

## Terms and conditions

2nd INTERNATIONAL POLISH CHAMPIONSHIPS IN NORDIC WALKING MOUNTAIN HALF MARATHON 2nd MOUNTAIN RALLY FOR THE CUP OF THE MAYOR OF PRUDNIK - 5 km

Prudnik – Las March 21<sup>st</sup> 2020.

### I. Event goals.

1. Presentation of the beauty of the Prudnik commune and the surrounding area.
2. Promoting physical activity and a healthy lifestyle thanks to Nordic walking.
3. Promotion of active living of disabled people and encouragement for family recreation.
4. Sportsmanship and rivalry between nordic walking enthusiasts.

### II. Date. **Saturday – 21/03/2020.**

III. Place. Prudnik – Las (**Sanctuary of St. Joseph**, 5 Józefa Poniatowskiego Street, 48-200 Prudnik)

### IV. Distances.

- 21.0975 km - all ages above 18 years.
- 5 km - rally without age restriction; disabled people, children and adolescents – **RESTRICTED TO THE 'OPEN' CATEGORY ONLY.**
- Distance for the youngest competitors is 200 meters.

V. Time limit for 21.09 km distance is 4 hours.

VI. Time limit for 5 km distance is 2 hours.

### VI. Event organizers:

1. Prudnik Commune
2. Wesoły Borsuk Team Association

### Timetable:

1. 7:30 – 9:30 Registration office open hours,
2. 9.30 – 9.45 Warm-up,
3. 9.45 - Opening of the competition,

4. 10.00 – Start at a distance of 21.0975 km,
5. 10.05 - Start at a distance of 5 km,
6. 14.45 – awarding medals: OPEN ,1<sup>st</sup>-3<sup>rd</sup> place in age categories, prize drawing
- 7.15.30 - Recreational games and activities,
- 8.16.00 – The end of the event.

**Competitors are asked to position themselves at the start 5 min before competition by age category.**

VII. Applications.

**Entries will be accepted electronically via the application form available on the website [timekeeper.pl](http://timekeeper.pl) and directly at the Registration office.**

**By registering and participating in competitions and rally, competitors declare that they take part in them at their own risk.**

REGISTRATION IS TREATED AS AN ACCEPTANCE OF THE TERMS AND CONDITIONS.

VIII. Participation in the event is paid at all distances.

The starting fee depends on the date of application for the event and is specified in the table below.

**2nd INTERNATIONAL POLISH CHAMPIONSHIPS IN NORDIC WALKING MOUNTAIN HALF MARATHON THERE IS A LIMIT!**

**Half marathon - 200 people**

<b>Application and electronic payment until 31/12/2019 until 11:59 P.M.</b>	
<b>Discount price</b>	<b>30 PLN,</b>
<b>Full price</b>	<b>40 PLN,</b>

<b>Application and electronic payment until 29/02/2020 until 11:59 P.M.</b>	
<b>Discount price</b>	<b>40 PLN,</b>
<b>Full price</b>	<b>50 PLN,</b>

<b>Application and electronic payment until 19/03/2020 until 11:59 P.M.</b>	
<b>Discount price</b>	<b>50 PLN,</b>
<b>Full price</b>	<b>60 PLN,</b>

**WARNING!!!**

**Guaranteed t-shirt for people who sign up and pay for participation in half-marathon until**

**29/02/2020 in the starter pack.**

**Signing after the date shown above does not guarantee the t-shirt.**

**2nd MOUNTAIN RALLY FOR THE CUP OF THE MAYOR OF PRUDNIK**

**THERE IS A LIMIT!!!**

**Rally - 100 PEOPLE**

<b>Application and electronic payment until 19/03/2020 until 11:59 P.M.</b>	
<b>Children under 10</b>	<b>free</b>
<b>Discount price</b>	<b>15 PLN,</b>
<b>Full price</b>	<b>25 PLN,</b>

**Discount price – for retirees, pensioners, students, young people under 17 years of age, disabled with certificate of disability.**

**Registration fees on the day of competition - 21/03/2020 (personal registration in the Registration office from 7.30 to 09.30) is:**

**- rally 40 PLN**

**- half marathon 80 PLN.**

**(We cannot guarantee the starter pack and medals for people above the limit!)**

The final electronic application shall be deemed as such when the application is correctly completed and sent by the participant with the entry fee paid by Thursday, 19/03/2020 at the latest, according to the above-mentioned rules on the organizer's account. Once paid, the fee is not refundable. It is not possible to transfer the fee to another player.

**The fee should be paid to the following bank account:**

**Bank Pekao SA in Prudnik 72 1240 1688 1111 0010 6254 3100**

**Stowarzyszenie Wesoły Borsuk Team**

**ul. Jesionkowa 9**

## **48-200 Prudnik**

**With a note: Starting fee, name, distance.**

The organizers are not responsible for the loss of the notification, postal order, bank transfer through the fault of the post office or bank. The fee does not pass to the next competition organized by the Wesoly Borsuk Team Association.

