



*INTERNATIONAL ASSOCIATION OF ULTRARUNNERS*

# General Information Sheet

**1<sup>st</sup> IAU 50km World Championships**

**2<sup>nd</sup> 50km GCC Championships**

**DOHA (QATAR)**

**December 4<sup>th</sup>, 2015**



Vs 20150922



# ***GENERAL INFORMATION SHEET***

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## 1.0 WELCOME



The State of Qatar is a sovereign and independent state in the Middle East, occupying a peninsula that juts into the Arabian Gulf. Since its independence from Britain in the 20<sup>th</sup> Century, Qatar has emerged as one of the world's most important producers of oil and gas.

There are approximately 2 million people living in Qatar, with more than half of the population living in its capital city Doha.

Qatar occupies a peninsula that is approximately 100 kilometres wide and extends 200 kilometres into the Arabian Gulf. It also includes several Gulf islands. Qatar shares its southern border with Saudi Arabia and its maritime border with Bahrain, the United Arab Emirates and Iran.

Aspire Zone is a sports precinct in Doha, offering world class venues. It is almost at sea level having an altitude of around 25m. There are 2 onsite hotels, a FIFA accredited sports medicine hospital, 2 outdoor and 1 indoor running track and a significant number of sport facilities, as well as a park land and an adjacent shopping mall.

Your athlete village is within walking distance from these facilities. Of course, Doha and Qatar also have lots to offer to tourists – but that is for non-race days!

December should be a fairly pleasant weather. The people are welcoming and cosmopolitan, Arabic is the National Language but English is spoken almost everywhere, as are many other languages. The country is quite conservative but this should not put any visitor off. Covering of the shoulders and legs to the knee is considered polite in public. Racing, however, can of course take place in appropriate kit – although it is important to ensure the midriff is covered.





## **2.0 NATIONAL ATHLETICS FEDERATION**

### **CONTACT DETAILS NATIONAL ATHLETICS FEDERATION**



<b>Country</b>	<b>Qatar</b>	
<b>Name</b>	<b>Qatar Athletics Federation</b>	
<b>Address</b>	<b>PO BOX 8139, Doha</b>	
<b>Tel.</b>	<b>+974 4494 4521</b>	<b>Web</b> <a href="http://www.qatarathletics.com">www.qatarathletics.com</a>
<b>Fax</b>	<b>+974 44944506</b>	
<b>E-mail</b>	<b>info@qaf.qa</b>	

## **3.0 LOCAL ORGANIZING COMMITTEE (LOC)**

### **CONTACT DETAILS LOC**

<b>Club</b>	<b>Aspire</b>
<b>E-mail</b>	<a href="mailto:Events@aspire.qa">Events@aspire.qa</a>
<b>Web</b>	<a href="http://lifeinaspire.qa">lifeinaspire.qa</a>
<b>Director/Federation Liaison</b>	<b>Abdulla Al-Khater</b>
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**+974 4413 2652**  
[David.Rehn@aspetar.com](mailto:David.Rehn@aspetar.com)

**Central Meeting Point**

During the entire event, the Main Operating Centre (MOU) of the LOC will be :

Torch Hotel Conference Room

Address: Al Waab St, Doha Phone: +974 4446 5600

***HOTLINE (only in case of serious problems)***

NAME: Sukhi Sandhu

[TEL: +97466018718](tel:+97466018718)

[Sukhi.sandhu@aspirezone.qa](mailto:Sukhi.sandhu@aspirezone.qa)



#### **4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)**

**WEBSITE:** [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)



#### **IAU PRESIDENT**

**Name** Dirk Strumane  
**Tel.** +32 57 36 69 45 Mobile +44 7884473336  
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#### **IAU VICE PRESIDENT & TREASURER**

**Name** Liesbeth Jansen  
**Tel.** +31 59 7432972 Mobile +31 62 2490053  
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#### **IAU SECRETARY**

**Name** Hilary Walker  
**Tel.** +44 7589 5342 (home) +44 7972 5122 (office)  
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**Skype** hilary-walker

#### **DIRECTOR OF ORGANISATIONS, COMPETITIONS & TRAVELGRANT INFORMATION**

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#### **DIRECTOR OF COMMUNICATIONS**

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#### **DIRECTOR OF STATISTICS**

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#### **DIRECTOR OF PROTOCOL**

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## **5.0 GENERAL COMPETITION INFORMATION**



<b>MIAUC</b>	<b>IAU 50K World Championships</b>
<b>Date</b>	<b>Friday 4<sup>th</sup> December 2015</b>
<b>Start time</b>	<b>18:00 (6pm)</b>
<b>Max. time</b>	<b>6 hrs cut-off</b>
<b>Course</b>	<b>Road</b> <b><u>Short description of the course:</u></b> <ul style="list-style-type: none"><li>• 5km looped circuit comprising of tarmac, tile and paved road.</li><li>• Closed to all local vehicle traffic</li><li>• Drink stations X 3 per Loop. 2 X Cool Zone. (TBA 2 X KTW Camera Points).</li><li>• This should be quite a flat course with little gradient change and most turns being wide in nature. The attached map shows the route as planned, however after final measuring, small details are subject to change – Please note that the final KM are not precise as of yet.</li><li>• Drink Stations will be located to the right of the course and will offer:</li><li>• Water, Flat Cola, Sports Drinks, Cookies, Fruit, Some savoury Items.</li><li>• Warm food available at the finish line for all finishers.</li></ul>
<b>Prize Money</b>	Prize Money is TBC
<b>Profile</b>	Total of + meters 10m Per Loop Total of - meters 10m Per Loop
<b>Competition</b>	<b>Men's individual competition</b> <b>Women's individual competition</b> <b>Men's Team Competition</b> <b>Women's Team competition</b>  Only athletes and teams official entered by their National Federation can compete in this MIAUC.  Every Country can send 9 men and 9 women who can compete in this MIAUC.
<b>Open race</b>	<b>NO</b>
<b>Other races</b>	<b><u>1. The Aspire 50K Incorporating Qatar, GCC &amp;/ME 50K Championships</u></b> Same course Same starting time Limited runners : max 250  <b><u>2. Aspire 50km Company Relay Race</u></b> Same course Starting time : 18:05 (5' after the start of the 50K Championships) Limited runners : Yes, max. 20 teams of 5



## **6.0 FINAL INFORMATION (FEF) FORMS**

The FEF's should be completed and sent, **before the DEADLINE time.**

With the final entry form, each Federation will send the **final** list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)

**Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.**



**DEADLINE FEF's : October 26<sup>th</sup> 2015**

**All forms must be sent in an electronic format to:**

**LOC** Name : [Lourenco Viveiros](#)  
E-mail : [events@aspire.qa](mailto:events@aspire.qa)

**IAU** Name : [Hilary Walker](#)  
E-mail : [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)





## **7.0 VISA**

**Any foreign visitor wishing to visit Qatar should have a valid passport with at least 6 month validity.**



IAU Members which **do not need a visa** prior to departure / check-in:



USA, Great Britain, France, Italy, Germany, Canada, Australia, New Zealand, Japan, The Netherlands, Belgium, Luxembourg, Switzerland, Austria, Sweden, Norway, Denmark, Poland, Portugal, Ireland, Greece, Finland, Spain, Monaco, The Vatican, Iceland, Andorra, San Marino, Lichtenstein, Brunei, Singapore, Malaysia, Hong Kong and South Korea.

Citizens of one of the above countries listed can obtain a one month visit visa on upon arrival into Doha at the airport, via payment of a valid credit card (no cash) QR 100/-.

In addition: Citizens of Bahrain, United Arab Emirates, Kuwait, Sultanate of Oman, Kingdom of Saudi Arabia, and the residents of Gulf Cooperation Council of Arab States of approved professions are issued a one-month visa upon arrival in Doha. GCC Nationals must ensure that their residence permit has a minimum of 6 months validity.

