



عُمان للإبحار  
OMAN SAIL



4th - 5th March 2022  
Sultanate of Oman

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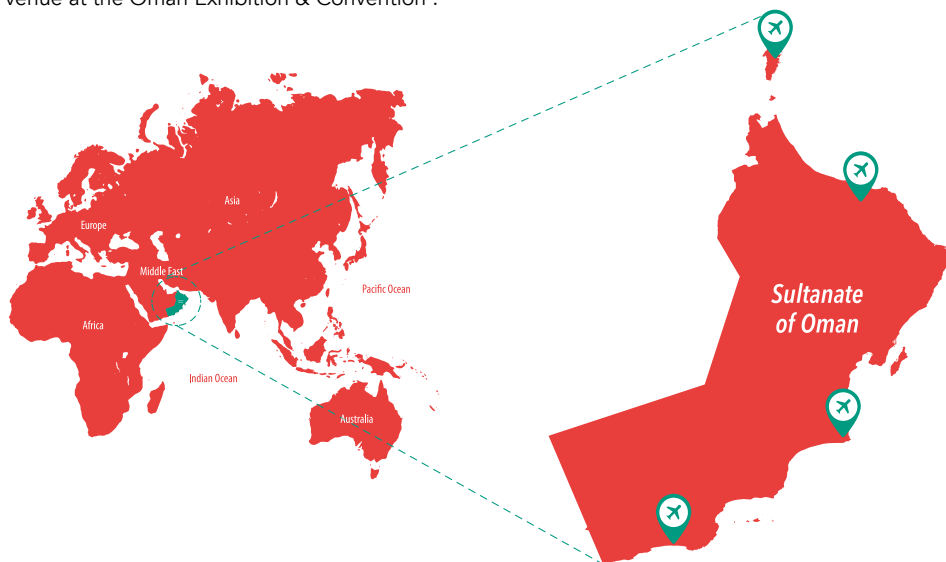
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# OMAN AT A GLANCE



**Perched on the southeast coast of the Arabian Peninsula and located within a 7-hour flight of 50% of the world, the Sultanate of Oman is easily accessible.**

All international participants will need to fly to Muscat International Airport, which is located in the north west of the city and approximately a 10 minute drive from the venue at the Oman Exhibition & Convention .





## Language

**Arabic** is the national language of Oman and typically what you will hear spoken most often. However, **English** is the unofficial second language of Oman and if you are staying in any of the major cities or even venturing out into rural areas, you are likely to encounter many English-speaking locals.



## Communication

Free Wi-Fi will be available for athletes, families and supporters at the event hotels and at the OCEC. International roaming is available and VPN is required to be installed for using applications such as Skype or WhatsApp video calls.

## OMR Currency

Omani Rials and Omani Baisas (1000 baisas equals 1 Omani Rial) **1 OMR = \$2.6 USD**  
The currency is pegged to the USD, offering a stable exchange rate. Currency exchange services are available in Muscat International Airport and currency exchange bureaus are present in most shopping malls and hotels.



## Dress Code

Internationally accepted athletic attire can be worn around the venue and event hotels. When exploring the beauty of Oman outside the hotel, men and women are advised to dress in conservative western clothing. Loose clothing, with arms and shoulders covered, is recommended. Skirts, if worn, should reach at least beneath the knee.



## Safety

In 2020 Oman was ranked the 5th safest country in the world for visitors. Known for the incredible hospitality of the Omani people, all visitors are welcomed with open arms for an experience you will never forget.



## Weather

Oman is known for its tropical climate whilst still subject to seasonal changes. From October through to April, the Sultanate offers a lovely climate, with an average temperature of 23°C.

# TRAVEL INFORMATION

Muscat International Airport is easily accessible from all corners of the world with most major airlines servicing the Sultanate each year. Oman has now granted visa exemptions to over 100 countries, ensuring a smooth and enjoyable arrival to the country.



[www.omanair.com](http://www.omanair.com)

The national carrier, Oman Air, offers direct flights from many cities in Europe, India, Africa and the Middle East.

## Visa Requirements

In addition to Oman's national flag carrier, the Sultanate is easily accessed through short connections from Abu Dhabi, Dubai and Qatar. With over 15 flights operating daily to Muscat from our gulf neighbors.



