

REGULATIONS
OF THE 37TH PKO WROCLAW MARATHON
18TH Polish Teachers' Marathon Championship
8TH Polish Solidarność Marathon Championship
Wrocław, 15 September 2019

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 Sports 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 **15 September 2019** 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 and direct drive will take place at 8:59 a.m. **Finishing line:** the Olympic Stadium.
3. **Route length: 42.195 km.** The route will have approvals of IAAF, AIMS and PZLA (the Polish Association of Athletics).
4. The competitors will take places 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 will take places in time zones compliant with the times declared in the application.

The following persons will be invited to the marathon elite:

- a. competitors with the best times achieved in 2018 and 2019,
 - b. the Marathon Golden Two - the competitors who have completed all Silesians Marathons and Wrocław Marathons,
 - c. competitors invited by the Director of the 37th PKO Wrocław Marathon.
5. The competitors will start in waves. Firstly, the competitors on wheelchairs will start, then the elite and next the competitors according to the declared times of marathon completion. The groups will start in time intervals.
 6. The route will be closed for longitudinal wheel traffic in compliance with the decision on the use of the marathon route in a special way. The competitors will 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 will 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. will 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. 98% of the marathon race has asphalt surface and 2% - cobble surface.
 8. The route will have **all kilometres marked: from 1 to 42 (every 1 km).**
 9. The time checking points will 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** will be located on about: **kilometre 5; 10; 15; 20; 25; 30; 35 and 40.**
At the nutrition points, there will be tables with:
 - a. bowls with clean water (from about kilometre 10),
 - b. isotonic drinks,
 - c. bananas in pieces (from about kilometre 10 to kilometre 35),
 - d. natural mineral water.
 11. **The refreshment points** will be located on about: **kilometre 7.5; 12.5; 17.5; 22.5; 27.5; 32.5 and 37.5.**
At the refreshment points, there will be tables with:
 - a. sugar cubes,
 - b. bowls with clean water to dampen the sponges handed over with the starting kit by the organiser,
 - c. mineral water to drink.
 12. **The medical points** will be located at **the nutrition and refreshment points** and they will be operated by paramedics.
 13. **The toilet booths** will be located behind the **nutrition and refreshment points.**

IV. PARTICIPATION

1. Persons who will reach 18 years of age by 15 September 2019 will be entitled to take part in the 37th PKO Wrocław Marathon.
2. All participants of the 37th PKO Wrocław Marathon must be verified in the Marathon Office, which will be open for the competitors on 13 September 2019 from 2:00 p.m. to 10:00 p.m., on 14 September 2019 from 9:00 a.m. to 10:00 p.m. and on 15 September 2019 from 5:30 a.m. to 8:00 a.m. The starting kits will be handed over only on

13, 14, 15 September 2019 during the

verification. The kits not collected on these days will remain at the disposal of the organiser. The participants are obliged to:

- a. have an ID card or a passport for control of their identity, date of birth and citizenship, subject to point V/14b,
 - b. sign Appendix 1 hereto,
 - c. acknowledge receipt of the starting kit during the verification (race number, a set of pins to affix the number to the T-shirt).
3. Decisions of the doctors relating to continuation of the race during the event will be final and irrevocable.
 4. Time measurement and determination of the order in the 37th PKO Wrocław Marathon will be made by means of an electronic system with the use of electronic chips attached to participants' race numbers. Each participant after the identity check will be given a race number with an electronic chip. The first 50 runners will be classified according to their position at the finish line (gross time). The 51st and following participants will be classified according to the actual time of completing the race (net time). Possession of the number during the entire race, moving solely on the marathon route and passing through all time checking points will be the condition for taking part in the marathon and being classified in the final announcement. During the race, all competitors must have their race numbers fixed to their T-shirts on the chest. It is forbidden under the penalty of disqualification to cover one's race number (partially or fully) and to take short cuts.
 5. The competitors can leave their personal objects packed in bags in the deposit on 15 September 2019 from 7.30 a.m. to 9.00 a.m.. The bags may be collected from the deposit on 15 September until 4 p.m., on showing participant's race number. If a participant loses their race number, the organiser is no longer responsible if one's bag is collected by any other person.
 6. Changing rooms, toilets and showers with hot water are located at the Olympic Stadium in the Multifunctional Hall of the University School of Physical Education in Wrocław and will be made available on 15 September 2019 from 7:00 a.m. to 4:00 p.m.

V. APPLICATION

1. Applications for participation in the 37th PKO Wrocław Marathon will be accepted only electronically through completion of the application form available on the website of the marathon: www.wroclawmaraton.pl.
2. Submission of the application will be considered as performance of the following two activities by the competitor, in the following order:
 - a. completion of the application form available on: www.wroclawmaraton.pl,
 - b. payment for the starting kit via electronic payments in the online application panel or to the bank account of Gmina Wrocław (Commune of Wrocław) – Młodzieżowe Centrum Sportu Wrocław (Youth Sports Centre Wrocław) in PKO BP bank to the number: 13 1020 5226 0000 6602 0462 7032 (in the title please write: "opłata za pakiet maraton" (fee for the marathon) and give the name and surname of the competitor as well as their year of birth). SWIFT code: BPKOPLPW. The application date will be defined depending on the date of the last of the above activities.
3. **The competitors making the payments outside the electronic payment channel in the application panel are obliged to make the payment within maximum 3 working days from the date of completing the application form and to keep the payment confirmation.**
4. Cash payments will not be accepted.
5. Submitting the application for participation in the 37th PKO Wrocław Marathon constitutes confirmation that the participant has read these Regulations, undertakes to observe them and gives consent to their personal data processing and use of their image, including using this data on TV, radio, the Internet and in print, as well as to sending to the e-mail address of the participant information and questionnaires relating to competitions organised currently and in the future by the organisers of the 37th PKO Wrocław Marathon. The detailed scopes of the required consents are included in the declaration form constituting Appendix 1 to the Regulations.
6. Competitor's data and their race number will appear on the start list after recording of the payment. The organiser reserves the right to remove from the start list any content that is offensive or profane or violates third-party rights.
7. The competitor may hide their data on the start list by choosing the "anonymous" option when filling the application form. Such competitors will appear on the start list as "anonymous". Only their race number will be revealed.
8. **Deadline for applications and amount of the fees:**
 - a. due to the limited number of participants (**4,000 persons**), three deadlines will be available:
 - **1st deadline** – for the first 2,000 competitors, the entry fee will be PLN 110.00,
 - **2nd deadline** – for competitors 2,001 to 3,000, the entry fee will be PLN 140.00
 - **3rd deadline** – for competitors 3,001 to 4,000, the entry fee will be PLN 170.00,
 - b. the competitors who are 60 years of age or older (year of birth 1959 and earlier) and who send the completed application form by 31 August 2019 will pay the amount of PLN 1.00 for the starting kit.
 - c. For competitors taking part in the 7th PKO Wrocław Night Half Marathon and the 37th PKO Wrocław Marathon the total fee for both starting packages will be decreased by **PLN 20.00**. In the title, please write: 'opłata za Półmaraton i Maraton' (fee for Half Marathon and Marathon) – the total fee may be paid only

until 01 May 2019. Assignment of a number in the 7th PKO Wrocław Night Half Marathon will be possible within the available limit.

The competitors who make their payment between 10 and 14 September 2019 have to keep the payment confirmation.

A computer will be available in the Marathon Office for checking the payment and printing the confirmation.

