
AQUAMAN
OPEN WATER SWIMMING
DUBAI
UAE
RACEBOOK

WELCOME TO

AQUAMAN OPEN WATER DUBAI

Hello Athletes,

We’re thrilled to have you with us on 17–18 October!

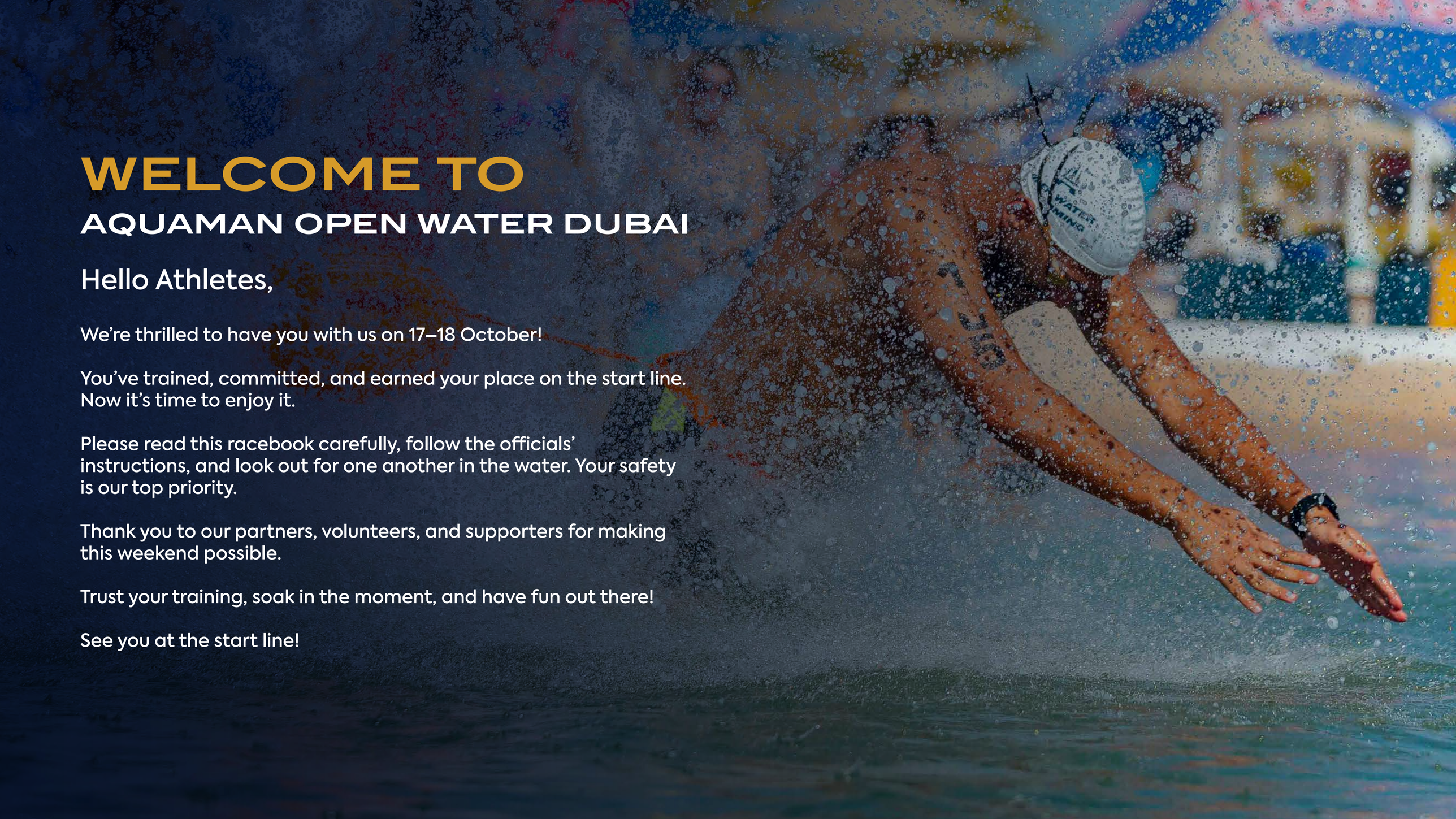
You’ve trained, committed, and earned your place on the start line. Now it’s time to enjoy it.

