

TRI YAS
ترايثلون ياس

20
24



*OLYMPIC, SPRINT, SUPER SPRINT, JUNIOR AND KIDS' TRIATHLON,
ROLLER SKATING & DUATHLON*

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WELCOME

Thank you for registering for the 14th Edition of the TRIYAS at Yas Marina Circuit. This year's race will be held on 24 February 2024 and incorporate an Olympic, Sprint and Super Sprint distance triathlon, TRIKIDS and a Junior Triathlon, Duathlon, and Roller Skating. The distances and lap totals for the various races are listed in the table below.

	 SWIM	 CYCLE	 RUN
Olympic Distance	1500M	41.6KM (8)	10KM
Sprint Distance	750M	20.8KM (4)	5KM
Super Sprint	375M	10.4KM (2)	2.5KM
TriKIDS	100M	5.2KM (1)	1.5KM
Junior Triathlon	200M	10.4KM (2)	2.5KM
Duathlon	-	20.8KM (4)	5KM 2.5KM

SKATING DISTANCE	
Roller Skaters' 10KM	10.3 KM (2 laps)
Roller Skaters' 5KM	5 KM (1 lap)

RACE BRIEFING

We will hold an online Race Briefing on Zoom on **Thursday 22 February at 7:00pm** and a Zoom link will be emailed to all registered participants.

We also welcome all **TRIYAS** participants to an in-person race briefing and Q&A session in the TRIYAS Race Village on **Friday 23 February at 6:00pm** which will cover important race and rule information.

RACE PACK COLLECTION

Wednesday 21 February from **6:00pm to 9:00pm** during Train Yas - Yas Marina Circuit

Friday 23 February from **4:00pm to 8:00pm** from the Main Pit Garages (garage number 5-7)

Saturday 24 February up to **30 minutes before your race start** from the Main Pit Garages (garage number 5-7)

BIKE RACKING

TRIKIDS, Junior Triathlon and Super Sprint participants are welcome to rack their bikes on Friday 23 February between 4pm-6.30pm. Olympic, Sprint and Duathlon participants will only be permitted entry to transition for bike racking from 1pm on Saturday 24 February after the morning session races have been completed.

Entry to transition will be through Yas Marina Circuit Pit Garage 8. After entering transition, TRIKIDS, Junior Triathlon and Super Sprint competitors will turn left, and all other competitors will turn right.

Please note that we will be allocating bike racks based on your wave starts and race distance. There will be onsite signage available to guide you.

Your bike will only be allowed in transition if it passes the Bike Check In process:

1. Helmet securely fastened
2. Brakes working fine
3. Handlebar ends covered

For safety reasons all competitors and their bags are to be clear of transition prior to the closing time.

ROLLER SKATING:

As per triathlon participants please park in Gold Car Park and make your way through the underpass tunnel to event check in. Using your roller skates anywhere else but the track is prohibited. There will be an allocated space (Garage 29) for all roller skaters to lace up their skates before the start line. Please note there will be no aid stations on the roller-skating course - all skaters must have helmets and carry their own hydration and not litter. You will not be allowed to Skate without a Helmet and there are no spare helmets onsite.

RACE PACK

At the time of registration, you will find the following items in your race pack:

A. TIMING BAND

Please check the front of your envelope to ensure it includes the correct name and details. If this is incorrect then please notify a member of staff at registration.

B. SWIM CAP

The swim cap will be the colour that matches your competition. Some athletes like to wear two swim caps but please ensure the cap you receive is the cap you wear on top so you can be easily recognized during the swim leg of your race.

C. RACE NUMBERS

You will receive a sheet of race numbers which must be placed on different parts of your equipment.

RACE NUMBERS

As noted above, you will receive several race numbers in your race pack. You will receive:

A. BIKE NUMBERS

1. One number on the handlebars of your bike
2. One number where it can be clearly seen on your bike frame, preferably around your seat post
3. One number on the front of your helmet

B. ONE RACE BIB

1. To be worn on your REAR during the cycle leg
2. To be worn on your FRONT during the run leg
3. If you do not have a race belt, they will be available to purchase at race pack collection. The race belt should be facing as per point (1) and (2) above.

