

QATAR
T100
TRIATHLON

December 10th - 13th

ATHLETE GUIDE

**100km
Sprint
Youth Super Sprint Triathlon**

Please read carefully
[Click here for Age Group World Championship Guide](#)



PLEASE NOTE INFORMATION IN THIS DOCUMENT IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. UPDATES WILL BE POSTED AT THE ATHLETE BRIEFING.

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Please note the content can and should be adapted to meet the specific needs of the race and location. Please follow the general ordering information as shown above. However based on the different needs of the locations the ordering might not be exact.

WELCOME

Welcome to the Qatar T100 World Championship Final!!

As members of the PTO Athlete Board, we're thrilled to welcome you to our event in Qatar. Whether you're a seasoned athlete or a first-time participant, embrace every moment of the race and enjoy the thrill of competing in such a remarkable setting.

It's truly special to have you join us for an exciting race.

Racing in such an iconic location makes this experience even more memorable. The stunning landscape creates a unique backdrop for our race.

Thank you again for joining and best of luck to each and every one of you.



Aaron Royle
PTO Athlete Board Member

WELCOME

It is our great pleasure to welcome you to Qatar, the proud host of the T100 Triathlon World Championship Final. We are honoured to host this prestigious event in Lusail City, bringing together the world's top triathletes to compete on our shores.

As the season's grand finale, the T100 Championship reflects our nation's growing reputation as a global destination for world-class sporting events. Qatar has consistently demonstrated its commitment to excellence in sport, hospitality, and event delivery, and we are delighted that athletes and visitors from around the world can experience this first-hand.

During your stay, we encourage you to take the opportunity to explore Doha's unique blend of modernity and tradition, from its vibrant cultural districts and world-class dining to its scenic waterfront and warm hospitality.

We extend our sincere appreciation to the organisers, partners, and volunteers whose dedication has made this event possible. To all the athletes, we wish you the very best in your performance and a memorable experience here in Qatar.

Welcome to Doha, and welcome to the T100 Championship Final.

Eng. Abdulaziz Ali Al Mawlawi
Chief Executive Officer, Visit Qatar

This event runs under World Triathlon Rules and will follow World Triathlon safety & contingency protocols.

The Qatar T100 follows [World Triathlon rules](#) and upholds strict safety and contingency protocols to ensure a fair and secure race.

It is the responsibility of all participants to read and understand the Athlete's Guide, which contains essential race regulations, course details, and important event information.

Please review it carefully to be race-ready.

VISIT

Doha is where coastal beauty meets desert horizons, and where modern cityscapes rise beside vibrant cultural heritage. A destination shaped by tradition and ambition, it offers warm Arabian hospitality, world-class attractions, diverse dining, and a growing calendar of global sporting events. From its waterfront promenades to its golden dunes and island resorts, Qatar is a place to explore, discover and feel at home.

A Sporting and Outdoor Paradise

Whether you're drawn to the sea, the desert or the energy of a modern city, Doha offers the perfect setting for outdoor adventure. Surrounded by the Arabian Gulf, Qatar is a natural playground for activities such as sailing, paddleboarding, kayaking, kite surfing and diving. Beyond the city, sweeping dunes and quiet wilderness areas provide a striking backdrop for desert safaris, camping and off-road experiences.

As a hub for world-class sports, Qatar welcomes both spectators and participants. From hosting global tournaments to offering everyday pursuits such as running, cycling and beach workouts, Doha caters to every level of athlete and enthusiast.

Desert Adventures and Cultural Encounters

To the south-east lies the **Inland Sea (Khor Al Adaid)**, where the desert meets the ocean in one of the region's most distinctive natural settings. Visitors can enjoy dune bashing, camel rides or nights in traditional camps, experiencing the calm and beauty of Qatar's desert landscape.

Further north, the scenery changes once again. Rocky formations in **Zekreet**, ancient carvings at the **Jassasiya Rock Art Site** and coastal heritage landmarks such as **Al Zubarah Fort**, a UNESCO World Heritage Site, reflect centuries of culture and history within remarkable surroundings. These sites offer a contrast to Doha's modern skyline and architectural landmarks.



VISIT

A City of Culture and Warmth

Doha continues to welcome the world with its rich cultural offering and world-class facilities. Visitors can explore the traditional **Souq Waqif**, the creative **Katara Cultural Village** and the beautifully restored Msheireb Downtown Doha. Qatar's museums, including the **Museum of Islamic Art** and the **National Museum of Qatar**, offer insights into the country's past and present.

Discover Qatar

With year-round sunshine, an expanding calendar of international events and a balance of authenticity and modernity, Qatar invites you to explore its treasures, from the desert to the sea and from heritage to innovation.

Iconic Attractions

Qatar offers a distinctive blend of cultural heritage and contemporary development. From world-class museums and vibrant waterfronts to family-friendly leisure destinations and cultural landmarks, there is always something new to explore.

Among the country's most recognisable landmarks is the **National Museum of Qatar**, designed to resemble the desert rose. Nearby, the **Museum of Islamic Art**, an architectural icon on the Corniche, houses one of the world's most significant collections of Islamic art. Visitors can also explore the **3-2-1 Qatar Olympic and Sports Museum**, which celebrates global sporting history through interactive exhibits.



VISIT

Those interested in heritage will be drawn to **Souq Waqif** , where traditional architecture, local craftsmanship and vibrant shops reflect Qatar’s trading past. For a contemporary urban experience, **Msheireb Downtown Doha** showcases a blend of culture and modern design, while **Lusail City** represents Qatar’s dynamic future with its marinas, boulevards and entertainment venues.

Across the city, visitors can enjoy a growing collection of lifestyle destinations. **Katara Cultural Village** serves as a hub for arts, performances and seasonal events, while **The Pearl and Gwan Island** offer scenic promenades, luxury dining and boutique retail experiences. **Al Maha Island** has become one of Qatar’s leading entertainment districts, home to **Winter Wonderland** and a variety of restaurants. **Meryal Waterpark** , located in Lusail, houses the world’s tallest waterslide, and offers an exciting experience for families and adventure seekers. Westwalk, a lively mixed-use destination, brings together dining, retail and leisure in a modern, open-air setting.

Qatar’s retail landscape combines elegance, scale and variety. **Place Vendôme** in Lusail offers luxury brands in a Parisian-inspired waterfront setting, while **Doha Festival City** and the **Mall of Qatar** provide a mix of international fashion, dining and family entertainment.

Qatar’s dining scene is equally diverse, offering flavours from around the world. From MICHELIN-starred restaurants and innovative fine dining concepts to authentic street food and hidden local gems, the country’s culinary offerings reflect its cultural diversity and passion for excellence.

Beyond the city, visitors can explore **Sealine Beach** and the surrounding dunes to experience Qatar’s desert landscapes, or head north to the mangroves of **Al Thakira** , where kayaking and birdwatching reveal another side of the country’s natural beauty.

Together, these destinations highlight Qatar’s evolving identity as a place where heritage, innovation and hospitality come together to create a distinctive and welcoming experience for every visitor.



EVENT SCHEDULE

Wednesday, December 10th

TIME	ACTIVITY	LOCATION
14:00 - 18:00	Expo Open	Lusail Plaza
14:00 - 18:00	Race Pack Collection	Lusail Plaza
18:30 - 20:15	<u>KICK OFF RUN 5k/1k</u>	Lusail Plaza
19:50 - 20:00	Drone show	Lusail Plaza

Thursday, December 11th

TIME	ACTIVITY	LOCATION
10:00-14:00	Expo Open	Lusail Plaza
10:00-14:00	Race Pack Collection	Lusail Plaza
11:30-12:30	100km live RACE BRIEFING	Lusail Plaza- main stage
12:15-12:30	SPRINT live RACE BRIEFING	Lusail Plaza- main stage

EVENT SCHEDULE

Friday, December 12th

TIME	ACTIVITY	LOCATION
5:00 - 6:15	YOUTH Transition Check- in	Lusail Car Park
6:10 - 6:20	YOUTH Super Sprint Briefing	Lusail Ferry Dock
6:30	YOUTH Super Sprint Race Start	Lusail Ferry Dock
7:30 - 9:00	YOUTH Bike Check-out	Lusail Car Park
8:00	YOUTH Super Sprint Awards Ceremony	Lusail Plaza - Stage
09:30 - 15:30	Expo Open	Lusail Plaza
09:30 - 15:15	Race Pack Collection	Lusail Plaza
09:30 - 15:30	100km Triathlon/Sprint Bike & Helmet Check-in MANDATORY	Lusail Car Park
10:00	PRO Women Race Start	Lusail Ferry Dock
12:35	PRO Men Race Start	Lusail Ferry Dock
16:10	PRO Award Ceremonies Women + Men	Lusail Plaza - Stage
16:25	2025 T100 Triathlon World Tour Champion Awards Women+Men	Lusail Plaza - Stage
16:45-17:45	Celebration Walk & Opening Ceremony	Lusail Plaza

EVENT SCHEDULE

Saturday, December 13th

TIME	ACTIVITY	LOCATION
5:00 - 6:45	100km Transition Area Open (no bike check in)	Lusail Car Park
7:05 - 7:40	100km Triathlon Race Start (Waves 1-8)	Lusail Ferry Dock
9:00 - 10:15	Sprint Transition Area Open (no bike check in)	Lusail Car Park
10:00 - 16:00	Expo Open	Lusail Plaza
10:30 - 10:55	Sprint Race Start (Waves 1-6)	Lusail Ferry Dock
13:00- 17:00	Bike Check-Out (all races)	Lusail Car Park
13:45 - 14:15	Sprint Award Ceremony	Lusail Plaza Stage
15:30 - 16:00	100km Award Ceremony	Lusail Plaza Stage

OPENING CEREMONY

FRIDAY DECEMBER 12TH, LUSAIL PLAZA
16:45-17:45

Join us as we kick off the event in true international spirit at our Celebration Walk!! This vibrant celebration brings together athletes representing nearly 100 nationalities.

EACH COUNTRY WILL BE LINED UP IN ALPHABETICAL ORDER.

MEETING POINT FOR THE CELEBRATION WALK WILL BE AT THE MAIN VENUE BY THE SWIM START. LOCATION CAN BE FOUND [HERE](#).

Each country will be marked by a sign at the line up area.

Please, make sure you allow plenty of time to come before the start to find your country and line up to ensure a smooth process of the parade and timely start!



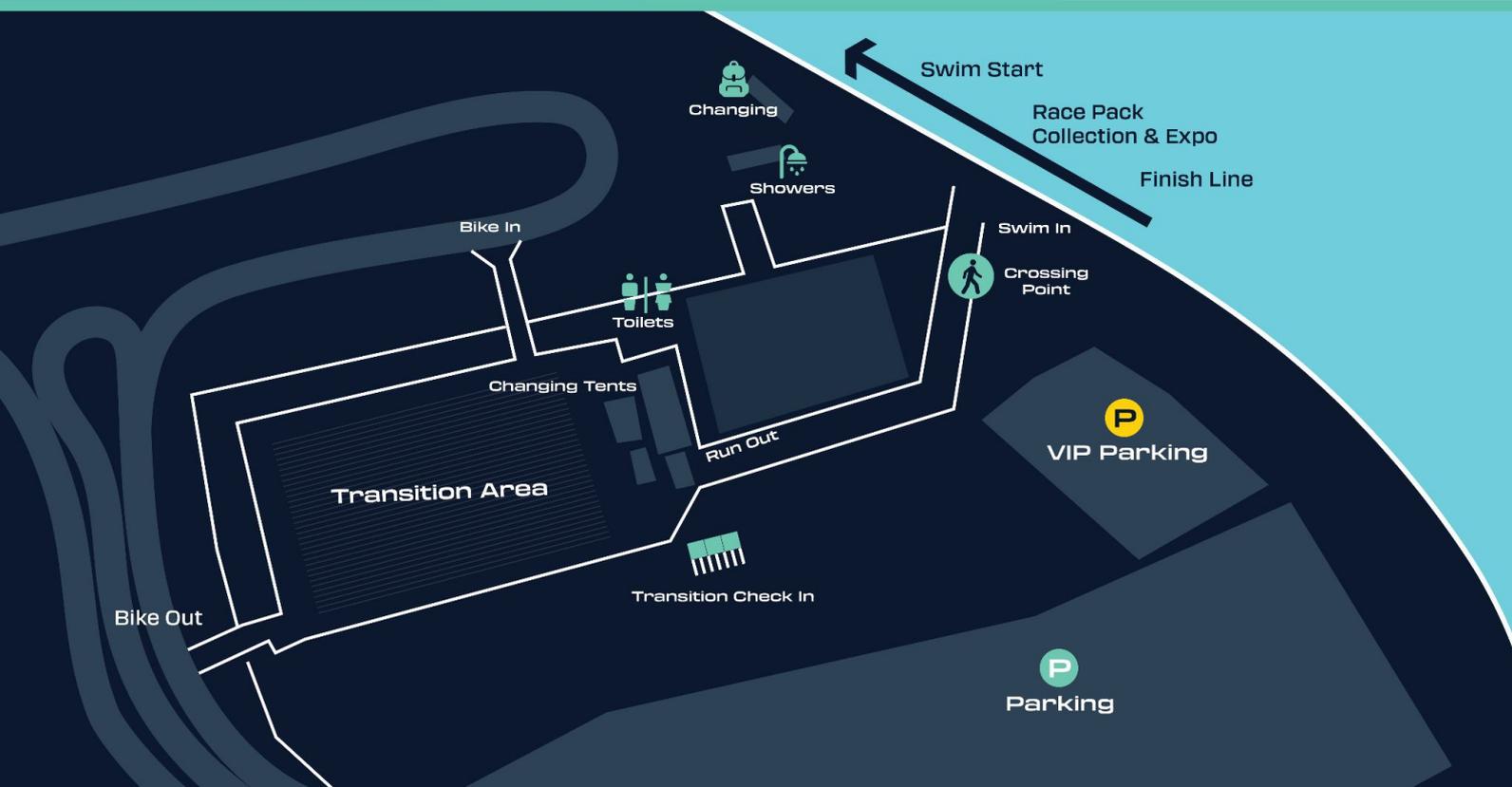
VENUE MAP

QATAR **T100** TRIATHLON

VENUE MAP



QATAR **T100** TRIATHLON



PARKING & KEY VENUE LOCATIONS

KEY LOCATIONS - WHAT3WORDS

Head to [What3Words](https://www.what3words.com/) and type in the three key words below to get the exact location for each area. Alternatively, click on the links below next to each location.

Parking: [boggles.less.deeds](https://www.what3words.com/#!/boggles/less/deeds)

Race Pack Collection: [tastes.growl.piglets](https://www.what3words.com/#!/tastes/growl/piglets)

Start Area: [windy.parked.lake](https://www.what3words.com/#!/windy/parked/lake)

Finish Area: [responded.novelist.clocked](https://www.what3words.com/#!/responded/novelist/clocked)

Age-Group Transition: [drop.boarded.amending](https://www.what3words.com/#!/drop/boarded/amending)

Pro Transition: [parkland.wages.firming](https://www.what3words.com/#!/parkland/wages/firming)

PARKING

Parking: [boggles.less.deeds](https://www.what3words.com/#!/boggles/less/deeds)

Scan the QR code below for the vehicle access routes to the official event parking areas.



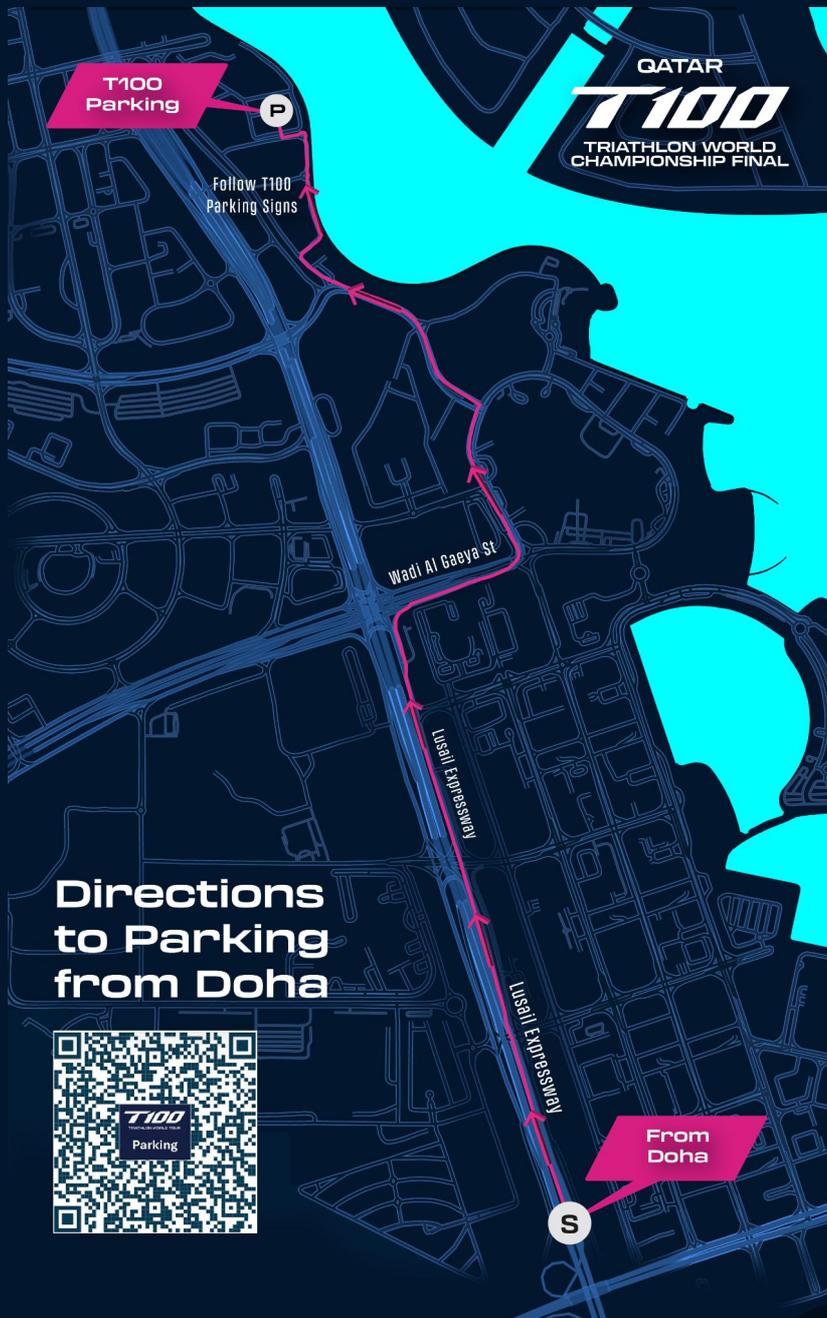
PARKING ACCESS

PARKING

Scan or click on the QR code for access routes

Primary Parking

Lusail South Parking lot (boggles.less.deeds)



RACE PACK COLLECTION

RACE PACK COLLECTION

You will need:

1. RACE QR CODE
2. PHOTO ID

You can collect your Race Pack in the Expo Area (Lusail Plaza) during the following times:

Wednesday, 10th December
14:00 – 18:00

Thursday, 11th December
10:00 – 14:00

Friday, 12th December
09:30 – 15:15



NO RACE PACK COLLECTION ON RACE DAY.

QR CODE

You must be ready to show the QR code sent to you prior to the race when you collect your Race Pack. This can be accessed from your confirmation email and race dashboard.

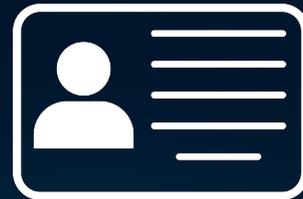
BIB NUMBER

Your bib number will be available on your participant dashboard from Monday 8th December.

CAN'T FIND YOUR QR CODE

Having trouble finding your QR code? Simply visit [your dashboard](#), select 'My Registration' from the toolbar, select 'Click here to have your confirmation email resent', enter your email address (lower case only), and select 'Send Email'. Make sure to check your spam folder too.

PLEASE NOTE YOU MUST PICK UP YOUR RACE PACK YOURSELF AND CANNOT HAVE SOMEONE ELSE PICK UP ON YOUR BEHALF



KEY RACE TIMINGS

MANDATORY BIKE & HELMET CHECK-IN TIMES (100km & Sprint Athletes)

- Requirements: Bike and helmet check mandatory
- Helmets can be left in your SWIM-TO-BIKE bag
- Helmets that don't fit in the bag must be clipped and attached around your bike handlebars
- Note: No bike check-in on race morning!
- 24 hour security will be provided

Friday, 12th December - Bike & Helmet Check In Times

09:30 - 15:30 100km & Sprint Triathlon

TRANSITION ON RACE DAY

- Hours: 05:00 - 06:50 Transition is open for 100km Open athletes
- Hours: 09:00 - 10:15 Transition is open for Sprint athletes
- Allowed Items: Only race essentials may be left in transition; no personal bags.

Reminder: No bike check-in on race day!

Bike check out will take place between 13:00 - 17:00

SPRINT AGE GROUP CUT OFF TIMES

Swim 11:30

Bike 13:00

Last Finisher 14:00

100km AGE GROUP CUT OFF TIMES

Discipline		CUT OFF TIME
Swim	Swim	09:20
Swim + Bike	Start Last Bike Lap	12:00
	Bike	13:00
Swim + Bike + Run	Last Runner	16:30

100KM & SPRINT RACE PACK CHECKLIST

RACE PACK CHECKLIST:

- One (1) Wristband**
- One (1) Bib Numbers**
 - To be worn on the front on the run. Place this in your Bike to Run Bag (RED).
- One (1) Sticker sheet**
 - 3x Helmet Stickers
 - 1x Bike Post Sticker
 - 3x Transition Bag Stickers
 - 1x Additional Bag Sticker
- One (1) Swim Cap**
 - There will be different colours for each wave. It is mandatory to wear the swim cap during the swim, so don't lose it! Upon picking up your race pack, you will be required to write your race number on your swim cap.
- One (1) Race Number Tattoo Set**
 - [Click here for application instructions](#)
- One (1) Swim to Bike Bag (BLACK)**
- One (1) Bike to Run Bag (RED)**
- One (1) After Race Bag (WHITE)**
- Timing Chip (allocated at bike check-in)**
 - Timing chips will be issued at Bike Check-In only. To avoid it getting caught in your bike chain/gears, **fasten your timing chip around your left ankle** using the velcro strap.
 - Please do not remove your timing chip until you have completed your triathlon or you will not receive a result.
 - All timing chips must be returned once you cross the Finish Line – there will be a **charge of USD 75 for any unreturned timing chips.**



SWAG COLLECTION CHECKLIST

T100 SWAG CHECKLIST:

- One (1) T100 Backpack (100km) or
*T100 Drawstring Bag (Sprint)
- One (1) T100 Patch
- One (1) T100 Water Bottle
- One (1) T100 Participant T-Shirt
- One (1) Finisher Medal
 - Awarded Post Race



SPRINT & 100KM BIKE CHECK - IN

This event runs under World Triathlon Rules and will follow World Triathlon safety & contingency protocols.

MANDATORY BIKE & HELMET CHECK IN TIMES

Requirements: Bike and helmet check mandatory; Bike and helmet to be checked in during bike check-in and left overnight (24 hour security provided). Note: No bike check-in on race morning!

Friday, 12th December

09:30 - 15:30 100km & Sprint Triathlon

BIKE CHECKS

It is your responsibility to bring a bike that is roadworthy and complies with World Triathlon competition rules.

You are responsible for verifying the safety of your bike before taking it to Transition, in order to prevent its rejection by race officials. World Triathlon Officials will inspect various aspects, such as:

- End plugs on handlebars
- Tires in reasonable condition
- Brakes in working order

CHECK YOUR BIKE WITH THE BIKE MECHANICS from AL GHARIYA CYCLING

HOURS	DAY	LOCATION
14:00 - 18:00	WEDNESDAY	LUSAIL PLAZA
11:00 - 15:00	THURSDAY	LUSAIL PLAZA
9:30 - 15:30	FRIDAY	LUSAIL PLAZA

Tip: the transition area is exposed to the sun. Don't fill your tires to the maximum pressure, to avoid them bursting in the sun when the tires warm up.

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition, to avoid rejection.

