Thursday, December 5, 2024

Venue 1: Dubai Police Officer's Club Stadium

- 08:00 18:00: Stadium Venue Open
- 08:00 16:00 : Bib Pickup & Registration Open
- **09:00 12:00**: 100m Practice Heats (All Categories)
- 13:00 17:00: 100m Afternoon Qualification Heats (All Categories)

Venue 2: Dubai Design District

- 09:00 18:00: D3 Venue Open
- 09:00 16:00 : Bib Pickup & Registration Open
- **10:00 12:00**: 2500m Open Morning Heats
- 13:00 17:00: 2500m Open Afternoon Heats

Friday, December 6, 2024

Venue 1: Dubai Police Officer's Club Stadium

- 08:00 18:00: Stadium Venue Open
- **08:00 16:00**: Bib Pickup & Registration Open
- **09:00 11:00**: 100m Practice Heats (All Categories)
- **11:00 12:00**: 100m Morning Qualification Heats (All Categories)
- **13:00 17:00**: 100m Afternoon Qualification Heats (All Categories)

Venue 2: Dubai Design District

- 08:00 18:00: D3 Venue Open
- **08:00 16:00**: Bib Pickup & Registration Open
- **08:30 09:00**: Technical Meeting (Mandatory for 2500m Elite Participants)
- **09:15 10:00**: 2500m Elite Heats
- 10:00 12:00: 2500m Open Morning Heats
- 13:00 17:00: 2500m Open Afternoon Heats

Saturday, December 7, 2024

Venue 1: Dubai Police Officer's Club Stadium

- 08:00 18:00: Stadium Venue Open
- **08:00 16:00**: Bib Pickup & Registration Open
- **09:00 11:00**: 100m Practice Heats (All Categories)

- **11:00 12:00**: 100m Morning Qualification Heats (All Categories)
- **13:00 16:30**: 100m Afternoon Qualification Heats (All Categories)
- **16:30 17:30**: Technical Meeting (Finals Mandatory for all 100M Finalists)

Venue 2: Dubai Design District

- **08:00 18:00**: D3 Venue Open
- 08:00 16:00 : Bib Pickup & Registration Open
- **08:30 09:00**: Technical Meeting (Mandatory for 5000m Elite & National Teams)
- **09:15 10:00**: 5000m Elite Individual Heats
- **10:00 10:45**: 5000m Elite National Team Races
- **10:45 11:45** 5000m Gov't-Private Team Races
- **11:45 12:45**: 5000m Open Morning Heats
- **13:00 16:00**: 5000m Open Afternoon Heats

Sunday, December 8, 2024

Venue 1: Dubai Police Officer's Club Stadium

- 08:00 18:00: Stadium Venue Open
- 08:00 10:00 : Bib Pickup & Registration Open
- **09:00 11:00**: 100m Practice Heats (Open to Finalists Only)
- **11:00 13:00**: 100m Quarterfinals & Semifinals (Age Groups & Elite)
- **13:00 16:30**: 100m Finals (Age Groups & Elite, Venue 1: Stadium)

Venue 2: Dubai Design District

- 08:00 13:00: D3 Venue Open
- 08:00 12:00 : Bib Pickup & Registration Open
- **09:00 09:30**: 1500m Youth (Elite) Heats (12-15)
- **09:00 12:00**: 1500m Open Morning Heats
- **13:00 17:00**: 1500m Open Afternoon Heats

Awards & Closing Ceremonies

- **17:30 18:30**: Awards Ceremony: All Events, All Categories (Venue 1: Stadium)
- **16:30 17:00**: Closing Ceremony (Venue 1: Stadium)

Important Registration and Event Notes:

Two Venues:

The event will be held across two venues:

- 1. **Dubai Police Officers' Club Stadium (Venue 1)** hosting the 100m events.
- d3 Dubai Design District (Venue 2) hosting the Cross Country events (2500m, 5000m).

Both venues are approximately 10-20 minutes apart, so plan accordingly for your event schedule.

Registration and Bib Pickup:

Registration and bib pickup must be completed no less than **1 hour before your assigned heat time**.

Open Category Participants:

Open Category participants will register for either the **morning or afternoon heat time block** but will receive their exact heat time at **bib pickup**. Participants in this category are also eligible for **Age Group awards**, so keep an eye on the leaderboards throughout the event.

Age Group Awards:

Ensure you follow the leaderboards during race days to check if you're eligible for Age Group awards. **Awards ceremonies will be held on Sunday at the Stadium venue**, and you must attend in person to collect your award.

Elite Heat Eligibility:

Participants racing in **Elite heats** are **not eligible** for Age Group awards. Elite athletes should contact their local federation for the opportunity to represent their country and race with a **National Team Jersey** provided by **Iululemon**.

100M Course:

The **100M Practice Heats** are **free of charge** and highly recommended for athletes who wish to practice before participating in a qualification heat. This is an excellent opportunity to familiarize yourself with the course and improve your performance.

Athletes who make it to the **Quarterfinals**, **Semifinals**, **or Finals** must qualify through earlier Qualification heats. Please monitor the leaderboards closely to confirm whether you've made it to the next round. Qualified athletes will be expected to report for their assigned heats promptly.

Race Categories:

Participation Encouraged:

Athletes are encouraged to participate in multiple race distances, including the exciting **100m obstacle sprint**, a fast-paced event designed for maximum action.

National Team Race:

Exclusive to **Federation Athletes**, this race follows a **3-person team format** (either all male or all female teams). Federations can enter multiple teams.

Government-Private Team Race:

This race consists of **4-person teams** and is open to government and private entities. Teams must provide **Employment ID verification** to participate.

Awards:

All **award ceremonies** will take place on **Sunday** at the Stadium venue. Ensure you are there in time to collect your awards if you qualify.

Awards

- Age Group Awards: The top 3 male and female athletes in each age group will be awarded. The top 3 male and female participants in each of the following age groups will be awarded:
 - Youth: 12–13, 14–15 years old
 - **Junior**: 16–17, 18–19 years old
 - **Senior**: 20–24, 25–29, 30–34, 35–39 years old
 - **Masters**: 40–44, 45–49, 50–54, 55–59 years old
 - Veterans: 60–64, 65–69, 70–74, 75+ years old
- **Elite Awards**: The top 3 male and female athletes in the Elite category for each distance will be awarded cash prizes.
- **Team Awards**: The top 3 teams in the **National Team Race** and **Government-Private Team Race** will receive awards.
- Participants must attend the awards ceremony to collect their awards in person.

 Elite participants who do not attend the awards ceremony will forfeit their prize money...