**It is advised that anyone with an Israeli Visa Stamp in their passport seek assistance from Aspire by contacting Paul Astley – please see below.**

For those countries not listed above, Aspire will assist with applications and will need a clean scan of the name page only, of each individual's passport, which must hold a minimum of 2 clean pages and a 6 month or longer validity. Entry visas are required BEFORE checking in.

IAU Members who may have a concern about their passport and associated visa application, should contact Aspire for advice and or assistance at least 6 weeks before departure.

Please contact – [paul.astley@aspirelogistics.qa](mailto:paul.astley@aspirelogistics.qa)



## **8.0 TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)**

**Airport Name:** Hamad International Airport (airport code: DOH)  
**Place:** Doha  
**Distance to AV:** 15km



### **Airport Transfers:**

Aspire will arrange airport-hotel and hotel-airport transfers. All other transport requirements during your stay is your responsibility (unless for an official race-related event).

Please note: there are no trains in Qatar and no suitable busses to use for transfers between the Airport and Hotels.

### **Taxis:**

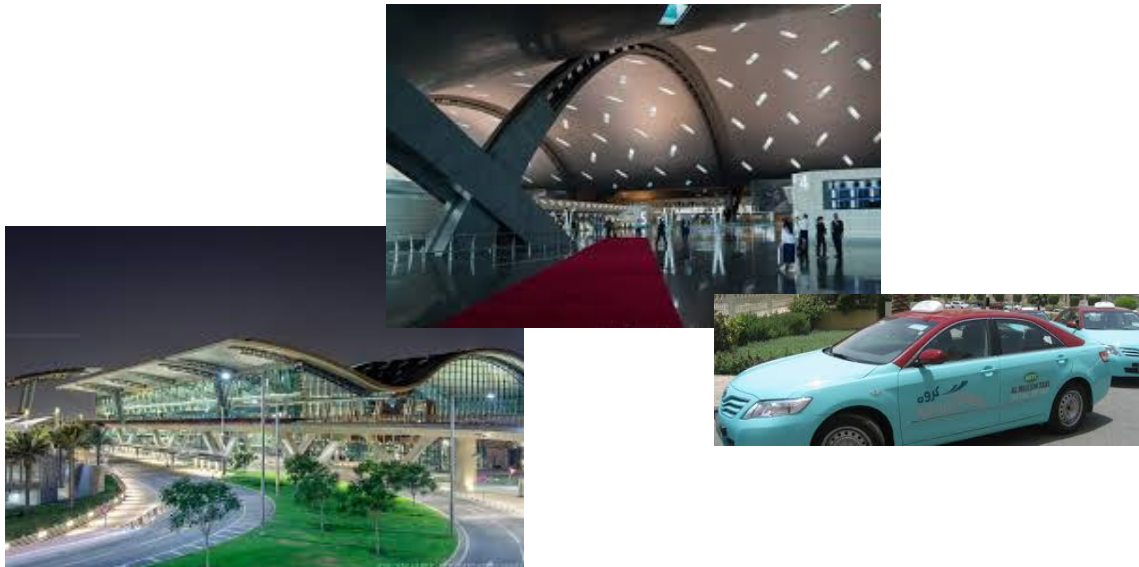
Karwa taxis are however plentiful and relatively cheap. Approximate charge is QR60 (plus a tip – custom is circa 10%), ensure the meter is turned on! There is a taxi rank immediately outside the airport.

### **Car rental:**

Suggested to remain with taxis if car hire is specifically required please contact Paul Astley. Please ensure you carry an International Driving License.

### **Others:**

Aspire will organise transfers for all invited officials, and invited athletes. Guests arriving on the same plane as an athlete will also be provided transport – advance notice required.