For competitors in the teams' race please ensure that the wristband is placed on the arm of the cyclist to allow for the bike to be placed in and removed from transition. The other stickers and numbers should be placed as follows:

- Bike Stickers - As per above
- Swim Cap and Timing Band - Swimmer
- Race Numbers - On the front for the runner If you are unsure of where to put any of your race numbers, please do not hesitate to ask a member of staff who will be able to help you. NOTE: Relay teams will receive two bibs.

TRANSITION

The transition area is located in the Pit Lane of Yas Marina Circuit. Only competitors and race officials/volunteers will be allowed entry to the transition area on race day. The transition area can be accessed through the marked pit garages.

Upon bike check in you will be given a wristband with your race number written on it. This is for security reasons and your wristband will be checked when taking your bike out of transition after your competition.

The transition area will open for the collection of bikes once the last competitor in your race distance has completed the cycle course. We appreciate your wish to access your equipment as soon as possible and we will endeavor to achieve this but remember that contest who race after your contest have the same right to a clean transition area despite starting in a later wave.

Each wave will have a clearly marked allocated area for racking. Please make sure to rack your bike on your allocated rack number.

Be aware of the competitor's equipment to either side of you and do not take more space than you require. Each competitor is allocated 80cm of bike rack space and those taking up too much space may have their equipment moved. If you are unsure as to your racking location, then please ask a volunteer who will be able to help you.

No markings of any sort are permitted next to your bike. No balloons, towels to be hung from your rack, or powder to be "accidentally knocked over" next to your bike! If deemed a deliberate marking from a technical official it will be wiped or taken away.

Please note **NO BAGS** are permitted to be left in the transition area once transition closes. If you do not have friends or family present to look after these, you are welcome to make use of the '**Bag Drop Area**' located in the Pit Garages (17-23).

RACE NUMBERS

Please remember we have limited area in transition and keep all your belongings close to your bike.

Each competitor is allocated 80cm of bike rack space and those taking up too much space may have their equipment moved.

CHANGING AREA

Male and Female changing areas will be provided for competitor use both in the transition from Swim to Bike and Bike to Run. These changing facilities are marked on the attached maps and will be signed on race day. They are located in Pit Garage 11 - 16 (Males) / 23 - 28 (Females) and can be accessed only through the transition area itself.

EQUIPMENT

If **TRIYAS** is your first triathlon, it can be an absorbing and overwhelming experience. We have provided a quick checklist at the end of this document for you to 'Tick and Flick' before you head to the race. This is intended as a guide only as you may not use many of the items on the list or need many more we have not mentioned. Even the most experienced competitors get it wrong sometimes and a few minutes checking your list before you leave the house can avoid the panicked trip to the race announcer 5 minutes before race start asking for some running shoes or goggles! Trust us, it happens more than experienced triathletes would like to admit!

HOW TO USE YOUR TIMING CHIP

Please ensure you bring this on race day as **NO CHIP = NO TIME**.

When collecting your Race Pack, You will receive your race number and sticker sets only. You will be handed your timing chip on the day of the race so please collect it from the dedicated chip collection desk which will be next to race pack collection in garage 3 and 4. Please ensure your timing chip number corresponds to all the other numbered items in your envelope - bib, tattoos, tri sticker set etc.

IMPORTANT: Your timing chip must be securely fastened around your **LEFT ANKLE** before you start your race and must not be removed until after you cross the finish line. Please do not wear your timing chip anywhere else.

BIKE CHECK/BIKE MECHANIC

Bike checks will be conducted by the Technical Officials and Race staff as you enter transition on the day of the race. These checks are of a minor nature to ensure the integrity of your helmet, correct helmet fit, your handlebars have bar-end covers and the bike has visible brakes.

Please note that these checks are not a 'roadworthy' of your bicycle and you are responsible for ensuring the good working order of your bike.

A bike mechanic will be in attendance at the **TRIYAS** event for last minute issues with any bicycles. Please note that these mechanics might be busy, and all care should be taken to arrive at the race with your bike in good working order.

