



EVIKO Suusarull TERMINAL Stage Rules May 28th 2016

1. Place, distance and program

Place: Kuningamäe cart track, Põltsamaa

Each participant rollerskis two races as described:

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

Pre-race distance is one lap (750m).

Pre-race results define starting positions for finals.

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

Final race distance is two laps (1,5km).

Starting positions are as in formula system.

All competitors are allowed to start in final races.

The winner of the final race is the winner of the stage in each age group.

Program:

The track is open for warm-up / rollerski inspection and marking 9.00 – 9.50

Pre-races according to age groups 10.00 – 10.40

The track is open for warm-up 10.40 – 11.00

Final races from mass starts 11.05 – 14.00

The start list and final program will be published on May 26th, 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 and W/M 16 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 W/M20, W/M and W35+/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 **May 24th 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:
 - 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, 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.

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
Ave Nurk	+372 51 56 160	registering, fees
Kristjan Külm	+372 55 522 426	equipment and tracks
Airi Undrits	+372 53 448 521	secretary
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Name sponsor of stage:

