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INTRODUCTION

Thank you for joining us for this new and exciting triathlon – the GRIT+TONIC.com Relay Triathlon in 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.

Goodluck to you all!

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DUAL RELAY

The DUAL RELAY is more for the seasoned triathlete and consists of a team of 2 athletes who individually have to complete the full swim-bike-run distance before tagging their team-mate to do the same – and then you have to do it all over again! So you get to do 2 x super sprint distance triathlons in 1 race! Athletes have to keep the same order of racing: A tags B, B tags A, A tags B, B finishes.

TEAM RELAY

The TEAM RELAY is a much more social approach to triathlon where teams of 2/3 athletes decide which team-mate does a specific leg of the race. So someone does the swim, someone else the bike and another the run – and then you have to do it all over again! So each person gets to do their specific leg of the race twice! Team-mates are not allowed to swap legs after the first round - if you signed up to do the swim then you have to do the swim for both legs and same for other team-mates.

All team-mates may join their runner on their final stretch to the finish line lap in order to finish together and for your finish-line photo.

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DIRECTIONS TO VENUE

- Mamzar – New Location - [Click on this link](#)

PARKING

- The closest parking areas are a 5 to 10 minute walk or shorter if you cycle.
- Allow yourself enough time to make the trip from the parking area to Transition.
- Park in parking bays before and after the Transition Area.

PLEASE PARK ONLY IN DESIGNATED PARKING AREAS. DO NOT PARK IN THE BELOW AREAS OR YOU WILL RECEIVE A FINE BY THE POLICE:

- On any pavements or sand lots.
- If you drive up the bus lane, that is for buses only.
- Private boat parking yard where the SLIPWAY is for boats only.

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RACE PACK COLLECTION

- Race Packs can only be collected from Race Check In on the morning of the race from 5am – 6am.
- You must have checked in and received your timing chip 30 minutes before your race start.
- Once you know your race number, proceed directly to the Race Pack collection desk and collect your Race Pack.

WHAT WILL BE IN YOUR RACE PACK

- 1 x Timing Chip per team
- T-Shirt voucher per person
- Race Bib per person
- Swim cap for swimmers only

SHIRT COLLECTION

- Need to be collected before Race start, please hand in your T-SHIRT VOUCHER to collect your t-shirt. Voucher can be found inside your Race Pack. All members of the team will receive a shirt and medal.
- No voucher, no shirt, must collect before race start!

DATA CHECK

- When collecting your race pack, you will be asked your team name, names and category. This is to check that you are collecting the correct race pack and that you are not entered into the wrong category. Please assist our staff with this data check.

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RACE PROGRAM

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

05h00 – 06h00 Race check In Opens, Transition Set Up, and Warm-Up. All competitors need to be checked in before 06h00 as roads leading to the start/finish area will be closed to ALL traffic as from this time.

06h00: Race Briefing and TRANSITION CLOSES

06h15: DUAL Relay - Rolling dry land swim start

06h30: TEAM Relay - Rolling dry land swim start

0800: Prize Giving – TEAM Relay

0815: TRANSITION OPENS for TEAM Relay only (ensure you have parked in the correct area in order to leave)

08h45: Cut off time for any DUAL cyclists not left transition yet

08h45: Prize Giving - DUAL Relay

09h00: TRANSITION OPENS

09h15: Official Race Cut Off Time

Please note, in order to leave you need to have parked in the designated area otherwise all other car parks will be closed till Transition Opens.

THERE IS NO BAG DROP!

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RACE DISTANCE

- 300m swim
- 6.5km cycle
- 2km run

CATEGORIES

Dual Relay

- Male only
- Female only
- Mixed

Team Relay

- Male only
- Female only
- Mixed

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RACE BIB

- All participants will receive a Race Bib with their respective team number on it.
- Bring a Race Belt to attach your Race Bib 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.

PROCHIP TIMING TAGS

- Each team will receive one timing chip per team.
- This will be included in your Race Pack and to be worn on your LEFT ankle.
- **Dual Relay:** when tagging your team-mate, hand the timing chip over to him.
- **Team Relay:** At the end of your leg, pass the timing chip onto your team-mate before they start their leg.
- Once finished racing, chips will be collected from you at the exit of the finish area or if need be, handed back by you.
- You are racing with ProChip timing chips, please make sure that you hand these in once you have finished racing, otherwise you will be charged the replacement fee for the chip allocated to you – AED250.
- 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 finish arch after the run leg of the race.
- Split and finish times for all legs will be available.
- No chip, No time, No result!