8. The competitors can decide to not to take part in the 37th Wrocław Marathon until 15 August 2019. Resignations should be sent by e-mail to the address biuro@wroclawmaraton.pl. The payment reduced by PLN 10 will be paid back within 14 days from sending the resignation.
9. The competitors who submit the application after 16 August 2019 will get a standard race number (without name and surname) and the starting kit at the Marathon Office.
10. In case of non-exhaustion of the limit of competitors till 11 September 2019, the application form will not be available. After closure of electronic forms, application will be possible at the Marathon Office during verification on 13-14 September 2019.
11. The following persons are entitled to take part in the 37th PKO Wrocław Marathon after applying and paying PLN 1.00 before exhaustion of the limit of places or before 31 August 2019:
 - a. Grzegorz Lechowski and Marek Musiał - the Golden Two of the Wrocław Marathon,
 - b. Medal holders of the 26th Wrocław Open Competition in Long Distance Races,
 - c. winners of Wrocław Marathons and winners of the age categories from the 36th Wrocław Marathon,
 - d. handicapped competitors,
 - e. competitors invited by the Director of the Marathon.
12. Participants of the 11th edition of the "I Ty możesz zostać maratończykiem" ("You too can be a marathon runner") programme must submit their application as per the programme regulations.
13. The Marathon Office 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 is open from 8:00 a.m. to 3:00 p.m. The Office will be open under this address to Friday 13 September 2019 to 10:00 a.m., and after the marathon from 16 September 2019. On Friday 13 September 2019 from 2:00 p.m. to 10:00 p.m., on Saturday 14 September 2019 from 9:00 a.m. to 10:00 p.m. and on Sunday 15 September 2019 from 5:30 a.m. to – 8:00 a.m., the Marathon Office will 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; the verification of the competitors and hand over of the race numbers and kits will take place in this room.
14. **The condition for positive verification on 13-15 September 2019 will be:**
 - a. personal attendance of the competitor and submission of a signed declaration constituting Appendix 1 hereto, or
 - b. attendance of an authorised person who will be obliged to submit an original authorisation signed by the competitor on behalf of whom the verification is performed according to 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 the declaration – Appendix 1 hereto, signed by the competitor on behalf of whom the verification is performed.

VI. CLASSIFICATION

1. The following classifications will be held in the 37th Wrocław Marathon:
 - a. individual:
 - Women, • Polish female citizens,
 - Men, • Polish male citizens,
 - the following age categories for women and men:
 - **W and M - 20:** 18 - 29 years, - **W and M - 40:** 40 - 49 years, - **W and M - 60:** 60 - 69 years, - **W and M - 80:** 80 and above
 - **W and M - 30:** 30 – 39 years, - **W and M - 50:** 50 - 59 years, - **W and M - 70:** 70 - 79 years,
 - b. team: three best participants from each team, regardless of their sex, on condition that a uniform team name is stated on the application form (verdict is based on the lowest sum of times of the team members).
 - The competitors taking part in the marathon on wheelchairs with indirect drive will be classified in the following categories:
 - a. women,
 - b. men.
 - The competitors taking part in the marathon on wheelchairs with direct drive will be classified in the following categories:
 - a. women,
 - b. men.
 - Only 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 in the **18th Polish Teachers' Marathon Championship**. During the verification in the Marathon Office, it will be necessary to show a valid service card or a certificate confirming the fact of employment as a pedagogue. Without fulfilment of the conditions determined above, the competitor will not be classified in the 18th Polish Teachers' Marathon Championship. The following classification will be kept in the 18th Polish Teachers' Marathon Championship: women and men, as well as additional classifications:
 - 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 above,

f. Men - from 50 to 59 years,

g. Men - 60 years and above.

2. Only members of NSZZ 'Solidarność' may participate in the **8th Polish Solidarność Marathon Championship**. During the verification in the Marathon Office, it will be necessary to show a valid union card or a certificate from the union confirming membership in NSZZ 'Solidarność'. Without fulfilment of the conditions determined above, the competitor will not be classified in the 8th Polish Solidarność Marathon Championship.

The following classification will be kept in the 8th Polish Solidarność Marathon Championship: women and men, as well as additional classifications:

- a. Women - up to 35 years
b. Women - from 36 to 49 years,
c. Women - 50 years and above,

- d. Men - up to 39 years,
e. Men - 40 - 49 years,
f. Men - 50 - 59 years,
g. Men - 60 years and above.

3. Only persons working in the structures of the prison service may participate in the classification of **Officers and Employees of Prison Service**. During the verification in the Marathon Office, it will be necessary to show a valid service card or a certificate confirming the fact of employment in the prison service. The women's classification and the men's classification will be kept in the classification of Officers and Employees of Prison Service.
4. During the Marathon, from 9:10 a.m. to 2:00 p.m., a contest for the best team cheering the participants on the route will be held. The rules of the contest will be described in separate regulations that will be published on www.wroclawmaraton.pl by 20 August 2019.
5. The competitors who complete the 37th PKO Wrocław Marathon will get points in the 27th Open Long-Distance Running Wrocław Championship, according to the regulations of the Championship.

VII. PRIZES

1. The winners of the 37th Wrocław Marathon will receive:

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

- men's classification: 1st, 2nd, 3rd place,
- women's classification: 1st, 2nd, 3rd place,
- classification of female competitors on wheelchairs with indirect drive: 1st, 2nd, 3rd place
- classification of male competitors on wheelchairs with indirect drive: 1st, 2nd, 3rd place
- classification of female competitors on wheelchairs with direct drive: 1st, 2nd, 3rd place
- classification of male competitors on wheelchairs with direct drive: 1st, 2nd, 3rd place
- female citizens of the Republic of Poland 1st, 2nd, 3rd place
- male citizens of the Republic of Poland 1st, 2nd, 3rd place
- team classification: 1st, 2nd, 3rd place - 3 cups each.

b. cash prizes:

• **men's classification:**

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

• **women's classification:**

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

• **female citizens of the Republic of Poland:**

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

• **male citizens of the Republic of Poland:**

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

• **female competitors on wheelchairs with indirect drive:**

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

• **male competitors on wheelchairs with indirect drive:**

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

• **female competitors on wheelchairs with direct drive:**

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

• **male competitors on wheelchairs with indirect drive:**

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

2. The winners of the 37th PKO Wrocław Marathon will additionally receive cash bonuses for breaking the marathon record time: (women - Stelah J. Barsosio - time 2.28:14, men - Vladimir Tsiamchyk - time 2.13:28):

bonuses for 3 fastest women			
	< 02:28:14	< 02:30:00	< 02:32:00
1st place	PLN 8,000	PLN 2,500	PLN 2,000
2nd place	x	PLN 2,000	PLN 1,500
3rd place	x	PLN 1,500	PLN 1,000

bonuses for 3 fastest men			
	< 02:13:28	< 02:15:00	< 02:17:00
1st place	PLN 8,000	PLN 2,500	PLN 2,000
2nd place	x	PLN 2,000	PLN 1,500
3rd place	x	PLN 1,500	PLN 1,000

3. The winners in the age categories of women and men will acquire the right to take part in the 38th PKO Wrocław Marathon on preferential terms (on condition of applying by 30 April 2020),
4. The cups and the prizes will be handed in to the winners of the 37th PKO Wrocław Marathon according to the minute programme of the event. It will be possible to collect the prizes not collected during the decoration within 30 days from the marathon date. After that time, the prizes will remain at the disposal of the organiser.
5. The material prizes will be given to:
 - “the Golden Two” of the Wrocław Marathon,
 - The best citizen of Lower Silesia (woman and man) in the 37th PKO Wrocław Marathon,
 - The best citizen of Wrocław (woman and man) in the 37th PKO Wrocław Marathon.
6. The cups will be given to:
 - Competitors from 1st - 3rd place in the 18th Polish Teachers' Marathon Championship in the in classification of women and men.
 - Competitors from the 1st places in the classification of age categories in the 18th Polish Teachers' Marathon Championship,
 - Competitors from 1st - 3rd place In the 18th Polish Teachers' Marathon Championship in the in classification of women and men,
 - Competitors from the 1st places in the classification of age categories in the 8th Polish Solidarność Marathon Championship,
 - Competitors from 1st - 3rd place in the Officers and Employees of Prison Service women's and men's classification.
7. The best teams cheering the competitors will obtain prizes according to the contest regulations.
8. All female and male competitors who complete the marathon in 6 hours will receive medals. The medals will be handed in after passing of the finishing line.
9. Personal income tax will be deducted from the cash prizes and bonuses in compliance with applicable legal provisions.
10. The cash prizes and bonuses won by the competitors will be provided solely via bank transfer to the indicated personal bank account of the competitor to 31 October 2019.
11. The competitors may be subjected to anti-doping tests after the race. The tests will be conducted by the Anti-Doping Commission. Every competitor selected by the Anti-Doping Commission will be obliged to undergo the anti-doping tests, under the rigour of disqualification. In case of detection of prohibited substances in sample A, a competitor will 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 will be kept on the list, while in case of confirmation of the result of sample A, the Director of the Wrocław Marathon will disqualify the competitor. The disqualification will be final and the provisions of PZLA (the Polish Union of Athletics) relating to the appeal possibility will not apply thereto.
12. The list of prohibited substances is determined in Appendix no. 1 to the International Convention Against Doping in Sport of 19 October 2005, with amendments.

