



SAMLA
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INTERNATIONAL
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ATHLETE GUIDE

24 JANUARY 2026



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Dear Athletes,

It is my great pleasure to welcome you to the Samla International Race 2026. This year marks an important milestone as we bring together athletes from around the world to take part in a race that embodies perseverance, endurance, and inner strength—the true meaning of Samla.

The word Samla represents the ability to endure, to push forward through challenge, and to remain resilient in the face of adversity. These values are at the heart of this race and are reflected in every stage of the course, testing not only physical performance but also mental determination and spirit.

After seven years of organizing the Samla 200 exclusively for Qatari competitors, the time has come to expand this vision and welcome international athletes to share in this unique challenge. As you compete, we are committed to ensuring that your experience goes beyond the race itself. We hope you will also enjoy the warmth, generosity, and world-class hospitality that Qatar proudly offers.

I wish you all a safe, rewarding, and unforgettable race experience, filled with achievement, resilience, and lasting memories.

SAMLA - the spirit of not giving up.



Azzam Al Mannai
CEO, Samla Club
Race Director, Samla International Race



GENERAL INFORMATION

Introduction

The Athletes Guide aims to ensure that all Athletes are well informed about all procedures concerning the 2026 Samla International in Qatar taking place on 24 January 2026.

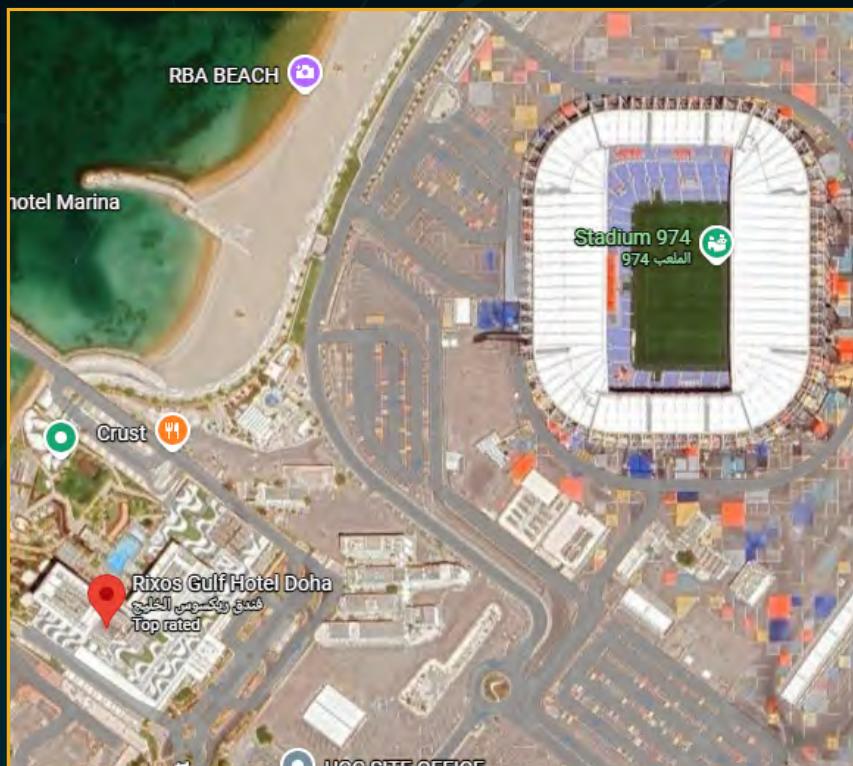
Please note that this information is subject to change, and the final race details will be provided to the athletes during the athletes' briefing.



PRE EVENT

Accommodation

The Official Hotel for the event (Registration & Race Pack Collection) is **Rixos Gulf Hotel Doha Resort**



Address: Building 2, Ras Abu Aboud Street, St 920, Doha - Qatar
(You should do your own arrangements for accommodation)

Transfers

LOC is not providing airport transfers upon arrival and departure. Athletes shall arrange their own transfers from/to Airport/hotel. You can use Airport Taxi "Karwa", or Uber. You can pay for the airport taxi in cash or by card.



Transport

Only on race day (24 January 2026):

- LOC will provide a transfer only from the Finish Camp to the Start Camp.
- Athletes should arrange their own transport from/to hotel/race venue.
- Karwa Taxis will be available at the Start Camp upon the race finish.
- LOC is NOT providing transfer from/to hotel/race venue.

Athlete Briefing

The athlete briefing will take place at the official hotel, Rixos Gulf Hotel Doha, on 21-22 January 2025, at 19:00 in line with Samla Competition Rules. Registration will commence between Wednesday & Thursday, 21-22 January 2026, at 13:00 - 20:00. Lateness or missing the registration is the athletes' responsibility.

Accreditation/Bracelet collection

LOC will provide all officially registered athletes with a bracelet.

