



يقدم الاتحاد القطري للرياضة للجميع

Qatar Sports For All Presents

# سلسلة سباقات الشتاء للجري QRS WINTER EDITION 2024

10K - 5K - 3K - 800M

7 am 🕒

Jan 12 | Jan 19 | Jan 26 | Feb 9 📅

Al Bidda Park | حديقة البدع 📍

RACE INFORMATION PACK

# BIB COLLECTION

## LOCATION:

DOHA EXPO HOUSE, AL BIDDA PARK

## DIRECTIONS



## BIB COLLECTION DATE & TIME:

- RACE 1: Friday 12 January 2024: 6:15 AM onwards
- RACE 2: Friday 19 January 2024: 6:15 AM onwards
- RACE 3: Friday 26 January 2024: 6:15 AM onwards
- RACE 4: Friday 09 February 2024: 6:15 AM onwards



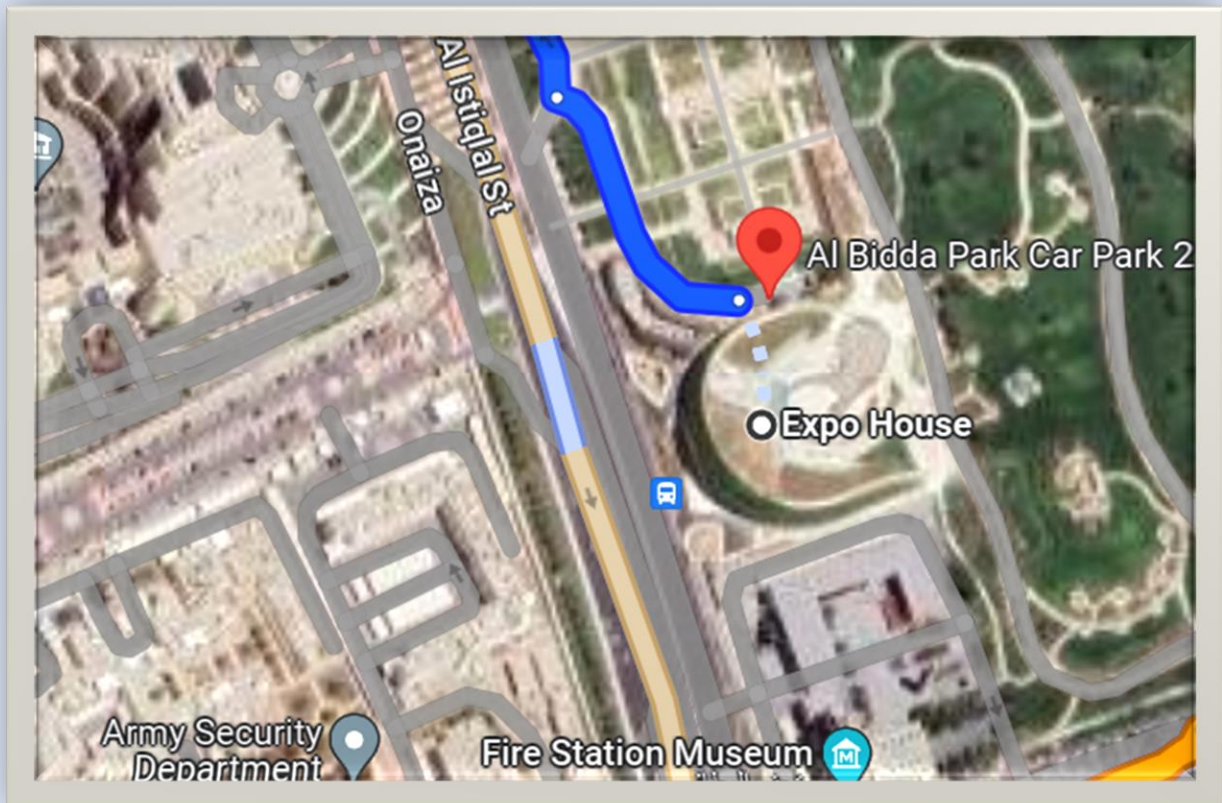
# PARKING LOCATION

## GETTING TO AL BIDDA PARK

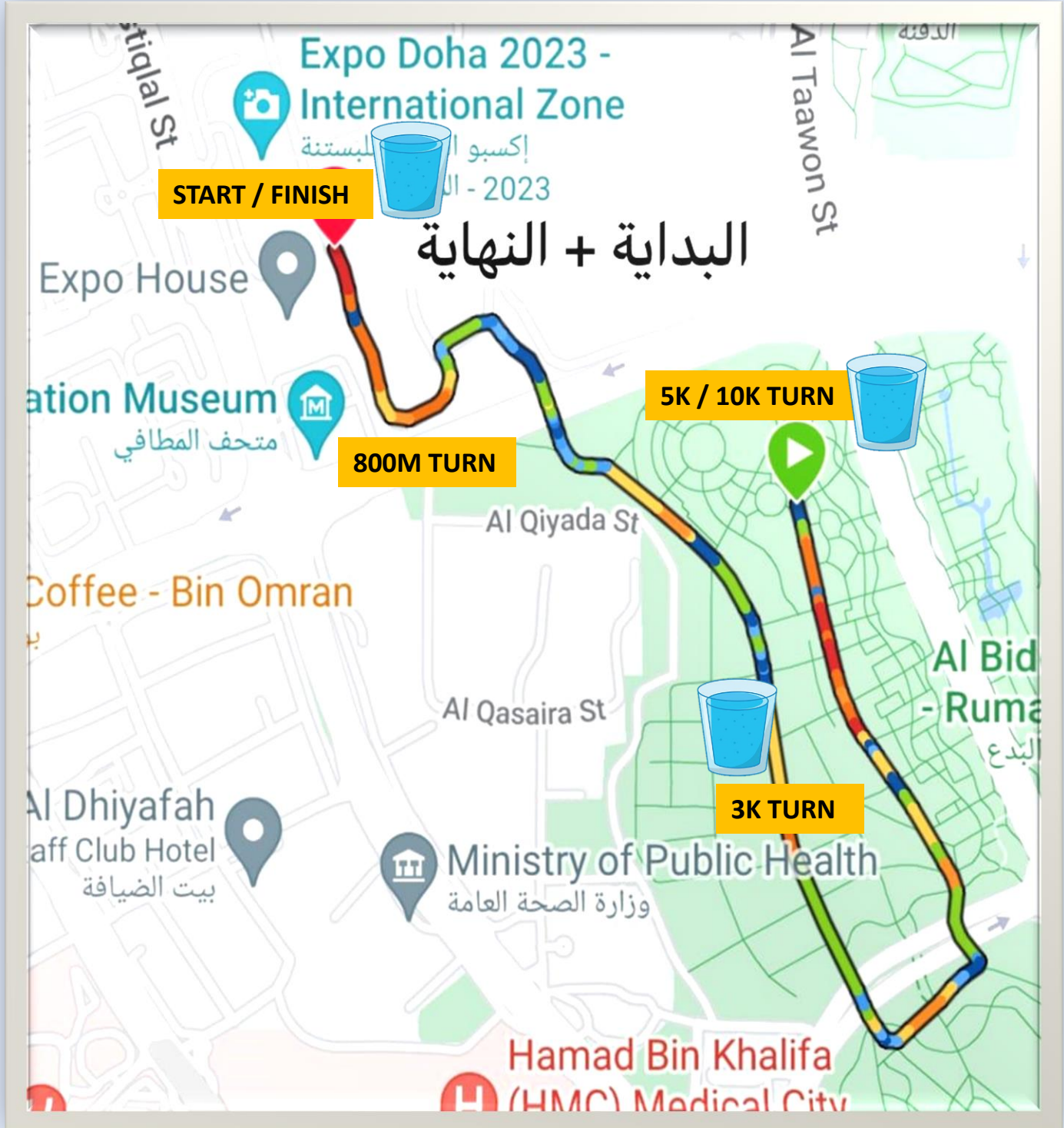
The entrance to the parking lot (CAR PARK 2) is from AL ISTIQLAL STREET, opposite Ministry of Interior building (200m north of Fire Station Museum).

Please park in the underground paid parking. The entrance to the park is from the main expo entrance. Once inside the park, turn right and walk 100m towards the Expo House. Bib collection and start line will be beside the Expo House.

## DIRECTIONS



# COURSE MAP



# COURSE & START TIMES

## **START TIMES:**

- 10K Adults: 7:00 AM.
- 5K Adults: 7:00 AM.
- 3K Adults: 7:05 AM.
- 3K Juniors: 7:10 AM.
- 800M Mini-Kids: 8:10 AM.

## **COURSE:**

- 10K: Two loops of 5K (2.5K out and back)
- 5K: One loop of 5K (2.5K out and back)
- 3K: One loop of 3K (1.5K out and back)
- 800M: One loop of 800M (400M out and back)

# COURSE & START TIMES

## **COURSE DESCRIPTION:**

The running path on the paved track is at least 10-15m wide and would be sufficient to accommodate all runners. Please stay on the main (wide) running path throughout the race.

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 STATIONS:**

There will be 3 aid stations on the course.

- Start / Finish: Water
