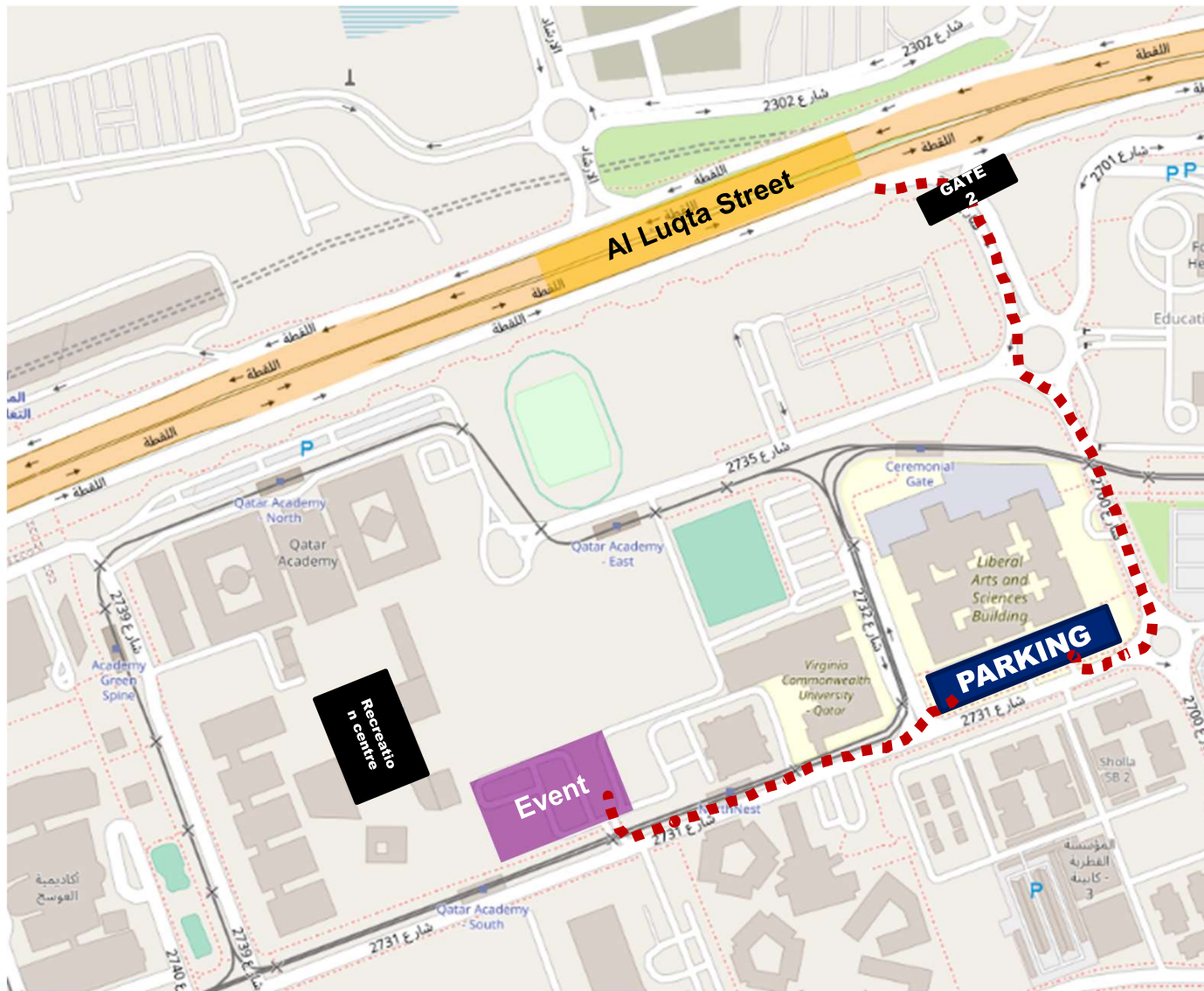# Education City – Race Series

1. Race

Race Information Pack – Aquathlon

Race 1 - Friday 11th October 2024 | 04:30

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

AQUATHLON OVERVIEW

CATEGORIES
(male & female)

