

OPEN MASTERS GAMES

ABU DHABI 2026

TRIATHLON



Updated: November 28, 2025

1. General Information

Triathlon challenges competitors across swimming, cycling, and running in a true test of endurance and versatility. Athletes will push their limits in this ultimate multisport event.

1.1. Governance

The Triathlon event will be conducted in line with the competition rules of the World Triathlon (World Triathlon), or as otherwise specified in this document.

1.2. Eligibility

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you are 39 years old during the Games time but turn 40 by 31 December 2026, you would compete in the 40-44 age category.

Health Declaration

Athletes should carefully evaluate whether their physical condition is suitable for participating in the competition. If they suffer from cardiovascular or other diseases that make them not suitable to engage strenuous exercise, seeking doctor's advice is recommended to evaluate whether they can safely participate in OMGAD events.

1.3. Dates

Disciplines	February 8 Sunday
Aquathlon	
Duathlon	
Triathlon Super Sprint	
Triathlon Sprint	
Triathlon Olympic	

1.4. Venue

[Hudayriyat Island](#)

2. Competition Information

2.1. Disciplines, Events & Grading

Discipline	Category			
	Distance		Gender	Age
Aquathlon	750m swim		Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
	5km run		Female	
Duathlon	5km run		Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
	20km bike		Female	
	2.5km run			
Triathlon - Olympics	1.5km swim		Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
	40km bike		Female	
	10km run			
Triathlon – Sprint	750m swim		Male	
	20km bike		Female	
	5km run			
Triathlon – Super Sprint	400m swim		Male	
	10km bike		Female	
	2.5km run			
Discipline	Category			
	Distance	Class	Gender	Age
Para Triathlon - Olympics	1.5km swim		Male	30+, 40+, 50+
	40km bike		Female	
	10km run			
Para Triathlon – Sprint	750m swim		Male	30+, 40+, 50+
	20km handcycle		Female	
	5km run/wheelchair			

2.2. Format

2.3. Schedule

All dates and times are subject to change, pending final entries received. A detailed schedule for each age category will be released in January 2026.

The Triathlon will begin Sunday, 8 February. The tentative start time for the day is 0700hrs.

2.4. Rules

In accordance with World Triathlon rules, the Standard distance will be Draft- Illegal, and the Sprint distance will be Draft - Legal.

3. Technical Details

3.1. Technical Delegate

The Technical Delegate endorsed by World Triathlon will be announced in the final version of the competition guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

3.2. Other Technical Details

There will be two penalty boxes located on the bike course, there will be one for the outbound cyclist and one closer to the end of the lap. As per World Triathlon rules if you are given a penalty on the bike you must stop at the NEXT penalty box.

4. Equipment & Uniform

3.1. Equipment

Equipment regulations: The event is run under the World Triathlon Competition Rules. Below you will find a few excerpts from these rules:

- **Swim:** Wetsuits are dependent on the water conditions. A final decision on wetsuit use will be made 1 hour before the race starts. You must wear the swim cap provided on the outside of any other cap you wish to wear.
- **Bike:** World Triathlon Draft Illegal bike equipment rules will apply for the Olympic Distance race and World Triathlon Age Group draft legal rules will apply for the sprint distance events. Please refer to the World Triathlon rules for full details.

3.2. Uniform

National uniforms may be worn

Athletes must have a covered torso during the bike and run legs.

Race numbers must be worn as per the guidelines below.

You will be provided with one Helmet sticker, a bib number, bike sticker and bag drop sticker. These are all on one sheet and are labelled accordingly.



- **Helmet Sticker** – place this on the front of your helmet so it can be clearly seen.
- **Bike Sticker** – place this on your seat post of your bike so it is like a flag out the back. If you do not have a seat post place on the rear of your frame so it can be clearly read
- **Bib number** – This is optional during the swim if it is a wetsuit swim (forbidden if a non-wetsuit swim). The number is mandatory for the bike and run segments and must be worn on the back for the cycle and on the front for the run.

5. Awarding

5.1. Medals

The top 3 athletes will be awarded the gold medal, silver medal and bronze medal respectively.

5.2. Ceremonies

- In OMGAD2026, athletes are individuals and represent themselves. National flags and anthems will not be included in medal ceremonies.
- The medal ceremony will be held after each final.
- The medal ceremony will be conducted in Arabic and English.

6. Protests and Appeals

6.1. Protests

- Competition-related disputes and protests shall be handled according to rules and related regulations of the international association of the sport. If there are no rules regarding such disputes and protests in place, the competitor may first make verbal protest and submit written protest to OMGAD within 30 minutes after the end of a contest.
- No protest can be lodged by any team members or staff against a judging (scoring) decision during the competition period.

6.2. Appeals

- Based on the principle of trust, the Organizer will not take the initiative to review the grade of athletes upon registration. Matters regarding athlete qualifications and grades should be submitted to the Organizer with relevant supporting materials before the Games or when the fact occurs. The complaint will be handled in accordance with the rules and relevant regulations of international sports federations and relevant regulations.
- Applications that are not submitted within the stipulated time or with incomplete materials will not be accepted.

7. Doping Control

7.1. Regulations

- 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.

8. Updates

The final version of the competition guide will be released by December 15th. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae