

Kalba Triathlon

19 November 2023

Olympic

Sprint

Super Sprint

Junior Super Sprint



KALBA Triathlon

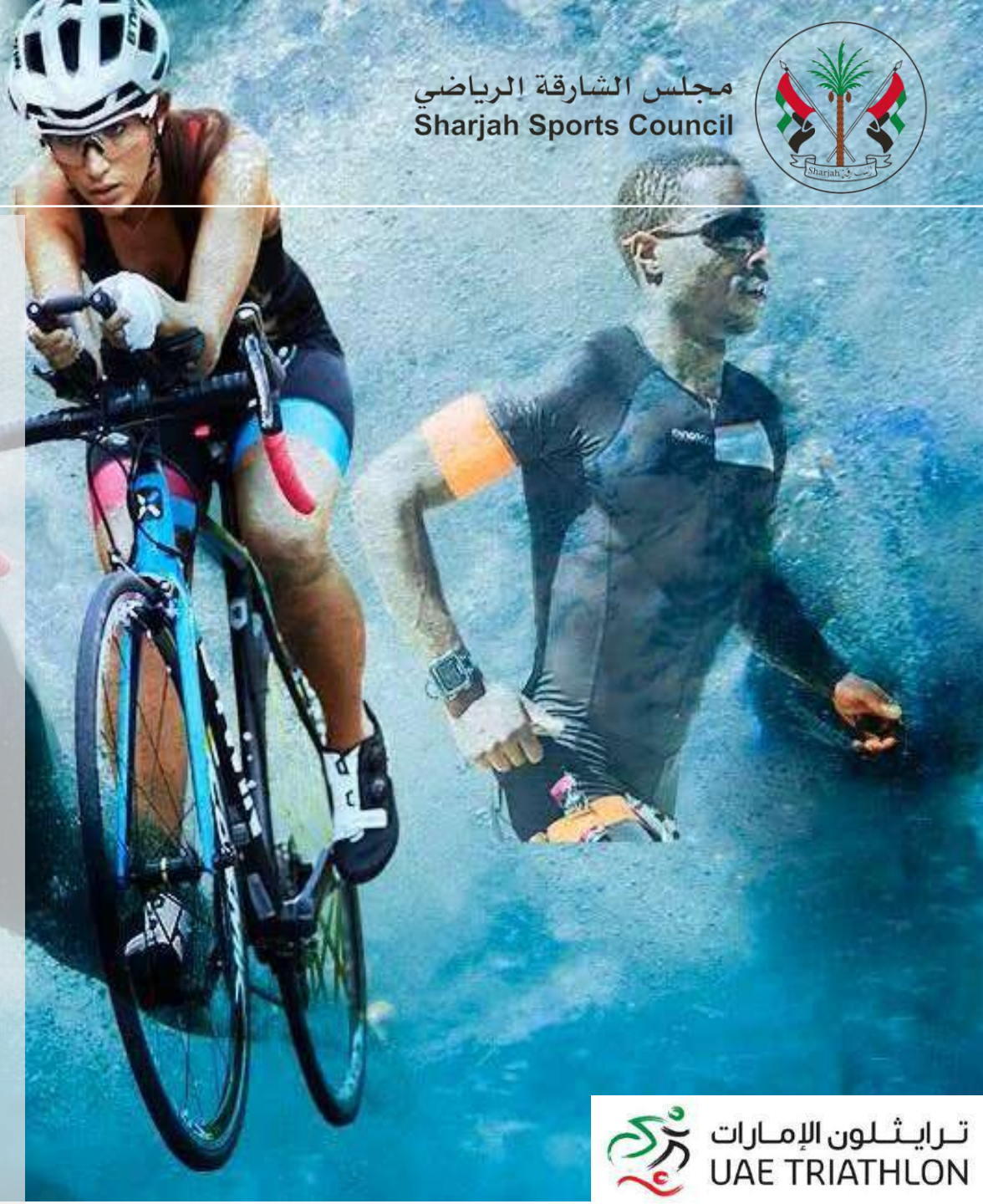
UAE LEAGUE 

Thank you for joining us for this unique event in KALBA for the first time.

The following pages outline all the important information you need to know on race day.

A reminder to all triathletes that this is a community-based event focusing on allowing individuals, families, clubs and groups of athletes to experience a race environment in a social yet competitive atmospheres.

In addition to that, if you are registered with UAE Triathlon Federation, you can collect league points from this event and qualify you for the World Triathlon Championship finals



Let's Race!

