



GRIT+TONIC.com TRIATHLON: MAMZAR

Junior Super Sprint | Super Sprint | Sprint | Olympic

Mamzar, Dubai, UAE

RACE BRIEFING

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WELCOME MESSAGE

Thank you for joining us for this season's GRIT+TONIC.com Triathlon: Mamzar.

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

A reminder to all triathletes 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!



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Super Sports Events](#)



COVID-19 PRECAUTIONS

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 disqualified without a warning!



COVID-19 RESPONSE



DIRECTIONS TO MAMZAR & PARKING

[CLICK HERE](#) for Google Maps

Google Maps Search = Alexandria St - Dubai - United Arab Emirates

- GPS = N25 degrees 18.3068' E55 degrees 21.3664'
- Travel in the direction of Dubai to Sharjah on Sheikh Zayed Road - E11.
- Pass Dubai International Airport, then the Dubai Police Headquarters, then Al Mulla Plaza all on your right hand side.
- Take Exit 67 to Mamzar Beach Park and double back over Dubai / Sharjah Highway.
- Pass ENOC petrol station on your right hand side and take next road right (Follow signs to SLIPWAY – where they launch the boats in to the water)
- At roundabout turn right and continue straight
- Along the way to the SLIPWAY, you will see the TRANSITION and START / FINISH area of the Triathlon.

PARKING

- There is NO parking near the Transition area.
- The closest parking areas are a 5 to 10 minute walk or shorter if you cycle it.
- So allow yourself enough time to make the trip from the parking area to Transition

Do NOT park on the pavement as you may be fined by traffic police!



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2 WAYS TO COLLECT YOUR RACE PACK

1. Meydan – The Track Restaurant Meydan – The Track Restaurant – Google Maps The Track Restaurant

- Collect your pack between 5pm and 7.30pm on Wednesday, 07 April 2021.

2. ON THE DAY RACE PACK COLLECTION

- Race Check in opens at 4.30am and your race pack consisting of branded race shirt, race bib & timing chip can be collected here.

WHAT WILL BE IN YOUR RACE PACK

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

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.



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RACE DAY PROGRAM

Be checked in at least 40 minutes before the start of the race. There is NO on the day registration.

04h30 – 05h45 Race Check-In Opens, Transition Set Up and Warm-Up
All competitors need to be checked in before 05h45 as roads leading to the Start/Finish area will be closed to ALL traffic from this time.

04h30: Race Check In opens

05h45: Race Briefing and TRANSITION CLOSES

06h00: Start – Super Sprint 13+ years Individual & Relay, Male & Female together

06h05: Start – Junior Super Sprint: Under 13 years Individual & Relay, Male & Female together

06h15: Start – Olympic Male

06h20: Start – Sprint Male

06h25: Start – Olympic Female and Sprint Female and Olympic & Sprint Relay Teams

09h00: TRANSITION OPENS

10h30: Cut off time for all distances

No Prize Giving, only Prize distribution.

08h30 Junior Super Sprint

09h00 Super Sprint

09h15 Sprint

09h30 Olympic

Please note, roads will only open at 09h00 once TRANSITION OPENS, after which you may leave the venue.

THERE IS NO BAG DROP!



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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, 8km cycle, 1.25km run

0 – 8 years, 9 – 12 years, Relay

UAE National Top 3

SUPER SPRINT

375m swim, 8km cycle, 2.5km run

0 – 18 years, 19 years+, Relay

UAE National Top 3

SPRINT

750m swim, 24km cycle, 5km run

0 – 18 years, 19 – 29 years, 30 – 34 years, 35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years, 55 years+, Relay

UAE National Top 3

OLYMPIC

1.5km swim, 40km cycle, 10km run

0 – 18 years, 19 – 29 years, 30 – 34 years, 35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years, 55 years+, Relay

UAE National Top 3



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RACE BIB

- These need to be returned to the organizers once you have finished the race and will be collected from you once you exit the finish chute.
- Bring a Race Belt to attach your number too as this needs to be visible in different positions throughout the race and will save you time in not having to have to pin it in different positions during the bike and run legs.
- 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 with the number facing outward at all times during the race.
- Once finished racing, chips will be collected from you at the exit of the finish area or if need be, handed back by you.
- 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

04h30: Opens for Racking

05h45: Closes for Race Start

09h00: Opens for Departure

- ONLY participants will be allowed into the Transition after having their temperature checked at Check In.
- Please rack your bike and lay your gear out as quickly as possible to avoid over crowding and then make your way to the beach to the Briefing Area.
- 4 bikes per rack – 2 bikes on either side of the rack with all other equipment neatly packed underneath your bike.
- 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 under your bike – 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.



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BRIEFING AREA

- The Briefing Area will be on the beach to the left of the red carpet as you face the water with 450 cones in a grid like pattern to help demarcate social distancing. We ask you to pick a cone and stand next to it while listening to the Briefing and waiting to be called to the Start Area.
- Only a brief explanation of the race (focusing mainly on the swim) and COVID protocols will be done in the briefing otherwise all information is in the Briefing document which will be emailed to you to go through thoroughly.
- Everyone to remain in the Briefing Area and only move to the Start Area when your Wave is called to do so.



