



2023 QSFA CLASSIC

10K | 5K | 3K | 800 M

RACE INFORMATION PACK

10K | 5K | 3K | 800 M

10K Male & Female
Open & Masters
7:00 AM



5K Male & Female
Open & Masters
7:00 AM



3K Male & Female
Open & Masters
7:05 AM



3K Male & Female
Juniors
7:08 AM



800M Male & Female
Mini Kids
8:10 AM



18 Dec 2023



7:00 AM



5\6 Park



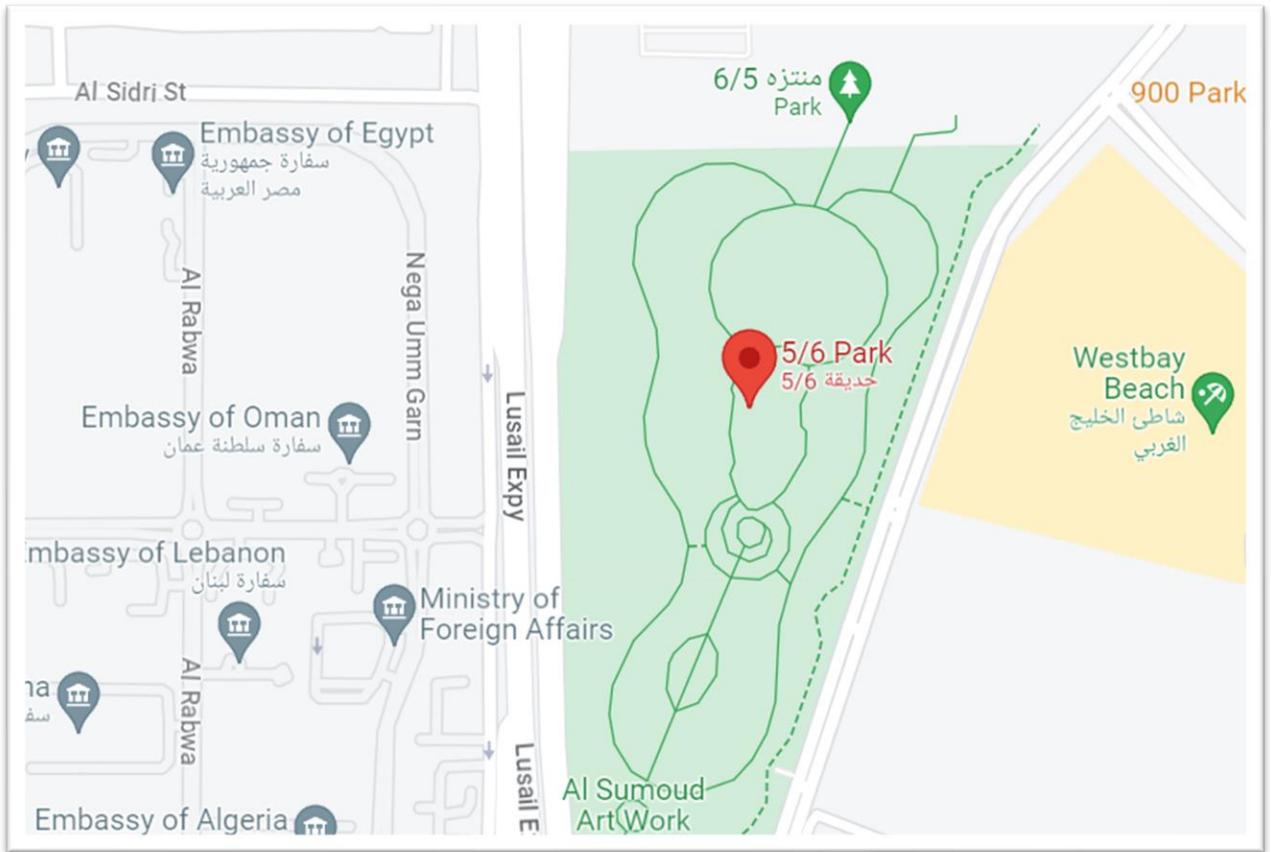
BIB COLLECTION & RACE LOCATION

LOCATION: 5/6 PARK

DIRECTIONS

BIB COLLECTION DATE & TIME:

- Monday 18 December 2023: 6:00 AM onwards



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COURSE MAP: 5K & 10K



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COURSE MAP: 2.8K & 800M



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COURSE & START TIMES

START TIMES:

- 10K Adults: 7:00 AM.
- 5K Adults: 7:00 AM.
- 2.8K Adults: 7:05 AM.
- 2.8K Juniors: 7:08 AM.
- 800M Mini-Kids: 8:10 AM.

COURSE:

- 10K: Two loops of 5K (2.5K out and back)
- 5K: One loop of 5K (2.5K out and back)
- 2.8K: Two loops of 1.4K
- 800M: One loop of 800M (400M out and back)



COURSE DESCRIPTION

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The running path inside the park is at least 10-15m wide and would be sufficient to accommodate all runners. Please stay on the main (wide) running path throughout the race.

Please ensure that your bib number is unobstructed at all times, especially at the completion of loops so that the chip timing mats can record your passings.

All races will start and end at the same location.

AID STATIONS:

There will be 2 aid stations on the course.

- Start / Finish: Water
- 2.5K: Water



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RACE RULES

MANDATORY KIT:

- Shorts & T-Shirt.
- Running cap.
- Road running shoes.
- Sunscreen and eyewear.

RUNNING ETIQUETTE:

- The race number must be worn visibly and facing forward.
- The runner must complete the marked course on foot under their own power. Shortcuts are not permitted.
- Runners are requested to run on the right side of the track as there would be runner traffic both ways on the out and back loop.
- No Littering! All litter must be carried to the next water station where it can be disposed of.
- No outside support is allowed along the race course. Support crews are not permitted to run with or pace runners, especially in junior races.
- Any tampering with course marking or other actions that are deemed against a fair and sporting spirit is unacceptable and will result in disqualification.



FACILITIES

WASHROOMS:

Washrooms are located near the start line.

MEDICAL:

First-aid kit will be beside the start line. Hamad ambulance station is ~50m from start line.

FINISH LINE:

As you approach the finish line, please ensure that your bib is visible so that your time is accurately recorded.

Medals will be presented to all the finishers.

Please do not lose your bib; NO BIB - NO MEDAL.

PRIZE DISTRIBUTION CEREMONY:

Prize distribution ceremony will take place beside the Start / Finish line around 8:20 AM.

Awards for Top 3 Male / Female in all categories.



AWARD CATEGORIES

AWARDS:

- Top 3 M/F Open (17-39) in 10K run.
- Top 3 M/F Open (17-39) in 5K run.
- Top 3 M/F Open (17-39) in 2.8K run.
- Top 3 M/F Masters (Over 40) in 10K run.
- Top 3 M/F Masters (Over 40) in 5K run.
- Top 3 M/F Masters (Over 40) in 2.8K run.
- Top 3 M/F Intermediate (13-16) in 2.8K run.
- Top 3 M/F Secondary (10-12) in 2.8K run.
- Top 3 M/F Primary (7-9) in 2.8K run.
- Top 3 M/F Mini-Kids (3-6) in 800M run.



A FEW IMPORTANT REMINDERS

- Podium finish is decided from the staggered gun start. There is no net time allowed for a podium finish.
- Our staff and volunteers will be strategically positioned around the course to guide and monitor runners as it would help us resolve any potential issues or missed time recordings.
- Please do not litter on the course. Kindly dispose of all the empty water bottles in bins along the course. We have been instructed by 5/6 Park management to keep the premises clean at all times. Any complaint from their staff can potentially lead to cancellation of future events.

CONTACT US:

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