running/cycling shorts should be worn for the run and bike sections. Alternatively, trisuits can be worn and are recommended. You must not run or cycle wearing only a swimsuit: chest and upper leg must be covered. There are no changing facilities provided in transition. Nudity is not permitted in the transition area. Failure to adhere to dress code can result in disqualification.

- **MARSHALLS** Please adhere to directions from race officials (wearing fluorescent yellow bibs). They are there to ensure a safe and fair race.

- **RELAY HANDOVER** (when applicable) Teams use one timing chip for the race which is swapped in transition

Course Information: Swimming



TIMING MATS:
STAND CLEAR
UNTIL START

- The pool swim follows a simple system where you swim one length of each lane of the pool; touch the wall; switch to the next lane; repeat until you reach the end of the last lane
- You may exit the pool using the steps. There is no requirement to touch the wall before exit
- Your time starts when your chip crosses the timing mat: Stay clear of the mats until ready to start to avoid timing errors

Remember to wear your chip on your left ankle

- Only athletes are allowed poolside: parents and spectators are requested to watch from the bleacher section



Rolling Swim Start



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

The race is chip timed: starting when you step over the timing loop before diving/jumping into the water and finishing when you cross the finish line.

Care should be taken to ensure that an **audible beep is heard to ensure that your start time is recorded**. We recommend that you test your chip BEFORE the race. This can be done at the finish line – pass over it and listen for the 'beep'.

- Athletes enter the pool area 10-15 minutes before their start time. Line up at the side of the pool and **order yourselves based on expected speed**
- **The starter will call the athletes forward and will start them at 10 second intervals.**
- **Every 10 seconds, the start marshal lets next participant cross the timing mat. This records the start of your race.**
Jump or dive into pool are both permitted
- **Swimmers cross another timing mat on exiting pool to record their swim time**

Course Information : NEW ROUTE

For this race we have made some improvements to the course:

- Shorter distance to mount line
- Safer entry and exit to bike course
- Easier run course

Before your race, you should check out these locations:

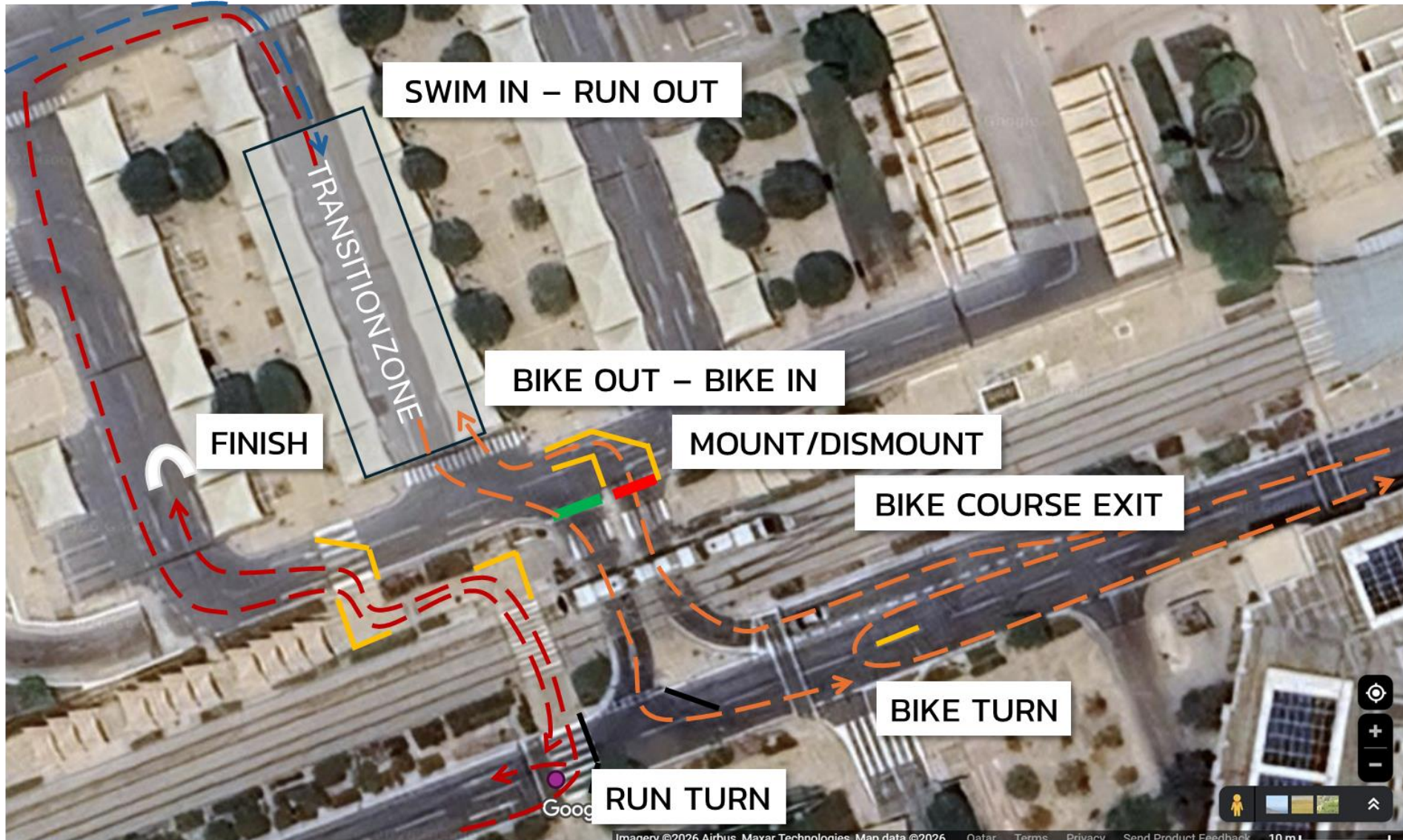
- Mount and dismount lines
- New bike turn and run turn locations