START AREA / PROCEDURE

- This will consist of a grid of cones with numbered rows.
- When you are called to the Start Area, swimmers to self-seed themselves with faster swimmers in Row 1 and slower swimmers in the later rows.
- Once the start siren goes, Row 1 and 2 will walk – in single file – over the start timing mats keeping a distance of 2m from the person in front of you at all times. You will then be followed by row 3 and 4 and then row 5 and 6 etc. till all swimmers of that Wave are in the water.
- Just before you reach the start timing mats you will take off your disposable mask and throw it in the respective bins – new disposable masks will be given to you as you finish your run at the exit of the finish chute.
- Once you cross over the start mats your race and time will start.
- This race will be based on chip times meaning your race time will only start once you cross the timing mats and not when the start siren goes off.
- Once a respective Wave has finished, the next Wave will be called to the Start Area and the same start procedure will be followed for all Waves.



RELAY TEAMS

- Relay teams may consist of 2 or 3 different athletes and may be comprised of boys / girls / males / females / mixed.
- 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 respective start area.
- **CYCLIST** – waits at the entrance to transition by the SWIM-TO-BIKE board.
- **RUNNER** – waits at the exit of transition at the BIKE-TO-RUN board.
- 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 and cyclist can join the runner at the start of the finish area.



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END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute and remove your timing chip and drop it in the designated collection bin, receive your finishers medal and immediately put on your new disposable face mask which we will provide for you.
- Make sure to wear your mask the whole time till you depart the venue.
- Scan the QR codes in the Race Village to see your result.

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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.
- 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 24 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: Race 1 - not allowed, Race 2 - not 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 2 laps of a 750m swim course – see swim course map
- All swimmers will need to pass through the “GATE” in order to finish a lap and also when exiting the water to the transition area. No need to exit the water to complete a lap – just keep swimming.
- 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.



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BIKE RULES

- Bike direction will follow the normal traffic direction and 1 lap will be equivalent to 8km
- Distances
 - Junior & Super Sprint will complete 1 lap of attached course = 8km
 - Sprint will complete 3 laps of attached course = 24km
 - Olympic will complete 5 laps of attached course = 40km
- Before exiting transition, your race number has to be facing away from your body and on the back side of your body, waist height.
- All participants shall wear a protective helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC).
- The helmet must be fastened before the participant first mounts the bicycle; at all times when the participant is on the bicycle and must not be unfastened until the participant has dismounted.
- Triathlon time trial bikes are allowed, as well as conventional road bikes and mountain bikes.
- No tandems, recumbent and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
- Solid disc wheels are allowed.
- Any new, 'unusual' or prototype equipment will be subject to a determination of legality by the Chief Race Referee.
- Athletes must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than technical support officials will be grounds for disqualification. Each cyclist should be prepared to handle any possible malfunction.
- Technical support DOES NOT include the normal changing of flat tyres. You may not receive a spare wheel if yours breaks.
- Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
- All Athletes must mount and dismount in the marked zones at the transition area.
- Under no circumstances may a participant ride his/her bike inside the transition area.



BIKE RULES (continued)

DRAFTING:

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- The 10meter (X 1.5m) draft zone rule will apply.
- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- All passing takes place on the left.
- A violation of the Drafting rule will result in Marshalls verbally informing you and showing you a “drafting warning” card immediately when cited during the race and your race number will then be written down to be compared with other Marshalls’ citations.
- 2 or more citations will result in a 3 minute penalty for each and every citing

PASSING:

- All passing takes place on the left.
- When you want to pass the cyclist ahead of you, you MUST move 1.5m to the LEFT before entering the 10meter Draft Zone.
- You have 15 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking.
- The athlete, just overtaken, then has 15 seconds to see to a 10m gap between him/her and the bike that just passed.
- Failure to do so is a drafting violation.

BLOCKING:

- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- Should they ride on the left side of the road and not be in the process of following the Passing rule protocol (see paragraph above) they are blocking the cycling course for faster riders coming up from behind and they will be penalised for blocking.
- When in doubt as whether to move left or right when cyclists are approaching from behind, the best is to keep your course in a straight line and let the cyclist behind choose on which side to pass you.
- Never ride two or more abreast.
- You must have plugs in the ends of your handlebars.



RUN RULES

- Running will be in a clockwise direction so all athletes need to stay on the **left hand side** of the running track.
- There will be 3 turning points on the track. One point at 625m 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

WATER STATIONS

- These will be supplied by the organisers and feature at 2 self-service stations on the Run course as well as one at the finish line.
- No water stations will be available on the bike course.
- Participants may bring their own beverages as long as they are consumed within the transition area.

TOILETS are available in the race village, next to transition.

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.

ON & OFF COURSE BIKE MECHANICS

Pre-Race: VELO PRESTO mechanics will be available from the beginning of registration on race day to assist with any basic repairs and maintenance on a first-come first-served basis. VELO PRESTO will not be able to assemble bicycles or carry out any complex or time-consuming repairs e.g. hydraulic systems.

Contact events@supersportsuae.com for more information.



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