



ترايثلون الإمارات  
UAE TRIATHLON

UAE VIRTUAL DUATHLON  
04-05-06-12/05/2020

# **Registration Procedures**

1. Online Registration
2. The registration fee is 10 dirhams
3. Registration opens on Tues, April 28th & ends on Sun May 3rd , 2020
4. Race Briefing on 4th May at 5:00pm



# Race Distances:

The race will be measured by the distance you did within the given time as the following:

- **Open groups** (18 years and above): (Run 15 minutes / Transition 3 minutes / Bike 20 minutes / Transition 3 minutes / Run 10 minutes)
- **Junior groups** (8-17 Years): (Run 10 minutes / Transition 3 minutes / Bike 10 minutes / Transition 3 minutes / Run 5 minutes)
- **Paracycling / Wheelchair:** (30 minutes)



# Terms and Conditions for participation

1. Participant must be live on web conference call using Zoom app. (Video and Audio must be on).
2. Participant must make sure to have a stable Wi-Fi connection during the race.
3. Participant must be available on Zoom and ready for the race 10 minutes before his race time.
4. Participant must have treadmill (or he can run indoor at home) and bike indoor trainer (both must be in front of the camera).
5. Participant must connect his treadmill and bike indoor trainer to a smart app (such as Garmin or Strava) to be able to send his activity summary after the race (activity summary must include start time, activity duration, distance in kilometer).
6. Participant must follow the referees instruction all the time.
7. Participant must send activity summary **within 15 min** after the race, information required are (start time, activity duration, distance in kilometer)



# How I get disqualified

**Participant may get disqualified for one of the following reasons:**

1. Zoom conference disconnected.
2. Failure in sending activity summary **within 15 min** after the race, information required are (start time, activity duration, distance in kilometer)
3. Spending more time in one of the activities (run/T1/bike/T2/run)
4. Not following referees instructions.



## **Winners Categories:**

1. Winners will be announced based on the total distance they did in the race.
  - Top three in each age group (male / female)
  - Top three in overall (male / female)

## **Winners Prizes:**

1. All Winners & Participants will receive:
  - Virtual Medal
  - Polo T-Shirt
  - Cap
2. Overall (male / female) will receive certificates in addition to the virtual medal, Polo-T-shirt & Cap



# RACE PROGRAM

Categories	Race day	start time	Running	transition	Cycling	transition	Running	total
Junior Group A	04/05/2020	8:45 PM	10 minutes	3 minutes	10 minutes	3 minutes	5 minutes	31 minutes
Junior Group B	04/05/2020	9:30 PM	10 minutes	3 minutes	10 minutes	3 minutes	5 minutes	31 minutes
Group A	05/05/2020	9:00 PM	15 minutes	3 minutes	20 minutes	3 minutes	10 minutes	51 minutes
Group B	05/05/2020	10:15 PM	15 minutes	3 minutes	20 minutes	3 minutes	10 minutes	51 minutes
Group A	06/05/2020	9:00 PM	15 minutes	3 minutes	20 minutes	3 minutes	10 minutes	51 minutes
Group B	06/05/2020	10:15 PM	15 minutes	3 minutes	20 minutes	3 minutes	10 minutes	51 minutes
Paratriathlon Paracycling Wheelchair	12/05/2020	10:00 PM						30 minutes