GETTING THERE

Please ensure you follow the signs to the **West Entrance or the East Entrance** .Once in Yas Marina Circuit follow the signs and stewards to Gold Car Park.



Access via east or west gate | Follow up signs to **G1 - G4** | Walk under Paddock tunnel | **TRIYAS** Village.

RACE DAY GUIDE

There are male and female changing facilities, toilets and water available within competitor registration and the transition area. Remember, there is no aid station on the bike course so make sure you have plenty of water on your bike. A bag drop area is located for competitor use in the Pit Garages, please follow the signs. Please note that all valuables are left at the owners' risk and the organizers cannot take any responsibility for this.

FORGOTTEN CAPS / CHIPS

If you have forgotten your swim cap or timing chip, please notify a member of staff at the registration area in the Pit Garages

RACE START PROCEDURE

30 minutes prior to your race please gather with the category of your wave at the swim briefing area. This is near the race start and is marked on the attached maps and will be signed on race day. If you are unsure which category wave you should stand at, please look at the colour of the wave signs and go to the one which is the same colour as your swim cap.

15 minutes prior to the race you will be escorted to the waterfront where you will be given a final swim briefing. If you have any questions, then please do not hesitate to ask as someone else will probably be thinking the same thing!

The swim director will call you to the start area.

Your race time will commence once you step over the starting mat on the swim ramp.

It is a rolling start.

TEAM INSTRUCTIONS

All team members must be in the swim briefing area at your wave pen 15 minutes prior to their race for a race briefing.

SWIM: The swimmer must wear the timing chip on their LEFT ankle and follow the steps above for the race start. After exiting the swim, they will make their way to the designated area in transition where they will remove the timing chip and fasten it on the left ankle of the cyclist. Swimmers will not be allowed to stay in transition

BIKE: Once the timing chip has been securely fastened on the cyclist's left ankle, the cyclist must then ensure that they have their race numbers

showing in the correct positions on the bike and that their bib number is on their back. The cyclist must first secure their helmet before unranking their bike. Remember, if you are in motion your helmet must be fastened on your head!

Once the cycle leg is complete, the cyclist MUST rack their bike securely before removing their helmet. The cyclist will first rack their bike and then run to the end of transition where they will hand over the timing chip to the runner in the team and securely fasten it on their left ankle.

RUN: Once the team cyclist has racked their bike and swapped over the timing chip to the runner and placed this on their own LEFT ankle. The team runner is to follow all course signage for the distance in which they are competing. A numbered wristband is required as identification for the team runner to enter the transition area prior to starting the run.

FINISH: You all took part in the race, so you are all entitled to enjoy the finish! Teams are allowed to cross the finish line together to savour the moment. The Swimmer and Cyclist are requested to wait outside of the finish chute until their runner appears. Please be aware of the other competitors as you make your way down the finish chute and don't block the other finishers in your enthusiasm to soak up the glory.

WAVE STARTS: To manage the flow of competitors on race day and ensure you have plenty of room on the course, we will be starting the race as a rolling start.

TRI YAS
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2024 COURSE MAP

**TRI KIDS
JNR TRI**



#TriYAS

MAP LEGEND

مفتاح الخريطة

SWIM
(TRIKIDS - 100M)

السباحة
(100 متر)

SWIM
(JNR TRI - 200M)

السباحة
(200 متر)

TURNING POINT

نقطة انعطاف

CYCLE
(5KM/LAP)

الدراجات الهوائية
(5 كلم - لفة واحدة)

TRIKIDS 1 LAP
JNR TRI 2 LAPS

لفة واحدة
لغتين

RUN LAP

الركض

TRIKIDS (1.5KM/LAP)
JNR TRI (2.5KM/LAP)

(1.5 كلم - لفة واحدة)
(2.5 كلم - لفة واحدة)

TRANSITION

مرحلة انتقالية

HYDRATION STATION
(RUNNERS ONLY)

محطة مياه
(العدائون فقط)

