

تنظم الجامعة الملكية المغربية للترياثلون، الدورة الرابعة للترياثلون الداخلية الدولي

la Fédération Royale Marocaine de Triathlon organise

la 4<sup>ème</sup> édition du Triathlon Dakhla



# TRIATHLON SPRINT AFRICAN CUP DAKHLA 2019

ATU 23 NOVEMBER

شبه جزيرة  
الداخلية  
Péninsule de Dakhla



وزارة الثقافة والشباب والرياضة  
Ministère de la culture,  
de la jeunesse et des sports



Comité National Olympique Marocain  
اللجنة الوطنية الأولمبية المغربية



ولاية جهة  
الداخلية وادي الذهب



جهة الداخلية وادي الذهب



الجماعة الترابية للداخلية



المجلس الإقليمي لوادي الذهب

# ATHLETE'S GUIDE

الجامعة الملكية المغربية للترياثلون  
FEDERATION ROYALE MAROCAINE DE TRIATHLON



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# TRIATHLON AFRICAN CUP DAKHLA 2019

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## ATU



## Nov 23



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# 1. GENERAL INFORMATION

## 1.1 Introduction

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

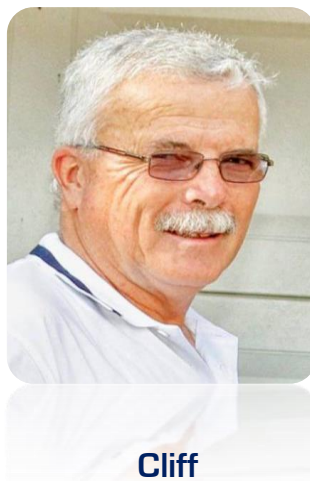
*Version, Nov 16*

## 1.2 Key Dates

DAY	START	END	ACTIVITY	LOCATION
22 <sup>st</sup>	11:00	11:30	Bike Course Familiarization	Dakhla péninsule (Venue)
22 <sup>st</sup>	12:00	13:00	Swim Course Familiarization	Beach Start Race
22 <sup>st</sup>	17:00	17:40	Press Conference	Hotel Sahara Regency
22 <sup>st</sup>	18:00		Athletes' registration	Hotel Sahara Regency
22 <sup>st</sup>	19:30		Athletes' Briefing	Hotel Sahara Regency
23 <sup>nd</sup>	10:30	11:35	Elite Women Event	Beach Start Race
23 <sup>nd</sup>	12:30	13:35	Elite Men Event	Beach Start Race
23 <sup>nd</sup>	14:00		Award Ceremony	Dakhla péninsule (Venue)

## 1.3 Key Contacts

- **Majid Amahroq** – Royal Moroccan Federation of Triathlon President.  
([amahroq.m@hotmail.fr](mailto:amahroq.m@hotmail.fr))
- **Cliff Sanders** – Technical Delegate.  
([csldsanders@telkomsa.net](mailto:csldsanders@telkomsa.net))
- **Mounir Benyarmak** – LOC Director | Athletes Services Manager.  
([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com)) WhatsApp +212 611 381 513



## 1.4 Contact Details

Royal Moroccan Federation of Triathlon.

Post Box 182 92000 – Larache, Morocco

[www.frmtri.org](http://www.frmtri.org)

[frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)

## 2. VENUE

# The Venue (Dakhla Péninsule)



## ***2.1. Race Venue***

The venue (Dakhla péninsule) is located in the city center of Dakhla.

### **Discover the City of Dakhla Peninsula.**

Dakhla is a tourist city located in Morocco, the city is the capital of the region of Dakhla Oued Eddahab Founded in 1973 Dakhla is located in the southwest of the Kingdom of Morocco, a city rich in fisheries. On May 8th, 2010, a 60,000-square-meter Moroccan flag-making event weighed 20 tons, coinciding with the birthday of Prince Moulay Hassan. It was adopted in the Guinness Book of Records.

Dakhla is a peninsula that extends inside the sea by a distance of about forty kilometers, which makes it floating in the ocean.