YOUR HELMET:

- **Must** be approved by World Triathlon
- **Must** not be altered. Alterations to any part of the helmet are not allowed. This includes - but is not limited to - any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- **Must** be undamaged.

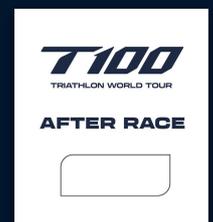
GEAR BAGS

AFTER RACE (WHITE BAG) - to be dropped at the bag tent on your way to the swim start and can be collected in the same tent after you finish the race. The bag deposit tent will be at the same location as where Race Pack Collection was. Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.

SWIM TO BIKE (BLACK BAG) - Swim-to-Bike bag, to hang in transition outside the changing tents on the bag rack lower hooks. If your helmet will not fit in your bag, please keep it on your bike handlebars. Volunteers will hang your used bags back on the same hook.

BIKE TO RUN (RED BAG) - Bike-to-Run, to hang in transition outside the changing tents on the bag rack upper hooks. Volunteers will hang your used bags back on the same hook.

SPRINT ATHLETES - Hang your black and red bags on the hook provided next to your bike in transition. The changing tents are optional..



TRANSITION BAGS CHECK-IN

PREPARING YOUR TRANSITION BAGS



SWIM TO BIKE BAG (BLACK)

1. Stick a numbered transition bag sticker on the bag, we recommend using a permanent marker too
2. Place all the cycling gear you need for the race into this bag. Examples:
 - Cycling shoes must be clipped onto the bike or left in the bag.
 - Helmet must be clipped onto the bike or left in the bag.
 - Sunglasses, nutrition etc

BAG DROP-OFF

- Hang this when you rack your bike the day before the event. You will be able to add items to your bag (nutrition etc) on the morning of your race.
- 100km athletes to hang this on the bag rack hooks outside the changing tents. Hang this on the bottom row.
- SPRINT athletes should hang this on the hook provided next to your bike in transition.



BIKE TO RUN BAG (RED)

1. Stick a numbered transition bag sticker on the bag, we recommend using a permanent marker too
2. Place all the running gear you need for the race in this bag. Examples:
 - Bib number - to be worn on the run and pinned on your race belt or running shirt, making it visible from the front
 - Running shoes, running cap, sunglasses, run nutrition

BAG DROP-OFF

- Hang this when you rack your bike the day before the event. You will be able to add items to your bag (nutrition etc) on the morning of your race.
- 100km athletes to hang this on the bag rack hooks outside the changing tents. Hang this on the bottom row
- SPRINT athletes should hang this on the hook provided next to your bike in transition.

AFTER-RACE BAG & POST-RACE COLLECTION

PREPARING YOUR AFTER-RACE BAG



PREPARATION

1. Stick your numbered sticker on the after-race bag. We recommend using a permanent marker too
2. Place any gear you need post-race into this bag.
Examples:
clean clothes, towel, toiletries etc

BAG DROP-OFF

1. To be dropped at the bag deposit tent on race morning with all your dry gear in it. You will be able to collect this bag from the same tent after your race.
2. The bag deposit tent will be at the same location as where Race Pack Collection was and will be located on the walkway to the swim start.
3. **Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.**

Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition. Make sure they are clearly labelled with your race number

Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off.

100KM SWIM WAVES

100KM AGE GROUP SWIM WAVE TIMES

Athletes have until 1st December to update their swim time via their Race Dashboard. Wave numbers will be visible on your race dashboard from Monday 8th December.

WAVE	PROJECTED 2KM SWIM TIME	CAP COLOUR
Wave 1 - 7:05	Under 33 min	Blue
Wave 2 - 7:10	33 - 35 min	Orange
Wave 3 - 7:15	36 - 39 min	Green
Wave 4 - 7:20	40 - 41 min	Pink
Wave 5 - 7:25	42 - 45 min	Yellow
Wave 6 - 7:30	46 - 54 min	Purple
Wave 7 - 7:35	55 - 60+ min	Red
Wave 8 - 7:40	60+ min	Blue

Please make your way to the Swim Start Area at least 20 minutes before your race start time. The Swim Start Area is a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, please check your Race Dashboard for this information and it will be available from Monday 8th December

SPRINT SWIM WAVES

SPRINT AGE GROUP SWIM WAVE TIMES

Athletes have until 1st December to update their swim time via their Race Dashboard. Wave numbers will be visible on your race dashboard from Monday 8th December.

WAVE	PROJECTED 750M SWIM TIME	CAP COLOUR
Wave 1 - 10:30	Under 15 min	Green
Wave 2 - 10:35	16-29 min	Pink
Wave 3 - 10:40	30 - 49 min	Yellow
Wave 4 - 10:45	50+ min	Purple

Please make your way to the Swim Start Area at least 20 minutes before your race start time. The Swim Start Area is a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, please check your Race Dashboard for this information and it will be available from Monday 8th December

AG 100KM COURSE

Swim - 1 Lap (Point to point swim)

Bike - 4 Laps - [GPX File](#)

Run - 3 Lap - [GPX File](#)



Please note no mobile phones, smart devices or headphones are permitted during the race.



AG SPRINT COURSE

Swim - 1 Lap (Point to point swim)

Bike - 1 Lap - [GPX File](#)

Run - 1 Lap - [GPX File](#)



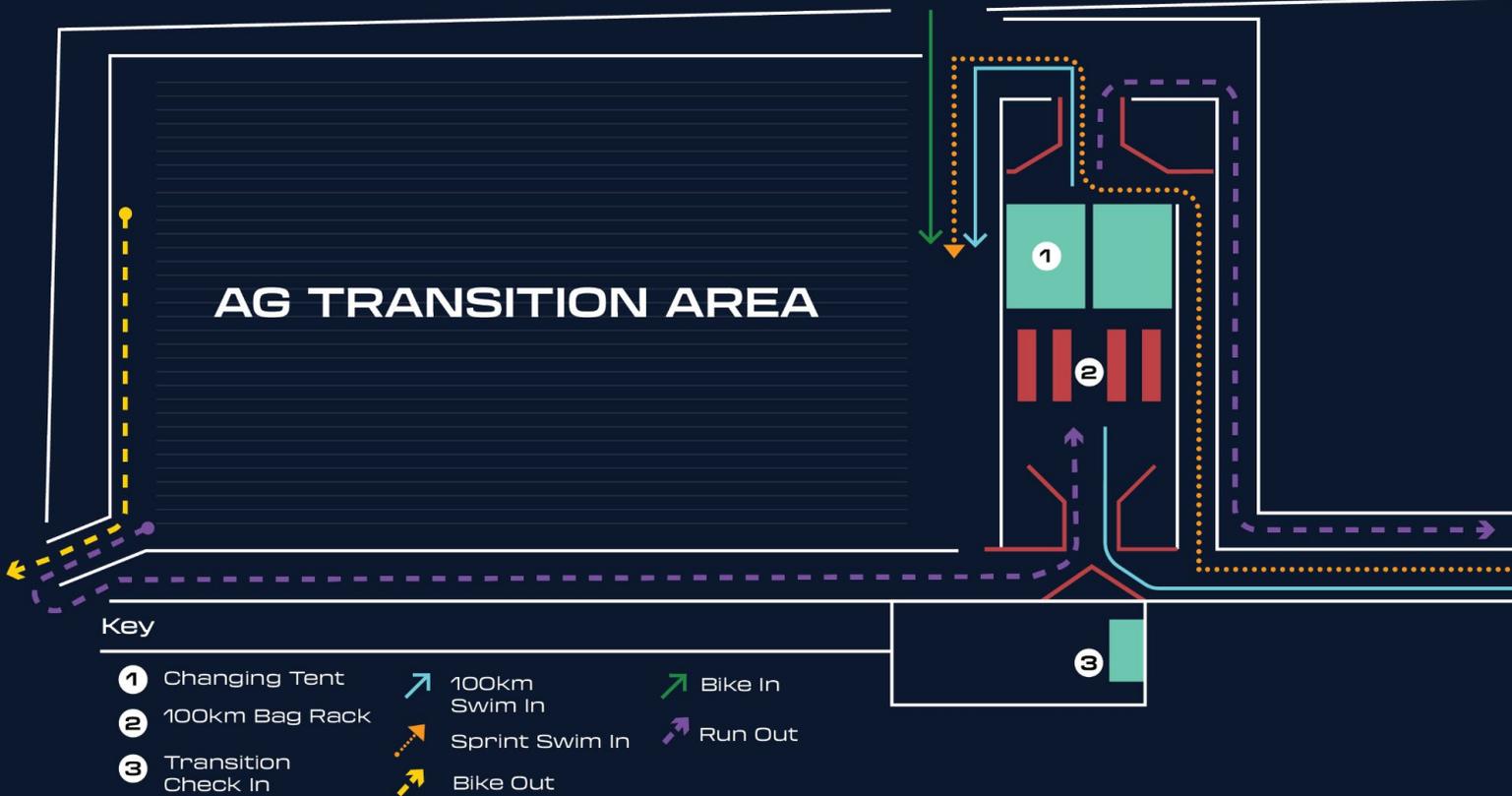
Please note no mobile phones, smart devices or headphones are permitted during the race.



