



RAS AL KHAIMAH AQUATHLON

16 JANUARY 2021

Junior Super Sprint | Super Sprint | Sprint | Olympic

Al Marjan Island, Ras Al Khaimah, UAE

RACE BRIEFING



WELCOME MESSAGE

Thank you for joining us for the inaugural Ras Al Khaimah Aquathlon.

The following pages outline all the important information you need to know on race day.

A reminder to all athletes 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 atmosphere.



GOOD LUCK TO YOU ALL!

[Follow us at](#)

[Super Sports Events](#)



COVID-19 PRECAUTIONS

We will be partnering with a sanitizing company – to provide us with all our needs for all events and we will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a disposable mask till just before you start and once you finished a new disposable mask will be given to you.
- Stay in the Briefing Area till your wave / distance is called to the Start Area.
- No gatherings / hugging / touching / group photos etc.
- Self service water station out on course and at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

Any participants not observing any of the above rules will be asked to leave the event!



COVID-19 RESPONSE





DIRECTIONS TO AL MARJAN ISLAND, RAS AL KHAIMAH & PARKING

[CLICK HERE](#) for Google Maps

Google Maps Search = DoubleTree by Hilton Resort & Spa Marjan Island

PARKING

- Parking is opposite the hotel across the road from DoubleTree by Hilton.





RACE PACK COLLECTION

- On the morning of the race at Race Check In which opens at 7am.
- Race numbers will be emailed to all runners and will also be on show at Race Check In on the morning of the race.
- Once you know your race number, proceed directly to your respective Timing Chip and Bib collection desk and collect your Timing Chip and Bib #.

CHECK YOUR RACE DATA

- Please check that all your data which is printed on the label of the race pack envelope is correct.
- This includes your name, age category, gender and distance and in the event of there being any errors, please let our registration staff know so we can change it for you, so you have the correct result when finishing the race.

WHAT WILL BE IN YOUR RACE PACK

- Timing Chip
- Swim cap
- Race Branded Shirt
- GU Gel





RACE DAY PROGRAM

Be checked in at least 30 minutes before the start of the race.
There is NO on the day registration.

07h00 Race Check In Opens, Transition Set Up and Warm Up
07h45 Race Briefings start per distance
08h00 Start – Super Sprint
08h05 Start – Junior Super Sprint
08h15 Start – Olympic and Sprint
10h30 Cut off time for all distances

Prize Giving
From 09h30

THERE IS NO BAG DROP!





RACE DISTANCES & AGE GROUPS

Age Groups are determined as per your age on race day – so however old you are on that day is the age group you will be racing in.

JUNIOR SUPER SPRINT

180m Swim – 1.25km Run

0 – 8 years | 9 – 12 years | Relay

SUPER SPRINT

375m Swim – 2.5km Run

0 – 18 years | 19 years+ | Relay

SPRINT

750m Swim – 5km Run

0 – 18 years | 19 – 29 years | 30 – 39 years | 40 – 49 years | 50+ years | Relay

OLYMPIC

1.5km Swim – 10km Run

0 – 18 years | 19 – 29 years | 30 – 39 years | 40 – 49 years | 50+ years | Relay





RACE BIB

- Bring a Race Belt to attach your number too as this needs to be visible once you exit transition and will be an easy way for you to attach the bib to your body on the belt.
- It would be advisable to buy these belts before race day and figure out how they work.

TIMING CHIP

- This will be included in your Race Pack and to be worn on your **LEFT** ankle all times during the race.
- Once finished racing, hand your race chip and bib in and collect your branded shirt
- Make sure the chip is fastened tightly so that it does not move or change position during the race. (TIP: If the velcro strap is not long / tight enough, use a safety pin to adjust the length to keep the strap / chip in place and tight on your leg)
- Your final time for the race will be taken when crossing under the Super Sports arch after the run leg of the race.
- Split and finish times for all legs will be available.





TRANSITION

07h45: Closes for Race Start

- Once the race has started, only racing and relay team athletes will be allowed into the Transition area .
- This is to avoid over crowding, for safety reasons and to give everyone a fair chance to transition without extra people being in the way.
- No bags will be allowed to be left in Transition – only the equipment needed for each leg.
- If you do have extra bags etc., please leave them on the pavement perimeter near transition so once you finish the race you can easily access them by not actually entering the transition area.

Please inform your supporters that they are NOT allowed in Transition!





RELAY TEAMS

- Relay teams may consist of 2 different athletes and may be comprised of boys / girls / males / females.
- Teams participating in the race must enter all team members in order to receive your race number.
- All relay team members must ensure that they are all the correct age for the respective event or final results will be according to oldest person's age category.
- **SWIMMER** – starts at waters edge
- **RUNNER** – waits at the exit of transition of the swim in the car park by the RUN OUT banner
- All relay teams will need to “TAG” their teammate at these respective points by handing over their teams timing chip in order for their team mate to start their leg of the race.
- All Relay Team members will be allowed to cross the finish line at the same time as the runner for their finish line photo, so swimmer can join the runner at the start of the finish area.





FINISHERS MEDAL

When crossing the finish line, please keep moving through the finish chute and then you will receive your finishers medal.

