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Qatar Foundation

in association with



presents

QATAR AQUATHON SERIES

Friday 01 December 2017 – 8:00 AM

Race Information Pack

Event Location

Recreation Centre, Education City



MAP OF EDUCATION CITY



GOOGLE MAP

<https://www.google.com/maps/place/Recreation+Center/@25.3143398,51.4257816,16z/data=!4m5!3m4!1s0x0:0x301e3a4dd2ecac77!8m2!3d25.3143398!4d51.4288768>

GETTING TO EDUCATION CITY

The entrance to Education City is from Gate 2 (Al Luqta Street). At the gate, please inform security that you are taking part in the Aquathon at the Rec Centre.

GETTING TO RECREATION CENTRE

- Upon entering from Gate 2, continue straight past the 1st roundabout.
- Make a right from the 2nd roundabout.
- Continue straight until you arrive at the 2nd entrance on the right. *(That's the same place where we had the finish line of the GMC Triathlon)*
- Upon entering the parking lot, make quick left and drive up the ramp towards recreation centre.
- Drive straight for another 100m (you will see Recreation Centre and Football field on your right).
- Make a left into the parking.

Parking & Walkway



Race Information



Welcome to the Qatar Aquathon Series brought to you by Qatar Foundation in collaboration with Z Adventures and TriClub Doha. The 2017-2018 Qatar Aquathon Series will take place at the Recreation Centre in the state of the art Olympic swimming pool. The run will be within the Education City premises on traffic-controlled roads and paths. Please take a moment to read all of this race information.

RACE MEETING POINT: Recreation Centre main entrance.

Check-In: Race Number /"Hand-Marking"/ Timing Chip: Check-in Desk is located inside the Recreation Centre.

Juniors & Adults: 6:45 AM – 7:30 AM

The Juniors event (including Junior relay, Adults short-course & Parent – Child) starts at 08:00 AM.

Adults long-course event (including relay) starts about 10 minutes after the above athletes vacate the pool; which will be at approximately 8:30 AM.

Everyone **MUST** check-in before their race starts. Please quote your FIRST NAME and EVENT CATEGORY when checking-in so that you can be hand-marked. Collect your race chip.

Those athletes who have their own chip should proceed to the express line where they will be hand marked.

We will be writing your race number on your hand with permanent marker pen. Your race number will be the same as your start number; these are available at Check-In Desk. Once checked-in please get changed and then set up your swim to run transition items. Transition area will be on the opposite side of the swim start line and will be clearly marked.

Please aim to arrive and check-in at least 45 minutes before the event start time. There will be a **brief session** for the kids at **7:45 AM** in the pool deck area and for adults prior to their event start.

NB: Please do not impede competitors who are already racing!

In order to rent the timing chip, we require your QATAR ID or QAR 500 as deposit. No exceptions.

Age Groups & Event Distances



AGE GROUP CATEGORY	SWIM	RUN
Juniors Primary (Age 7-10) Individual & Relay	100m (2 lengths of the swimming pool)	2km
Juniors Secondary (Age 11-15) Individual & Relay	200m (4 lengths of the swimming pool)	2km
Adults Individual (Short Course)	200m (4 lengths of the swimming pool)	2km
Team (Parent - Child)	200m (4 lengths of the swimming pool)	2km
Adults Individual & Relay (Long Course)	500m (10 lengths of the swimming pool)	5km

Swim Course



Warm Up: The competition swimming pool will be open from **07:00 AM** until **07:40 AM** for warm-up.

Race Start: The race starts at **08:00 AM** with competitors in self seeding order getting into the pool every 15 seconds. The faster swimmers should start first so that slower swimmers do not impede other competitors. Your race start time will be when you cross the timing loop. **You should be lined up on pool side behind the barrier. Please do not cross the barrier unless advised.**

To begin, individuals will be directed to start. The race starts by crossing the timing loop. Individuals will then walk fast (but not run) by the side of the pool then jump/dive into the water at the correct lane to start the swim.

