

**REGULATIONS OF THE
36TH PKO WROCŁAW MARATHON
17th Polish Teachers' Marathon Championship
7th Polish Solidarność Marathon Championship
Wrocław, 09 September 2018**

I. OBJECTIVE

1. Popularisation and promotion of running as the simplest form of physical activity.
2. Promotion of the City of Wrocław.

II. ORGANISER

The organiser of the marathon is Gmina Wrocław (Commune of Wrocław) – Młodzieżowe Centrum Sportu Wrocław (Youth Sport Centre Wrocław), PL 51-612 Wrocław, al. I. J. Paderewskiego 35, tel. +48 717334079, e-mail: biuro@wroclawmaraton.pl.

III. DATE AND PLACE

1. The race will take place on **9 September 2018** on the streets of Wrocław, on one loop.
2. **Start:** al. Paderewskiego at **9:00 a.m.** The competitors must check in at the start from 8:30 a.m. to 8:45 a.m. Start of handicapped competitors on wheelchairs with indirect drive will take place at 8.59 a.m. **Finishing line:** Olympic Stadium.
3. **Route length: 42.195 km.** The route will have approvals of IAAF, AIMS and PZLA.
4. The competitors shall position themselves at the start according to the following order: on the start line, competitors on wheelchairs, 10 metres behind the start line (behind the competitors on wheelchairs), the marathon elite - competitors having numbers from 1 to 200 (separated zone). About 10 m behind the elite, the other competitors shall position themselves in time zones compliant with the times declared in the entry.
The following persons shall be invited to the marathon elite:
 - a. competitors with the best times achieved in 2017 and 2018,
 - b. the Marathon Golden Two - the competitors who have completed all Silesians Marathons and Wrocław Marathons,
 - c. competitors invited by the Director of the 36th PKO Wrocław Marathon.
5. The competitors shall start in waves. Firstly, the competitors on wheelchairs shall start, then the elite and next the competitors according to the declared times of marathon completion. The groups shall start in time intervals.
6. The route shall be closed for longitudinal wheel traffic in compliance with the decision on the use of the marathon route in a special way. The competitors shall be bound with the time limit amounting to 6 hours net. The competitors who at the halfway point of the marathon achieve the time exceeding 3 hours net shall be obliged to stop running and to leave the race route. All competitors who fail to reach the finishing line by 3:30 p.m. shall be obliged to stop running and to leave the route or to ride to the finishing line by a microbus with the inscription: KONIEC MARATONU (END OF MARATHON).
7. 99% of the marathon race has asphalt surface and 1% - cobble surface.
8. The route shall have **all kilometres marked: from 1 to 42 (every 1 km).**
9. The time checking points shall be located: **at the start, on kilometre 5, 10, 15, 21.0975, 25, 30, 35, 40** and on the finishing line.
10. **The nutrition points** shall be located on about: **kilometre 5; 10; 15; 20; 25; 30; 35 and 40.**
At the nutrition point, there shall be tables with:
 - a. bowls with clean water (from about kilometre 10),
 - b. cups with 100 ml of isotonic drink,
 - c. bananas in pieces (from about kilometre 10 to kilometre 35),
 - d. cups with 100 ml of natural mineral water.
11. **The refreshment points** shall be located on about: **kilometre 7.5; 12.5; 17.5; 22.5; 27.5; 32.5 and 37.5.**
At the refreshment point, there shall be tables with:
 - a. sugar lumps,
 - b. bowls with clean water for soaking of the sponges handed over with the materials before the race by the organiser,
 - c. drinking mineral water.
12. **The medical points** shall be located at the **nutrition and refreshment points** and they shall be operated by paramedics.
13. **The massage points** shall be located on **kilometre 22.6; 27.6; 32.6 and 37.6.**
14. **The toilet booths** shall be located behind the **nutrition and refreshment points.**

