



# Elite Guide

## BAH Duathlon Asian Championships

12<sup>th</sup> March 2022



# Welcome

I am delighted to welcome you for the 2022 Bahrain Duathlon Asian Championships.

Alongside the usual elite races, we are also excited to add the Age group to this event from around the world here in Bahrain. I know that the past year has been a challenging time for many of you, and I am delighted that we are able to offer you a stage to compete at the highest level here in Bahrain.

I speak on behalf of the whole community when I say that we are very much looking forward to watching you all race on 17th December - especially following so many incredible performances at the Tokyo Olympic and Paralympic Games earlier this year.

Asian Championships event in the Middle East. As preparations continue, and our community of triathlon enthusiasts across the region grows, it brings me great pride to see our vision become a reality.

I would like to take this opportunity to thank you – the athletes – for your continued commitment and dedication to excellence, and for showcasing that here in Bahrain.

I would also like to extend my thanks to our family of sponsors and stakeholders who are fundamental to the success of this event.

A final thanks goes to our team of fantastic volunteers without whose support, the event would not be possible.



To each and every athlete toeing the line this weekend – good luck, race well, be safe and enjoy the experience!

**Mr. Abdulla Abdul Rahim Abdul Salam**  
President,  
Bahrain Triathlon Association

12<sup>th</sup> March 2022

Scout Camp - Belaj Aljazair, Zallaq- BAHRAIN

2022 BAH DUATHLON ASIAN CHAMPIOBSHIPS

## GENERAL INFORMATION

### Key Dates

Thursday 10 <sup>th</sup> March	:	Briefings (Online)
Friday 11 <sup>th</sup> March	:	Course familiarization
Friday 11 <sup>th</sup> March	:	Race package distribution
Saturday 12 <sup>th</sup> March	:	Race Day (male and female elite)
Saturday 12 <sup>th</sup> March	:	Race Day (Age Group)

## SCHEDULE

Thursday 10 March	2022		Venue
<b>ELITE</b>	18:00 - 20:00	Elite Athletes Briefing	Online
Friday 11 March	2022		Venue
<b>ELITE</b>	10:00 - 10:40	Bike Course Familiarization - Elites	Race Village
<b>ELITE</b>	10:40 - 11:10	Run Course Familiarization - Elites	Race Village
<b>ELITE</b>	16:00 - 19:00	Accreditations' distribution	TBA
<b>ELITE</b>	17:00 - 19:00	Elite Athletes Registration/ Pack Collection	TBA
Saturday 12 March	2022		Venue
<b>ELITE MEN</b>	14:00 - 14:45	Athletes Lounge check in - Elite	Race Village
<b>ELITE MEN</b>	14:00 - 14:45	Transition check in	Race Village
<b>ELITE MEN</b>	14:50	Athlete Line Up	Race Village
<b>ELITE MEN</b>	<b>15:00</b>	<b>Elite Men's START</b>	Race Village
<b>ELITE WOMEN</b>	<b>15:03</b>	<b>Elite Women's START</b>	Race Village
<b>ELITE MEN / WOMEN</b>	17:30	Elite Men's / Women's Medal Ceremonies	Race Village
	18:00	Race Village Close	Race Village



### ELITE ATHLETES' BRIEFING

The athletes' briefing will be held online due to COVID-19 restrictions. It is not mandatory to attend.

### RACE PACK DISTRIBUTION

Race packs will be distributed to all athletes on Friday 11<sup>th</sup> March at the Race Hotel (TBA) according to the schedule above.

**Prior to collecting the race packs, all athletes must complete the World Triathlon COVID-19 Health Screening Process**

### WORLD TRIATHLON COVID-19 HEALTH SCREENING PROCESS

The event will follow World Triathlon's Health Screening process. In this case, the PCR test conducted at the airport will be considered as the pre-race test.