## 9.0 ACCOMMODATION

### ATHLETES VILLAGE (AV)



**Address** Aspire, Sports City Street  
**Tel.** +974 4413 6893  
**Fax** +974 4447 2045  
**E-mail** event@aspire.qa  
**website** www.lifeinaspire.qa

The Organizing Committee will offer:

- a **full board accommodation**, free of charge,
- for **maximum 3 male and 3 female athletes** per delegation
  - o for a maximum of **3 nights** for delegations who should fly maximum 4 h
  - o for a maximum of **4 nights** for delegations who should fly maximum <9 h
  - o for a maximum of **5 nights** for delegations who should fly minimum 9 h

The accommodation is available for the additional nights, **assistants**, and **coaches**. The total amount of accommodation the LOC should take care of maximum 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

The LOC can offer accommodation for the rest of the delegation but is not obliged to do it. In that case they will provide these delegations with a list with all available accommodations in the area.

The accommodation will be charged following this rates:

Hotel accommodation (for complimentary athletes) will be available only for the following dates at The Torch Hotel or Grand Heritage Hotel – our nominated hotels. Outside of these dates is at the individual's expense.

ZONE 1	5 nights (+15hrs)	1 <sup>st</sup> DEC till 6 <sup>th</sup> DEC
ZONE 2	5 nights (+9hrs)	1 <sup>st</sup> DEC till 6 <sup>th</sup> DEC
ZONE 3	4 nights (+3hrs)	2 <sup>nd</sup> DEC till 6 <sup>th</sup> DEC
ZONE 4	3 nights (<3 hrs)	3 <sup>rd</sup> DEC till 6 <sup>th</sup> DEC

Hotel name	Occupancy	B&B	Half Board	Full Board
Torch Hotel	Single	QRS 720	QRS 870	QRS 1020
Torch Hotel	Double	QRS 860	QRS 1160	QRS 1460
Torch Hotel	Triple	QRS 1090	QRS 1505	QRS 1905
Grand Heritage Hotel	Single	QRS 700	QRS 800	QRS 900
Grand Heritage Hotel	Double	QRS 850	QRS 1000	QRS 1150
Grand Heritage Hotel	Triple	QRS 950	QRS 1200	QRS 1450

The schedule of the meals, depending BB, HB or FB is as follows

	evening	night	morning	noon
<b>B&amp;B</b>	-	booked	breakfast	-
<b>HB</b>	-	booked	breakfast	lunch
<b>FB</b>	dinner	booked	breakfast	lunch

It **IS** possible to use this location to accommodate extra **supporters**.

A Room rate code will be issued to those registering athletes requesting additional rooms. This rate is exclusive to the event and will not be available at any other times.

Qatar has many other hotels that supporters can choose from in addition to the above.

Relatively close by are both the Grand Wyndham [www.wyndham.com/doha](http://www.wyndham.com/doha), and the Radisson Blue <http://www.radissonblu.com/hotel-doha>

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary a timetable of the shuttle busses.

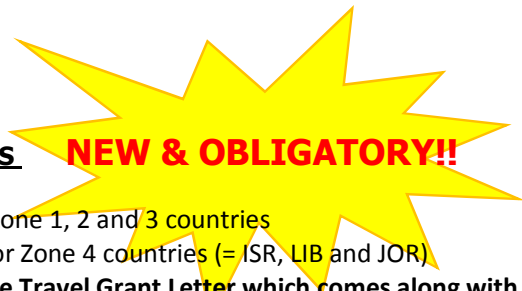
All **accommodation cost** should be paid, preferably, before arrival (all related bank costs are to be paid by the delegations) and it's obligatory to send E-mail with attached the payment bill or fax.

**BANK DETAILS LOC** : will be send together with the invoice after the accommodation is finalized

**The cancellation policy:**

- free of charge (\*\*) until November 14<sup>th</sup> 2015.
- maximum 50% charge (\*\*) until November 24<sup>th</sup> 2015.
- maximum 100% charge (\*\*) the last 9 days before competition day

(\*\*) this charge will be based on the costs for B&B accommodation.