RACE RESULTS

- Please scan the QR codes in the Race Village to view your result once you have finished.
- Medals for 1st, 2nd and 3rd places, per Age Group and Gender will be awarded per race Trophies will be awarded to top 3 Overall respective distance winners. You cannot win an overall prize and your age group prize.
- Full results will be on the Super Sports website as soon as possible at www.supersportsuae.com

PHOTOS

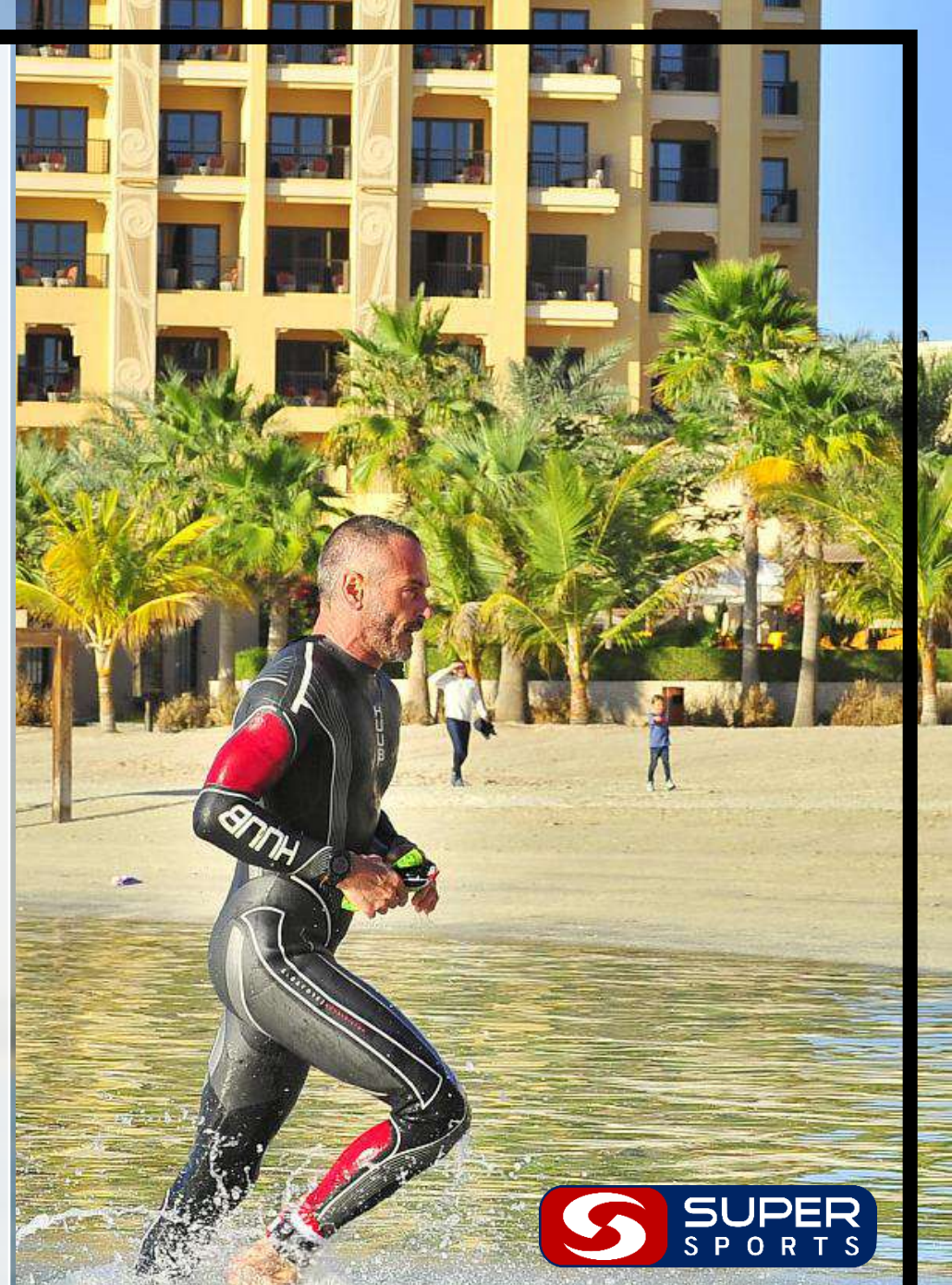
- Remember to smile at the camera man, give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 72 hours after the race has finished.





SWIM RULES

- All swimmers to wear swim caps supplied by sponsor out of respect for them sponsoring the race and also for identification and safety reasons.
- **WETSUITS: 16 January 2021 - allowed**
- The swim direction will be in an anti-clockwise direction from the start.
- Distances
 - Junior Super Sprint will complete a 180m swim – straight line swim out and back – see swim course map
 - Super Sprint will complete a 375m swim – see swim course map
 - Sprint will complete a 1 lap 750m swim – see swim course map
 - Olympic will complete 1 laps of a 1500m swim course – see swim course map
- Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.
- Swimmers may use any stroke to propel themselves through the water and may tread water or float.
- A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
- A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down and call or seek assistance.
- Swimmers who have received assistance whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.





RUN RULES

- Running will be in an anti-clockwise direction.
- There will be 3 turning points on the track. One point at 630m for Junior Super Sprint, 1.25km for SUPER SPRINT (SS) ONLY and another at 2.5km for Sprint and Olympic (S/O). Make sure you turn at the correct point!
- Distances
 - Junior Super Sprint will complete 1 lap of attached course = 1.25km
 - Super Sprint will complete 1 lap of attached course = 2.5km
 - Sprint will complete 1 lap of attached course = 5km
 - Olympic will complete 2 laps of attached course = 10km
- Before exiting transition, your race number has to be facing away from your body and on the front side of your body, waist height.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- 2 Water stations will be provided on the course.





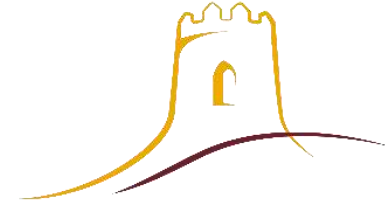
GENERAL INFORMATION

- **TOILETS** are available in the car park area as well as at the hotel.
- **AMBULANCE** and paramedic services will be on site and in the event of any athletes being in trouble, please inform the closest race marshal / lifeguard to call for assistance.





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UAE TRIATHLON



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