The pool swim follows a simple system where you swim one length in each lane of the pool – map below. On completion exit the water and make your way to the swim/run transition on the opposite side of the pool.

NB: Running on poolside could be dangerous! We know it is a race but please don't do it!



Transition / Run



Transition: Once you have completed your swim, make your way into transition on the opposite side of the pool. This is where you should have placed a towel, running shoes, shorts and t-shirt. Please dress accordingly before heading out to the run. T-shirts/vests /Tri-suits must be worn. Most competitors will simply pull their run clothing on over the top of their swim attire. Once ready please make your way through transition and on to the run course **(It will be explained in the race briefing)**

NB: Only competitors are allowed in transition; except for parents who are helping the juniors.

Team Entries: If you are part of a team the swimmer should make their way into transition, exchange the timing chip and proceed for running route.

The Run – Juniors (Primary & Secondary), Parent – Child relay & Adults Short Course

Please ensure all children who are finishing the race are supervised properly, the event staff will not have time to do this if the supervising adult is also competing!

The 2km distance run is a one out and back route **(please see map on next slide)** around the Education City. There are race arrows and volunteers to guide you.

The Run – Adults Long Course

The 5km distance run is a larger one out and back route **(please see map on next slide)** around Education City. There are race arrows and volunteers to guide you.

Run Route



The Run – Juniors (Primary & Secondary), Parent – Child relay & Adults Short Course

From the transition area, runners would go up the stairs and turn left (beside the registration area). From there, they will exit the Rec Centre and start the race from the parking lot which is also the finish line. Runners will then run up the road and make a right and then a left onto the running path and follow the path up to 1KM. There will be an aid station at the turnaround and marshals will guide the runners to turn back on the same route. The finish line will be at the Recreation Centre. REMEMBER: It is an OUT and BACK course.

The Run – Adults Long Course

5K runners will follow the above route and continue to run past the 2K and enter the Oxygen Park. The turnaround will be clearly posted beside the 2nd Aid Station. From there they will turn back and finish at the Recreation Centre.

Race Information



Water Stations: There will be water stations at the Start / Finish, 2K Turnaround and 5K turnaround mark.

The Finish: Make your big finish in the last few metres and cross the finish line to complete your race at the Recreation Centre. Custom designed finisher's medals will be presented to all the participants.

Electronic Timing: To ensure accurate times and results, every competitor will receive a timing chip or use their own whilst racing. Using this cutting edge technology will mean that splits, category positions and results will be updated live as competitors pass the finish line. The timing chip must be worn on your leg, around the ankle. You must pick up the timing chip at check-in and leave your Qatar ID or QAR 500 as a deposit. When you have finished please remember to return your timing chip to our marshals and retrieve your deposit. If your timing chip is not returned after the race, you will be charged for the chip (QAR 500). Once you are wearing the timing chip, please ensure that you do not cross the timing wires at any time other than when you are competing, otherwise you may get a misleading race time. To avoid this problem do not come anywhere close to the timing wires prior to the event. Failure to comply with this request will trigger your timing chip and could invalidate your result.

Prizes – Individual: Trophies will be awarded to the podium finishers in all categories. Please check with us if you have won something before leaving. Results will not be announced until the last runner crosses the finish line.

Presentation: We aim to do prize presentations approximately 30 minutes after the last competitor finishes. Join the winners and celebrate the event!! Full results will be available on our website: <http://z-adventures.org/aquathon.html>

Waiver and Liability



By taking part and participating in this event you are accepting the following:

- I declare that I am in good physical and mental health and I am not aware of any physical or mental condition that could affect my ability to participate in this session;
- I fully indemnify Qatar Foundation, Z Adventures and TriClub Doha for any loss or damage that might arise as a result of my participation in any event. If a participant is under 16; a parent or guardian will be required to agree and sign on your behalf.

THANK YOU ALL FOR ENTERING THE QATAR AQUATHON SERIES

Further Information

Website: <http://z-adventures.org/>
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