IV. PARTICIPATION

1. Persons who will reach 18 years of age by 09 September 2018 shall be entitled to take part in PKO Wrocław Marathon.
2. All participants taking part in the 36th PKO Wrocław Marathon must be verified in the Marathon Secretariat, which shall receive the competitors on 07 September 2018 from 4:00 p.m. to 10:00 p.m., on 08 September 2018 from 9:00 a.m. to 10:00 p.m. and on 09 September 2018 from 5:30 a.m. to 8:00 a.m. The starting packages shall be handed over solely on 07, 08 and 09 September 2018 during the verification. The packages not collected on those days shall remain at the disposal of the organiser. The participants shall be obliged to:
 - a. have an ID card or a passport for control of the date of birth and citizenship, subject to point V/14b,
 - b. sign Appendix 1 hereto,
 - c. acknowledge receipt of the starting package during the verification (start number, a set of pins for fixing of the number to the T-shirt).
3. Decisions of the doctors relating to continuation of the race during the event shall be final and irrevocable.
4. Measurement of time and determination of order in PKO Wrocław Marathon shall be made by means of an electronic system, on the basis of the chips stuck to the start numbers. Every competitor shall get a start number with a chip during the verification. The first 50 competitors shall be classified according to the place taken at the finishing line (gross time). The 51st competitor and the next competitors shall be classified according to actually achieved time of completion of the marathon (net time). Possession of the number during the entire race, moving solely on the marathon route and passing through all time checking points shall be the condition for taking part in the marathon and being classified in the final announcement. During the race, all competitors must have start numbers fixed to their T-shirts on the chest. It shall be unacceptable, under the rigour of disqualification, to cover the start point (in its entirety or in a part) and to shorten the route.
5. The deposit shall accept personal objects of the competitors packed in bags on 09 September 2018 from 7:30 a.m. to 9:00 a.m. It shall be possible to collect the objects to 09 September 2018 by 4:00 p.m. The bags shall be given out from the deposit against presentation of the number. Losing of the number by the competitor shall relieve the organiser from liability for collection of the bag by another person.
6. Changing rooms, toilets and showers with hot water shall be located on the Olympic Stadium in the Multifunctional Hall of the University School of Physical Education in Wrocław and shall be made available on 09 September 2018 from 7:00 a.m. to 4:00 p.m.

V. ENTRIES

1. Entries for participation in the 36th PKO Wrocław Marathon shall be accepted solely electronically through completion of the entry form inserted on the website of the marathon: www.wroclawmaraton.pl.
2. Making of the entry shall be considered as performance of the following two activities by the competitor, in the following order:
 - a. completion of the entry form found on the website: www.wroclawmaraton.pl,
 - b. making of the payment for the starting package via electronic payments in the Internet entry panel or to the bank account of **Gmina Wrocław (Commune of Wrocław) – Młodzieżowe Centrum Sportu Wrocław (Youth Sport Centre Wrocław)** in PKO BP bank with number: 13 1020 5226 0000 6602 0462 7032 (in transfer reference, please write: 'opłata za pakiet startowy maraton' (fee for the marathon starting package) and give the name and surname of the competitor as well as their year of birth). SWIFT code: BPKOPLPW. **The made payment shall not be subject to returning.** The date of performance of the last of the aforementioned activities shall decide on the entry date.
3. **The competitors making the payments outside the electronic payment channel in the entry panel shall be obliged to make the payment within maximum 3 working days from the date of completion of the entry form and keep the confirmation of the made payment.**
4. Cash payments shall not be accepted.
5. Entry for participation in the 36th PKO Wrocław Marathon shall constitute confirmation of acquaintance of the competitors with these Regulations, undertaking to observe them and expression of consent to personal data processing and the use of the image of the participants, including consent to insertion of this data in TV, radio, Internet and printed messages as well as to sending of information and questionnaires relating to the competitions organised currently and in the future by the organisers of the 36th PKO Wrocław Marathon to the e-mail address of the competitors. The detailed scopes of the required consents are contained in the representation form constituting Appendix 1 hereto.
6. The data of the competitor and their start number shall be entered in the start list after posting of the payment.
7. **Deadline for entries and amount of the fees:**
 - a. due to limited number of participants (**limit of 6,000 persons**), three deadlines shall apply:
 - **deadline 1** – for the first 2,000 competitors, the entry fee shall amount to PLN 100.00,
 - **deadline 2** – for competitors 2,001 to 4,000, the entry fee shall amount to PLN 130.00,
 - **deadline 3** – for competitors 4,001 to 6,000, the entry fee shall amount to PLN 160.00.

