

## REGULATIONS

### European Masters Marathon Championship Wrocław, 10 September 2017

#### I. PURPOSE

1. Popularisation and dissemination of running as the simplest form of physical activity.
2. Promotion of the City of Wrocław.
3. Selection of the European Champions Masters of the Marathon in particular age categories.

#### II. ORGANISER

1. The Organiser of the European Masters Marathon Championship is The Commune of Wrocław – Youth Sport Centre Wrocław [*Gmina Wrocław – Młodzieżowe Centrum Sportu Wrocław*], PL 51-612 Wrocław, al. I. J. Paderewskiego 35, tel. +48 717334079, e-mail: [biuro@wroclawmaraton.pl](mailto:biuro@wroclawmaraton.pl).

#### III. DATE AND LOCATION

1. The race will take place on **10.09.2017** through the streets of Wrocław of a single loop as a part of 35th PKO Wrocław Marathon.
2. **Start:** at **9:00 am**. Competitors of the European Masters Marathon Championship will start together with the participants of the 35th PKO Wrocław Marathon. **Finish:** Olympic Stadium.
3. **The length of the route: 42.195 km.** The route will have a certificate of the IAAF, AIMS and PZLA (Polish Athletic Association).
4. Competitors shall line up at the start according to the start groups. The groups will be arranged on the basis of the time of finishing the marathon declared by competitors. Starts of groups will take place at 1 minute intervals.
5. Competitors are subject to the time limit of 6 hours net. Those competitors whose time exceeds 3 hours net at the halfway stage of the marathon will have to stop running and leave the route. All competitors who will not cross the finishing line until 3:30 pm are obliged to stop running and leave the route or may reach the finishing line on board the "Finish of Marathon" [*KONIEC MARATONU*] micro bus.
6. 99% of the route has an asphalt surface whereas 1% has a paved surface.
7. The route will have **each kilometre marked: from 1 to 42 (every 1 km).**
7. Time control points will be set up at: **start, 5, 10, 15, 21.0975, 25, 30, 35, 40** km and at the finishing line.
8. **Nutrition points** will be set up at: **5; 10; 15; 20; 25; 30; 35 and 40** km. At each point there will be a table with:
  - a. bowls with clean water (from 10 km),
  - b. cups with 100 ml of isotonic beverage,
  - c. bananas divided into pieces (from approx. 10 km to 35 km),
  - d. cups with 100 ml of natural mineral water.
9. **Refreshment points** will be set up at: **7.5; 12.5; 17.5; 22.5; 27.5; 32.5 and 37.5** km and will be equipped with:
  - a. sugar cubes,
  - b. bowls with clean water to wet the sponges given together with materials before the race by the organiser,
  - c. mineral water to drink.
10. **Medical points** will be set up at **nutrition and refreshment points** and will be operated by the paramedics.
11. **Massage points** will be set up at **17.6; 22.6; 27.6; 32.6; 37.6** km and will be operated by the students of the Academy of Physical Education in Wrocław.
12. **Toilet booths** shall be placed behind the **nutrition and refreshment points**.

#### IV. PARTICIPATION

1. **Persons taking part in European Masters Marathon Championship must attain 35 years of age until 10.09.2017, will fulfil a relevant qualification in the entry form, pay a relevant entry fee (according to the point V) and will be positively verified by their national federation of Masters of Athletics.**
2. The list of national federations of Masters of Athletics competitors of which may start in European Masters Marathon Championship is accessible on the following website: <http://european-masters-athletics.org/member-federations.html>
3. Competitors who do not have valid license issued by their federation of Masters of Athletics are permitted to start, provided that until the day of commencement of competition, the competitor is obliged to obtain short-term license granted by its federation.

- All competitors who are permitted to start in European Masters Marathon Championship must be verified in the Marathon Secretariat which welcomes competitors on 8 September 2017 from 4 p.m. to 10 p.m., on 9 September 2017 from 9 a.m. to 10 p.m. and on 10 September 2017 from 5:30 a.m. to 8 a.m. Distribution of starting kits takes place on 8, 9, 10 September 2017 during the verification. The starting kits that have not been collected on this date shall remain at the organiser's disposal.