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon events must respect the following conditions:

1. Fill in the online pre-event questionnaire through the link:
2. Find the World Triathlon Pre-event Covid-19 Screening Guide  
[https://triathlon.org/pre\\_event\\_covid\\_19\\_screening\\_guide](https://triathlon.org/pre_event_covid_19_screening_guide)

### KEY CONTACTS

POSITION	CONTACT PERSON	CONTACT E-MAIL
World Triathlon Technical Delegate	Abbas Moosa Buhassan	<a href="mailto:Abbas.buhassan@triathlon.bh">Abbas.buhassan@triathlon.bh</a>

### EVENT ORGANIZER

Company: Bahrain Triathlon Association

Telephone: +973 77713777

Email: [tinfo@triathlon.bh](mailto:tinfo@triathlon.bh)

### VENUE

Scout Camp - Belaj Aljazair, Zallaq – Kingdom of Bahrain

### ELITE ATHLETES' LOUNGE

Facilities including the Athletes' Lounge and toilets are provided for the athletes at the start, and a recovery area is available in the finish area.

### Athletes' Lounge Opening Times

- Course Familiarization: Friday 11<sup>th</sup> March 2022, 10:00 – 11:10
- Elite Races: Saturday 12<sup>th</sup> March 15:00 – 17:00

CATEGORY	DATE	LOUNGE OPEN	RACE START
Course Familiarization	Friday 11 <sup>th</sup> March	10:00 – 11:20	NA
Elite Men	Saturday 12 <sup>th</sup> March	15:00 – 17:00	15:00
Elite Women	Saturday 12 <sup>th</sup> March	15:03 – 17:03	15:03

### DOPING CONTROL

Doping Control will be performed according to the World Triathlon / WADA rules. Doping Control will be located at the Finish area within the Race Village, next to the medical and recovery areas.

### MEDICAL SERVICES

There will be First Aid and Emergency Medical Services at the Race Village on competition days, provided by our partners at Royal Bahrain Hospital. There will also COVID-19 isolation area at the Venue for any possible COVID-19 related symptoms.

Medical and Paramedical personnel will be available throughout the competition times. Ambulances will be available to provide emergency transfer to hospital. A medical area will be provided on site at the Finish area.

Medical services at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should make sure that they have appropriate medical insurance.

### BIKE MECHANIC SERVICES

Our bike partner 'Bike Zone shop' will offer bike mechanic support and will be available in the Race Village during athlete check-in on race day and course familiarization sessions at the athletes' lounge. Bike technical support will also be available outside of competition days according to the below schedule:



Date	Venue	Time Start	Time End	Athlete Category	Task Description
Thursday 10 <sup>th</sup> March	F1 Patrol Station Bike Zone shop	10:00	17:00	Elite	Bike assembly & Tech Support
Fri 11 <sup>th</sup> March	F1 Patrol Station Bike Zone shop	10:00	17:00	Elite	Bike assembly & Tech Support
Sat 12 <sup>th</sup> March	Race Village – Athlete Lounge	12:00	17:00	Elite	Basic bike tech support
	On Course - Wheel Stations	15:00	17:00	Elite	Wheel station – team wheels

#### INFORMATION CENTRE / LOC

The LOC Information Office will be located in the Athlete Village from Thursday 10<sup>th</sup> March – Sunday 13<sup>th</sup> March 2022.

#### Contact People:

LOC OFFICES	CONTACT PERSON	CONTACT NUMBER
World Triathlon Officials	Abbas Moosa	+973 39776626
LOC Media	Hamad Almulla	+973 39697919
COVID-19 Officer	Mustafa Janahi	+973 39992207



### Opening Hours:

DATE	INFO KIOSK: RACE VILLAGE
Thurs 10 <sup>th</sup> March	08.00 – 16:00
Fri 12 <sup>th</sup> March	06.00 – 12:00
Sat 12 <sup>th</sup> March	05:00 – 16:00

### ACCREDITATION

The LOC will provide all athlete, coaches, technical officials, journalists etc. with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for the athletes and coaches will need to be collected in person on Friday at the registration between 16:00 - 19:00.

Only accredited people will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

If accreditations are not picked up at the time given above, they will be distributed at the race package distribution.

### SECURITY

Police will be responsible for the venue security and Field of Play Crossings (FOP). Marshals will assist and patrol around the Field of Play on race days and traffic management services will be in place for any course use.

### TRAVEL INFORMATION

#### OFFICIAL HOTELS

The event has an official hotel (TBA)

### ENTERING BAHRAIN – VISA REQUIREMENTS

Visa Requirements are based on your country of citizenship – you may receive a visa on arrival, or you may be required to apply for a visa prior to your trip. For More information, please visit:

[Visit Bahrain](http://www.visitbahrain.gov.bh)



## ENTERING BAHRAIN – COVID PRECAUTION MEASUREMENTS

Bahrain remains to be the safe awe-inspiring and culturally rich destination you last visited. We are now open to all vaccinated travellers and ready to welcome you. Find out about the procedures to keep you safe whilst travelling to Bahrain. It is your responsibility to ensure that you comply with all Bahrain regulation. For more information, visit:

[Entry procedures through Bahrain International Airport | The official website for the latest health developments, Kingdom of Bahrain \(healthalert.gov.bh\)](#)

## AIRPORT TRANSFERS

The LOC will provide free transportation for the elite athletes and their team officials from Bahrain International Airport (BAH) to the official hotel (TBA) and back to the airport.

## PCR TEST FACILITIES AT HOTEL

For the Event, there will be a central testing station at (Race Village) for PCR tests (Athlete will pay the PCR test cost) that will be needed for event and travel purposes. Current PCR test needed for access to the Event is a valid 48-hour test. More information will be provided closer to the event.

## WEATHER CONDITIONS

The climate in Bahrain during March can be summarized as sunny. Daytime maximum temperatures average around 24°C (75°F), whilst at night 17°C (63°F) is normal.

## COURSE FAMILIARIZATION

### BIKE

You will be able to familiarize yourself with the bike course on Friday 11<sup>th</sup> March from 10:00 – 10:40. Athletes should gather at The Athletes Village.

### RUN

You will be able to familiarize yourself with the run course on Friday 11<sup>th</sup> March from 10:40 – 11:10. Athletes should gather at The Athletes Village, Scout Camp – Belaj Aljazair, Zallaq.

Please note: it is forbidden to run outside the test run zone at any time due to safety restrictions.





## COMPETITION INFORMATION

## COMPETITION RULES

The race will follow the latest published competition rules of the International Triathlon Union.

## GENERAL RULES AT COMPETITION SITE

It is mandatory to use face masks and maintain social distance due to organizers and World Triathlon hygienic concept at all times during competition days at the venue. The only exception for athletes is the immediate competition time starting with the access to the start line, ending with the access to Athletes Lounge after finish.

LOC have enhanced all activities at the Scout Camp- Belaj Aljazair to operate under a number of Government agreed guidelines. Participants are to abide by the following directives around race village:

- Temperature checks will be carried out on entry.
- Face masks to be worn at all times unless on the FOP itself.
- Participants must maintain social distancing at all times.

## IN ADDITION TO THIS THERE ARE THE FOLLOWING SPECIFICATIONS:

### Wheel station:

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete. In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber / disposable gloves