- The competitors making the payment from 03 September 2018 to 08 September 2018 shall be obliged to have the payment confirmation.** A computer shall be available in the Marathon Secretariat in order to check the history of transactions and to print the confirmation.
- b. The competitors who are 60 years of age or older (year of birth 1958 and earlier) and who send the completed entry form by 31 August 2018 shall pay the amount of PLN 1.00 for the starting package.
 - c. For competitors making entry for the 6th Night PKO Wrocław Half Marathon and the 36th PKO Wrocław Marathon the total fee for both starting packages shall be decreased by **PLN 15.00**. In transfer reference, please write: 'opłata za pakiety Półmaraton i Maraton' (fee for Half Marathon and Marathon packages) – the total fee may be paid only to 15 May 2018. Assignment of number in the 6th Night PKO Wrocław Half Marathon shall be possible within the available limit.
8. Assignment of the starting number (transfer of the number to another competitor) shall be possible to 01 June 2018. The manner of performance of the assignment shall be determined by the entry form operator. The previous holder of the number shall cover the cost of performance of the assignment in the amount of PLN 10.00.
 9. The competitors who make the entry after 31 August 2018 shall get a standard start number (without name and surname) and the starting package in the Marathon Secretariat.
 10. In case of non-exhaustion of the limit of competitors till 05 September 2018, the entry form shall be excluded. After closure of electronic entries, making of the entry shall be possible in the Marathon Secretariat during verification on 07 September 2018-09 September 2018.
 11. The following persons shall be entitled to take part in the 36th PKO Wrocław Marathon on condition of making of the entry and of the payment in the amount of **PLN 1.00** before exhaustion of the limit of places or before 31 August 2018:
 - a. Grzegorz Lechowski and Marek Musiał – the Wrocław Marathon Golden Two,
 - b. Medallists of the 25th Open Long-Distance Running Wrocław Championship,
 - c. Winners of the Wrocław marathons and winners of the age categories from the 35th PKO Wrocław Marathon
 - d. Handicapped competitors,
 - e. Competitors invited by the Director of the Marathon,
 12. Participants of the 10th edition of the programme 'I Ty możesz zostać maratończykiem' (You also may become a marathon runner) shall make the entry in compliance with the programme regulations.
 13. The Marathon Secretariat is located in Wrocław at al. I.J. Paderewskiego 35, PL 51-612 Wrocław, tel. +4871 733 40 79, e-mail: biuro@wroclawmaraton.pl and works from 8:00 a.m. to 3:00 p.m. The Secretariat shall work under this address to Friday 07 September 2018 to 10:00 a.m. and after the marathon, from 10 September 2018. On Friday 07 September 2018 from 4:00 p.m. to 10:00 p.m., on Saturday 08 September 2018 from 9:00 a.m. to 10:00 p.m. and on Sunday 09 September 2018 from 5:30 a.m. to – 8:00 a.m., the Marathon Secretariat shall be located in the game room of the Multifunctional Hall of the University School of Physical Education at the Olympic Stadium, al. I.J. Paderewskiego 35, and it shall perform verification of the competitors and hand over start numbers and packages.
 14. **The condition for positive verification on 07-09 September 2018 shall be:**
 - a. personal attendance of the competitor and submission of a signed representation according to the content of the form constituting Appendix 1 hereto, or
 - b. attendance of an authorised person who shall be obliged to submit an original of an authorisation signed by the competitor, on behalf of which the verification is performed, according to the content of the form constituting Appendix 2, together with a photocopy of an ID document of the competitor granting the authorisation (ID card or passport) for inspection, as well as representations – Appendix 1 hereto, signed by the competitor, on behalf of which the verification is performed.

