

SHARJAH TRIATHLON

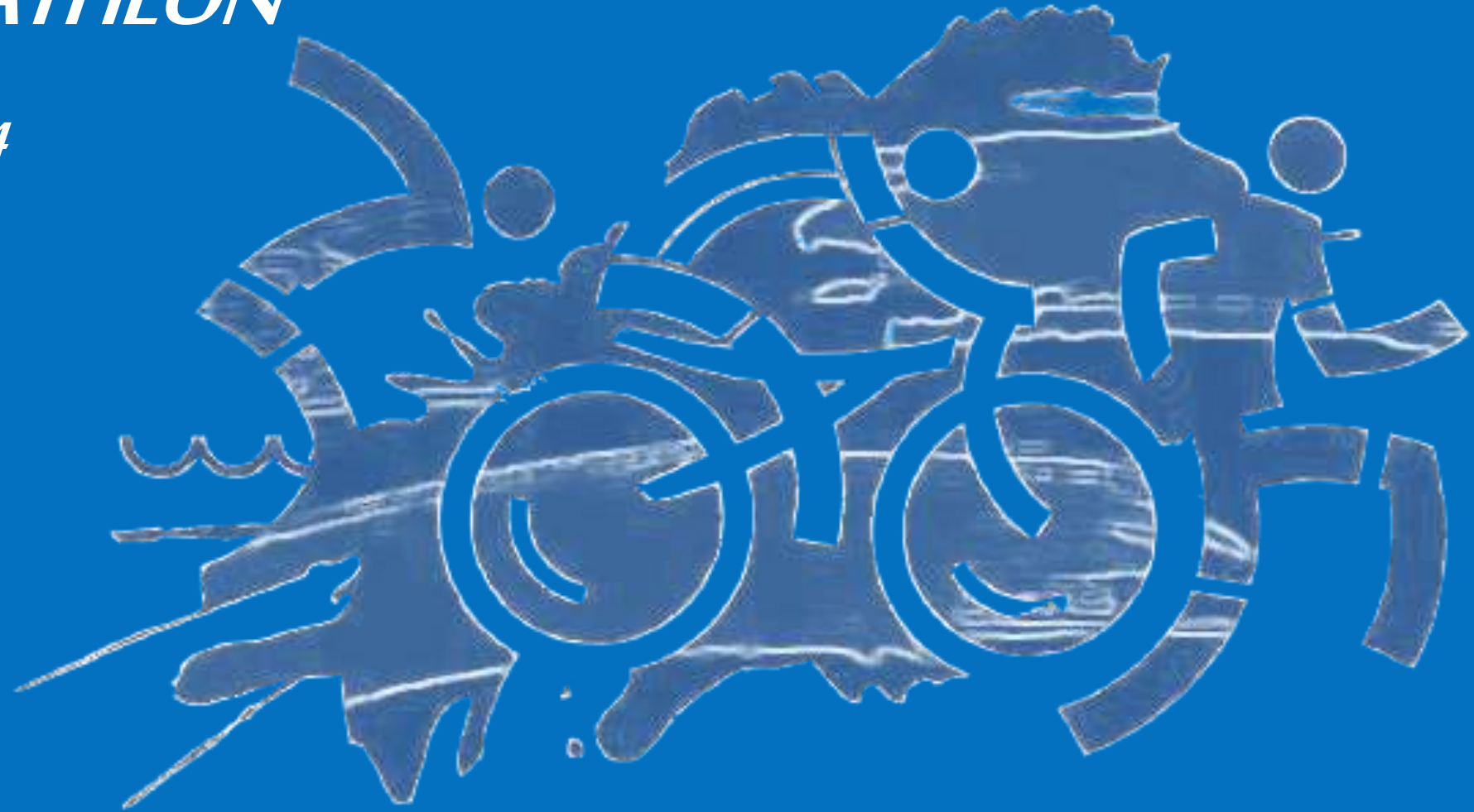
14/4/2024

Olympic

Sprint

Super Sprint

Junior Super Sprint



SHARJAH TRIATHLON

Olympic | Sprint | Sprint Teams

Super Sprint | Junior

SHARJAH, UAE

RACE BRIEFING

SHARJAH Triathlon

Thank you for joining us for this unique event in Sharjah 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





