

DUBAI

T100

TRIATHLON

November 14th - 17th, 2024

ATHLETE GUIDE

AGE GROUP SPRINT AND T100 TRIATHLON

Please read carefully





This event runs under World Triathlon Rules and will follow World Triathlon safety & contingency protocols.

It is the participant's responsibility to read all supplied information provided in the event materials and to know and keep on the course. Athletes must complete the entire course as prescribed, including all segments in the correct segment order as prescribed by race management. Any failure to so complete the entire course shall be deemed to constitute an unfair time advantage, regardless of overall timing data for the individual athlete, and may result in disqualification. Athletes who depart from the course must reenter at the point of departure before continuing. Athletes who cross the finish line prior to completing all segments of the course who can safely reenter the course at their point of departure in the judgment of the Head Referee and in concurrence with the Lead Timer may be allowed to complete the course as prescribed. Failure to complete the entire course as stated may result in disqualification or the assignment of DNF in the race results at the discretion of the Head Referee for the event.

CONTENTS

		<i>Course Details</i>	
04	Welcome Letters	29	Race Day Info
06	Dubai Information	31	Bike Course Safety
09	Venue	32	AG Bike Rules
11	Event Schedule	35	Bike Aid Stations
14	Watch the Pros	36	Run Aid Stations
16	Expo		
<i>Pre Race</i>		<i>AG Sprint Course Maps</i>	
17	Race Pack Collection	38	750m Swim
18	Key Timings	46	T1/20km Bike
19	Swim Waves	43	T2/5km Run
20	AG Sprint Race Pack & Swag		
23	AG T100 Race Pack & Swag	<i>AG T100 Course Maps</i>	
24	Parking & Shuttles	45	2km Swim
25	Bike Check-In	46	80km Bike
27	Athlete Tracker App	51	18km Run
		<i>Post Event</i>	
		53	Recovery & Awards

T100 / WELCOME!

It is our absolute pleasure to welcome you to Dubai, the proud host of this exciting new world-class event in our city's international sports calendar. We are truly grateful to the PTO for not only adding Dubai to their roster of host cities, but choosing it for this year's much-anticipated Grand Final.

Whether you're a seasoned triathlete or just starting your fitness journey, Dubai offers a vibrant sporting scene and top-notch facilities, from a range of hotels offering wellness and active experiences to state-of-the-art gyms and fitness spaces, both indoors and outdoors.

While you are here, we also encourage you to explore our vibrant city. Marvel at Dubai's stunning landmarks, savour delicious healthy cuisine, and experience the genuine warmth and hospitality that our city is renowned for.

The Dubai T100 Triathlon and Dubai T100 World Championship Final couldn't have come at a better time, coinciding with our annual Dubai Fitness Challenge. During this period, our entire city transforms into an open-air gym, as residents and visitors embrace an active lifestyle, committing themselves to 30 minutes of exercise each day for 30 days. The event will also highlight Dubai's commitment to mass participation sports.

Hosting this triathlon for the first time is a huge milestone for the city and perfectly aligned with our visionary leadership's aspiration to position Dubai as the best place to visit, live, and work in, and the goals of the Dubai Economic Agenda, D33, to further consolidate Dubai's status as a leading global city for business and leisure.

A big thank you to the organisers and sponsors for their tireless efforts in making this event possible. To all the participants: We wish you the very best!

May this event be an unforgettable experience for you all, and may you take home cherished memories of your time in our city.

*Ahmed Al Khaja,
Chief Executive Officer
Dubai Festivals and Retail Establishment (DFRE)*



T100 / WELCOME!

Dear Athletes, Supporters and Fans,

On behalf of all the team at the Professional Triathletes Organisation, we are thrilled to welcome you to the final stage of the T100 World Championship Tour, in stunning Dubai!

The inaugural year of the T100 has been an exciting development for the sport, with action packed racing throughout the year and record setting viewership as we've travelled the globe.

This all culminates in a few weeks' time at the iconic Meydan Racetrack, home of the legendary Dubai World Cup – a fitting end to a World Tour.

The Dubai T100 will be our largest event to date, with a multisport festival featuring over 10,000 participants. We are grateful to our partners Dubai Economy and Tourism, and Dubai Sports Council for hosting us.

Whether participating, supporting friends or family or cheering the greatest athletes on the planet, we hope you enjoy an action packed weekend and an epic finale to the T100 World Tour.

Good luck!



Sam Renouf
Chief Executive Officer
Professional Triathletes Organisation



WELCOME TO DUBAI

Dubai is home to pristine beaches, record-breaking landmarks and world-class shopping, dining and experiences. As host of electrifying events and boasting natural attractions, the city is a playground for adventure. At the same time, it is also a place where tradition meets ambition, and where the past meets the future.



A sporting and outdoors paradise

Whether you're an adrenaline junkie or simply someone who enjoys the great outdoors, Dubai is a perfect playground for adventure, with stunning desert, rugged mountains, the warm waters of the Arabian Gulf and remarkable urban environments.

As a premier destination for sports, Dubai boasts experiences that cater to all ages. If you get your thrills jumping out of a plane, skiing or snowboarding at an indoor slope, or kayaking across the panoramic Hatta Dam, you can do it in Dubai – and in any season.

Offering a lively atmosphere, Dubai has developed into a world-class sports hub, not just for spectators, but also for participants. Sporting and athletic pursuits range from water sports and golf to popular outdoor activities such as running, cycling and hiking.

Dubai's beaches offer a wide range of watersports and marine experiences. Popular activities on the coast include jet skiing, kitesurfing, wakeboarding, flyboarding, surfing, diving, paddleboarding, kayaking, sailing, and fishing.

Escape the city and head to Hatta for outdoor adventures in the stunning Hajar Mountains. Go hiking or mountain biking to explore the mountain passes and wadis, enjoy wadi-bashing in the dry canyon riverbeds or take a refreshing dip in the cooling rock pools. You can even hire a kayak or a pedal-boat to go across the Hatta Dam.

Camping is the perfect Bedouin experience, but be sure to wake up for nature's first show of the day – sunrise, where the colours turn from yellow to orange and gold. You can also experience the desert sunrise from the basket of a hot air balloon.



WELCOME TO DUBAI

Iconic Attractions

Dubai is renowned for its blend of modernity and tradition, offering sights and attractions that cater to both residents and visitors. Whether you want to treat the family to non-stop thrills at theme parks and waterparks, admire incomparable views from sky-high venues, spend a day in the desert, or have a photo opportunity at top landmarks in the sunshine, there's always something spectacular to discover in Dubai.

The most iconic landmarks include Burj Khalifa, the world's tallest building; Jumeirah Burj Al Arab, one of the world's most luxurious hotels; and Palm Jumeirah, Dubai's man-made palm tree island which is home to some of the city's top resorts.

Those who prefer to go down memory lane will be charmed by historic areas in 'Old Dubai' such as Dubai Creek and Al Fahidi Historical Neighbourhood, which are among the city's most unique places to visit. Shopping enthusiasts can get their retail therapy at Dubai Mall, Mall of the Emirates or the traditional 'souk' markets, while culture fans can attend live performances at world-class venues including Dubai Opera and Coca-Cola Arena.

The tourism and hospitality sectors benefit from the influx of visitors drawn by world-class attractions, contributing to industry growth and supporting the ambitious goals of the Dubai Economic Agenda, D33, to further consolidate Dubai's position as a leading global city for business and leisure.



Dubai Fitness Challenge

Dubai Fitness Challenge (DFC) is a month-long celebration of fitness and wellness, challenging you to complete 30 minutes of exercise daily for 30 days (30X30), and aiming to inspire a fitness-focused mindset and promote healthy, active lifestyles for all. Since its inception in 2017, the Dubai Fitness Challenge has motivated millions to embrace healthier lifestyles. Building on the success of over 2.4 million participants in 2023, the 2024 edition promises to be even more impactful. Through an extensive array of city-wide events, free workouts, exciting tournaments and wellness opportunities, DFC will provide inspiration to keep Dubai active.



PTO PARTNERS

CANYON

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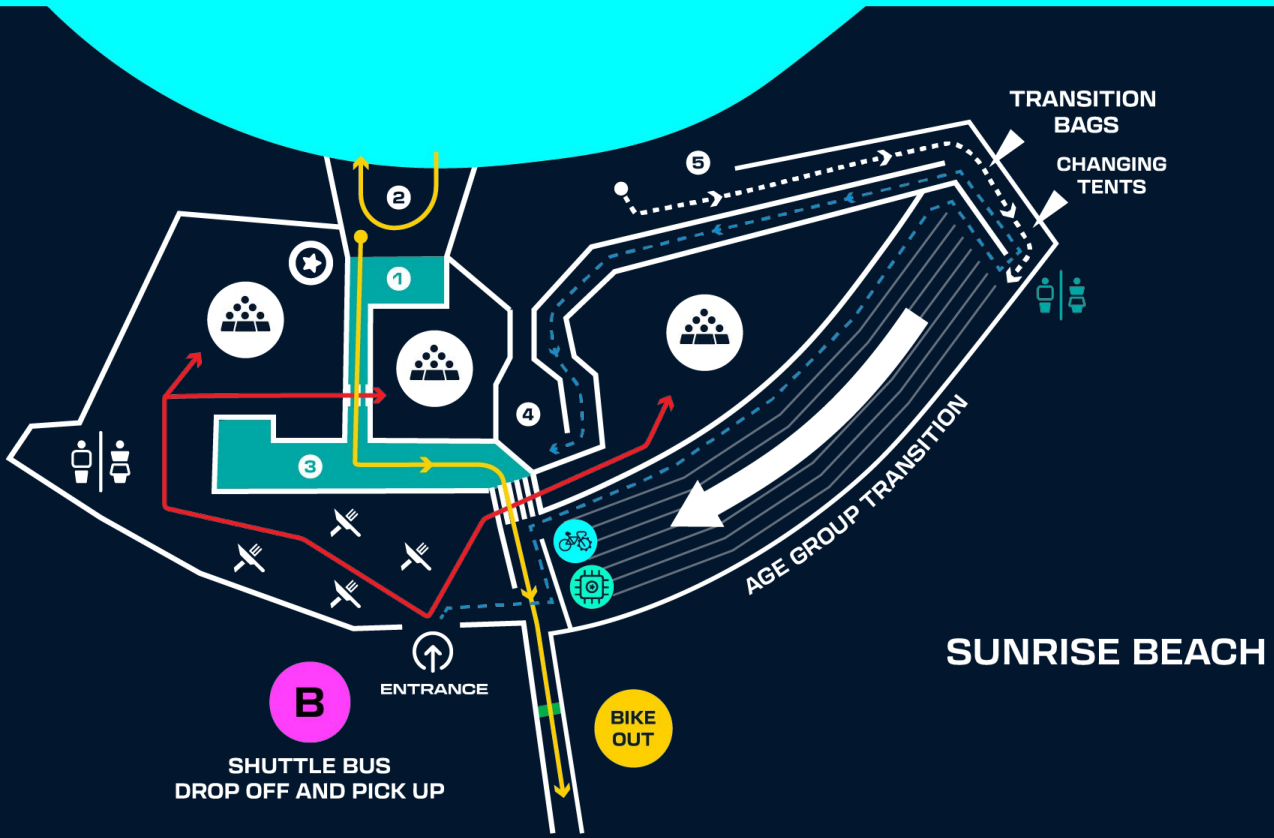
EKOI

FORM[®]
SMART SWIM GOGGLES

GARMIN[®]

M!
MAURTEN

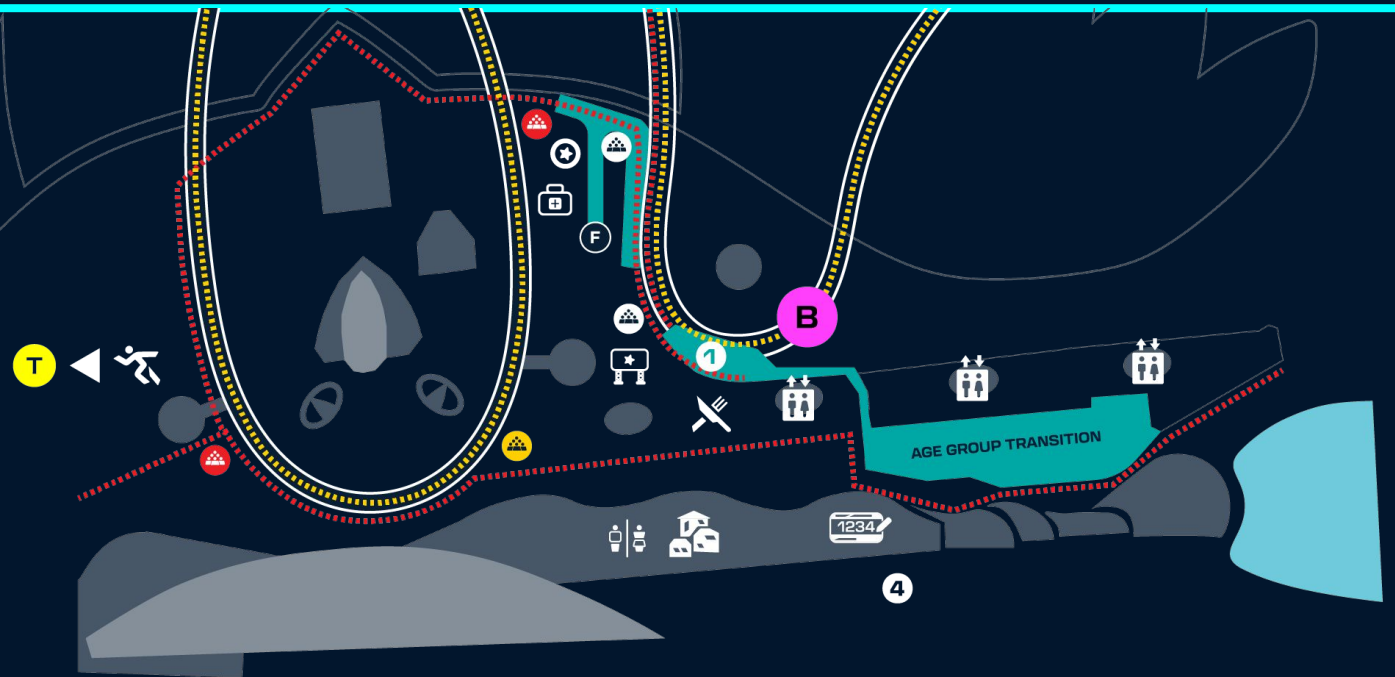
VENUE - SUNRISE BEACH (SRB)