AG 100KM & SPRINT TRANSITION FLOWS

QATAR T100 TRIATHLON

100KM and Sprint Transition Flows



YOUTH TRIATHLON COURSE

Swim - 1 Lap (Point to point swim)

Bike - 2 Laps - [GPX File](#)

Run - 2 Laps + Run To Finish - [GPX File](#)



Please note no mobile phones, smart devices or headphones are permitted during the race.



COURSE CUT-OFFS



COURSE CUT-OFFS

100km

- Swim course cut-off: 9:20
- Bike course cut-off 13:00
- Run course cut-off 16:30

COURSE CUT-OFFS

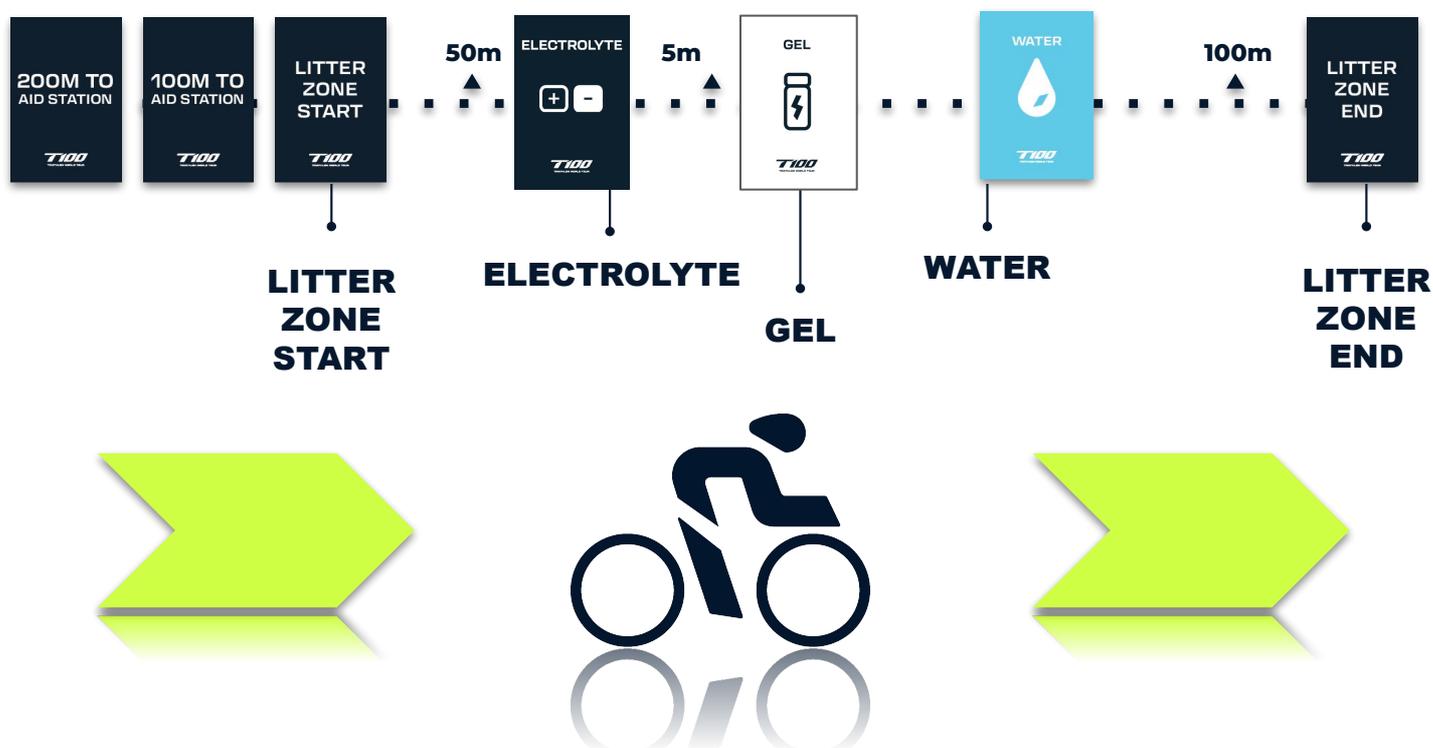
Sprint

- Swim course cut-off: 11:30
- Bike course cut-off 13:00
- Run course cut-off 14:00

100KM / BIKE AID STATION

- There will be one (1) bike aid station located on Jaww Al Remth road. You will pass it for a total of four (4) times while on the bike course.
- Pre-filled bike bottles of water and Pocari Sweat (31g of carbs per 500ml bottle) will be provided as well as Gels.

BIKE AID STATION ORDER



BIKE AID STATION PROCEDURE

Slow down when entering the aid station zone to ensure you get what you need, but don't stop in front of the aid station! If you do not require any products from the aid station, please stay to the opposite side of the aid station.

There will be signs along the aid station listing what is on offer. Volunteers will also be communicating what they are holding – please remember to politely ask for what you need.

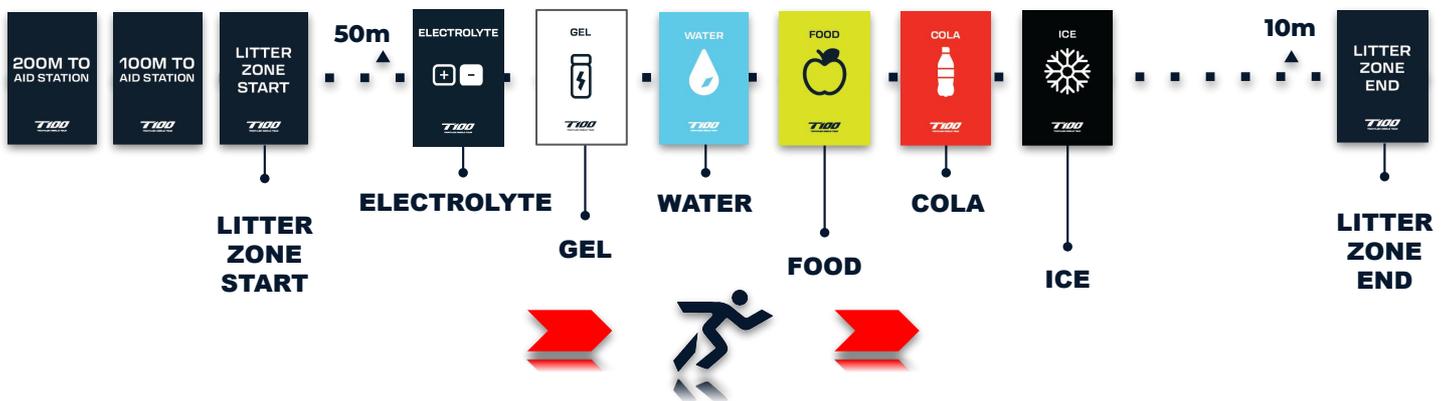
EMPTIES/WASTE/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' sign. Anything discarded outside this area will result in a penalty.

AGE GROUP RUN AID STATIONS

- There will be **two (2) double sided aid stations** on the 100km run course.
- There will be **two (2) double sided aid stations** on the Sprint run course.
- There will be a range of hydration and nutrition options including water with Pocarí Sweat (31g of carbs per 500ml), Gels, snacks, and cola.

RUN AID STATION ORDER (ITEMS WILL VARY BETWEEN AID STATIONS)



RUN AID STATION PROCEDURE

Slow down when entering aid stations. If you do not require any product from a run aid station, please stay to the opposite side of the aid station.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARD/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' signs. Anything discarded outside this area will result in a penalty.

TIMING CHIP INFO

TIMING CHIPS

Timing chips will be issued at Bike Check-In only. To avoid it getting caught in your bike chain/gears, fasten your timing chip around your left ankle using the velcro strap.

Securely store your timing chip after you receive it, and don't forget to bring it along on the morning of the race!



TIMING CHIP

Securely strap it around your left ankle for the whole race.

Notes:

- Wear the Timing Chip on your left ankle, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category ranking.

Failure to wear your timing chip throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.

RACE WITHDRAWAL & TIMING CHIP RETURN

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to the Information Booth located in the T100 Race Registration area.

After your race, return your timing chip at the finish line. If you don't finish the full race - please hand your chip in at Transition

If you fail to return your timing chip or strap, a replacement charge of US\$75 will be applied.

PREPARE FOR THE HEAT

Remember, the heat can be challenging, so it is important to prioritise your safety and wellbeing. Stay mindful of your body's signals, stay hydrated, and take breaks if needed. With proper preparation and precautions, you will be better equipped to handle the heat and perform at your best during the race in Qatar.

HYDRATION

Start hydrating a few days in advance of the race day. Drink plenty of water and electrolyte-rich fluids to maintain proper hydration levels. Carry a water bottle with you and sip regularly throughout the day. During the race, take advantage of the aid stations to replenish fluids and electrolytes.

HEAT ACCLIMATISATION

If you are not accustomed to heat and humidity of Qatar, it is essential to acclimate yourself beforehand. Gradually expose yourself to the heat by training in similar conditions. This will help your body adapt and perform better on race day.

CLOTHING & SUN PROTECTION

Wear lightweight, breathable, and moisture-wicking clothing to stay cool during the race. Opt for light-colored attire to reflect sunlight. Cover the shoulders. Do not forget to apply waterproof sunscreen with high SPF to protect your skin from the intense sun.

PACING

Pace yourself and listen to your body. Do not try to push yourself too hard from the start; instead, conserve energy and gradually increase your effort as the race progresses.

SYMPTOMS OF HEAT

EXHAUSTION:

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or vomiting
- Muscle cramps
- Pale, cool, or clammy skin
- Rapid but weak pulse

WHAT TO DO IN CASE OF SUSPECTED HEAT EXHAUSTION:

- Stop Running Immediately – Find shade or a cool area.
- Alert one of the course marshals who will alert the Medical Team.
- Hydrate – Drink water or an electrolyte-rich drink.
- Cool Down – Use a wet towel, pour cool water over yourself.
- Rest – Lie down and elevate your legs slightly if you can.
- Wait for a Medical staff to arrive.

AWARDS CEREMONY

Saturday, December 13th

13:45	<i>SPRINT AWARD CEREMONY</i>	Lusail Plaza Main Stage- by the finish line
15:30	<i>100KM T100 TRIATHLON AWARD CEREMONY</i>	Lusail Plaza Main Stage- by the finish line

TOP 3 MALES & FEMALES IN EACH AGE CATEGORY WILL RECEIVE A PLACE MEDAL

Age categories will run from 16-19 (Sprint) and 18-19 (100km) and then every 5 years, 20-24, 25-29, 30-34 etc.

T100 / ATHLETE TRACKING APP

Available in all App Stores – it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



PRO RACE SCHEDULE & BROADCAST - FRIDAY 12TH DECEMBER

TIME	EVENT	LOCATION
10:00	PRO Women Race Start	Lusail Ferry Dock
12:35	PRO Men Race Start	Lusail Ferry Dock
16:10	PRO Award Ceremonies Women + Men	Lusail Plaza - Stage



CELEBRATE WITH THE
T100 HOSPITALITY
* **EXPERIENCE** *

Whether you're an athlete celebrating your race in style, or a family or friend cheering from the sideline, the hospitality experience lets you take in the action in comfort and style - right by the finish line!

 **Open: 06:00am - 16:00pm**

 **Coffee & Pastries: 06:00am - 08:00am**

 **Light Breakfast/Brunch: 08:00am - 12:00pm**

 **Light Lunch / Snack: 12:30pm - 15:00pm**

 **Sweets / Desserts 15:00pm - 16:00 pm**

Adults QAR 499

Children (7-15) QAR 199

**FULL INFORMATION CAN BE FOUND ON THE
HOSPITALITY EXPERIENCE WEBSITE, WHERE YOU CAN
ALSO PURCHASE TICKETS**

[PURCHASE HERE](#)

HOSPITALITY

EXPERIENCE

QATAR

T100

TRIATHLON WORLD
CHAMPIONSHIP FINAL

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ULTIMATE ATHLETE EXPERIENCE

Focus on your performance whilst our travel partner **NIRVANA** handles the details. With four elite travel and performance packages to choose from, everyone has the chance to feel like a T100 PRO Triathlete.

★ **RACE LIKE A PRO PACKAGE** ★

-  3 night stay at the Official T100 PRO hotel
-  Airport & Event Day Transfers
-  Meet the T100 PROs + receive Signed Memorabilia
-  Course Insights from Race Director
-  Webinar with 2x Olympic Gold Medallist, Alistair Brownlee
-  Priority Check In and Race Pack Pick Up
-  Full Bike Mechanic Service
-  VIP Pass
-  Nirvana Support

FIND OUT MORE

 Click the buttons and start building your dream race-cation 

RACE LIKE A PRO

ALL PACKAGES

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CANYON

2025

رئاسة فعاليات قطر

QATAR EVENTS CALENDAR

27 OCT
أكتوبر
7 FEB
فبراير

لحمسة: عودة على ضوء القمر
Lehmesa: Return by Moonlight

متحف قطر الوطني
National Museum of Qatar

1 JUL
يوليو
20 DEC
ديسمبر

غرفة الهروب: وليمة الأسرار
Escape Room: The Banquet of Secrets

متحف الفن الإسلامي
Museum of Islamic Art

31 JAN
يناير
27 DEC
ديسمبر

سلسلة سباقات دروب الصحراوية للجرى 2025
Desert Trail Running Series 2025

مواقع مختلفة
Various Locations

1 NOV
نوفمبر
31 MAR
مارس

الشتاء في مشيرب
Winter in Msheireb

مشيرب قلب الدوحة
Msheireb Downtown Doha

31 OCT
أكتوبر
9 FEB
فبراير

"نرفض" / رفضنا
"We Refuse_d" Exhibition

متحف المتحف العربي للفن الحديث
Museum of Modern Art

30 OCT
أكتوبر
14 FEB
فبراير

إي إم بّي: العمارة تُشكل الحياة
I. M. Pei: Life Is Architecture

متحف قطر للفنون
Qatar Museums Gallery, Al Rayaq

2-3 DEC
ديسمبر

مهرجان الشرق الأوسط للتكنولوجيا المالية
MENA Fintech Festival

مركز الدوحة للمعارض والمؤتمرات
Doha Convention & Exhibition Centre

1-18 DEC
ديسمبر

منطقة المشجعين لكأس العرب
Cultural Arab Cup Fanzone

بوسبل
Lusail Boulevard

1-18 DEC
ديسمبر

كأس العرب 2025
FIFA Arab Cup 2025

مواقع مختلفة
Various Stadiums

20 NOV
نوفمبر
10 JAN
يناير

بروق 2026
Brouq 2026

زكريت
Zekreet

6-7 DEC
ديسمبر

منتدى الدوحة
Doha Forum

مركز Sheraton دoha الدوحة للمعارض والمؤتمرات
Sheraton Grand Doha Resort & Convention Hotel

5 DEC
ديسمبر

حفل الفنان عمر خيرت
Omar Khairat Concert

مركز قطر الوطني للمؤتمرات - مسرح الميافيس
Qatar National Convention Center - Al Mayassa Theater

