MAKE YOURSELF
GREAT AGAIN

FEB 17 2017

SPRINT, OLYMPIC & KIDSTRI

FREQUENTLY ASKED QUESTIONS FAQ'S

TRI YAS ترايثلون ياس

activelife INSPIRE YOURSELF | ضمان Daman

WHAT IS THE 'ELITE CATEGORY'?

The 'Elite' category is for professional athletes competing for the cash prize at TriYAS by Daman's ActiveLife 2017. You must hold a professional license issued by an ITU affiliated triathlon organisation or be invited by Yas Marina Circuit to compete in this category.

AGE GROUP PRIZES

A trophy will be awarded to the fastest athletes in each age category, with medals being awarded for 2nd & 3rd place finishers.

WHAT IS MY CORRECT AGE GROUP CATEGORY?

Your age group category is based on the age you are on the day of the race.

WHERE DO I LEAVE MY GEAR WHILE I'M RACING?

If you do not have friends or family attending that you can leave your gear with you can leave your sports bag in the bag drop area of the YMC Paddock area where it will be safely watched over by the event staff while you are out on the course. The Bag Drop area will be located in the YMC Garages from 11:00am once the race area has opened.

WHAT IS A WAVE START?

To avoid having all the athletes entering the water at the same time, competitors are divided into "waves". Each wave will consist of no more than 150 swimmers to give you plenty of room to swim and enter transition smoothly. Check the information board for your swim start time or view them online at the TriYAS website in the in the week leading up to your race.

CAN I WEAR A WETSUIT?

A final temperature reading will be conducted at 12:00pm on the day of the race and if the water is above the threshold stated in the rules then it is a non-wetsuit swim. If the water temperature is below the threshold you will be given the option of wearing a wetsuit. It is not a requirement to wear a wetsuit at all, however, if you are more comfortable wearing a wet suit please bring it as we'd anticipate it will be a wet suit optional swim this year.

CAN I HIRE A BIKE ON THE DAY?

Yes you can hire a bike from Fun Ride Sports at a rate of 150AED per bike. High end carbon fiber bikes are also available for 200 AED per bike. To reserve a bike, please contact **info@funridesports.com**

CAN I USE A MOUNTAIN BIKE?

Yes you can. You can use any type of bike you like provided it is roadworthy, does not present a danger to other competitors and is passed by the TriYAS Sporting Officials during bike check-in.

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WHAT IF MY BIKE IS NOT "ROADWORTHY"?

Your bike will be checked by our TriYAS Sporting Officials on entering the transition area for some minor issues but it is your responsibility to ensure that the bike is in working order. We will check for items like working brakes and missing handle bar plugs but this does not replace the need for you to ensure the bike is recently serviced and in good working order.

It is recommended that all competitors carry a few basic spares and repair items such as spare tubes, allen keys and tape so that you can make any minor repairs to your own bike on the day. There will be some minor mechanical assistance available but this should not be relied on as they may already be engaged!

WHAT TIME DO I HAVE TO HAVE MY EQUIPMENT IN TRANSITION?

The transition area for all races will be open when the gates for the race open at 11:00am on Friday the 17th of February 2017. **Please note**: there will be no bike racking available on Thursday February 16th. All bike racking will take place on Friday February 17th.

The transition areas will close as follows for the various race categories:

Kids Race	12:45pm
Olympic/Elite Race	2:30pm
Sprint Race	4:00pm

Please make sure to have your helmet when you are entering transition. No helmet = no bike racking!

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DO I NEED TO WEAR "BIKE SHOES"?

No – in fact, unless you are an experienced rider, it's probably a good idea to stick to your running shoes when you're starting out. It also means less change over when you switch from the bike to the run!

WHAT IS "DRAFTING" AND CAN I DO IT?

NO!! Triathlon is an individual sport and part of the challenge and fun is seeing how fast you can get around the course under your own power!

Drafting is hiding from the wind by riding your bike in close proximity (within 20 metres) of another competitor, which is also CHEATING! We have Technical Officials on course and the entire ride will be monitored by the Yas Marina Circuit camera system. If we see you drafting we will also see you in the penalty box! There is a full description of the draft zone and drafting regulations in both the Competitor Information Booklet and the TriYAS Race Competition Rules.

WHERE IS THE PENALTY BOX?

Should you receive a penalty by a marshal on the bike course you will need to serve your 2 minute penalty in the penalty box. The Penalty box is situated at the end of the transition area prior to the start of the run leg.

HOW WILL I KNOW I HAVE RECEIVED A PENALTY?

The Bike Marshal will show you a 'Yellow' card, call your bib number, and confirm your acknowledgement. It is your responsibility then to enter the penalty box prior to commencing your run. Failure to do so will be an automatic disqualification.

