QATAR

T100

TRIATHLON

December 11th to 12th 2026

ATHLETE GUIDE

100km Sprint

Please read carefully

PLEASE NOTE INFORMATION IN THIS DOCUMENT IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. UPDATES WILL BE POSTED AT THE ATHLETE BRIEFING.

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WELCOME

It is our great pleasure to welcome you to Qatar for the Qatar T100 Triathlon World Championship Final 2026. We are honoured to host this prestigious event in Lusail City for the second consecutive year, bringing together the world's leading triathletes and amateur athletes from across the globe for an exceptional celebration of sporting excellence.

As the culmination of the 2026 T100 Triathlon World Tour, which spans nine international destinations, the championship further reinforces Qatar's position as a leading destination for international sporting events. Building on the success of last year's edition, which welcomed more than 5,000 amateur athletes from 82 countries, we look forward to welcoming participants from around the world once again. Their presence reflects Qatar's continued commitment to delivering world class sporting experiences and hosting major international competitions.

Beyond the competition, we hope your visit offers an opportunity to discover all that Qatar has to offer. As Doha celebrates its designation as GCC Tourism Capital 2026, we invite you to explore the country's rich cultural heritage, vibrant attractions, exceptional dining experiences and renowned hospitality, ensuring your time in Qatar is as memorable beyond the racecourse as it is on it.

We extend our sincere appreciation to the organisers, partners and volunteers whose dedication and efforts have helped make this event possible. To all participating athletes, we wish you every success in the competition and a memorable stay in Qatar.

Welcome to Doha, and welcome to the Qatar T100 Triathlon World Championship Final 2026.

Eng. Abdulaziz Ali Al Mawlawi
Chief Executive Officer, Visit Qatar

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

The Qatar T100 follows World Triathlon rules and upholds strict safety and contingency protocols to ensure a fair and secure race.

It is the responsibility of all participants to read and understand the Athlete's Guide, which contains essential race regulations, course details, and important event information.

Please review it carefully to be race-ready.

VISIT

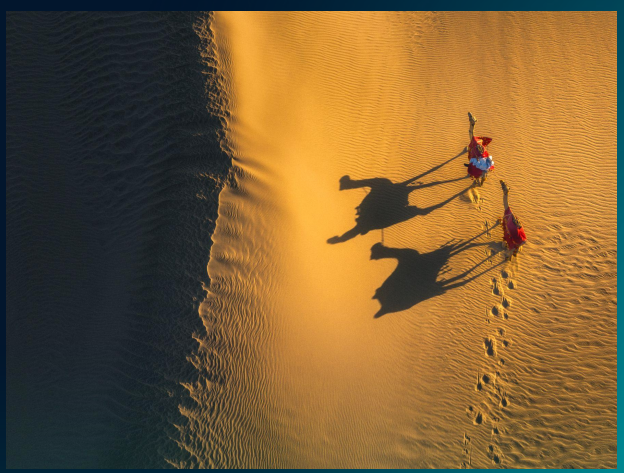
Qatar offers a distinctive blend of cultural heritage and contemporary development. From world-class museums and vibrant waterfronts to family-friendly leisure destinations and cultural landmarks, there is always something new to explore.

Among the country's most recognisable landmarks is the National Museum of Qatar, designed to resemble the desert rose. Nearby, the Museum of Islamic Art, an architectural icon on the Corniche, houses one of the world's most significant collections of Islamic art. Visitors can also explore the 3-2-1 Qatar Olympic and Sports Museum, which celebrates global sporting history through interactive exhibits.

Those interested in heritage will be drawn to Souq Waqif, where traditional architecture, local craftsmanship and vibrant shops reflect Qatar's trading past. For a contemporary urban experience, Msheireb Downtown Doha showcases a blend of culture and modern design, while Lusail City represents Qatar's dynamic future with its marinas, boulevards and entertainment venues.

Across the city, visitors can enjoy a growing collection of lifestyle destinations. Katara Cultural Village serves as a hub for arts, performances and seasonal events, while The Pearl and Gewan Island offer scenic promenades, luxury dining and boutique retail experiences. Al Maha Island has become one of Qatar's leading entertainment districts, home to Lusail Winter Wonderland and a variety of restaurants. Meryal Waterpark, located in Lusail, houses the world's tallest waterslide, and offers an exciting experience for families and adventure seekers. Westwalk, a lively mixed-use destination, brings together dining, retail and leisure in a modern, open-air setting.

This season also sees the arrival of Bubble Planet: An Immersive Experience at Qatar National Convention Centre, open from 6 December 2026 to 6 February 2027.





VISIT

Qatar's retail landscape combines elegance, scale and variety. Place Vendôme in Lusail offers luxury brands in a Parisian-inspired waterfront setting, while Doha Festival City and the Mall of Qatar provide a mix of international fashion, dining and family entertainment.

Qatar's dining scene is equally diverse, offering flavours from around the world. From MICHELIN-starred restaurants and innovative fine dining concepts to authentic street food and hidden local gems, the country's culinary offerings reflect its cultural diversity and passion for excellence.

Beyond the city, visitors can explore Sealine Beach and the surrounding dunes to experience Qatar's desert landscapes, or head north to the mangroves of Al Thakira, where kayaking and birdwatching reveal another side of the country's natural beauty.

Together, these destinations highlight Qatar's evolving identity as a place where heritage, innovation and hospitality come together to create a distinctive and welcoming experience for every visitor.

Doha is where coastal beauty meets desert horizons, and where modern cityscapes rise beside vibrant cultural heritage. A destination shaped by tradition and ambition, it offers warm Arabian hospitality, world-class attractions, diverse dining, and a growing calendar of global sporting events. From its waterfront promenades to its golden dunes and island resorts, Qatar is a place to explore, discover and feel at home.





VISIT

A Sporting and Outdoor Paradise

Whether you're drawn to the sea, the desert or the energy of a modern city, Doha offers the perfect setting for outdoor adventure. Surrounded by the Arabian Gulf, Qatar is a natural playground for activities such as sailing, paddleboarding, kayaking, kite surfing and diving. Beyond the city, sweeping dunes and quiet wilderness areas provide a striking backdrop for desert safaris, camping and off-road experiences.

As a hub for world-class sports, Qatar welcomes both spectators and participants. From hosting global tournaments to offering everyday pursuits such as running, cycling and beach workouts, Doha caters to every level of athlete and enthusiast.

Desert Adventures and Cultural Encounters

To the south-east lies the Inland Sea (Khor Al Adaid), where the desert meets the ocean in one of the region's most distinctive natural settings. Visitors can enjoy dune bashing, camel rides or nights in traditional camps, experiencing the calm and beauty of Qatar's desert landscape.

Further north, the scenery changes once again. Rocky formations in Zekreet, ancient carvings at the Jassasiya Rock Art Site and coastal heritage landmarks such as Al Zubarah Fort, a UNESCO World Heritage Site, reflect centuries of culture and history within remarkable surroundings. These sites offer a contrast to Doha's modern skyline and architectural landmarks.

A City of Culture and Warmth

Named GCC Tourism Capital 2026, Doha continues to welcome the world with its rich cultural offering and world-class facilities. Visitors can explore the traditional Souq Waqif, the creative Katara Cultural Village and the beautifully restored Msheireb Downtown Doha. Qatar's museums, including the Museum of Islamic Art and the National Museum of Qatar, offer insights into the country's past and present.

Discover Qatar

With year-round sunshine, a packed Qatar Calendar of events and a balance of authenticity and modernity, Qatar invites you to explore its treasures, from the desert to the sea and from heritage to innovation.



VISIT

Training Opportunities in Lusail and Beyond

Athletes preparing for the Qatar T100 Triathlon World Championship will find a variety of excellent training locations both in Lusail and across the wider Doha area. In Lusail itself, the ASC Sports Center offers a well-maintained swimming pool ideal for training.

For cycling, the Lusail International Circuit provides a smooth, traffic-free environment. Nearby, the Lusail Marina Promenade offers a scenic and well-lit route for running.

Those wishing to train further afield can explore the Aspire Zone in Doha, home to world-class sports facilities including Olympic-standard pools, running tracks, and strength and conditioning gyms. Cyclists looking for longer endurance rides may enjoy the open roads around Al Khor Coastal Road or Dukhan Highway, while runners seeking variety can use the Corniche in central Doha, a flat, waterfront route with dedicated pedestrian lanes and beautiful views of the skyline.

All these venues are within 30–45 minutes' travel from Lusail, offering athletes convenient and high-quality options for swim, bike, and run preparation ahead of race day.





EVENT SCHEDULE

World Triathlon

Wednesday, December 9th

TIME	ACTIVITY	LOCATION
15:00 -18:00	Race Pack Collection	Lusail Plaza - Under the Whale Shark

Thursday, December 10th

TIME	ACTIVITY	LOCATION
10:00–21:00	Expo Open	Lusail Boulevard Under the Whale Shark
10:00-19:30 (closed 16:00-18:30)	Sprint Race Pack Collection	Lusail Boulevard Under the Whale Shark
10:00-19:30 (closed 16:00-18:30)	100km Race Pack Collection	Lusail Boulevard Under the Whale Shark
10:00-17:30	Kick Off Run Race Pack Collection	Lusail Boulevard Under the Whale Shark
10:30 - 20:00	Sprint bike check in	Age Group Transition
10:00 - 10:30	Sprint AG Briefing plus Live Q&A	Lusail Boulevard Screen at Packet Pick Up
12:00-13:00	T100 Briefing & Live Q&A	Lusail Boulevard - Whale Shark Big Screen
17:45	1K Kick Off Run start	Lusail Boulevard - Whale Shark
18:30	5K Kick Off Run Start	Lusail Plaza - Under the Whale Shark

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EVENT SCHEDULE

Friday, December 11th

TIME	ACTIVITY	LOCATION
05:00 - 06:30	Sprint Transition Open	Age Group Transition
06:45	Sprint Triathlon Start	Swim Start
09:00-21:00	Expo Open	Lusail Boulevard - Under the Whale Shark
10:00 - 12:00	Sprint Transition open for bike collection	AG Transition
10:45 - 11:15	Sprint AG awards	Lusail Plaza Main Stage
12:00 - 15:00	Race Pack Collection	Lusail Boulevard - Under the Whale Shark
12:05	PRO Women Race Start	Lusail Ferry Dock
13:00 - 16:00	100km Triathlon Bike & Helmet Check-in MANDATORY	Lusail Car Park
16:15 - 16:30	PRO Award Ceremonies Women	Lusail Plaza - Stage
17:00 - 18:15	World Championship Age Group opening Ceremonies	Lusail Boulevard - Under the Whale Shark

EVENT SCHEDULE

World Triathlon

Saturday, December 12th

TIME	ACTIVITY	LOCATION
5:00 - 6:40	100km Transition Area Open (no bike check in)	Lusail Car Park AG Transition
06:15 - 06:35	World Championship T100 Start	Lusail Ferry Dock
7:00-07:25	100km Triathlon Race Start (Waves 1-6)	Lusail Ferry Dock
09:00 - 17:00	Expo Open	Lusail Boulevard under the Whale Shark
12:00 - 16:00	Bike check out	Lusail Car Park AG Transition
13:05	Pro Mens Race Start	Lusail Ferry Dock
17:00 - 17:15	Pro Men Awards Ceremony	Lusail Plaza Stage
17:30 - 18:00	Age Group World Championship Awards	Lusail Plaza Stage
18:30 - 19:00	T100 Age Group Awards	Lusail Plaza Stage
19:00 - 19:30	Closing Ceremony & Celebration	Lusail Plaza Stage

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KICK OFF RUN

THURSDAY DECEMBER 10TH, LUSAIL PLAZA

Be part of the action and join the Qatar T100 Kick-off Run.

This fun, celebratory and inclusive event gives everyone a chance to take part in the electrifying finale of Race to Qatar; Simply register, turn up in the evening and walk, jog or run with thousands of others across 5km or 1km distances.

Light up the city streets with your friends, family, fellow countrymen and athletes. Become part of a bigger community and kick off the T100 weekend the right way!

START TIME

1km: 17:45

5km: 18:30



OPENING CEREMONY

FRIDAY DECEMBER 11TH, LUSAIL PLAZA
18:30 - 19:30

Come and spectate as we kick off the event in true international spirit at our Celebration Walk!! This vibrant celebration brings together age group athletes representing nearly 100 nationalities.

EACH COUNTRY WILL BE LINED UP IN ALPHABETICAL ORDER.

MEETING POINT FOR THE CELEBRATION WALK WILL BE AT THE WHALE SHARK NEAR PACKET PICK UP

Each country will be marked by a sign at the line up area.

Please, make sure you allow plenty of time to come before the start to find your country and line up to ensure a smooth process of the parade and timely start!



VENUE MAP

LUSAIL PLAZA

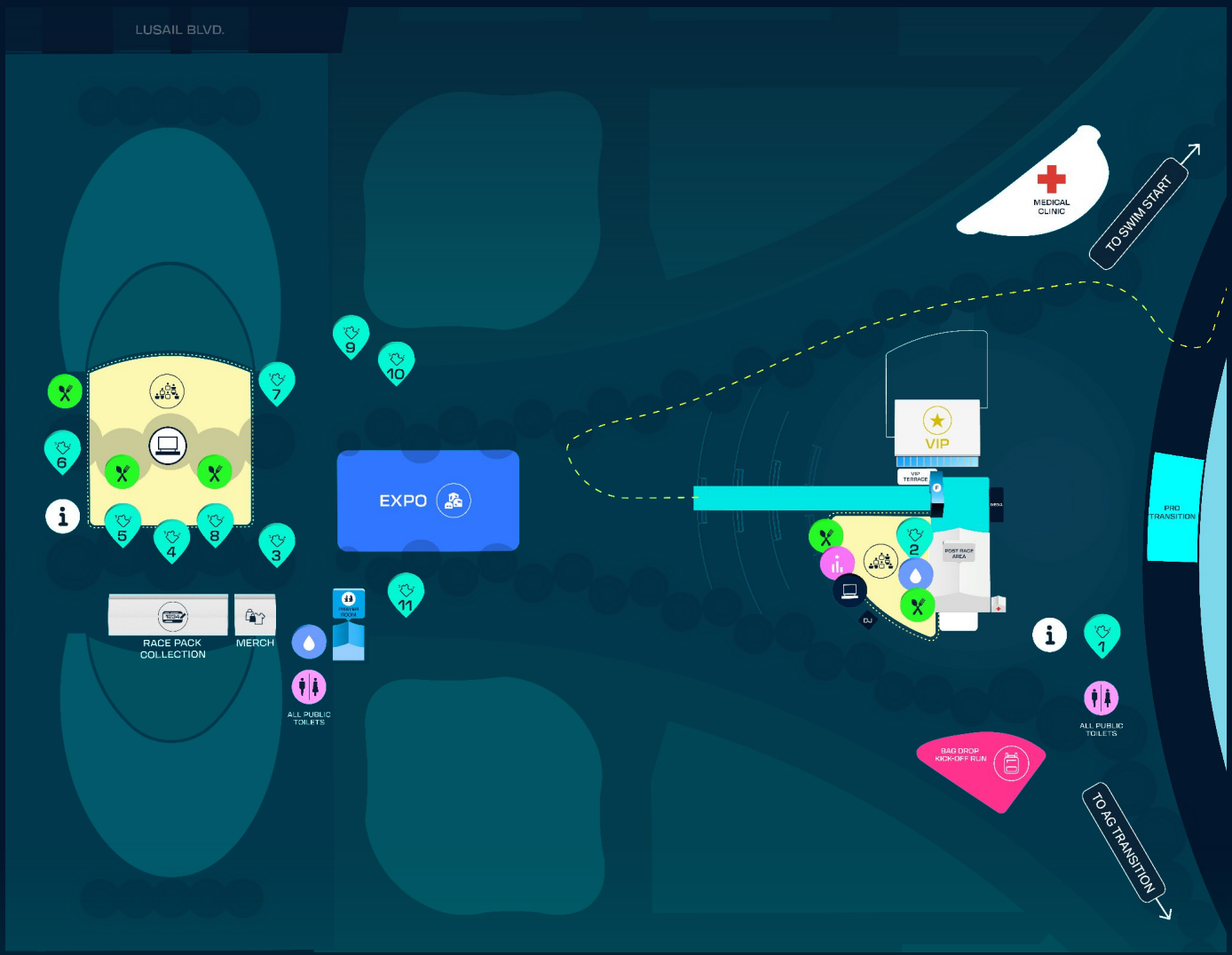
QATAR T100 TRIATHLON

KEY

- LED Screen / Stage
- Information
- Food Vendor
- Public Seating Area
- Run Course
- Merch
- Race Pack Collection
- Expo
- Prayer Room
- Finish Line
- All public toilets
- Medical Services
- VIP
- Podium
- Post race Area
- Drinking Water
- Bag drop-off : Kick-Off Run
- Pro Transition

ACTIVATIONS

1. Guess Who?
2. Photo opportunity
3. Kids Poster
4. Name Wall
5. Good Luck Wall
6. Transition Challenge
7. MOSY
8. Corn Hole
9. Kids Bikes
10. Mini Golf
11. Battle Braids



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PARKING & KEY VENUE LOCATIONS

KEY LOCATIONS - WHAT3WORDS

Head to What3Words and type in the three key words below to get the exact location for each area. Alternatively, click on the links below next to each location.