DISTANCES

INDIVIDUAL AGE GROUPS

KIDS & JUNIORS

- ❖ MiniKids (<7)
- ❖ Kids 1 (7-9)
- ❖ Kids 2 (10-11)
- ❖ Kids 3 (12-13)
- ❖ Juniors (14-16)

ADULTS

- ❖ Beginners (17+)
- ❖ Seniors (17-39)
- ❖ Masters (40+)

SPRINT
- 500M
- 5KM (4 LAPS)

SUPER-SPRINT & JUNIORS & K3
- 200M
- 2.5KM (2 LAPS)

BEGINNER & KIDS 1&2
- 100M
- 1.25KM (1 LAP)

MINI KIDS
- 25-50M
- 100 M

Race Timeline & Categories

03:30 PM Registration Opens

04:30 PM Racing begins in stages

Start Time	Race Group	Category	Age	Swim	Run	
4:30 PM	Sprint	Sprint	17+	500m (10 laps)	5.0	4 x Laps (1250m)
4:50 PM	Super Sprint	Super-Sprint Juniors Kids 3	17+ 14 - 16 12 - 13	200m (4 laps)	2.5	2 x Laps (1250m)
5:10 PM	Beginners	Beginners Kids 2 Kids1	17+ 10 - 11 7 - 9	100m (2 x laps)	1.25	1 x Laps (1250m)
5:45 PM	Mini Kids		<7	25-50m	100m	

note that Minikids can register later

6:30 pm – Medal Giving Ceremony

Check Live Results HERE

Race Day Checklist

Check directions to Education City venue and location of parking lot

TriClub Members - **Remember your timing chip** and <u>check that it beeps BEFORE you race.</u>