Please read this racebook carefully, follow the officials’ instructions, and look out for one another in the water. Your safety is our top priority.

Thank you to our partners, volunteers, and supporters for making this weekend possible.

Trust your training, soak in the moment, and have fun out there!

See you at the start line!




29-31 OCTOBER
AQUAMAN
OPEN WATER SWIMMING
SOMABAY
EGYPT
FINAL WORLD CHAMPIONSHIP

EVENT SCHEDULE

RACE SCHEDULE

DAY 1

SATURDAY
17TH OCTOBER

TIME	ACTIVITY	LOCATION
12:00 PM - 6:00 PM	RACE PICK UPS FOR ALL RACES	KITE BEACH, UMM SUQEIM 1
5:00 PM - 6:00 PM	RACE BRIEFING FOR ALL RACES	KITE BEACH, UMM SUQEIM 1

RACE SCHEDULE

DAY 2

SUNDAY
18TH OCTOBER

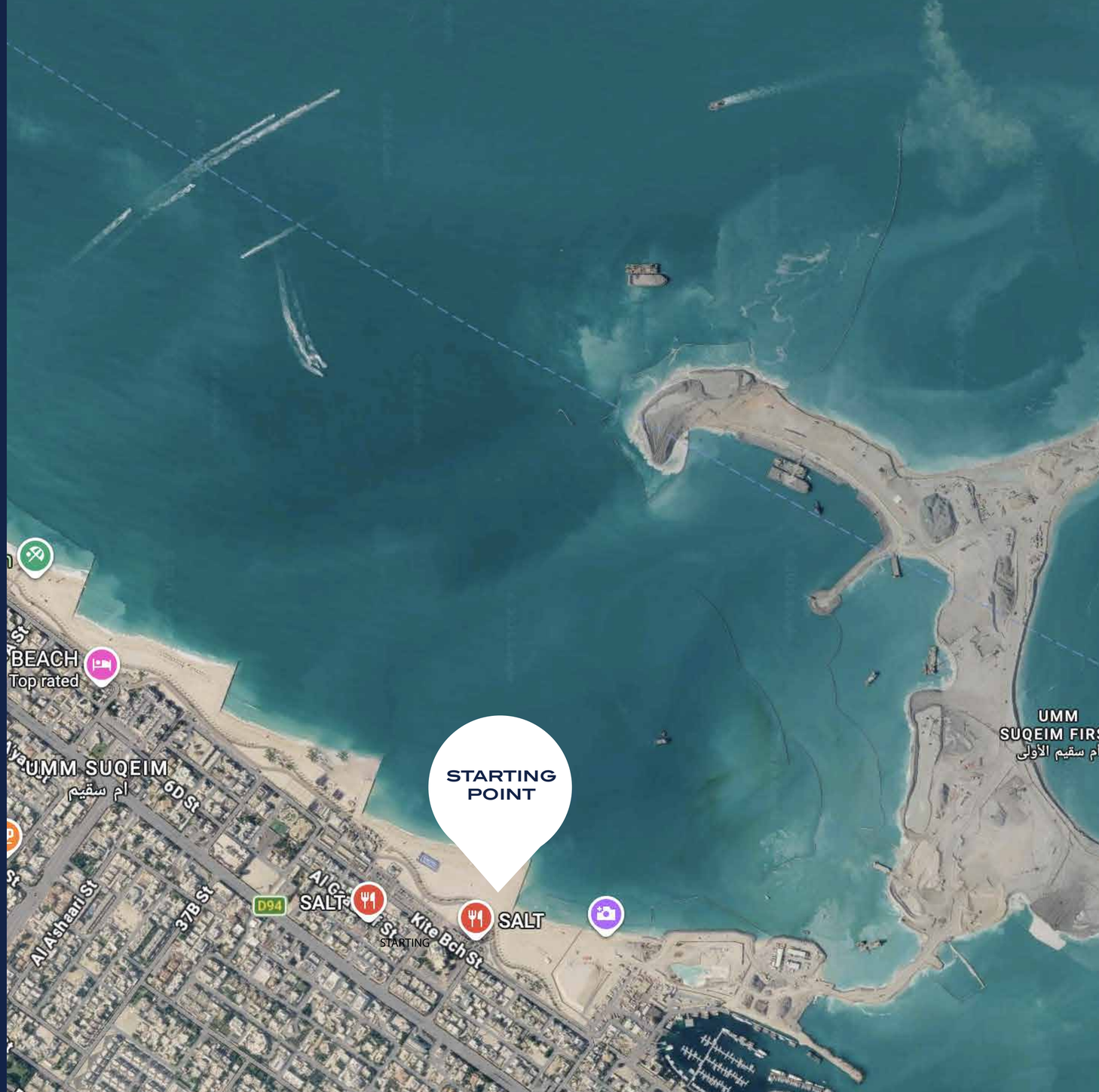
TIME	ACTIVITY	LOCATION
6:45 AM	SWIMMERS ARRIVAL (LATE KIT PICKUP)	KITE BEACH, UMM SUQEIM 1
7:15 AM	WARM UP ALL RACES	KITE BEACH, UMM SUQEIM 1
7:30 AM	START OF AQUAMAN (10KM) & AQUAMAN 5.0 (5KM)	KITE BEACH, UMM SUQEIM 1
12:00 PM	START OF AQUAMAN 2.0 (2KM)	KITE BEACH, UMM SUQEIM 1
1:30 PM	START OF AQUAFINS (1KM WITH FINS)	KITE BEACH, UMM SUQEIM 1
2:30 PM	START OF AQUAKIDS (500M)	KITE BEACH, UMM SUQEIM 1
3:00 PM	START OF AQUATEAM (3X500M)	KITE BEACH, UMM SUQEIM 1
3:30 PM	AWARD CEREMONY	KITE BEACH, UMM SUQEIM 1