VI. CLASSIFICATIONS

1. The following classifications will be kept in the 36th PKO Wrocław Marathon:
 - a. individual:

<ul style="list-style-type: none"> • women's, • men's, • in women's and men's age categories: 	<ul style="list-style-type: none"> • Republic of Poland female citizens, • Republic of Poland male citizens,
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 - **W&M - 20:** 18 - 29 years, - **W&M - 40:** 40 - 49 years, - **W&M - 60:** 60 - 69 years, - **W&M - 80:** 80 & older.
 - **W&M - 30:** 30 - 39 years, - **W&M - 50:** 50 - 59 years, - **W&M - 70:** 70 - 79 years,
 - b. team: three best competitors from a given team regardless of their sex, on condition of entering of identical team name (the lowest total times of team members shall decide on the victory).
 - The competitors taking part in the marathon on wheelchairs with indirect drive shall be classified in the following categories:
 - a. women's,
 - b. men's.
 - In the 17th **Polish Teachers' Marathon Championship**, only the competitors who are employed on full-time basis in educational institutions as pedagogic employees as well as retired employees who before their

retirement used to work as pedagogic employees may participate. During the verification in the Marathon Secretariat, it shall be necessary to show the original of a valid service card or certificate confirming the fact of employment on the position of a pedagogue. Without fulfilment of the conditions determined above, the competitor shall not be classified in the 17th Polish Teachers' Marathon Championship. The following classifications will be kept in the 17th Polish Teachers' Marathon Championship: women's classification and men's classification as well as additional classifications:

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|---------------------------------|-------------------------------|
| a. Women - up to 35 years, | d. Men - up to 39 years, |
| b. Women - from 36 to 49 years, | e. Men - from 40 to 49 years, |
| c. Women - 50 years and older, | f. Men - from 50 to 59 years, |
| | g. Men - 60 years and older. |

4. The following classifications will be kept in the 7th **Polish Solidarność Marathon Championship**, only members of NSZZ 'Solidarność' may participate. During the verification in the Marathon Secretariat, it shall be necessary to show a valid union card or a certificate from the union organisation confirming membership in NSZZ 'Solidarność'. Without fulfilment of the conditions determined above, the competitor shall not be classified in the 7th Polish Solidarność Marathon Championship.

The following classifications will be kept in the 7th Polish Solidarność Marathon Championship: women's classification and men's classification as well as additional classifications:

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|---------------------------------|-------------------------------|
| a. Women - up to 35 years, | d. Men - up to 39 years, |
| b. Women - from 36 to 49 years, | e. Men - from 40 to 49 years, |
| c. Women - 50 years and older, | f. Men - from 50 to 59 years, |
| | g. Men - 60 years and older. |

5. In the classification of **Officers and Employees of Prison Service**, solely persons working in the structures of the prison service may participate. During the verification in the Marathon Secretariat, it shall be necessary to show the original of a valid service card or certificate confirming the fact of employment in the prison service. The women's classification and the men's classification shall be kept in the classification of Officers and Employees of Prison Service.

6. During the Marathon, from 9:10 a.m. to 4:00 p.m., a competition for the best team cheering the participants on the route shall be conducted.

7. The competitors who complete the 36th PKO Wrocław Marathon shall get the points for the 26th Open Long-Distance Running Wrocław Championship - in compliance with the regulations of the Championship cycle.

VII. PRIZES

1. The winners of the 36th PKO Wrocław Marathon shall obtain:

- a. cups founded by the Self-Government of the City of Wrocław and the sponsors of the marathon in:

- | | |
|-----------------------------------------------|----------------------------------------------------------------------------|
| • men's classification: | 1 st , 2 nd and 3 rd place, |
| • women's classification: | 1 st , 2 nd and 3 rd place, |
| • female citizens of the Republic of Poland - | 1 st , 2 nd and 3 rd place, |
| • male citizens of the Republic of Poland - | 1 st , 2 nd and 3 rd place, |
| • team classification: | 1 st , 2 nd and 3 rd place - 3 cups each, |

- b. cash prizes:

- **in men's classification:**

- 1st place - PLN 10,000,
- 2nd place - PLN 8,500,
- 3rd place - PLN 7,000,
- 4th place - PLN 5,000,
- 5th place - PLN 4,000,
- 6th place - PLN 3,000,
- 7th place - PLN 2,000,
- 8th place - PLN 1,000,

- **in the classification of female citizens of the Republic of Poland:**

- 1st place - PLN 5,000,
- 2nd place - PLN 4,000,
- 3rd place - PLN 3,000,
- 4th place - PLN 2,000,
- 5th place - PLN 1,000,