Dakhla is located in the Gulf of the same name, about 650 km south of the city of Laayoune and is bordered by three Atlantic coasts and is one of the rare cities where the sea meets the sand dunes, making it a kiss for tourists, especially the sunny days in addition to the strong winds known by this leading city in the field of water sports.

Is an international airport serving the city of Dakhla is among the largest international airports of the Kingdom of Morocco, the airport is operated by the National Airport Office of the Ministry of Equipment, Transport and Logistics of Morocco. The airport has a new air terminal, which opened on 13 December 2010 with international standards in terms of security and quality, with a capacity of 330 thousand passengers per year, unlike the old terminal, which had 55 thousand passengers per year. The modernization and attention to this airport came in line with the Moroccan government's policy of developing the Saharan regions and encouraging tourism in these regions.

***So all athletes, friends, family supporters, volunteers and media,  
welcome to enjoy a fun race and an exciting time in the morocco for  
the 4<sup>th</sup> edition of international triathlon Dakhla Nov 23,  
Good luck everyone!***

***Royal Moroccan Federation  
of Triathlon***

## ***2.2 Course Familiarization***

Bike course familiarization, will take place on friday 11:00 Venue (Dakhla péninsule), one lap escorted by the police.

Swim course familiarization of friday 12:00, **Notice! - The buoys are not in Saturday's race position.**

## ***2.3. Athlete's Lounge***

Will be allocated next to Venue (Dakhla péninsule)

## ***2.4. Elite Athletes' Race Package***

Race packets will be distributed before the Athletes' Briefing, at the Hotel Sahara Regency

## ***2.5. Doping Control***

Doping Control will be performed according to the ITU/WADA rules.

## ***2.6. Security***

Security will be providing by the government of the city. During the race, the sportsmen will be accompanied by the police. In the starting town will be guarded by police forces. On the territory of the race there will be ambulances. On the water there will be water police, rescuers. the volunteers will be involved. The police will guarantee the closure of roads and the safety of athletes.

## ***2.7. LOC Office***

LOC: Hotel Sahara Regency, Dakhla  
Country Morocco.

Operating time: 11:00 - 20:00

[mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com)

[frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)

[www.frmtri.org](http://www.frmtri.org)

Phone: [+212 611 381 513](tel:+212611381513)



### 3. ACCOMMODATION

N/A

### 4. TRANSFER AND TRANSPORT

**Closest Airport:** Dakhla (VIL) 1,5km to Venue (Dakhla péninsule).

The LOC will provide free transportation Nov 21 to Jun 24, for the Elite Athletes and ITU Coaches from the airport to hotel and back to the airport.

Please Contact: ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))

Phone: [+212 611 381 513](tel:+212611381513)

Request for Visa invitation letter, you have contact: FRMTRI  
([frm.triathlon@gmail.com](mailto:frm.triathlon@gmail.com)) & ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))

For the transfer serves, please ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))  
with the following data:

- Arrived date
- Arrived time
- Flight
- Number of person
- Number of bike
- Hotel name
- Departure date
- Departure time

All the transfer requests, need to be confirmed to ([mounirbenyarmak@gmail.com](mailto:mounirbenyarmak@gmail.com))  
latest Nov 20th.

## 5. ATHELETE'S SERVICES

### 5.1. Training Facilities

Not swim pool and not running track

### 5.2. Medical Services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Venue on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital: Hassan II.

### 5.3. Bike Mechanical Service

TBC

## 6. COMPETITION SCHEDULE

### 6.2. Elite Women

DAY	START	END	ACTIVITY	LOCATION
22 <sup>st</sup>	17:00	17:40	Press Conference	Hotel Sahara Regency
22 <sup>st</sup>	18:00		Athletes' Registration	Hotel Sahara Regency
22 <sup>st</sup>	19:30		Athletes' Briefing	Hotel Sahara Regency
23 <sup>nd</sup>	09:00	10:00	Athlete Lounge Check In	Dakhla péninsule (Venue)
23 <sup>nd</sup>	09:30	09:20	TA Check In	Dakhla péninsule (Venue)
23 <sup>nd</sup>	09:30	10:20	Swim Warm Up	Beach Start Race
23 <sup>nd</sup>	10:20		Calling area	Beach Start Race
23 <sup>nd</sup>	10:20		Athletes introduction	Beach Start Race
23 <sup>nd</sup>	10:30		Start Elite Women	Beach Start Race
23 <sup>nd</sup>	14:00		Award Ceremony	Dakhla péninsule (Venue)