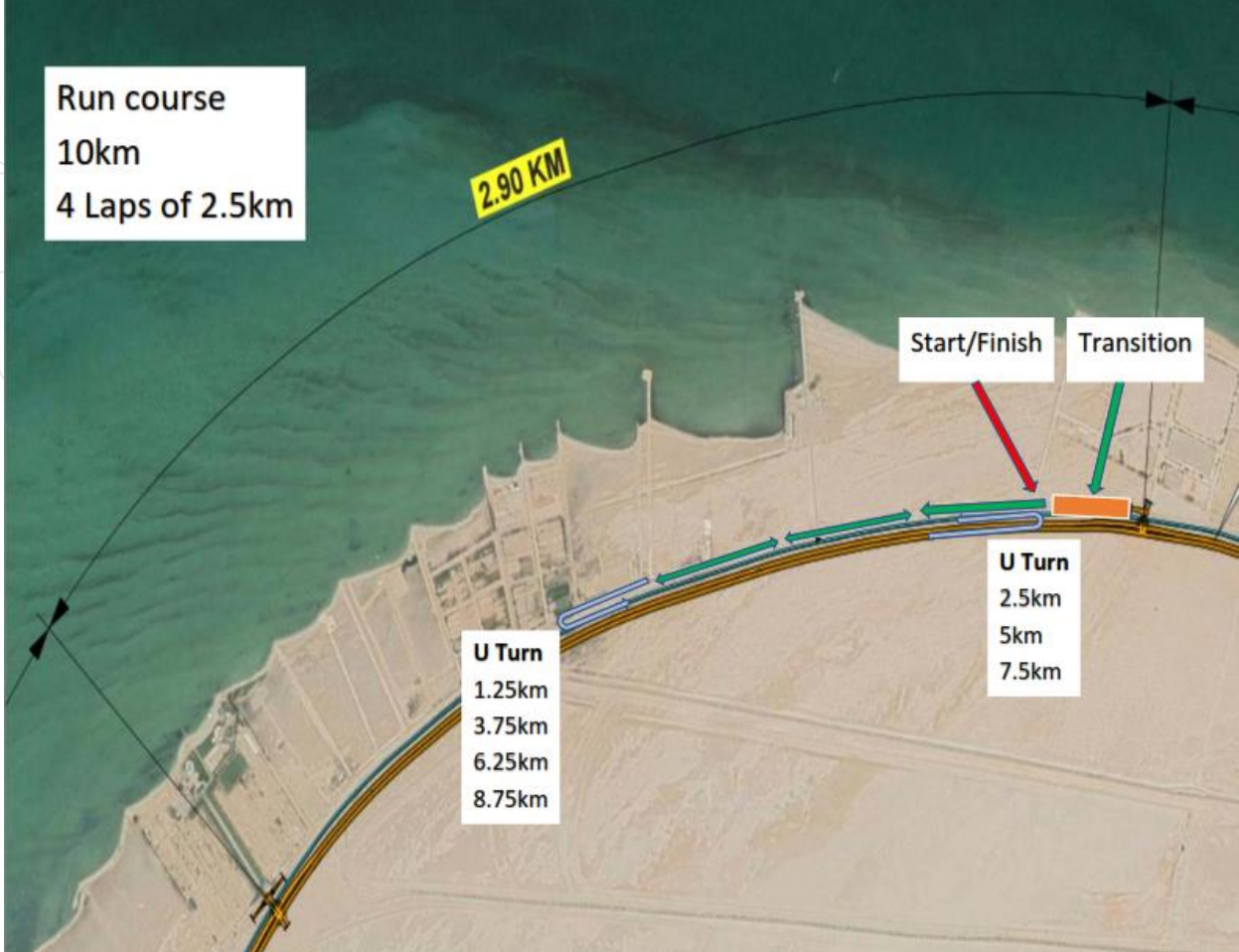
#### Finish Area

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Medallist photo at the post-finish area is not allowed.
- All recovery stations will be self-served.
- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- Masks will be distributed to the athletes to wear at their earliest convenience.

#### Medal Ceremonies

Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers.

## Run course (10km)



## Start

The start area is on the Scout Camp at Belaj Aljazair Zallaq.

The Head Referee with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start the Run Course.

## Run Course

Anticlockwise course, consisting of **4 laps of 2.5km**.

