



Triathlon, Duathlon & Aquathlon

Athlete Guide

1. Games Overview

The Open Masters Games Abu Dhabi 2026 is an international multi-sport event welcoming masters athletes from around the world. The endurance events will take place at **Al Hudayriat Island, Abu Dhabi**, across three days of competition.

The endurance programme includes the following competition offering:

Event	Discipline	Age Eligibility	Distance			Date	Start Time
			Swim	Cycle	Run		
TRIATHLON (P)	OLYMPIC	30-85+ years	1.5km	40km	10km	Sun 8 Feb	07:30am
	SPRINT	30-85+ years	750m	20km	5km	Sun 8 Feb	09:30am
	SUPER SPRINT	30-85+ years	400m	10km	2.5km	Sun 8 Feb	10:30am
	DUATHLON	30-85+ years	5km (Run)	20km	2.5km	Sun 8 Feb	12:30pm
	AQUATHLON	30-85+ years	750m	-	5km	Sun 8 Feb	15:30pm

All races are conducted in accordance with **World Triathlon rules**, unless otherwise stated.

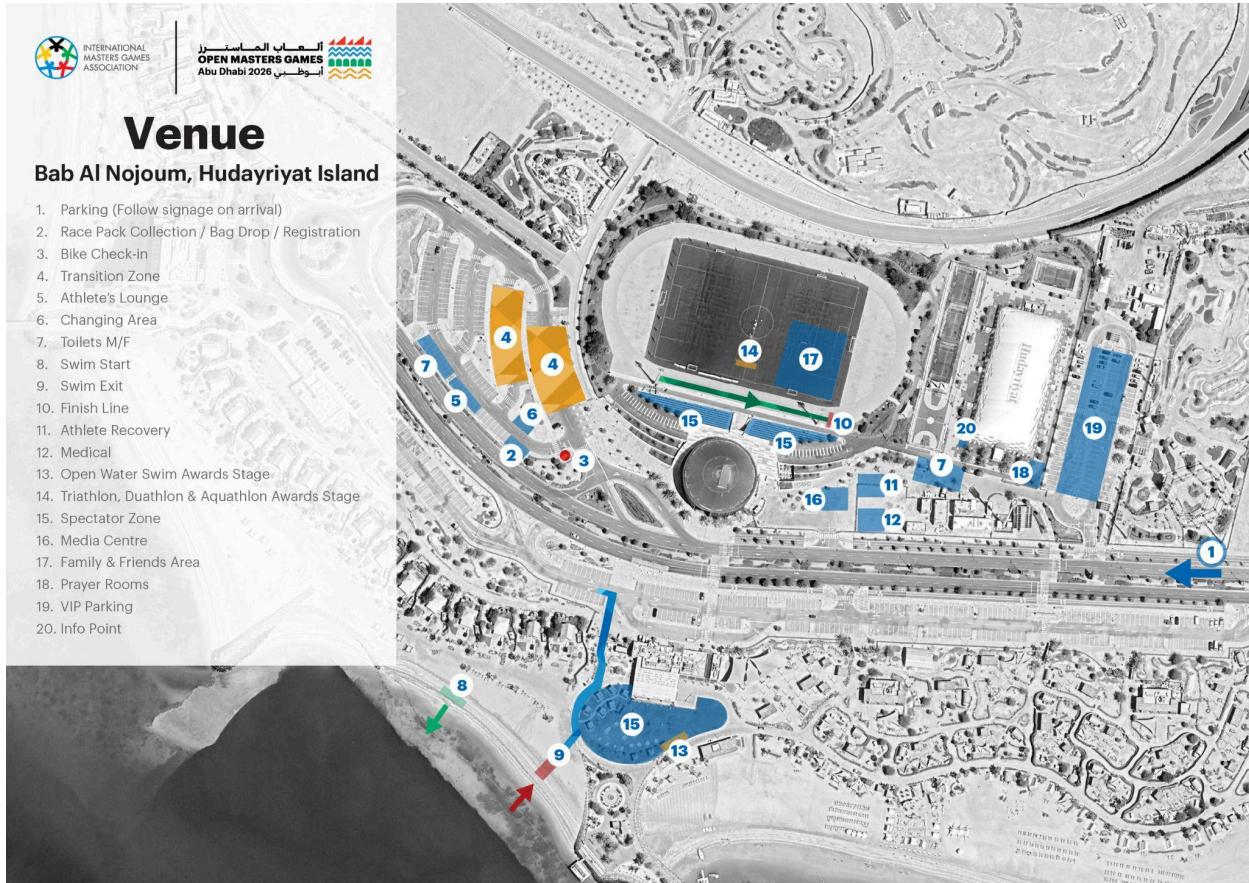
2. Venue Details

All endurance events are hosted at **Al Hudayriat Island**, a purpose-built sports and recreation destination. The event venue is at Bab Al Nojoum Beach on Hudayriyat Island - [please click here for directions](#).

The venue includes:

- Central Race Village
- Athlete Registration and Race Pack Collection
- Secure Bag Drop
- Central Transition Area
- Swim Start and Swim Exit
- Finish Line and Recovery Area
- Medical Facilities
- Athlete Changing Rooms and Showers
- Awards Stage

VENUE MAP:



3. Event Schedule

Key Dates

- **Friday 6 February 2026**
Race Pack Collection, Swim Familiarisation
- **Saturday 7 February 2026**
Registration, Swim and Bike Familiarisation Sessions, Official Race Briefing

Start time	Finish time	Category	Activity
FRIDAY 6 FEBRUARY			
6:30	-	ALL	Race Village Opens
9:00	18:00	ALL	Race Pack Collection - Open Water Swim, Triathlon, Duathlon & Aquathlon
10:00	11:30	OPEN WATER SWIM	Swim course familiarization 1st session - 600m course/loop (last swimmer allowed in water at 11:00)
12:00	13:30	OPEN WATER SWIM	Swim course familiarization 2nd session - 600m course/loop (last swimmer allowed in water at 13:00)
	19:00	ALL	Race Village Closes
SATURDAY 7 FEBRUARY			
6:30	-	ALL	Race Village Opens
8:00	18:00	MULTISPORTS ONLY	Race Pack Collection - Triathlon, Duathlon & Aquathlon
9:00	11:00	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 5km
11:00	11:45	OPEN WATER SWIM	Awards Ceremony: 5km Open Water Swim
12:00	13:30	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 2.5km
12:30	14:30	TRIATHLON & DUATHLON	Bike course familiarization (last cyclist allowed on course at 14:10)
13:30	14:30	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 1.5km
14:30	15:45	OPEN WATER SWIM	Awards Ceremony: 2.5km & 1.5km Open Water Swim
15:00	15:45	MULTISPORTS ONLY	Swim course familiarization (last swimmer allowed in water at 15:30)
16:30	17:00	ALL MULTISPORTS	Race Briefing - Triathlon, Duathlon & Aquathlon
19:00	-	ALL	Race Village Closes

SUNDAY 8 FEBRUARY			
5:30	-	ALL	Race Village Opens
6:00	7:00	TRIATHLON	Bike Check-in: Olympic Triathlon
7:30	12:00	TRIATHLON	RACE START: Olympic Triathlon
8:00	9:00	TRIATHLON	Bike Check-in: Sprint Triathlon
9:00	10:00	TRIATHLON	Bike Check-in: Super Sprint Triathlon
9:30	12:00	TRIATHLON	RACE START: Sprint Triathlon
10:30	12:00	TRIATHLON	RACE START: Super Sprint Triathlon
12:00	13:15	TRIATHLON	Awards Ceremony: Standard, Sprint & Super Sprint Triathlon
11:00	12:30	TRIATHLON	Bike Check-out: All Triathlon Distance races
11:45	12:15	DUATHLON	Bike Check-in: Duathlon Sprint
12:30	14:30	DUATHLON	RACE START: Duathlon Sprint
14:00	15:00	DUATHLON	Bike Check-out: Duathlon Sprint
14:30	15:00	AQUATHLON	Transition Check-in: Aquathlon Sprint
15:30	17:30	AQUATHLON	RACE START: Aquathlon Sprint
17:00	18:00	AQUATHLON	Transition Check-out: Aquathlon Sprint
17:30		DUATHLON & AQUATHLON	Awards Ceremony: Duathlon and Aquathlon
	19:00	ALL	Race Village Closes