What to consider upon registration:

- Leave your bike at the designated bike racks in the parking area
- Proceed to the registration hall with your equipment & bag
- Valid Passport or Qatari or GCC ID
- Medical Certificate
- Registration payment confirmation email



Bike Mechanic Service

- Bike Mechanic will be available during registration for minor adjustments/fixes.
- If you need any major fixes/replacements, you shall cover any associated costs
- A bike mechanic will be available at Transition 2, Transition 4 and at the only checkpoint during the bike course (CP4/5) for quick adjustments, air pressure and offer assistance if required

Contact Information - Technical and Competition

Samla International	Samla Organizing Committee	info@samla.com.qa
Samla International	Technical Team	falkhmoud@samla.com.qa

Emergency and Hotel Contact Information

Emergency Contacts Emergency Services	999
Rixos Gulf Hotel Doha	+974 4429 8888
Emergency contact Number (LOC)	+974 7777 7938

Pre Event Contact Details

SAMLA International Organizing Committee

Email: info@samla.com.qa

Website: <https://www.samla.com.qa>



Further Information

Registration, Check-In & Equipment Handover

Registration and check-in will take place at Rixos Gulf Hotel Doha on:

- Wednesday, 21 January: 13:00 - 20:00
- Thursday, 22 January: 13:00 - 20:00

To ensure a smooth and organized process, 30 athletes per hour will be assigned a designated registration and check-in time slot. Please respect your allocated time. Athletes arriving outside their scheduled window may be required to wait until space becomes available.

Athletes must complete registration and equipment check-in personally. Third-party check-in is not permitted.

Athlete Check-In & Registration Process

Upon arrival at the hotel, leave your bike on the designated bike racks in the parking area. Proceed to the registration hall with your equipment bag and have the following documents ready:

- Valid passport or Qatari/GCC ID
- Medical certificate
- Registration payment confirmation email



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Registration Station 1 - Document Check, Registration & Race Kit Collection

At the first station, your documents will be verified, registration completed, and a SAMLA International athlete wristband will be placed on your wrist.

Do not remove this wristband until after the awards ceremony and bike/equipment collection on Saturday, as it is required for access to all athlete-only areas.

You will receive:

- A plastic box containing race kit items
- A Race Kit & Equipment Check-in form and liability waiver

Race Kit items include:

- Bib numbers (2)
- Required stickers (7)
- T1 and T2 transition bags
- Drop-off bag
- SAMLA T-shirt, vest, cap, duffle bag, drawstring bag
- Water bottles (2)

You must check all items, then sign the race kit collection form, confirming receipt.

Equipment Arrangement & Preparation Area

Proceed to the equipment preparation area (benches and tables provided). Remove all items from the plastic box and place all equipment and nutrition for T1 and T2 back into the box, together with the empty T1 and T2 bags.

This equipment will be packed into the respective bags in front of a SAMLA registration official.



Registration Station 2 - Equipment Check & Bag Packing

A registration official will inspect and record all equipment on the same checklist form. Once verified, you must pack your equipment into the T1 and T2 bags in front of the official. Both the athlete and the SAMLA staff member will sign the form confirming the contents.

- **T1 Bag: Equipment and nutrition for the first running stage**
All swim equipment must be returned to the same T1 bag after the swim.
- **T2 Bag: Equipment and nutrition for the bike, kayak, and final running stage**

If your helmet does not fit inside the bag, it must be securely clipped to the bag's arm strap.

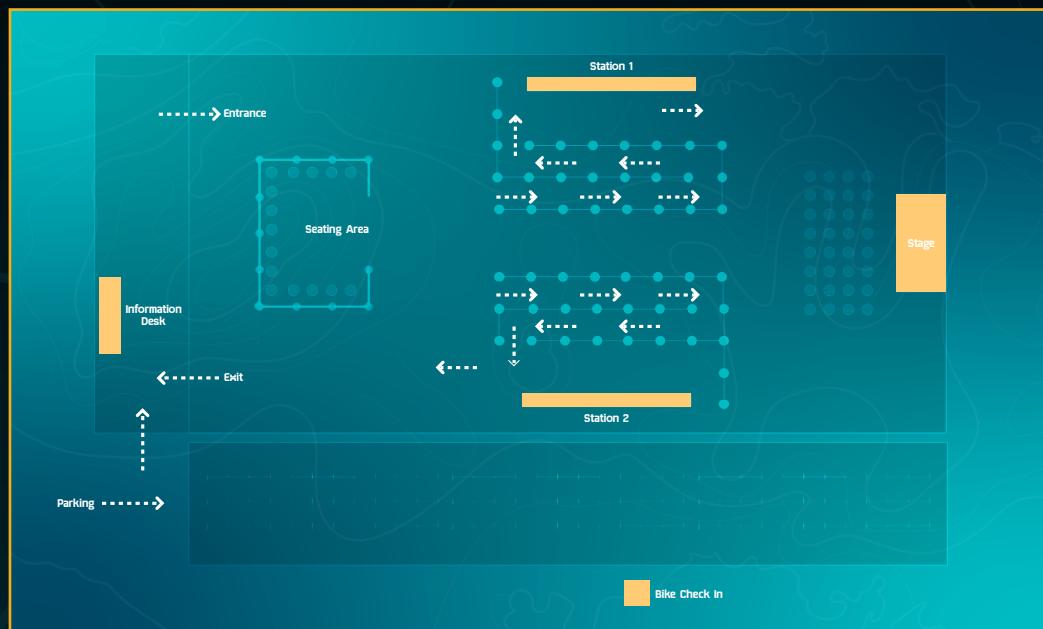
Once completed the transition bags drop-off proceed to the bike check-in.