VIII. ACCOMODATION

1. The organiser will provide a part of the competitors with accommodation in dormitories. The competitors will get the information and make the booking and the payment on their own in:
 - a. “Spartakus” student dormitory and the University School of Physical Education Camping, Olympic Stadium, phone +48 713473385. Bookings are possible after 15 April 2019.
 - b. “Bliźniak” student dormitory of Wrocław Medical University, Wojciecha z Brudzewa12, phone +48 713484232, ext. 22, e-mail: anna.kardela@umed.wroc.pl
2. Persons interested in accommodation in hotels or interested in other tourist services should 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 will receive natural spring water, isotonic drink, tea, banana and regeneration meal. The meals will be given on the basis of the race number.
2. Nutrition on the route during the race is determined in point III of this document.
3. ‘Pasta Party’ will take place on 14 September 2019 from 4:00 p.m. to 8:00 p.m. at the Olympic Stadium. Every participant who performs the verification on 13 and 14 September 2019 to 7:50 p.m. and who carries the race number will get a serving.

X. FINANCING

1. The cost of the organisation of the 37th PKO Wrocław Marathon are covered by:
 - a. Gmina Wrocław (commune of Wrocław),
 - b. PKO BP - the titular sponsor,
 - c. Partners and institutions supporting the 37th PKO Wrocław Marathon.
2. The costs of the entry fee, travels and other services will be covered by the event participants
3. The verified competitors will be entitled to free use of collective urban and suburban transport (tramways, buses) on 14 and 15 September 2019 against demonstration of the race number.
4. Within the fee for the starting package, the participant will obtain:
 - a. race number + pins,
 - b. sponge,
 - c. drinks, bananas, sugar on the route and at the finishing line,
 - d. regulations with the map of the route,
 - e. sports T-shirt,
 - f. potential gifts.

XI. FINAL PROVISIONS

1. The organiser will provide medical care at the start, on the route and at the finishing line of the Marathon. Medical teams will move on the route and provide aid according to 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 will be accepted by the stage of the 37th PKO Wrocław Marathon, on 15 September 2019, until 4 p.m. The protests will be examined within 1 hour from their submission
3. The participants of the race are obliged to wear aesthetic clothes and sports shoes in compliance with the provisions of PZLA.
4. The competitors confirm that they take part in the Marathon on their own responsibility and bear the risk connected with it, 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 will be able to use the car with the inscription "Koniec Biegu" (End of Race), which will take them to the Olympic Stadium.
6. Only vehicles with a special pass, displayed in a visible place, will be allowed to move on the route of the marathon.
7. The competitors will be insured against accidents. The details of the policy (insurer, policy number, guaranteed insurance sum, general insurance terms & conditions) will be published on the website, in "Regulamin" (Regulations) section by 30 August 2019.
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. Appendices 1 and 2 constitute are the integral part of the Regulations.

Director of the 37th PKO Wrocław Marathon.

Wojciech Gęstwa