



World Triathlon
Women's Cup
DUBAI
2025



2025 World Triathlon Women's Cup Dubai

7 December 2025
Dubai Islands, UAE
www.wtwcdubai.ae



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

Free 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.

Press firmly
here!!! 1234



STICKER SHEET

Sticker for Helmet



Sticker for Bag



Sticker for Bike Seat Post



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
- Towel
- Baseball Cap
- 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.

Course Configurations

Event Date	Race Category	Event Start Times	Age Eligibility	Distance		
Sunday 7 th December	Age Group Triathlon Adults			Swim	Cycle	Run
	Super Sprint Individual	7:15am	18+	400m	10km (1 lap)	2.5km (1 lap)
	Super Sprint Relay Team	7:18am	18+	400m	10km (1 lap)	2.5km (1 lap)
	Sprint Individual	8:30am	18+	750m	20km (2 laps)	5km (2 laps)
	Sprint Relay Team	8:33am	18+	750m	20km (2 laps)	5km (2 laps)
	Elite			Swim	Cycle	Run
	Elite Sprint - Women	12:00am	18+	750m	20km (2 laps)	5km (2 laps)

Wetsuit Use

The water temperature is taken one hour before the start of each event. Using the below table, the start official will announce whether or not wetsuits will be permitted to be worn during the swim. Notice will be posted at the information centre in the race village, as well as at the swim start.

The water temperatures and ambient air temperatures will be monitored in accordance with the World Triathlon competition rules. Final instructions regarding any changes due to temperatures will be announced 1 hour before the start of each race.

The average race course water temperature for December at the race venue is 21 degrees Celsius, so we expect wetsuits to be optional.

Maximum stay in water

Swim Length	Age-Group
Up to 300m	20 Minutes
301m to 750m - below 31°C	30 Minutes
301m to 750m - below 31°C and above	20 Minutes

Swim Start

The start location is on the Beach on Dubai Island Beach, a short walk from the race village.

- The swim start will be a Beach start.
- The course will comprise 1 lap of 400m for the Super Sprint and 750m for the Sprint in a clockwise direction.
- The course will be marked with Orange buoys.
- The exit via the Beach with a 150m run up to the entrance to Transition.

Swim Course Cut-Off Times

Sprint Triathlon = 30min maximum in the water

Super Sprint Triathlon = 30min maximum in the water

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish).

Water Quality

The water quality tests meet the World Triathlon standards.

Bike Course

The cycle course will comprise of 2 laps of 10km for the Sprint and 1 lap of 10km for the Super Sprint. After the final lap the athletes turn right towards the roundabout and into the Transition area. In Transition, each athlete will need to remember their racking spot as the racks will not be numbered. The bike course is flat, fast and not technical.

You can download the bike course to your GPS device here:

<https://ridewithgps.com/routes/53439473>

1 lap for the Super Sprint and 2 laps for the Sprint.

Bike Course rules and regulations:

- A clothed upper-body is mandatory at all times
- No personal music devices are permitted
- The Mount Line is located shortly after exiting Transition
- Do not return to Transition until you have completed all of your laps
- You are responsible for keeping a count of the number of laps yourself. During the race, timing mats on the course will verify whether you have completed the whole lap and the correct number of laps.
- Athletes will be disqualified for not completing the whole lap and the correct number of laps corresponding to their race course
- After you complete your final lap (Super Sprint – 1 lap, Sprint- 2 laps), move into Transition, where you will be instructed to dismount BEFORE the Dismount Line.
- Bikes must be returned to the same racking position
- Helmets may only be unclipped and removed once your bike is racked