EVENT VENUES

RACE VENUE

LOCATION:

IN FRONT OF SALT, KITE BEACH



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*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 10 KM

LEGEND

- RACE ROUTE - 4 Laps
- Turning Buoy
- Line of Sight Buoy (Keep on Left)
- Feeding Station
- F S — Start/Finish Point
- Kayaks
- Safety Boat



Kite Bch St

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*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 5KM

LEGEND

- RACE ROUTE - 2 Laps
- Turning Buoy
- Line of Sight Buoy (Keep on Left)
- Feeding Station
- F S — Start/Finish Point
- Kayaks
- Safety Boat



Kite Bch St

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*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 2KM

LEGEND

- RACE ROUTE - 1 Lap
- Turning Buoy
- Line of Sight Buoy (Keep on Left)
- F S — Start/Finish Point
- Kayaks
- Safety Boat

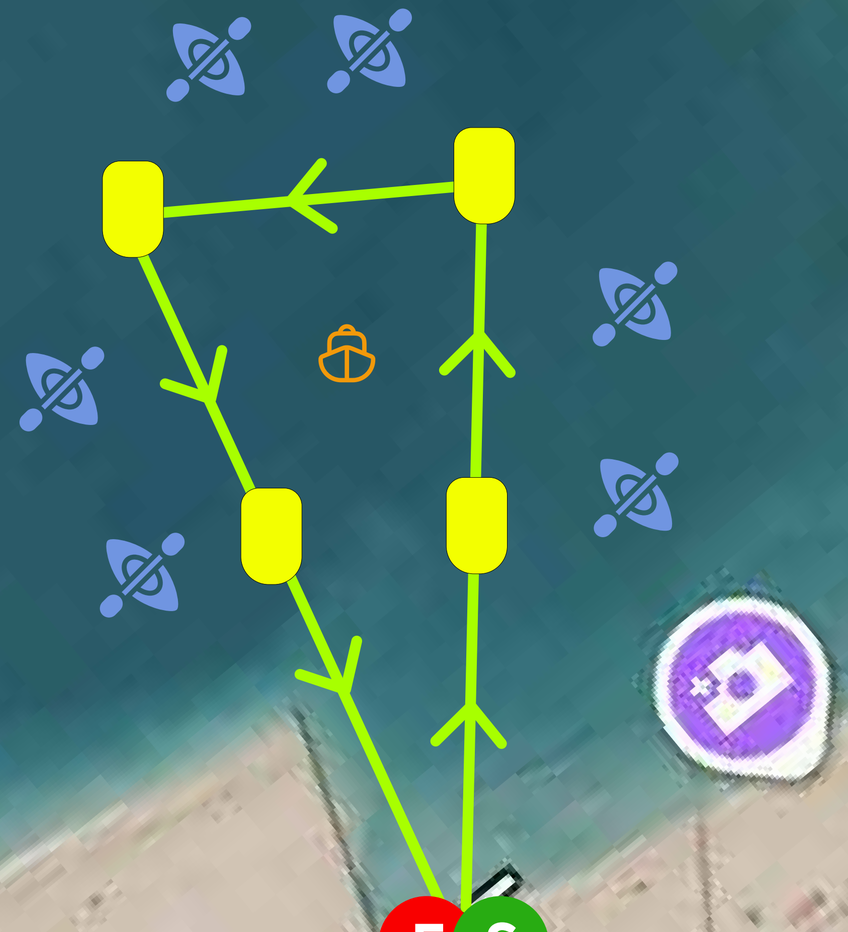


Kite Bch St

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*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 1KM WITH FINS



LEGEND

- RACE ROUTE - 1 Lap
- Turning Buoy
- F S Start/Finish Point
- Kayaks
- Safety Boat

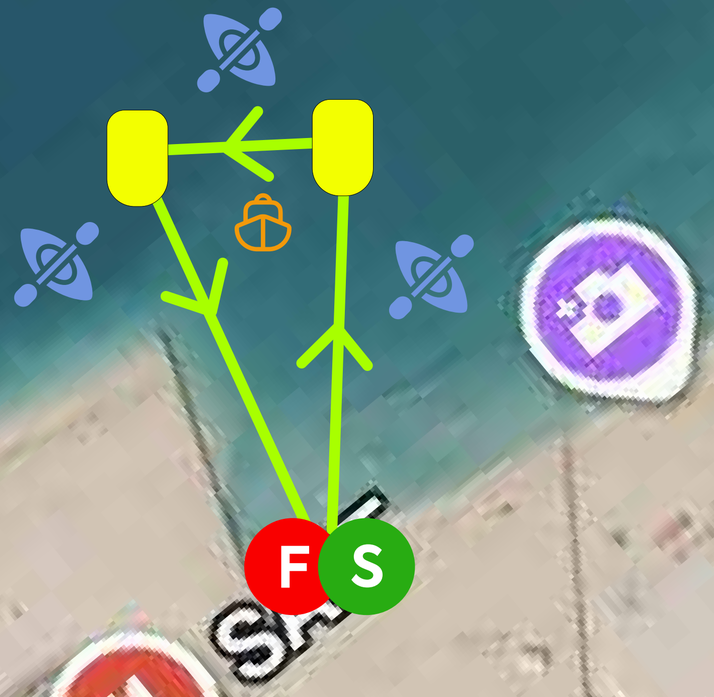
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*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 500M

LEGEND

- RACE ROUTE - 1 Lap
- Turning Buoy
- F S Start/Finish Point
- Kayaks
- Safety Boat



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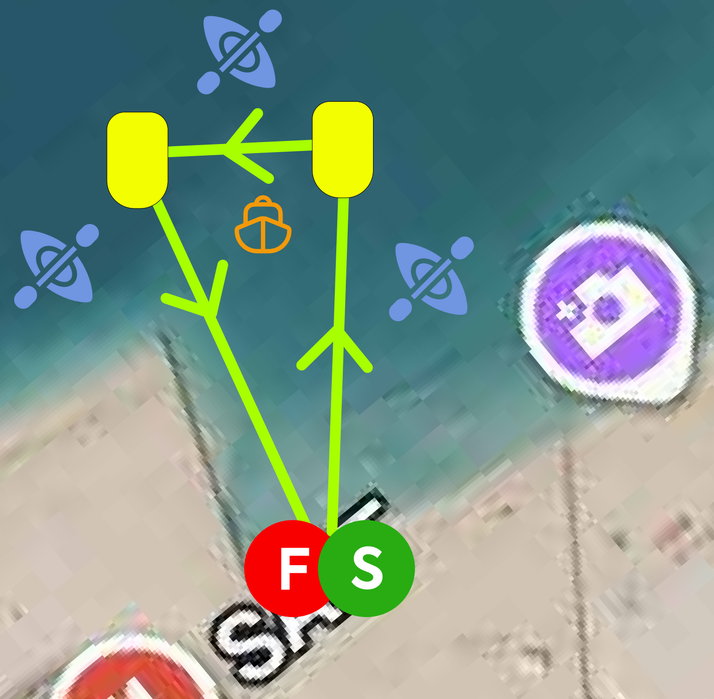
*NOTE: 1 LAP PER PERSON