Bike Check-In

Return to the bike rack area, apply the required stickers, and hand over your bike.

Registration and check-in are then complete.

RIXOS GULF HOTEL DOHA, REGISTRATION



Additional Notes

- Samla Organizers will provide snacks and a variety of drinks at transition areas. At checkpoints, only water will be provided. Athletes may pack and use any additional drinks, supplements, and nutrition they require for the race.
- Use of SAMLA-branded equipment is optional.
- Except for the swim, athletes must carry one or more bottles with a minimum total combined capacity of 600 ml.
- A bike mechanic will be available at registration for minor adjustments only.
- Kayak equipment will be on display for familiarization only; no training is permitted.
- An Information Desk will be available at the hotel during registration hours.



EVENT SCHEDULE

Wednesday & Thursday Schedule (21-22 January 2026)

Date	Time Start	Time Finish	Action	Location
21-22 January 2026	13:00	20:00	Registration, check in, bike & transition bags drop off	Rixos Gulf Hotel Doha

Friday Schedule (23 January 2026)

Date	Time Start	Time Finish	Action	Location
23 January 2026			CONTINGENCY DAY / FREE DAY	



Saturday Schedule (24 January 2026) - RACE DAY!

Date	Time Start	Action	Location
Saturday 24 January 2026	05:00	Registration, Timing Chip, GPS & Swim Cap Collection Opens	Sealine Beach
	06:00	Swim course is open for warm up	Sealine Beach
	06:30	Swim warm, Timing Chips, GPS & Swim Cap Collection Closed	Sealine Beach
	06:40	Start line up	Sealine Beach
	07:00	Start of the race (Wave Start)	Sealine Beach
	09:00	Cut off time for swim (or 2 hours after every wave start. Ex: Start 07:15. Cut off is 09:15)	Sealine Beach
	14:00	Cut off time for Kayak Exit (or 7 hours after every wave start. Ex: Start 07:15. Cut off is 14:15)	Sealine Beach
	18:00	Bike & transition bags collection open	Sealine Beach
	19:00	Overall Race Cut Off (or 12 hours after every wave start. Ex: Start 07:15. Cut off is 19:15)	Sealine Beach
	19:05	Awards Ceremony	Sealine Beach
	22:00	Bike & transition bags collection closes	Sealine Beach



RACE LOCATION

The Samla International Race START will take place at Sealine, located 53 km southeast of Doha and 39 km from Hamad International Airport.

There is no public transportation available to the venue. All athletes must therefore arrange their own transportation to the Start Camp.

The running and cycling stages traverse desert terrain, continuing south toward the Inland Sea, where the kayak stage will take place. The running and cycling surfaces include sand, gravel, stones, and in some sections may be muddy.

Organizers and referees will monitor the course using vehicles. Family members and supporters are encouraged to proceed directly to the Finish Camp and follow the race via the large screen on Al Kass TV and the live tracking boards.

The Finish Camp is located approximately 10 km from the start, near The Outpost Al Barari Resort, in a remote desert area with limited access. To ensure safe and efficient movement, official transportation will be provided throughout race day between the Start Camp and the Finish Camp.



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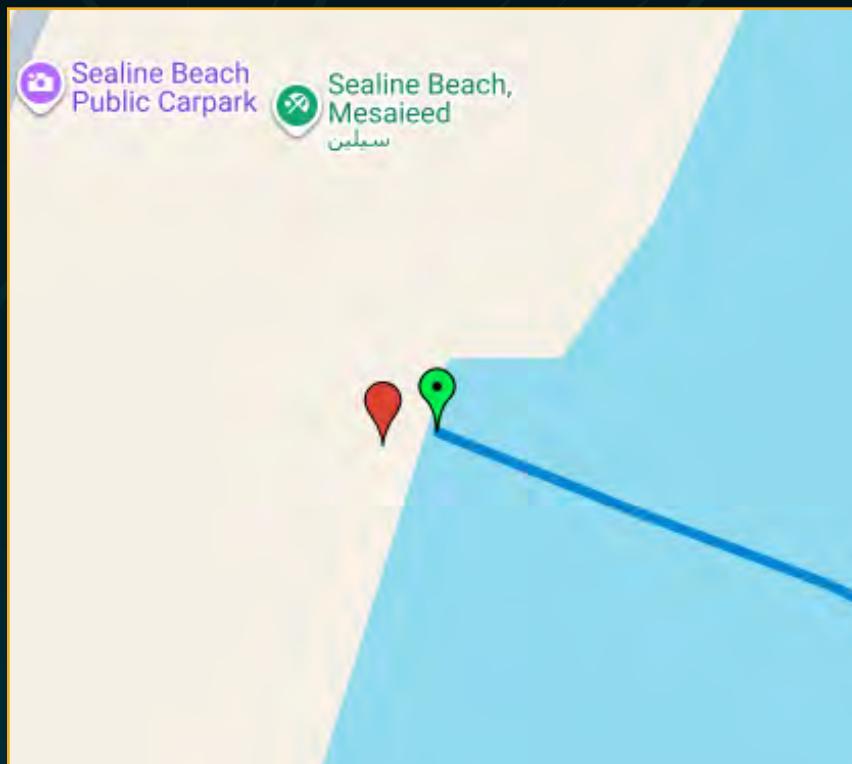