Parking: **boggles.less.deeds**
Race Pack Collection: bathtubs.applauded.divided
Start Area: **windy.parked.lake**
Finish Area: **responded.novelist.clocked**
Age-Group Transition: **drop.boarded.amending**
Pro Transition: parkland.wages.firming

PARKING

Parking: **boggles.less.deeds**

Scan the QR code below for the vehicle access routes to the official event parking areas.



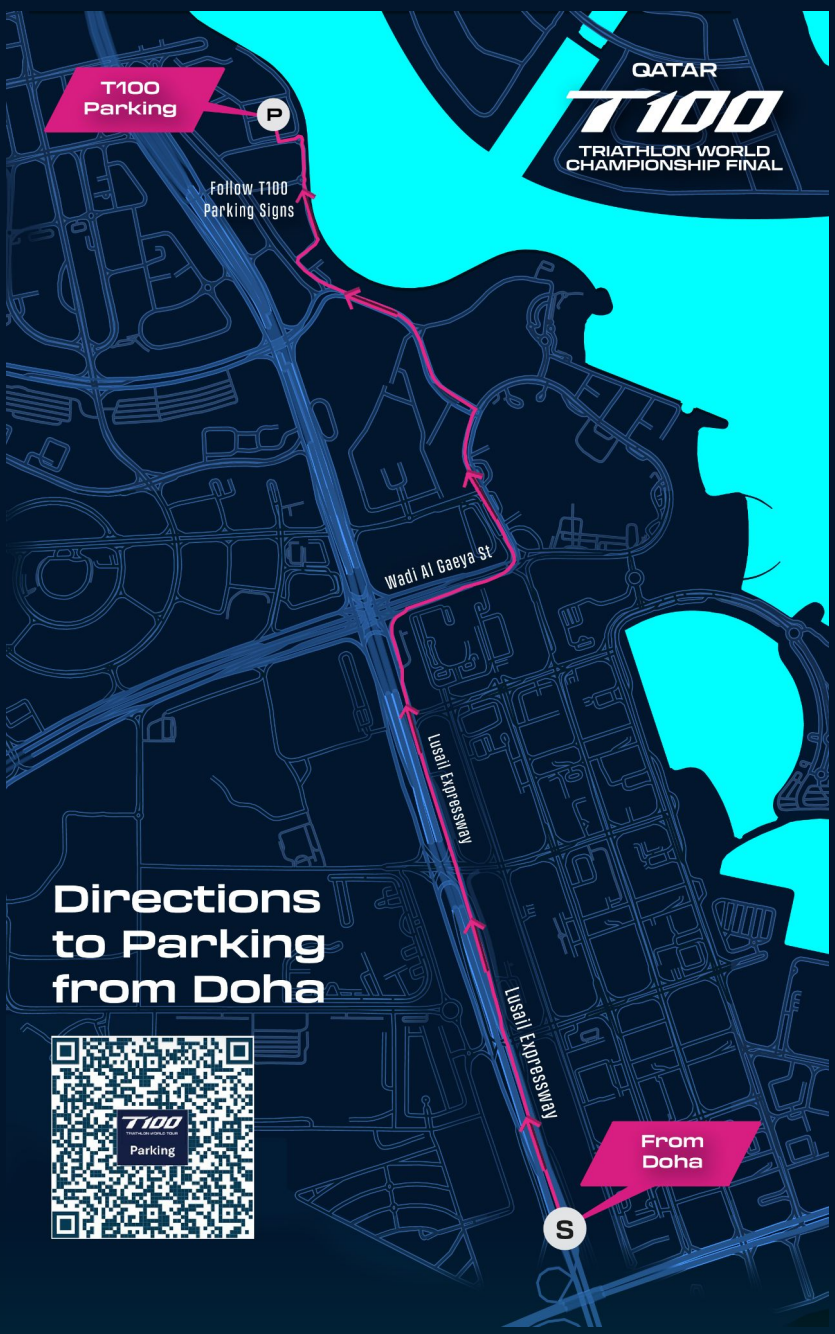
PARKING ACCESS

PARKING

Scan or click on the QR code for access routes

Primary Parking

Lusail South Parking lot (boggles.less.deeds)



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RACE PACK COLLECTION

RACE PACK COLLECTION

You will need:

1. RACE QR CODE
2. PHOTO ID



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

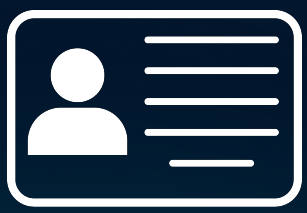
Wednesday, 9th December
15:00 - 18:00

Thursday, 10th December
10:00 – 19:30 (closed 16:00 – 18:30)

Friday, 11th December
12:00 - 15:00

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 can be accessed from your confirmation email and race dashboard.



BIB NUMBER
Your bib number will be available on your participant dashboard from Monday 7th December

CAN'T FIND YOUR QR CODE
Having trouble finding your QR code? Simply visit your dashboard, select 'My Registration' from the toolbar, select 'Click here to have your confirmation email resent', enter your email address (lower case only), and select 'Send Email'. Make sure to check your spam folder too.



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 & HELMET CHECK-IN TIMES (100km & Sprint Athletes)

- Requirements: Bike and helmet check mandatory
- Helmets can be left in your SWIM-TO-BIKE bag
- Helmets that don't fit in the bag must be clipped and attached around your bike handlebars
- Note: No bike check-in on race morning!
- 24 hour security will be provided

Thursday, 10th December 10:30-20:00- SPRINT Bike & Helmet Check In Times
Friday, 11th December 13:00 - 16:00 - T100 Bike & Helmet Check In Times

TRANSITION ON RACE DAY

- Hours: 05:00 - 06:40 Transition is open
- Allowed Items: Only race essentials may be left in transition; no personal bags.

Reminder: No bike check-in on race day!

BIKE CHECK OUT

- Sprint: Friday 11th December 10:00 - 12:00,
- 100km : Saturday 12th December 12:00 - 16:00

EXPO

LOCATION: Lusail Plaza

EXPO OPENING HOURS:

- 10th Dec 10:00 until 21:00
- 11th Dec 09:00 until 21:00

- 12th Dec 09:00 until 17:00

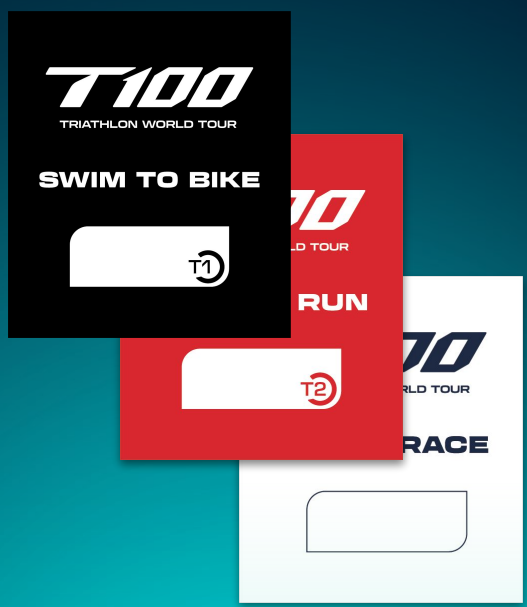
100KM & SPRINT RACE PACK CHECKLIST

World Triathlon

RACE PACK CHECKLIST:

- ❑ **One (1) Wristband**
- ❑ **One (1) Bib Numbers**
  - *To be worn on the front on the run. Place this in your Bike to Run Bag (RED).*
- ❑ **One (1) Sticker sheet**
  - ❑ *3x Helmet Stickers*
  - ❑ *1x Bike Post Sticker*
  - ❑ *3x Transition Bag Stickers*
  - ❑ *1x Additional Bag Sticker*
- ❑ **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.
- ❑ **One (1) 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 (allocated 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 75 for any unreturned timing chips.**

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SWAG COLLECTION CHECKLIST

World Triathlon

T100 SWAG CHECKLIST:

- ❑ One (1) T100 Backpack (100km) or
  *T100 Drawstring Bag (Sprint)
- ❑ One (1) T100 Patch
- ❑ One (1) T100 Participant T-Shirt
- ❑ One (1) Finisher Medal
  - ❑ Awarded Post Race







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SPRINT & 100KM BIKE CHECK - IN

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

MANDATORY BIKE & HELMET CHECK IN TIMES

Requirements: Bike and helmet check mandatory; Bike and helmet to be checked in during bike check-in and left overnight (24 hour security provided). Note: No bike check-in on race morning!

