



World Triathlon
Women's Cup
DUBAI
2025



2025 World Triathlon Women's Cup Dubai

7 December 2025
Dubai Islands, UAE



Age Group Guide



OFFICIAL HYDRATION PARTNER





Dear athletes,

It is a pleasure to welcome you all to the inaugural World Triathlon Women's Cup Dubai, a truly historic milestone for our sport and for women's sport in this region. On behalf of World Triathlon President Antonio Arimany, it is an honour to greet you for this very first edition, dedicated entirely to women across both elite and age-group races.

This event is the result of a shared vision between World Triathlon, the Dubai Sports Council and the UAE Triathlon Federation: to create new opportunities for women to participate, compete and shine on the international stage. Hosting a women-only World Cup on the stunning Dubai Islands sends a powerful message about our collective commitment to gender balance, inclusivity and the empowerment of women through sport. Whether you are racing as an elite athlete, lining up in the Sprint or Super Sprint, or taking on your very first triathlon, you are part of a landmark moment that will inspire many others to follow.

World Triathlon believes that triathlon is for everyone, regardless of age, background or performance level, and this weekend in Dubai is a celebration of that belief with a special focus on women and girls. Heartfelt thanks go to our Local Organising Committee, the Dubai Sports Council, the UAE Triathlon Federation, our partners and the many volunteers whose dedication has made this pioneering event possible.

Good luck to each and every one of you in achieving your goals. Enjoy the atmosphere, the course and the unique experience of racing in this first World Triathlon Women's Cup Dubai. It is a privilege to share this historic start with you.

Yours in sport,

Debra Alexander
World Triathlon Vice President



General Information

KEY DATES

SATURDAY 6TH December 2025

- Race Pack Collection – Age Group

SUNDAY 7TH December 2025

- Race day (Age Group Women Sprint & Super Sprint)
- Race day (Elite Women Sprint)

Schedule

2025 World Triathlon Women's Cup Dubai schedule.

SATURDAY 6TH December 2025

Start	Finish	Category	Activity	Venue
09:00	17:00	Age Group	Age Group Race Pack Collection	Race Village
09:30	11:00	Elite	Elite course familiarization	Elite Course

SUNDAY 7TH December 2025

Start	Finish	Category	Activity
05:30	06:30	Age Group Super Sprint	Bike Check-in - Age Group Super Sprint
06:45	07:45	Age Group Sprint	Bike Check-in - Age Group Sprint
07:15	09:15	Age Group Super Sprint	RACE START - Age Group Super Sprint (400m 10km 2.5km)
08:30	11:00	Age Group Sprint	RACE START - Age Group Sprint (750m 20km 5km)
09:30	10:30	Age Group	1st Period Bike Check-out: Age Group Sprint and Super Sprint
10:15	10:45	ALL	Women's Panel on stage - Interactive discussion
10:45	11:15	Age Group	Age Group Awards Ceremony
12:00	13:00	Elite Women	Elite Race - Elite Women's Sprint Distance (750m 20km 5km)
13:30	13:35	Elite Women	Elite Awards Ceremony
13:45	14:15	Age Group	2nd Period Bike Check-out: Age Group Sprint and Super Sprint
15:00	ALL		Race Village and Expo Close

Event Venue

Dubai Island Beach, Deira Island, Dubai Islands, Dubai, United Arab Emirates.



Before the Competition

REGISTRATION & RACE PACK PICK-UP

To take part in the World Triathlon Women's Cup Dubai Age Group races, you will need to register and collect your race pack the day before the race. Race pack collection will take place within the Race Village on Dubai Island Beach on Saturday 6 December between 09:00 - 17:00.

Important: When registering, please bring a valid photo identification. Without photo ID, you will not be able to collect your Race Pack and wristband, and therefore will not be able to race. If you are registering and collecting a race pack on behalf of a friend, you will need to bring a copy of their race entry and their ID.

Parking

FREE PARKING

Parking will be available close to the venue, please follow the location link:
<https://maps.app.goo.gl/AroiLZujE77EUmzv9>

Your Race Pack

Your race pack will contain the following items:

Branded Swim Cap

Athlete identification pack

- Including race number
- Sticker sheet
- Tattoos
- Wristband
- Event Race Bag



SWIM CAP

You will receive your swim cap as part of your race pack. Each start wave has an individual swim cap colour. You will need to wear your designated swim cap during the swim. Don't forget to check your start time and start in the correct wave.



RACE NUMBER

Each competitor will receive a unique race number. While cycling, your number should be worn on your back. While running, your number must be worn on your front.