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, water bottles

Registration: Body mark at least 20 mins before your start

Race Check-In

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

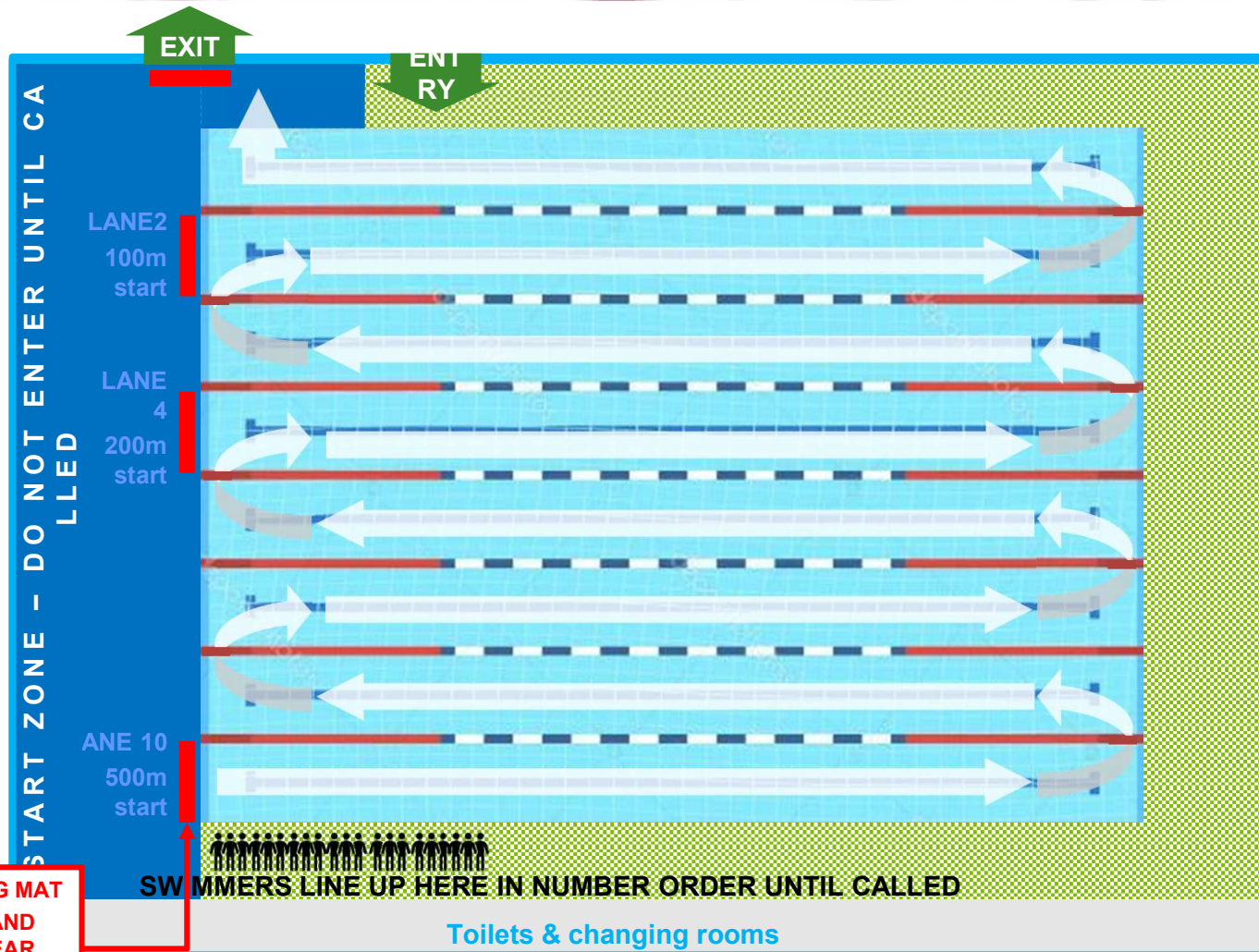**Body Marking**

- 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

- Join the Club
- Change race category
- New members collect timing chips
- Member's chip problems
- Rent a chip (QAR50)

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 out the door

- 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.

Only athletes are allowed poolside: parents and spectators are requested to sit in the bleacher section above

