

الهيئة العامة للرياضة
GENERAL SPORTS AUTHORITY



الإتحاد البحريني للترياثلون
BAHRAIN TRIATHLON ASSOCIATION



Elite 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

17-18th December 2022

Diyar Almuharraq, BAHRAIN

2022 AST TRIATHLON ASIAN CUP

GENERAL INFORMATION

Key Dates

Thursday 15 th December	:	Accreditation distribution
Friday 16 th December	:	Briefings (Online)
Friday 16 th December	:	Course familiarization
Friday 16 th December	:	Race package distribution
Saturday 17 th December	:	Race Day (male and female elite)
Sunday 18 th December	:	Race Day (Age Group)

SCHEDULE

Thursday 15 December	2022		Venue
ALL	17:00 - 18:00	Accreditations' distribution	VIDA hotel
Friday 16 December	2022		Venue
	05:11	PRAYER TIME	
	06:28	SUNRISE	
ELITE	09:00 - 10:00	Bike Course Familiarization - Elites	Race Village
ELITE	10:15 - 11:20	Swim Course Familiarization - Elites	Race Village
ELITE	10:15 - 10:30	Run Course Familiarization - Elites	Race Village
Friday 16 December	2022		Venue
ELITE	16:00 - 19:00	Accreditations' distribution	VIDA hotel
ELITE	17:00 - 19:00	Elite Athletes Registration/ Pack Collection	VIDA hotel
ELITE	18:00 - 20:00	Elite Athletes Briefing	Online

Saturday 17 December	2022		Venue
ELITE MEN	05:30 - 06:45	Athletes Lounge check in - Elite Men	Race Village
ELITE MEN	05:00 - 06:45	Transition check in	Race Village
ELITE MEN	06:15 - 06:45	Swim warm up	Race Village
ELITE MEN	06:50	Athlete Line Up	Race Village
ELITE MEN	07:00 - 08:00	Elite Men's <u>Sprint</u> Distance (750m / 20km / 5km)	Race Village
ELITE WOMEN	06:30 - 07:50	Athletes Lounge check in - Elite Women	Elite Athletes Lounge
ELITE WOMEN	07:15 - 07:50	Transition check in	Elite Transition
ELITE WOMEN	07:20 - 07:50	Swim warm up	Race Village
ELITE WOMEN	07:55	Athlete Line Up	Race Village
ELITE WOMEN	08:05 - 09:15	Elite Women's <u>Sprint</u> Distance (750m / 20km / 5km)	Race Village
ELITE MEN / WOMEN	11:00	Elite Men's / Women's Medal Ceremonies	Race Village
	14:00	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 16th December at VIDA Hotel 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

KEY CONTACTS

POSITION	CONTACT PERSON	CONTACT E-MAIL
World Triathlon Technical Delegate	Abbas Moosa Buhasan	Abbas.buhasan@triathlon.bh

EVENT ORGANIZER

Company: Bahrain Triathlon Association

Telephone: +973 77713777

Email: tinfo@triathlon.bh

VENUE

VIDA hotel beach, Diyar AlMuharraq – 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 16th December, 09:00 – 11:20
- Elite Races: Saturday 17th December 08:00 – 11:00

CATEGORY	DATE	LOUNGE OPEN	RACE START
Course Familiarization	Friday 16 th December	09:00 – 11:30	NA
Elite Men	Saturday 17 th December	05:30 – 06:45	07:00
Elite Women	Saturday 17 th December	06:30 – 07:50	08:05

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 on VIDA hotel/Marasi Beach, 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
Wed 14 th Dec	Diyar Almuharraq	10:00	17:00	Elite Athletes	Bike assembly & Tech Support
Thursday 15 th Dec	Diyar Almuharraq	10:00	17:00	Elite Athletes	Bike assembly & Tech Support
Friday 16 th Dec	Diyar Almuharraq	10:00	17:00	Elite Athletes	Bike assembly & Tech Support

	Race Village – Athlete Lounge	08:30	13:00	Elite	Basic Bike Technical Support
Sat 17 th Dec	Race Village – Athlete Lounge	05:00	11:00	Elite	Basic bike tech support
	On Course - Wheel Stations	06:30	11:00	Elite	Wheel station – team wheels

INFORMATION CENTRE / LOC

The LOC Information Office will be located in the Athlete Village from Friday 16th December – Sunday 18th December 2022.

Contact People:

LOC OFFICES	CONTACT PERSON	CONTACT NUMBER
World Triathlon Officials	Abbas Moosa	+973 39776626
LOC Media	Hamad Almulla	+973 39697919
LOC Travel & Athlete Services	Mustafa Janahi	+973 39666474

Opening Hours:

DATE	INFO KIOSK: RACE VILLAGE
Friday 16 th Dec	07:00 – 16:00
Saturday 17 th Dec	05:00 – 12:00



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 Thursday night at VIDA hotel between 17:00 - 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

Marasi Security will be responsible for the venue security and Field of Play Crossings (FOP) inside Marasi beach. Marshals will assist and patrol around the Field of Play on race days and traffic management services will be in place on internal roadways at Marasi for any course use / crossings of these internal roadways.

TRAVEL INFORMATION

OFFICIAL HOTELS

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

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](#)

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 (VIDA hotel) and back to the airport.

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

COURSE FAMILIARIZATION

BIKE

You will be able to familiarize yourself with the bike course on Friday 16th December from 09:00 – 10:00. Athletes should gather at The Athletes Village, Marasi beach car park.

Please note: the official race course is otherwise not open for training before the races. The race courses in general are NOT suitable for training.

SWIM

You will be able to familiarize yourself with the swim course on Friday 16th December from 10:30 – 11:20. Athletes should gather at The Athletes Village, Marasi beach car park.

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

RUN

You will be able to familiarize yourself with the run course on Friday 16th December from 10:00 – 10:30. Athletes should gather at The Athletes Village, Marasi beach car park.

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 World Triathlon.

GENERAL RULES AT COMPETITION SITE

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.

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.

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.

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 4 laps of 5km, 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.

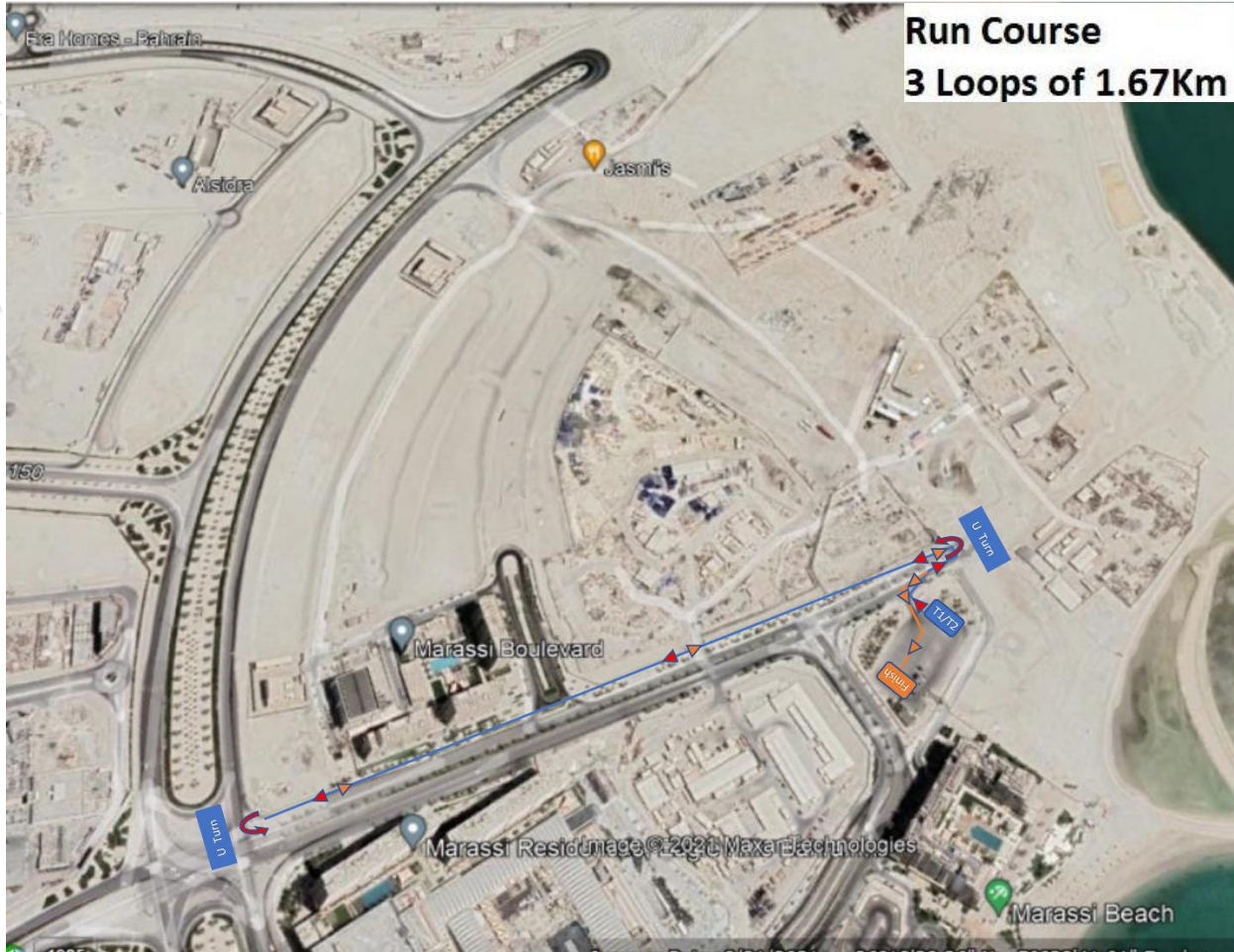


Wheel Station

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 back to the recovery area.

Penalty Box

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



Run Course

Anticlockwise course, consisting of 3 laps of 1.66km.

Athletes will exit transition and follow the cycle route for 1.66km, do U Turn and back.

At the end of lap 3 the athletes turn left and then right 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. All the results information will be distributed to the Team Leaders at the LOC Information Office.