

Triathlon

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.

Competition dates

The provisional competition schedule is as follows:

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

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.

Venue: Hudayriyat Island

 [Pin Location](#)

Competition Format

The following Triathlon events are offered:

Discipline	Event	Age Categories
Aquathlon (M/F) 750m Swim, 5km Run	Individual	Men's / Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

Duathlon (M/F) 5km Run, 20km Bike, 2.5km Run	Individual	Men's / Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+
Triathlon (M/F) Super Sprint (400m Swim, 10km Bike, 2.5km Run) Sprint (750m Swim, 20km Bike, 5km Run) Olympic (1.5km Swim, 40km Bike, 10km Run)	Individual	Men's / Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as of 31 December 2026.

The following Para-Sport events are offered as part of the Triathlon event:

Discipline	Event	Age Categories
Para-Sport Olympic	Individual	Men's / Women's: 30+, 40+, 50+
Para-Sport Sprint (750m swim, 20km handcycle, 5km run/wheelchair)	Individual	Men's / Women's: 30+, 40+, 50+

To enter in a Para-Sport event at the Games, you must be able to meet minimum disability criteria. If an athlete cannot meet these requirements, registration will be transferred to the open section of the competition.

Competition Details

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.

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

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.

Hours of Competition

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

Description of Course

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Distances

The following race distances are identified:

Discipline	Swim	Bike	Run
Super Sprint	400m (0.2mi)	10km (6.2mi)	2.5km (1.5mi)
Sprint	750m (0.5mi)	20km (12.4mi)	5km (3.1mi)
Olympic	1.5km (0.93mi)	40km (24.8mi)	10km (6.2mi)
Duathlon		20km (12.4mi)	5km (part 1) 2.5km (part 2)
Aquathon	750m (0.5mi)		5km (3.1mi)

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.

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.

Clothing / Uniforms & Race Numbers

- 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.

- a. Helmet Sticker – place this on the front of your helmet so it can be clearly seen.
- b. 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
- c. 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.

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Updates

The final version of the competition guide will be released by December 1st. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae



TRIATHLON

Venue: Hudayriyat

Grade	Gender	Discipline	Age	Format	07-Feb Sat	08-Feb Sun
Open	Male & Female	Triathlon	All (30+ to 85+)	Olympic	Practice	Race
				Sprint		
				Super Sprint		
		Aquathlon	All (30+ to 85+)			
		Duathlon	All (30+ to 85+)			
PARA	Male & Female	Triathlon	30+, 40+, 50+	Olympic		
			30+, 40+, 50+	Sprint		

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