At the end of lap 4 the athletes enter transition

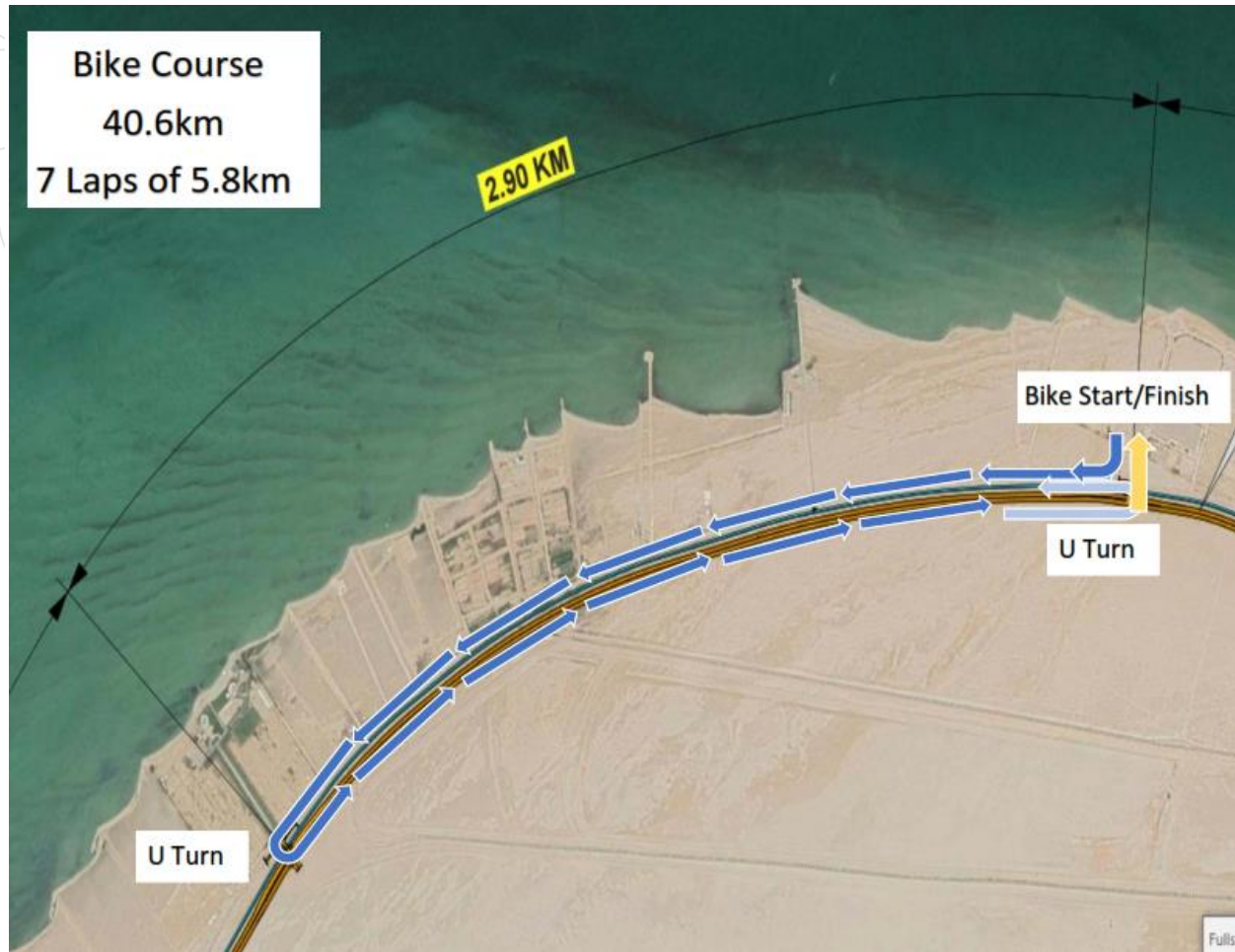
## Bike Course

The cycle course will comprise of **7 laps of 5.8km**, passing beside the race village.

On exiting the race village, athletes turn right and do a U-turn after 2.9km continuing the lap towards the race village

At the end of the last lap approaching transition there is a sharp right turn and then left entering the transition.