5 DEC
ديسمبر

الترّا مارتون قطر من الشرق إلى الغرب
Qatar East to West Ultramarathon

حديقة الفندق
Hotel Park

4-13 DEC
ديسمبر

مهرجان القهوة والشاي والشوكولاتة
Coffee, Tea & Chocolate Festival

البيدوك
Al Biddu Park

11-20 DEC
ديسمبر

الطبعة السادسة من مهرجان قطر للمناطيد
6th Edition of Qatar Balloon Festival

مواقع مختلفة
Various Locations

10-13 DEC
ديسمبر

نهائي بطولة العالم للترايثلون T100 قطر
Qatar T100 Triathlon World Championship Final

الوسيل
Al Waseel

8-18 DEC
ديسمبر

درب الساعي
Darb Al Saai

أم سائل
Um Saal

7-12 DEC
ديسمبر

مهرجان قطر الدولي للفنون 2025 - النسخة السابعة
Qatar International Art Festival 2025 - 7th Edition

الحي الثقافي ختام عيسى 12
Khatam Cultural Village, Building 12

15 DEC
ديسمبر

حفل غنائي: راشد الفارس وعايض
Rashed Al Fares & Ayed Concert

ميناء الدوحة القديم
Old Doha Port

13 DEC
ديسمبر

حفل الفنان كاظم الساهر
Kadim Al Sahir Concert

مركز قطر الوطني للمؤتمرات - مسرح الميافيس
Qatar National Convention Center - Al Mayassa Theater

12-13 DEC
ديسمبر

بولو المرسي قطر 2025
Polo AlMarsa Qatar 2025

ميدان بومفيل - ميناء الدوحة القديم
Terminal Park - Old Doha Port

11-20 DEC
ديسمبر

النسخة الرابعة من معرض رزة
The 4th Edition of Razza Exhibition

غاليري الرازح
Galleria AlRazh

17 DEC
ديسمبر

نهائي كأس القارات للأندية
FIFA™ Intercontinental Cup Final

بيكس إبيك
IBC

17 DEC
ديسمبر

حفل فرقة ميامي
Miami Band Concert

ميناء الدوحة القديم
Old Doha Port

16-20 DEC
ديسمبر

مهرجان الدوحة الدولي للموسيقى والمشاة 2025
Doha Tattoo Festival 2025

الحي الثقافي عيسى
Khatam Cultural Village

26 DEC
ديسمبر

حفل الفنانة أميمة طالب
Oumaima Taleb Concert

الحي الثقافي عيسى
Khatam Cultural Village

25-31 DEC
ديسمبر

بطولة العالم للرجال والسيدات للشطرنج السريع والناشط
FIDE World Rapid & Blitz Championships Qatar 2025

مجمع قطر للرياضة والفعاليات
Qatar University - Sports and Events Complex

18 DEC
ديسمبر

فعاليات اليوم الوطني لدولة قطر
Qatar National Day Events

مواقع مختلفة
Various Locations



EVENTS IN QATAR YOU CANNOT MISS!

جميع الفعاليات قابلة للتغيير. يُرجى زيارة حساب الإنستغرام والموقع الإلكتروني الخاص برئاسة قطر للاطلاع على آخر التحديثات. Events are subject to change. Please Visit Qatar Calendar's Instagram account and website for the latest updates.

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THE RITZ-CARLTON
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Kia City

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Visit us for a test drive.



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ELEVATE YOUR RACE EXPERIENCE

RACE LIKE A PRO WITH NIRVANA

ACCOMMODATION ONLY

WHAT'S INCLUDED

- ✓ 3 Nights in an official race hotel



RACE AND STAY PACKAGE

WHAT'S INCLUDED

- ✓ 3 Nights in an official race hotel
- ✓ Race entry fee insurance
- ✓ Airport meet and greet service at designated airport
- ✓ Return airport transfers, including bike transportation
- ✓ Bike mechanic service: Pre race tune up

RACE LIKE A PRO

WHAT'S INCLUDED

- ✓ 3 Nights in an official race hotel
- ✓ Stay in the same hotel as the pro's
- ✓ NIRVANA bike mechanic build, tune-up, disassemble and pack
- ✓ Priority race pack pick up
- ✓ Priority bike check in time & designated bike racking area
- ✓ Pre race video message from a pro
- ✓ Memorabilia signed by pro athletes
- ✓ Private race brief with the Race Director
- ✓ Exclusive meet & greet with professional athletes
- ✓ NIRVANA concierge service
- ✓ Return airport transfers, including bike transportation
- ✓ 1 VIP pass to the pro race, food and drinks included
- ✓ Pre-race webinar with 2 X Olympic Champion Alistair Brownlee

EXTENDED STAY & SIGHT SEE

WHAT'S INCLUDED

- ✓ 4 Nights in an official race hotel
- ✓ Race entry fee insurance
- ✓ Airport meet and greet service at designated airport
- ✓ Return airport transfers, including bike transportation
- ✓ Bike mechanical service: Pre race tune up
- ✓ Day of exploring local sights



GOLD COAST
21-22 March 2026



SINGAPORE
25-26 APRIL 2026



VANCOUVER
15-16 AUGUST 2026

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EVENT TRAVEL, ACCOMMODATION & LOGISTICS

T100
TRIATHLON WORLD TOUR

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CANYON

Finally, we arrive. We've done the hard yards - the early mornings, the hardships, the struggles, the challenges. Now, the reward. From everyone here at Canyon, good luck. You've got it.

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T100

TRIATHLON WORLD TOUR

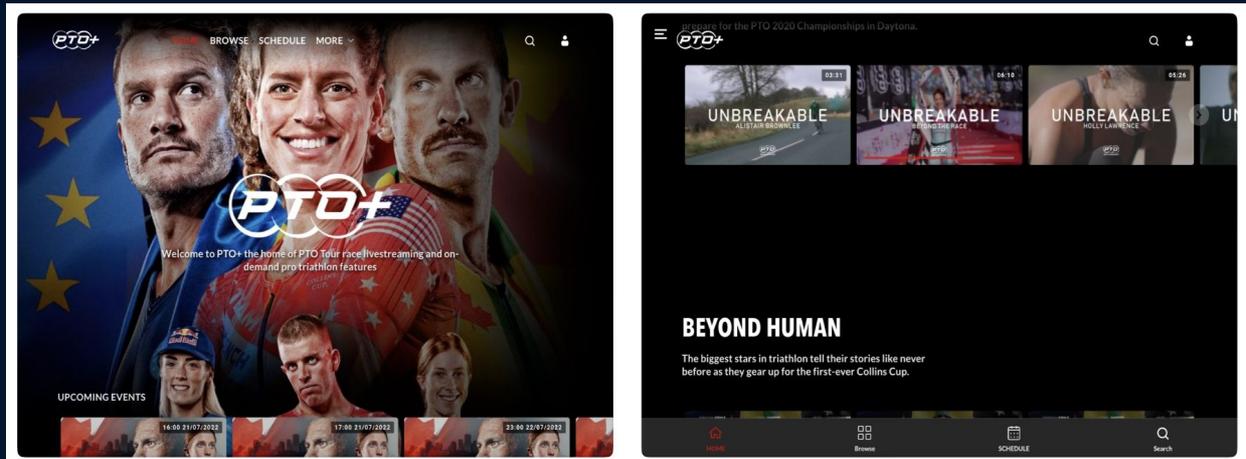
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T100 / WATCH

Watch for free, live, from anywhere in the world!

Simply download our PTO+ app and watch on PTO+ or the T100 YouTube channel.



You can also watch the T100 Triathlon PRO races live in Europe on Discovery+, Eurosport and max.

BROADCAST PARTNERS



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in US & Europe (excl. UK Germany, Italy)

RULES

WETSUIT USE

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

SWIMWEAR

- The World Triathlon guidance on swimwear can be found in a pdf located here [World Triathlon Rules](#)
- Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the next bike penalty box. All other infringements will be via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.
- You must wear your bib number on the run.

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

PENALTY

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the next bike penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **yellow card** is shown for any other bike penalties incurred and, again, you must serve these at the next bike penalty box, which will be prior to the entrance to T2.

BIKE PENALTY BOX

The bike penalty box will be located at the end of each lap just before the leg Transition 2.



PROTEST

Should you wish to protest, you must speak to the Head Referee at the Finish Line within 5 min of your finish time.

T100 BIKE RULES

World Triathlon Technical Officials will officiate the race.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the next penalty box. All other infringements will be via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.

