



EVIKO Suusarull Lange Stage Rules June 16th 2019

1. Place, distance and program

Place: Lange motocenter, Kastre parish, Tartu county, <http://langemotokeskus.com>

Race format: Sprint in Free technique

Main races are held as follows:

Pre-races: Interval starts, 15 seconds between racers.

According to results of pre-races up to 30 participants from each age class will continue in final races.

Pre-race results define starting positions for finals.

Final races take place for each age group from mass start.

Starting positions are as in formula system.

Super Final 20 best times of pre-races from age groups MW16, MW20, MW, W35+, W45+ will go to the Super Final.

Program:

Secretariat is open from 9 (registering in the start until 9.30)

The track is open for warm-up 9.00 – 9.55

Start times from 10.00

Rewarding ca 13.00

The start list and final program will be published on June 14th, the latest.

2. Age groups

W12 (born between 2007-2008), **M12** (2007-2008), **W14** (2005-2006), **M14** (2005-2006), **W16** (2003-2004), **M16** (2003-2004), **W20** (1999-2002), **W** (1985-1998), **M20** (1999-2002), **M** (1975-1998), **W35+** (born 1984 or earlier) ja **M45+** (born 1974 or earlier).

Participants born later than 2008 have to present a written permission from a coach. Organizers have the right to re-arrange age groups according to the number of registered participants.

3. Equipment

Organisers will provide rollerski equipment for all competitors, which will be distributed immediately before the start.

- **KV+ Launch Skate**, for age groups **M16, M20, M ja M45+**
- **START** for age groups **M12, M14** and **all Women**

For warm-up the competitors are required to use their own rollers.

To prepare the rollers provided by organizers, please mark the type of your binding to the registration form.

4. Registering

Pre-registering until **June 12th 2019**.

For registering please fill the form in the website www.tartusuusaklubi.ee

The number of new registerers at the start site is limited.

5. Entry fees

- Entry fee for stage:

- Years of birth 1999 and later pre-registered **7€** (registering after **June 12th** and in the start 15€)

- Years of birth 1998 and earlier pre-registered **15€** (registering after **June 12th** and in the start 30€)

The entry fee has to be paid on the MTÜ Tartu Suusaklubi bank account EE402200221010980313 in Swedbank, marking EVIKO Suusarull and participant's name as an explanation. You can also pay in cash at the start when receiving your start number. In case you cannot participate, the entry fee will not be refunded.

6. Safety

Participants must wear **helmet** during the race. Racers without helmet are disqualified. Racers without a helmet and/or glasses are not allowed to start. It is also recommended to use additional protective gear.

All participants will compete on their own responsibility. It is presumed that participants won't do any dangerous moves and avoid pushing. Clear violators are disqualified.

7. Responsibility

Everybody whose physical form and training allows covering their race distance can participate at EVIKO Suusarull. By registering, each participant confirms that he/she has read and fully understands these rules and competes at his/her own responsibility. Responsibility for minors is covered by their parents. It is highly recommended to have a health insurance. Organisers are not responsible for any health concerns, accidents, loss or breakage of personal equipment.

8. Medical help

Medical service is provided by professional medical staff. If you notice someone in need for medical help, please notify medical workers, organisers or call 112 for emergency. It is not recommended to participate when feeling bad.

9. Information and results

Information and results will be posted on the website www.tartusuusaklubi.ee and EVIKO Suusarull Facebook page.

Preliminary results are published at the race site.

Protests must be submitted to the secretariat no later than 15 minutes after the publication of preliminary results.

10. Prizes

Three best in adult and age groups W20/M20 and five best in youth age groups receive diplomas and presents from sponsors.

11. Additional information

All issues not discussed in this guide will be solved by organising committee. Organisers will follow present rules, but have the right to change them, if it is in the best interest of the race and competitors.

12. Organisers

MTÜ Tartu Suusaklubi amateur skiers

The team:

Andres Nurk +372 51 46 181 the race manager

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