The event is located across 2 key venues:

First Key Venue - Start Area, Sealine Beach

Swim Start

Address: Sealine Beach - [\[Click for location\]](#)





Second key Venue - Finish Area, near Outpost Al Barari

Address: Street No. 600, Sealine Beach Road, Mesaieed, Qatar





COURSE INFORMATION

Swim (Stage 1)

Distance: 3km - Point to Point

Water temperature: ~17-19°C

Wetsuits are allowed



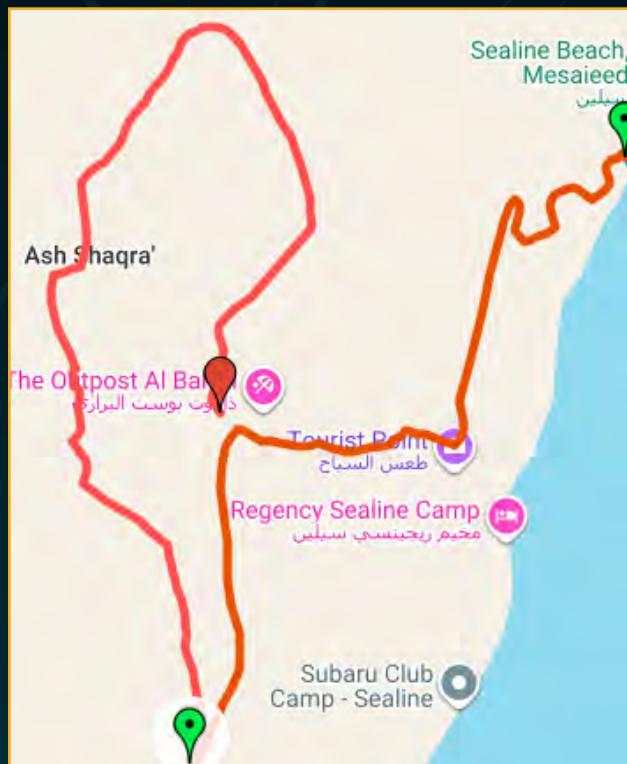
Run (Stage 2 & Stage 6)

Total Distance: 49km (Stage 2 is 21km - Stage 6 is 28km)

Stage 2 Run is point to point

Stage 6 Run is point to (Finish)

The Course surface is a mix between soft sand, hard sand, rock & stones and some parts can be muddy.



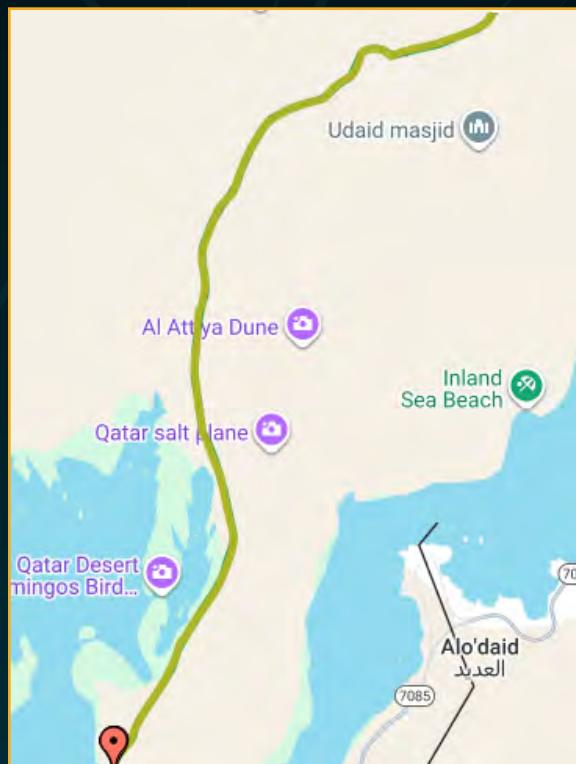
Bike (Stage 3 & Stage 5)

Total Distance: 44km (Stage 3 is 22km - Stage 5 is 22km)

Stage 3 Bike is point to point

Stage 5 Bike is point to point

The Course surface is a mix between soft sand, hard sand, rock & stones and some parts can be muddy.



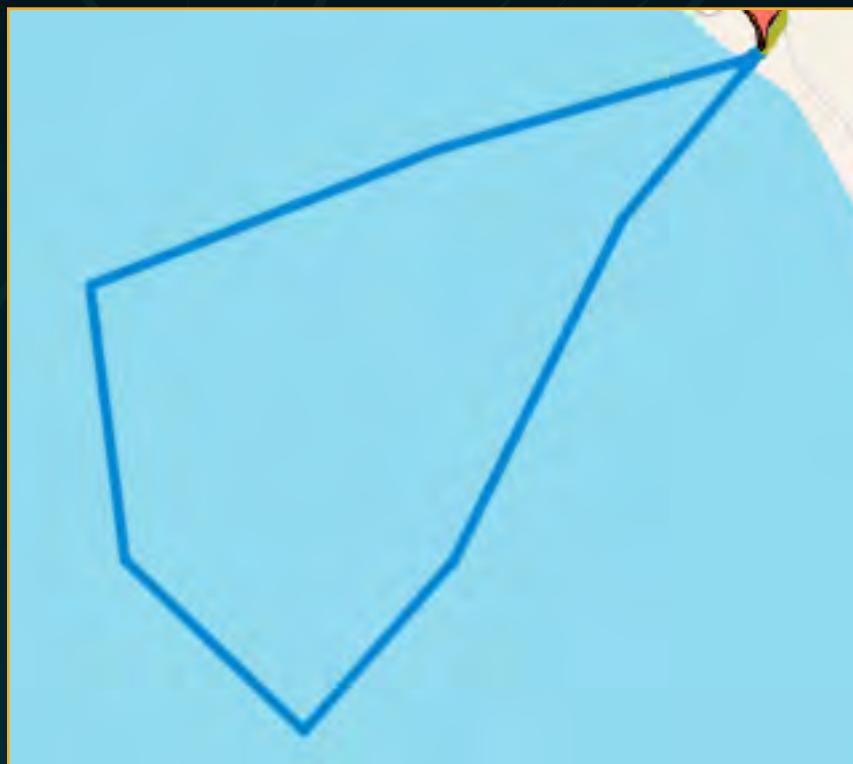


Kayak (Stage 4)

Total Distance: 4km

Number of laps: 1 lap

Buoys are always on the right





Aid Stations

There are aid stations at T1, T2, T3, T4, T5, and Finish Area. Also, on the run course, there is an aid station every 5km. In the bike course, there is an aid station every 11km.

[Click here](#) for more information.

Wheel Stations

We do not have a wheel station in the race. However, we have a bike mechanic available at certain locations. We recommend you carry spare tubes/puncture tools, Mini pump and/or Co2 Cartridges to change flat tires.

Medal Ceremonies and Post Event Reception

Upon finishing, athletes will receive their finisher medal and then they are welcome to visit the designated post-race tents for refreshments and recovery. The return of the GPS and the timing chip at the Drop-off bag tent is required as part of the official race completion process.

Post-race tents and services

Refresh Tent - A wide selection of food and beverages will be available to help you refuel and rehydrate after the race.

Recovery Tent - Professional massage- and physiotherapists from Aspetar, the world-renowned sports medicine and rehabilitation center, will be on site to provide assistance on a first-come, first-served basis. Services will focus on localized treatment and assisted stretching only. The tent will also offer access to ice baths to support muscle recovery.



Medical Tent - Qualified medical staff will be available to offer first aid, conduct basic health checks, and ensure that all athletes are safe and stable post-race.

Bag Drop Tent - Athletes must return their GPS and timing chip at this location.

Once returned, they may collect their drop-off bags. The transition bags and the bike can be collected at the Start Camp until 22:00.

The award ceremony will begin at 19:05, celebrating the top 10 male and female performers and all who completed this challenging event. Top finishers must be present at the ceremony.

Official race results will be published online on www.samla.com.qa and through the Samla International App, allowing athletes and supporters to review race times and rankings.



COMPETITION INFORMATION

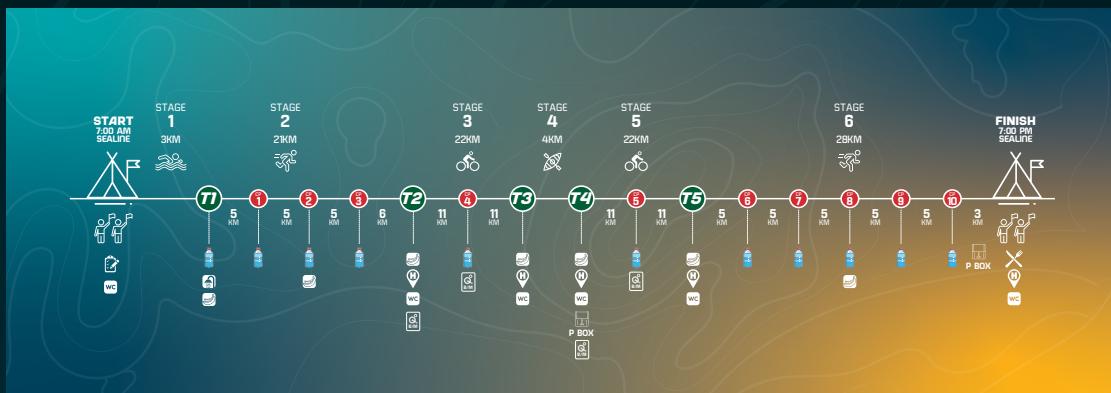
Uniform Guidelines

All athletes competing in SAMLA International 2026 are free to wear whatever uniform they want to wear. However, you must make sure that there is no branding related with Gambling and/or Alcohol.