Rolling Swim Start

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 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)
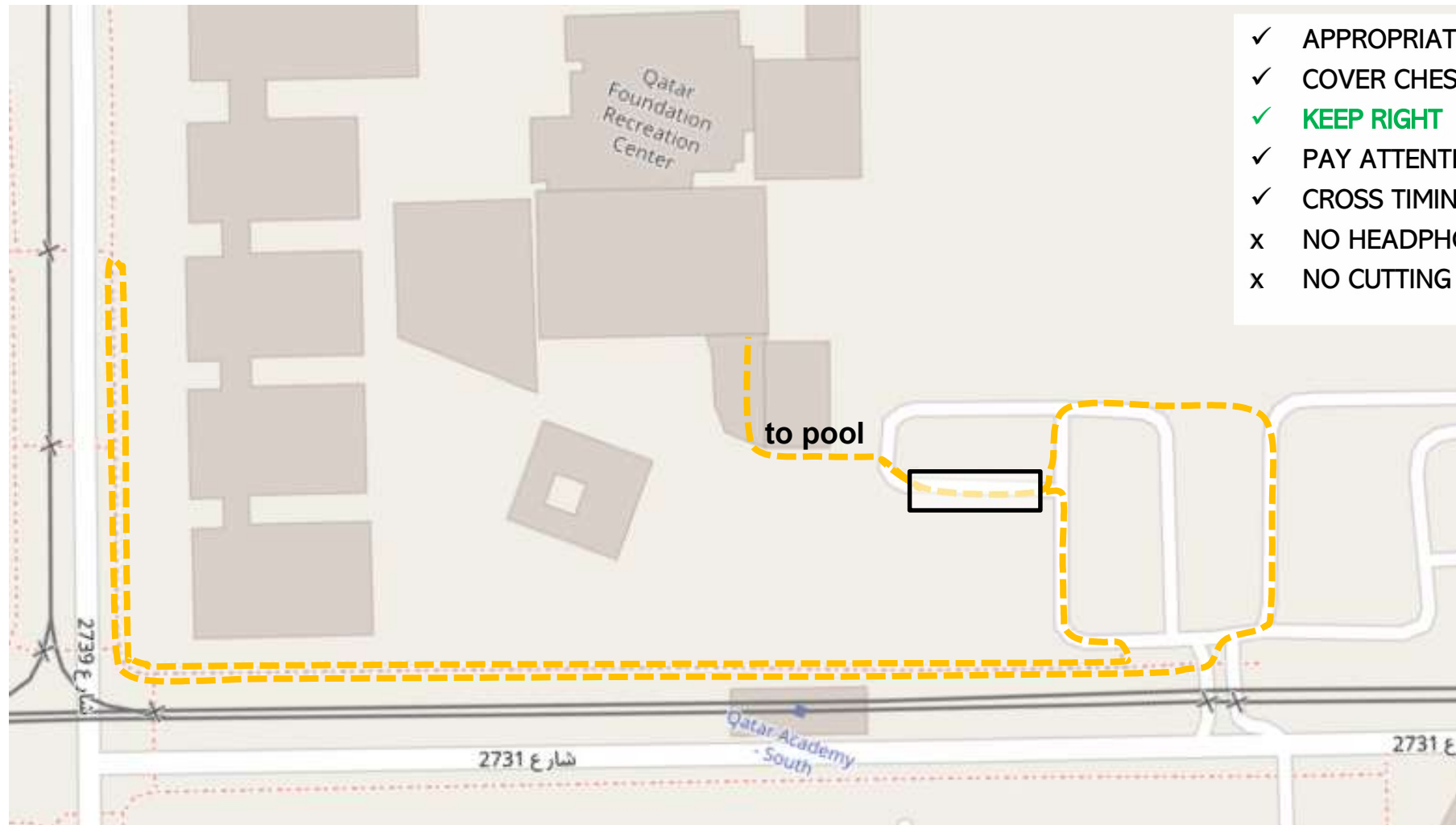
Transition Area