### **IX. Rules of the event.**

1. Verification of competitors and assigning competition numbers and giving out the starting packs will take place in the Registration office.
2. By receiving the competition number, the applicant acknowledges that he has read the terms and conditions and obliges to comply with the rules. At the same time, the competitor agrees to usage of his/her image for the promotional purposes of the event and will not claim the right to remuneration on this account.
3. During the competition, failing to comply with the following rules will result in a yellow penalty card:

- Non-parallel work of the arms in the sagittal plane
- Poles driving at a right angle or greater than 90 degrees
- No hand's work behind the hip line
- Excessive forward bending of the body
- Sport's gait walking technique, hip rotation
- Shoulder work with open palms from hip to front - poles pulling
- Listening to music while using headphones
- Other errors indicated by the referee

Penalties for the 21,09 km distance:

First card is treated as a warning!

For second, third and fourth, 180 seconds are added to the end time of the competitor.

Fifth is treated as a disqualification of the competitor.

The referee does not stop the player, nor does he or she mark anything on the starting number, he or she informs the participant about the penalty. The referee notes this fact in the referee's protocol.

4. Time and the position at the finish line will be carried out electronically. The final classification of OPEN and age categories will be determined on the basis of net times

and the addition of any seconds penalties for offenses from the referee's protocol.  
Protocol - Appendix 1 to these terms and regulations.

5. All competitors must have a chip attached to their footwear or the back of the competitors' number, placing it elsewhere may result in disqualification.
6. Disabled people may participate ONLY in the Rally.  
A doctor's note of no contraindications to participate in a Nordic walking march is required.
7. All competition participants can be verified on the basis of an ID with a photo, and disabled persons with a certificate of disability in the Registration office.
8. Participants must declare that they are able to participate in the competition and that they have no health contraindications to participate in the competition.  
Therefore, they should sign the statement about the absence of health contraindications for physical exertion in the Registration office.
9. Competitors under 18 years of age need parental permission to participate in the rally.
10. Competitors are required to have their own sports outfit, appropriate to the weather conditions.
11. It is recommended to have your own Nordic walking poles. The organizers do not provide the option to rent them.
12. Competitors that own folding poles are required to pay particular attention to tightening the them, as well as to take into account that the folding stick is less rigid than a one-piece stick.
13. All competitors must have their competitors' numbers attached to their sports shirts on their chest. Covering the number in whole or in part or its modification is prohibited under penalty of disqualification.
14. Age categories are divided according to the following rules: membership in a given age category depends on the year of birth.
15. Participants of the 5 km Rally without age categories - women and men places 1-3  
OPEN

The participants of the 21.09 km race will be classified by the following age categories:

<b>Female/Male</b>	<b>OPEN</b>
<b>F18-24 / M18-24</b>	<b>18-24 years old</b>
<b>F25-29 / M25-29</b>	<b>25-29 years old</b>
<b>F30-34 / M30-34</b>	<b>30-34 years old</b>
<b>F35-39 / M35-39</b>	<b>35-39 years old</b>
<b>F40-44 / M40-44</b>	<b>40-44 years old</b>
<b>F45-49 / M45-49</b>	<b>45-49 years old</b>
<b>F50-54 / M50-54</b>	<b>50-54 years old</b>
<b>F55-59 / M55-59</b>	<b>55-59 years old</b>
<b>F60-64 / M60-64</b>	<b>60-64 years old</b>
<b>F65-69 / M65-69</b>	<b>65-69 years old</b>
<b>F70-74 / M70-74</b>	<b>70-74 years old</b>
<b>F75-79 / M75-79</b>	<b>75-79 years old</b>
<b>F80+ / M80+</b>	<b>80 + years old</b>

X. Honors and gifts:

9. All competition and rally participants who pass the finishing line in regular time will receive medals.
10. Winners of the first three places in the OPEN category at a distance of 21.09 km and winners of the first three places in the age categories will receive cups.
11. Winners of the first three places in the Open category of the rally will receive cups.
12. Participants can receive cups for special categories (for the oldest participant, for the largest number of participants from one family, for the largest number of participants from one club, the best from the Prudnicki powiat, the best from the Opole voivodeship)
13. The participant awarded in the OPEN category will NOT be awarded in the age category
14. Gifts from sponsors will be drawn among all participants.
15. In the absence of a recipient, the gift will be drawn again.
16. Once drawn the number does not take part in the next draw.
17. Receiving gifts is available ONLY on the day of the competition upon showing the competitors number. Each player picks up the prize in person. After this date the prizes will be forfeited.

XI. Route.

1. The competition will take place on a 10.548 km long loop with forest and gravel surface.
2. Rally is 5 km long.
3. There is a medical assistance point at the finish line. In the case of a player injury, the route staff are notified, which forwards the information to the medical assistance point.
4. The route plan will be in the registration office.
5. The route will be clearly marked.
6. The refreshment points with water are located at the start, finish line and around 2,5 km

into the route.

7. In addition, nutrition points (buffets) are provided on the route of the championships.

8. There will be referees along the route who will assess the Nordic walking technique. In the case of violation of rules they will give instructions and penalties.

9. WC.

## XII. Changing rooms and deposit.

1. It is possible to deposit your items for safekeeping upon showing the competitor number.

2. The organizer is not responsible for items deposited by the player.

3. Items left for safekeeping can only be picked up on the basis of the competitors number. If the participant loses the number, the organizer is released from liability for transferring the deposit to another person.

4. The organizer is not responsible for items left unattended.

5. Before and after the competition, competitors will be able to use the changing room.

6. The final interpretation of the terms and regulations belongs to the Organizers.