### 6.2. Elite Men

DAY	START	END	ACTIVITY	LOCATION
22 <sup>st</sup>	17:00	17:40	Press Conference	Hotel Sahara Regency
22 <sup>st</sup>	18:00		Athletes' Registration	Hotel Sahara Regency
22 <sup>st</sup>	19:30		Athletes' Briefing	Hotel Sahara Regency
23 <sup>nd</sup>	11:00	12:00	Athlete Lounge Check In	Dakhla péninsule (Venue)
23 <sup>nd</sup>	11:30	12:20	TA Check In	Dakhla péninsule (Venue)
23 <sup>nd</sup>	11:30	10:20	Swim Warm Up	Beach Start Race
23 <sup>nd</sup>	12:20		Calling area	Beach Start Race
23 <sup>nd</sup>	12:20		Athletes introduction	Beach Start Race
23 <sup>nd</sup>	12:30		Start Elite Women	Beach Start Race
23 <sup>nd</sup>	14:00		Award Ceremony	Dakhla péninsule (Venue)

### **6.3. Competition Rules**

The event will follow the latest published Competitions Rules of the International Triathlon Union.

### **6.4. Athlete's Briefing**

The athletes briefing will take place on Friday 22 Nov (Hotel Sahara Regency)

### **6.5. Timing Chips**

On race day athletes will be given a timing chip and cap, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### **6.6. Results**

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org). All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at office event.

### **6.7. Protest & Appeals**

Standard procedures will be followed according to the ITU Competition Rules.

### **6.8. Entry Fee**

50 EUR Elite

### **6.9. Prize Money**

3,000 € Elite Men and Women

RANK	MEN	WOMEN
1 <sup>st</sup>	€ 750	€ 750
2 <sup>nd</sup>	€ 450	€ 450
3 <sup>rd</sup>	€ 300	€ 300



## 7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athletes and Coaches will receive the accreditations at the athletes briefing.

Only accredited people will be allowed to access certain venue areas.  
Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times, and to show them upon request. Accreditation Cards are mandatory to enter both venues.



## 8. USEFUL INFORMATION

**8.1. Languages:** Arabic, French, Spanish.

**8.2. Population:** 106.277 inhabitants (2014).

**8.3. Currency:** Moroccan Dirham. (Aprox. 1EUR = 11 Dirhams)

**8.4. Bank:** Withdraw money just (BMCE) bank

**8.5. Time Zone:** Standard time GMT+1 (-1 Lisbon -1 London)

**8.6. Hoteles:** Sahara Regency /Buena Vista /Dar Rio de Oro/Spirit Surf/Inyan

**8.7. Electricity:** 220v. Plugs type C/E

**8.8. Telephone Connections:** International prefix **+212**

Telephone information: **16**

Police telephone number: **19**

Firefighters telephone number: **15**

## 9. COURSE MAPS

# GENERAL VIEW







## SWIM START

Start procedures: Beach.

The Head Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



## SWIM COURSE

750m it is located on 210m to the Venue (Dakhla péninsule).

Number of laps: 1

Swim Exit 210m.

Average Water temperature – 19 °C - 26°C degrees Celsius.

Average AIR temperature – 20°C - 29°C degrees Celsius.