BE SAFE

- The new entry and exit to the run course is less wide than before. Keep right and run this section with caution
- When joining the bike course, beware of cyclists making the lap turn

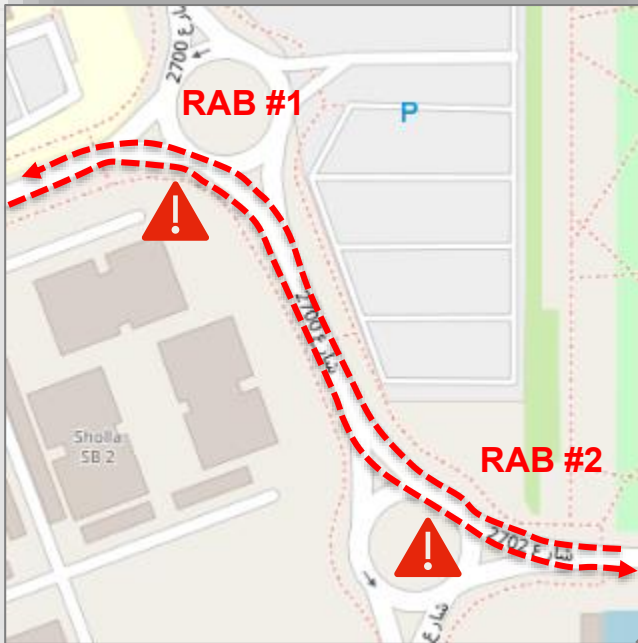
[CLICK HERE FOR GOOGLE ROUTE MAP](#)