TRI YAS
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2024 COURSE MAP

SUPER SPRINT



#TriYAS

MAP LEGEND

مفتاح الخريطة

SWIM (375M)		السباحة (375 متر)
TURNING POINT		نقطة انعطاف
CYCLE (5KM/LAP) 2 LAPS		الدراجات الهوائية (5 كلم / لفة واحدة) لقتين
RUN LAP (2.5KM/LAP)		الركض (2.5 كلم - لفة واحدة)
TRANSITION		مرحلة انتقالية
HYDRATION STATION (RUNNERS ONLY)		محطة مياه (العدائون فقط)

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2024 COURSE MAP

SPRINT



#TriYAS

MAP LEGEND

مفتاح الخريطة

SWIM (SPRINT - 750M)		السباحة (فئة المسافات القصيرة - 750 متر)
TURNING POINT		نقطة المصطف
CYCLE (5KM/LAP) SPRINT 4 LAPS		الدراجات الهوائية (5 كلم - لفة واحدة) فئة المسافات القصيرة - 4 لفات
RUN LAP 1 (5KM/LAP)		الركض - اللفة الأولى (5 كلم - لفة واحدة)
TRANSITION		مرحلة انتقالية
HYDRATION STATION (RUNNERS ONLY)		محطة مياه (المدحرون فقط)

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2024 COURSE MAP

DUATHLON



#TriYAS

MAP LEGEND

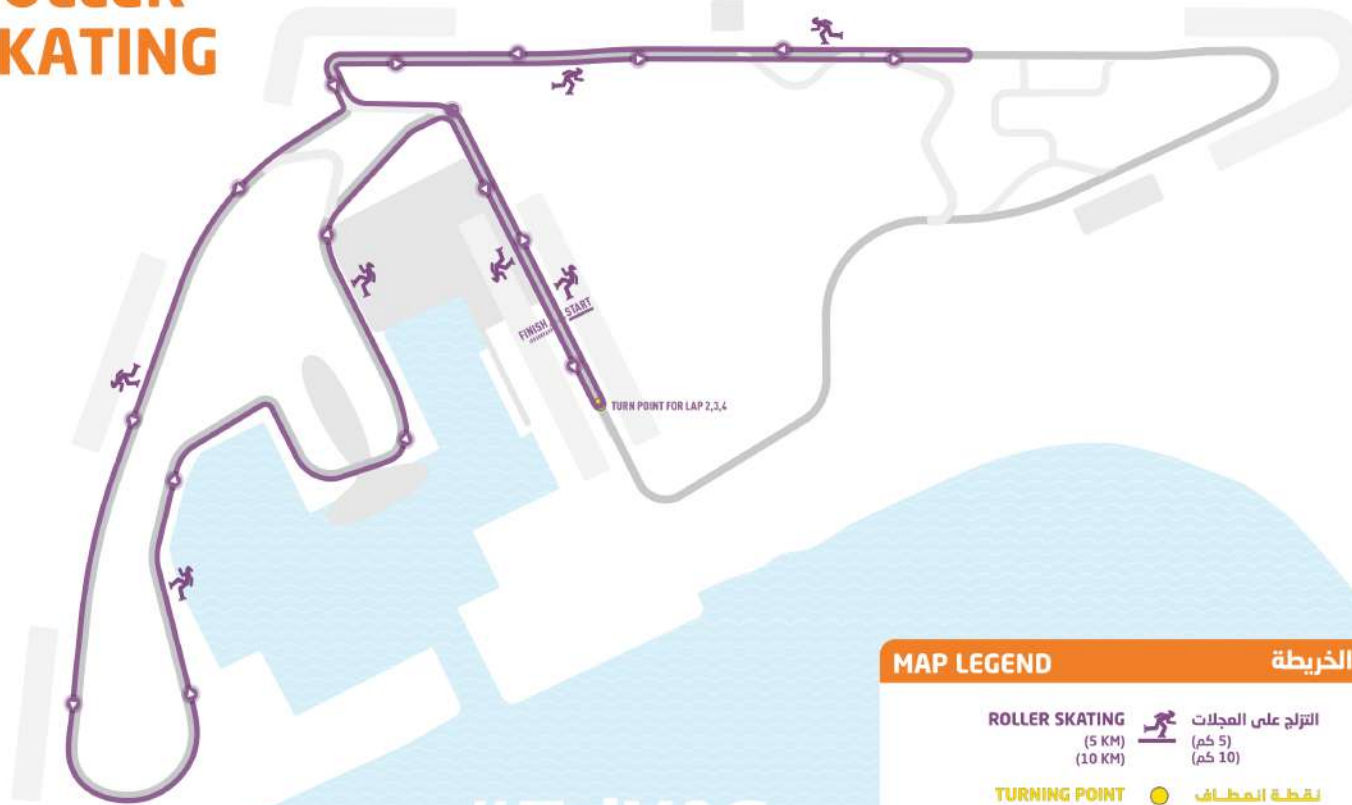
مفتاح الخريطة

TURNING POINT	نقطة انعطاف
RUN DUATHLON 5KM	الركض 5 كم
CYCLE DUATHLON 20KM DUATHLON 4 LAPS	الدراجات الهوائية 20 كم 4 لفات
RUN DUATHLON 2.5KM	الركض 2.5 كم
TRANSITION	مرحلة انتقالية
HYDRATION STATION (Runners Only)	محطة مياه (المدائون فقط)

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2024 COURSE MAP

ROLLER SKATING



#TriYAS

MAP LEGEND

مفتاح الخريطة

ROLLER SKATING (5 KM) (10 KM)		التزلج على المجلات (5 كم) (10 كم)
TURNING POINT		نقطة المطفاف
START		يبدأ
FINISH		النهاية

TRI YAS
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2024 COURSE MAP

OLYMPIC



MAP LEGEND

مفتاح الخريطة

- | | | |
|--|---|--|
| SWIM
(OLYMPIC - 1500M) |  | السباحة - اللفة الأولى
(الفئة الأولمبية - 1500 متر) |
| SWIM
(OLYMPIC SECOND LAP) |  | السباحة - اللفة الثانية
(الفئة الأولمبية) |
| TURNING POINT |  | نقطة انعطاف |
| CYCLE
OLYMPIC 8 LAPS |  | الدراجات الهوائية
الفئة الأولمبية - 8 لفات |
| RUN LAP
(10KM/LAP) |  | الركض - اللفة
(10 كلم) |
| TRANSITION |  | مرحلة انتقالية |
| HYDRATION STATION
(RUNNERS ONLY) |  | محطة مياه
(المداولون فقط) |

#TriYAS

RACE DAY RULES AND TIPS

TRIYAS is run under modified International Triathlon Union rules for non-drafting events. The following guide highlights some of the most important rules for you to be aware of to ensure you have a fun, safe and fair race.

SWIMMING

Competitors are not permitted to use any swim aids other than a swim cap (which will be provided), goggles, nose clip, costume/trunks and a wetsuit, should the water temperature permit.

The swim will be a rolling wave start from the swim pontoon. We advise swimmers that you need to 'self-seed'. It is usually advisable for less confident swimmers to remain at the back to give you time and space to find your rhythm during the swim.

The water temperature is expected to be around 22-23 degrees, meaning that the use of a wetsuit will be optional. The water temperature will be taken on race day and a decision on the use of wetsuits will be made by the Race and Swim Safety Director.

You should be physically capable of completing the required distance. A water safety team will be present in the marina to assist any swimmers who encounter difficulties. If you require assistance stay in a stationary position, turn onto your back and raise your hand.

Please note that should you find yourself in trouble during the swim and in need of assistance this does not mean your race has to be over. You are allowed to hold onto a rescue craft and regain your breath and/or confidence. However, you are not able to use such a craft, the ground or fixtures in the marina to make forward progress in the swim.

If at any time you decide to not continue in the swim, please let race staff know immediately and hand in your timing chip.

Specific rules relating to the use of wetsuits and speed suits in the swim are contained in the TriYAS Race Competition Rules.

TRANSITION 1: At the end of the swim, you will run or walk to the transition where you will have racked your bike earlier. Please be aware of other competitors who may be entering transition with bikes after completing the bike leg of the race. It is your responsibility to be aware of your surroundings and take all care to ensure your safety.