It is responsibility of competitors to:

- hold an ID card or passport due to control of birth date and nationality subject to point 5/14b,
  - sign the appendix no 1 hereof,
  - receipt the collection of the starting kit during verification (bib number, set of pins to attach the bib number to the T-shirt).
- Decisions of doctors concerning continuing the race during the event are final and irrevocable.
  - In the European Masters Marathon Championship time measurement and order will be performed through the electronic system on the basis of chips stuck to the bib numbers. Each competitor during the verification will receive a bib number with chip. First 50 competitors will be classified according to the place taken on the finishing line (time gross). 51st competitor and the following ones will be classified according to the actual obtained time of running the marathon (time net). Holding a bib number during the entire race, movement solely along the route of the marathon and passing all time control points are the conditions to be met to participate in the marathon and to be classified in the final announcement. During the race, all competitors shall have bib numbers attached on their chest to the t-shirt. It is forbidden to cover the bib number (partly or fully) and to shorten the route under the punishment of disqualification.
  - A detailed description of cloakroom and sanitary facilities may be found in the regulations of the 35th PKO Wrocław Marathon.

## V. ENTRIES

- Entries to the European Masters Marathon Championship may be accepted solely through the electronic form via entry form which is on the website of the marathon [www.wroclawmaraton.pl](http://www.wroclawmaraton.pl).
- Entries to the European Masters Marathon Championship will be accepted until the limit of competitors of 35th PKO Wrocław Marathon is reached (7000 competitors) or until 12.08.2017.**
- Entry is considered as performing two actions by the competitor:
  - Firstly, completing the entry form which may be found on the [www.wroclawmaraton.pl](http://www.wroclawmaraton.pl).
  - Subsequently, making payment for the starting kit through the electronic payments on the virtual entries panel or to the bank account of **Gmina Wrocław – Młodzieżowe Centrum Sportu Wrocław** in the PKO BP bank, number: 13 1020 5226 0000 6602 0462 7032 (the transfer title should state: "payment for the starting kit marathon" [*opłata za pakiet startowy maraton*]), name, surname of the competitor and year of birth). SWIFT code: BPKOPLPW. **The fee made shall not be refundable.** The date of performance of the last from above-mentioned actions is decisive in terms of performing the entry.
- Competitors who make payments through non-electronic channel in the entries panel are obliged to make a payment within 3 working days from the day of completing the entry form and to keep the confirmation of payment made.**
- Payments in cash are not accepted.
- Taking part in European Masters Marathon Championship confirms that competitors got acquainted with the regulations of the European Masters Marathon Championship and 35th PKO Wrocław Marathon and that they are obliged to observe the regulations and give a consent to process personal data and use an image of participants, including placement of these data on TV, radio, the Internet and in the printed form and to send to the competitors' e-mail addresses information and surveys concerning current and future competitions organised by the 35th PKO Wrocław Marathon organisers. Detailed scopes of consents required are included in the declaration form constituting the appendix no 1 to these regulations of the event.
- Data of the competitor and bib number will occur on the start list after the payment has been credited.
- In the event of negative verification of the competitor by the national federation of Masters of Athletics the competitor shall be removed from the start list of the European Masters Marathon Championship.
- Deadline of entries and amounts of payments:**
  - Entries to the European Masters Marathon Championship will be accepted until 12 August 2017,
  - During the period of entries acceptance to the European Masters Marathon Championship the entry fee is **PLN 220**,
  - For competitors taking part in the 5th Night PKO Wrocław Half Marathon and in the European Masters Marathon Championship the total fee for both starting kits will be reduced by **PLN 15**. The transfer title should state: "payment for kits Half Marathon and Marathon" [*opłata za pakiety Półmaraton i Maraton*] – the total payment may be performed solely until 15.05.2017. Assignment of the number in the 5th Night PKO Wrocław Half Marathon will be possible when the limit of places has not been exhausted.
  - For competitors taking part in the 10th PANAS SLEZA-Half Marathon and 5th Night PKO Wrocław Half Marathon the entry fee for participation in the European Masters Marathon Championship will be reduced by **PLN 15**.

