

# SWIM FOR A CAUSE

The Ritz Carlton - Sharq Village Doha



**PROFITS GO TOWARDS PROVIDING SAFE & CLEAN DRINKING WATER FOR THOSE IN NEED**

**Saturday 6<sup>th</sup> May 8:00 AM**

**RACE INFORMATION PACK**



# SWIM FOR A CAUSE AT A GLANCE

<b>SPRINT MASTERS</b>	<b>40+</b>	<b>Swim 1km (2 x 500m laps]</b>
<b>SPRINT SENIOR</b>	<b>16-39</b>	<b>Swim 1km (2 x 500m laps)</b>
<b>BEGINNER</b>	<b>17+</b>	<b>Swim 500m (1x 500m laps)</b>
<b>JUNIOR</b>	<b>12-17</b>	<b>Swim 500m (1x 500m laps)</b>
<b>KIDS</b>	<b>7-11</b>	<b>Swim 250m (beachfront swim)</b>

## RACE TIMING

<b>07:00</b>	<b>Chip collection, body marking</b>
<b>08:00</b>	<b>Sprint 1Km Race Starts</b>
<b>08:05</b>	<b>Beginners &amp; Junior 500m Race Starts</b>
<b>08:30</b>	<b>250m Kids Race Starts</b>
<b>08:45</b>	<b>Awards</b>



# Swim for a Cause Race Details

- Participants are required to leave a QID as deposit for Timing Chips
- TriClub Members : Remember to bring your chip and check that it beeps prior to the race on the start line.
- Participants are required to body mark their race number on arm
- Race will be a mass “gunshot” start – timing from the gun
- 500m will start while the 1K race is underway and leaders are at the turn
- 250m kids race will be along the beach front to the finish line.
- Profits will be donated to provide safe and clean drinking water to those in need.
- Post Race Breakfast Buffet in hotel restaurant at special price is QR85 is available



# Location

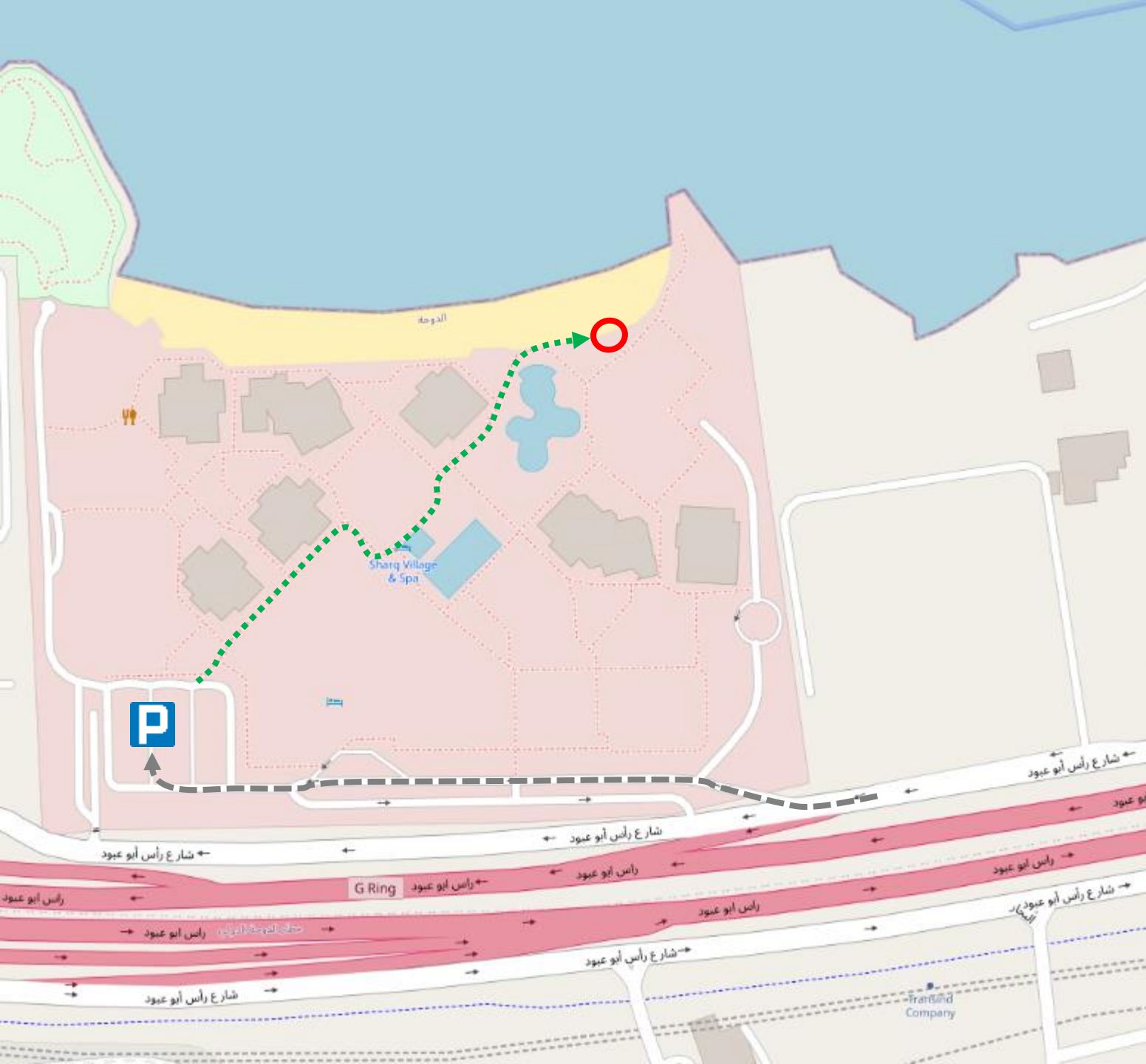
## PARKING LOCATION

The Sharq Hotel is located in Ras Abu Aboud area on the way to the Airport.

If arriving from Doha, join G-Ring but take the first exit, signed 'Sharq'.

## EVENT LOCATION

After parking, walk through the hotel grounds to the beach. The event is located at the 974 stadium end of the beach.



# Courses



500m lap  
Exit the water after each lap and to finish

200m kids course

← Toilets & Showers

← Chip collection

500m triangular course starting on the beach  
1km swim will complete 2 laps, leaving the water at the end of the first lap and crossing the start/lap line to count and time the first lap

The Kids swim will consist of a straight line swim close to shore