*NOTE: ALWAYS KEEP THE BUOYS ON YOUR LEFT

SWIM DISTANCE 3x500M

LEGEND

- RACE ROUTE - 1 Lap
- Turning Buoy
- F S Start/Finish Point
- Kayaks
- Safety Boat



WHAT'S IN YOUR KIT?

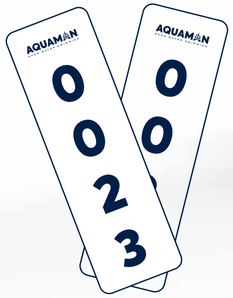


T-SHIRT





TIMING CHIP



RACE TATTOO



SWIMMING CAP

To receive your kit you must have your ID
Please ensure to sign the waiver

This kit is specially made for the aquaman 2.0, aquafins, and aquateams

RACE RULES

The Start of all races will be a “Gun Start”

The Wet Suit is not allowed

The Race route is indicated by the big buoys that are placed every 250 m (Figure 1)

All Swimmers have to swim out side the route which means that the Route buoys will be on the LEFT.

Waist buoy is a must during the race (Figure 2)

Race tattoo is a must during the race (Figure 3)

Timing Chip is a must during the race (Figure 4)



(Figure 1)



(Figure 2)



(Figure 3)



(Figure 4)

RACE RULES

The following equipment is mandatory in order to participate in a race:



Swim Cap



Goggles



Race Tattoo



Personal Buoy



Swimsuit
(Neoprene wet-suits and shorts ARE NOT ALLOWED)

RACE AWARDS

The awards will be given as follows:

Overall Winners | Medal &Trophy

Age Group Winners | Medal

Finishers | Finishers Medal

THE AWARD CEREMONY WILL BE AT 3:30 PM

Awards will be given out in the following order:

AQUAMAN | AQUAMAN 5.0 | AQUAMAN 2.0 | AQUAFINS | AQUAKIDS | AQUATEAMS

RACE AWARDS

(MALE – FEMALE) AQUAMAN (10km)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Amateur swimmers from 16 to 19 years old
Adult 20 – 24	Amateur swimmers from 20 to 24 years old
Adult 25 - 29	Amateur swimmers from 25 to 29 years old
Adult 30 - 34	Amateur swimmers from 30 to 34 years old
Adult 35 - 39	Amateur swimmers from 35 to 39 years old
Adult 40 - 44	Amateur swimmers from 40 to 44 years old
Adult 45 - 49	Amateur swimmers from 45 to 49 years old
Adult 50 - 54	Amateur swimmers from 50 to 54 years old
Adult 55 - 59	Amateur swimmers from 55 to 59 years old
Adult 60 - 64	Amateur swimmers from 60 to 64 years old
Adult 65 - 69	Amateur swimmers from 65 to 69 years old
Master +70	Amateur swimmers from +70 years old
Inspiration	Amateur swimmers with a degree of disability

(MALE – FEMALE) AQUAMAN 2.0 (2km)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Amateur swimmers from 15 to 19 years old
Adult 20 – 24	Amateur swimmers from 20 to 24 years old
Adult 25 - 29	Amateur swimmers from 25 to 29 years old
Adult 30 - 34	Amateur swimmers from 30 to 34 years old
Adult 35 - 39	Amateur swimmers from 35 to 39 years old
Adult 40 - 44	Amateur swimmers from 40 to 44 years old
Adult 45 - 49	Amateur swimmers from 45 to 49 years old
Adult 50 - 54	Amateur swimmers from 50 to 54 years old
Adult 55 - 59	Amateur swimmers from 55 to 59 years old
Adult 60 - 64	Amateur swimmers from 60 to 64 years old
Adult 65 - 69	Amateur swimmers from 65 to 69 years old
Master +70	Amateur swimmers from +70 years old
Inspiration	Amateur swimmers with a degree of disability