- 1.5K: Water
- 2.5K: Water

# FACILITIES

## **WASHROOMS:**

Washrooms are located near the start line and around the park at various locations.

## **MEDICAL:**

Medical staff will be beside the start line. Ambulance station is a few minutes drive from the arena and will be placed on standby.

## **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 8:20 AM.

Awards for Top 3 Male / Female in all categories.

# RACE RULES

## MANDATORY KIT:

- Shorts / leggings & T-Shirt.
- Running shoes.

## OPTIONAL KIT:

- Running cap.
- Sunscreen / eyewear.

## RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners, especially in junior races.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.



# AWARD CATEGORIES

## AWARDS:

- Top 3 M/F Open (17-39) in 10K run.
- Top 3 M/F Open (17-39) in 5K run.
- Top 3 M/F Open (17-39) in 3K run.
- Top 3 M/F Masters (Over 40) in 10K run.
- Top 3 M/F Masters (Over 40) in 5K run.
- Top 3 M/F Masters (Over 40) in 3K run.
- Top 3 M/F Intermediate (13-16) in 3K run.
- Top 3 M/F Secondary (10-12) in 3K run.
- Top 3 M/F Primary (7-9) in 3K run.
- Top 3 M/F Mini-Kids (3-6) in 800M run.

## SERIES AWARDS:

Male and female series winners will receive prizes which will be presented after the 4<sup>th</sup> race.

- Open M/F (17-39): 1st, 2nd & 3rd Place
- Masters M/F (40+): 1st, 2nd & 3rd Place
- Intermediate M/F (13-16): 1st, 2nd & 3rd Place
- Secondary M/F (10-12): 1st, 2nd & 3rd Place
- Primary M/F (7-9): 1st, 2nd & 3rd Place
- Mini-Kids M/F (3-6): 1st, 2nd & 3rd Place

# 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 of all the empty water bottles in bins along the course. We have been instructed by Al Bidda Park management to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events.

## **CONTACT US:**

Email: [qrs@z-adventures.org](mailto:qrs@z-adventures.org)