REC CENTRE POOL

POOL EXIT

TRANSITION ZONE

FINISH

TriClub DOHA

Aquathlon Series
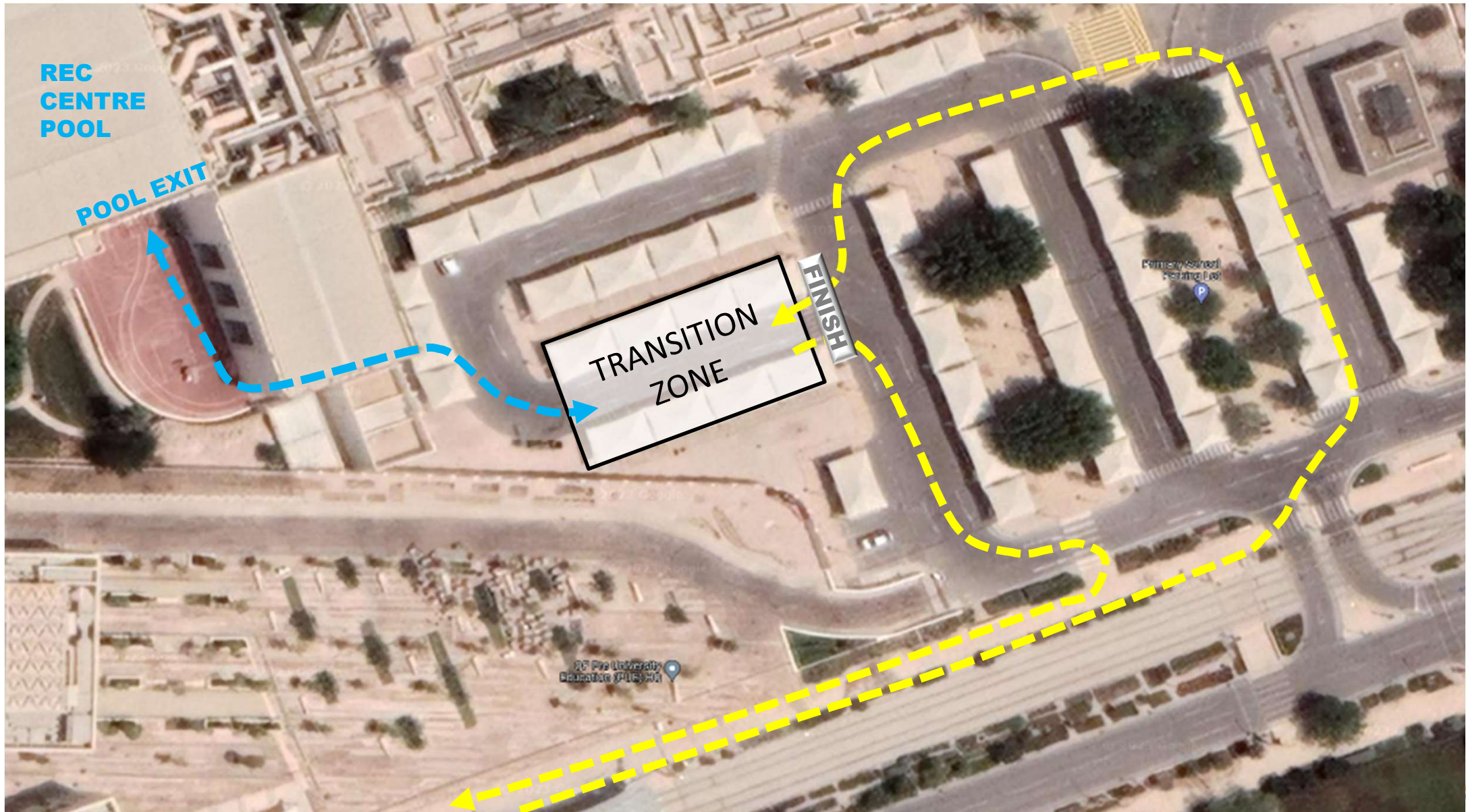
Run Course Information

This route does not cross the tram-way, it starts with an out and back section, following the sidewalk path next to the tram-way. BE CAREFUL TO ALLOW FASTER RUNNERS ROOM TO PASS.

A lap of the carparks, passing through transition completes one lap.

