RACE BRIEFING

GOOD LUCK RUNNERS

WELCOME MESSAGE

Welcome you all for joining the great community event "Wellman Summer Run" at Meydan Tracks on 19th June 2022.

Wish you all the very best and have a safe run. Looking forward for creating more opportunities in the field of sports and promoting a healthy life style.

Mr. Khalifa Al Shamsi
 Managing Director
 Team Sports UAE

Important Information:

Please **READ** the important information below:

- Wearing a mask is optional before and after the race. Masks will be available, if someone needs.
- Use hand sanitizers frequently and it will be available at different places.
- Stay in Race village area till your distance is called out to the start line for your respective format.

Social distance is a social responsibility. Let's act responsibly together!

COVID-19 Vaccination SOPs

As per precautionary measures issued by the authorities; all athletes and spectators, over the age of 16, should have fully completed both COVID-19 vaccination.

RACE PROGRAM

THE TRACK, MEYDAN, DUBAI, UAE

BE CHECKED IN AT LEAST 25 MIN PRIOR TO THE START OF YOUR FIRST RACE

05hrs Race Check-In Opens

05h45 Race Check-In Closes for all distances

06h00 10km Race Starts

06h05 5km Race Starts

06h10 1km Race Starts

06h15 3km Race Starts

07h30 cut off time for all races

PRIZE CERMONY

- There will be prize distribution ceremony after the race at 08:00am onwards
- There will be winning trophies for top 3 over all in each format(10K,5K,3K) Male and Female.
- In 10KM & 5KM, there are age group categories and trophies will be awarded to the top 3 male and female.
- 1km there are 3 age categories for junior. (4-6, 7-9, 10-12).
- Overall winners will not be included in age category prizes.

THERE IS NO BAG DROP FACILITY IN RCAE VILLAGE AREA.

DIRECTION TO VENUE

THE TRACK GOLF CLUBHOUSE, MEYDAN

Click following link

https://g.page/TheTrackMeydanGolfClub?share

OR

Google Maps Search = The Track, Meydan Golf - Dubai

PARKING

Parking is available only in G12, Just few meters away from the starting line.

RACE PACK:

Race Village opens at 05hrs For Race Pack collection-Outside in the Race Village.

Please make sure you must have checked in and received your timing chip 25 minutes before your race starts.

RACE BIBS Collection

Race pack collection will be on the day of the event and race number is to be worn at your front only.

Safety pins will be available along with Race number

No need to return the Race number after finishing the race.

TIMING CHIP

Timing chip will be pasted at the back side of the Race bib.

Do not remove the chip from bib number.

Remember; if you run without chip or without Bib number, you will not get the result.

No bib No Result.

Do not use someone else Bib, this is illegal and the person will be disqualified by time management.

Changing of your distance request will not be accpted on day of the event.

AGE CATEGORIES AND RACE DISTANCES

10KM

16-29Yeras Male & Female

30-39Years Male & Female

40-49Years Male & Female

50-99Years Male & Female

5KM

14-29Yeras Male & Female

30-39Years Male & Female

40-49Years Male & Female

50-99Years Male & Female

3KM

Over All 1st 2nd 3rd Positions Male

Over All 1st 2nd 3rd Positions Female

1KM Junior

04 -06 Years Over All 1st 2nd 3rd Positions

07 -09 Years Over All 1st 2nd 3rd Positions

10 -12 Years Over All 1st 2nd 3rd Positions

RACE RULES AND IMPORTANT INFORMATION

- **The run course will be traffic free, internal roads of Meydan with 1 tarred road and keep running on right hand side. (The road will be one tarred)**
- **Everyone must pass by Start/Finish /Spilit mat as it is essential to cross all the timing mats in order to get an accurate result, if anyone does not follow this, he/she will be disqualified.**
- **Please run ONLY on the RIGHT hand side of the road. Returning runners need room to pass safely on your left (their right)**
- **Parents (without bib number/timing tag) wishing to run with their children under 10 years can join and accompany them**

About Course:

10km 2-Laps 2x5KM Course

5km 1 Lap

3km 1 Lap

1km 1 Lap

Disqualification Rules:

Do not cross all of the timing points for their registered category or distance.

If a person participates using someone else no or chip.

Any drafting or shortcut is not allowed.

RACE START PROCEDURE

- At the starting line there will be floor marking to maintain social distance.
- Starting line will be controlled and only the relevant runners will be released and allowed to enter there with their respective distance 10k, 5k, 3k & 1k.
- Please wait in the Race village area till your distance is called out and after that you can proceed to start line.
- Once you cross over the timing mat then your race and time starts, so no worries, if you are behind.
- Please give preference to fast runners in first rows

END-OF-RACE PROCEDURES:

Finisher medals will be awarded to runners at the Finishing line. After that keep moving through the race village area and refreshment will be available there.

We have to follow the hygiene policy and all the used stuff is to be thrown in the bins.

RACE RESULT

Soon after the race our official time management partner will review and finalize the result.

Race result can be viewed on following link and we will also share the link through your registered email soon after the Race.

www.eevents.ae/live

EVENT PHOTOS

During the Run, please give smile to Photographers as they will capture your memorable PHOTO at different points.

Photos will be published on the 'Team sports UAE' Facebook page within 48 Hours and link will also be shared via email.

GENERAL INFORMATION

AMBULANCE

Ambulance and medical staff will be available throughout the course. In the case of any injury, trouble or some emergency, please inform the closest road marshal to call for assistance.

WATER STATION

For 10k race, there will be 3 water stations, for 5k, 3 water stations and for 3k & 1k there will be 2 water stations.

REFRESHMENTS:

Refreshments will be provided in the race village area including fruits & Juices.

Supported By

Logos: Team Sports UAE, Vitabiotics Wellman, Dubai Sports Council, Pakistan Road Runners (PRR), Triathlon Hub, Heroes of Hope, Jeema, Dr. Nutrition (DNP), Al Warqa Team, Sun Blast Organic, F.R.A.S First Response Ambulance Services