4. Athlete Registration, Race Pack Collection & Bag Drop

Race pack collection takes place within the **Race Village**.

Race Pack Collection

- Friday 6 February: 09:00–18:00
- Saturday 7 February: 08:00–18:00

Athletes need to

- collect their race pack the day before race day.
- present their Open Masters Games Accreditation in order to collect their race pack.

Race packs include:

Race Discipline	Race Number (bib)	Wristband	Swim Cap (assigned by wave)	Bike & Helmet Sticker Sheet	Body Decals (tattoo set)	Timing Chip
Triathlon	✓	✓	✓	✓	✓	✓
Duathlon	✓	✓	✗	✓	✓	✓
Aquathlon	✓	✓	✓	✗	✓	✓



Bag Drop

A secure bag drop facility is available within the Race Village.

Athletes must:

- Attach their race number sticker to their bag
- Wear their wristband when collecting bags

Valuables should not be left in bag drop.

Official Race Briefing

- Saturday 7 February: 16:30–17:00

Attendance is strongly recommended for all athletes. Final briefing to all athletes will be on the start line 15min before your start wave.

5. Course Familiarisation

Swim Familiarisation

- Saturday 7 February: 14:45–15:45 (Last entry 15:25)

The swim familiarisation will be the sprint course (see map below - although the Standard distance course buoys will be set up). You need to wear your race wristband in order to gain access to the swim familiarisation course. Final entry into the water is strictly controlled for safety, and is 20mins before the end of the session time.

Swim Familiarisation Course



Bike Familiarisation

- Saturday 7 February: 12:30–14:30

Athletes must follow marshal instructions at all times. Final entry into the bike course is strictly controlled for safety, and is 20mins before the end of the session time.

6. Start Waves

Start waves are allocated by discipline, distance and age group. Each wave is assigned a specific swim cap colour.

Athletes must:

- Check their allocated wave and start time in advance
- Wear the correct swim cap - NOTE: Your swim cap colour may be different to your Bib/wristband colour.
- Start only in their assigned wave

WAVE STARTS & CAP COLOURS

Sunday 8 February Triathlon, Duathlon & Aquathlon						
Olympic Triathlon	1	1000-1299	Race#	7:30 AM	Male 25-44yrs	RED
	2		Race#	7:35 AM	Male 45+yrs	LUMO GREEN
	3		Race#	7:40 AM	All Female	PINK
	4		Race#	7:45 AM	PARA	YELLOW
Sprint Triathlon	1	2000-2299	Race#	9:30 AM	Male 25-44yrs	LUMO GREEN
	2		Race#	9:35 AM	Male 45+yrs	YELLOW
	3		Race#	9:40 AM	All Female	PINK
	4		Race#	9:45 AM	PARA	RED
Super Sprint Triathlon	1	3000-3299	Race#	10:30 AM	Male 25-44yrs	LUMO GREEN
	2		Race#	10:35 AM	Male 45+yrs	RED
	3		Race#	10:40 AM	All Female	PINK
Duathlon (Sprint)	1	4000-4299	Race#	12:30 AM	Male 25-44yrs	n/a
	2		Race#	12:35 AM	Male 45+yrs	n/a
	3		Race#	12:40 AM	All Female	n/a
Aquathlon (Sprint)	1	5000-5299	Race#	15:30 PM	Male 25-44yrs	LUMO GREEN
	2		Race#	15:30 PM	Male 45+yrs	YELLOW
	3		Race#	15:30 PM	All Female	PINK

The water temperature will be measured 1hr before the first wave - this will be the official water temperature and will be communicated in transition and at race start.

