

ترايثلون أوشيانيك خورفكان
Oceanic Khorfakkan Triathlon
19/4/2026



OCEANIC
KHORFAKKAN
Resort & Spa



Endurance
SPORTS SERVICES

Oceanic Khorfakkan Triathlon

- We're proud to launch the Oceanic Khorfakkan Triathlon -2026.- Organized by Oceanic Hotel, Sharjah Sports Council, and Endurance Sports Services.
- The race features a swim in the Arabian Sea, a bike ride on traffic-free roads, and a run on Khorfakkan Corniche.
- The courses will be smooth and ideal for all levels, from beginners to advanced athletes.



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"Race objectives"

1. Activate community sports to spread sports culture.
2. Promote individual sports and attract youth.
3. Support local sports activities.
4. Showcase Sharjah's sports and tourist attractions.
5. Encourage sports participation for all.
6. Foster tolerance through community sports.



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

Distance	SWIM	CYCLE 1 lap= 8 km	RUN
Olympic	1500 M	40 KM (5Laps)	10KM (2 Laps)
Sprint	750M	24 KM (3 Laps)	5KM (1 Laps)
Super Sprint	375M	16 KM (2 Laps)	2.5KM(1 Laps)
Juniors Super Sprint	150M	8 KM (1 Lap)	1.5 KM

RACE DAY PROGRAM

- 04:28 AM : Al Fajer prayer
- 04:45 AM : Transition area open
- 05:45 AM : Transition area close
- 05:48AM : Sunrise
- **05:50 AM : Roads leading to the start/finish close**
- 05:50 AM : Race briefing
- 06:00 AM : Wave 1 : Junior Super Sprint distance
- 06:15 AM : Wave 2 : Olympic distance start
- 06:20AM : Wave 3 : Sprint (Individual & Relay) distance start
- 06:25 AM : Wave 4 : Super Sprint distance start
- 08:45 AM : Coronation ceremony (Sprint, Super Sprint & Junior)
- 09:15 AM : Coronation ceremony (Olympic)
- 09:15 AM : Bike course cut-off time

IMPORTANT NOTES:

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Wet Suit NOT Allowed

- Please arrive early and ensure you enter the transition area before it closes at 04:50 AM.
- The use of wetsuits is permitted during this race
- Please adhere to the opening and closing times of the transition area as per the schedule. Non-participants are not allowed to enter the transition area. For juniors, 1 adult is permitted to assist the child.
- After your race, do not remove your wristband until you have collected all your belongings from the transition area.
- All participants must display their race bib number on the front during the run and on the back during the cycling segment. In addition, participants must apply the bike number and tattoo number for the swim as instructed.
- Always follow volunteers' directions along the route to ensure safety
- This is a chip-timed event. Your race time begins when you cross the start line and ends when you cross the finish line.
- Review the route map carefully and make sure you know the swim, bike, and run courses, the number of laps for your distance, and the start time of your category.
- Drafting is strictly prohibited on the bike course. Technical Officials will be monitoring the course, and if you are found drafting, you will receive a warning for the first offense. On the second offense, 30 seconds will be added to your total time, and on the third offense, you will be disqualified. Please be mindful of this rule to ensure a fair and safe race for everyone.
- The winner is the participant who takes the least time to finish the race
- Only road bikes and time-trial (TT) bikes are permitted. Mountain bikes, e-bikes, and other types of bicycles are not permitted.
- Helmet is mandatory in the cycling leg.
- Water stations will be available along the running course and at the finish area.

Enjoy the race!

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.

Wet Suit NOT Allowed

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.

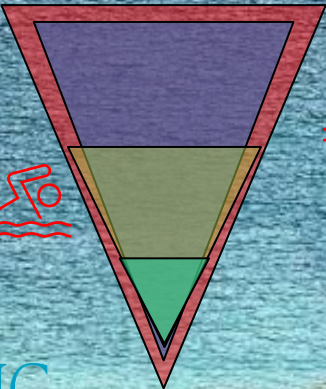
PRE/POST RACE	RUN	CYCL E	Swim
Watch	Running Shoes	Bike	Goggles (+ Spare Pair)
Race Belt	Towel	Bike Shoes	Swim Cap (provided in race pack)
Safety Pins (for race number if not using Race Belt)	Cap/Hat	Helmet	Body Glide or similar lubrication
Pre and Post race nutrition		Sunglasses	Swimming Costume/Trisuit/Tri Knicks
Heart rate monitor	Running Clothes	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		Water bottles	
Sunscreen		Bike clothes	
Pump			Wetsuit (only allowed if water temperature is below 24°C)
Any personal medication			
Bike repair tools/tape			