KEY

- | | | | |
|------------------------|---------------------------|--------------------------------------|---------------------------|
| ① Pro Start Area | ★ VIP Viewing Areas | ↗ Pro Routes | 👤 Spectator Viewing Areas |
| ② Pro Aussie Exit | 🚻 Athlete Toilets | ↘ Spectator Routes | 🍴 Food Concessions |
| ③ Pro Transition | 📷 Timing Chip Collection | ⋯ AG Swim Exit Route | 🚻 Public Toilets |
| ④ Age Group Start Area | 🚲 Age Group Bike Check-In | ⋯ Age Group Route To Swim Start Area | |
| ⑤ Age Group Swim Exit | | | |

VENUE - MEYDAN



KEY

Finish	Taxi Pick Up Point (Meydan Hotel)	Race Pack Collection	Bike Viewpoint	Bike Route
Pro Transition	Big Screen and Stage	Event Village	Run Viewpoint	Run Route
Bus Pick Up Point	Food Concessions	Toilets	Viewpoint	
The Music Run (Saturday PM only)	VIP Hospitality	Medical		
		Elevator		

SPECIAL PRESENTATIONS

Saturday, November 16th

TIME: 9:30am - 10:00am

LOCATION: Main Stage (Meydan)

- Presentation on new TT Helmet PURE
- Presentation on New Triathlon Shoes
- Q&A with Ekoi athletes: Sam Laidlow, Rudy von Berg & Youri Keulen

EVENT SCHEDULE

NOVEMBER 2024

Thursday, November 14th

TIME	ACTIVITY	LOCATION
16:00 - 21:00	<i>Race Pack Collection & Help Desk Open</i>	<i>Meydan Grandstand</i>
16:00 - 21:00	<i>Expo Open</i>	<i>Meydan Grandstand</i>

Friday, November 15th

TIME	ACTIVITY	LOCATION
11:00 - 20:00	<i>Race Pack Collection & Help Desk Open</i>	<i>Meydan Grandstand</i>
11:00 - 21:00	<i>Expo Open</i>	<i>Meydan Grandstand</i>
16:00 - 21:00	<i>Bike Racking & T1 Bag Drop (Sprint)</i>	<i>Sunrise Beach</i>

Saturday, November 16th

TIME	ACTIVITY	LOCATION
4:00 - 5:30	<i>First Bus to Sunrise Beach Leaves</i>	<i>Meydan Grandstand</i>
4:00	<i>T2 Bag Drop (Sprint)</i>	<i>Meydan Grandstand</i>
4:00 - 6:10	<i>Transition Opens</i>	<i>Sunrise Beach</i>
5:30	<i>Final Bus to Sunrise Beach Leaves</i>	<i>Meydan Grandstand</i>
6:30	<i>Age Group Sprint Race Start</i>	<i>Sunrise Beach</i>

Saturday, November 16th

TIME	ACTIVITY	LOCATION
8:00 - 21:00	<i>Expo Open</i>	<i>Meydan Grandstand</i>
8:00 - 18:00	<i>Race Pack Collection - T100</i>	<i>Meydan Grandstand</i>
8:00 - 19:00	<i>Race Pack Collection - The Music Run</i>	<i>Meydan Grandstand</i>
9:00 - 11:00	<i>Transition Opens for Bike/Bag Pick-Up</i>	<i>Meydan Grandstand</i>
9:30 - 10:00	<i>Ekoi Product Presentation & Athlete Q&A with Sam Laidlow, Rudy Von Berg & Youri Keulen</i>	<i>Meydan Grandstand Main Stage</i>
10:00 - 10:30	<i>Sprint Race Awards</i>	<i>Meydan Grandstand</i>
10:00 - 19:00	<i>Post Race Bag Collection & Help Desk</i>	<i>Meydan Grandstand</i>
11:00 - 11:15	<i>Spectator Buses to Sunrise Beach for PRO WOMEN</i>	<i>Meydan Grandstand</i>
13:30	<i>Pro Women Race Start</i>	<i>Sunrise Beach</i>
14:00	<i>Spectator Buses return to Meydan</i>	<i>Sunrise Beach</i>
11:00 - 19:00	<i>Bike Racking & T1 Bag Drop (T100)</i>	<i>Sunrise Beach</i>
19:00 - 21:00	<i>The Music Run</i>	<i>Meydan Trackside</i>

Sunday, November 17th

TIME	ACTIVITY	LOCATION
4:00 - 5:30	<i>First Bus to Sunrise Beach Leaves</i>	<i>Meydan Grandstand</i>
4:00	<i>T2 Bag Drop (T100)</i>	<i>Meydan Grandstand</i>
4:00 - 6:10	<i>Transition Opens</i>	<i>Sunrise Beach</i>
5:30	<i>Final Bus Leaves Meydan (to SRB)</i>	<i>Meydan Grandstand</i>
6:30	<i>T100 Age Group Race Start</i>	<i>Sunrise Beach</i>
8:00 - 18:00	<i>Expo Open</i>	<i>Meydan Grandstand</i>
13:30 - 17:30	<i>Transition Opens for Bike/Bag Pick-Up</i>	<i>Meydan Grandstand</i>
8:00 - 18:00	<i>Post Race Bag Collection & Help Desk</i>	<i>Meydan Grandstand</i>
11:00 - 11:15	<i>Spectator Buses to Sunrise Beach for PRO MEN</i>	<i>Meydan Grandstand</i>
13:30	<i>Pro Men Start</i>	<i>Sunrise Beach</i>
14:15	<i>Spectator Buses Depart SRB to Meydan</i>	<i>Sunrise Beach</i>
15:00	<i>T100 Age Group Course Closes</i>	<i>Meydan Grandstand</i>
14:50 - 15:30	<i>T100 Age Group Awards</i>	<i>Meydan Grandstand</i>

T100 / WATCH

Get ready to watch the world's best triathletes battle it out in Dubai!

Get ready for an adrenaline-fueled weekend! The pro races will feature the Women's competition at 13:30 on Saturday, November 16th, and the Men's race at 13:30 on Sunday, November 17th. With 40 of the world's top triathletes vying for victory, expect an electrifying showdown filled with fierce competition and breathtaking performances!

WHERE TO WATCH THE PROS

Saturday, November 16th

12:00 - 13:00 Transition Check-In Open - PRO Women

13:15 Live Broadcast Begins

13:30 PRO Women Race START

16:59 PRO Women First Finisher

17:30 - 17:45 PRO Women Award Ceremony

Sunday, November 17th

12:00 - 13:00 Transition Check-In Open - PRO Men

13:15 Live Broadcast Begins

13:30 PRO Men Race START

16:43 PRO Men First Finisher

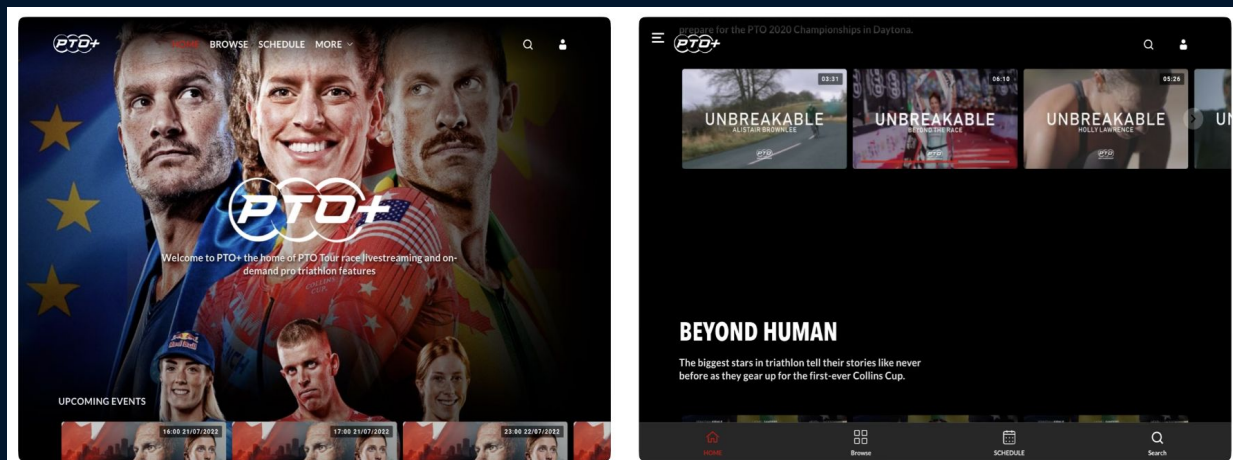
17:30 - 17:45 PRO Men Award Ceremony



Catch all the action on a big screen at the Pro Transition (Meydan) area, or cheer for the athletes along the bike and run course!

Watch for free, live, from anywhere in the world!

Simply download our PTO+ app and watch on PTO+ or the T100 YouTube channel.



You can also watch the Dubai T100 Triathlon PRO races live in Europe on Discovery+, Eurosport and max.

BROADCAST PARTNERS



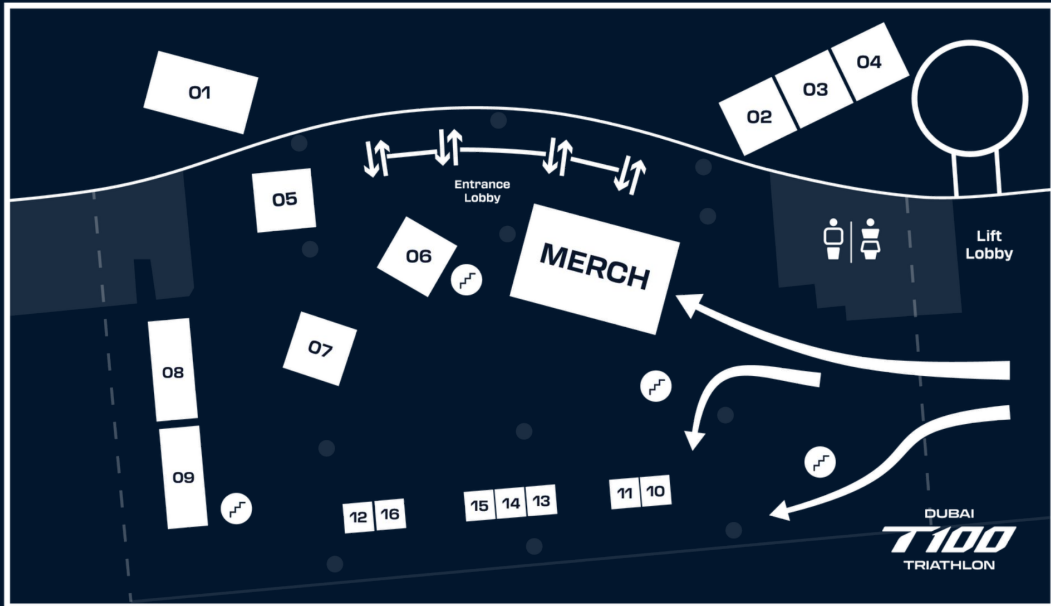
LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in US & Europe (excl. UK Germany, Italy)



9	KIDS ZONE	12	FORM
1	HOKA	MERCH	Pressio
6	Wolfis	10	Deboer
7	Sported	11	Purpose Performance
5	GRIT + TONIC.com	13	My Rite
2	Enduro Supply	14	BIKEERA
3	Tri Souq	15	EDGE
4	Wolfis	16	Challenge Sir Bani Yas
8	World Tri / Tribe		

RACE PACK COLLECTION

RACE PACK COLLECTION

You will need:

1. YOUR ID
2. RACE QR CODE

You can collect your Race Pack in the Expo Area (Meydan Grandstand) during the following times:

Thursday, November 14th
16:00 - 21:00

Friday, November 15th
11:00 – 20:00

Saturday, November 16th
08:00 – 18:00

**Sprint Triathlon pack must be picked up no later than 20:00 on Friday*

NO RACE PACK COLLECTION ON RACE DAY.

QR CODE

You must be ready to show the QR code sent to you prior to the race when you collect your Race Pack. This will be emailed to you along with your Athlete Guide and on Thursday 14th November.

YOUR RACE PACK

Your Race Pack contains all the essential items for your race and you must pick it up on the scheduled days and times at the Expo Area (Meydan Grandstand)

PLEASE NOTE YOU MUST PICK UP YOUR RACE PACK YOURSELF AND CANNOT HAVE SOMEONE ELSE PICK UP ON YOUR BEHALF



KEY RACE TIMINGS

MANDATORY BIKE CHECK-IN

Friday, November 15th

16:00 - 21:00 T100 Sprint Triathlon

Saturday, November 16th

11:00 - 19:00 T100 100km Triathlon

- Requirements: Bike and helmet check mandatory; only bikes may be left in transition (secured by security).
- Note: No bike check-in on race morning!

TRANSITION ON RACE DAY

- Hours: 04:00 - 06:10 (Transition 1)
- Allowed Items: Only race essentials may be left in transition; no bags permitted.

Reminder: No bike check-in on race day!

SPRINT AGE GROUP CUT OFF TIMES

Last Swimmer 07:45

Last Biker 09:10

Last Finisher 10:10

T100 AGE GROUP CUT OFF TIMES

Discipline		CUT OFF TIME
Swim	Last Swimmer	08:20
Swim + Bike	Last Biker	12:30
	Start Last Bike Lap	11:15
Swim + Bike + Run	Last Runner	15:00

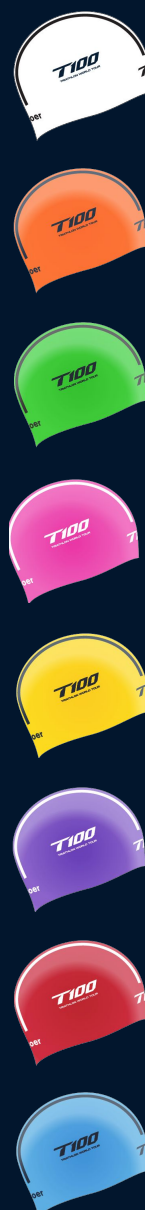
T100 & SPRINT / SWIM WAVES

SPRINT AGE GROUP SWIM WAVE TIMES

WAVE	PROJECTED 750M SWIM TIME	CAP COLOR
Wave 1	8-14 min	White
Wave 2	15-19 min	Orange
Wave 3	20 - 22 min	Green
Wave 4	23 - 25 min	Pink
Wave 5	25 - 28 min	Yellow
Wave 6	29 - 30 min	Purple

T100 AGE GROUP SWIM WAVE TIMES

WAVE	PROJECTED 2KM SWIM TIME	CAP COLOR
Wave 1	25 - 30 min	White
Wave 2	31 - 35 min	Orange
Wave 3	36 - 38 min	Green
Wave 4	39 - 40 min	Pink
Wave 5	41 - 45 min	Yellow
Wave 6	46 - 50 min	Purple
Wave 7	51 - 60 min	Red
Wave 8	61 - 70 min	Blue



AG / SPRINT RACE PACK

RACE PACK CHECKLIST:

- One (1) Wristband**
- Two (2) Bib Numbers**
 - To be worn on your back on the bike and on your front on the run.
- One (1) Sticker sheet**
 - 3x Helmet Stickers
 - 1x Bike Post Sticker
 - 1x Bag Drop Sticker
 - 3x Transition Bag Stickers
- One (1) Swim Cap**
 - There will be different colours for each wave. It is mandatory to wear the swim cap during the swim, so don't lose it! Upon picking up your race pack, you will be required to write your race number on your swim cap.
- Two (2) Race Number Tattoo Set**
 - [Click here for application instructions](#)
- One (1) Swim to Bike Bag (BLACK)**
- One (1) Bike to Run Bag (RED)**
- One (1) After Race Bag (WHITE)**
- Timing Chip (Issued at BIKE CHECK-IN)**
 - Timing chips will be issued at Bike Check-In only. To avoid it getting caught in your bike chain/gears, **fasten your timing chip around your left ankle** using the velcro strap.
 - Please do not remove your timing chip until you have completed your triathlon or you will not receive a result.
 - All timing chips must be returned once you cross the Finish Line – there will be a **charge of USD 95 for any unreturned timing chips.**



SPRINT / SWAG

SWAG & RACE T-SHIRT

You will receive your swag at Race Pack collection.

T100 SWAG CHECKLIST:

- ❑ **One (1) T100 Backpack**
- ❑ **One (1) T100 Cap**
- ❑ **One (1) T100 Insulated Mug**
- ❑ **One (1) T100 Race T-Shirt**

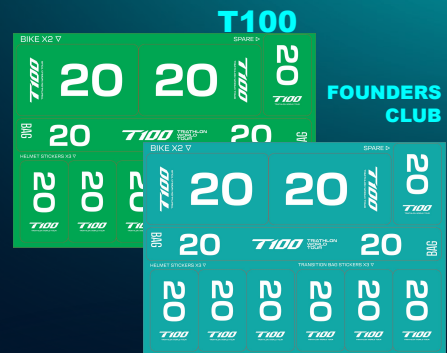
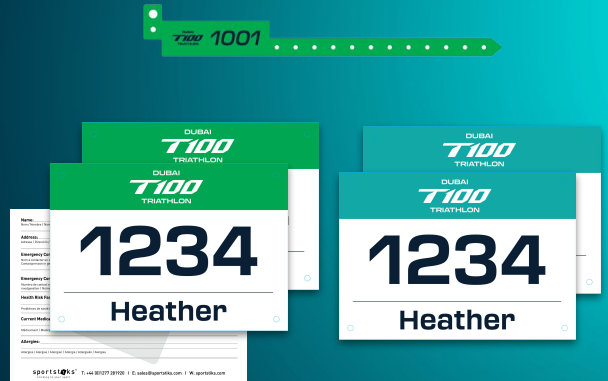
- ❑ **One (1) Finisher Medal**
Awarded Post Race



AGI T100 RACE PACK

RACE PACK CHECKLIST:

- One (1) Wristband**
- Two (2) Bib Numbers**
 - To be worn on your back on the bike and on your front on the run.
- One (1) Sticker sheet**
 - 3x Helmet Stickers
 - 1x Bike Post Sticker
 - 1x Bag Drop Sticker
 - 3x Transition Bag Stickers
- One (1) Swim Cap**
 - There will be different colours for each wave. It is mandatory to wear the swim cap during the swim, so don't lose it! Upon picking up your race pack, you will be required to write your race number on your swim cap.
- Two (2) Race Number Tattoo Sets**
 - [Click here for application instructions](#)
- One (1) Swim to Bike Bag (BLACK)**
- One (1) Bike to Run Bag (RED)**
- One (1) After Race Bag (WHITE)**
- Timing Chip (issued at BIKE CHECK-IN)**
 - Timing chips will be issued at bike check-in only. To avoid it getting caught in your bike chain/gears, **fasten your timing chip around your left ankle** using the velcro strap.
 - Please do not remove your timing chip until you have completed your triathlon or you will not receive a result.
 - All timing chips must be returned once you cross the Finish Line – there will be a **charge of USD 95 for any unreturned timing chips.**



T100 / 100KM SWAG

SWAG & RACE T-SHIRT

You will receive your swag at Race Pack collection.

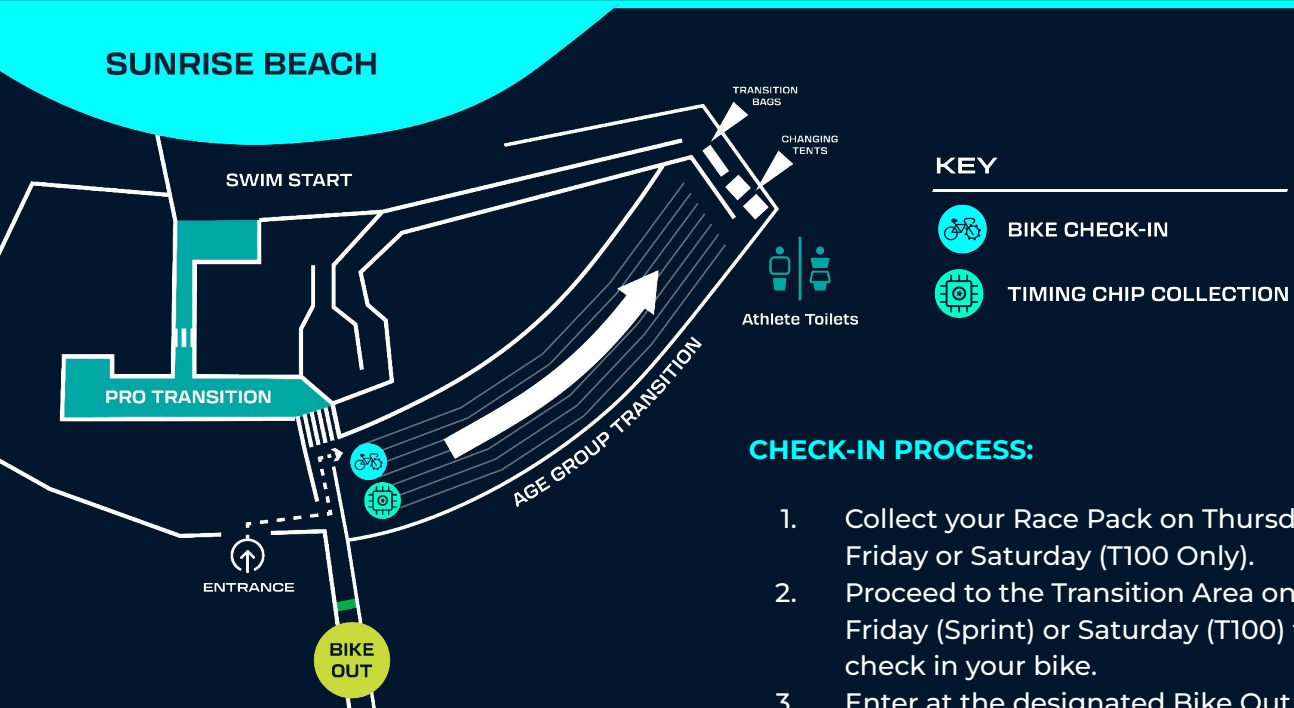
T100 SWAG CHECKLIST:

- ❑ **One (1) T100 Backpack**
- ❑ **One (1) T100 Cap**
- ❑ **One (1) T100 Insulated Mug**
- ❑ **One (1) T100 Race T-Shirt**

- ❑ **One (1) Finisher Medal**
Awarded Post Race



T100 & SPRINT / BIKE CHECK-IN



CHECK-IN PROCESS:

1. Collect your Race Pack on Thursday, Friday or Saturday (T100 Only).
2. Proceed to the Transition Area on Friday (Sprint) or Saturday (T100) to check in your bike.
3. Enter at the designated Bike Out entry point where staff will check your bike and wristband.
4. Before Check-In:
 - Secure your numbered wristband (do not remove).
 - Affix the seatpost sticker to your seat post.

BIKE CHECK-IN DETAILS

Mandatory Bike Check-In for Sprint & T100 Triathlon

- Location: Sunrise Beach
- Dates:
 - Sprint - Friday, November 15: 16:00 - 21:00
 - T100 - Saturday, November 16: 11:00 - 19:00

RACE DAY TRANSITION HOURS:

- T1 is open from 4:00 to 6:10 for last-minute bike adjustments.

Note: No Bike Check-In on Race Day!

TRANSITION AREA:

- Rack your bike in your designated spot according to your bib number.
- Volunteers will assist you.
- ONLY hand in your T1 BLACK bag at bike check-in. Your T2 RED bag must be handed in at Meydan on race morning before boarding the bus.

IMPORTANT:

- No bags allowed in Transition
- Do not leave any possessions behind at T1
- Please note only athletes are allowed in transition for Bike Check-In.
- No dogs are permitted on Sunrise Beach.

T100 & SPRINT / BIKE CHECK - IN

This event runs under World Triathlon Rules and will follow World Triathlon safety & contingency protocols.

BIKE CHECKS

It is your responsibility to bring a bike and your helmet that is roadworthy and complies with World Triathlon competition rules.

You are responsible for verifying the safety of your bike before taking it to Transition, in order to prevent its rejection by race officials. World Triathlon Officials will inspect various aspects, such as:

- End plugs on handlebars
- Tires in reasonable condition
- Brakes in working order

CHECK YOUR BIKE WITH THE BIKE MECHANICS AT SUNRISE BEACH

HOURS	DAY	LOCATION
14:00 - 21:00	FRIDAY	SUNRISE BEACH T1
04:00-06:00 11:00-21:00	SATURDAY	SUNRISE BEACH T1
04:00 -06:00	SUNDAY	SUNRISE BEACH T1

Tip: the transition area is exposed to the sun. Don't fill your tires to the maximum pressure, to avoid them bursting in the sun when the tires warm up.

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition, to avoid rejection.