7. Transition Area

A single, central transition area is used for all endurance events.

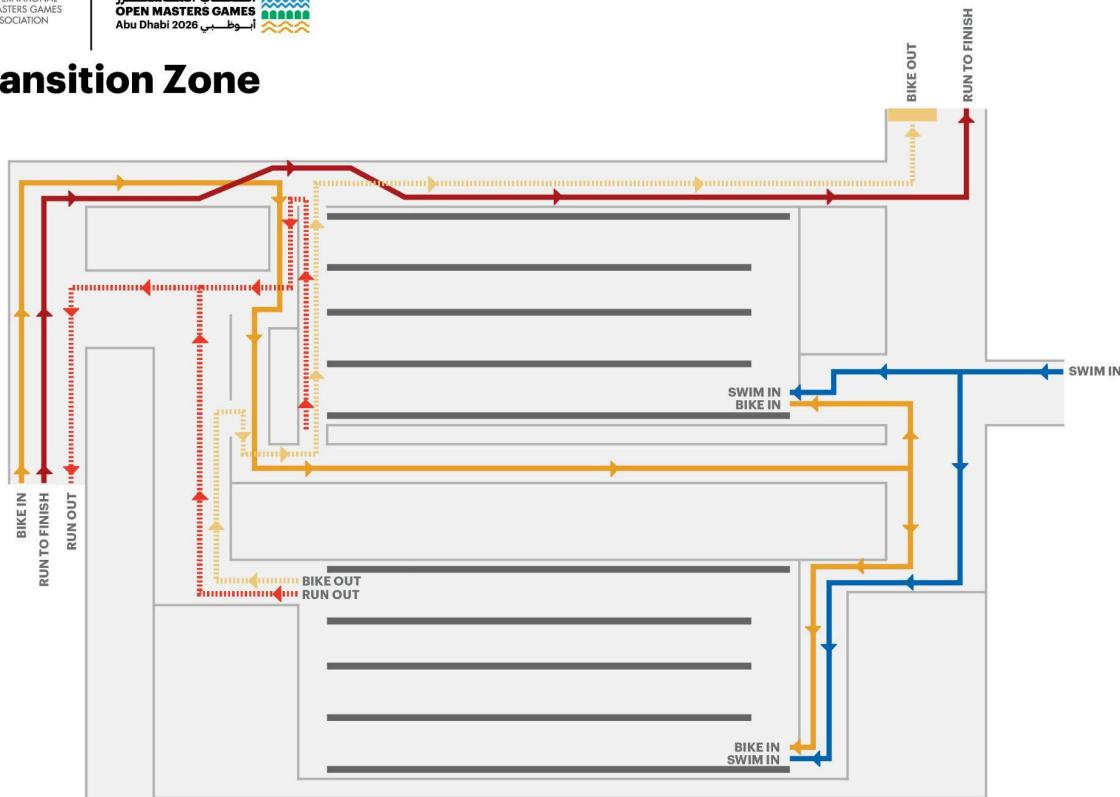
Key transition rules:

- Only registered athletes are permitted inside transition
- Helmets must be worn and fastened when handling bikes
- Bikes must be racked in the allocated wave section
- No personal belongings allowed in transition aisles

TRANSITION LAYOUT & ATHLETE FLOW:



Transition Zone



Bike Check-In Times (Sunday 8 February)

- Standard Triathlon: 06:00–07:00
- Sprint Triathlon: 08:00–09:00
- Super Sprint Triathlon: 09:00–10:00
- Duathlon: 11:45–12:15
- Aquathlon: 14:30–15:00