Sharjah Triathlon Location

Google Maps:

<https://goo.gl/maps/GoSNtUAXFCao6pTs6>

Sharjah Triathlon

The distances and lap totals for the various races are listed in the table below:

Distance	 SWIM	 CYCLE	 RUN
Olympic	1500 M - 2laps (Aussie Exit)	40 KM - 4 laps	10 KM - 2 laps
Sprint	750 M	20 KM - 2 laps	5 KM - 1 lap
Super Sprint	375 M	10 KM - 1 lap	2.5 KM
Junior Super Sprint	150 M	10 KM	1.5 KM

RACE DAY PROGRAM

- * 4:20 AM : Sign-in begins, bikes are installed in the transition area
- * 4:37 AM : Azan for Fajr
- * 5:35 AM : Registration closes, transition area closes
- * 5:40 AM : Explaining the race to the participants
- * 5:50 AM : Olympic distance starts
- * 5:53 AM : Sunrise
- * 5:55 AM : Juniors
- * 6:00 AM : Sprint (Individual and Team)
- * 6:05 AM : Super Sprint
- * 8:45 AM : Bike lane closed
- * 8:45 AM : Awards ceremony (Sprint, Super Sprint & Junior)
- * 9:20 AM : Awards ceremony (Olympic)
- * 9:50 AM : Race Cut off Time

RACE PACK

You will find the following items in your race pack:

A. TIMING STRAP

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.

B. SWIM CAP

This swim cap will be the color that matches your competition. Some athletes like to wear two swim caps but 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.

C. RACE NUMBERS

You will receive a sheet of race numbers which must be placed on different parts of your equipment.

D. COMPETITOR WRISTBAND

You will be given a colored wristband at registration when you pick up your race pack. Please make sure to wear your wristband and do not remove it until after the race. You will need this wristband to access competitor-only areas of the venue such as the swim start and transition area. For Teams, the wristband should be worn by the Bike rider for your team. It is important that you keep this wristband on until after you have collected your bike at the completion of the race. The wristband number will be checked against your bike number when leaving the transition area, along with your Race Bib.

TRANSITION

The transition area :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 competitor 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. But remember that competitors that race after you have the same right to a clean transition area despite starting in a later wave.

Each wave 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 Wave area or another number.

Be aware when racking your bike of the competitor's 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.

If this is your first triathlon, please remember that we have limited area in the transition and to keep all your belongings close to your bike. Please be mindful of other competitors in these areas and respectful to their space and equipment

HOW TO USE YOUR TIMING CHIP

- NO CHIP = NO TIME
- When collecting your Race Pack, your timing chip will be in the envelope provided.
- **IMPORTANT:** Your timing chip must be securely fastened around your **LEFT ANKLE** before you start your race and must not be removed until after you cross the finish line. Please do not wear your timing chip anywhere else.
- **PLEASE NOTE: YOU MUST HAND BACK YOUR TIMING CHIP AND BAND AT THE END OF THE RACE. YOU WILL BE CHARGED FOR ANY LOSS OF YOUR TIMING CHIP AED300.00**

RELAY INSTRUCTIONS

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 unpacking their bike. Remember, if you are in motion your helmet is 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 hand over 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 and placed this on their own 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 savor 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.



Coronation categories

Overall

Olympic (Men & Female)

Sprint (Men & Female)

Sprint Relay (Men & Female)

Super Sprint (Men & Female)

Emirates

Olympic (Men & Female)

Sprint (Men & Female)