The following is mandatory

- Wearing the official swim cap during the swim

Race Check Points





RACE DAY

Start Camp

The Start Camp will open at 05:00. Collection of the timing chip, GPS and swimming cap will be available between 05:00 and 06:30.

Athletes must carry their GPS device throughout the entire race securely in a running belt or bag/vest or in their trisuit pocket. It is the athletes responsibility to ensure that the GPS is safely and comfortably carried at all times, without risk of loss or interference with movement.

All items not required for the swim (dry clothes, shoes, slippers, towel, mobile phone, etc.) must be placed in the drop-off bag and left at the designated drop-off tent. Bags will be transferred to the Finish Camp immediately after the race start.

The drop-off bag tent at the Start Camp will close at 06:30.

Start - Swimming

All athletes must be at the starting area by 06:40 for a short pre-race briefing and to organize starting waves according to swim cap colours/numbers. The briefing will cover essential safety information and start procedures only.

- 07:00 - First wave (25 men) starts
- 07:01 - Second wave (25 women) starts
- Subsequent waves will start at one-minute intervals.



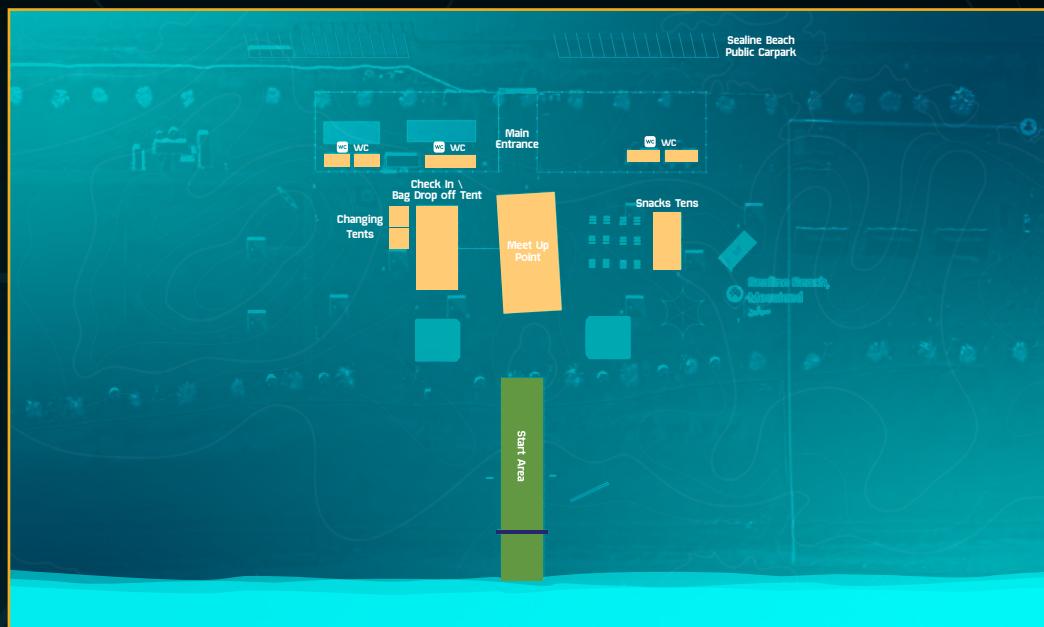
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START CAMP





Transition 1 (T1) - Swim to Run

Upon exiting the swim and entering the transition area, collect your T1 bag from the racks arranged in numerical order. Proceed through your designated male/female changing tent - you must pass through the tent even if no change of clothes is required.

T1 includes separate showers and toilets. After changing, drop your bag containing swimming gear at the designated area; bags will be transferred back to the Start Camp.

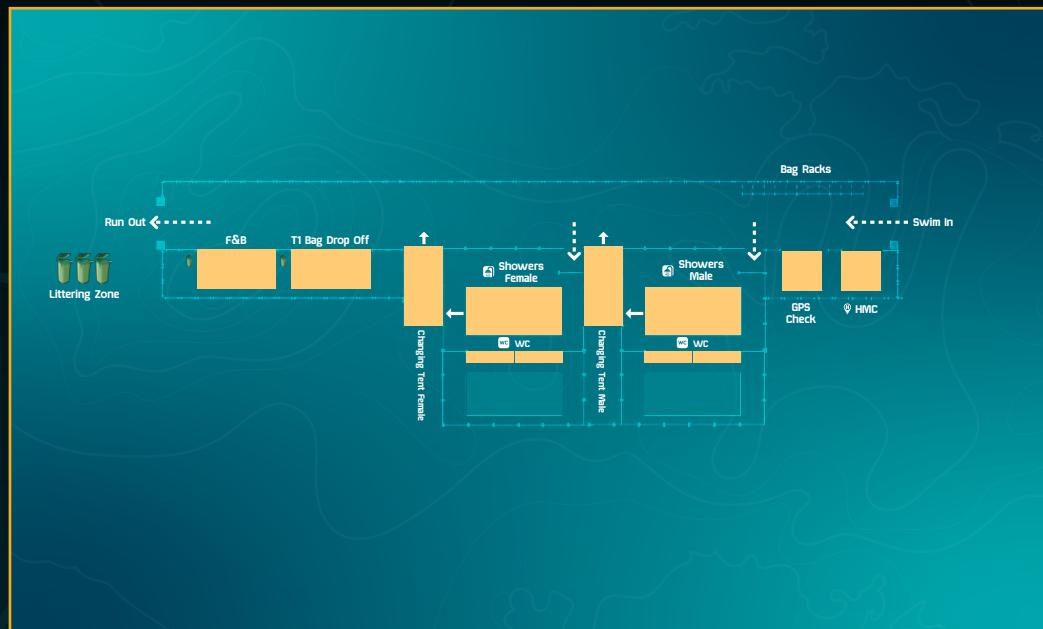
Empty bottles placed in your T1 bag may be refilled at the water stations inside the transition area.