### Bike course (40.6km)



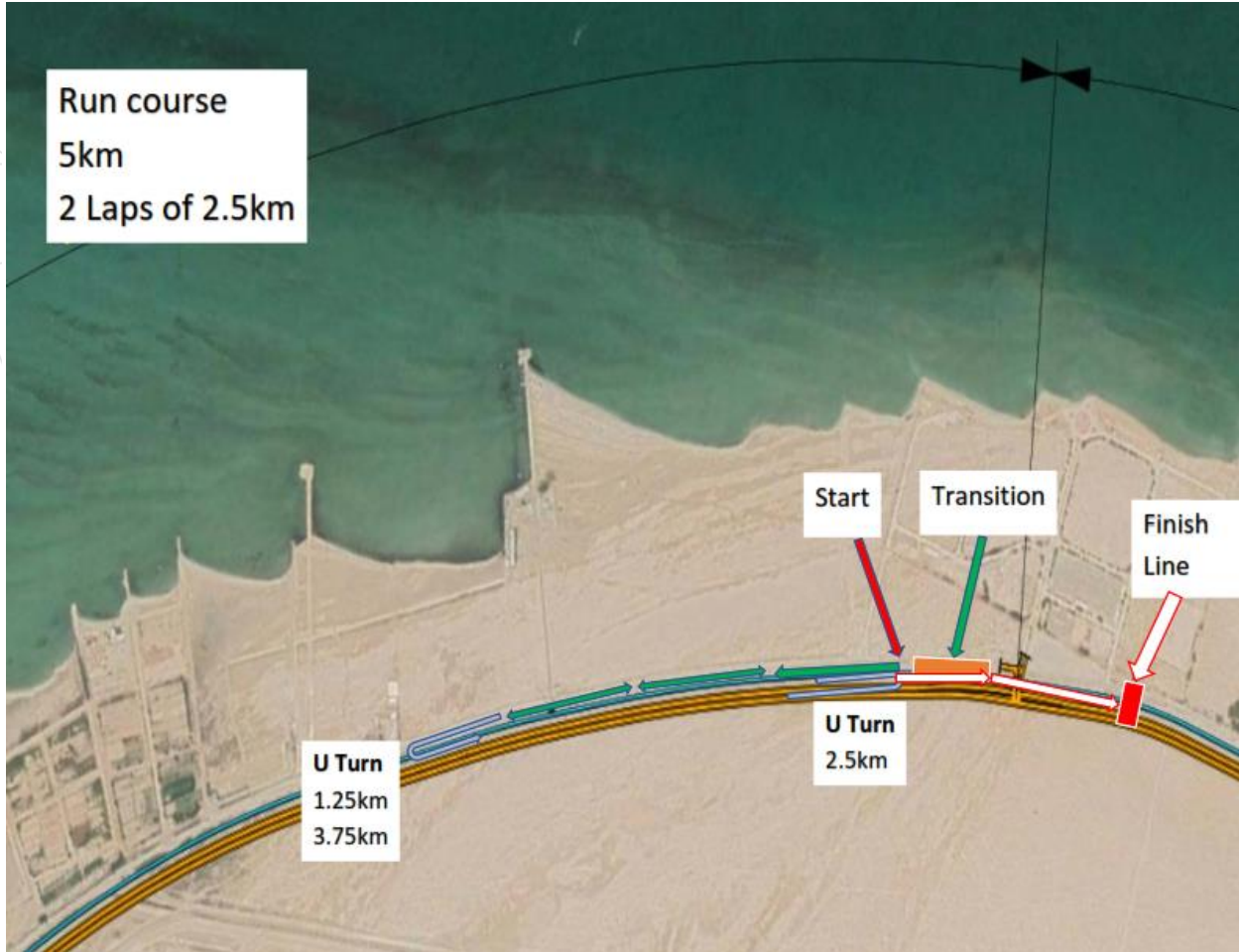
### Wheel Station

There is one-wheel station on the bike course. The team station where you can leave your own wheels. The wheels will be collected from the athletes' lounge and be transferred by the LOC to the team wheel station and be returned to the recovery area.

### Penalty Box

The penalty box is situated 20 meters before the entrance to the Transition / Finish area.

## Run Course (5km)



### Run Course

Anticlockwise course, consisting of **2 laps of 2.5km**.

Athletes will exit transition and run for 1.25km, do U Turn and back.

At the end of lap 2 the athletes run onto the carpet in the finish chute immediately before transition

### Aid Stations

There are 6 aid stations located on the run course, with Aid markers.

### PROTESTS AND APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

### RESULTS:

Results will be uploaded live to the World Triathlon's official website: [www.triathlon.org](http://www.triathlon.org). All the results information will be distributed to the Team Leaders at the LOC Information Office.