Course Information: Transition

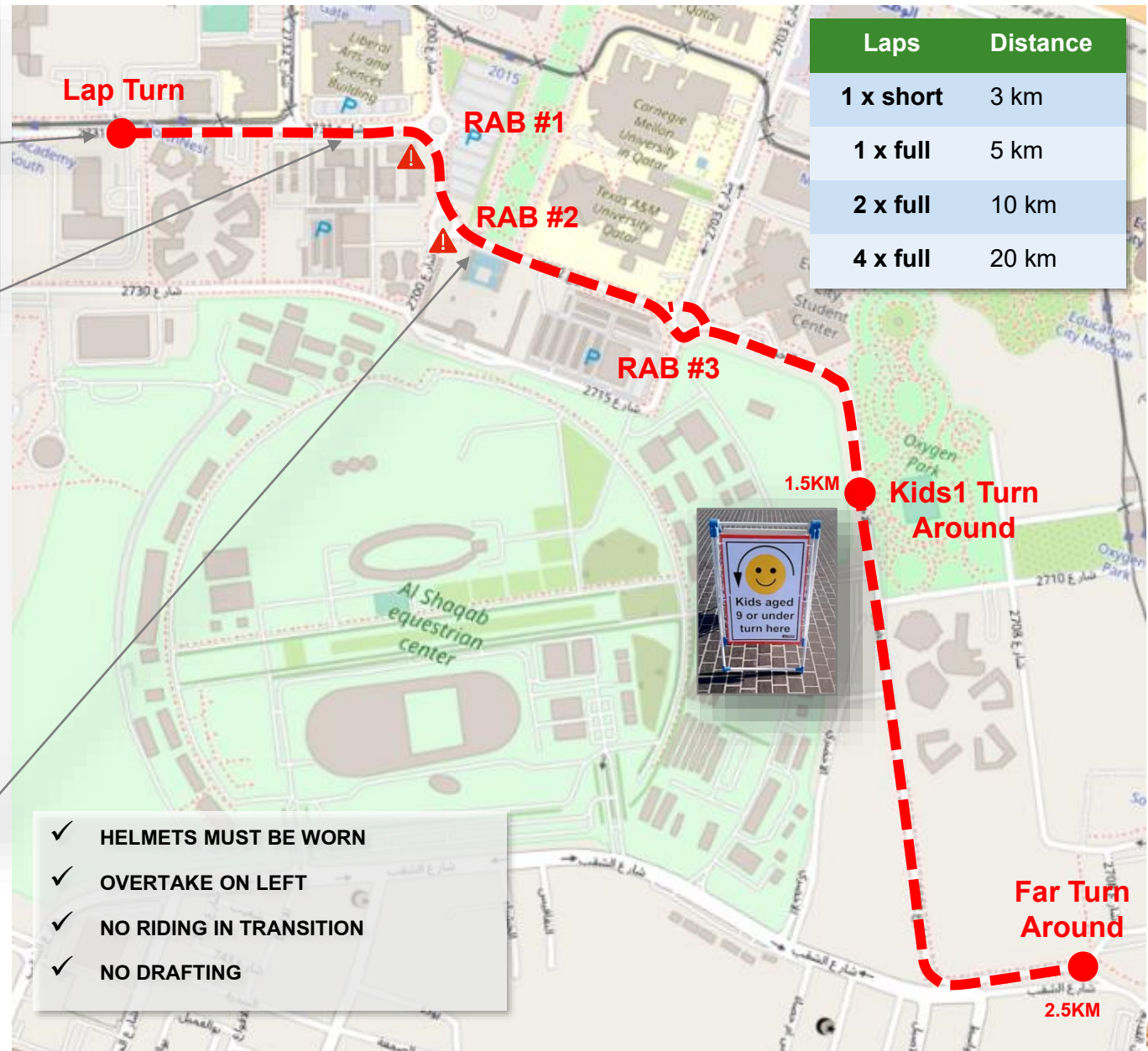


NOTE: THE TRANSITION FLOW HAS CHANGED FROM PREVIOUS EVENTS
 WE RECOMMEND WALKING THROUGH THE NEW LAYOUT BEFORE YOUR RACE
 KEEP RIGHT AT ALL TIMES

Course Information: Bike Course



Cut the corner at the first two roundabouts
SLOW DOWN & KEEP RIGHT & AVOID OVERTAKING
Obey marshals to avoid collisions



Course Information: Bike Course

First fasten your helmet before removing your bicycle from the racking. Do not mount your bike until you reach the bike mount line situated on the road; beware of time penalties for getting on your bike too early.

After leaving transition, turn left and follow the road past Ceremonial Court, Multaqa Student Centre and Oxygen Park

There are U-Turns at 1.5KM for youngest age categories doing a 3km bike and at 2.5km for everyone else

There are several large speed bumps which need to be ridden carefully. There are three roundabouts. The first two will be 'corner cut' and therefore cyclists must keep right and avoid overtaking in this section. The 3rd roundabout is a straight road (2nd exit).