WILL SOMEONE COUNT MY CYCLE LAPS?

Your laps on the bike course are counted by the timing mat placed in the main straight. Unfortunately this is not real time and so it is your responsibility to count your laps!

If you are worried that you will forget you can always think of a simple way to remember like putting some tape on your bike and remove one each lap or wear rubber bands on your left wrist and change it to your right after each lap.

There are many methods to choose but remember, if you are in doubt as to how many laps you have done it is always better to ride an extra lap and have a slower time than it is to miss a lap and be disqualified for not completing the course!

IS THERE WATER ON THE COURSE?

Yes, there is plenty of water available on the run course. It is a good idea to slow down and make full use of the two (Sprint Distance) or three (Olympic Distance) drink stations on the run course.

Please ensure that you have sufficient water available on your bike prior to starting the bike course. It is recommended that you start the bike with at least one (1) full bidon for Sprint competitors and two (2) full bidons for Olympic competitors.

Water in either 500ml or 330ml bottles will be available at the on course stations and water, fruit and an electrolyte drink will be available at the finish line.

WHAT HAPPENS AFTER THE RACE?

After the race is a great time to catch up with friends and family, make new friends with your fellow competitors and generally talk about the whole experience! After that, stick around for the presentations or head over to the Yas Marina restaurants to redeem awesome TriYAS discounts. Keep your registration bib handy!

ARE SHOWERS AVAILABLE AFTER THE RACE?

While Yas Marina Circuit is a premiere sporting venue, unfortunately there are not sufficient showers within the race venue to cater for the large number of athletes present and are therefore not available for public use.

WHAT IF I CAN'T STAY FOR PRESENTATIONS?

If you are a category place getter and are unable to stay for presentations, you will need to contact the TriYAS office via email at **triyas@ymc.ae** within 2 weeks of the event to arrange for medal/trophy collection. If you are unable to collect your medal from our office (YMC Headquarters), you are able to have your medal sent for a surcharge.

IF I WITHDRAW FROM THE RACE, CAN I TRANSFER MY ENTRY OR GET A REFUND?

Under the terms and conditions of entry, there are no transfers or refunds.

The terms and conditions of entry are available on the race website **www.yasmarinacircuit.com** and through Premier Online **www.premieronline.com**

You cannot transfer your entry to someone else - and it is illegal to race under someone else's name.

HOW DO I FIND OUT MY RESULT AFTER THE RACE?

Results will be posted on the night of the event at the venue and via the TriYAS website (**www.yasmarinacircuit.com**) and the Premier Online website **www.premieronline.com**

WHERE CAN I FIND PHOTOS OF THE RACE?

A selection of post race photos will be posted on the TriYAS website
www.yasmarinacircuit.com

WHEN IS RACE PACK COLLECTION & THE PASTA PARTY?

Race pack pick up will be available on Thursday February 16th from 5pm – 8pm at the Palm Garden, Yas Viceroy Hotel. This will happen in conjunction with the Pasta Party, where you will have a chance to meet the Race Director and ask any questions you may have – while enjoying yummy pasta, courtesy of the Yas Viceroy Hotel!

There will be a Race Briefing happening by the Race Director– we urge all participants to attend, especially if it's your first triathlon. There will also be a Q&A session available with the Sporting team.

Late Race Pack collection will also be available on Friday February 17th at 11am. All bike racking will take place on Friday from 11am.

WHAT DO I GET IN MY RACE PACK?

You will receive the following items when you check in for the race on the Thursday evening at the Yas Viceroy
Abu Dhabi or Friday at YMC:

- Timing band (to be worn on your LEFT ankle)
- Bike sticker (to be attached around the seat post of your bike)
- Race numbers (to be worn so that it is visible from the front on the run and the rear on the bike)
- Swim cap (all competitors must wear their given cap)

Race pack pick-up will be happening at the Palm Garden, Yas Viceroy Hotel from 5pm – 8pm.

CAN I RACE WITH AN MP3, IPOD OR OTHER MUSIC DEVICES?

You are not permitted to race with any music devices including mobile phones, MP3 players, earphones etc. If you are caught with any of these items, you will be instantly disqualified.

Please note that this will be strictly enforced as this is a serious safety consideration since you will be surrounded by hundreds of fellow athletes travelling at various speeds.

Besides – some of the best fun to be had at a triathlon is sharing the experience with your fellow competitors. So enjoy having the earphones out and say thank you to a race volunteer or offer some encouragement to a fellow competitor!

MY RESULTS ARE INCORRECT OR NOT SHOWING?

If you find that your race results are appearing incorrectly or may not be showing up at all please email Premier
Timing at: **E. rami@premiersportsmail.com**

Please state in your email your name, date of birth, race category, race number, contact phone number, timing enquiry and estimated finish time.