You must have your helmet on and straps fastened before removing your bike from the racking. DO NOT mount your bike until the mount point which is just outside the exit from transition

CYCLING

All bikes must be well maintained, roadworthy and all handlebars and tri-bars must be plugged (covered). You will not be permitted to compete if your handlebars have exposed metal ends. There must be brakes on each wheel. You do not need a 'racing' style bike (mountain bikes and the like are fine) however fixed-wheel bikes are not permitted. All bikes will be checked before each competitor enters transition. A cycle helmet must be worn at all times you are in motion with the bike.

You are responsible for counting the number of laps you have completed and entering transition after the requisite number of laps (2 for Super Sprint, 4 for Sprint and 8 for Olympic).

Please be aware that you need to remain on the LEFT of the cycle course for the duration of the cycle. As you are on one of the premier Formula One™ Racing Circuits in the world, we recognize that the desire to take the racing line is almost overwhelming. It is for your safety and for the safety of others that you need to stay as far left as possible.

Your race number must be visible on your bike and on the rear of your racing outfit for the duration of the cycle leg.

PASSING AND BLOCKING

There will be riders of all abilities on the circuit and by keeping to the left and only passing on the right you will be keeping a safe and consistent line for others to follow and pass. It is customary and good practice to let competitors know you are passing with a verbal acknowledgement.

As all riders are to keep as far as possible to the left of the circuit, all overtaking must take place on the right-hand side of the competitor being passed. Passing on the left-hand side is unpredictable and dangerous and if caught by a technical official you will be subject to a time penalty.

Blocking is the act of deliberately sitting on the right side of the course and in doing so making it difficult for other competitors to pass you. Blocking is unfair and can be dangerous, if caught by a technical official you will be subject to a time penalty.

PACING/DRAFTING

Drafting is one of the most polarizing aspects of the rules of triathlon. Drafting is the act of sitting directly behind the wheel of another competitor or vehicle so as to be sheltered from the wind. Competitors are not permitted to draft, during the cycling segment of **TRIYAS**. Warning and penalties will be issued when, in the opinion of the technical official, competitors are observed to gain an advantage through drafting.

Remember that as a premier motor racing facility, Yas Marina Circuit is equipped with dozens of circuit safety cameras that are designed for safety and to catch vehicles breaking the rules at speeds far greater than your average cyclist! These cameras will be manned throughout the race and any observed instances of passing on the left, drafting, blocking or general unsafe conduct will result in a time penalty or disqualification.

The technical official's decision is final.

LITTERING

Littering is not allowed at any point of the race. All rubbish, gel packets, drink bottles, swim caps and similar items are your responsibility and must be taken with you or placed in one of the many bins available. Littering during the race is unacceptable and can result in disqualification.

RUNNING

No form of movement other than running or walking is permitted on the run course. Competitors may not run without shoes or with a bare torso. Your race number must be visible on the front of your racing outfit for the duration of the run leg.

RACE WITHDRAWAL

If at any stage throughout the race you decide to withdraw please inform the next race official and make your way immediately back to transition. Once back at transition please return your timing chip to officials. Please be aware that for safety reasons you may have to wait until the race is finished before you can access your belongings.

GENERAL RULES COMPETITORS MUST FOLLOW:

- Practice good sports conduct at all times;
- Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- Be responsible for understanding and following the Race Competition Rules;
- Obey instructions from event officials;
- Treat other competitors, officials, volunteers and spectators with respect and courtesy;
- Avoid the use of abusive language;
- Be responsible for keeping on the designated course;
- Not wear, use or carry items deemed to be a hazard to self or others e.g. a hard cast, jewelry, glass/metal containers or electronic and entertainment devices such as, but not limited to, mobile phones or 2-way communication devices;
- Not use any equipment which may provide an unfair competitive advantage;
- Not obstruct or interfere with the forward progress of another competitor, or jeopardize the safety and welfare of another competitor or race official or spectator or member of the public;
- Not accept assistance from anyone other than an event official;
- Not discard any equipment on the course, except at the approved dedicated locations;
- Withdraw immediately from the event if deemed and informed by the event medical personnel that the competitor appears to present a danger to the health or welfare of either the competitor or others; and
- Not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public.
- The use of headphones is not permitted at any stage of the race

Remember: Drafting is cheating, blocking is unfair and passing on the left is downright dangerous

AFTER YOUR RACE

PRIZES

A trophy will be awarded to the top three ranking females and male finishers in each age group in each race category. All finishers will receive a **TRIYAS** Finishers Medal.

