



RACE BRIEFING

GOOD LUCK RUNNERS

WELCOME MESSAGE



Mr. Khalifa Al Shamsi
Managing Director
Team Sports UAE

Welcome you all for joining the great community event Run with Heroes at Meydan Tracks on 17th September 2021.

Wish you all the very best and have a safe run. Our purpose is to create maximum opportunities in the field of sports to keep you healthy and physically fit.



COVID-19 Precautions:

Please **READ** the important information below:

As you all are aware about the pandemic situation COVID-19 impacts, there is a guideline by local authorities and being a responsible citizen, we all have to follow.

- Wearing a mask is mandatory before and after the race. Masks will be available, if someone needs.
- Use hand sanitizers frequently and it will be available at different places.
- No gathering, hugging, touching and group photos are allowed.
- 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 doses 14 days before taking part in the event. Furthermore, adherence to 2 meter social distancing rules and wearing a mask at all times (unless engaged in a sports activity).

Any participants failed to comply above rules, he/she will be disqualified.

RACE PROGRAM

THE TRACK, MEYDAN, DUBAI, UAE

NO LATE ENTRIES WILL BE ACCEPTED

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

05h30 Race Check-In Opens

0645 Race Check-In Closes for all distances

07h00 10km Race Starts

07h10 5km Race Starts

07h20 1km Race Starts

07h30 3km Race Starts

08h30 cut off time for all races

PRIZE CERMONY

- There will be no stage ceremony only prize distribution after the race.
- There will be winning trophies for top 3 over all in each format(10K,5K,3K) Male and Female.
- 10KM & 5KM there is 6 age group categories and trophies will be awarded to the top 3 male and female.
- 1km there is age categories for junior.
- 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 COLLECTION

You have to take care about social distance while collecting the race packs.

Race Village Open at 05h30 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

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 once finished racing.

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.

AGE CATEGORIES AND RACE DISTANCES

10KM

12-18Years Male & Female

19-29Years Male & Female

30-39Years Male & Female

40-49Years Male & Female

50-54Years Male & Female

55+Years Male & Female

5KM

12-18Years Male & Female

19-29Years Male & Female

30-39Years Male & Female

40-49Years Male & Female

50-54Years Male & Female

55+Years 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.

If somebody is not following the COVID-19 Protocol, he/she will be stopped to participate.

RACE START PROCEDURE

- At the starting line there will be floor marking to maintain social distance.
- There will be a wave start instead of mass start and each wave comprises 4 to 5 persons. The distance between every row will be 2 meters.
- Each wave will be released with a difference of 4 seconds. Starting line will be covered 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.
- Do not remove your mask until you cross the starting 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 collected by the runners themselves at the Finishing line. After that keep moving through the race village area and refreshment will be available there but keep in mind the social distance protocol at all the times.

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

If you have an idea that you will not fall in any age category position, so kindly leave the venue but make sure you receive your medal and refreshment.

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.

<https://results.hopasports.com/event/run-with-heroes-10k-5k-3k-1k-edition-7>

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

FINISHER MEDAL:

Finisher medals will be collected by the runners themselves at the Finishing line. After that keep moving through the race village area and refreshment will be available there but keep in mind the social distance protocol at all the times

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.

SELF SERVICE 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 POCARI SWEAT Drinks.



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