- **in women's classification:**

- 1st place - PLN 10,000,
- 2nd place - PLN 8,500,
- 3rd place - PLN 7,000,
- 4th place - PLN 5,000,
- 5th place - PLN 4,000,
- 6th place - PLN 3,000,
- 7th place - PLN 2,000,
- 8th place - PLN 1,000,

- **in the classification of male citizens of the Republic of Poland:**

- 1st place - PLN 5,000,
- 2nd place - PLN 4,000,
- 3rd place - PLN 3,000,
- 4th place - PLN 2,000,
- 5th place - PLN 1,000,

4. The winners of the 36th PKO Wrocław Marathon shall additionally receive cash bonuses for breaking of the records of the marathons: (women's - Stelah J. Barsosio – time 2.28:14, men's - Vladimir Tsiamchyk – time 2.13:28):

bonuses for 3 fastest women		
< 02:28:14	< 02:30:00	< 02:32:00

bonuses for 3 fastest men		
< 02:13:28	< 02:15:00	< 02:17:00

1st place	PLN 20,000	PLN 3,500	PLN 2,500	1st place	PLN 20,000	PLN 3,500	PLN 2,500
2nd place	x	PLN 2,500	PLN 1,500	2nd place	x	PLN 2,500	PLN 1,500
3rd place	x	PLN 1,500	1 PLN 000	3rd place	x	PLN 1,500	1 PLN 000

5. The winners in the age categories of women and men shall acquire the right to take part in the 37th Wrocław Marathon on preferential terms (on condition of making of the entry by 30 April 2019).
6. The cups and the tangible prizes shall be handed in to the winners of the 36th PKO Wrocław Marathon according to the minute programme of the event. It shall be possible to collect the prizes not collected during the decoration within 30 from the date of completion of the race. After that time, they shall remain at the disposal of the organiser.
7. The handicapped female and male competitors on wheelchairs with indirect drive shall obtain:
 - a. cups founded by the Self-Government of the City of Wrocław and the sponsors of the marathon for:
 - women: 1st, 2nd and 3rd place,
 - men: 1st, 2nd and 3rd place,
 - b. cash prizes founded by the sponsors of the marathon
 - women:
 - 1st place - PLN 3,000,
 - 2nd place - PLN 2,000,
 - 3rd place - PLN 1,500,
 - 4th place - PLN 1,000,
 - men:
 - 1st place - PLN 3,000,
 - 2nd place - PLN 2,000,
 - 3rd place - PLN 1,500,
 - 4th place - PLN 1,000,
8. Tangible prizes shall be obtained by:
 - The Wrocław Marathon 'Golden Two',
 - The best female and male inhabitant of Lower Silesian Voivodeship in the 36th PKO Wrocław Marathon,
 - The best female and male inhabitant of Wrocław in the 36th PKO Wrocław Marathon,
9. The cups shall be received by:
 - Competitors from 1st - 3rd place in the 17th Polish Teachers' Marathon Championship in classification of women and men,
 - Competitors from the 1st places in the classification of age categories in the 17th Polish Teachers' Marathon Championship,
 - Competitors from 1st - 3rd place in the 7th Polish Teachers' Marathon Championship in classification of women and men,
 - Competitors from the 1st places in the classification of age categories in the 7th Polish Solidarność Marathon Championship,
 - Competitors from 1st - 3rd place in the Officers and Employees of Prison Service women's and men's classification.
10. The best teams cheering the competitors on the route shall obtain prizes in compliance with competition regulations.
11. All female and male competitors who complete the marathon in 6 hours shall obtain occasional medals. The medals shall be handed in after passing of the finishing line.
12. Personal income tax shall be deducted from the cash prizes and bonuses in compliance with applicable legal provisions.
13. The cash prizes and bonuses acquired by the female and male competitors shall be provided solely via bank transfer to the indicated personal bank account of the competitor to 31 October 2018.
14. The female and male competitors may be subjected to anti-doping tests after completion of the race. The tests shall be conducted by the Anti-Doping Commission. Every female and male competitor selected by the Anti-Doping Commission shall be obliged to undergo the anti-doping tests, under the rigour of disqualification. In case of detection of prohibited substances in sample A, the competitor shall be entitled to request testing of sample B at their own cost. In case of a negative result of sample B, not confirming use of prohibited substances, the result of the competitor shall be maintained in the list, while in case of confirmation of the result of sample A, the Director of the Wrocław Marathon shall disqualify the competitor. The disqualification decision shall be final and the provisions of PZLA relating to the appeal possibility shall not apply thereto.
15. The list of prohibited substances and methods is determined in Appendix 1 to the International Convention against Doping in Sport dated of 19 October 2005, with updates.

