



## EVIKO Suusarull Kubija Stage Rules September 4th 2016

### 1. Place, distance and program

**Place:** Kubija rollerski track, Võrumaa

**Distances:**

All races are held on a 2,2 km lap as follows:

M, M45+, M20	10 laps (22 km)
M16, N20, N, N35+	6 laps (13,2 km)
M14, N16	4 laps (8,8 km)
N14	3 laps (6,6 km)

The races are from interval start for two racers at the same time.

**Program:**

The track is open for warm-up / rollerski inspection and marking 10.00 – 11.15

Start times from 11.30

Rewarding ca 15.30

The start list and final program will be published on September 2nd, the latest.

### 2. Age groups

**W14** (born between 2002-2005), **M14** (2002-2005), **W16** (2000-2001), **M16** (2000-2001), **W20** (1996-1999), **W** (1982-1995), **M20** (1996-1999), **M** (1972-1995), **W35+** (born 1981 or earlier) ja **M45+** (born 1971 or earlier).

Participants born later than 2005 have to present a written permission from a parent or coach. Organisers have the right to re-arrange age groups according to the number of registered participants.

### 3. Equipment

Restrictions for equipment:

- Participating in age groups **W/M 14, W/M 16, W20, W and W35+** is allowed only on Start Skating 71 or Pro Ski S2 (max wheel diameter 71 mm and width 30 mm) rollerskis.
- Participating in age groups **M20, M and M45+** is allowed only on rollerskis with length between the wheels not less than 530 mm and with 100 mm diameter rubber wheels, which are not rolling faster than skis on normal snow (e.g. Swenor Skate Elite wheels no 2 or 3).
- Organisers are checking personal rollerskis before each race to make sure they qualify. Competing with rollerskis that do not qualify is not allowed.
- It is compulsory to use ski poles.
- Rollerskis need to have ski bindings.
- Ski boots have to be attached to rollerskis using ski bindings.

It is possible to rent rollerskis (price per stage is 10€ / a set). Please apply when registering.

### 4. Registering

Pre-registering until **August 31th 2016**.

For registering please fill the form in the website [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

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

## 5. Entry fees

- Entry fee for each stage:
  - Age groups W14, M14, W16, M16, W20, M20 pre-registered **5€** (registering in the start 10€)
  - Age groups W and M, W35+ and M45+ pre-registered **12€** (registering in the start 25€)
- 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 and glasses during the race. Racers without a helmet and/or glasses are not allowed to start. Racers without helmet are disqualified. It is also recommended to use additional protective gear. All participants will compete on their own responsibility. The track is closed for traffic. All participants remarkably slower or left behind have to move to the right side of the road and let other racers pass without complications. Double poling has to be used, when necessary. 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 following websites: [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee), [www.suusaliit.ee](http://www.suusaliit.ee) and EVIKO Suusarull Facebook page.

Preliminary results are published at the race site and on [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

## 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:

<b>Andres Nurk</b>	<b>+372 51 46 181</b>	<b>the race manager</b>
Ave Nurk	+372 51 56 160	registering, fees
Kristjan Külm	+372 55 522 426	equipment and tracks
Airi Undrits	+372 53 448 521	secretary
Jaak Teppan	+372 51 53 557	timing

e-mail: [suusarull@suusaklubi.ee](mailto:suusarull@suusaklubi.ee)