Water, isotonic drinks, energy drinks, soft drinks, and snacks will be available at every transition area. Trash bins will be located next to food and beverage tents at all transitions and inside each checkpoint area. Designated littering zones will be located within 40 meters of the running exits at T1 and T5.

During the running stage, checkpoints will be located every 5 km, providing water. Athletes must ensure their bib number is clearly visible on the front, preferably using a race belt. You must pass through every checkpoint corridor, even if you do not wish to use the water station.



T1 : SWIM TO RUN





Transition 2 - Run to Bike (T2) Transition 5 - Bike to Run (T5)

When entering T2, toilets, and nutrition/fluid stations will be available. Your T2 bag will be hanging next to your bike. All items left in T2 must be placed inside the T2 bag and left hanging on the rack.

Bikes and bags will be arranged on numbered racks in numerical order, with row signage indicating number ranges.

A bike mechanic will be available to provide quick adjustments, check air pressure, and offer assistance.

There will be one checkpoint during the bike segment. Athletes must ride through this checkpoint or stop if they wish to refill bottles from the water stations.

At all bike transitions:

- Helmets must be securely fastened before removing or returning the bike to the rack.
- Helmets must remain fastened while riding and walking with the bike.
- Mounting and dismounting is permitted only in designated areas.

After completing the second bike stage, return your bike to the assigned rack and place your helmet, shoes, and all equipment inside the T2 bag. If your helmet does not fit inside the bag, it must be securely attached to it. Failure to store equipment correctly will result in a time penalty.



T2 - T5 : RUN TO BIKE \ BIKE TO RUN





Transition 3 - Bike to Kayak (T3) Transition 4 - Kayak to Bike (T4)

At T3 - Leave your bike in the assigned rack position. You may leave your bike shoes attached to the pedals (or within 0.5 m of your rack number) and your helmet attached to the bike.

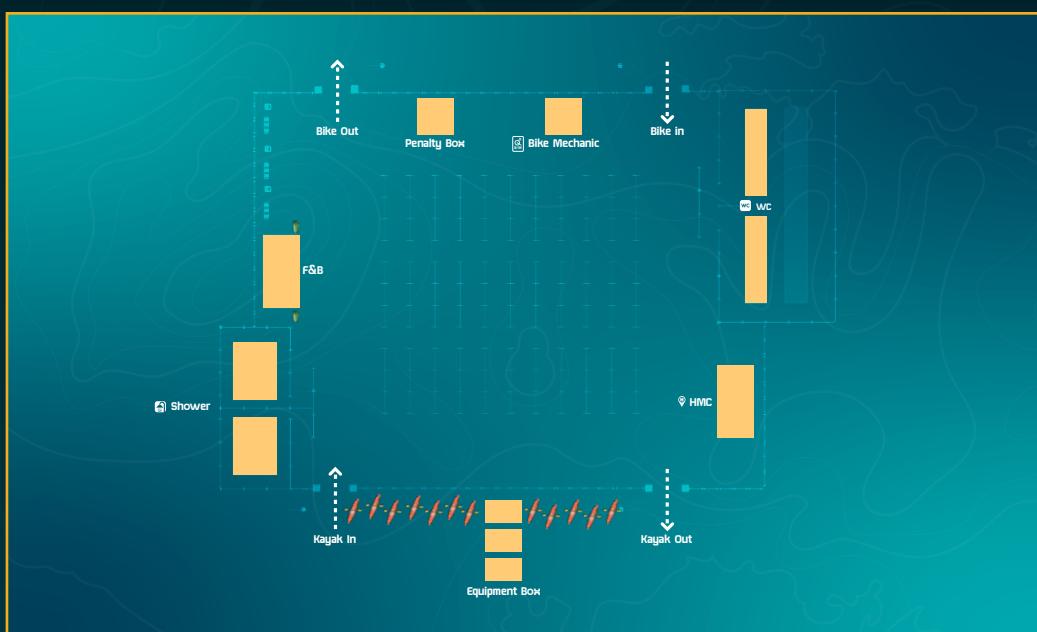
During the kayak stage, athletes must wear a life jacket and always keep the orange and yellow buoys on their right side and make right-hand turns at the checkered buoys.

At the end of the kayak stage, leave your kayak in the designated drop-off zone and return all equipment (paddles, life jacket, and waterproof bag if used) to the designated boxes.

A bike mechanic will also be available at T4.