Bike Check-In Times (Sunday 8 February)

- All Triathlon Races: 11:00–12:30
- Duathlon: 14:00–15:00
- Aquathlon: 17:00–18:00

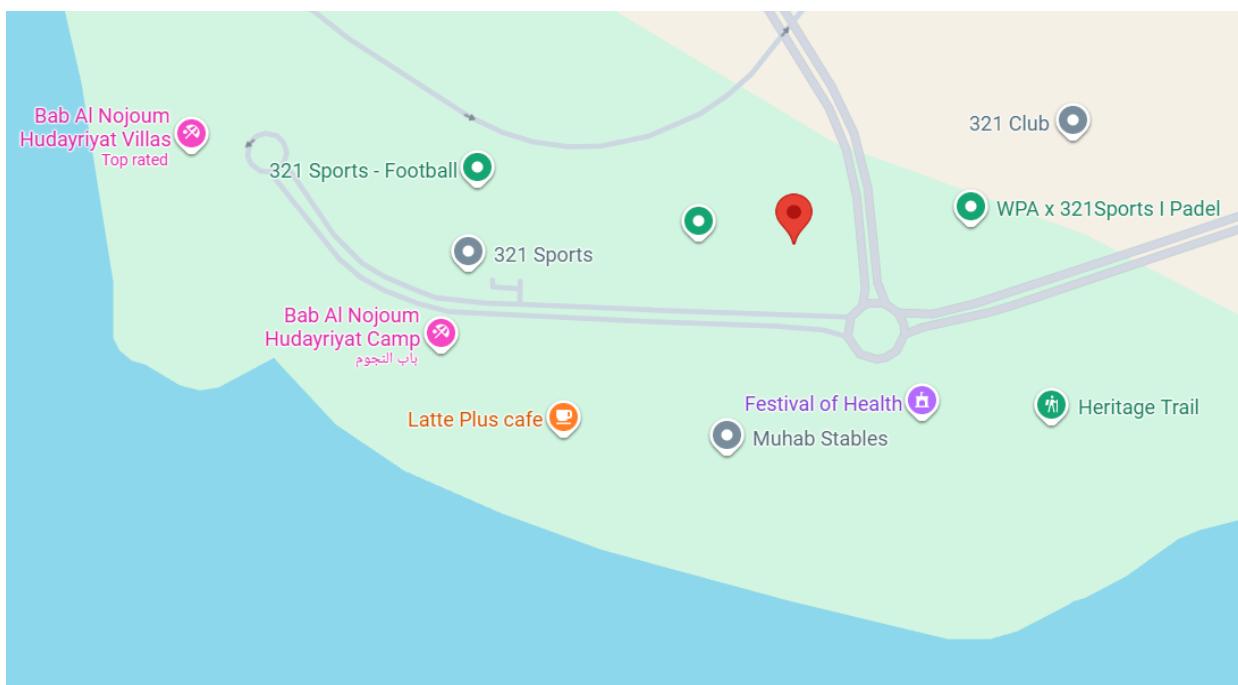
8. Bike Support Services

On-site bike mechanic support will be available in the Race Village during bike check-in periods.

To Rent a bike contact [Wolfi's Bike Rental](https://wolfis.ae/pages/rental-bikes) (<https://wolfis.ae/pages/rental-bikes>)

9. Parking

Designated athlete parking is available at Al Hudayriat Island. Parking areas are clearly signposted.



10. Courses

Swim

- Open-water ocean swim
- Clearly marked with buoys Keep Orange on your left shoulder and the Red Buoy on your right shoulder to return to the beach
- Lifeguards and rescue craft on course
- The final turn back into the beach is a right turn, at the RED buoy
- Water temp is expected to be low 20's degrees Celcius - Ruling around wetsuit use will be made 1hr prior to the first race. This will be communicated at registration and transition. An indicative water temperature will be displayed in the days prior to the competition, at registration. See below for further details on the World Triathlon wetsuit rules and process.

SWIM COURSE:



FULL COURSES:







11. Course Cut-off Times

TO BE FINALISED

Distance	Swim Cut-off	Overall Course Cut-off
Olympic	60min	4hrs 30min
Sprint	30min	2hrs 30min
Super Sprint	15min	1hrs 30min
Duathlon	n/a	2hrs
Aquathlon	30min	2hrs

Cut-off times are set in line with World Triathlon guidelines and are designed to ensure athlete safety and fair racing conditions. All cut-offs will be clearly communicated prior to race day.

12. Results

Live results will be available online during the event. Final results will be published following verification.

13. Awards & Categories

Medals are awarded to the top three athletes in each age category as follows:

Award Ceremonies - Sunday 8 February

- Triathlon Awards: 12:00
- Duathlon & Aquathlon Awards: 17:30

Athletes are encouraged to attend their award ceremony in race kit.

14. Doping Control

- Doping Control should be conducted in accordance with WADA World Anti-Doping Code (<https://www.wada-ama.org/en>) and International Masters Games Association (IMGA) Anti-Doping Rules (<https://imga.ch/masterssports/anti-doping>).
- Participants are deemed to have agreed to be subject to doping control procedures in accordance with the International Masters Games Association Anti-Doping Rules upon entry to the competition. Participants must obey antidoping rules and conduct themselves in a considerate manner.

15. Important Notes

- World Triathlon rules apply
- Athletes compete at their own risk
- Schedules may change due to safety or weather conditions
- Wetsuits: For Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory. Wetsuits are not permitted in Open Water Swimming competitions in water with temperature 18.0°C and above, except when conditions are hazardous for the competitors, the Chief Referee may, upon

recommendation from the Safety Officer & Medical Officer declare wetsuits as mandatory in temperatures up to 20.0°C.

- Wetsuits shall completely cover torso, back, and thighs. They shall not extend beyond the neck, wrists and ankles.
- The body parts, after the shoulder and/or below the thigh do not necessarily need to be covered.
- Final Water Temperature reading will be taken 1 hour before the first swim start and displayed at the swim start area.
- We recommend bringing your wetsuit in case it is required
- This is a non-drafting bike course, athletes must use bicycles that meet standard triathlon or road bike regulations. Traditional road bikes and triathlon/time-trial bikes are allowed, provided they have two functional brakes, standard handlebars or approved aero bars (with bar-end plugs), and no features that provide unfair aerodynamic assistance. Recumbent bikes, tandem bikes, e-bikes, motor-assisted bikes, and bikes with fairings or covers are not permitted. All bikes must be human powered, safe, and compliant with the event's governing body rules (World Triathlon).
- This means athletes are permitted to use any type of bike, including TT Bikes or road bikes or bikes with TT bars etc.
- Athletes are responsible for checking the latest event updates prior to race day.

16. Welcome Ceremony Transportation

FRIDAY 6 FEBRUARY

PARK & RIDE SHUTTLE SERVICE

» SHUTTLES OPERATE FROM | 04:00 PM

VENUE ACCESS

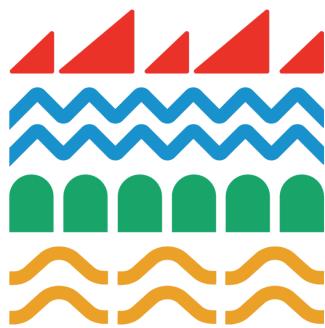
- GATES OPEN AT | 05:30 PM
- LAST ENTRY AT | 07:15 PM

LAST SHUTTLE TO VENUE

- MARINA MALL | 06:30 PM
- AL RAHA BEACH PARK & RIDE | 06:30 PM
ADNEC D | 06:45 PM

RETURN TRANSPORT

LAST BUS DEPARTS THE VENUE AT | 11:30 PM



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OPEN MASTERS GAMES
أبوظبي 2026