YOUR HELMET:

- **Must** be approved by World Triathlon
- **Must** not be altered. Alterations to any part of the helmet are not allowed. This includes - but is not limited to - any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- **Must** be undamaged.

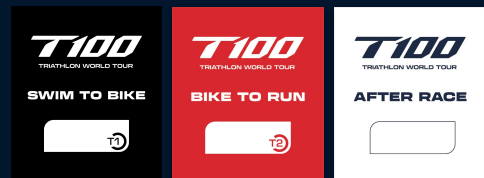
GEAR BAGS

WHITE BAG to be dropped at the T1 (Sunrise Beach) with all your dry gear in it. This will be brought to T2 (Meydan) during the race

BLACK BAG - Swim-to-Bike bag, to hung in T1 when you rack your bike the day before the event, these will be transported to Meydan while racing.

RED BAG - Bike-to-Run, should be dropped at MEYDAN in the morning of your event before you get on the BUS to SUNRISE BEACH. All your race belongings must be kept in the correct bag and can be placed on the numbered hooks in T1 and T2.

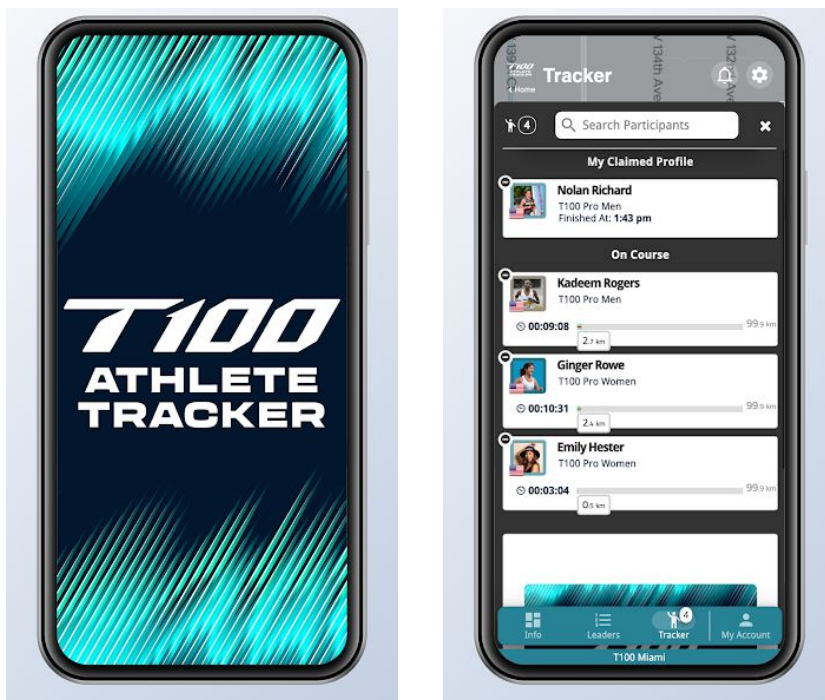
Anyone travelling direct to SUNRISE BEACH on race morning **MUST** drop their Bike-to-Run bag the day before the event during bike check-in. This will be clearly signposted beside the bike check-in area.



T100 / ATHLETE TRACKER APP

Available in all App Stores - it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



SAVE
\$500

ON A
FJORD 3.0

WITH THE CODE
SWIMWITHDEBOER
(@DEBOERSWIM.COM)



deboer
JUST ADD WATER.

RACE DAY INFO

BAG CHECK

No bags are allowed in transition. You may bring a bag in during check-in on race morning, but it must leave with you. Use the bag check tent by the finish line to store your bag. Retrieve it after the race by showing your race number.

TRANSITION AREA CHECK-IN

The Transition Area opens from 04:30 to 06:10 for last-minute gear check-in. Bike check-in is mandatory:

Friday, November 15th

16:00 - 21:00 T100 Sprint Triathlon

Saturday, November 16th

11:00 - 19:00 T100 100km Triathlon

TOILETS

There will be over 10 toilets available in the transition area for athletes, as well as at the swim start and finish line.

BIKE PUMPS

You may bring a pump into transition, but it cannot be left there. Please take it with you when you leave. The organization will provide pumps in transition for tire pressure checks.

MEDICAL ADVICE

Consult your GP about any medical concerns before competing. Write an emergency contact number on the back of your race bib for someone not participating.

For the swim, avoid using washing up liquid on goggles, as it can irritate your eyes. Don't fully put on your wetsuit until just before entering the water to prevent overheating. Participants must not swim with open wounds.

On race day, be cautious of warm weather. If you feel hot, slow down and find a sheltered area to cool off. If symptoms persist, signal a marshal or event vehicle for medical assistance.

HYDRATION - DRINK SAFELY

Adequate fluid intake is essential for triathlon participation. Bring plenty of water and listen to your thirst as your guide. Start hydrated and sip small amounts throughout the race. Avoid excessive fluid intake before, during, or after the event to prevent illness.

VOLUNTEERS AND OFFICIALS

The success of any event relies on its volunteers. About 250 volunteers will assist with various organizational tasks, ensuring a smooth experience for athletes and spectators. This is a great chance to engage with the Dubai T100 Triathlon 2024 and meet athletes from around the world.

Please take a moment to thank the volunteers and technical officials—they are crucial to the event's success!

AND FINALLY...

We wish you a fantastic race at the inaugural Dubai Age Group Event on November 16-17. Enjoy the world-class triathlon action, and don't forget to smile for the cameras as you conquer the Dubai T100 Triathlon! Good luck!

WANT TO VOLUNTEER?

There are still volunteer opportunities available!

SIGN UP HERE:

<https://dubait100triathlon.volunteerlocal.com/volunteer/>

RACE DAY INFO

WATER TEMPERATURE

The expected water temperature during the month of November is approximately 28.6 degrees Celsius.

WETSUIT USE

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6 degrees Celsius.

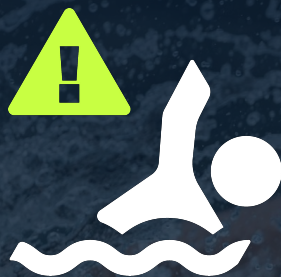
SWIMWEAR

The World Triathlon guidance on swimwear can be found in a pdf located at: <https://www.triathlon.org/uploads/docs/World-Triathlon-Competition-Rules-2024-20240219.pdf>
Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

WATER SAFETY

The water safety team consists of fully qualified lifeguards in kayaks and rescue boats, as well as jet skis.

If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave.



SWIM START

Please make your way to the Swim Start Area at least 20 minutes before your race start time.

The race start procedure will be a ROLLING WAVE START run in from the beach.

Kayakers will be on hand to guide participants. Once in the water, you should identify tall landmarks that can help to keep you on course and prevent you weaving around and swimming further than you need to.

The swim course is clockwise, so you should always keep all swim buoys on your right shoulder.

SWIM EXIT

The swim exit will be directly onto the beach shore with a run/walk to the transition area. Volunteers and Lifeguards will be on hand to help you out, if required. Once you have exited the water, you can remove your wetsuit before you re-enter T1. There will be water basins present at swim exit should you choose to rinse your feet of sand.

SWIM SAFETY

For many, the swim section is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help you, if required. If you are especially worried, please identify yourself to our swim start team, who can provide additional support and guidance, should you need it.

If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you, and if necessary, arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breaststroke. Backstroke in the swim is not allowed because it can be confused with someone indicating they are in difficulty.

BIKE COURSE SAFETY

BIKE SAFETY

Please always ride on the left and pass on the right, it is a technical course in certain sections with several short hills and u-turns. Always ride with due care and consideration for other athletes to ensure the safety of everyone.



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AG BIKE RULES

World Triathlon Technical Officials will officiate the race.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.
- You must wear your bib number on the bike and on the run.

BLOCKING

Always keep to the right-hand side of the course unless attempting a pass and do not create a blocking incident. Blocking is where a competitor or an official who is behind cannot pass due to the leading competitor being poorly placed on the course.

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

DRAFTING

Drafting - ie taking shelter behind or beside another competitor during the cycling leg of the race - is **NOT ALLOWED**.

The 'bicycle draft zone' will be 10 meters long measured from the leading edge of the front wheel. The draft zone of one participant must not overlap the draft zone of another participant.

Participants may enter the draft zone of another participant for the purpose of overtaking, but must be seen to be progressing through that zone. A **maximum of 20 seconds** is allowed to pass through the draft zone of another participant. There is only one exit once an athlete enters the draft zone of the leading cyclist and that is out the front. Athletes who enter the draft zone and then back out may be subject to penalty.

When a participant is passed by other participants, it is their responsibility to move out of the draft zone of the overtaking participant. Failure to do so may result in a penalty.

A participant is passed when the leading edge of another participant's front wheel is ahead of their front wheel. If a participant is frequently passed by, or seen to be frequently passing the same participant, this may be seen as working with or drafting off that participant and may be subject to the same penalty as drafting.

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the bike penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **yellow card** is shown for any other bike penalties incurred and, again, you must serve these at the bike penalty box, which will be prior to the entrance to T2.

BIKE PENALTY BOX

The bike penalty box will be located just prior to Transition to T2.

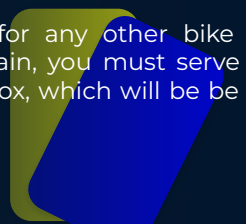
BROOM WAGON

In case of not completing the necessary distance within the cut-off times and/or a DNF during the bike section, there will be two vans collecting the athletes. The vans will transport you to the transition area after the bike leg is over for all athletes. Please be patient.

Click [here](#) for cut-off times.

PROTEST

Should you wish to protest, you must speak to the Head Referee at the Finish Line within 5 min of your finish time.

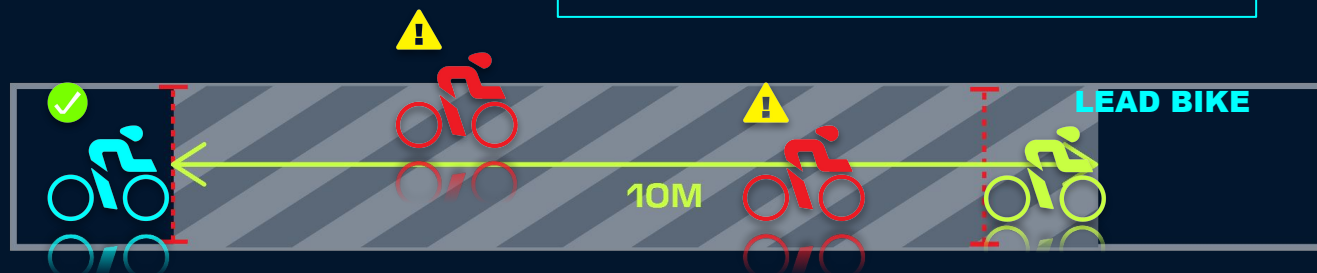




BIKE DRAFTING RULES

BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.



NOT DRAFTING

DRAFTING

MAKING A PASS

You may enter the draft zone to make a pass within the time of **20 seconds**.

20 SECONDS



Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

DISTANCE	1st OFFENSE	2nd OFFENSE	3rd OFFENSE
T100	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION
SPRINT	1 MIN PENALTY	DISQUALIFICATION	

BIKE CUT-OFF TIMES

To ensure the event meets the road reopening times, there will be cut-off times in place for the bike section of the event.

[CLICK HERE FOR CUT OFF TIMES](#)

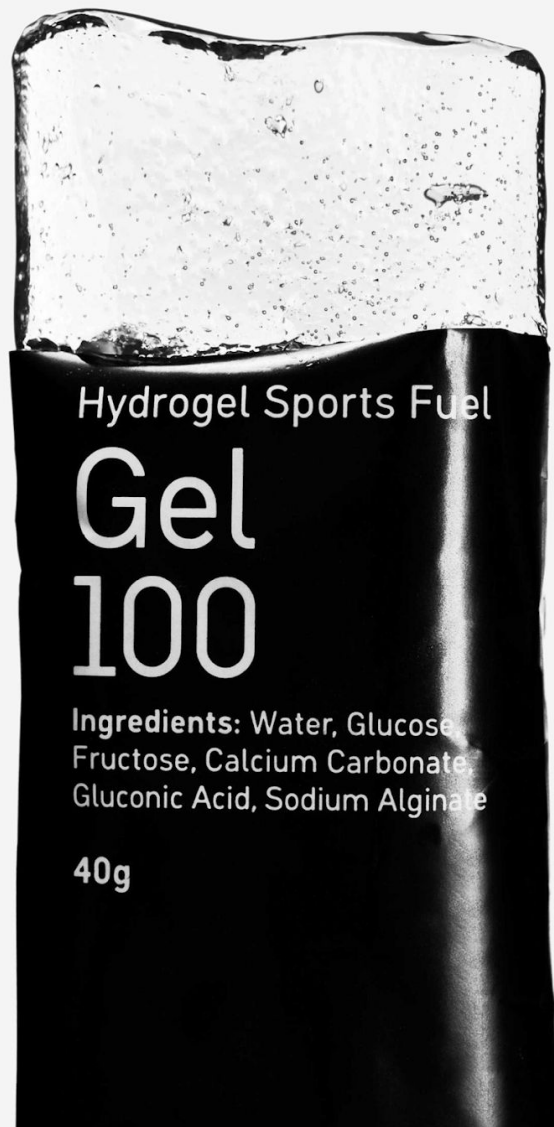
RETURN TO TRANSITION (T2)

Once you return to Transition after completing the bike course, please make sure you return your bike to the position it was in at the start of the race – ie, your numbered racking position. Not doing this will result in a penalty.