**10.0 ACCREDITATION OF ALL DELEGATIONS**

- Thursday morning from 9:00 till 10:15 for Zone 1, 2 and 3 countries
- Friday morning from 9:30 till 10:00 ONLY for Zone 4 countries (= ISR, LIB and JOR)  
**BTW: the zone/country can be found in the Travel Grant Letter which comes along with the official invitation letter. Everybody is Z1, 2 or 3 except ISR, JOR and LIB.**
- All delegations are requested to present themselves in the accreditation point (near Central Meeting Point)
  - To confirm the composition of the delegation
  - To precise, when necessary, the composition of the teams
  - To present the National competition shirt
  - Receiving the race numbers



**11.0 MEDICAL MEETING**

**Place** Aspetar (TBC)  
**Day** December 3<sup>rd</sup> 2015  
**Time** 10:45 – 12:15 am  
**Transport** N/A

**12.0 TECHNICAL MEETING**

**Place** Aspire Academy Auditorium  
**Day** Thursday 3<sup>rd</sup> December  
**Time** 2:00pm - 3:00pm  
**Transport** Not available

All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC

**Extra info** Followed by info/receipts of travel grants

### 13.0 TRAVEL GRANT INFORMATION/RECEIPTS

Travel Grant information/receipts will be scheduled right after the TECHNICAL MEETING, see details under point 9.0. (Technical Meeting).

The allocated Travel Grant for the National Athletics Federations for this MIAUC is as follows:



	(TG) TEAM	(IG) A	(IG) B	(IG) C
<b>ZONE 1</b>	<b>400 €</b>	<b>400 €</b>	<b>300 €</b>	<b>200 €</b>
<b>ZONE 2</b>	<b>320 €</b>	<b>320 €</b>	<b>240 €</b>	<b>160 €</b>
<b>ZONE 3</b>	<b>240 €</b>	<b>240 €</b>	<b>180 €</b>	<b>120 €</b>
<b>ZONE 4</b>	<b>160 €</b>	<b>160 €</b>	<b>120 €</b>	<b>80 €</b>

TEAM-Grants are paid for maximum one male and one female team, (= minimum 3 runners/team)

IG-Grants are paid for maximum 3 men and 3 women/country

**All these grants are cumulative!**

**TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER !**

*The travel grant invoice has to be signed after the TECHNICAL MEETING, see details under point 11.0.(Technical Meeting).*

*After the start of the race there will be a last check of the athletes who started.*

*If athletes who are on the TG paper did not start the amount of TG will be changed.*

- Zone 1 = +15h flying between capital LOC and capital IAU member
- Zone 2 = +9h flying between capital LOC and capital IAU member
- Zone 3 = +4h flying between capital LOC and capital IAU member
- Zone 4 = <4h flying between capital LOC and capital IAU member

The table shows that if you send a full team then you will receive a basic team grant (TG). Then **additionally** you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete.

On the IAU website, [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org) , you'll find a list of the runners of your Federation who belong to category A, B or C. This list will be updated and published regularly.

#### USE OF WILDCARDS

The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular MIAUC.

Every year you can use maximum 2 wildcards (combined, men and women) / MIAUC

This regulation gives the opportunity to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognised performance.

Limiting the total amount of WILDCARDS means that the countries should choose their "WILDCARD runners" carefully.

These WILDCARD-athletes **must** be indicated on the **Final Entry Forms (FEF)** for that particular MIAUC.