Bike Course Cut Off Times

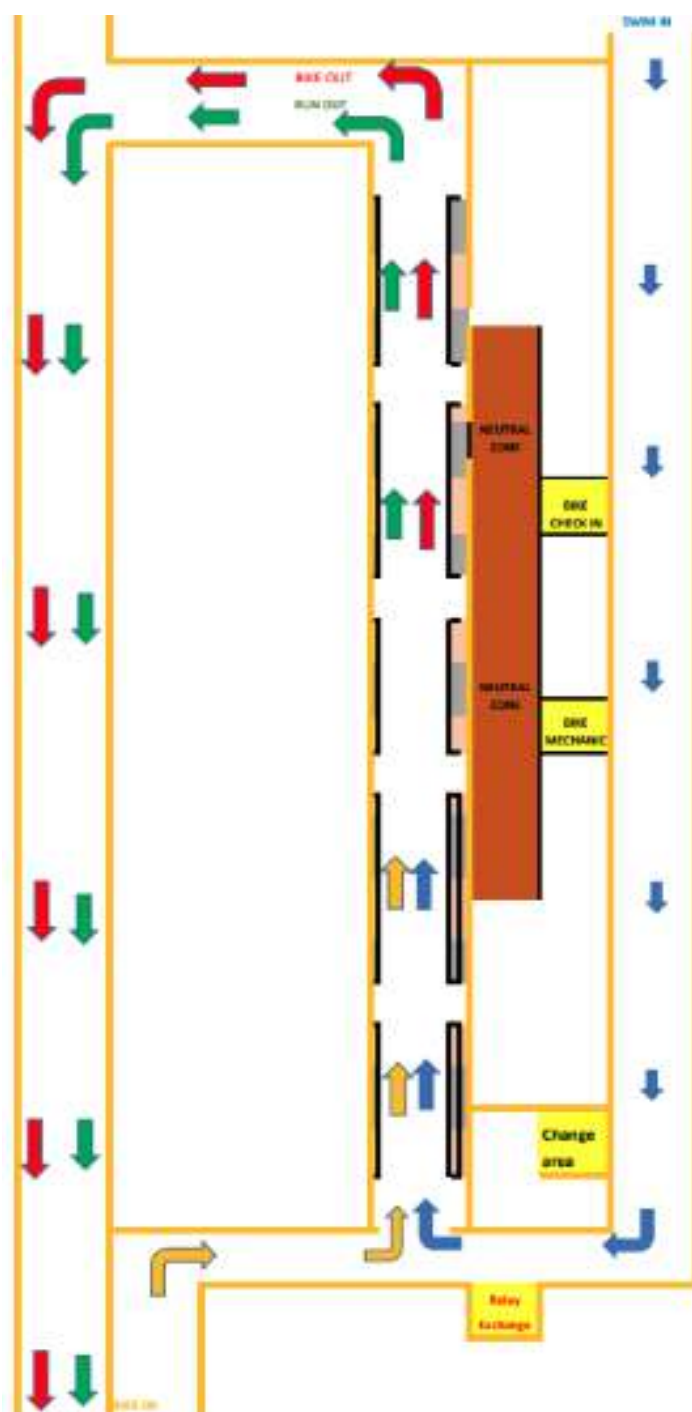
Sprint and Super Sprint = Bike Course Cut Off for all Age Group Races on Sunday 7 December is 10:30am.

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish).

Transition 2(Bike to Run)

Standard fencing all round and separating lanes.

Age Sprint/Super Sprint Racing



Drafting

Drafting off another athlete or motor vehicle is forbidden.

- Athletes must reject any attempts by others to draft.
- An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others.
- When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact.
- Adequate space must be available before passing.
- An athlete who approaches from any position to take advantage of the draft is responsible for avoiding the draft
- An athlete may enter a bike draft zone in the following circumstances:
 - If the athlete enters the draft zone and progresses through it within 20 seconds then completes the overtaking manoeuvre
 - For safety reasons 100m before and after an Aid Station or Transition area
 - During an acute turn
 - If the technical delegate excludes a section of the course because of narrow lanes, construction, detours, or other safety reasons

IMPORTANT: Drafting is NOT permitted in any of the Age Group Races

KNOW THE RULES

All the information below taken from the World Triathlon Competition rules, available to download from the World Triathlon website.

[triathlon.org](https://www.triathlon.org)

WHAT IS DRAFTING and BLOCKING?

Drafting is taking shelter behind another athlete or motor vehicle during the bike leg to gain a competitive advantage.

Blocking is holding a position on the course which prevents an athlete behind from passing you.

Technical Officials do not have to provide a warning about drafting before issuing a time penalty.

Both infractions are sanctioned by a time penalty to be served in the next penalty box.

DRAFTING vs NOT DRAFTING vs BLOCKING

SPRINT & STANDARD

10 METRES

20 SECONDS

MIDDLE & LONG

12 METRES

25 SECONDS

You may enter the draft zone to make a pass within the time allowed...
If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

PENALTIES

	DRAFTING	BLOCKING
SPRINT & SHORTER	1 min*	DSQ*
STANDARD	2 min	DSQ
MIDDLE	5 min	DSQ
LONG	5 min	DSQ

* If the sprint event is draft legal, there are no drafting penalties.

OTHER VEHICLES

15 METRES

35 METRES

You must remain 15 m behind motorcycles and 35 m behind other vehicles to prevent drafting.

Drafting Penalties

- It is forbidden to draft in a race declared as 'draft illegal' (All races are DRAFT ILLEGAL)
- Athletes who draft are subject to a time penalty sanction, and will be notified by Technical Officials
- Sanctioned athletes must stop in the next Penalty Box and follow directions from the Referee
- It is the sanctioned athlete's responsibility to stop in the next Penalty Box. Failing to do so will result in disqualification. The penalty for drafting is:
Sprint Distance: 1 minute
Super Sprint: 1 minute
2 drafting penalties will result in a DSQ

Overtaking

- An athlete is passed when another athlete's front wheel is ahead of theirs
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 5 seconds
- Athletes must keep to their side of the course and not create a blocking incident.
- Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course