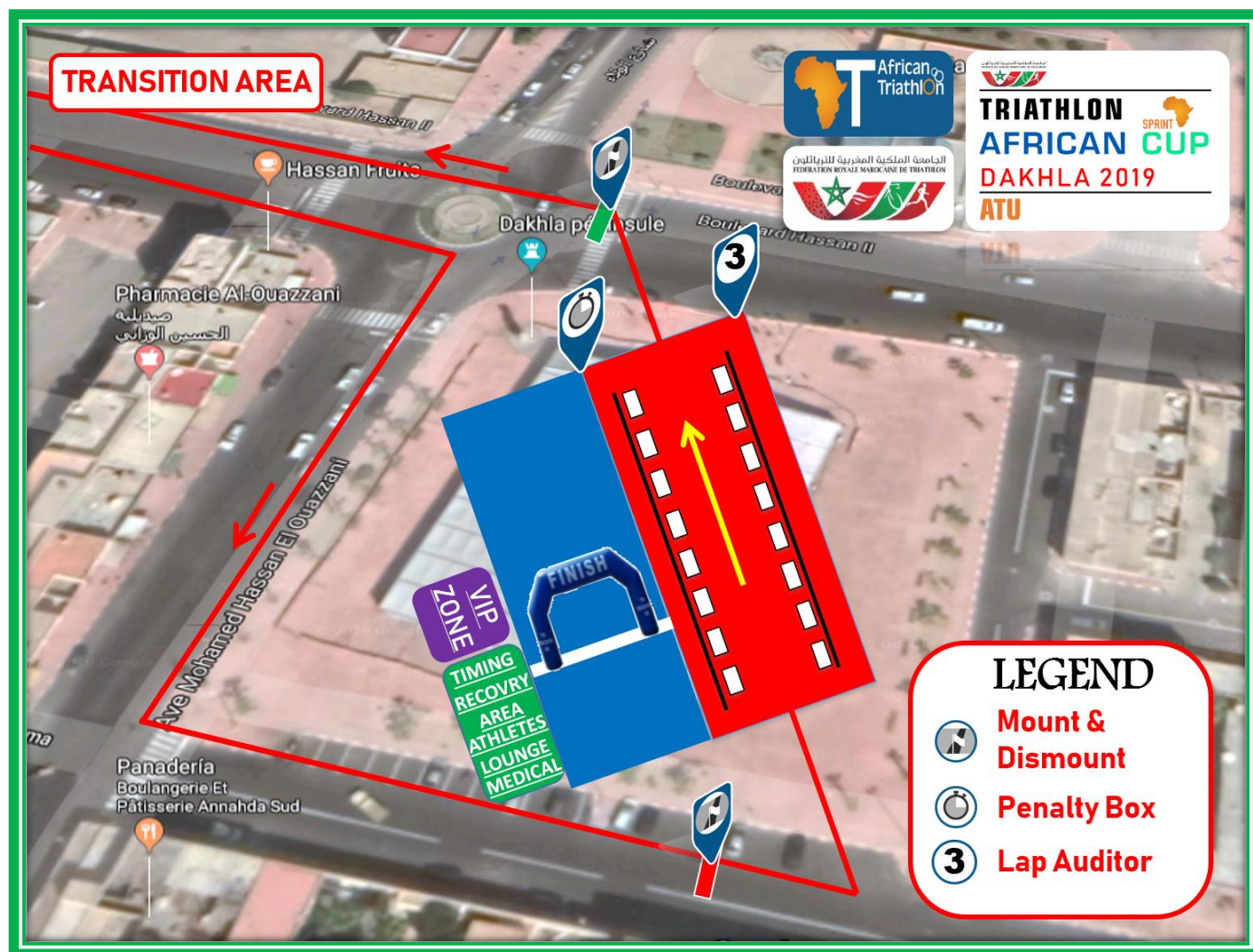


## TRANSITION

Venue (Dakhla péninsule)

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes rack the bike by moving forward into the centre lane and towards the mount line. The Transition zone has traditional bike racks one row.

The Bike course on your left hand.





## BIKE COURSE

20km go through in the centre city

Number of laps: 4

Description: Totally flat



## WHEEL STATION

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams





## RUN COURSE

5km in the city centre.

Number of laps: 2.

Description: Totally flat



## AID STATION

Two (2) aid stations will be located on the run course.