- Citizens of over 100 nations may now travel to Oman without obtaining a visa.
- Nationals of other countries must secure visas prior to travel to Oman  
<https://www.rop.gov.om/english/countrylist1.html>
- Detailed information on Oman's visa process can be seen here:  
[https://www.rop.gov.om/english/visaservices\\_mainpage.html](https://www.rop.gov.om/english/visaservices_mainpage.html)

## Passport Validity

Your passport should be valid for a minimum period of 6 months from the date of entry into Oman. For more information: [http://www.rop.gov.om/english/dg\\_pr\\_visas\\_tourist.asp](http://www.rop.gov.om/english/dg_pr_visas_tourist.asp)

## Travel Requirements for COVID-19

- 2 x Vaccination (Pfizer, Aztra Zeneca (Oxford & Covishield), SinoVac, Johnson & Johnson, Sputnik, Moderna, Sinopharm)
- A negative PCR test before travel
- Upload the negative PCR and the vaccination certificates onto <https://covid19.emushrif.om/> before traveling from your country to Oman.
- No quarantine required

Updates on travel restrictions related to COVID-19

<https://www.omanairports.co.om/news/en/update-on-travel-restrictions-related-to-covid-19/>

# EVENTPROGRAMME

Day	Time	Remarks
<b>Friday</b> 4th March	08:00	10KM U20 Women
	09:00	10KM U20 Men
	16:00	20KM Women
	19:00	8km Masters Relay
<b>Saturday</b> 5th March	07:00	35KM Men & Women
	16:00	20KM Men
	19:00	10km Masters Men & Women
<b>SUNDAY</b> 6th March	10:00	Medal Ceremony



## ACCOMMODATION

There are different standards of accommodation for competitors in Muscat.  
The following Hotels will guarantee a special rate to all our competitors during the event period.

Hotel	Email
W Hotel	Sukhramani, Rahul Rahul.Sukhramani@whotelsworldwide.com
Avani	Rami farhat, rfarhat@avanihotels.com
Mysk Hotel	Deepak Mathew, deepak.mathew@myskhotels.com
Novotel Muscat Hotel	Ali - HB7A7-SL5@accor.com
Crowne Plaza	Abdullah Al Busaidi, abdullah.albusaidi@ihg.com
City Seasons Hotel	pooja.bhandari@cityseasonshotels.com
Ramada Hotel Muscat	Oana Rugina, oana.rugina@ramadaencoremuscat.com
Royal Tulip Hotel	Rashad Al Raisi, rashad.alraisi@royaltulipmuscat.com



## DINING

There is a versatile food culture in Oman.



## Google map link

<https://www.google.com/maps/place/Oman+Convention+%26+Exhibition+Centre/@23.5663757,58.3250617,15z/data=!4m5!3m4!1s0x0:0x9cd85865db28e0fd!8m2!3d23.5663757!4d58.3250617>



## Transportation

Details will be provided for transportation from the international airport to the city centre where hotels are located.

# TOURISM

## Places to Visit in Oman

### Muscat City Tour



Explore the capital city of Oman and visit the Sultan Qaboos Grand Mosque, the old port area of Mutrah with its stunning corniche and traditional houses, and experience daily life in a multi-cultural city by the sea.

### Mussanah



Mussanah is your destination for sports and adventure. The Al Mussanah Sports City was purpose-built for the Asian Games and still retains many of the features. If you would like to relax and unwind on the beach, enjoy family-friendly activities or set sail for the Dayminiyat Islands and snorkel with schools of fish in a protected nature reserve just a short boat ride away.

### Rustaq



The ancient fort city of Rustaq is the gateway to some of Oman's most spectacular sights with Jebel Shams and Jebal Akhdar all within easy reach. You can also visit the nearby city of Nizwa, known as the cultural capital of Oman and known for its crafts and livestock markets, the Bahla Fort and Tanuf Ruins for a look back at the Sultanate's history.





CALL ROOM

BUS DROP

WARM UP

START / FINISH

COURSE

MEDICAL TENT

# HINTS AND TIPS

Emergency contact number  
General emergency number is 9999

## **Tipping**

Tipping is not required in Oman.

## **Taxis**

All information can be found on the following website [omantripper.com](http://omantripper.com)

## **Electricity**

The electric current for use in homes and hotels is 230 volts (50 Hz) and the plugs UK standard fittings.

## **Local Time during the Championships**

GMT+4 (1900 hours)

## **Driving**

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location. If buses have seatbelts you are required to use them.

## **Water**

Tap water in Muscat is safe to drink

## **Mobile Phone Networks**

Update the advice below according to local requirements  
Mobile phone networks which operate in Oman are 5G, 4G, 3G or 2G. Only phones that are manufactured to operate under these systems will work in Oman. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Oman, which will allow temporary connection with the Oman networks. The main mobile companies are Omantel/Oman Mobile, Ooredoo Oman, Vodafone Oman