



دائرة السياحة والآثار  
DEPARTMENT OF TOURISM AND ARCHAEOLOGY



EMPIRE RACE  
OBSTACLE COURSE RACE

# Ready, Set, RACE!

Your Empire Race Day Guide is Here



Dear **Athletes**,

Race day is just around the corner, and we're thrilled to have you joining us for Empire Obstacle Course Race on Saturday, 23 November 2024. Below, you'll find all the essential details to ensure you're prepared for an unforgettable experience.

## EVENT SCHEDULE

**05:30 - 13:00** Festival opens

**05:30 - 11:00** Registration opens, Race Kit Collection ( Elite , Age Group , Open )

**07:00 - 07:20** Elite Waves start ( Men, Women, Men GCC, Women GCC )

**07:30 - 08:20** Age Group Waves start ( Men, Women )

**08:40- 08:50** Open waves 10 km

**09:00 - 9:50** Award Ceremony for Elite and spooners & Vendors

**10:00 - 10:50** Open Waves 5 km

**11:00 - 12:00** Award Ceremony for Age Group

## START TIME

**07:00** Elite Men & Elite Men GCC

**07:10** Elite Women & Elite Women GCC

**07:30** Age group men ( 18 - 24 & 25 - 29 )  
**07:40** Age group men ( 30 - 34 & 35 - 39 )  
**07:50** Age group men ( 40 - 44 & 45 - 49 & 50 - 55 )  
**08:00** Age group women ( 18 - 24 & 25 - 29 )  
**08:10** Age group women ( 30 - 34 & 35 - 39 )  
**08:20** Age group women ( 40 - 44 & 45 - 49 & 50 - 55 )  
**8:40** Open wave 1 ( 10km )  
**8:50** Open Wave 2 ( 10KM )  
**9:00** Open Wave 3 ( 10KM )

**10:00** Open wave 1 ( 5 km )  
**10:10** Open wave 2 ( 5 km )  
**10:20** Open wave 3 ( 5 km )  
**10:30** Open wave 4 ( 5 km )  
**10:40** Open wave 5 ( 5 km )

## **RACE MAP**

Race map will be shared on our Instagram page shortly. Stay tuned and make sure you receive the course in advance to familiarize yourself with key points.

## **BIB NUMBERS**

Please [CLICK HERE](#) to find your BIB number, make sure it's ready when you check in on the day along with your ID.

## **RULES & GUIDELINES**

Your safety is our top priority. Please review the Official Rule Book attached. [RULE BOOK](#)

## **FOOTWEAR**

For your safety and optimal performance, please wear appropriate footwear suitable for trail terrain. Running shoes with adequate grip and support are highly recommended.

## **PARKING**

Parking: available next to the Empire festival [HERE](#)

## **WATER STATIONS**

There will be two water stations at 5km and three water stations at 10km

## **SPECTATORS**

Bring your cheer squad! Spectators can enjoy food trucks, live music, and fun activities while waiting.

We're excited to welcome you to an unforgettable race day! If you have any questions, don't hesitate to reach out to us at [info@empirerace.ae](mailto:info@empirerace.ae)

Best of luck, and we'll see you at the starting line!

Warm regards,  
**Empire Race**