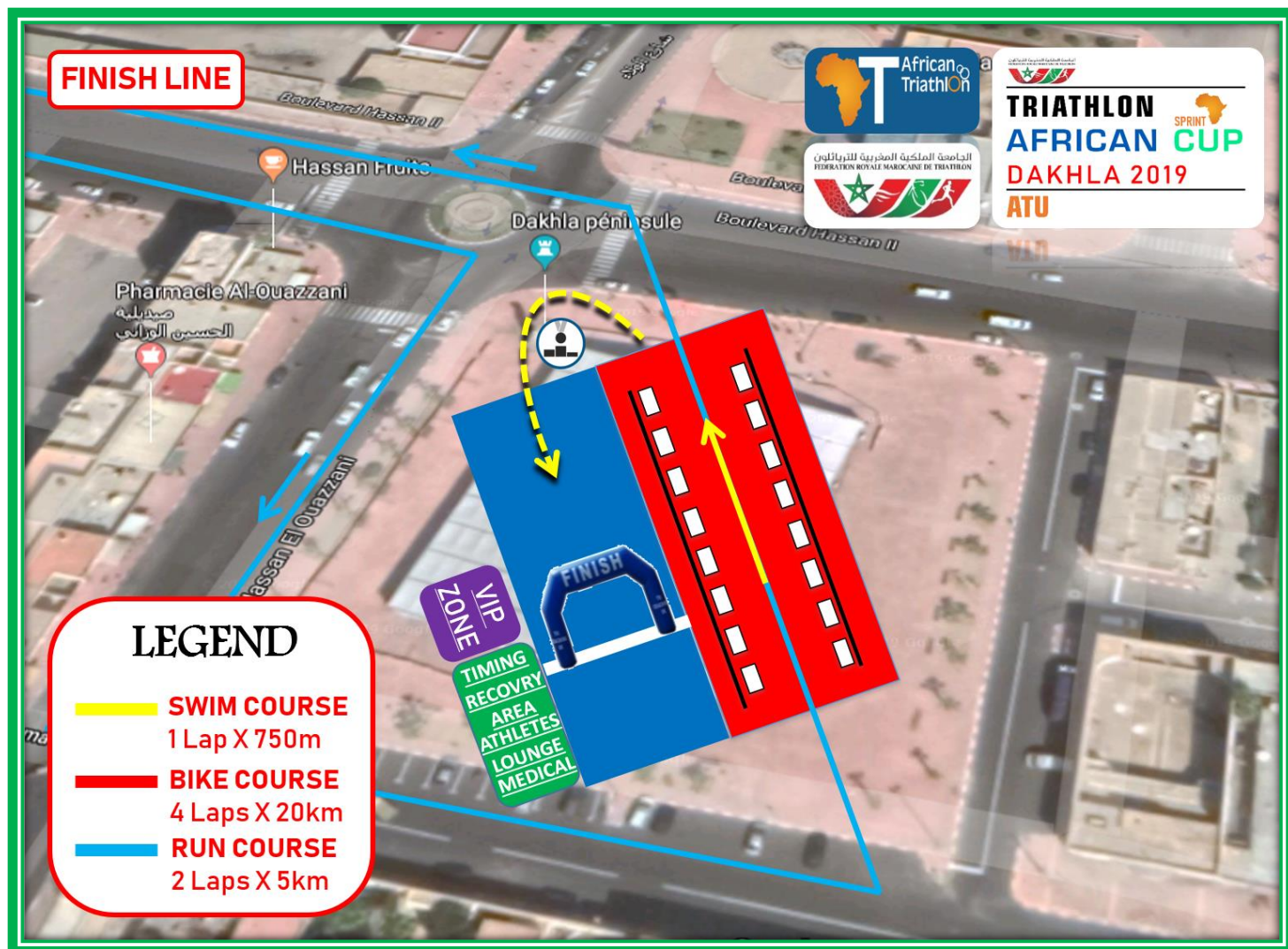
## PENALTY BOX

A penalty box will be located on the run course, (100m before the finish) and at the end of transition in your left hand.



## Finish Line

Venue (Dakhla péninsule)



# *Good Luck*