Run Course

- While running, race numbers must be worn on your front
- A clothed upper body is mandatory
- No personal music devices are permitted
- After you complete your final lap (Sprint - 2 laps, Super Sprint - 1 lap), enter the Finish Chute.
- You are responsible for counting the correct number of laps according to your race course.
- After the race, a timing mat on the run course will verify whether you have completed the correct number of laps.
- Athletes will be disqualified for not completing the correct number of laps corresponding to your race course
- Penalty Boxes - It is the athletes responsibility to check if they have been issued with a penalty, and then to serve out the penalty in the demarcated area as per the World Triathlon Competition Rules

Run Course Cut off Times

Sprint and Super Sprint - Run Course Cut Off on Sunday 7 December is 11:30am

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish)

Relay Teams

If you are competing as part of a Relay Team, each individual team member must attend Registration. All team members must present a valid photo ID and sign the indemnity form before they receive their wristband. Each team will receive a Race Pack containing the following:

- 1 x swim cap, to be worn by the swimmer
- 2 x race numbers. One race number is to be worn on the cyclist's back, and the other on the runner's front
- 1 x sticker sheet, to be used on the cyclist's bike and helmet, as demonstrated under the Race Pack section of this guide All Relay Team members must be fitted with a wristband at Registration. All Relay Team members will be allowed access into Transition. The Handover Zone is inside Transition. You must attach your timing chip to your teammate's left ankle before they are allowed to start their own leg of the race. To avoid congestion, only the cyclist should be in the Handover Zone ready for the changeover from the swim course to bike race. Likewise, only the runner should be in the Handover Zone for the changeover from bike race to running. During the race, three Relay Team members should never be in the Handover Zone at the same time.

Swimmer

Wear the timing chip around your left ankle. After your swim, run into Transition, at the Handover Zone attach your timing chip to the left ankle of your cyclist.

Cyclist

In the Handover Zone your helmet must be on your head, securely fastened and your race number on your back. Wait for your swimmer to attach the timing chip to your left ankle before you leave the Handover Zone. Remove your bike from its rack and make your way to the Mount Line. After the cycle you must rack your bike in its original position before running to the Handover Zone where you will attach the timing chip around your runner's left ankle.

Runner

In the Handover Zone, be ready with your race number on your front. After the bike has been racked, your cyclist will run to the Handover Zone and place the timing chip around your left ankle, following which you can then proceed onto your run. Make sure your race number is visible on your front as you cross the Finish Line.

Finishing Together

All relay athletes can finish the race as a team! There is a designated Relay Team Meeting Point at the beginning of the Finish Chute. When your runner enters the Finish Chute, you will be given access so you and your team can cross the Finish Line together.

Course Maps

SPRINT



Course Maps

SUPER SPRINT



After Your Race

Medals & Recovery

After the Finish Line, head to the Recovery Area where you will receive your finisher medal, finisher T-shirt and refreshments.

Timing Chips

All timing chips must be returned in the Finish Area immediately after the race. Failure to do so will result in a AED300 fine, which will be charged by the organizer after the event.

Bag Collection

After exiting the athlete recovery zone you will be able to pick up your bag from the Bag Drop Area.

Medical Assistance

First Aid and Emergency Medical Services will be available at the Event Village from Friday 5th December to Sunday 7th December during competition times. Medical and paramedical personnel will be available throughout the competition times as well as during course familiarizations to provide any medical attention or emergency transfers by ambulance to a nearby hospital or to the medical centre provided at the Event Village finish area.

Results

After the competition, provisional results will be posted online. There will be podium awards for the Age Group Races so stick around.

Stage Award Categories

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below

Sunday 7th December

Event Category	Women		
Super Sprint Triathlon			
18-29 years	1 st	2 nd	3 rd
30-39 years	1 st	2 nd	3 rd
40-49 years	1 st	2 nd	3 rd
50-59 years	1 st	2 nd	3 rd
60+ years	1 st	2 nd	3 rd
Teams Overall	1st Overall		

Event Category	Women		
Sprint Triathlon			
18-29 years	1 st	2 nd	3 rd
30-39 years	1 st	2 nd	3 rd
40-49 years	1 st	2 nd	3 rd
50-59 years	1 st	2 nd	3 rd
60+ years	1 st	2 nd	3 rd
Teams Overall	1st Overall		

Lost and Found

Any lost items which have been handed in can be collected from the Race Village Information Desk.

Bike Check-out

Bike Check-Out is at the same location as Check-In. Do NOT remove your wristband or tear off your bike number before CheckOut. If you do not have a corresponding wristband, you will not be allowed to check your bike out of Transition. There will be two time windows available to check-your bike out.

Race Category	Date	Time
Super Sprint & Sprint (1st Check-out)	7 th December	9:30 to 10:30
Super Sprint & Sprint (2nd Check-out)	7 th December	13:45 to 14:15

All bikes must be removed before bike Check-Out closing time – the organizers reserve the right to remove any unclaimed equipment after this time.