The first penalty box will be located at the T4 exit next to the bike mechanic. Athletes must check the penalty board for any violations before exiting.

T3 - T4 : BIKE TO KAYAK \ KAYAK TO BIKE





Run - Finish

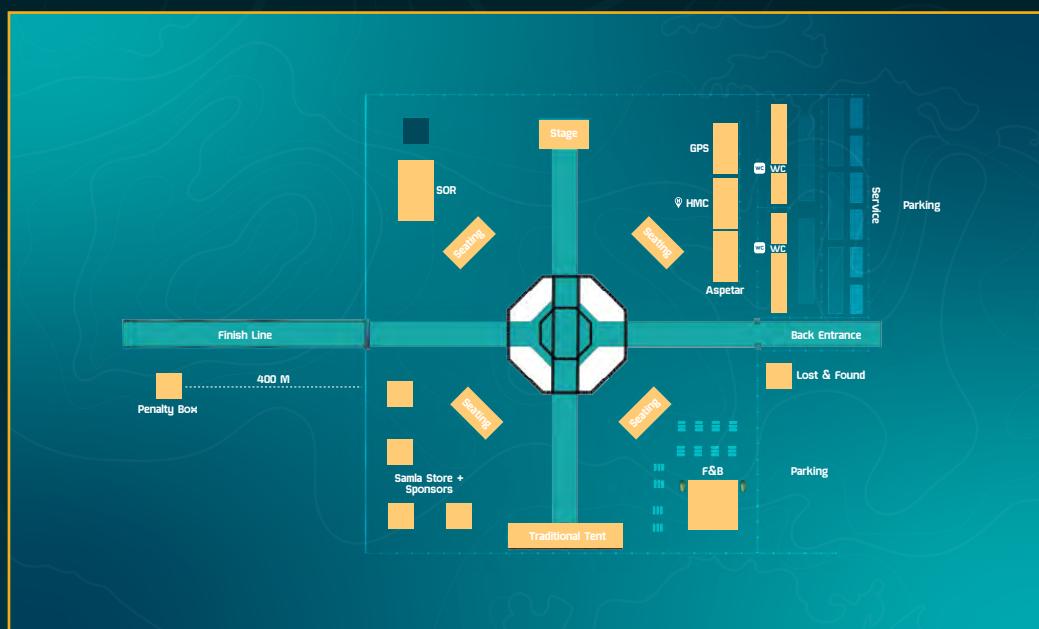
The final running leg is the longest segment of the race, covering 28 km, with checkpoints and water stations every 5 km.

A second penalty box will be located 400 meters before the finish line. Athletes must ensure there are no outstanding penalties before passing this point.

Course Cut-Off Times

- Swimming cut-off, T1 entry closed : 2 hours from your start wave
- Kayak cut-off, T4 entry closed : 7 hours from your start wave
- Race cut-off : 12 hours from your start wave

FINISH CAMP





Timing Chip and GPS Info

Timing chips and GPS devices will be issued at the Start Camp on race day morning only, between 05:00 and 06:30. To avoid interference with your bike chain, fasten your timing chip securely around your left ankle using the Velcro strap, with the transponder facing outwards.

Athletes must carry the GPS device throughout the entire race, either in a running belt, bag/vest, or in a trisuit pocket. It is the athlete's responsibility to ensure that the GPS is carried safely and comfortably at all times, without risk of loss or interference with movement.

Failure to wear the timing chip and/or carry the GPS device throughout the race will result in unavailable or invalid race results. If your timing chip or GPS device is lost during the race, you must promptly notify a race official in any Transition area so a replacement can be provided.

Athletes who retire from the race must inform a race official and return their timing chip and GPS device at any Transition area or at the Finish Camp.



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COMPETITION INFORMATION

Important

All athletes are required to wear modest clothing in public areas. During the race, you can wear your regular racing gear.

Competition Rules

The race will follow the latest published competition rules of the SAMLA International 2026

<https://samla.com.qa/samla100/2026/rules.html>

Protest and Appeals

Standard procedures will follow the SAMLA International Competition rules.



ATHLETES CHECKLIST

For registration:

- Valid Passport or QID
- A medical certificate issued within 1 month
- Payment confirmation email

Swim:

swim suit or trisuit, GPS holder/carrier, wetsuit (optional), goggles, Samla coloured/numbered swim cap

Run:

shoes, socks, running short/Tshirt or trisuit, cap, sunglasses, race belt, bag, nutrition and fluids - minimum 600ml waterbottles (compulsory), suncream, sand gaiters (optional)

Bike:

helmet, bike shoes, gloves, sunglasses, bag, puncture kit, pump (optional), nutrition and fluids

Kayak:

----- (kayaks, paddles, life jackets and waterproof bags are provided by the organizers)



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RACE PACK CHECKLIST

- Samla T-Shirt
- Samla Duffle Bag
- Samla Drawstring Bag
- Samla Cap
- Samla Vest
- Water Bottles (2)
- BIB Numbers (2)
- Bike & Helmet Stickers (7)
- Bag Tags (4)
- T1 Bag
- T2 Bag
- Drop Off Bag



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SEE YOU AT THE START LINE...



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