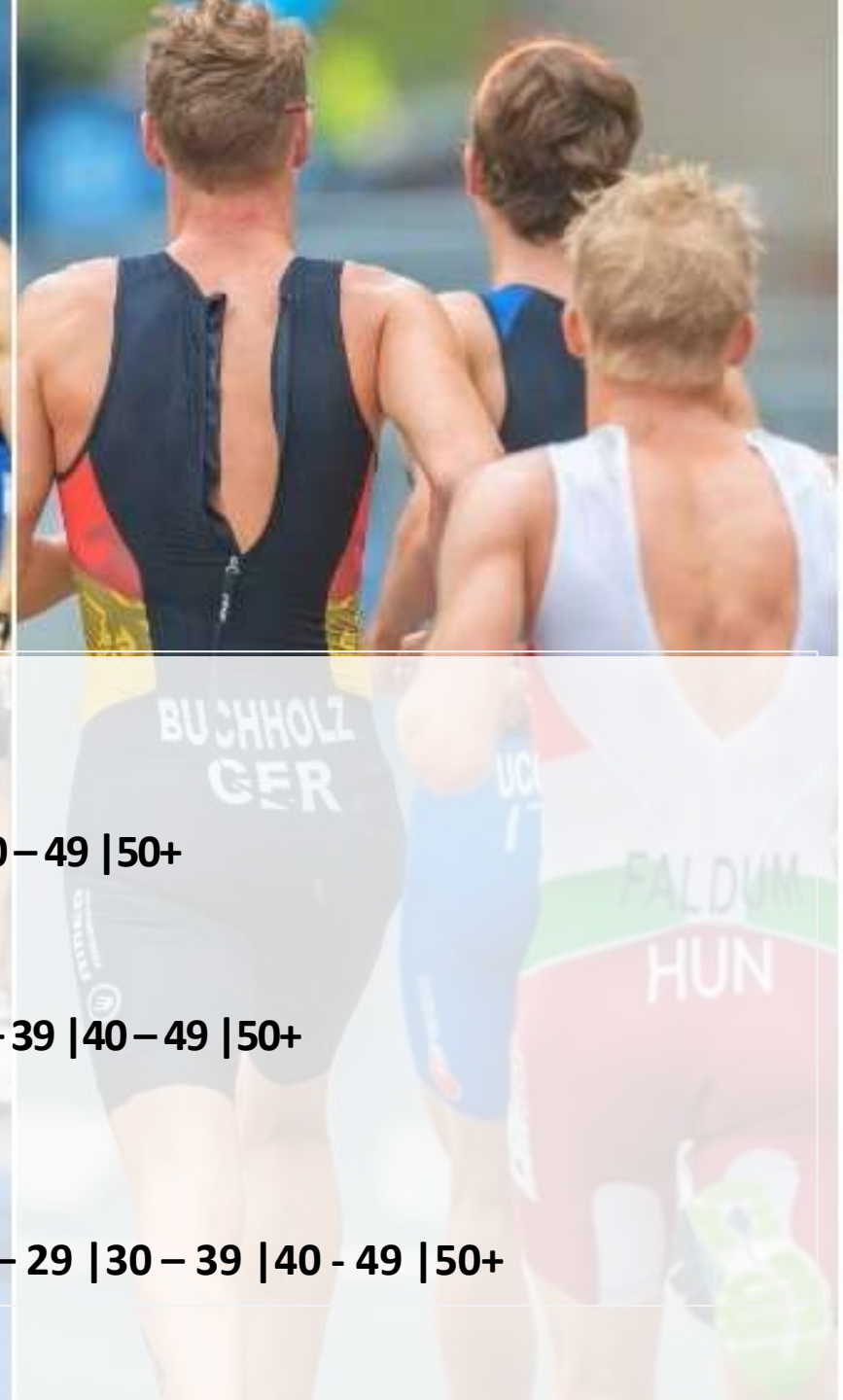