SPRINT Bike & Helmet Check In Times
Thursday, 10th December 10:30-20:00

T100 Bike & Helmet Check In Times
Friday, 11th December 13:00 - 16:00

BIKE CHECKS

It is your responsibility to bring a bike 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 from AL GHARIYA CYCLING

HOURS	DAY	LOCATION
10:30 - 20:00	Thursday	Age Group Transition
13:00 - 16:00	Friday	Age Group Transition

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

AFTER RACE (WHITE BAG) (ALL ATHLETES) - to be dropped at the bag drop area on your way to the swim start It is just outside transition. It can be collected in the same area after you finish the race. Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.

SWIM TO BIKE (BLACK BAG) - Swim-to-Bike bag, to hang in transition inside the changing tents on the bag rack lower hooks. If your helmet will not fit in your bag, please keep it on your bike handlebars. Volunteers will hang your used bags back on the same hook.

BIKE TO RUN (RED BAG) - Bike-to-Run, to hang in transition inside the changing tents on the bag rack upper hooks. Volunteers will hang your used bags back on the same hook.

SPRINT ATHLETES - Hang your black and red bags on the hook provided next to your bike in transition. The changing tents are optional.



TRANSITION BAGS CHECK-IN

PREPARING YOUR TRANSITION BAGS



SWIM TO BIKE BAG (BLACK)

1. Stick a numbered transition bag sticker on the bag, we recommend using a permanent marker too
2. Place all the cycling gear you need for the race into this bag. Examples:

- Cycling shoes must be clipped onto the bike or left in the bag.
- Helmet must be left in the bag or if it doesn't fit, clipped to your bike
- Sunglasses, nutrition etc

BAG DROP-OFF

- Hang this when you rack your bike the day before the event. You will be able to add items to your bag (nutrition etc) on the morning of your race.
- 100km athletes to hang this on the bag rack hooks inside the changing tents. Hang this on the top row.
- SPRINT athletes should hang this on the hook provided next to your bike in transition.



BIKE TO RUN BAG (RED)

1. Stick a numbered transition bag sticker on the bag, we recommend using a permanent marker too
2. Place all the running gear you need for the race in this bag. Examples:

- Bib number - to be worn on the run and pinned on your race belt or running shirt, making it visible from the front
- Running shoes, running cap, sunglasses, run nutrition

BAG DROP-OFF

- Hang this when you rack your bike the day before the event. You will be able to add items to your bag (nutrition etc) on the morning of your race.
- 100km athletes to hang this on the bag rack hooks inside the changing tents. Hang this on the bottom row
- SPRINT athletes should hang this on the hook provided next to your bike in transition.

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AFTER-RACE BAG & POST-RACE COLLECTION

PREPARING YOUR AFTER-RACE BAG



PREPARATION

1. Stick your numbered sticker on the after-race bag. We recommend using a permanent marker too
2. Place any gear you need post-race into this bag. Examples:
   clean clothes, towel, toiletries etc

BAG DROP-OFF

1. To be dropped at the bag deposit area on race morning with all your dry gear in it. You will be able to collect this bag from the same area after your race.
2. The bag deposit tent will be just outside transition
3. **Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.**

Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition. Make sure they are clearly labelled with your race number

Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.

100KM SWIM WAVES

100KM AGE GROUP SWIM WAVE TIMES

Athletes have until 1st December to update their swim time via their Race Dashboard. Wave numbers will be visible on your race dashboard from Tuesday 9th December.

WAVE	PROJECTED 2KM SWIM TIME	CAP COLOUR
Wave 1 - 7:00	Under 36 min	Red
Wave 2 - 7:05	36 - 40 min	Blue
Wave 3 - 7:10	41 - 49 min	Orange
Wave 4 - 7:15	50 - 54 min	Green
Wave 5 - 7:20	55 - 60 min	Pink
Wave 6 - 7:25	61+ min	Yellow

Please make your way to the Swim Start Area at least 20 minutes before your race start time. The Swim Start Area is a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, please check your Race Dashboard for this information and it will be available from Tuesday 9th December

SPRINT SWIM WAVES

SPRINT AGE GROUP SWIM WAVE TIMES

Athletes have until 1st December to update their swim time via their Race Dashboard. Wave numbers will be visible on your race dashboard from Tuesday 9th December.

WAVE	PROJECTED 750M SWIM TIME	CAP COLOUR
Wave 1 - 06:45	Under 17 min	Blue
Wave 2 - 06:50	17 - 20 min	Orange
Wave 3 - 06:55	21 - 29 min	Green
Wave 4 - 07:00	30 - 39 min	Pink
Wave 5 - 07:05	40 - 59 min	Yellow
Wave 6 - 07:10	60 min	Purple
Wave 7 - 07:15	60+ min	Red

Please make your way to the Swim Start Area at least 20 minutes before your race start time. The Swim Start Area is a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, please check your Race Dashboard for this information and it will be available from Tuesday 9th December

