



# CUTOFF TIMES

Cutoff times are time limits set at specific points or for the overall duration of a race. They serve several important purposes

## ATHLETE SAFETY

Races, especially endurance or multisport events (like triathlons or adventure races), can involve extreme conditions.

Cutoff times help prevent participants from continuing when fatigue, dehydration, darkness, or environmental hazards could pose serious risks.

## MEDICAL AND EMERGENCY PLANNING

Cutoffs allow medical teams to focus resources on participants still within safe performance limits.

They help organizers identify when to begin recovery or evacuation procedures for athletes who are struggling or falling behind.

## FAIR COMPETITION

Maintaining cutoff times ensures that all athletes compete under similar conditions and within a reasonable duration.

It prevents undue advantage for those who might otherwise take excessive breaks or complete the course at a much slower pace.

## LOGISTIC AND OPERATIONAL CONSTRAINTS

Roads, support stations, kayak/cycling equipment, volunteers, and other services are often available for limited time windows.

Cutoff times help organizers: Clear stages efficiently. Maintain schedules for transitions, transportation, or course changes. Minimize the impact on public infrastructure (like road closures or water access).



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## **ENVIRONMENTAL AND DAYLIGHT CONSIDERATION**

In races that traverse natural terrains (deserts, mountains, open water), daylight and temperature changes are critical.

Cutoffs ensure athletes are not exposed to dangerous night conditions or extreme heat/cold.

# **CUTOFF TIMES FOR**

## **SAMLA INTERNATIONAL 2026**

**Transition 1,**  
**maximum 2:00 hours from start**

**Transition 4,**  
**maximum 7 hours from start**

**Finish line,**  
**maximum 12 hours from start**



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