WRISTBAND

Wristbands must be worn from the time you register until the time you check your bike out of Transition after the race. If you do not have a corresponding wristband, you will not be allowed to check your bike in or out of Transition.



STICKER SHEET

- BIKE STICKER** - Please attach this sticker onto the saddle post so that the number is clearly visible from both the left and right-sides.
- HELMET STICKER** - You will have three helmet stickers. Please stick the number to the front and sides of your helmet. This is mandatory for all athletes.
- BAG STICKER** - Attach the Bag Sicker to the strap of your race bag, before you leave your bag at the Bag Drop Area. To collect your bag, ensure that you are wearing your wristband with the corresponding number.
- SUPPORTER STICKER** - On race day, stick your supporters' sticker onto your biggest fan!



Important: Your bike and helmet numbers must be fixed to your bike and helmet prior to checking your bike into transition. Please do not remove your bike or helmet numbers until you have checked your bike out of Transition. This is important, as officials will check your bike and helmet number against your wristband number when you check your bike out.

Timing Chip

You will collect your timing chip with your Race Pack at Race Pack Pick-up.

Your chip will be activated for you by the timing staff. If you do not wear the timing chip correctly, we are unable to guarantee accurate results. You must wear the timing chip provided to you by the race organizers – if you own a Championship Chip, these are not permitted to be used at the event. Before your race, securely fasten your chip around your left ankle and do not remove it during the competition. After your race, please remove your chip from the ankle strap and hand it to one of the chip collection staff after the finish line in the Athlete Recovery Zone.

Bag Drop

There will be a Bag Drop available on race day in the Race Village, where you can safely store your bag while you compete. Your race number sticker must be attached to your race bag before you leave it at the Bag Drop. To collect your bag, ensure that you are wearing your wristband with the corresponding number.

Race Briefing

Please read this guide thoroughly to cover the details around your race preparation. Your Final Race Briefing will take place on the start line 15mins before your start.

All triathletes will also receive:

- Athlete Bag
- Finisher T-shirt
- Finisher Medal



Bike Check-In

Race Category	Date	Check-in Time
Super Sprint	Sunday 7 December	5:30am - 6:30am
Sprint	Sunday 7 December	6:45am - 7:45am

During Check-In, a safety check will be carried out on your bike and helmet. Please ensure the following for a quick and efficient bike check-in:

- Safety first – your bike must be in good working order or you will not be allowed to start
- Helmets must be worn and fastened
- Handlebar plugs must be present and secure, and brakes must be in good working order
- Ensure your tyres are pumped to the correct pressure
- Race numbers must be securely attached to your bike and helmet before you enter Transition
- To ensure bikes remain secure, entry into and exit from Transition is strictly controlled by wristband and race numbers. Please have your wristband and race numbers ready for inspection for bike check-in.
- All bikes must be racked personally onto the racking area which is allocated to your wave. Each racking area will be marked according to your start wave. Racking positions will not be numbered individually.
- Only Registered Athletes are allowed in transition, no family.

BIKE MECHANIC SERVICES

Our bike partner 'Revolution Cycles' will offer bike mechanic support and will be available in the Race Village during Bike Check-in on Sunday 7 December from 6am.

NOTE: While minor tweaks and repairs will not be charged for, Revolution Cycles may charge for any repairs they deem fit and all spares including tubes, cables and spokes will be charged for.

TRANSITION SET-UP

Ensure that your race equipment is arranged neatly next to your bike within the area allocated to your start wave. Please be mindful of other competitors when setting up your transition area. No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed in Transition and should be safely stored at the Bag Drop.

The Competition

START TIMES

Final briefings will take place 15 minutes before the start of each wave at the Swim Start assembly point on Dubai Island Beach.

DISTANCE	WAVE	BIB RANGE	WRISTBAND/BIB/SWIM CAP	START TIME	AGE CATEGORIES
SUPER SPRINT (400m 10km 2.5km)	1	1700 - 1820	YELLOW	7:15 AM	ALL FEMALE
	2	230 - 260	PURPLE	7:18 AM	TEAMS

DISTANCE	WAVE	BIB RANGE	WRISTBAND/BIB/SWIM CAP	START TIME	AGE CATEGORIES
SPRINT (750m 20km 5km)	3	1900 - 2000	PINK	8:30 AM	ALL FEMALE
	4	401 - 431	TEAL	8:33 AM	TEAMS

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants. Athletes / teams should make sure that they have appropriate medical insurance.