Overall & Age Groups Categories

Olympic	Sprint	Super Sprint	Juniors Super Sprint	Distance
	13-15	13-15	5-7	Age groups
	16-18	16-18	8-10	
19-29	19-29	19-29	11-12	
30-39	30-39	30-39		
40-49	40-49	40-49		
50+	50+	50+		
Emirati category	Emirati category	Emirati category		Total
Open category	Open category	Open category		
Winner 42	Winner 48	Winner 48	Winner 18	Total
Winner 156				

RACE SETUP

SWIM COURSE

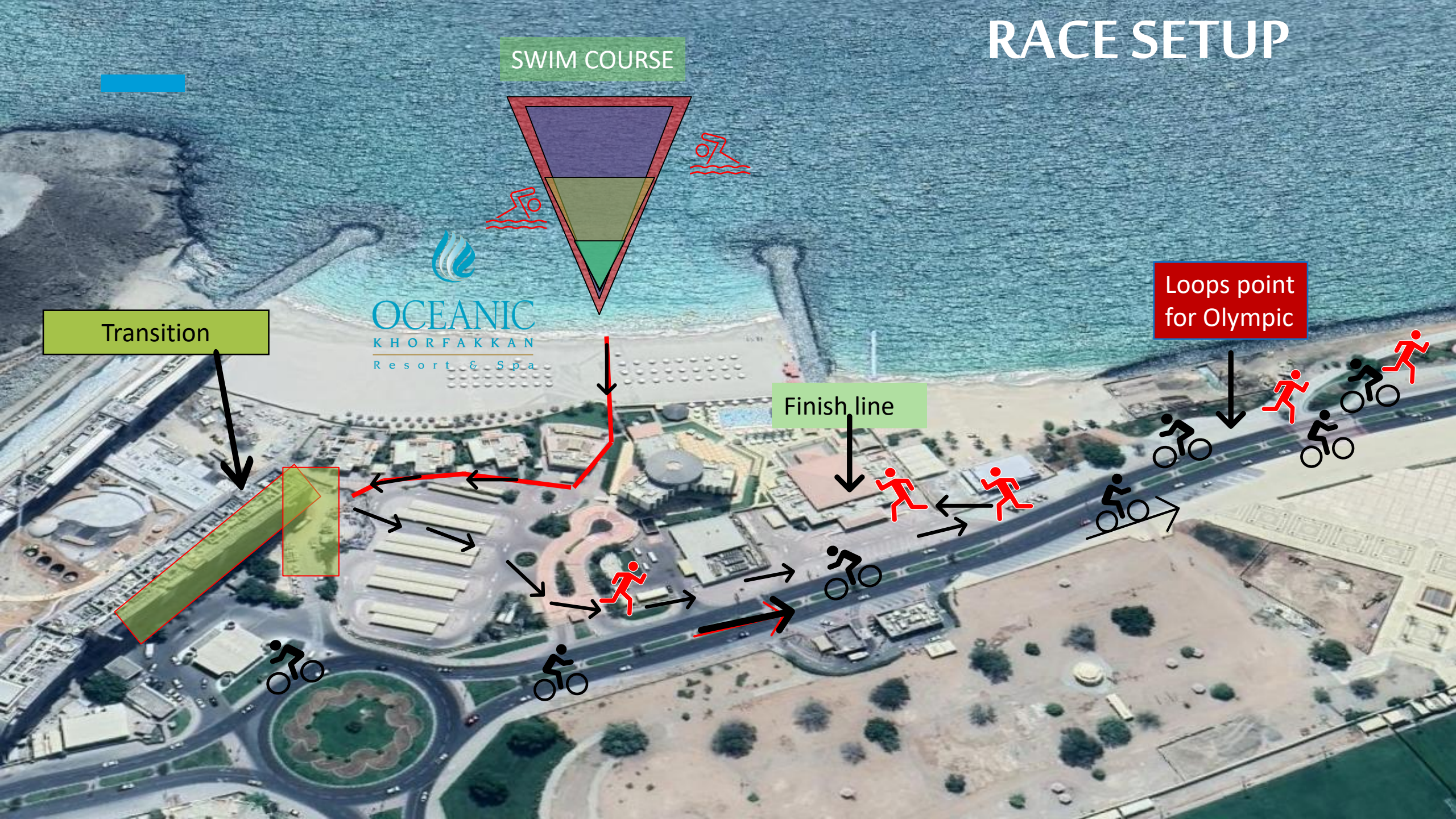


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Transition

Finish line

Loops point
for Olympic



RUN COURSE مسار الجري

Olympic Run 2 laps Point

START & FINISH

Juniors U Turn

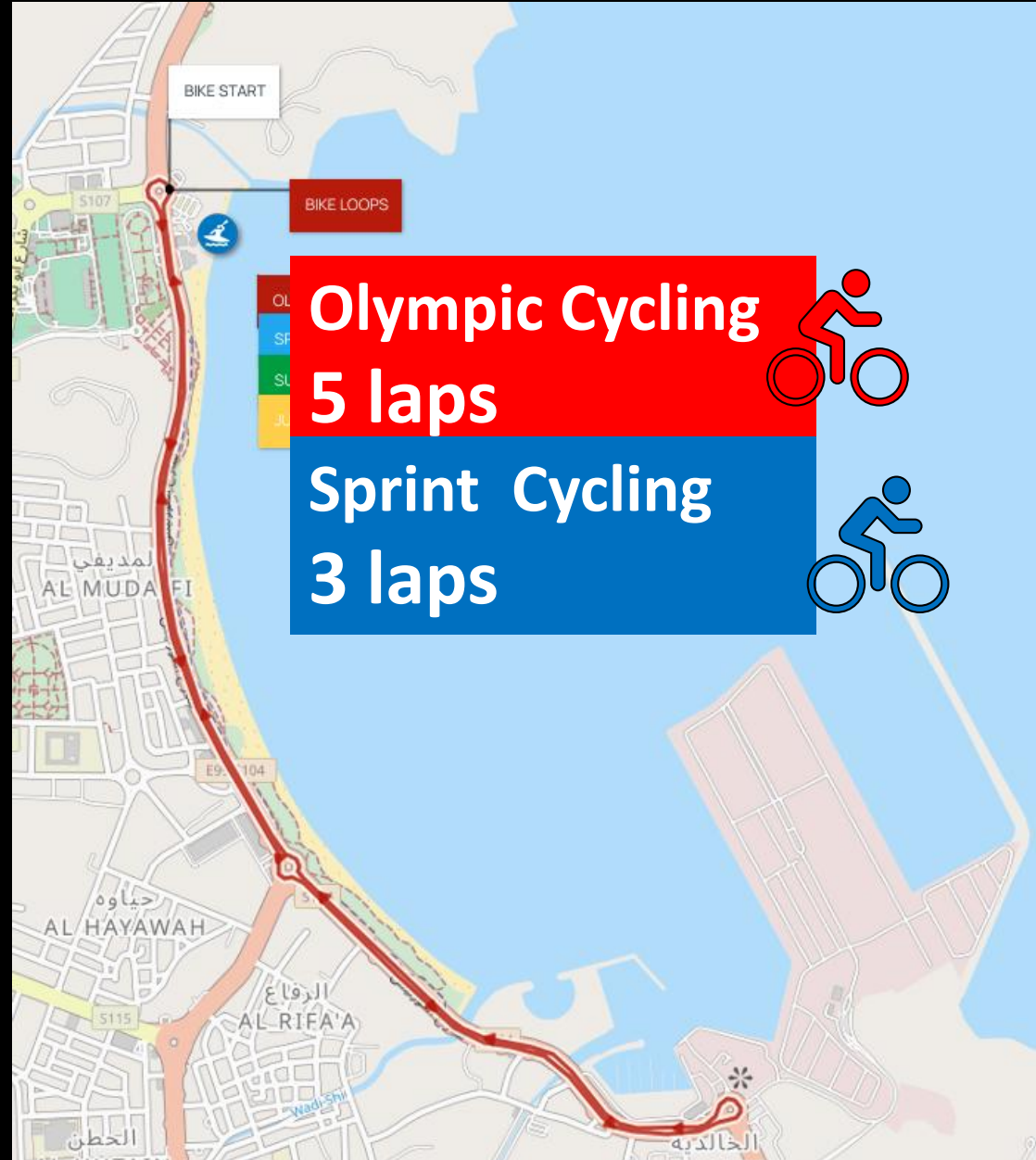
Super Sprint U Turn

Sprint & Olympic U Turn





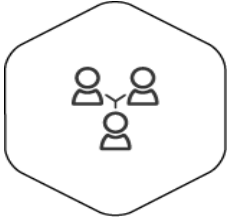
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Thank You



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