



DESERT PALM
X-COUNTRY RUN

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15km, 10km, 5km, 3km
Melia Desert Palm Dubai, UAE

RACE BRIEFING

DESERT PALM X-COUNTRY RUN

WELCOME MESSAGE

Thank you for joining us for this season's Desert Palm X-Country Run.

The following pages outline all the important information you need to know on race day.

A reminder to all runners that this is a community-based event focusing on allowing individuals, families, clubs and groups of runners to experience a race environment in a social yet competitive atmosphere.

GOOD LUCK TO YOU ALL!

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SPORTS COUNCIL



**SUPER
SPORTS**

COVID-19 PRECAUTIONS

We will be implementing the below precautions to ensure a safe and enjoyable event for all and ask you to support us with these efforts:

- Keep a 2m social distance at all times.
- Wear a mask till just before you start and once you finished put it back on or a new disposable mask will be given to you.
- Stay in the Race Village Area till your distance is called to the Start Area.
- No gatherings / hugging / touching / group photos etc.
- Self service water stations out on course and at the finish line.
- Sanitize your hands regularly at designated stations.
- If you feel unwell on the morning of the event with flu-like symptoms, please stay at home!

Any participants not observing any of the above rules will be disqualified without a warning!



COVID-19 RESPONSE



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DIRECTIONS TO MELIA DESERT PALM

[CLICK HERE](#) for Google Maps

Google Maps Search = Melia Desert Palm Dubai

PARKING

Parking - follow signage and marshal directions as you enter the venue. Lots of Parking close to Start / Finish line.

RACE DAY PROGRAM

Be checked in at least 20 minutes before the start of the race. There is NO on the day registration.

- 05h30 – Race Check In Opens
- 06h20 – Race Check In Closes for all distances
- 06h30 – 15km Race Starts
- 06h35 – 10km Race Starts
- 06h40 – 5km Race Starts
- 06h45 – 3km Race Starts
- 09h00 – Cut off time for all races

THERE IS NO BAG DROP



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RACE PACK COLLECTION

- Your race number and timing chip collection is on the morning of the race at Race Check In which opens at 5.30am.
- Race Check In can be found in the field near the Start / Finish line.
- Race numbers will be emailed to all runners and will also be on show at Race Check In on the morning of the race.
- Once you know your race number, proceed directly to your respective Bib collection desk and collect your Bib # with timing chip attached.
- Please check that all your data which is printed on the label of the race pack envelope is correct. This includes your name, age category, gender and distance and in the event of there being any errors, please let our registration staff know so we can change it for you, so you have the correct result when finishing the race.
- You must have checked in and received your timing chip 30 minutes before your race start.



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RACE BIBS

- Bibs must be worn on your upper body with the number facing outward.
- Once finished racing, hand your race bib in at the T Shirt stand and collect your free shirt.
- Safety pins will be provided in and around the Race Check In area or bring your own race belt.
- Race belts will be on sale on the morning of the race.

TIMING CHIP

- Timing chip is attached to the back of your race bib.
- Ensure your bib has 1 timing chip stuck to the back and if not, please see Super Sports staff on the day to issue you with a new bib.
- **DO NOT REMOVE THE CHIP FROM THE BIB.**
- **IF YOU RUN WITH NO BIB – YOU WILL RECEIVE NO TIME AND NO RESULT!**



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RACE DISTANCES & AGE GROUPS

Age Groups are calculated as per your age on race day.
Male and Female categories for all age groups.

15km

0 – 29 years, 30 – 39 years, 40 – 49 years, 50 years+

10km

0 – 18 years, 19 – 29 years, 30 – 39 years, 40 – 49 years,
50 years+

5km

0 – 18 years, 19 – 29 years, 30 – 39 years, 40 – 49 years,
50 years+

3km

0 – 8 years, 9 – 12 years, 13 – 18 years, 19 years+



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RACE RULES

- 15km = 3 laps of the course
- 10km = 2 laps of the course
- 5km = 1 lap of the course
- 3km = 1 lap of respective course
- You must have your run number visible on the front of your upper body or race clothing and keep it visible at all times when on the run course.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- Parents wishing to run with their children - aged 12 years and under - may do so free of charge but will not receive a race time or position.



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START PROCEDURES

- Please wait in the Race Village area till your distance is called to the Start Area and keep your mask on until you get to the start line.
- The Start Area will be a social distanced grid of rows with 3 cones per row spaced 2m apart.
- Runners to self-seed themselves with the first 5 rows only for recognized faster runners.
- Once the start siren goes, all rows will slowly walk toward the start line and only when you get to the start line will you be allowed to start running.
- Once you cross over the start mats your race and time will start.
- Chip times will be used for this race so that means your time will only start being recorded once you cross the timing mats, so it does not matter how far back you start.



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END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal and immediately put on your face mask.
- Make sure to wear your mask once you have finished.
- Scan the QR codes to see your result.
- Hand your race number with timing chip in at the T-Shirt stand and collect your free shirt.
- You will be given your snack voucher once you have left the finish chute. Proceed to the counter and collect your muffin and fruit juice.



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PRIZE GIVING

- There will be NO Prize Giving after the races due to COVID restrictions.
- Prize winners will be invited to collect their prizes from The Track, Meydan at a later date to be announced.
- If you can not make it on this day and time, please ask a friend to collect on your behalf.



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RACE RESULTS

- Full results will be on the Super Sports website as soon as possible at <http://www.supersportsuae.com/>
- Medals for 1st, 2nd and 3rd places, per Age Group and Gender will be awarded per race
- Trophies will be awarded to top 3 Overall respective distance winners.
- You cannot win an overall prize and your age group prize. .

PHOTOS

- Remember to smile at the cameraman, give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 24 hours after the race has finished.



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GENERAL INFORMATION

FINISHERS MEDAL when crossing the finish line, please keep moving through the finish chute then you will receive your finishers medal.

COMPLIMENTARY MUFFIN & DRINK You will receive a voucher once you finish the race for a complimentary muffin and fruit juice or coffee or tea which can be claimed immediately. **NO VOUCHER, NO MUFFIN & NO BEVERAGE**

REFRESHMENTS / WATER STATIONS there are 2 self-service water stations on course and 1 at the finish line. Fruits at the finish line sponsored by Sharbatly Fruit.

REFRESHMENTS FOR ALL These will be on sale on the morning of the race and include: Full breakfast menu options, Tea, Coffee, Soft Drinks, Muffins, Fruits & Snacks.

TOILETS can be found in and around the Main Clubhouse.

AMBULANCE and paramedic services will be on site and in the event of any athletes being in trouble, please inform the closest race marshal / lifeguard to call for assistance.



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