AG SPRINT COURSE

Swim - 1 Lap - GPX File

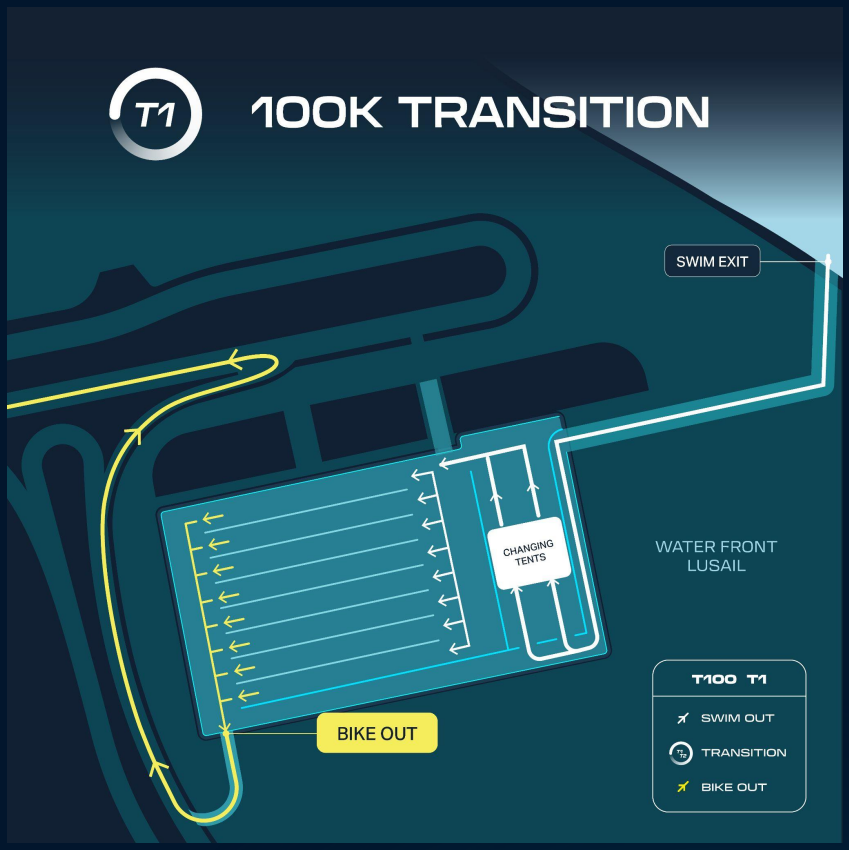
Bike - 1 Lap - GPX File

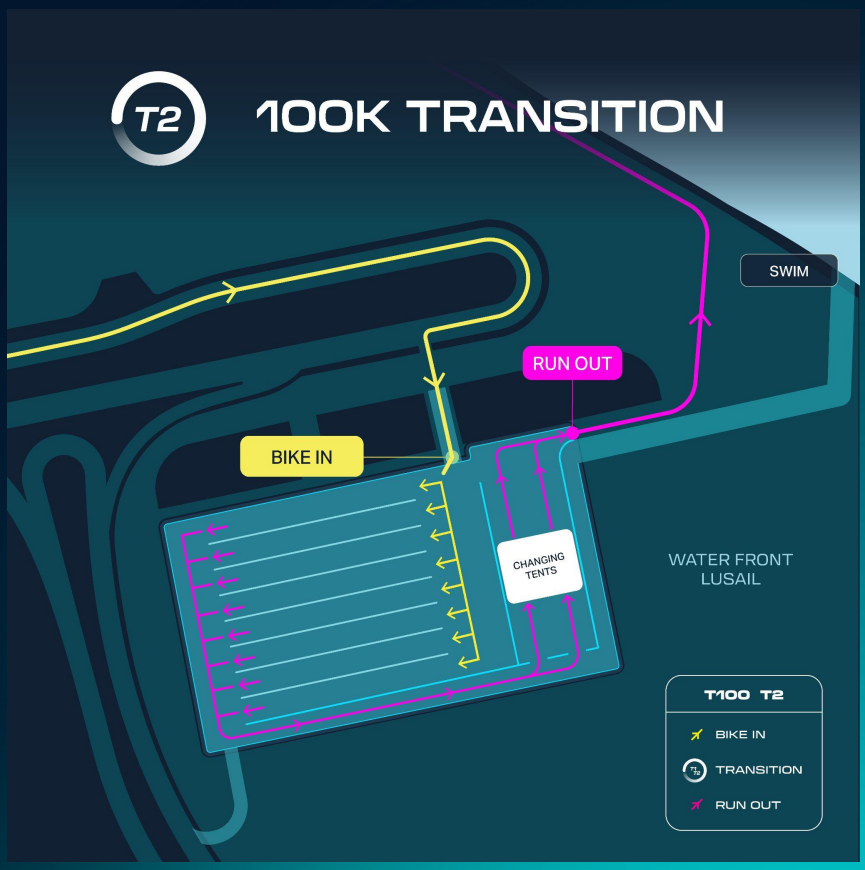
Run - 1 Lap - GPX File



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

AG SPRINT TRANSITION FLOWS





AG 100KM COURSE

Swim – 2 Laps with aussie exit – GPX File

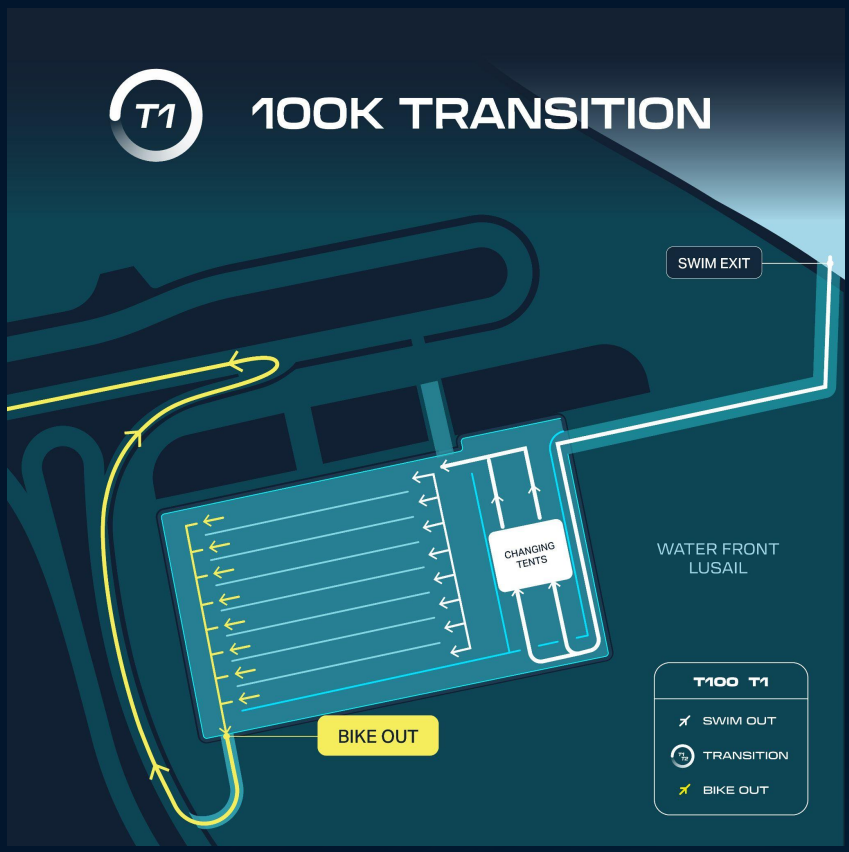
Bike – 4 Laps – GPX File

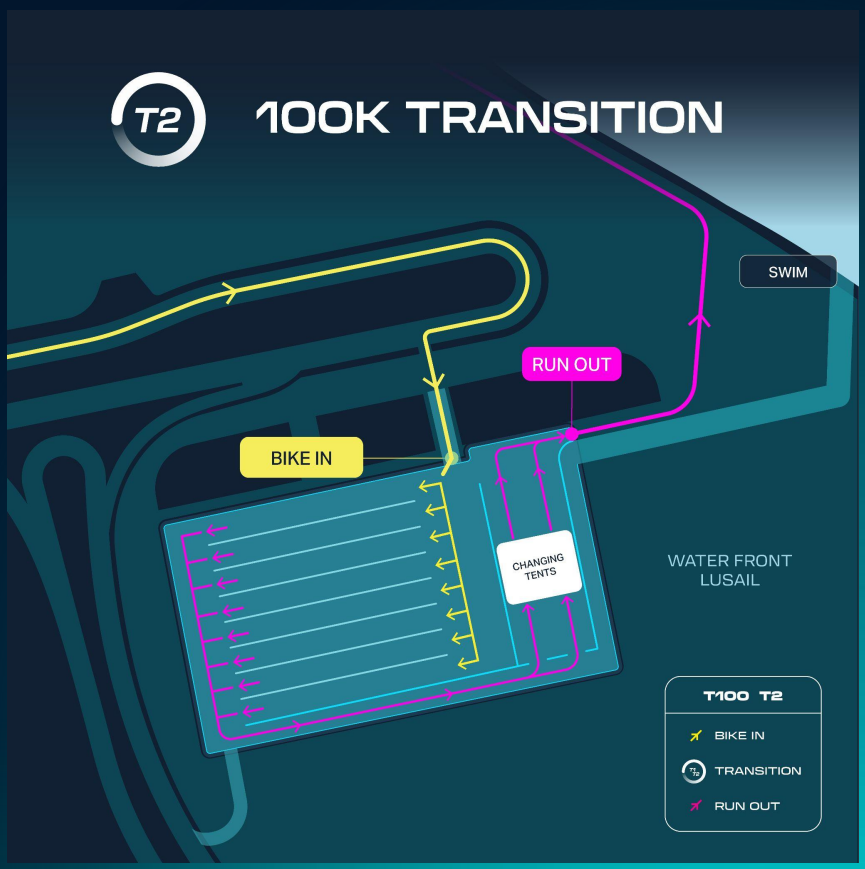
Run – 3 Laps – GPX File



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

AG 100KM TRANSITION FLOWS





CUT-OFFS

100km AGE GROUP CUT OFF TIMES

Discipline		CUT OFF TIME
Swim	Swim	09:05
Swim + Bike	Start Last Bike Lap	11:05
	Bike	12:00
Run	Last Lap Cutoff	14:05
Run	Intermediate Run Cutoff 1	14:20
Run	Intermediate Run Cutoff 2	14:30
Swim + Bike + Run	Last Runner	15:10

