

الهيئة العامة للرياضة
GENERAL SPORTS AUTHORITY



الإتحاد البحريني للترياثلون
BAHRAIN TRIATHLON ASSOCIATION



Age Group Guide

17th December 2022



Welcome

I am delighted to welcome you for the 2022 Bahrain Triathlon Asian Cup.

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 Cup 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.

Diyar Almuharraq & Marasi beach who have provided a world-class venue for 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



17th December 2022

Diyar Almuharraq, BAHRAIN

2022 AST TRIATHLON ASIAN CUP – Age group

GENERAL INFORMATION

Key Dates

Thursday 15 th December	:	Accreditation distribution
Friday 16 th December	:	Briefings (Online)
Sunday 17 th December	:	Race Day (Age Group)

SCHEDULE

Saturday 17 December	2022		Venue
	08:00 - 08:45	Transition check in	Race Village
	08:50	Athlete briefing	Race Village
	09:15	Race start	Race Village
	12:00	Medal Ceremonies	Race Village
	14:00	Race Village Close	Race Village

RACE PACK DISTRIBUTION

Race packs will be distributed to all athletes on Friday 16th December at VIDA Hotel from **06:00 to 08:00am**

KEY CONTACTS

EVENT ORGANIZER

Company: Bahrain Triathlon Association

Telephone: +973 77713777

Email: info@triathlon.bh

VENUE

VIDA hotel beach, Diyar AlMuharraq – Kingdom of Bahrain

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.

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:

TRAVEL INFORMATION

OFFICIAL HOTELS

The event has an official hotel (VIDA hotel), located in Diyar Al Muharraq at the race village.

WEATHER CONDITIONS

The climate in Bahrain during December can be summarized as sunny. Daytime maximum temperatures average around 26°C, whilst at night 19°C (66°F) is normal.

Marasi beach (Sea Swimming)

- 1-minute walk from the Official Hotels
- Opening times: 10am – 6pm
- Price: Free for Elite Athlete
- Price: General public: BHD 03

COMPETITION INFORMATION

COMPETITION RULES

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

GENERAL RULES AT COMPETITION SITE

THERE ARE THE FOLLOWING SPECIFICATIONS:

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 allowed.
 - All recovery stations will be self-served.
 - Food provided will be individually wrapped.
 - Massage facilities will 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.

RACE COURSE



Start

The start area is on the Marasi beach.

Athletes will start from the Marasi beach

The TD with the assistance of World Triathlon Technical Officials, who are assigned to the start, will start the Swim Course.

Athletes are required to leave their last-minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes' Lounge.

Swim Course

The swim will take place in front of the VIDA Hotel within Marasi beach, a short walk from the race village.

The swim start will be a beach start.

The course will comprise of 1 lap of 750m in an anti-clockwise direction.

The course will be marked with Yellow and Red buoys. Athletes will pass the buoys on their LEFT side.

The exit will take the athletes up to the race village and transition.

The average water temperature at this time of the year is approximately between 21-24 degrees Celsius.

Bike Course

The cycle course will comprise of **3 laps of 6.6km**, passing beside the race village.

On exiting the race village, athletes turn right and immediately do a U-turn continues for 400m before turning right, continuing the lap towards the race village

At the end of the lap approaching transition there is a sharp U turn which athletes continue until complete the remaining laps.



Penalty Box

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



Run Course

Anticlockwise course, consisting of 1 lap of 5km.

Athletes will exit transition and follow the cycle route for 2.5km, do U Turn and back.

At the end of lap 1 the athletes turn left and then right onto the carpet in the finish chute immediately before transition

Aid Stations

There are 2 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. All the results information will be distributed to the Team Leaders at the LOC Information Office.