

EXTRACT OF RULES & REGULATIONS

16th Krakowski Półmaraton Marzanny - halfmarathon

and

5th Krakowski bieg z Dystansem „Dla małych serc” - 10km

1. DATE:

Sunday, 24th March 2019, 11:00 AM
(half marathon and 10 km)

2. PLACE AND ROUTE:

A. Starting point:

- Half marathon – Cracow’s Błonia
- 10 km - Vistula Boulevards

B. Finish line:

Cracow’s Błonia

C. Distance:

- 16. Krakowski Półmaraton Marzanny – 21,097km
- 5. Krakowski bieg z Dystansem „Dla małych serc” - 10km

D. Description of the routes :

Half Marathon:

START - al. 3 Maja, al. Focha , Królowej Jadwigi, Księcia Józefa, Most Zwierzyniecki, ulica przy stadionie KS Tramwaj aż do ul. Praskiej, Bulwar wzdłuż Tynieckiej, Bulwar Poleski, Bulwar Wołyński, Ludwinowska, Most Retmański, Rollego, Bulwar Podolski , Kładka Ojca Bernatka, Bulwar Kurlandzki, Bulwar Inflancki, Bernardyńska, Świętego Idziego ,Kanonicza, Senacka, Poselska, planty do ul. Podzamcze, Podzamcze, Centrum Obsługi Ruchu Turystycznego, Bulwar Czerwieński, Bulwar Rodła, Flisacka, Kościuszki, Królowej Jadwigi, Jaxy Gryfity, Emaus, Focha ,Piastowska, **aleja 3 Maja – finish line.**

10 km:

STARTING POINT of the run: near the „Church on Skałce”, Bernardyńska, Świętego Idziego, Kanonicza, Senacka, Poselska, planty do ul. Podzamcze, Podzamcze, Centrum Obsługi Ruchu Turystycznego, Bulwar Czerwieński, Bulwar Rodła, Flisacka, Kościuszki, Królowej Jadwigi, Jaxy Gryfity, Emaus, Focha, Piastowska, **aleja 3 Maja – finish line.**

E. Routes have a PZLA certificate.

3. TERMS AND CONDITIONS OF ENTRY:

1. For the start in both half marathon and 10 km run you need to fulfil all the below criteria:

- Be at least 18 years old by the 24th March 2019
- register online or at the Competition Office at the date of runs (unless the limitation will be reached already) and pay the starting fee.
- Show ID card and sign statement about the lack of health contraindications to start in the race and knowledge of these regulations and its acceptance, a statement of consent to use their image for the promotion of runs organized by KKB Dystans and the processing of personal data for the purpose of the event.

2. The competitors before the start are obliged to go in the zone in accordance with the planned time of finishing the race they already have claimed.

3. Time limit to cover the route:

Half marathon **3 hours 15 minutes**,
10 km **1 hour 30 minutes**.

4. The competitors who will not reach the finish line in the mentioned times are obliged to stop the run. People on the route after the end of time limit are obligated to comply with traffic regulations.

Attention!

Restrictions mentioned above also apply to runners who will be on 16km route after 2 hours and 40 minutes.

5. The organizer sets the limit of starting competitors for:

Half Marathon - 4000 people
10 km run - 1500 people

6. Measurement of time: electronic with chips (put between laces).

7. Net time measurement. For the first 50 players, gross time measurement.

4. THE SCHEDULE OF COMPETITION:

Saturday 23rd March 2019

4 pm – Competition Office open,
9 pm - Competition Office close.

Sunday 24th March 2019

7 am - Competition Office open,
10.15 am – Applications deadline (both runs),
10.40 am - Symbolic farewell to winter - drowning Marzanna,
11.00 am – Runs starts,
2.30 pm – Official closure

5. COMPETITION OFFICE:

1. Localization will be announced few weeks before competition.
2. Open hours of Office:
 - ✓ 23rd March : 4 pm – 9 pm,
 - ✓ 24th March : 7 am - 10.15 am.
3. Deposit of clothing open at. 8:30 am - 2:30 pm (clothing bags will be available for collection on deposit). Deposit for halfmarathon will be located near the Race Office.
4. The organizer do not take responsibility for valuable items deposited in the storage room.
5. The organizer provides a handy deposit near the starting point of the 10km run which will be delivered to the main deposit (near the race office).

6. REGISTRATION AND FEES:

A. Registration:

- ✓ online: till 17th March 2019 by
<http://www.PolmaratonMarzanny.pl/formularz-zapisow>
- ✓ at Competition Office on 23rd-24th March 2019

B. Fees:

Form of paying	Dates	21km	10km
transfer	till 6 th January 2019 (sunday)	55 zł	40 zł
transfer	till 24 th February 2019 (sunday)	70 zł	45 zł
transfer	till 17 th March (sunday)	90 zł	50 zł
By cash at Competition Office (under conditions of not reached limitation of 4000 competitors – half marathon and 1500 competitors – 10km)	23 rd - 24 th March 2019 (Saturday, Sunday)	110 zł	70 zł

In case of registration at Competition Office paying must be done **IN CASH** and in polish currency – **PLN**.

Fee can be payed after registration finished. Registration and payment can be done through <http://www.polmaratonmarzanny.pl/formularz-zapisow>

payment can be done also through wire transfer:
KKB Dystans, ul. