



وزارة الرياضة والشباب
Ministry of Sports and Youth
دولة قطر، دولة قطر
State of Qatar



QRS SUMMER SIZZLER

SEPTEMBER 2023

powered by

ASHGHAL

4 RACE SERIES



VENUES
AL GHARRAFA PARK
UMM AL SENEEM PARK



BIB COLLECTION

LOCATION:

**UMM AL SENEEM AIR-CONDITIONED PARK
QATAR**

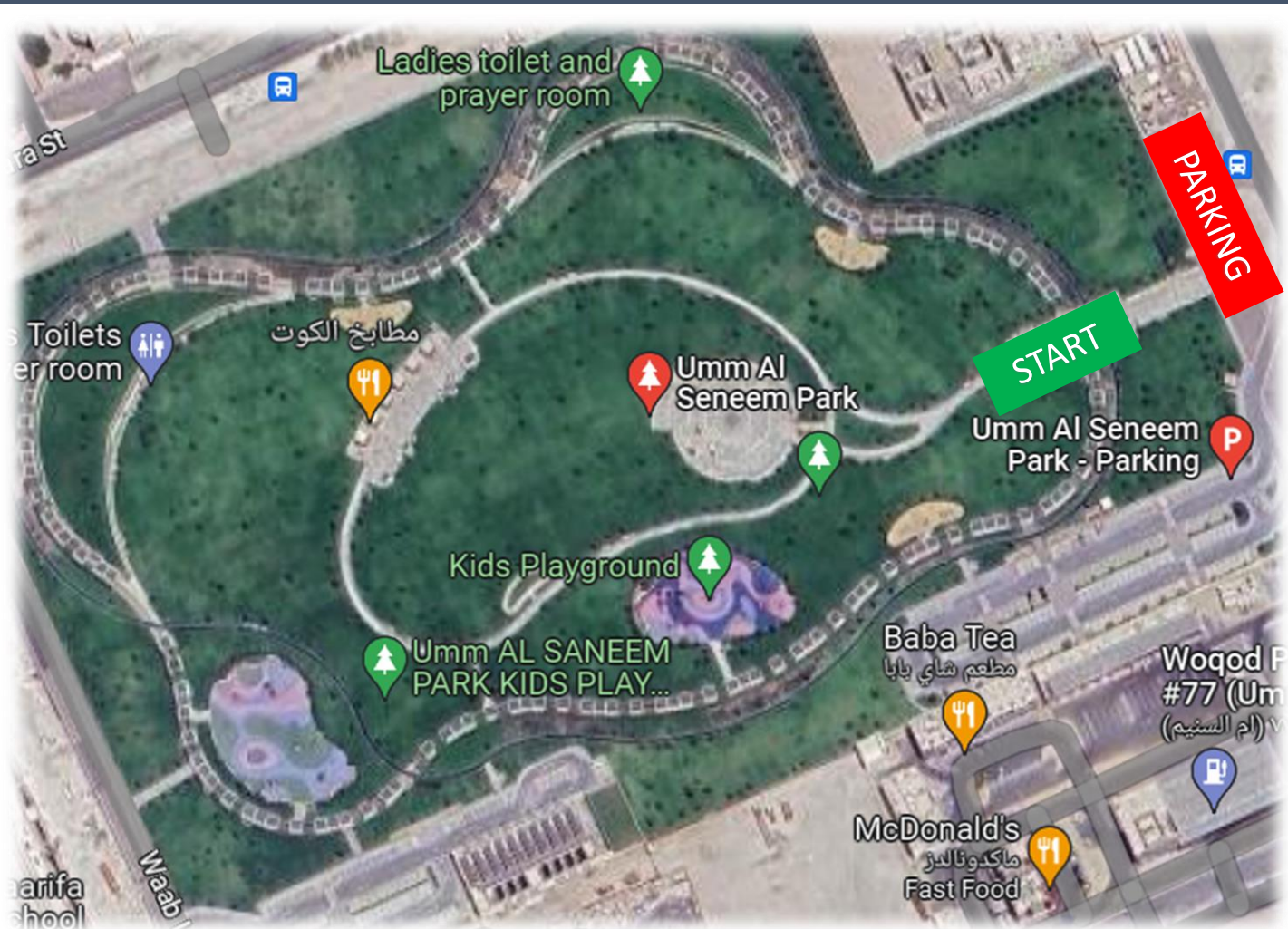
DIRECTIONS

BIB COLLECTION DATES & TIME:

- RACE 2: Friday 15 September 2023: 5:45 AM – 7:00 AM
- RACE 4: Friday 29 September 2023: 5:45 AM – 7:00 AM

Please arrive at least 45 minutes prior to the race start as queues tend to become longer closer to the start time.

RACE LOCATION



GETTING TO UMM AL SENEEM AIR-CONDITIONED PARK

The entrance to the parking lot is from Wadi Al Theebiya Street. The start line is 50m from the parking lot. The registration desk will be behind "THE FITNESS BOX" kiosk.

DIRECTIONS

COURSE & START TIMES

START TIMES:

- 20-MIN RACE - M/F (Open, Masters & Veterans): 6:30 AM.
- 10-MIN RACE - M/F (Open, Masters & Veterans): 6:30 AM.
- 10-MIN RACE - M/F (Juniors): 7:00 AM.
- 650M RACE - M/F (Mini Kids): 7:15 AM.

COURSE DESCRIPTION:

The course is a 1,143m loop around the outdoor air-conditioned track. Athletes are required to complete unlimited number of loops around the track within 10 min or 20 min. Winners are decided based on the number of loops completed.

Mini-Kids race is 650m (325m out and back).

Please ensure that your bib number is unobstructed at all times, especially at the completion of loops so that the chip timing mats can record your passings.

All races will start and end at the same location.

AID STATION:

There will be 1 aid station on the course.

- Start / Finish: Water

COURSE & START TIMES

WASHROOMS:

The washrooms are located inside the park.

MEDICAL:

First-aid kit will be beside the start line.

FINISH LINE:

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

PRIZE DISTRIBUTION CEREMONY:

Prize distribution ceremony will take place beside the Start / Finish line around 7:30 AM.

Trophies for Top 3 Male / Female in all categories.

A FEW IMPORTANT REMINDERS

- Podium finish is decided from the staggered gun start. There is no net time allowed for a podium finish.
- Our staff and volunteers will be strategically positioned around the course to guide and monitor runners as it would help us resolve any potential issues or missed time recordings.
- Please do not litter on the course. Kindly dispose off all empty water bottles in bins along the course. We have been instructed by Umm Al Seneem Park management to keep the premises clean at all times. Any complaint from their staff can potentially lead to the cancellation of future events.
- Kindly wear appropriate dress according to local customs. For women please cover your shoulders and knees at all time. Men are prohibited to run in singlets. A half sleeves T-shirt covering shoulders is recommended. Thank you for your co-operation.

CONTACT US

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