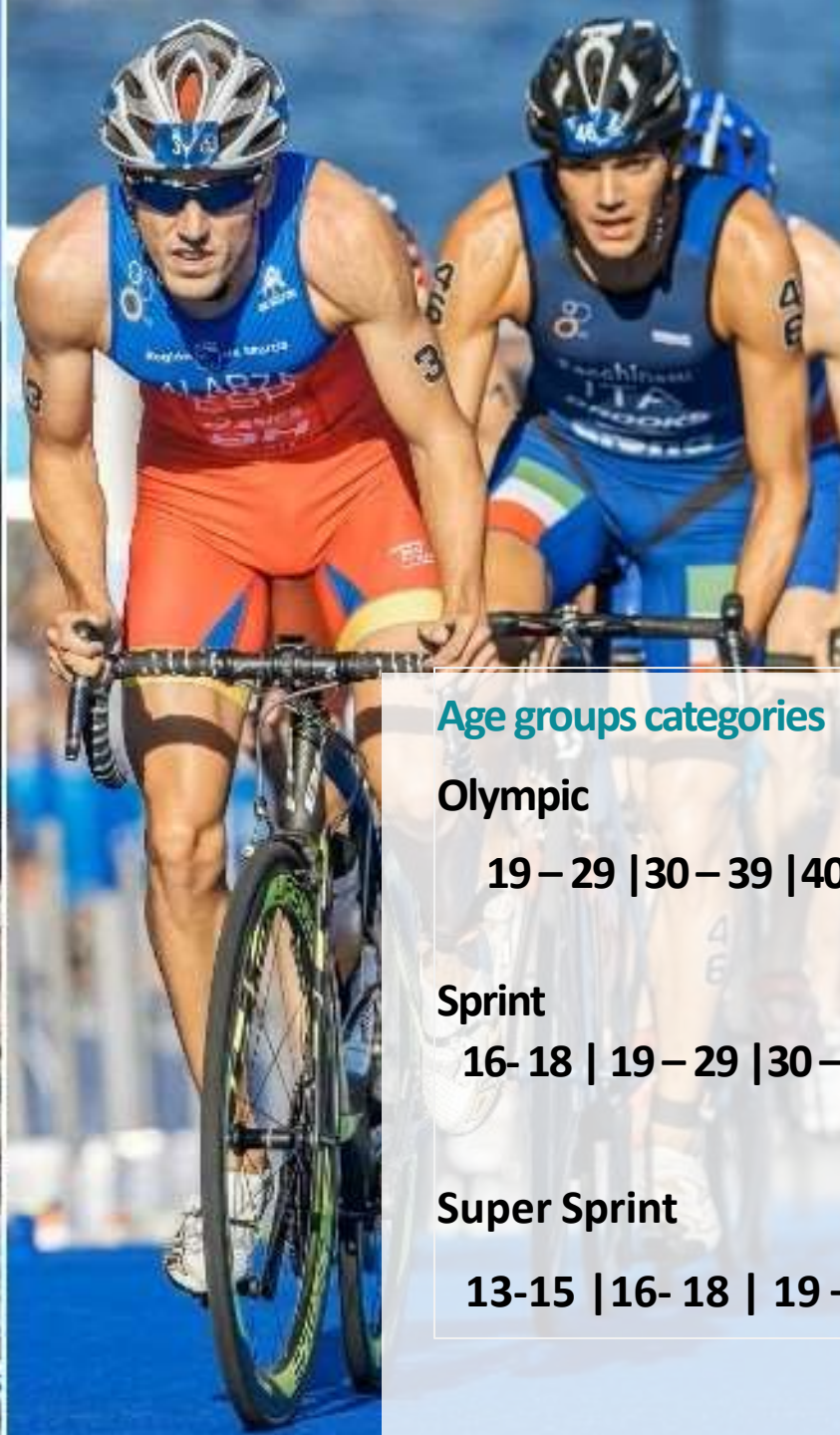
Super Sprint (Men & Female)

Age groups categories | Junior Super Sprint

5 - 8 Junior (Male & Female)

9 - 12 Junior (Male & Female)





Age groups categories

Olympic

19 – 29 | 30 – 39 | 40 – 49 | 50+

Sprint

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

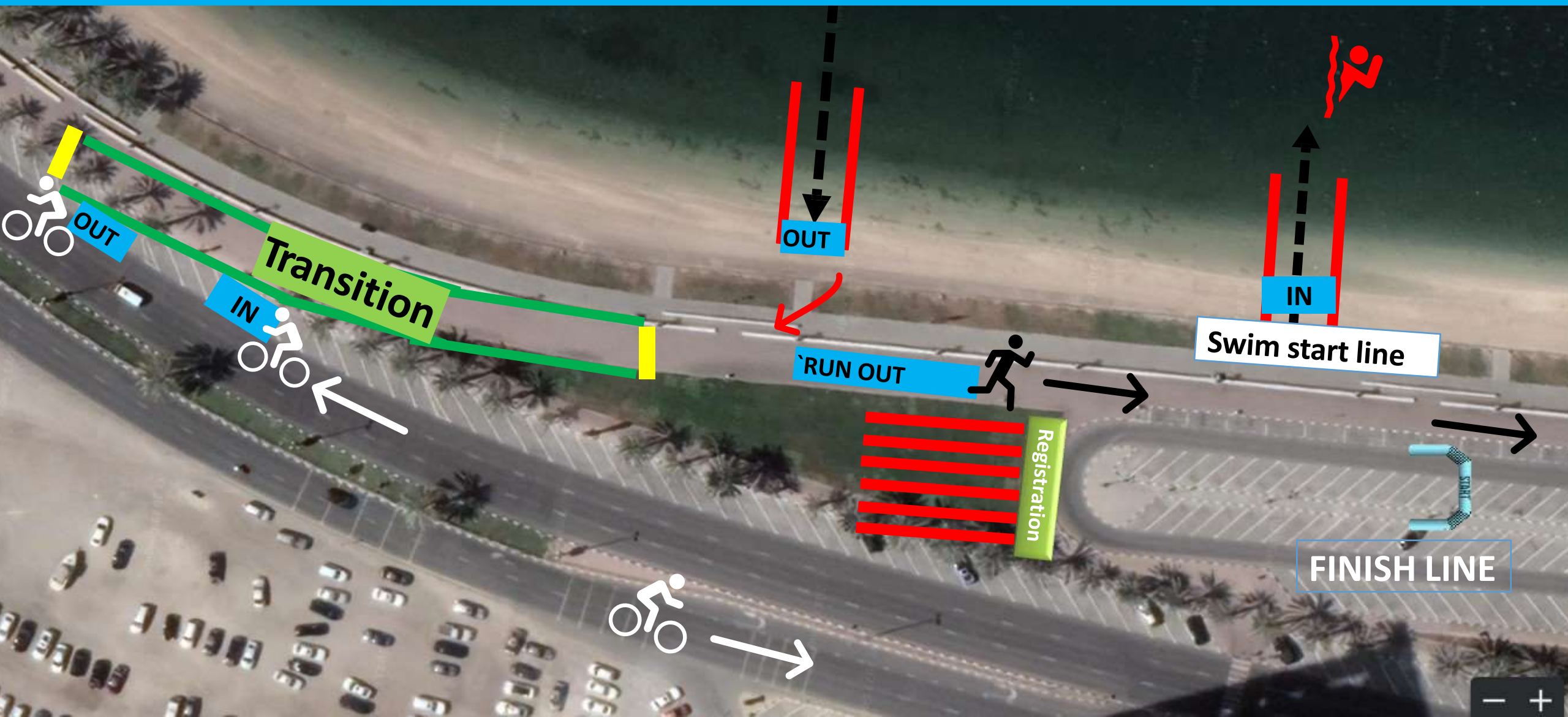
Super Sprint

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

PRE/POST RACE	RUN	CYCLE	Swim
Watch	Running Shoes	Bike	Goggles (+ Spare Pair)
Race Belt	Towel	Bike Shoes	Swim Cap (provided in race pack)
Safety Pins (for race number if not using Race Belt)	Cap/Hat	Helmet	Body Glide or similar lubrication
Pre and Postrace nutrition	Running Clothes	Sunglasses	Swimming Costume/Trisuit/Tri Knicks
Heart rate monitor		Mini-pump	Timing Chip and Strap (provided in race pack)
Phone		Race Belt	
Photo ID		GPS/Bike Computer	
Post-race shoes/clothes		Spare Tyre/Tubular	
Race Pack		Waterbottles	
Sunscreen		Bike clothes	
Pump			
Any personal medication			
Bike repair tools/tape			