10. The payment made shall not be refundable.
11. Marathon Secretariat is located in Wrocław, at al. I.J. Paderewskiego 35, PL 51-612 Wrocław, tel. +48 71 733 40 79, e-mail: biuro@wroclawmaraton.pl and its operating hours are: 7 a.m. – 3 p.m. The secretariat at this address is open on 08.09.2017 from 10 a.m. and after the marathon from the day of 11.09.2017. On Friday 08.09.2017 from 4 p.m. to 10 p.m., on Saturday 09.09.2017 from 9 a.m. to 10 p.m., and on Sunday on 10.09.2017 from 5.30 a.m. to 8.00 a.m. the Marathon Secretariat will be located in the games hall of the Multifunctional Hall of the Academy of Physical Education at the Olympic Stadium, al. I.J. Paderewskiego 35, and it shall conduct a verification of competitors, distribute the starting kits and provide competitors with free accommodation.
12. **To be positively verified on 8-10 September 2017, the following conditions must be met:**
  - a. personal presence of the competitor and submission of declaration signed according to the content of the form constituting appendix no 1 to these regulations or
  - b. presence of person authorised who is obliged to submit the original version of the authorisation signed by the competitor under the name on the basis of which the verification is performed according to the content of the form constituting appendix no 2 together with a copy of the ID document of the competitor granting the authorisation (ID card, passport) available for inspection and a declaration signed by the competitor under the name on the basis of which the verification is performed – appendix no 1 to these regulations.

## VI. CLASSIFICATIONS

1. In the European Masters Marathon Championship the following classifications will be conducted:
  - a. in women and men age categories:

- W and M - 35,	- W and M - 55,	- W and M - 70,
- W and M - 40,	- W and M - 60,	- W and M - 75,
- W and M - 45,	- W and M - 65,	- W and M - 80 and older.
- W and M - 50,		
  - b. team classification in the age groups: three best competitors from the particular team regardless of sex, under the condition that the name of the team entered into the entry form is the same (first place goes to the team whose members' times added together give the lowest result).
2. The competitor shall receive two bib numbers to be attached. A number with chip should be placed in the forefront on their chest. A number without chip shall be placed at the back.

## VII. PRIZES

1. Among all competitors who will finish the European Masters Marathon Championship (including the 35. PKO Wrocław Marathon) material prizes will be drawn. Lottery will start at 3:10 p.m. Details of the lottery will be published in the lottery regulations no later than on 1 August 2017.
2. All participants who will cross the finishing line within regular time will be given souvenir medals.
3. Winners in the women and men age categories are entitled to start in the 36. Wrocław Marathon (fee reduced on the basis of the regulations of the 36. Wrocław Marathon on condition that the competitor will sign up until 30.04.2018.),
4. The cups will be awarded to the winners of the European Masters Marathon Championship according to the minute programme. The prizes not collected during the decoration will be possible to collect within 30 days from the day of completing the race. After this date, they remain at organiser's disposal.
5. After completion of the race, competitors may undergo the anti-doping control. The examination will be carried out by the Anti-doping Commission. Each competitor selected by the Anti-doping Commission is obliged to undergo the anti-doping control, under the punishment of disqualification. In the event of detection in the sample A an illegal substance, the competitor is entitled to apply for the examination of the sample B at their own expense. In the event of negative result of the sample B which is not confirming the use of illegal substances, the result of the competitor remains on the list and when result from the sample A is confirmed, the Director of Wrocław Marathon disqualifies the competitor. Decision on disqualification is final and the provisions of PZLA concerning the possibility of appeal do not apply.
6. The list of substances and methods forbidden is defined in the Appendix no 1 to the International Convention against Doping in Sport of 19.10.2005 together with updates.

## VIII. ACCOMMODATION

1. The organiser provides 200 competitors with free accommodation on the night of 9-10 September 2017 in the Sports Hall at ul. Parkowa 14. Order of the reservation performed directly during the verification of competitors in the Marathon Secretariat is decisive in terms of obtaining the accommodation (obtaining the decision). The organiser shall not provide the competitors with mattresses, bedding, sleeping bags, etc.
2. For the competitors of the European Masters Marathon Championship the organiser ensures a special virtual system of reservation of accommodation online – link to the reservation system: <https://h4b.hoteco.pl/h4b/>. If

you have any questions concerning hotel-tourist services, please contact Hotel Service 24 (tel. +48 713648587, e-mail: travel@hotelservice24.pl)

## IX. MEALS

1. On the day of the event, before the start, competitors shall eat at their own expense.
2. After completion of the race, at the finishing line, competitors will receive: natural spring water, isotonic beverage, tea, banana and a regeneration meal. Meals will be provided on the basis of the voucher.
3. Nutrition on the route during the race is defined in the point III.
4. On 9 September 2017 from 4 p.m. to 8 p.m. at the Olympic Stadium, the "Pasta Party" will be held. Each competitor who will perform the verification on 8 and 9.09.2017 until 7:50 p.m. will receive voucher for the portion of pasta.

## X. FINANCING

1. The cost of organisation of the 35. PKO Wrocław Marathon shall be covered by:
  - a. Wrocław Commune,
  - b. PKO BP – Naming Rights Sponsor,
  - c. Partners and institutions supporting 35. PKO Wrocław Marathon.
2. Costs of the entry fee, transport and other benefits are covered by the competitors.
3. Competitors verified are entitled to free use of the mass urban and suburban public transport (trams, buses) on 9 and 10 September 2017 upon presenting of the bib number:
4. In the framework of the starting kit fee, the participant receives:
  - a. Bulletin of European Masters Marathon Championship
  - b. bib number and pins,
  - c. sponge,
  - d. beverages, bananas, sugar on the route and at the finishing line,
  - e. regulations and the route map,
  - f. voucher for „pasta party” – on 09.09.2017,
  - g. sport T-shirt,
  - h. optionally, gifts.

## XI. FINAL PROVISIONS

1. The Organiser provides medical healthcare on the start, during the race and on the finishing line of the Marathon. On the route, medical teams will provide their help according to the Plan of Medical Protection approved by the relevant Office. Participants of the Marathon may use massage services at the finish provided by the students of the Academy of Physical Education in Wrocław.
2. Written protests are collected by the Secretariat of the 35th PKO Wrocław Marathon at the finishing line on 10.09.2017 until 4 p.m. Protests shall be examined within 1 hour from submission.
3. Participants of the race are obliged to dress aesthetically and wear sport footwear according to the provisions of the PZLA and IAAF.
4. The competitor confirms the participation in the race at its own responsibility and bears the associated risk and is informed that the participation in the marathon is linked to the physical effort which triggers natural risk of accidents, body injuries and physical injuries (including death), as well as damages and material losses.
5. Participants who will discontinue the race may finish the marathon on the board of the "Finish of race" [Koniec Biegu] car which shall take them to the Olympics Stadium.
6. On the route of the marathon, only vehicles with a special pass issued by the organiser, displayed at the visible place, can be driven.
7. Competitors shall have an accident insurance. Details of the policy (insurer, policy number, the insurance sum guaranteed, general insurance conditions) shall be published on the website in the section Regulations until 30 August 2017.
8. The race shall take place regardless of the weather.
9. The organiser reserves the right to change the date of the race due to Force Majeure.
10. Regulations of the 35th PKO Wrocław Marathon and appendices no 1 and 2 – the form of authorisation constitute an integral part of regulations.

Director of the  
35th PKO Wrocław Marathon  
European Masters Marathon Championship

  
Wojciech Gęstwa