CAN I ENTER ON RACE WEEKEND?

No. Unfortunately to ensure you are well catered for on race day and for the event to run smoothly we will be closing race entries at 12pm on Thursday the 17th of February 2017 if not sold out prior.

WHO DO I CONTACT FOR EVENT FEEDBACK?

We will be running a post event feedback form which will be emailed out to all participants post-race. Alternatively you can email us at **triyas@ymc.ae**. All feedback is welcome. Feedback may also be posted via the Premier Online website at **www.premieronline.com**

WHAT ARE THE AGE RESTRICTIONS?

Age restrictions for the various available events are available online at
www.yasmarinacircuit.com

All ages are taken as age on race day.

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WHAT DOES A TEAM ENTRY CONSIST OF?

A team consists of 2 or 3 participants with each person completing one or two legs of the triathlon. Each team has a swimmer, cyclist and runner.

The team is given one timing chip (to be worn by ALL team members on the LEFT ankle) which must be used like a relay baton and passed from one team member to the next within the transition area.

There is a designated area for relay team members just inside the bike transition area for team members to make the hand over of the timing chip

The entry fee for a team is advertised per team - not per team member.

Teams can be mixed gender.

WILL I RECEIVE ANYTHING IN THE MAIL BEFORE THE EVENT?

You will not receive anything in the mail regarding your entry. You will be emailed a confirmation receipt once payment has been made.

You can also check your acceptance and race category by logging on to your Premier Online profile using your email and password.

WHAT HAPPENS IF I NEED TO WITHDRAW FROM THE EVENT?

Any requests for withdrawal must be made in writing to:

E. triyas@ymc.ae

There will be no refunds allowed.

Entry is non-transferable. It is illegal to race under someone else's name.

If you withdraw before the race start, please advise the Registration area and hand your timing band in. If you withdraw during the race, please report to the Registration area and advise them you have withdrawn and also hand your timing.

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DO I HAVE TO ATTEND 'CHECK IN' IF I HAVE ALREADY REGISTERED?

It is compulsory for all triathletes to check in.

You must show identification (Driver's Licence, Emirates ID, passport or copy of your receipt) to check in. At the Registration area, your name will be crossed off and you will be given your race pack containing:

- Timing band (to be worn on your LEFT ankle)
- Bike sticker (to be wrapped around your seat post)
- Race numbers (to be worn so that it is visible from the front on the run and the rear on the bike)
- Swim cap (all competitors must wear their given cap)
- Please note: Competitor Race Briefings will be available online only. You will be able to download and print if you wish but a hard copy will not be included in your race pack.

Teams will receive one timing band (ALL members must wear the timing band on their LEFT ankle, passed from each team member like a relay baton in the transition area) and race pack per team.

Please note it is illegal for someone to race under your name or for you to race under someone else's - this will result in suspension from future YMC events and that you are not insured while racing.

WHERE CAN I RENT A HOTEL ROOM?

As our official hotel partner, the Yas Viceroy Hotel is offering a preferential room rate for all TriYAS participants. Please contact them directly if you'd like to reserve a room ahead of TriYAS.

WHAT DO I GET OUT OF MY TRIYAS REGISTRATION?

Access to Yas Island Parks (2 weeks validity):

- All the athletes and up to 4 others:
- 50% discount on Bronze ticket to Ferrari World Abu Dhabi
- 50% discount on Bronze ticket to Yas Waterworld
- 50% discount on Bonze 2 Park Pass (you can go to both Parks)

UAE National Sport's Day access: "Cycle & Run" the TriYAS Course Before the Race

- TriYAS by Daman's ActiveLife will be supporting UAE National Sports Day by providing access to all TriYAS participants and the community to run and cycle the F1 track between 4-7PM on Thursday 16th February.
- To further encourage youth activity, a KidsTRI clinic will be held at Yas Marina Circuit (Paddock Area) between 5:30-6:30PM hosted by 2 professional triathletes competing in TriYAS.

Pasta Party:

- Thursday 16th Feb will be our Traditional Pasta Party and Race Briefing @ Yas Viceroy free for all participants from 5-8PM

Discounted Yas Viceroy Rates:

- Reduced room rate of 650++ BB for all TriYAS participants at our partner hotel, Yas Viceroy

Bounce Back Physio TriYAS participant offer:

- All TriYAS participants will receive 10% discount on all treatment for 1 week post race @ BounceBack Physiotherapy upon presentation of their race number.

Restaurant Deals:

- Iris will offer 25% off F&B to all participants on race day (February 17th) upon presentation of the participant's race number
- Rozanah & Cafe d'Alsace will offer 20% off F&B to all participants on race day (February 17th) upon presentation of participant's race number