There will be World Triathlon Technical Officials in Transition and on the course to monitor all competitors.

REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after racing at approximately 09:30 on Saturday or 13:00 on Sunday or when the majority of athletes are out of T2. Please be patient - although you have finished your race, there may still be athletes on course.. The marshals will check your bike number against your wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look similar.



We're in this together

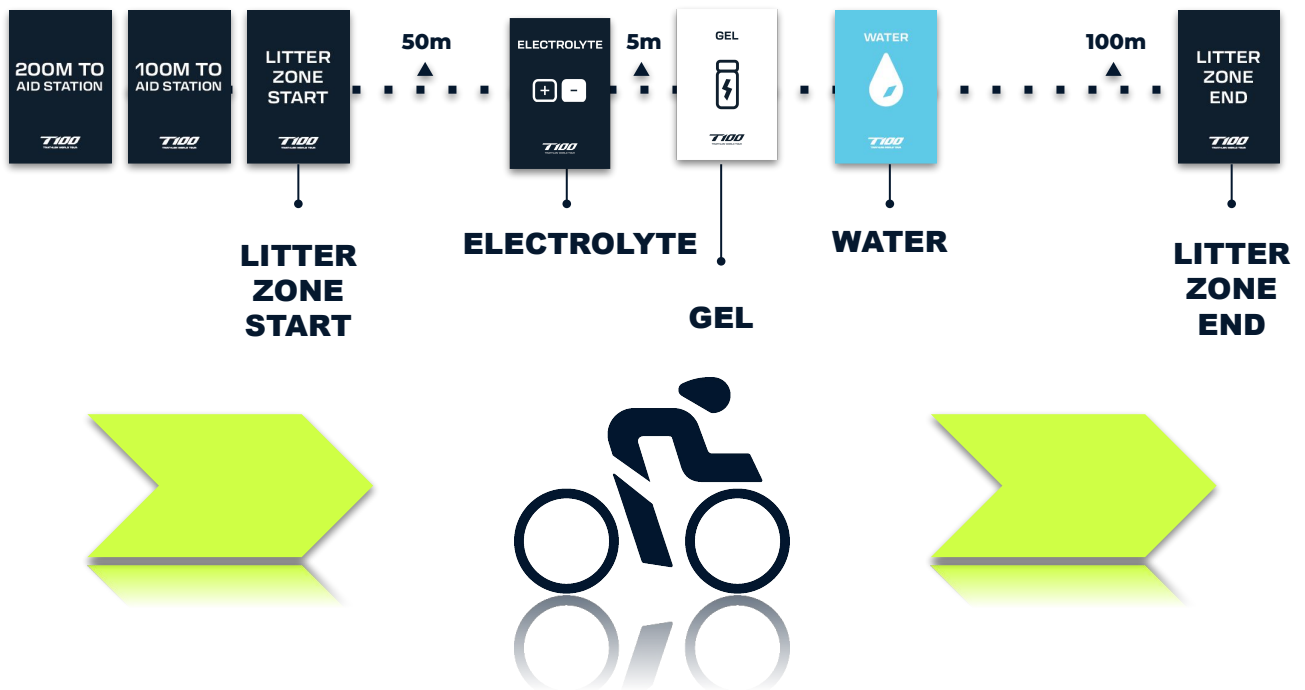
As Official Hydrogel Fuel Partner to the T100 Triathlon World Tour, Maurten's Hydrogel Technology will be available to all participants on-course.

maurten.com



- There will be one (1) bike aid station located on Nad Al Sheba road. You will pass it for a total of four (4) times while on the bike course.
- Pre-filled bike bottles of water with aqualyte and there will be GU Gels.

BIKE AID STATION ORDER



BIKE AID STATION PROCEDURE

Slow down when entering the aid station zone to ensure you get what you need, but don't stop in front of the aid station! If you do not require any products from the aid station, please stay to the right of the lane.

There will be signs along the aid station listing what is on offer. Volunteers will also be communicating what they are holding – please remember to politely ask for what you need.

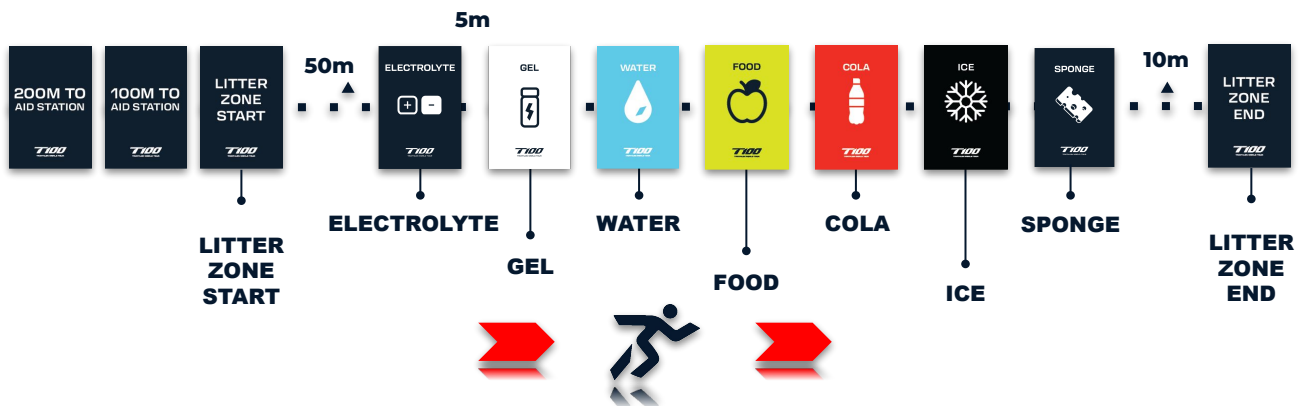
EMPTIES/WASTE/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' sign. Anything discarded outside this area will result in a penalty.

AG RUN AID STATIONS

- There will be **four (4) aid stations** on the T100 run course.
- There will be **two (2) aid stations** on the Sprint run course.
- There will be a range of hydration and nutrition options including water with Aqualyte, GU, cola and Ice Lollies.

RUN AID STATION ORDER (ITEMS WILL VARY BETWEEN AID STATIONS)



RUN AID STATION PROCEDURE

Slow down when entering aid stations. If you do not require any product from a run aid station, please stay to the right.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARD/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' signs. Anything discarded outside this area will result in a penalty.

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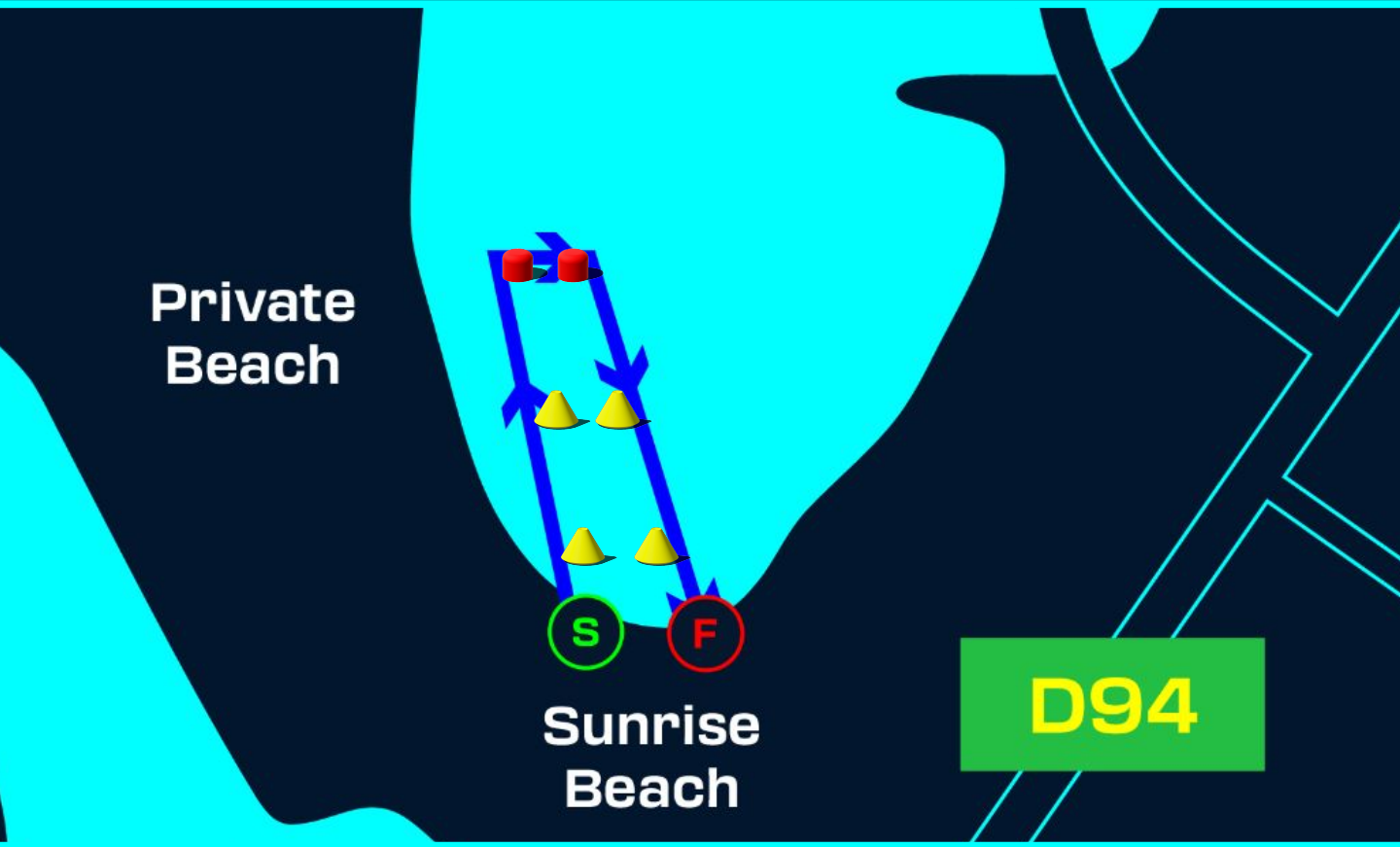


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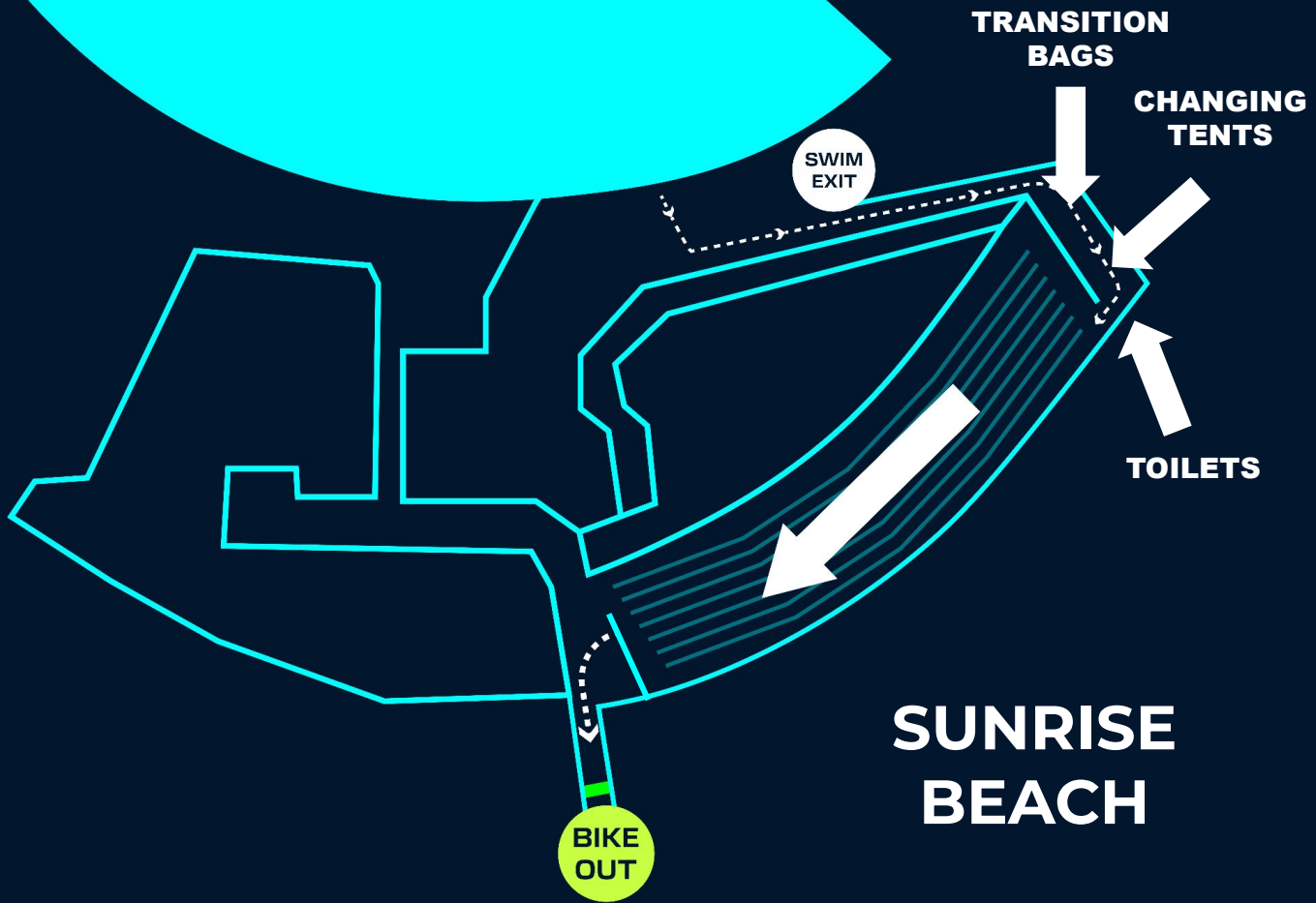
COURSE DESCRIPTION

Start Time: 6:30 AM
Date: Saturday, November 16th
Location: Sunrise Beach

- One Clockwise (1) 750m Lap
- One continuous wave according to swim cap colour.
- There will be one (1) aid station between the swim exit and T1, serving water only.

