



JÕULUMÄE
TERVISESPORDIKESKUS



EVIKO Suusarull Jõulumäe Stage NEVENE ROLLERSKI MARATHON 2019 August 4th 2019

Rules and Program

1. Place, distance and program

Place: Jõulumäe Sports Centre, Pärnu County, Estonia (www.joulumae.ee)

Race format:

The marathon is held in free technique. Those who compete in classical technique are not allowed to skate!

All distances are skied on a 3,5 km lap as follows:

W12, M12, W14, M14	3 laps (8 km)
W16, M16, W20	6 laps (18,5 km)
M20, W, M, W35+, M45+	13 laps (43 km)

First lap is skied on a 1 km lap.

NB! On the first 200 m skating is not allowed! Only double poling with parallel skis!

Program:

Administration open	10.00 (registering in the start until 10.30)
The track is open for warm-up	10.00 – 10.55
Start times from	11.00
Rewarding	ca 16.00

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

Dividing participants into starting groups will be decided one hour before the start the latest according to the number of participants. Organizers have the right to move skiers with better ranking forward in the start group.

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.

Classical skiers will race from the same start as all others and get a result in overall ranking (incl EVIKO Suusarull points) according to their age group. The organizers reserve rights to make changes in the start setup.

3. Equipment

- Participating in age groups **W12, M12, W14** and **M14** is allowed only on organizer's **START roller skis**
 - Participating in age groups **W16, M16, W20** is allowed only on organizer's **roller skis KV+ Launch Skate**
 Organizer's rollers will be distributed immediately before the start. **For warm-up the competitors are required to use their own rollers.**

- Participating in age groups **M20, W, W35+, M** and **M45+** is allowed with equipment corresponding to FIS rules:

- roller skis have to be commercially available
- the distance between roller ski axles cannot be less than 530 mm
- the wheel diameter cannot be more than 100 mm

- It is compulsory to use ski poles.

- Roller skis need to have ski bindings.

- Ski boots have to be attached to roller skis using ski bindings.

4. Registering

Pre-registering until **July 31st 2019**.

For registering please fill the form in the website www.tartusuusaklubi.ee

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

5. Entry fees

- Entry fee for each stage:

- Years of birth **1999 and later** pre-registered **7€** (registering after **July 31st** and in the start 15€)

- Years of birth **1998 and earlier** pre-registered **15€** (registering after **July 31st** 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 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. 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. Organizers 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, organizers 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 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.

11. Additional information

All issues not discussed in this guide will be solved by organizing committee. Organizers will follow present rules, but have the right to change them, if it is in the best interest of the race and competitors.

12. Organizers

MTÜ Tartu Suusaklubi amateur skiers

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

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