- Thank you for joining us in Kalba for the Kalba Triathlon, part of the Kalba Beach Games 2023. Taking you on a flat and fast course along the Kalba Corniche, this will prove to be an energetic race from start to finish.
- The following pages will give you all the information you need for your race day
- A reminder to all triathletes that this is a community-based event focusing on allowing individuals, families, clubs and groups of athletes to experience a race environment in social yet competitive atmospheres. In addition to that, if you are registered with UAE Triathlon Federation, you can collect league points from this event and qualify you for the World Triathlon Championship finals.





Kalba Triathlon Location

[Click Here!](#)

Race Information

Distances and Laps

Race Distance	Swim	Bike	Run
Junior Super Sprint	150m – 1 lap	8km – 1 lap	1.5km – 1 lap
Super Sprint	375m – 1 lap	13km – 1 lap	2.5km – 1 lap
Sprint	750m – 1 lap	18.5km – 1 lap	5km – 1 lap
Olympic	1500m – 2 laps	39.5km – 1 lap	10km – 2 laps

Race Day Programme

- 04:30 AM: Check in, transition opens
- 05:12 AM: Al Fajr prayer
- 06:00 AM: Road Closure! No vehicles will be permitted on roads leading to the start/finish after this time
- 06:15 AM: Transition closes
- 06:20 AM: Race briefing
- 06:34 AM: Sunrise
- 06:35 AM: Wave 1: Olympic distance start
- 06:40 AM: Wave 2: Sprint (Individual & Relay) distance start
- 06:45 AM: Wave 3: Super Sprint distance start
- 07:00 AM: Wave 4: Jr Super Sprint distance start
- 09:30 AM: Awards ceremony (Sprint, Super Sprint & Junior)
- 09:00 AM: Awards ceremony (Olympic)
- 10:15 AM: Race Cut off





Race Pack

- You will find the following items in your race pack:
- Please check the front of your envelope to ensure it includes the correct bib number. If this is incorrect, then please notify a member of staff at registration
- Timing Chip – this must be worn at all times during the race on your left ankle
- Swim Cap – your swim cap will be colour coded to your race. Some athletes like to wear two swim caps, please ensure the cap you receive is the cap you wear on top so you can be easily recognized during the swim leg of your race
- Race Number - You will receive a sheet of race numbers which must be placed on different parts of your equipment
- Athlete Wristband – the coloured wristband in your pack must be worn throughout the race. Do not remove it until after the race has finished as you need this to access athlete only areas. You will also need the wristband to take your bike and equipment from the transition area after the race, as well as your bib number

Transition

- Only competitors and race officials/volunteers will be allowed entry to the transition area on race day
- One (1) Parent or Guardian will be allowed into the transition area, Pre-Race ONLY, to assist their athlete for the Junior Super Sprint
- The transition area will open for the collection of bikes once the last competitor in your race distance has completed the cycle course. We appreciate that you wish to access your equipment as soon as possible and do everything in our power to achieve this
- Each category will have a clearly marked allocated area for racking. You must rack on your designated number within this area, please do not rack your bike in another race category or on another number
- Be aware when racking your bike of the athletes equipment to either side of you and do not take more space than you require. Each competitor is allocated enough bike rack space and those taking up too much space may have their equipment moved. If you are unsure as to your racking location, then please ask a friendly volunteer who will be able to help you with this
- Please note that NO BAGS are permitted to be left in the Transition area once transition closes
- Always remember to respect each others space and help your fellow athletes out if this is their first triathlon experience on how to rack and set up their space



Timing Chip

- NO CHIP = NO TIME
- Your timing chip will be in the envelope provided at registration
- **IMPORTANT:** Your timing chip must be securely fastened around your **LEFT ANKLE** before you start your race and must not be removed throughout the race
- **IMPORTANT:** Your timing chip must be returned when you cross the finish line at the end of the race.
- Lost timing chips will be charged at 300dhs per chip



Relay Teams

- **SWIM:** The swimmer must wear the timing chip on their LEFT ankle and follow the steps above for the race start. After exiting the swim, they will make their way to the designated area in transition where they will remove the timing chip and fasten it on the left ankle of the cyclist. Swimmers are not allowed to stay in transition
- **BIKE:** Once the timing chip has been securely fastened on the cyclist's left ankle, the cyclist must then ensure that they have their race numbers showing in the correct positions on the bike and that their bib number is on their back. The cyclist must first secure their helmet before unracking their bike. Remember, if you are in motion your helmet must be fastened on your head! Once the cycle leg is complete the cyclist **MUST** rack their bike securely before removing their helmet. The cyclist will first rack their bike and then run to the end of transition where they will handover the timing chip to the runner in the team and securely fasten it on their left ankle.
- **RUN:** Once the team cyclist has racked their bicycle and swapped over timing chip to the runner they have placed the chip on their LEFT ankle, the team runner is to follow all course signage for the distance in which they are competing. Each team will receive 2 race bibs one for the cyclist and one for the runner. The runner will need the race bib to enter the transition area prior to starting the run.
- **FINISH:** You all took part in the race, so you are all entitled to enjoy the finish! Teams are allowed to cross the finish line together to savour the moment. The swimmer and cyclist are requested to wait outside of the finish chute until their runner appears. Please be aware of the other competitors as you make your way down the finish chute and don't unnecessarily block the other finishers in your enthusiasm to soak up the finish.



Prize Giving

Overall

- Olympic (Men & Female)
- Sprint (Men & Female)
- Sprint Relay (Men & Female)
- Super Sprint (Men & Female)

Emirati

- Olympic (Men & Female)
- Sprint (Men & Female)
- Super Sprint (Men & Female)
- Juniors
- 5-8 years (Boys & Girls)
- 9-12 years (Boys & Girls)





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ترايثلون كلباء 2023 TRIATHLON KALBA



كلباء
kalba



الأحد . 19 نوفمبر 2023
Sun. 19 Nov. 2023



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الجوائز المالية لترايثلون كلباء 2023 CASH PRIZES FOR HM DISTANCE

سيدات - أولمبيك / Olympic Overall Female	رجال - أولمبيك / Olympic Overall Male
3000 DHS	3000 DHS
2000 DHS	2000 DHS
1000 DHS	1000 DHS
سيدات - سبرينت / Sprint Overall Female	رجال - سبرينت / Sprint Overall Male
1500 DHS	1500 DHS
1000 DHS	1000 DHS
750 DHS	750 DHS
سيدات - سوبر سبرينت / Super Sprint Overall Female	رجال - سوبر سبرينت / Super Sprint Overall Male
1000 DHS	1000 DHS
750 DHS	750 DHS
500 DHS	500 DHS



Prize Giving

Overall

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- Sprint (Men & Female)
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Emirati

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- Super Sprint (Men & Female)
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Age Categories

- Olympic

9 – 29 | 30 – 39 | 40 – 49 | 50+

- Sprint

16- 18 | 19 – 29 | 30 – 39 | 40 – 49 | 50+

- Super Sprint

13-15 | 16- 18 | 19 – 29 | 30 – 39 | 40 - 49 | 50+

- Junior Super Sprint

5-8 | 9-12

Race Check List

Pre/Post Race	Swim	Bike	Run
Watch	Goggles	Bike	Running Shoes
Race Belt	Swim Cap – in race pack	Helmet	Running Clothes
Safety Pins	Body Glide or similar	Bike Shoes	Cap or Visor
Pre and Post Race Nutrition	Swim wear or Tri Suit	Elastic Bands	Sunglasses
Heart Rate Monitor	Timing chip and strap – in race pack	Sunglasses	Water
Phone	Heart Rate Monitor	Bike Computer	Nutrition
Photographic ID	Towel	Race Belt	
Post Race Shoes / Clothes		Water Bottles	
Race Kit		Spare Tubes	
Sunscreen / Hat		CO2 and Tool Kit	
Bike Pump and Tool Kit		Cycle Clothing	
Personal Medication			

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دورة
كليات
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Kalba Beach
Games 2023