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

MiniKids Race
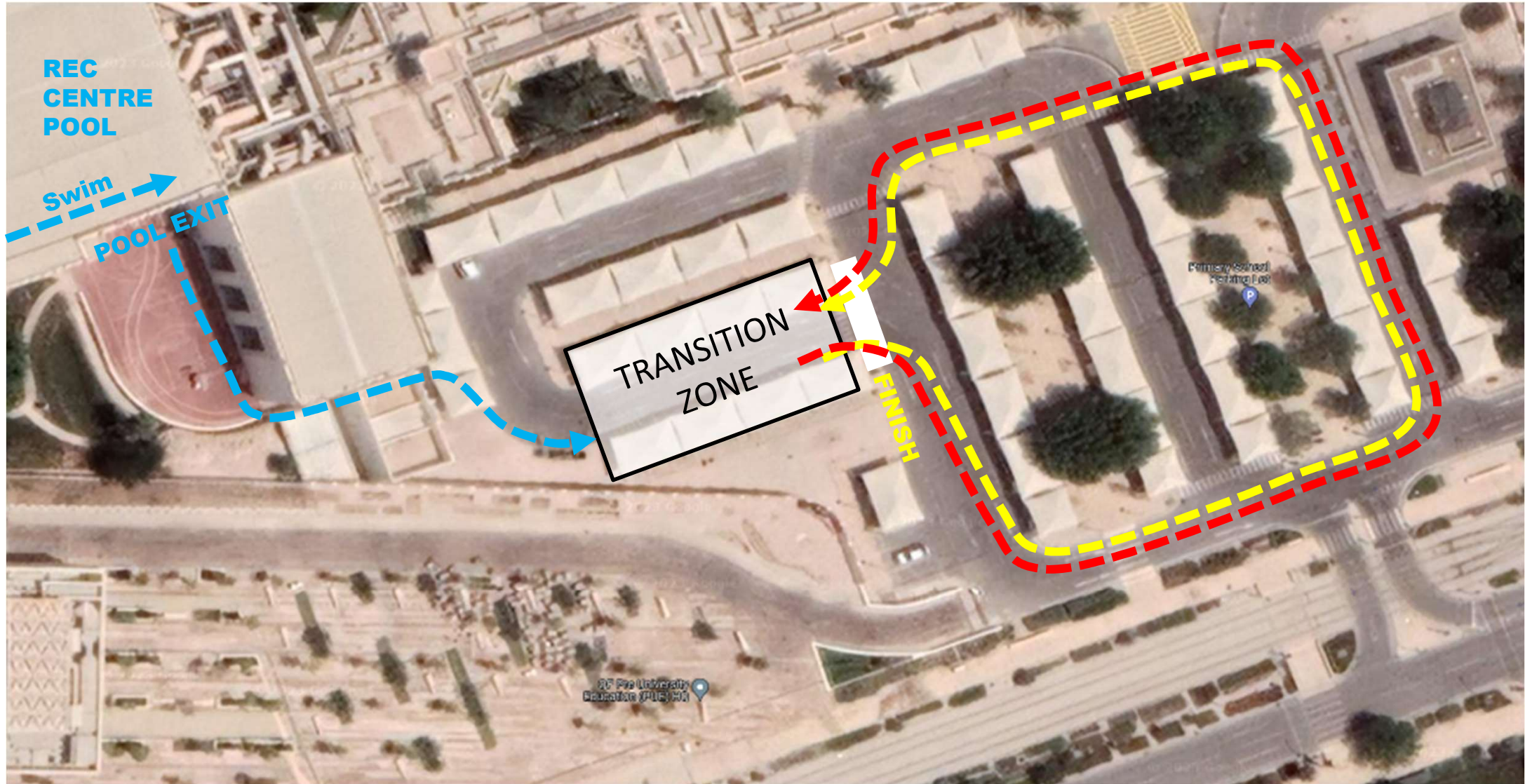
Race Information

- **REGISTRATION**
Registration and transition opens at 3:30 pm. **Be on time – latecomers who miss their wave will not be allowed to race.** The swimming pool will be open from 4:00 pm 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 and race-giveaway pickup. 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. Please do not leave excess baggage in transition. Please be mindful of other competitors who are racing if you are setting up or collecting things in transition.

- **STARTING**
The race will proceed/category as per the list above, only once the group has left the pool will the next group start. Mini-kids will start once others have finished.

- **DRESS CODE**
Consists of a vest or short sleeve type top and running/cycling shorts for the run / bike sections. Trisuits can be worn and are recommended. Swimsuits must not be used for running, and chests must be covered during the run legs. There are no change tents 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.

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

Minikids Race Specifics

- The Event will conclude with the Mini-Kids (3-7) Aquathlon with a **25-50m swim**, transitioning to a **run to the finish line of 100m**

- The race will start at approximately 08:50

- 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
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

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 (14-16), 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

Swimsuit- 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/ Demount 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 should only allowed enter 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 officials ruling or wishes to lodge a complaint about another participant's behavior must submit their complaint to triclubdoha

FAQ

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 Aquathon?

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 gun start will not be allowed to race.

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 and at the turn-around point on the run.