



EVIKO Suusarull Põlva Stage Rules June 11th 2016

1. Place, distance and program

Place: Kesk Street, Põlva

Race format: Uphill sprint (700m) in classic technique

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

According to results of pre-races 24 participants from each age class will continue in final races.

Final races (quarter finals, half-finals, finals) take place for each age group from mass start.

The final timetable and format of final races will be determined after the end of registering.

Program:

Rollerski inspection and marking 9.30 – 10.00

The track is open for warm-up 10.00 – 10.15

Pre-races according to age groups 10.20 – 10.50

The track is open for warm-up 11.00 – 11.20

Final races from mass starts 11.20 – 14.35

The start list and final program will be published on June 9th, 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.

NB! To ascertain the skiers representing Estonia in Rollerski World Cup age groups **M** and **M20** will start and compete in Põlva stage together in age group **M**, age groups **W** and **W20** start and compete together in age group **W**.

For EVIKO Suusarull series the age groups **W20** and **M20** will get points in this stage according to their own age groups.

3. Equipment

Restrictions for equipment:

Participating is allowed only on rollerskis with length between the wheels not less than 530 mm, which minimum width of the rubber wheels is 38 mm and which are not rolling faster than skis on normal snow (e.g. Swenor Fibreglass Cap wheels no 2, Elpex, Pro-Ski (Swix) C2 or slower).

- 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.

- Organisers will provide official rollerski equipment for final races. In pre-races the competitors are allowed to use their own rollers, which respond the above-mentioned restrictions. 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 9th 2016**.

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 each stage:
- Years of birth 1996 and later pre-registered **5€** (registering in the start 10€)
- Years of birth 1995 and earlier 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. 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, www.suusaliit.ee and EVIKO Suusarull Facebook page.

Preliminary results are published at the race site and on 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.

The best man and woman with Estonian citizenship have the opportunity to represent Estonia in Rollerski World Cup, which takes place from July the 1st to July 3rd in Croatia.

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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Kristjan Külm	+372 55 522 426	equipment and tracks
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