



EVIKO Suusarull Tartu Stage **TARTU SÜGISRULL 2019** September 21st 2019

Rules

1. Place, distance and program

Place: Tähtvere Sports Park in Tartu

Distances:

Running on ca 1200 m lap + ski boot exchange + rollerskiing on ca 800m lap

The competition starts with running from mass start for each age group. Running with ski boots is not allowed.

Running and boot-rollerski exchange is included in overall time.

Double poling has to be used last 50 metres!

W12, W14, M12, M14	running 1,2 km (1 lap) + rollerskiing 2,4 km (3 laps)
W16, M16, W20, W, W35+	running 2,4 km (2 lap) + rollerskiing 4 km (5 laps)
M20, M, M45+	running 2,4 km (2 lap) + rollerskiing 5,6 km (7 laps)

Program:

The track is open for warm-up 10.00 – 10.55

Start times from 11.00

The start list and final program will be published on September 20th, 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 **W20, W, M16, M20, M** and **M45+**
- **START** for age groups **W/M12, W/M14, W16** and **W35+**

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 **September 18th 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 **September 18th** and in the start 15€)
- Years of birth 1998 and earlier pre-registered **15€** (registering after **September 18th** 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 A HELMET DURING THE ROLLERSKIING. Racers without helmet are disqualified. Racers without a helmet and/or glasses are not allowed to rollerskiing 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. Special prize for the fastest ski boot exchanger.

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

The team:

Andres Nurk +372 51 46 181 the race manager
Ave Nurk +372 51 56 160 secretary
Kristjan Külm +372 55 522 426 chief judge
Jaak Teppan +372 51 53 557 timing

e-mail: suusarull@suusaklubi.ee