WATER

Water, sports drinks and fruit will be available once you cross the finish line.

MEDICAL

If you feel unwell at any time during the event, please head to the nearest medical response units situated on each leg of the course. The Yas Marina Circuit Medical Center will be manned throughout the race for any medical issues.

If you have any known medical condition such as diabetes, asthma, allergy to penicillin, etc. please ensure you have informed the race organizers prior to the race on your application. Please write all medical details including any medication taken on the back of your race number bib and attach this to your top as well as next of kin and emergency contact details. Whether you have a medical condition or not, if you feel unwell on race day - don't race! Remember to always race within your limits, if you are feeling light-headed, short of breath, dizzy or experiencing pain in the chest or extremities please stop racing and head to the nearest medical assistance area.

RACE TIMES

Race results will also be available live for following competitions and to check your results.

Results will be also be published on the my.raceresult.com and yasmarinacircuit.com websites as soon as they are available.

Please remember that early results are often provisional and subject to change due to on course penalties, competitor withdrawal and other matters.

Look out for QR codes in and around the race village for live results.

REMOVAL OF EQUIPMENT

Competitors will be able to collect their bikes and equipment from transition after the last cyclist has been through transition. Please ensure that you collect your bikes and all belongings at the end of your competition. The organizers reserve the right to remove any equipment left beyond this time.

HYDRATION AND NUTRITION

It is important to stay well hydrated throughout various water stations depending on your race category.

All competitors are strongly advised to carry sufficient water on your bike for the duration of the bike leg. It is easy to forget to drink regularly in the heat of competition, but this is essential to ensuring you have the best possible performance at **TRIYAS**.

POST-RACE it is also important to replace your lost fluid and to eat to aid your recovery. It is generally accepted that you should eat a small meal or snack with a high carbohydrate concentration in the 40 minutes immediately post-race.

REMEMBER to keep your fluid intake up for the 24 hours immediately following the race; ensuring you are well hydrated in the days leading up to the event will also aid your race-day hydration.

TOILETS

There will be toilets positioned around the course at easily accessible points. Additionally, there will be toilet facilities at the registration area and accessible for the public throughout the venue.

LOST PROPERTY

Please hand any found items into the Information booth located in the village. Please make your way to the Information Desk if you have mislaid anything. Lost property will be held for three weeks post the event and will be located at the Yas Marina Circuit West Gate for collection. Please contact the organizers if you have lost any items.




ACCOMMODATION

TRIYAS happens on Yas Island where there is ample accommodation. Please visit <https://yasisland.ae> for a full list of hotels.

SPECTATOR INFORMATION

There will be spectator viewing points along the Media Centre and Team Villas overlooking the swim legs. Transition and the cycling legs can be viewed from Level 1 of Yas Paddock Suites (Suite Number 2) and the spectators can cheer home the runners as they cross the finish line within race village.

RACE CHECKLIST

 SWIM	 CYCLE	 RUN	PRE/POST RACE
Goggles (+ Spare Pair)	Bike	Running Shoes	Watch
Swim Cap (provided in race pack)	Bike Shoes	Towel	Race Belt
Wetsuit (optional if water temperature is below 24.9°C)	Helmet	Cap/Hat	Safety Pins (for race number if not using Race Belt)
Body Glide or similar lubrication	Sunglasses	Water bottle	Pre and Post race nutrition
Swimming Costume/Tri-suit	Mini-pump	Running Clothes	Heart rate monitor
Timing Chip and Strap (provided in race pack)	Race Belt		Phone
	GPS/Bike Computer		Photo ID
	Spare Tyre/Tubular		Post-race shoes/clothes
	Water bottles		Race Pack
	Bike clothes		Sunscreen
			Pump
			Any personal medication
			Bike repair tools/tape