T1

AG/ TRANSITION (SBR)

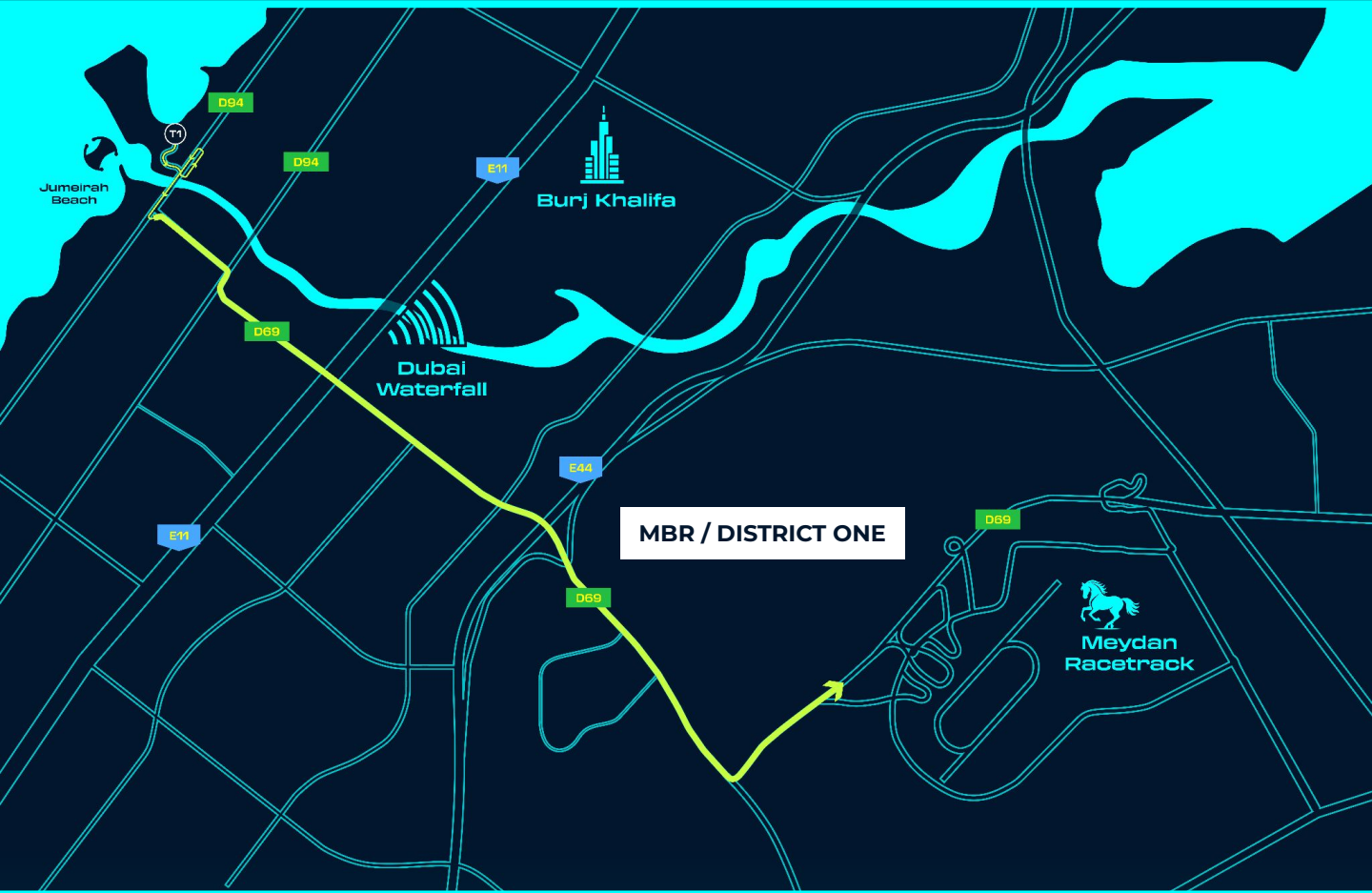


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T1

Jumeirah Beach

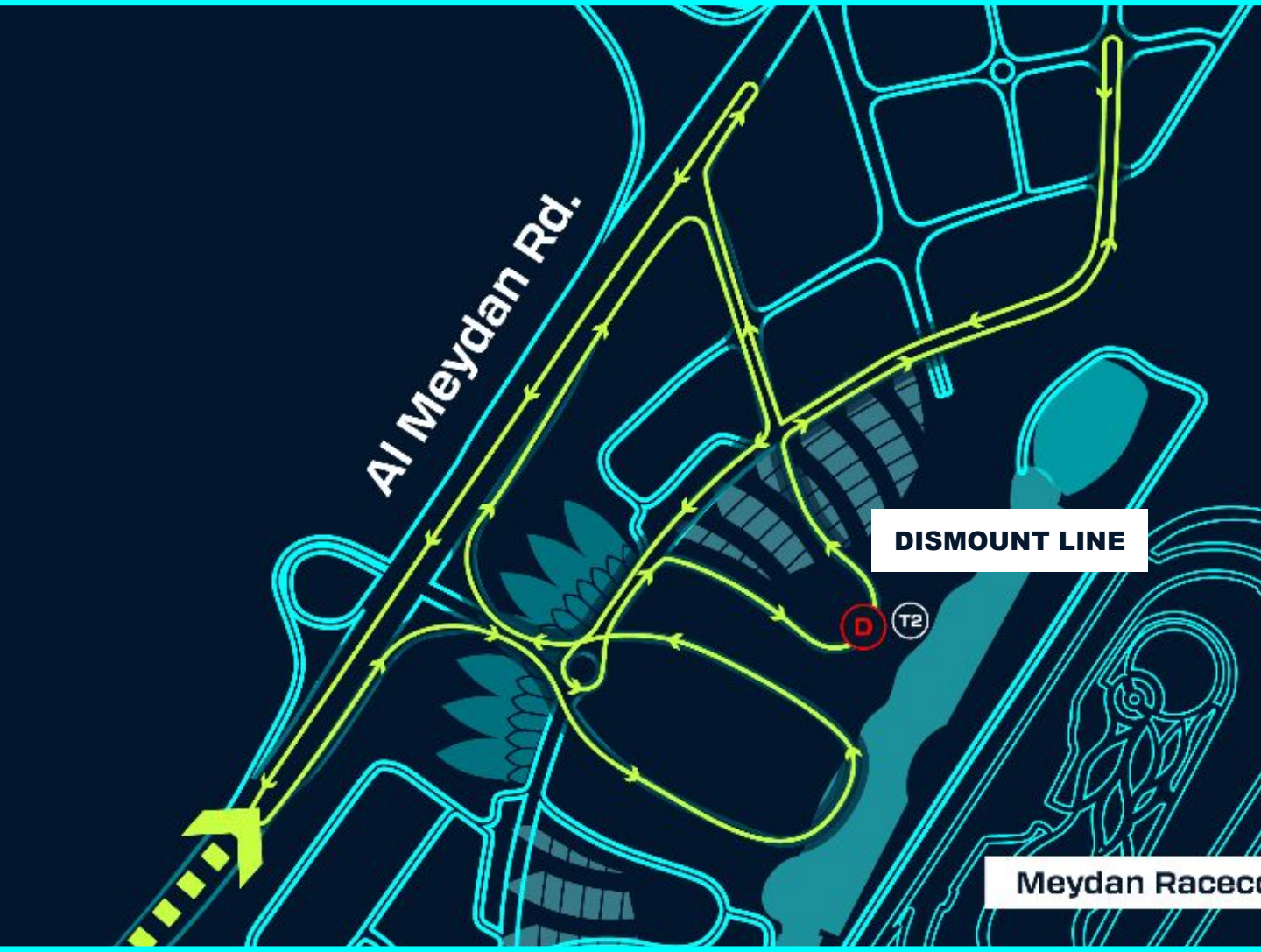
SPRINT T1 TO MEYDAN



COURSE DESCRIPTION

- Route from Sunrise Beach to Meydan

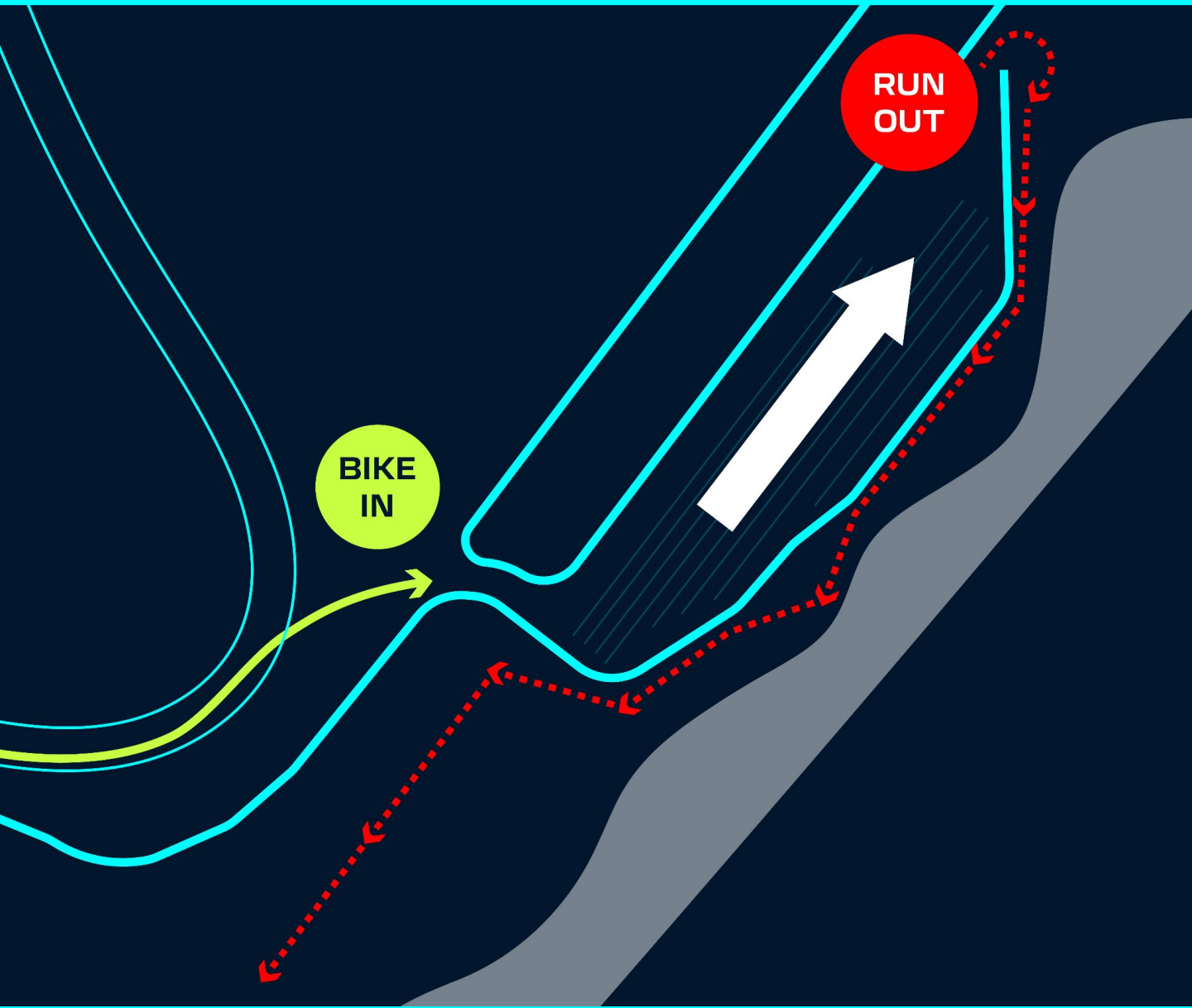
AG / SPRINT BIKE COURSE



COURSE DESCRIPTION

- Link from Sunrise Beach to Meydan.
- Complete an additional 6.8km around Meydan.