On return to the start of the lap there is another U-turn loop for those completing more than one lap. A timing point records your lap count for results but you are responsible for counting and completing the correct number of laps

After completing your laps, dismount at the dismount line and walk/run back into transition. Helmets should be unfastened only when your bike is racked.

During the bike leg, participants should not draft another cyclist. Leave a 10 meter gap unless overtaking. Complete the pass within 20 seconds or drop back. Always overtake on the left.

Kids 1: Turn At the “Smiley Face”

Children racing in the kids 1 complete a shorter 3km Bike Loop. Parents, please attach to the bike marker and explain the Smiley Face Turnaround point to your child.

The marker needs to be clearly visible to race marshals, so they know to turn back the kids at the correct turn.



The smiley bike marker is provided at registration and is fixed to the handlebars – facing forward – as shown.



Explain to your child to look out for the smiley face sign. The marshal will tell them when to turn.

We don't want to penalise kids but in fairness to those who complete the full course, those who turn back earlier than the Smiley Face sign will not be eligible for podium prizes.

Run Course Information



Category	Laps	Distance
Kids 1 (7-9)	1	1.25 km
Kids 2 (10-11)	1	1.25 km
Kids Relay	1	1.25 km
Kids 3 & Juniors	2	2.5 km
Super Sprint	2	2.5 km
Sprint & Relay	4	5 km

The run course crosses the tram - way. Exit transition from the opposite end from bike entry, make a U-Turn through the car park to join the run loop. Follow the road up the hill and turn left until the Turn-around point. ALLOW FASTER RUNNERS ROOM TO PASS.

Minikids Race Specifics



- The Event will conclude with the Mini-Kids (3-6) Triathlon with a swim of 50m in the pool, transitioning to a 100m bike, followed by a run to the finish line of 100m . **If your child cannot swim the full 50m, they can enter the pool further down to ensure they are safe.**
- The race will start at approximately 08:20 am
- Mini-Kids will cross the finish line and collect an Education City Triathlon finisher medal.
- This is a fun, non-competitive event...we are looking for lots of smiles and hopefully no tears...we hope this will inspire the next generation of athletes, who are, of course, already inspired by their mum, dad and older sibling triathletes.
- Parents are requested to assist in the facilitation of this event.

Post Race Information

MEDALS

Every finisher is awarded a medal as recognition of achievement.

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

Individuals: Medals will be awarded to both male and female winners of the following categories: Kids 1 (7-9), Kids 2 (10-11), Kids 3 (12-13), Junior (14-15), Beginner, Super Sprint and Sprint.

Relays: Medals will be awarded to the winners in each of the listed Standard and Team Relays

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).



Race Rules



SWIM RULES

Swim suit- any style but no bikinis permitted, goggles optional and advised. Wetsuits 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).

BIKE RULES

All competitors are responsible for ensuring their bike is in a safe and roadworthy condition

Aero Bars are permitted.

Cycling helmets are compulsory, must be of standard approval and worn fastened whilst cycling.

Elastic chinstraps are not permitted. Not wearing a helmet is an automatic disqualification

Helmets must be fastened before you remove your bike from the rack and must remain fastened until you put it back (but take it off before you run!)

Cycling is not permitted in the transition area, a mount/dismount line will indicate the boundary of the transition area.

Competitors must ride on the right unless passing.

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

Competitors are not permitted to receive individual support by vehicle, bicycle or on foot other than provided by the organizers.

Drafting is not permitted.

Keep 10 meters between your bike and the one in front unless you are overtaking.

If you are overtaken, you must drop back 10 meters. No riding side by side unless passing.

RUN RULES

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

RACE CATEGORIES

Participants must only compete in one race category, unless with express permission from the Race Director

GENERAL

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

MORE RULES

A complete list of triathlon rules can be found at:

<http://www.triathlon.org/about/downloads/category/rules>.

PENALTIES AND INFRINGEMENT RULES

Cycling without a helmet - Disqualification

Cycling whilst the helmet is unfastened - Disqualification

Cycling in the transition area - 2:00 min time penalty

Failure to obey direction of race official - Disqualification

Drafting violation - 2:00 min time penalty

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 official's ruling or wishes to lodge a complaint about another participant's behavior must submit their complaint to Triclub Doha



Water Station

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

Iced Water Station is available at the start/finish and at the turn-around point on the run.