SPRINT AGE GROUP CUT OFF TIMES

Swim 07:45
Bike 09:45
Last Finisher 11:00

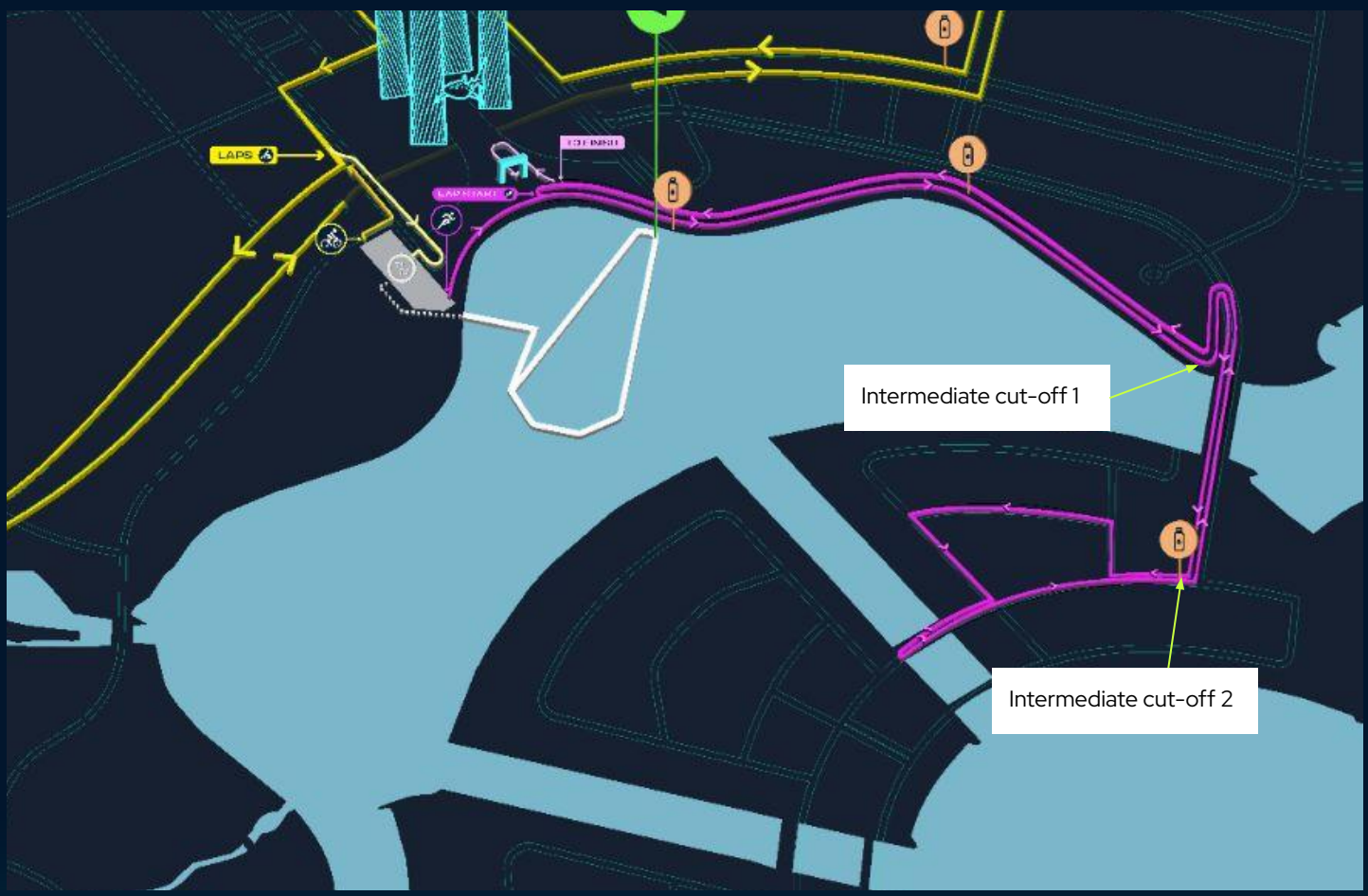
AG 100KM CUT-OFFS LOCATION

Last lap cut offs (swim, bike and run) - you need to have started your last lap by this time otherwise you will be directed back to transition to start the next discipline (swim & bike) or to the finish (run).

Intermediate cut offs (run) - If you have not reached these points by the cut-off times, you will directed to turn at the intermediate point and return to the finish.

COURSE CUT-OFFS

- Swim course lap one cut-off: 08:15
- Swim course cut-off: 09:05
- Bike course last lap cut-off: 11:05
- Bike course cut-off: 12:00
- Run course last lap cut-off 14:05
- Run course intermediate cut-off 1: 14:20
- Run course intermediate cut-off 2: 14:30
- Run course cut-off: 15:10



100KM / BIKE AID STATION

- There will be one (1) bike aid station located on Lusail Street. You will pass it for a total of four (4) times while on the bike course.
- Pre-filled bike bottles of water and Maurten will be provided as well as Gels.



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 opposite side of the aid station.

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.

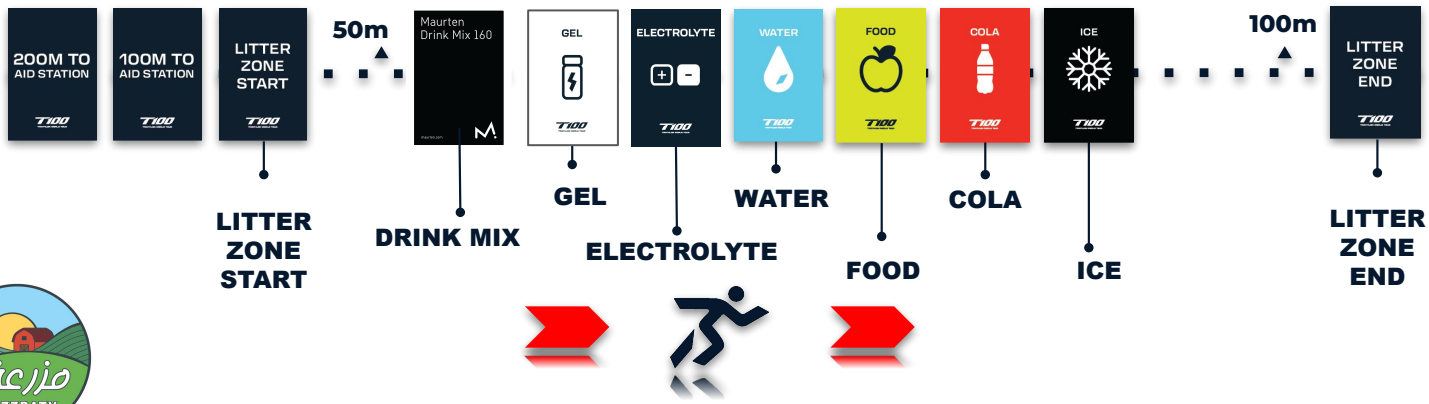
EMPTIES/WASTE/DROP ZONES

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

AGE GROUP RUN AID STATIONS

- There will be **one (1) single sided & two (2) double sided aid stations** on the 100km run course.
- There will be **one (1) single sided & one (1) double sided aid station** on the sprint run course.
- There will be a range of hydration and nutrition options including water with Maurten, Mazzraty, Gels, snacks, and cola.

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 opposite side of the aid station.

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.

TIMING CHIP INFO

TIMING CHIPS

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.

Securely store your timing chip after you receive it, and don't forget to bring it along on the morning of the race!



TIMING CHIP
Securely strap it around your left ankle for the whole race.

Notes:

- Wear the Timing Chip on your left ankle, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category ranking.

Failure to wear your timing chip throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.

RACE WITHDRAWAL & TIMING CHIP RETURN

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to the Information Booth located in the T100 Race Registration area.

After your race, return your timing chip at the finish line. If you don't finish the full race - please hand your chip in at Transition

If you fail to return your timing chip or strap, a replacement charge of US$75 will be applied.

PREPARE FOR THE HEAT

Remember, the heat can be challenging, so it is important to prioritise your safety and wellbeing. Stay mindful of your body's signals, stay hydrated, and take breaks if needed. With proper preparation and precautions, you will be better equipped to handle the heat and perform at your best during the race in Qatar.