AGI/ TRANSITION (MEYDAN)

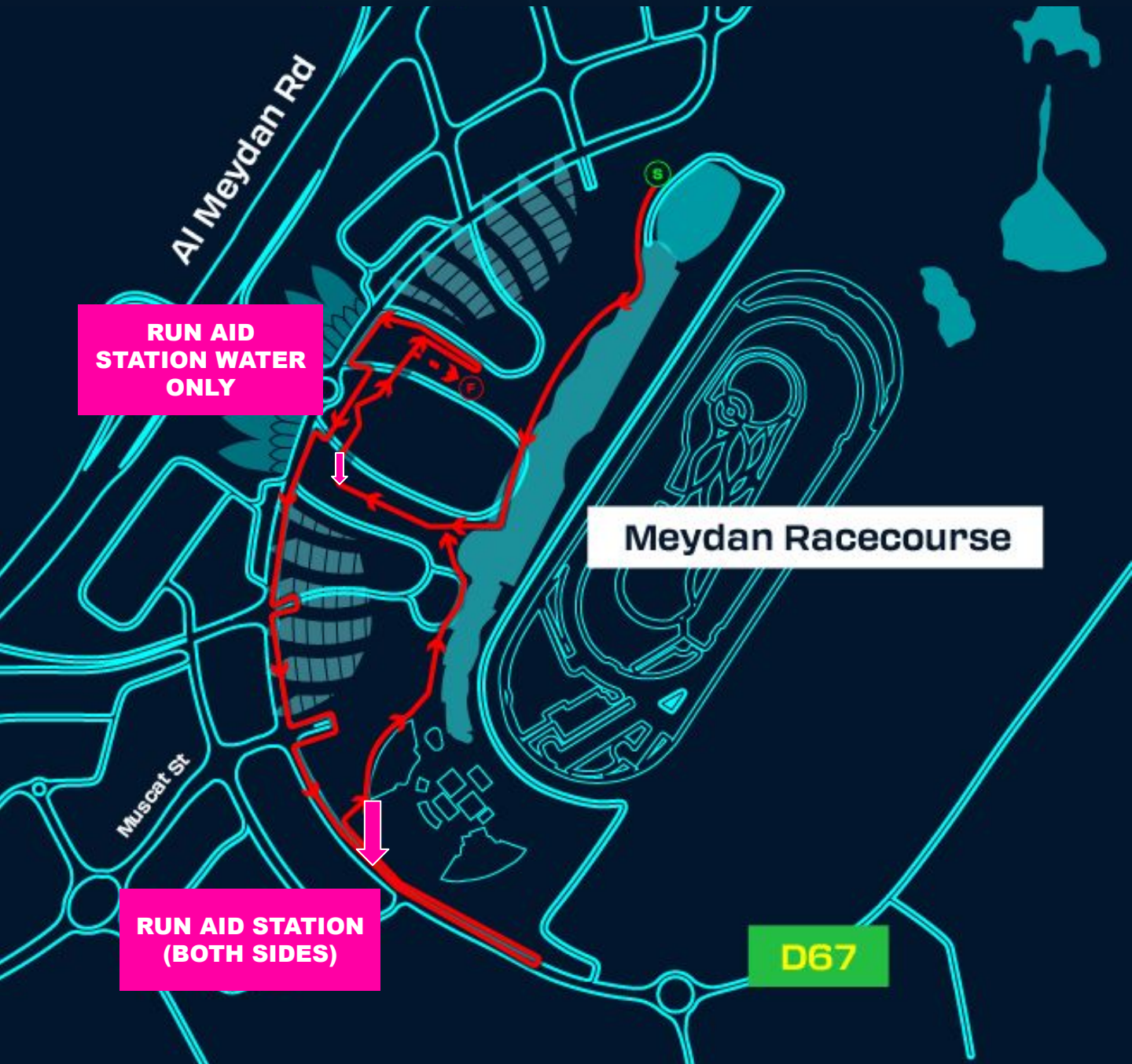


AG/ SPRINT RUN COURSE

5KM

Course Description:

- One (1) 5km Lap around Meydan



Please note no mobile phones, smart devices or headphones are permitted during the race.



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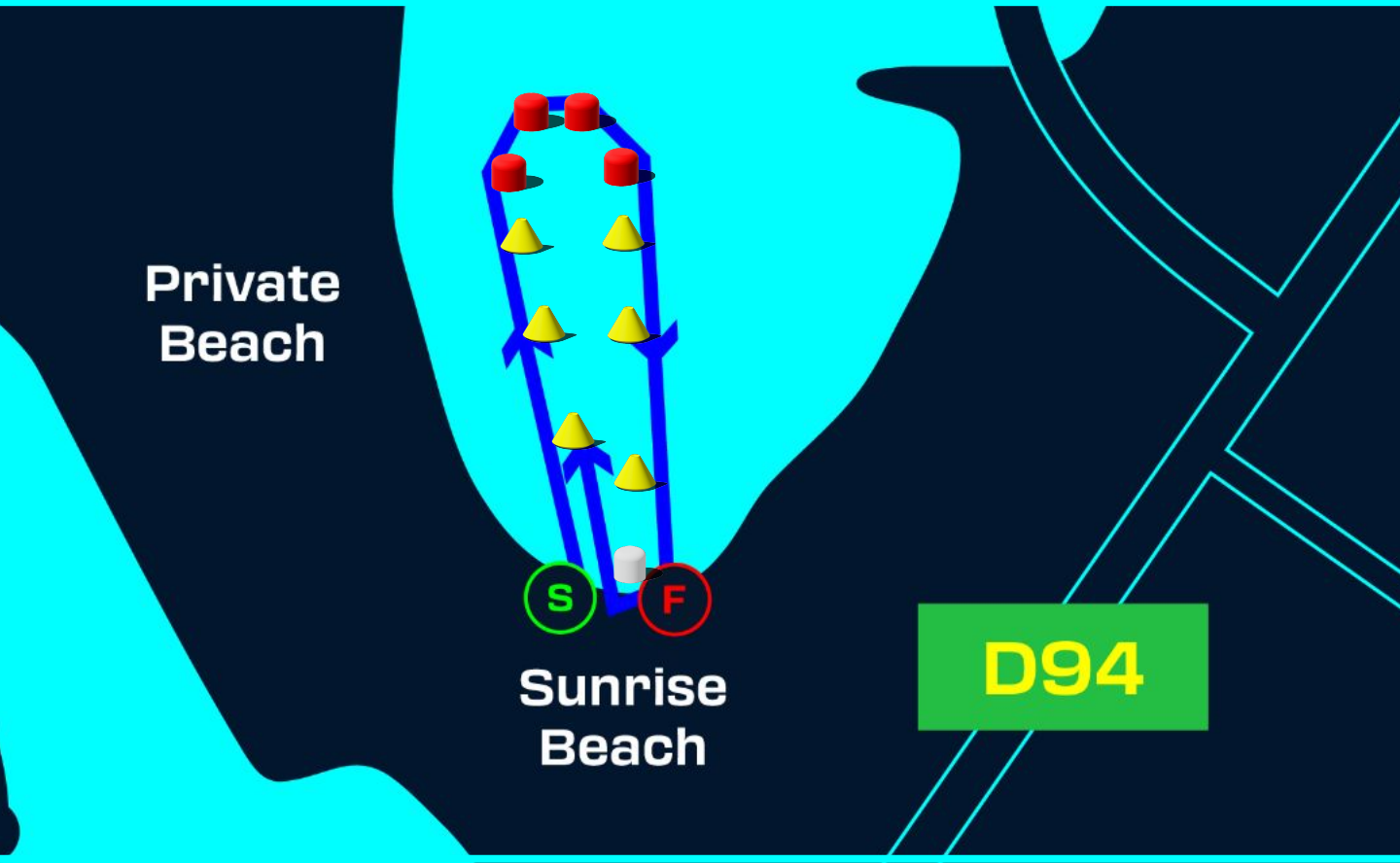
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SHOP





COURSE DESCRIPTION

Start Time: 6:30 AM

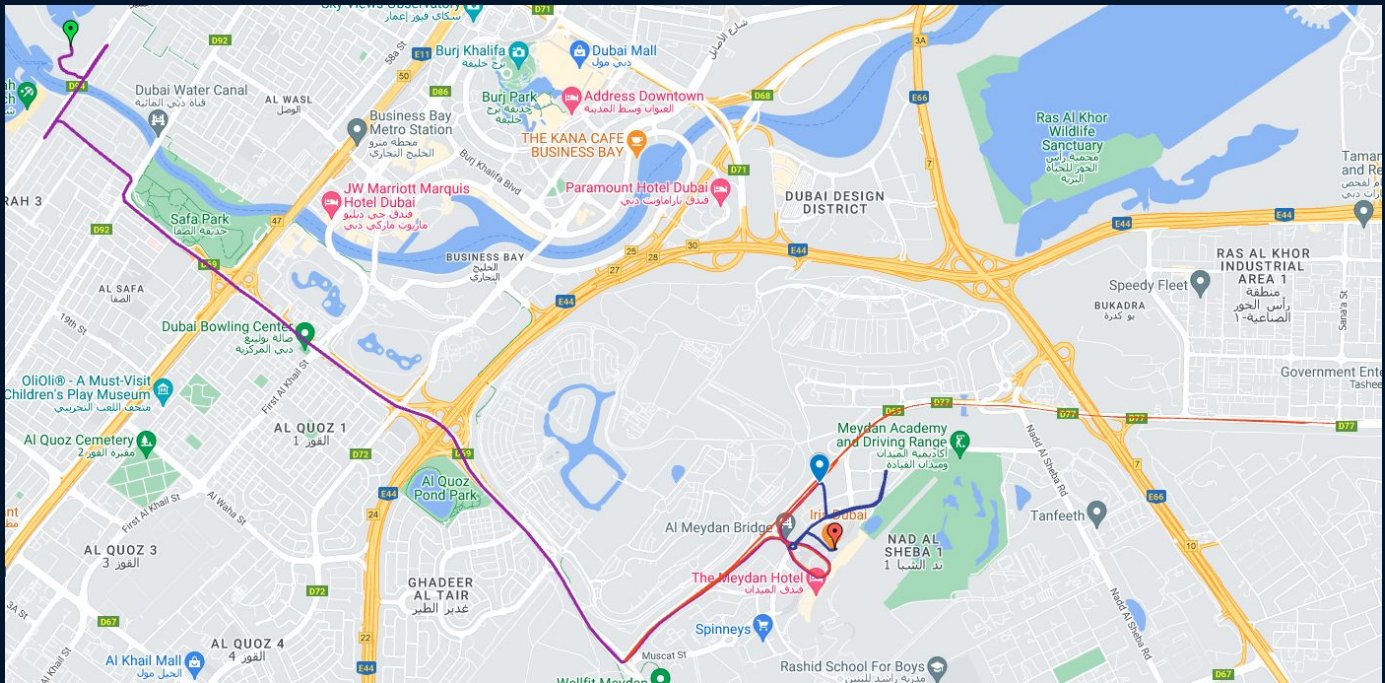
Date: Sunday, November 17th

Location: Sunrise Beach




- Two Clockwise (2) 1000m Laps
 - Aussie Exit on the beach after first lap.
- One continuous wave according to swim cap colour.
- See T1 Flow [click here](#).
- There will be one (1) aid station between the swim exit and T1, serving water only.

AG / T100 BIKE COURSE OVERVIEW

80KM



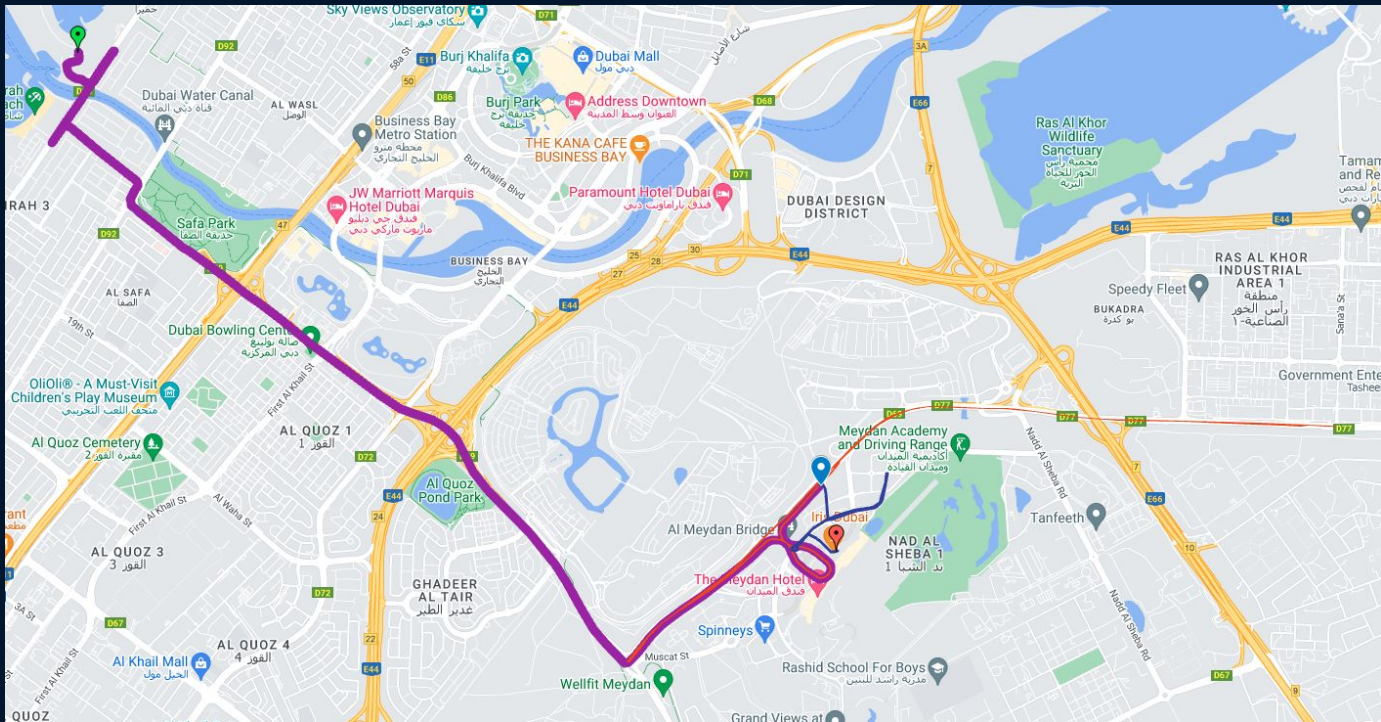
COURSE DESCRIPTION

-  Complete Route to Lap - 12.7 km
-  Complete 4 x laps - 15.6k
-  2.82k Route from Lap to Transition 2

- See T2 flow [click here](#).

[Bike course GPX File](#)

AG / T100 BIKE COURSE / ROUTE TO LAP



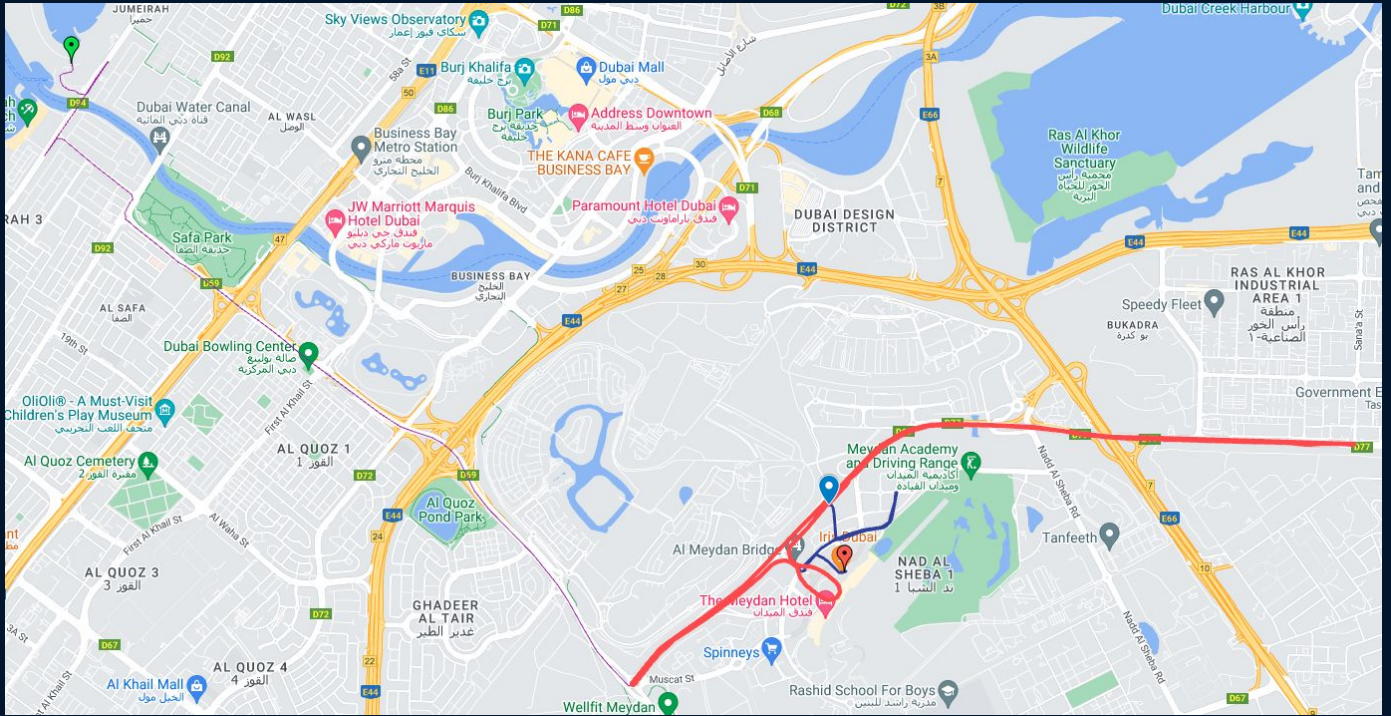
COURSE DESCRIPTION

- From Sunrise Beach, ride towards Meydan along Hadiqa Rd

Complete Route to Lap - 12.7 km

AG / T100 BIKE COURSE / Laps 15.6k 4 Laps


80KM



COURSE DESCRIPTION



4 laps 15.6km


AG / T100 BIKE COURSE / End of Laps to T2


80KM



COURSE DESCRIPTION

- From Sunrise Beach, ride towards Meydan along Hadiqa Rd
- See T2 flow [click here](#).

 2.82km Route from Lap to Transition 2

AG / T100 BIKE / LAP FLOW

80KM



COURSE DESCRIPTION

- From Sunrise Beach, ride towards Meydan along Hadiqa Rd
- See T2 flow [click here](#).



622m Route from Lap to Transition 2



Lap Start & Finish



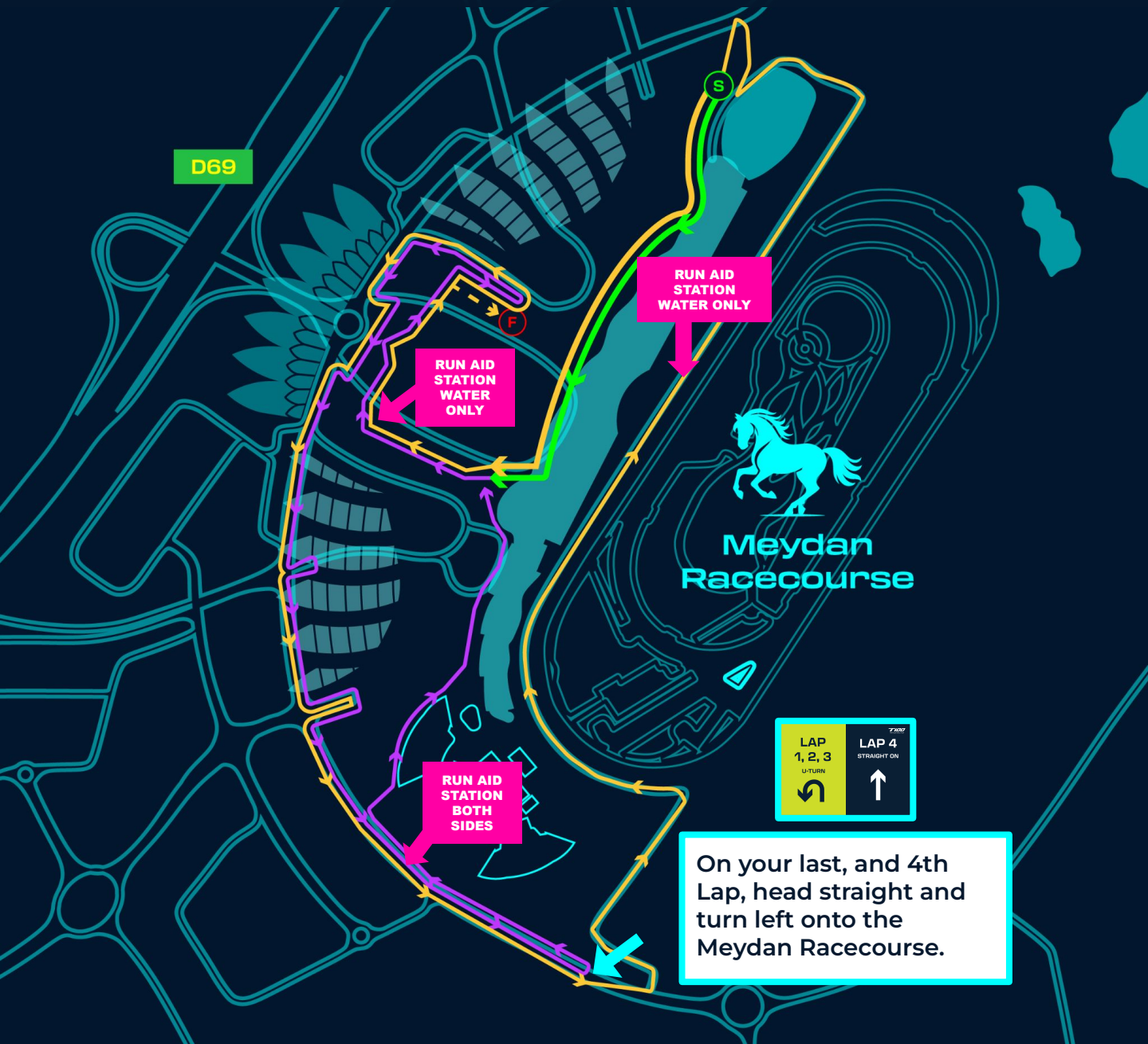
Transition 2

AG/ T100 RUN COURSE

18KM

COURSE DESCRIPTION

- Four (4) laps around Meydan with final 4km being on Meydan Racecourse.
 - Exit T2 and head towards the Finish Area (Green Line).
 - Run past the Finish Line Zone and start the first of three (3) laps (Purple). After passing the turn off to the finish line four times, you start the last longer lap (Orange), which includes running on the Meydan Racecourse before heading straight to the finish line.



Please note no mobile phones, smart devices or headphones are permitted during the race.





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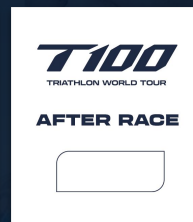
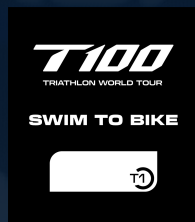
T100 / POST RACE

CONGRATULATIONS!

You've crossed the Finish Line in Dubai!

Take your time to enjoy the moment - but don't forget to return your timing chip (there will be a charge of USD95 for any unreturned timing chips) and collect your well-deserved Finisher Medal.

Go through the recovery area for nutrition and a sports recovery massage. You can collect your WHITE, BLACK and RED bag back at Transition 2



NUTRITION IN THE RECOVERY AREA

- Water
- Muffins
- Bananas
- Ice - Lollies (Popsicle)

For safety reasons, you must ensure all litter is placed in the bins provided.

T100 / POST RACE

PHOTOGRAPHY AND VIDEO

FinisherPix will be on course and at the Finish Line to capture your Dubai T100 Triathlon experience in photos! And best of all, ALL photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and visit this [link](#) after the event to get your photos.

Lastly, please be sure to tag @t100events, @t100triathlon and @FinisherPix when you share your photos!

RESULTS AND PRIZES

A finisher medal will be given to every participant who completes the Dubai T100 Triathlon at the Finish. You must collect your medal on Race Day. Results will be published online on the [T100 website](#) and on the [T100 Athlete Tracker App](#).

Age group prizes will be awarded for first, second and third places in open and female categories (as per WT rules) for each race distance and in age categories from 18-24 up to 85+.

After you've raced, please check if you have placed in the top three in your age group and race category via the T100 app. Please note that it is your responsibility to check the results.

AWARDS CEREMONIES

Dubai T100 Triathlon awards ceremonies will take place by the Finish Line on the main stage in Meydan.

We will be awarding male and female top 3 finishers by Age Group (every 5 years)

Saturday

10:30 - 11:00 T100 Sprint Triathlon

Sunday

14:50 - 15:30 T100 100km Triathlon

MORE INFORMATION

If you have any further questions about the event please email dubait100help@falconandassociates.ae and one of our team will be in touch.

TOILETS

There are toilet facilities available in transition, swim start, and at the finish line.

VOLUNTEERS

We have a fantastic team of volunteers supporting you at the Age-Group inaugural Dubai T100 Triathlon, so please remember to give them a big shout out when you see them during your race!

CHANGING FACILITIES

Be aware that there will be no changing areas.

FOOD AND BEVERAGES

At the Meydan location there are multiple food trucks in the area, in addition to the post-race food that you will receive upon finishing.

Use the numerous litter bins around the venue to help keep the venue tidy. Please remember to recycle where possible.

LITTER

Please use the bins provided. If using nutrition products while racing, please do not drop them on the floor, take them back with you or drop them in the bins in the litter zones (on the run/cycle route).

Penalties apply for littering.

LOST PROPERTY

Please hand any items found to the Information booth point within the Expo.. We will hold onto any lost property for 30 days after the race. dubait100help@falconandassociates.ae