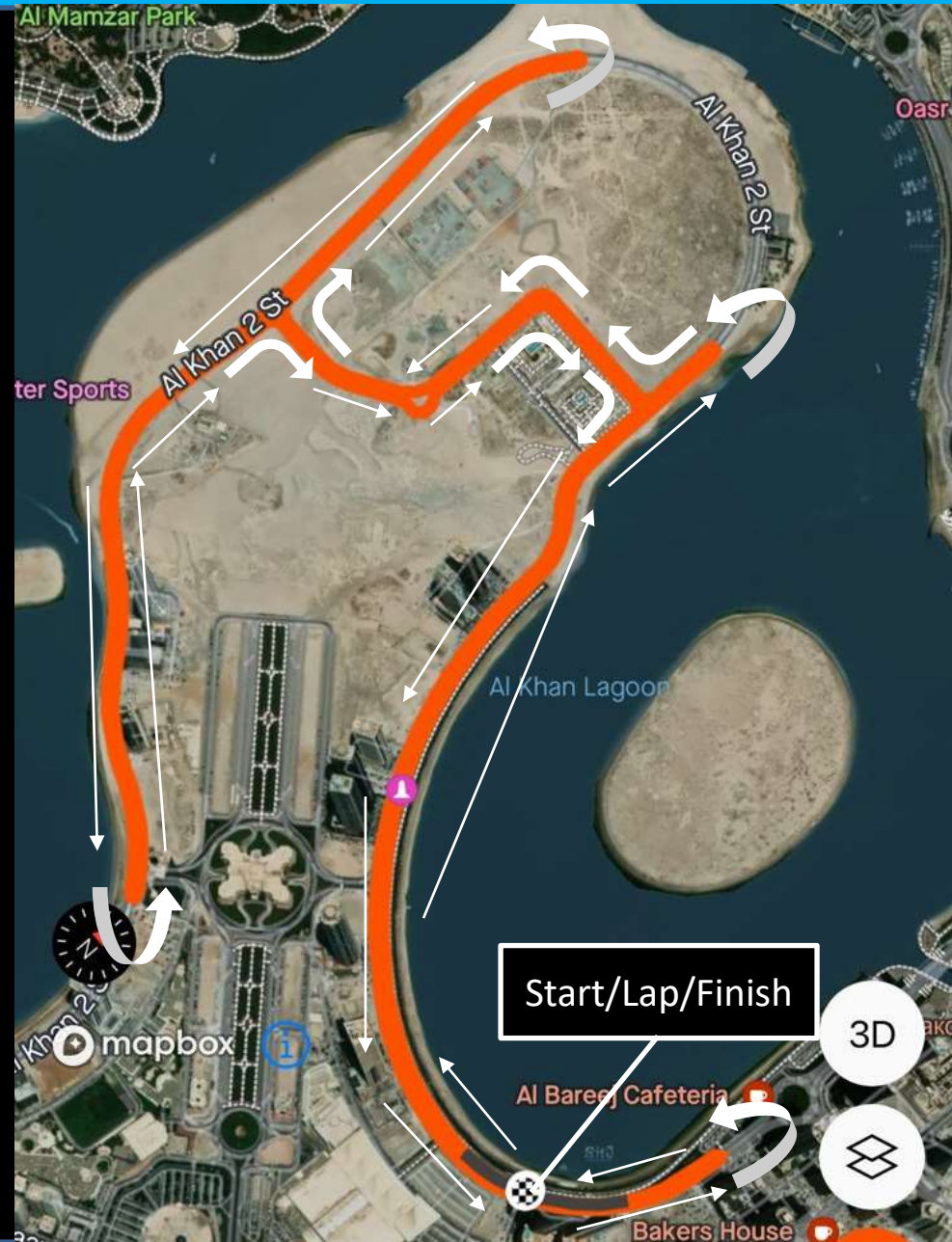
CYCLING ROUTE

OLYMPIC **40 KM** **| 4 LAPS**

SPRINT **20 KM** **| 2 LAPS**

SUPER SPRINT **10 KM** **| 1 LAP**

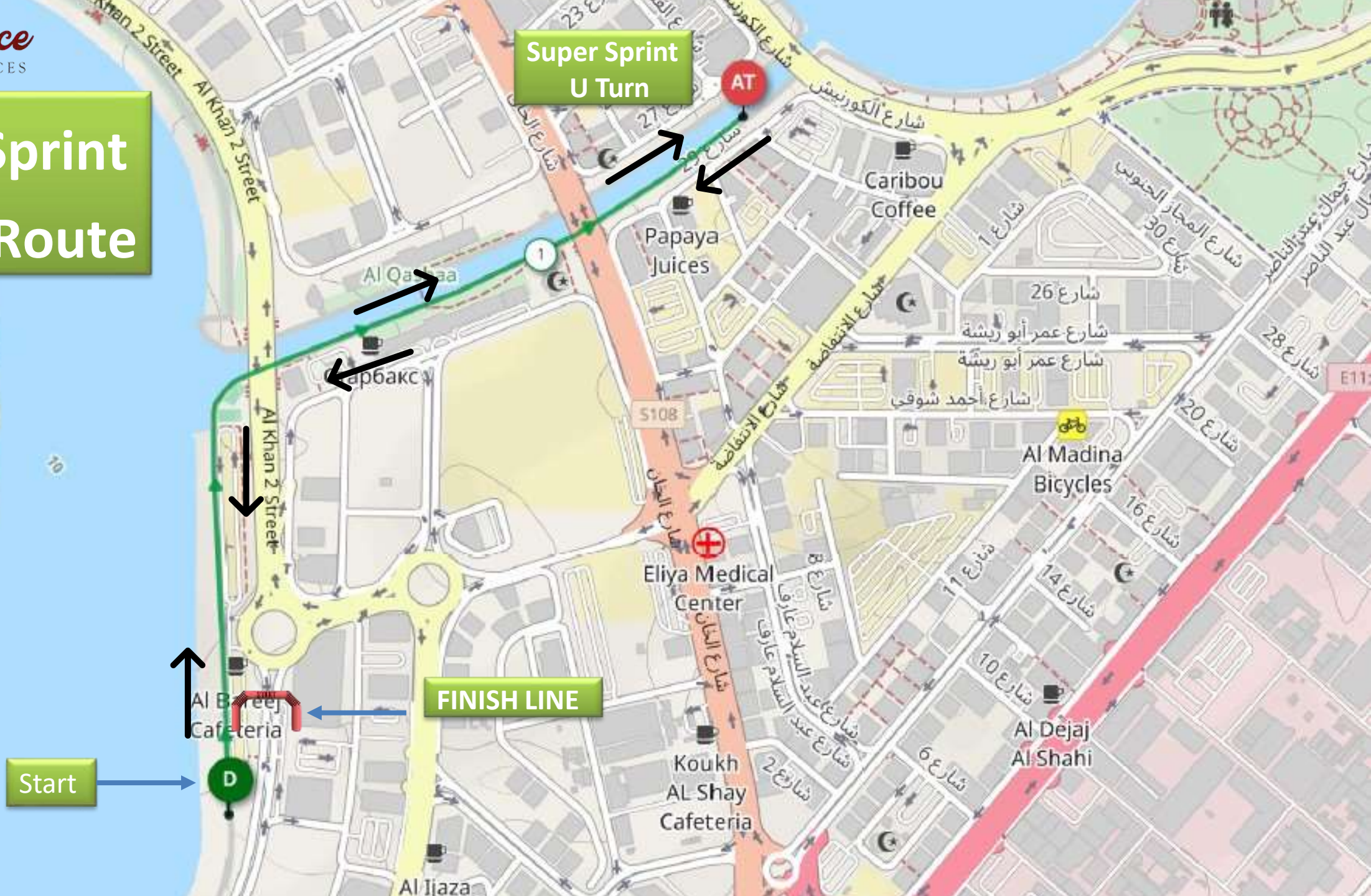
JUNOIRS **10KM** **| 1 LAP**



Juniors Run Route



Super Sprint Run Route



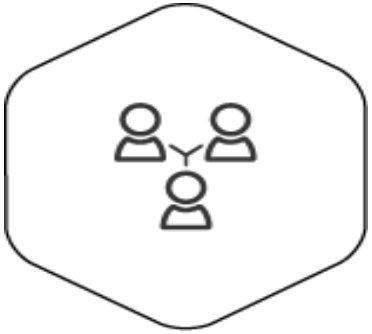
Sprint Run Route



Olympics Run Route 2 Laps



Thank You

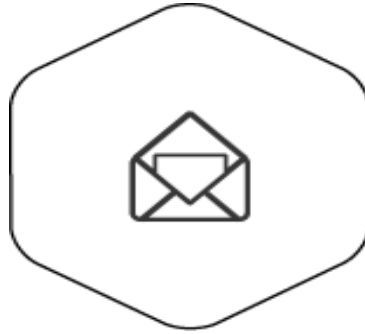


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