HYDRATION

Start hydrating a few days in advance of the race day. Drink plenty of water and electrolyte-rich fluids to maintain proper hydration levels. Carry a water bottle with you and sip regularly throughout the day. During the race, take advantage of the aid stations to replenish fluids and electrolytes.

HEAT ACCLIMATISATION

If you are not accustomed to heat and humidity of Qatar, it is essential to acclimate yourself beforehand. Gradually expose yourself to the heat by training in similar conditions. This will help your body adapt and perform better on race day.

CLOTHING & SUN PROTECTION

Wear lightweight, breathable, and moisture-wicking clothing to stay cool during the race. Opt for light-colored attire to reflect sunlight. Cover the shoulders. Do not forget to apply waterproof sunscreen with high SPF to protect your skin from the intense sun.

PACING

Pace yourself and listen to your body. Do not try to push yourself too hard from the start; instead, conserve energy and gradually increase your effort as the race progresses.

SYMPTOMS OF HEAT EXHAUSTION:

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or vomiting
- Muscle cramps
- Pale, cool, or clammy skin
- Rapid but weak pulse

WHAT TO DO IN CASE OF SUSPECTED HEAT EXHAUSTION:

- Stop Running Immediately – Find shade or a cool area.
- Alert one of the course marshals who will alert the Medical Team.
- Hydrate – Drink water or an electrolyte-rich drink.
- Cool Down – Use a wet towel, pour cool water over yourself.
- Rest – Lie down and elevate your legs slightly if you can.
- Wait for a Medical staff to arrive.

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AWARDS CEREMONY

Friday, December 11th

10:45 - 11:15	*SPRINT AWARD CEREMONY*	Lusail Plaza Main Stage- by the finish line

Saturday, December 12th

17:30 - 18:00	*100KM T100 TRIATHLON AGE-GROUP WORLD CHAMPIONSHIP AWARD CEREMONY*	Lusail Plaza Main Stage- by the finish line
18:30-19:00	*T100 TRIATHLON AGE-GROUP AWARD CEREMONY*	

TOP 3 MALES & FEMALES IN EACH AGE CATEGORY WILL RECEIVE A PLACE MEDAL

Age categories will run from 16-19 (Sprint) and 18-19 (100km) and then every 5 years, 20-24, 25-29, 30-34 etc.



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JOIN THE QATAR T100 COMMUNITY WHATSAPP GROUP

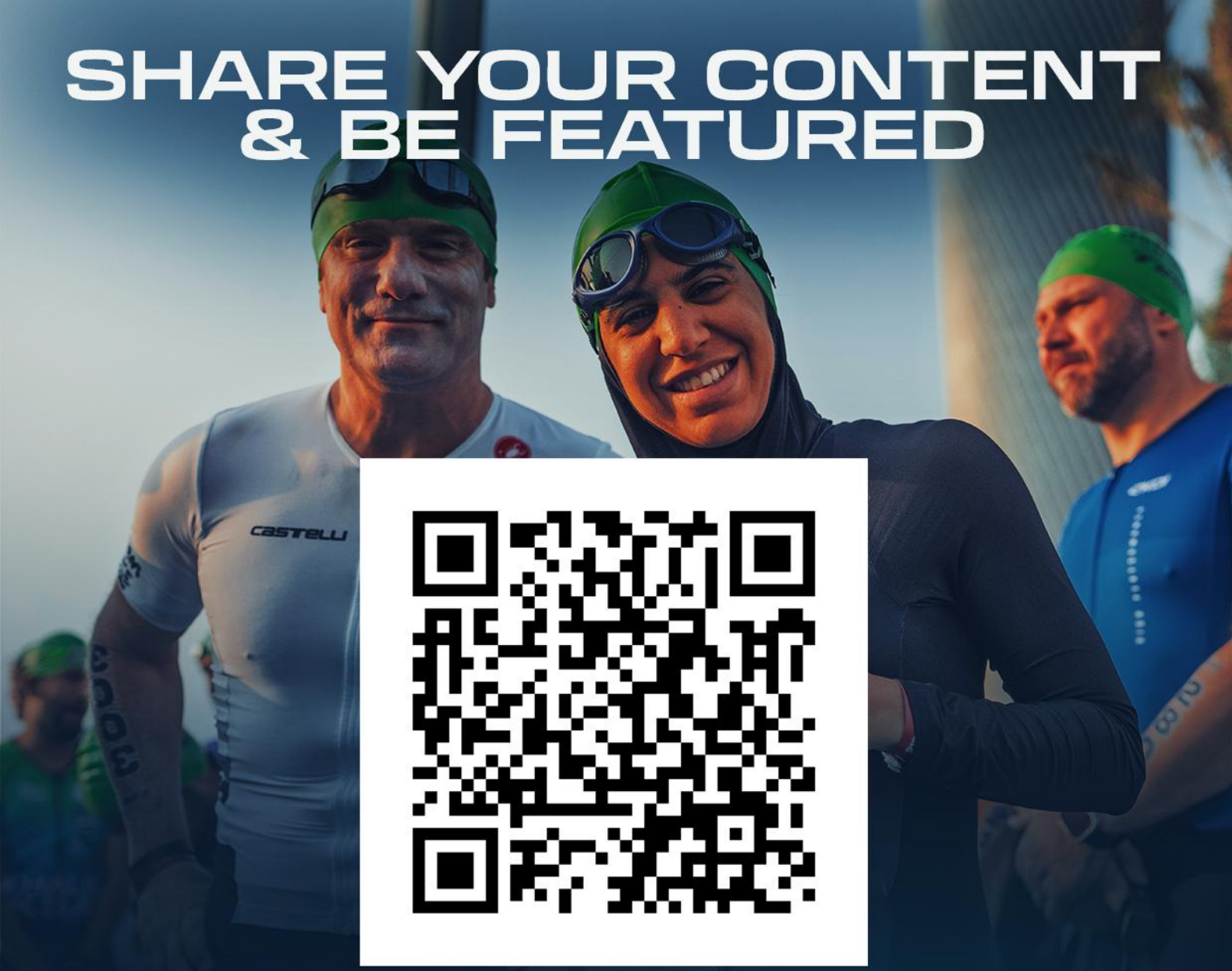
Stay connected with the T100 community in Qatar!

Join our WhatsApp group for the latest community updates, event information and opportunities to connect with fellow athletes.

Scan the QR code below or click the link to join!

https://chat.whatsapp.com/H6NPfuXEsPrESRCyYJOkFQ

SHARE YOUR CONTENT & BE FEATURED



Scan the QR code to share your Qatar T100 experience

We want to see how you're getting ready for the T100 Triathlon!

Qatar is calling from the 10-12 December 2026. From your early morning training all the way to your night sessions, we want to see it all. How have you been preparing for the T100? What has been keeping you motivated to keep pushing?

We will be sharing your content on our social channels, to get everyone hyped for the Qatar T100. We're excited to see your photos and videos!

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T100 / ATHLETE TRACKING APP

World Triathlon

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!



Download on the App Store

GET IT ON Google Play

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PRO RACE SCHEDULE & BROADCAST - FRIDAY 11th DECEMBER and SATURDAY 12th DECEMBER

TIME	EVENT	LOCATION
Friday 12:05	PRO Women Race Start	Lusail Ferry Dock
Friday 16:15	PRO Award Ceremonies Women	Lusail Plaza - Stage
Saturday 13:05	PRO Men Race Start	Lusail Ferry Dock
Saturday 17:00	PRO Award Ceremonies Men	Lusail Plaza - Stage



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Natural Water مياه طبيعية

al Ghariya CYCLING

RELAYS

Registration

One person from the team can collect the race pack on behalf on their teammates. Once you have arrived at the venue, follow signs for the Event Village. Race Pack Collection is located next to this area.

NOTE: If you are collecting on behalf of a teammate, please ensure you have a photo or physical copy of their ID.

Where to stand and wait for your teammate in transition?

Both the cyclist and the runner will wait for their respective team-mate at their allocated bike slot in transition. There is no need to stand and wait there from the beginning but make sure you are in position when your teammate is entering transition.