(MALE – FEMALE) AQUAMAN 5.0 (5km)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Amateur swimmers from 14 to 19 years old
Adult 20 – 24	Amateur swimmers from 20 to 24 years old
Adult 25 - 29	Amateur swimmers from 25 to 29 years old
Adult 30 - 34	Amateur swimmers from 30 to 34 years old
Adult 35 - 39	Amateur swimmers from 35 to 39 years old
Adult 40 - 44	Amateur swimmers from 40 to 44 years old
Adult 45 - 49	Amateur swimmers from 45 to 49 years old
Adult 50 - 54	Amateur swimmers from 50 to 54 years old
Adult 55 - 59	Amateur swimmers from 55 to 59 years old
Adult 60 - 64	Amateur swimmers from 60 to 64 years old
Adult 65 - 69	Amateur swimmers from 65 to 69 years old
Master +70	Amateur swimmers from +70 years old
Inspiration	Amateur swimmers with a degree of disability

(MALE – FEMALE) AQUAFINS (1km)

Category	Age Range
Overall	Top 3 Swimmers
Junior	Amateur swimmers from 10 to 19 years old
Adult 20 – 29	Amateur swimmers from 20 to 24 years old
Adult 30 - 39	Amateur swimmers from 30 to 34 years old
Adult 40 - 49	Amateur swimmers from 40 to 44 years old
Adult 50 - 59	Amateur swimmers from 50 to 54 years old
Adult 60 - 69	Amateur swimmers from 60 to 64 years old
Master +70	Amateur swimmers from +70 years old
Inspiration	Amateur swimmers with a degree of disability

The awards will be give to every male and female in the races listed below in the following categories:

AQUAMAN | AQUAMAN 5.0 | AQUAMAN 2.0 | AQUAFINS

PLEASE NOTE:

- Top 3 overall, male and female will be awarded with trophies.
- Top 3 in age group (categories), male and female will be awarded with medals.
- All competitors who complete the race will be awarded a finisher medal.

RACE AWARDS

The awards will be give to every male and female in the races listed below in the following categories:

AQUAKIDS

CATEGORY	AGE RANGE
Overall	All Ages
U10	Swimmers from 7 to 9 years of age
U12	Swimmers from 10v to 11 years of age
U14	Swimmers from 12 to 14 years of age

PLEASE NOTE:

- Top 3 in age group (categories), male and female will be awarded with medals.

- All competitors who complete the race will be awarded a finisher medal.

RACE AWARDS

The awards will be give to every male and female in the races listed below in the following categories:

AQUATEAMS

CATEGORY	AGE RANGE
Overall	All Ages
Male, Female, Mixed	Swimmers from 12 years of age

PLEASE NOTE:

- All competitors who complete the race will be awarded a finisher medal.

TIMING CHIPS

Inside each race bag you will find your electronic timing chip

Wear the timing chip on your left or right ankle

One timing chip per team

Wear the timing chip on your left or right ankle

Hand over the timing chip to the next swimmer at the relay station



NO TIMING CHIP = NO RESULTS = DQ

TIMING CHIPS

INSTRUCTIONS MULTI RACERS

Some athletes have registered for multiple distances

For each race you receive a unique timing chip

Make sure to wear the correct timing chip at each race

To avoid confusion check which chip corresponds to which race



WRONG / NO TIMING CHIP = NO RESULTS = DQ

TIMING CHIPS

INSTRUCTIONS RETURNING PROCESS

At the finishline there will be volunteers recollecting all the timing chips

If you forgot to give it back at the finishline, you can return the chip to one of the race organizers till Saturday (20:00pm)

LOSING / NON-RETURN OF TIMING CHIP = A FINE

+ EXCLUSION FROM FINAL RESULTS



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