



## EVIKO Suusarull Holstre-Polli Stage Rules ESTONIAN CHAMPIONSHIPS IN ROLLERSKIING August 27th 2017

### 1. Place, distance and program

**Place:** Holstre-Polli Sportscentre, Viljandimaa

#### Race format:

All races are held in free technique from interval start on a 2,1 km lap as follows:

W12, M12	2 laps (4,2 km)
W14	3 laps (6,3 km)
W16, M14	4 laps (8,4 km)
M16, W20, W, W35+	6 laps (12,6 km)
M20, M, M45+	10 laps (21 km)

#### Program:

Secretariat is open 9.00

Team captains' meeting 10.00

The track is open for warm-up 10.00 – 10.50

Starts from 11.00

Rewarding ca 15.00

The start list and final program will be published on August 25th, the latest.

### 2. Age groups

**W12** (born between 2005-2006), **M12** (2005-2006), **W14** (2003-2004), **M14** (2003-2004), **W16** (2001-2002), **M16** (2001-2002), **W20** (1997-2000), **W** (1983-1996), **M20** (1997-2000), **M** (1973-1996), **W35+** (born 1982 or earlier) ja **M45+** (born 1972 or earlier).

Participants born later than 2006 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.

Age groups **M20**, **M** and **M45+** compete together to ascertain the champion of Estonia in **M** absolute class, age groups **W20**, **W** and **W35+** compete together in age group **W**.

Athletes with Estonian citizenship can participate in Estonian Championships. Athletes who do not have Estonian citizenship can not participate in Estonian Championships, but take part in the EVIKO Suusarull in their own age groups.

For EVIKO Suusarull series all age groups will get points in this stage according to their own age groups.

### 3. Equipment

**Organisers will provide official rollerski equipment for all competitors. 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 **August 23rd 2017**.

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:

- Years of birth **1997 and later** pre-registered **5€** (registering after **August 23rd** and in the start 10€)
- Years of birth **1996 and earlier** pre-registered **12€** (registering after **August 23rd** and 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.

**Protest fee of Estonian Championships is 50 EUR.**

#### 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. 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.

**The organizers carry out control of laps. Information about the correct number of laps is in competitor's own responsibility.**

#### 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)

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, three best receive medals.

**Three best in woman and three best in men groups in the Estonian Championships will be awarded in according to General Rules of Estonian Championships.**

#### 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	race manager
Ave Nurk	+372 51 56 160	registering, fees
Kristjan Kül	+372 55 522 426	equipment and tracks
Airi Undrits	+372 53 448 521	secretary
Jaak Teppan	+372 51 53 557	timing

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