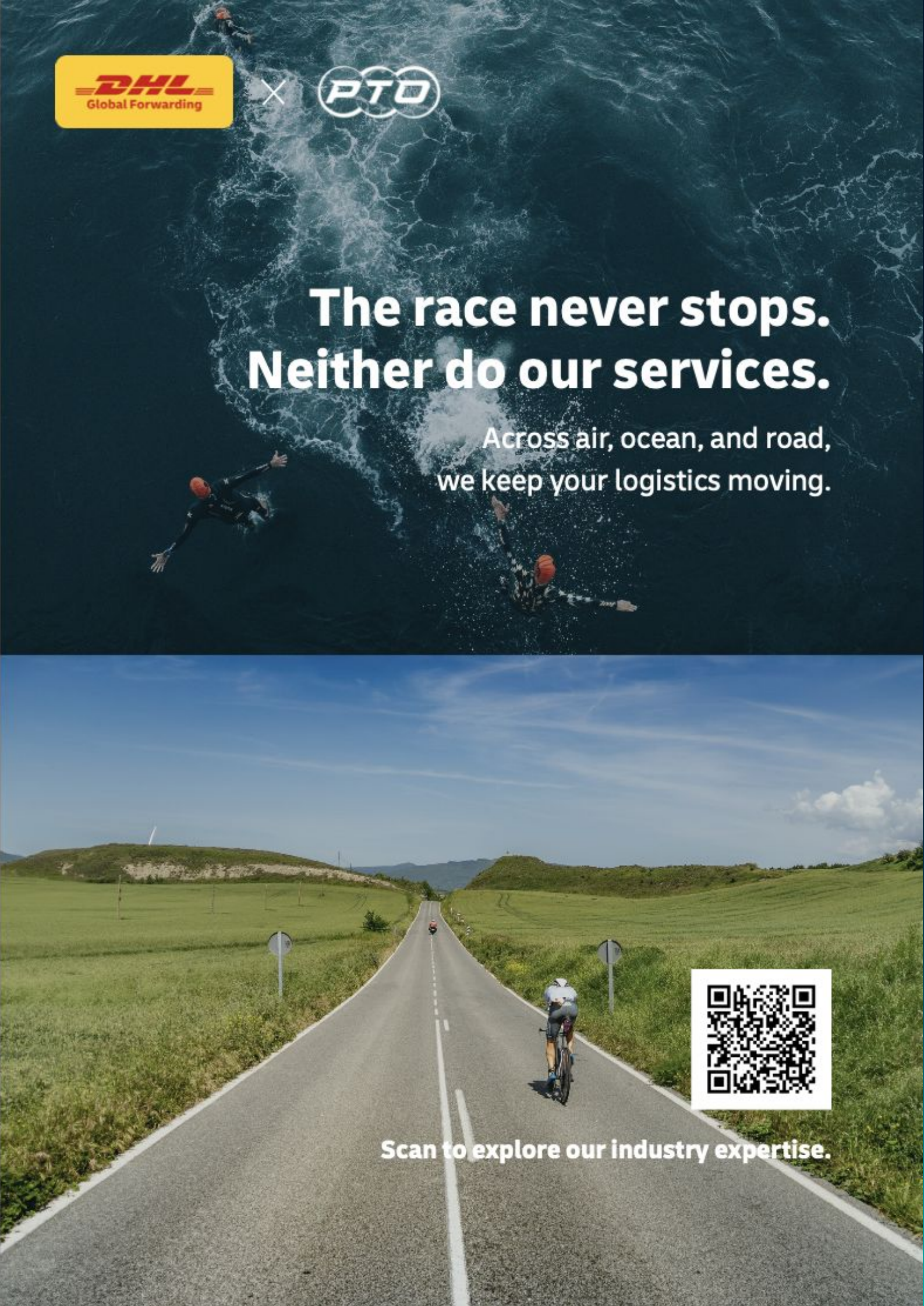
Each relay team will receive ONE timing chip. This is the baton to hand over from each leg. On completion of the bike leg the cyclist must rack their bike and remove their helmet before they hand over the timing chip to the runner.

Finish Together

Once your runner is out on the run course, cyclist and swimmer can make their way to a dedicated area along the finish chute where you can then join your teammate and run the last part together over the finish line!




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Meta
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Scan to explore our industry expertise.

We're in this together.

As the Official Hydrogel Fuel Partner of the T100 Triathlon World Tour, Maurten is available on-course — fueling all triathletes to the finish with Hydrogel Technology.

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Triathlonlive

LIVE, FREE and ad-free, **globally** on TriathlonLive.tv.

YouTube

Watch on YouTube around the world (excl. Europe) on the T100 channel.

T100 TRIATHLON WORLD TOUR FOLLOW LIVE DATA

t100triathlon.com/live Powered by dataworks

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RULES

WETSUIT USE

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

SWIMWEAR

- The World Triathlon guidance on swimwear can be found in a pdf located here World Triathlon Rules
- Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

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 next 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 run.

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.

PENALTY

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 next 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 next bike penalty box, which will be be prior to the decision point for next lap and transition.

BIKE PENALTY BOX



The bike penalty box will be located at the end of each lap just before the decision point to go to Transition 2.

PROTEST

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

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T100 BIKE RULES

World Triathlon Technical Officials will officiate the race.

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.

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 12 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.

It is not mandatory to wear your race bib on the bike but, you must wear it on the run facing the front.

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 25 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 a drafting 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 drafting 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.



BIKE DRAFTING RULES

BLOCKING — You must keep to the right 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 **25 seconds.**

25 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
100KM	1 MIN PENALTY	1 MIN PENALTY	DISQUALIFICATION
SPRINT	25 SEC 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

TRANSITION (T2)

You must rack your bike at the space labelled with your race number. 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 between 10:00-12:00 on Friday 12:00-16:00 on Saturday. 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.

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RACE DAY INFO

WATER TEMPERATURE

The expected water temperature during the month of December is approximately 24-26 degrees Celsius.

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. Between 15.9 degrees and 24.6 degrees wetsuit use is optional.

The official water is confirmed an hour before race start. In the occasion of a non-wetsuit swim, calf guards or wetsuit shorts will **not** be allowed

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. It's a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, this will be communicated to you by email. Please check your Race Dashboard for this information too.

Kayakers and water safety personnel 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, except the final buoy which you will keep on your left shoulder before you turn into the swim finish.

SWIM EXIT

The swim exit will be directly onto the swim ramp with a 250m 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 (if allowed) before you re-enter T1.

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.





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RACE DAY INFO

BAG CHECK

Your white bag is to be dropped at the bag deposit tent near transition on race morning with all your dry gear in it. You will be able to collect this bag from the same tent after your race.

Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off

TRANSITION AREA CHECK-IN

The Transition Area opens from 05:00 until 06:30 (Sprint, Friday) and 05:00 until 06:40 (100km, Saturday) for last-minute gear check-in. Bike check-in is mandatory:

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

TOILETS

There will be toilets available pre race, in T1 & T2 plus nearby the finish line.

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 Qatar T100 Triathlon 2026 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 Qatar Event on December 11-12th, 2026.

Enjoy the world-class action, and don't forget to smile for the cameras as you conquer the Qatar T100 Triathlon! Good luck!

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T100 / POST RACE

FINISH AREA

After finishing the race, athletes will flow through into the Athlete Race Finish Area. Here, athletes will receive a post race snack and hydration drink to aid recovery. White bags with your post race belongings will be ready for you to collect at the bag tent.

Post race there is still a lot to enjoy. Take part in the activations - Mini Golf, Guess Who and the Transition Challenge. Back near the whale shark there are lots of places serving hot food.

Stay and enjoy the Pro Race! You might even get on TV!

PHOTOGRAPHY AND VIDEO

FinisherPix will be on course and at the Finish Line to capture your Qatar 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 @t100club, @t100triathlon and @FinisherPix when you share your photos!

RESULTS AND PRIZES

A finisher medal will be given to every participant who completes the Qatar 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 16-19 (Sprint) and 18-19 (100km) 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

Qatar T100 Triathlon awards ceremonies will take place by the Finish Line on the main stage at Lusail Plaza.

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

SPRINT Friday, December 11th 10:45 - 11:15
T100 Saturday December 12th, 18:30 - 19:00

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 Qatar T100 Triathlon, so please remember to give them a big shout out when you see them during your race!

COLLECT YOUR RACE BAGS

Your white bag will be available for collection from the bag drop area near transition.

Your black and red bags will be available for collection from the transition area.

CONTACT

If you have any further questions about the event please email qatar@t100triathlon.com and one of our team will be in touch.