VIII. ACCOMMODATION

1. The organiser shall provide a part of the competitors with accommodation in dormitories. The competitors shall get the information and make the booking and the payment on their own in:
 - a. Dom Studencki 'Spartakus' and Camping AWF Wrocław, Olympic Stadium, tel. +48 713473385. Bookings after 15 April 2018

- b. Akademik 'Bliźniak' Uniwersytetu Medycznego im. Powstańców Śląskich, ul. Wojciecha z Brudzewa 12, tel. +48 713484232, ext. 21, e-mail: ewelina.biszto@umed.wroc.pl.
2. Persons interested in accommodation in hotels or interested in other tourist services shall contact the hotels or the Tourist Information Centre (+48 713443111) directly.

IX. NUTRITION

1. After completion of the race, at the finishing line the competitors shall obtain: natural spring water, isotonic drink, tea, banana and regeneration meal. The meals shall be given away on the basis of the starting number.
2. Nutrition on the route during the race is determined in point III.
3. 'Pasta Party' will take place on 08 September 2018 from 4:00 p.m. to 8:00 p.m. on the Olympic Stadium. Every participant who performs the verification on 07 September 2018 and 08 September 2018 to 7:50 p.m. and who carries the starting number shall get a serving.

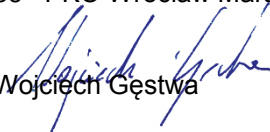
X. FINANCING

1. The costs of organisation of the 36th PKO Wrocław Marathon shall be covered by:
 - a. Gmina Wrocław (Commune of Wrocław),
 - b. PKO BP – Titular Sponsor,
 - c. Partners and institutions supporting the 36th PKO Wrocław Marathon.
2. The costs of the entry fee, travels and other services shall be covered by the event participants.
3. The verified competitors shall be entitled to free use of collective urban and suburban transport (tramways, buses) on 08 and 09 September 2018 against demonstration of the start number.
4. Within the fee for the starting package, the participant shall obtain:
 - a. start number + pins,
 - b. sponge,
 - c. drinks, bananas and sugar on the route and at the finishing line,
 - d. regulations with the map of the route,
 - e. sports T-shirt,
 - f. potentially gifts.

XI. FINAL PROVISIONS

1. The organiser shall provide medical care at the start, on the route and at the finishing line of the Marathon. Medical teams shall move on the route and provide aid in compliance with the Medical Protection Plan approved by the competent Office. The participants of the Marathon may use the massages given by the students.
2. Written protests shall be accepted at the stage of the 36th PKO Wrocław Marathon on 09 September 2018 to 4:00 p.m. The protests shall be examined within 1 hour from their submission.
3. The participants of the race shall be obliged to wear aesthetic clothes and sports shoes in compliance with the provisions of PZLA.
4. The competitor confirms that they take part in the Marathon on their own responsibility and bear the risk connected therewith, acknowledging the fact that participation in the Marathon is connected with physical effort and entails natural risk and threat of accidents, possibility to suffer injuries (including death) as well as material damages and losses.
5. The competitors who discontinue the race shall be able to use the car with the inscription 'Koniec Biegu' (End of Race), which shall take them to the Olympic Stadium.
6. Only vehicles with a special pass, displayed in a visible place, shall be allowed to move on the route of the marathon.
7. The competitors shall be insured against accidents. The details of the policy (insurer, policy number, guaranteed insurance sum, general insurance terms & conditions) shall be published on the website, in section 'Regulamin' (Regulations) by 30 August 2018.
8. The organiser reserves the right to change the date of the race due to occurrence or forecast of occurrence of Force Majeure, reported by the competent Office.
9. Appendix 1 and Appendix 2 shall be an integral part hereof.

Director of the
36th PKO Wrocław Marathon


Wojciech Gęstwa