BLOCKING

Always keep to the right-hand side of the course unless attempting a pass and do not create a blocking incident. Blocking is where a competitor or an official who is behind cannot pass due to the leading competitor being poorly placed on the course.

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

DRAFTING

Drafting - ie taking shelter behind or beside another competitor during the cycling leg of the race - is **NOT ALLOWED**.

The 'bicycle draft zone' will be 12 meters long measured from the leading edge of the front wheel. The draft zone of one participant must not overlap the draft zone of another participant.

Participants may enter the draft zone of another participant for the purpose of overtaking, but must be seen to be progressing through that zone. A **maximum of 25 seconds** is allowed to pass through the draft zone of another participant. There is only one exit once an athlete enters the draft zone of the leading cyclist and that is out the front. Athletes who enter the draft zone and then back out may be subject to a drafting penalty.

When a participant is passed by other participants, it is their responsibility to move out of the draft zone of the overtaking participant. Failure to do so may result in a drafting penalty.

A participant is passed when the leading edge of another participant's front wheel is ahead of their front wheel. If a participant is frequently passed by, or seen to be frequently passing the same participant, this may be seen as working with or drafting off that participant and may be subject to the same penalty as drafting.

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the next penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **yellow card** is shown for any other bike infringement incurred and, again, you must serve these at the next bike penalty box, which will be at the end of each lap prior to the leg to T2.

BIKE PENALTY BOX

The bike penalty box will be located at the end of each lap prior to the leg to T2.

PROTEST

Should you wish to protest, you must speak to the Head Referee at the Finish Line within 5 min of your finish time.





BIKE DRAFTING RULES

BLOCKING

You must keep to the right hand side of the course and not block another competitor trying to pass you.



NOT DRAFTING

DRAFTING

MAKING A PASS

You may enter the draft zone to make a pass within the time of **25 seconds**.

25 SECONDS



Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

DISTANCE	1st OFFENSE	2nd OFFENSE	3rd OFFENSE
100KM	1 MIN PENALTY	1 MIN PENALTY	DISQUALIFICATION
SPRINT	25 SEC PENALTY	DISQUALIFICATION	

BIKE CUT-OFF TIMES

To ensure the event meets the road reopening times, there will be cut-off times in place for the bike section of the event.

[CLICK HERE FOR CUT OFF TIMES](#)

TRANSITION (T2)

You must rack your bike at the space labelled with your race number. Not doing this will result in a penalty.

There will be World Triathlon Technical Officials in Transition and on the course to monitor all competitors.

REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after racing at approximately 13:00 on Saturday until 17:00. Please be patient - although you have finished your race, there may still be athletes on course. The marshals will check your bike number against your wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look similar.

RACE DAY INFO

WATER TEMPERATURE

The expected water temperature during the month of December is approximately 22-23 degrees Celsius.

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. Between 15.9 degrees and 24.6 degrees wetsuit use is optional.

The official water is confirmed an hour before race start. In the occasion of a non-wetsuit swim, calf guards or wetsuit shorts will **not** be allowed

WATER SAFETY

The water safety team consists of fully qualified lifeguards in kayaks and rescue boats, as well as jet skis.

If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave.

SWIM START

Please make your way to the Swim Start Area at least 20 minutes before your race start time. It's a 600m walk from the transition area.

The race start procedure will be a ROLLING WAVE START from the start pontoon. All athletes will be assigned a wave number, this will be communicated to you by email. Please check your Race Dashboard for this information too.

Kayakers and water safety personnel will be on hand to guide participants. Once in the water, you should identify tall landmarks that can help to keep you on course and prevent you weaving around and swimming further than you need to.

The swim course is clockwise, so you should always keep all swim buoys on your right shoulder, except the final buoy which you will keep on your left shoulder before you turn into the swim finish.

SWIM EXIT

The swim exit will be directly onto the swim ramp up to the corniche with a 200m run/walk to the transition area. Volunteers and Lifeguards will be on hand to help you out, if required. Once you have exited the water, you can remove your wetsuit (if allowed) before you re-enter T1. There will be water basins present at swim exit should you choose to rinse your feet of sand.

SWIM SAFETY

For many, the swim section is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help you, if required. If you are especially worried, please identify yourself to our swim start team, who can provide additional support and guidance, should you need it.

If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you, and if necessary, arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breaststroke. Backstroke in the swim is not allowed because it can be confused with someone indicating they are in difficulty.



RACE DAY INFO

BAG CHECK

Your white bag is to be dropped at the bag deposit tent near transition on race morning with all your dry gear in it. You will be able to collect this bag from the same tent after your race.

Large bags will not be accepted, only the designated WHITE after-race bag is permitted for drop off

TRANSITION AREA CHECK-IN

The Transition Area opens from 05:00 until 06:15 for last-minute gear check-in. Bike check-in is mandatory:

You may bring a pump into transition, but it cannot be left there. Please take it with you when you leave. **Al Ghariya Cycling** will provide pumps in transition for tire pressure checks.

TOILETS

There will be toilets available pre race, in T1 & T2 plus nearby the finish line.

MEDICAL ADVICE

Consult your GP about any medical concerns before competing. Write an emergency contact number on the back of your race bib for someone not participating.

For the swim, avoid using washing up liquid on goggles, as it can irritate your eyes. Don't fully put on your wetsuit until just before entering the water to prevent overheating. Participants must not swim with open wounds.

On race day, be cautious of warm weather. If you feel hot, slow down and find a sheltered area to cool off. If symptoms persist, signal a marshal or event vehicle for medical assistance.

HYDRATION - DRINK SAFELY

Adequate fluid intake is essential for triathlon participation. Bring plenty of water and listen to your thirst as your guide. Start hydrated and sip small amounts throughout the race. Avoid excessive fluid intake before, during, or after the event to prevent illness.

VOLUNTEERS AND OFFICIALS

The success of any event relies on its volunteers. About 250 volunteers will assist with various organizational tasks, ensuring a smooth experience for athletes and spectators. This is a great chance to engage with the Qatar T100 Triathlon 2025 and meet athletes from around the world.

Please take a moment to thank the volunteers and technical officials—they are crucial to the event's success!

AND FINALLY...

We wish you a fantastic race at the Qatar Event on December 12-13, 2025.

Enjoy the world-class action, and don't forget to smile for the cameras as you conquer the Qatar T100 Triathlon! Good luck!



T100 / POST RACE

FINISH AREA

After finishing the race, athletes will flow through into the Athlete Race Finish Area. Here, athletes will receive a post race snack and hydration drink to aid recovery. White bags with your post race belongings will be ready for you to collect at the bag tent.

Shower facilities are provided, enabling athletes to freshen up and enjoy the race village with their friends and family.

PHOTOGRAPHY AND VIDEO

FinisherPix will be on course and at the Finish Line to capture your Qatar T100 Triathlon experience in photos! And best of all, ALL photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and visit this [link](#) after the event to get your photos.

Lastly, please be sure to tag @t100club, @t100triathlon and @FinisherPix when you share your photos!

RESULTS AND PRIZES

A finisher medal will be given to every participant who completes the Qatar T100 Triathlon at the Finish. You must collect your medal on Race Day. Results will be published online on the [T100 website](#) and on the [T100 Athlete Tracker App](#).

Age group prizes will be awarded for first, second and third places in open and female categories (as per WT rules) for each race distance and in age categories from 18-24 up to 85+.

After you've raced, please check if you have placed in the top three in your age group and race category via the T100 app. Please note that it is your responsibility to check the results.

AWARDS CEREMONIES

Qatar T100 Triathlon awards ceremonies will take place by the Finish Line on the main stage at Lusail Plaza.

We will be awarding male and female top 3 finishers by Age Group (every 5 years)

Saturday

13:45 Sprint Triathlon

15:30 T100 100km Triathlon

16:30 T100 Triathlon Age-Group World Championships

TOILETS

There are toilet facilities available in transition, swim start, and at the finish line.

VOLUNTEERS

We have a fantastic team of volunteers supporting you at the Age-Group Qatar T100 Triathlon, so please remember to give them a big shout out when you see them during your race!

COLLECT YOUR RACE BAGS

Your white bag will be available for collection from the bag drop tent.

Your black and red back will be available for collection from the transition area.

CONTACT

If you have any further questions about the event please email gatar@t100triathlon.com and one of our team will be in touch.