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TRANSITION

05h00: Opens for Racking

06h00: Closes for Race Start

TRANSITION OPENING TIMES

TEAMS: from 08h15

DUALS: from 09h00

- Please note that only athletes are allowed in transition – no spectators or parents can enter this area once the race has started.
- As an athlete, once you have finished racing you too are not allowed back in to transition- until it opens for your respective distance – so those still racing have a clear unobstructed path through transition.
- Any spectators, parents or athletes not adhering to this will have their athlete disqualified.
- Make sure all valuables are left in your car, or out of sight, do not leave on your bike.
- Please rack your bike and lay your gear out - at your respective bike rack number which is the same as your bib number - as quickly as possible to avoid over crowding and then make your way to the beach for the Briefing.
- 6 bikes per rack – 3 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

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DUAL RELAY TRANSITION AREAS

- **Team Mate A** – starts at respective start area and completes all 3 legs – swim, bike run
- **Team Mate B** – waits at swim start RUN-TO-SWIM board for their Team Mate A to finish their first run leg and then tag them to start their swim, bike run.
- **Team Mate A** then waits at swim start RUN-TO-SWIM board for their Team Mate B to finish their first run leg and then tag them to start their second swim, bike, run.
- **Team Mate B** then waits at swim start RUN-TO-SWIM board for their Team Mate A to finish their second run leg and then tag them to start their second swim, bike, run
- **All Team Mates** will need to “TAG” their partners 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 Team Mates** will be allowed to cross the finish line at the same time for their finish line photo.

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TEAM RELAY TRANSITION AREAS

- **SWIMMER** – starts at respective start area and then once finished with the swim returns to the start area and waits at the RUN-TO-SWIM board for their runner to tag them to start second swim.
- **CYCLIST** – waits at the swim exit by the SWIM-TO-BIKE board and returns to this position once completing the first bike leg and waits for their swimmer to finish the second swim so they can start their second bike leg.
- **RUNNER** – waits at the exit of bike transition at the BIKE- TO-RUN board and returns to this position once completing the first run leg and waits for their cyclist to finish the second bike so they can start their second and final run leg.
- 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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BRIEFING AREA

- The Briefing Area will be on the beach in front of the Transition Area.
- Only a brief explanation of the race (focusing mainly on the swim) will be done in the briefing otherwise all information is in this Briefing document which will also 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 be situated on the left-hand side of the swim course when you facing the water from the beach.
- DUAL Relay will start first followed by the TEAM Relay.
- All swimmers to line up on the red carpet in single file in order to start the race.
- Swimmers to self-seed themselves with faster swimmers in front and slower swimmers toward the back.
- Once the start siren goes – swimmers to stay on the red carpet and pass the timing devices which will record the start of your race.
- If you do not stay on the red carpet the timing devices will not register a start for you and you will be classified as a DNS – Did Not Start – so don't jump the queue and stay on the red carpet.

END OF RACE PROCEDURE

- When crossing the finish line, please keep moving through the finish chute and receive your finishers medal.
- Refreshments will be available close to the finish line.
- Scan the QR on your race bib or in the race village to view your result once you have finished.

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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.
- All members of the team receive a finisher medal.

PRIZE GIVING

- Trophies and vouchers will be awarded to the top 3 male, female and mixed teams in both categories.

RACE RESULTS

- Please scan the QR on your race bib or 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, [click here](#).

PHOTOS

- When you see the cameramen, remember to 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 6 hours after the race has finished.
- All team-mates may join their runner on their final stretch to the finish line lap in order to finish together and for your finish-line photo.

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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.
- **NO WETSUITS**
- The swim direction will be in a clockwise direction from the start.
- Distance: 1 x 300m lap
- All swimmers will need to pass through the “GATE” in order to finish the swim leg.
- 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.
- No children u12yrs may do the cycle section of the team relay.
- No headphones allowed on the bike.
- Distance: 1 x 6.5km lap
- 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, mountain and gravel 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

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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 right-hand side of the running track.
- Distance: 1 x 2km lap
- 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.
- 1 x Water stations will be provided on the course.

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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.

Fruits at the finish line sponsored by Kibsons.

TOILETS

These are available in the race village, next to transition as well as municipal toilets along the run course.

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 check in 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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