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ترايثلون الإمارات
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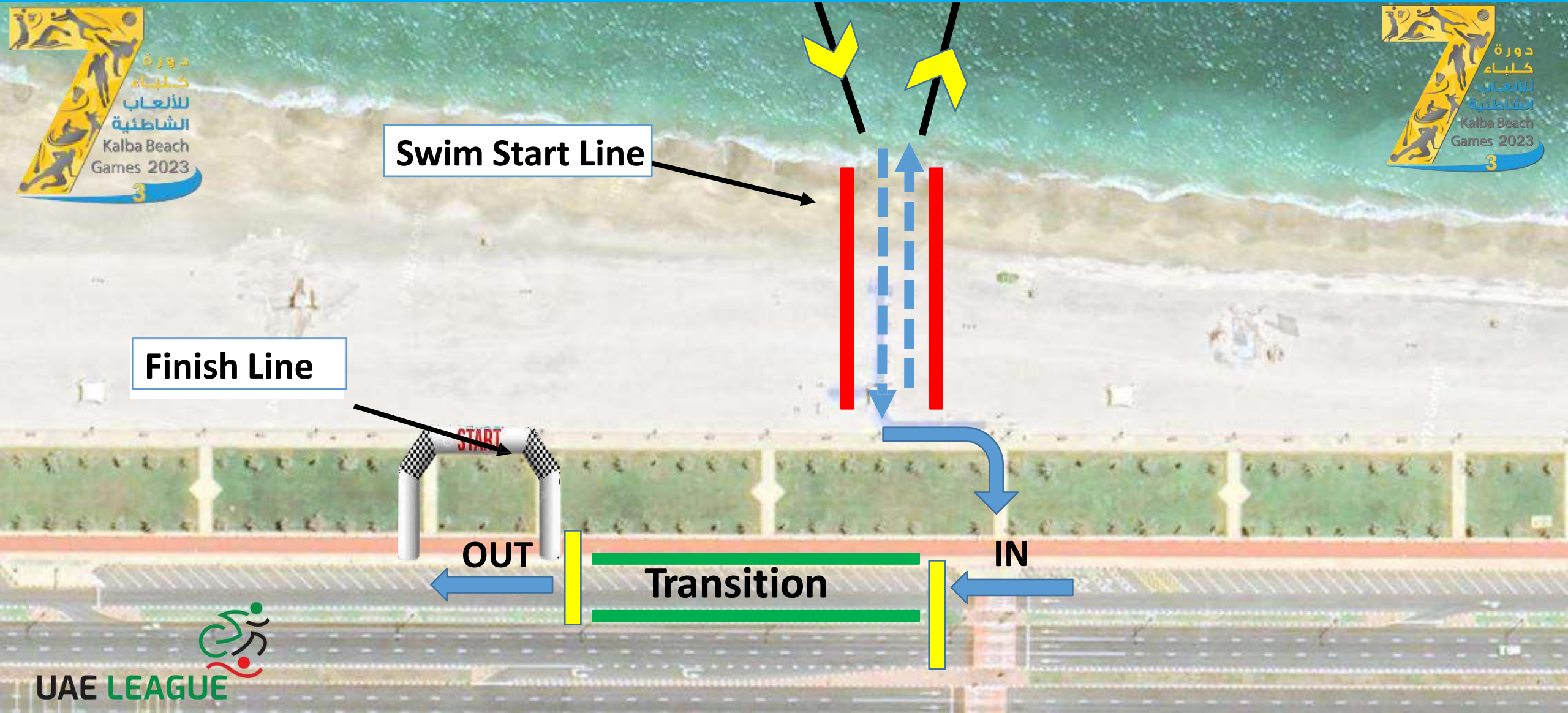




Race Distance	Swim
Junior Super Sprint	150m – 1 lap
Super Sprint	375m – 1 lap
Sprint	750m – 1 lap
Olympic	1500m – 2 laps



START LINE & TRANSITION



OUT & IN FROM TRANSITION TO THE MAIN ROAD





Transition
Area

دورة
كلباء
للألعاب
الشاطئية
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Games 2023
3

OLYMPIC	40 KM	4 LAPS
SPRINT	20 KM	2 LAPS
SUPER SPRINT	10 KM	1 LAP
JNR SUPER SPRINT	10KM	1 LAP

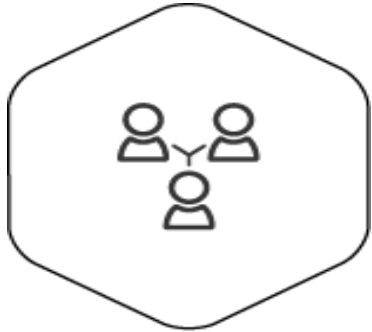
Kalba Triathlon

Run Route



	OLYMPIC	2 LAPS
	SPRINT	1 LAP
	SUPER SPRINT	1 LAP
	JUNIORS	1 LAP

Thank You!



www.eevents.ae

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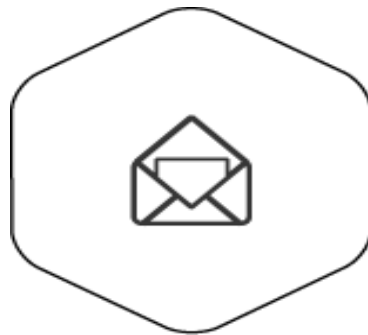
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