In the event you should have any questions about all of this, please contact the IAU Director Of Organisations : [jan.vandendriessche@iau-ultramarathon.org](mailto:jan.vandendriessche@iau-ultramarathon.org)



#### **14.0 OPENING CEREMONY**

**Place** Ladies Club  
**Day** Thursday 3<sup>rd</sup> December 2015  
**Time** 6pm  
**Transport** Available from Grand Heritage Hotel only from 5.15pm, not necessary from The Torch Hotel



#### **Followed by the PASTA-PARTY**

**Info** Please wear team kit if possible

#### **15.0 CLOSING CEREMONY**

**Place** Ladies Club  
**Day** 5<sup>th</sup> December 2015  
**Time** 4pm  
**Transport** Available from Grand Heritage Hotel only starting at 3.15pm, not necessary from The Torch Hotel

**Info** Please wear team kit if possible

#### **16.0 WEATHER CONDITIONS**

The average weather conditions in the past 5 years:

**Max. Temperature** 22 degrees C  
**Min. Temperature** 19 degrees C  
**Humidity** 33%  
**Extra info** Temperature will reduce from the 1800 start time



## 17.0 GENERAL TIME SCHEDULE OF THIS MIAUC



Date	Time / Activity
<b>Tuesday, December 1<sup>st</sup></b>	Athletes start arriving
<b>Wednesday Dec 2<sup>nd</sup></b>	09:00 -11:00am: School Trip (1st Group)* Evening: Training run*
<b>Thursday Dec 3<sup>rd</sup></b>	08:00 - 08:45am: Media Briefing 09:00 - 10:15am: accreditation of delegations Zone 1, 2 and 3 10:45 - 12:15pm: School Trip (2nd Group)* 10:45 - 12:15pm Medical Conference (TBC) 12:15 - 01:30pm: Lunch 02:00 - 03:00pm: Technical Meeting 03:00 - 03:30pm: Travel Grant info 06:00pm: Parade of Nations / Opening 08:00pm: Pasta Party
<b>Friday Dec 4<sup>th</sup></b>	10:00am: Breakfast with Host Dignitaries, IAU Officials and Team Management 11:00 - 11:30am accreditation of delegations Z4 06:00pm: Race start
<b>Saturday Dec 5<sup>th</sup></b>	02:30pm: Post Race Press Conference 04:00pm: Closing Ceremony
<b>Sunday Dec 6<sup>th</sup></b>	Departure of the delegations

\*Optional events to include elite international athletes (and or interested team management)





## **18.0 MISCELLANEOUS**



The official hotels are on site and with all race specific events are within walking distance athletes will benefit from not having to travel distance for race associated activity.

However, it is noted that Qatar has a lot to offer and therefore the below may be of interest to athletes, officials and friends. If in doubt, ask.

Within the Aspire Precinct, there are a number of retail outlets including a large supermarket (Carrefour) located in the nearby Villaggio Shopping Mall. The Mall also has chemists, a wide range of clothes shops, sports shops and a variety of cafés and eateries, cinema and ice rink amongst others.

Local currency: Qatari Riyal (QRS)

Exchange rate: \$1 = QRS 3.65 (fixed) Euro 1 = QRS 4.1 (variable)

## **19.0 TOURISTIC INFORMATION**

**PLEASE NOTE.** You are not allowed to bring in certain products to Qatar in common with many other countries. However, of particular note is that both Alcohol, Pork and Pornography products are not to be brought in to the country.

Whilst Aspire is dry many of the international hotel chains serve alcohol – but please do carry ID (original passport) with you, you may be asked. Many of the local hotels and restaurants serve Shisha which some of you may wish to try. Basically a scented tobacco smoked through bubbled water.

Food is international so there are several options and many restaurants ranging from very budget friendly to rather more expensive.

Qatar is a small country but has a rich heritage, a modern skyline and many places of cultural interest to visit. A number of Tour Operators exist including [www.gulf-adventures.com](http://www.gulf-adventures.com) [www.qataradventure.com](http://www.qataradventure.com). Places of particular interest include the Cultural Village of Katara, Souq Waqif, The Museum of Islamic Art, The Pearl, - all of which are served by the Doha Hop on Hop Off Bus.

In addition there is jet skiing, windsurfing, diving, Dune Bashing and even a trip to the camel racing to be enjoyed.

## 20.0 MAP OF THE COURSE

The Route is subject to final measurement shortly before the race



Aspire Dome  
Grand Heritage Hotel

Torch Hotel  
Villaggio Mall