



Sharjah Aquathlon



AL HAMRIYAH

Aquathlon Sharjah is based
in and around the grounds
of Al Hamriyah.



مجلس الشارقة الرياضي
Sharjah Sports Council



Endurance
SPORTS SERVICES



شرطة الشارقة
SHARJAH POLICE



برنامج أكواثلون الشارقة الحمرية 2023

SHARJAH AQUATHLON - AL HAMRIYAH



REGISTER
سجل الان
NOW

www.eevents.ae/shjaqu

Race Day Program

بدء توزيع الأرقام

AM Bib Number Distribution

05:00



انطلاق الصغار

AM Juniors Start

06:10



انطلاق سبرينت

Sprint Start

06:20



انطلاق سوبر سبرينت

Super Sprint Start

06:25



مراسم التتويج

Awards Ceremony

07:30



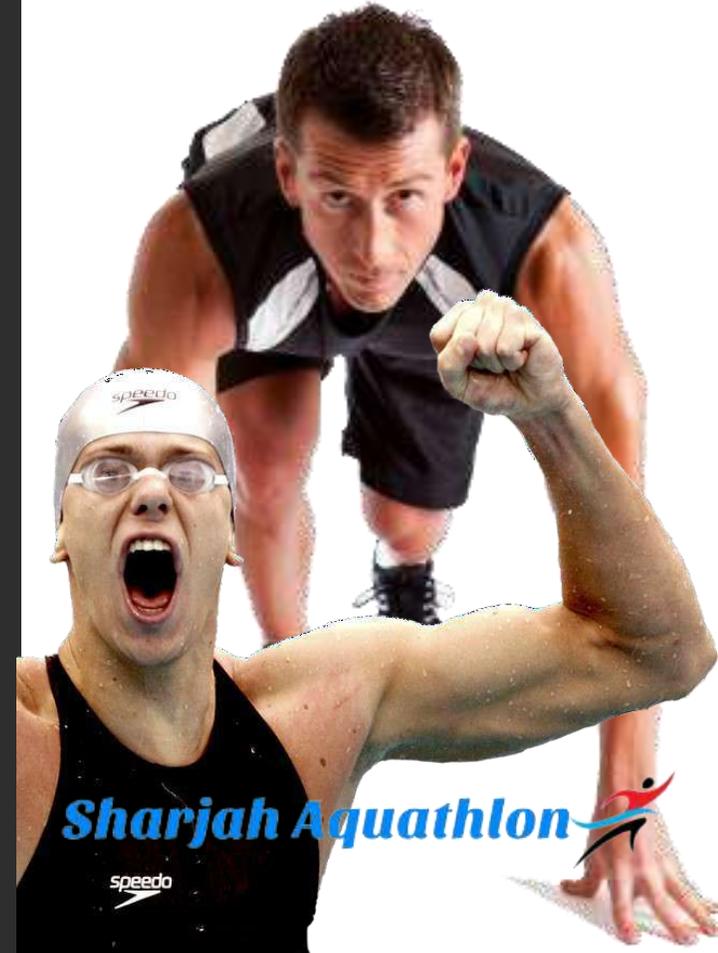
نهاية السباق

Cut-off time

07:45



ترايثلون الإمارات
UAE TRIATHLON



Sharjah Aquathlon

speedo

Sprint

(Male & Female)

Individual, Overall

Emirati Male

Emirati Female

Open Male

Open Female

Individual, Age groups

- 16 - 18 (Male & Female)
- 19 - 29 (Male & Female)
- 30 - 39 (Male & Female)
- 40 – 99 (Male & Female)

Team of 2 (Mix)

- 16 – 99

Super Sprint

(Male & Female)

Individual, Overall

Emirati Male

Emirati Female

Open Male

Open Female

Individual, Age groups

- 12 - 15 (Male & Female)
- 16 - 18 (Male & Female)
- 19 - 29 (Male & Female)
- 30 – 39 (Male & Female)
- 40 – 99 (Male & Female)

Juniors

(Male & Female)

Individual, Age groups

- 5 - 8 (Male & Female)
- 9 - 11 (Male & Female)

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Swimming Start

Sharjah Aquathlon



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SWIM COURSE



SWIM COURSE

Swim

The swim will be a non-wetsuit swim. Race legal speedsuits only to be permitted (no rubber or neoprene). All athletes must wear the swim cap provided and start in their allocated wave. Only swimming goggles or masks permitted. No other swim aids of any kind are to be used. Official lifeguards on kayaks and rescue jet skis are allowed access to the swim course. Swimmers may use the kayaks or jet skis if they feel they require assistance, however, there must be no forward momentum as this will result in disqualification.

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