



EVIKO Suusarull Tartu Stage DECORA TARTU SÜGISRULL 2017 September 17th 2017

Rules

1. Place, distance and program

Place: Tähtvere Sports Park in Tartu

Distances:

Running on ca 1200 m lap + ski boot exchange + rollerskiing on ca 800m lap

The competition starts with running from mass start for each age group. Running with ski boots is not allowed.

Running and boot-rollerski exchange is included in overall time.

Double poling has to be used last 50 metres!

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|------------------------|---|
| W12, W14, M12, M14 | running 1,2 km (1 lap) + rollerskiing 2,4 km (3 laps) |
| W16, M16, W20, W, W35+ | running 2,4 km (2 lap) + rollerskiing 4 km (5 laps) |
| M20, M, M45+ | running 2,4 km (2 lap) + rollerskiing 5,6 km (7 laps) |

Program:

The track is open for warm-up 10.00 – 10.55

Start times from 11.00

The start list and final program will be published on September 15th, 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.

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 **September 13th 2017**.

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 stage:

- Years of birth 1997 and later pre-registered **5€** (registering after **September 13th** and in the start 10€)

- Years of birth 1996 and earlier pre-registered **12€** (registering after **September 13th** 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.

6. Safety

PARTICIPANTS MUST WEAR A HELMET DURING THE ROLLERSKIING. Racers without helmet are disqualified. Racers without a helmet and/or glasses are not allowed to rollerskiing start. 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.

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 website 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. Special prize for the fastest ski boot exchanger.

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

The team:

| | | |
|---------------|-----------------|----------------------|
| Andres Nurk | +372 51 46 181 | the race manager |
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| Airi Undrits | +372 53 448 521 | secretary |
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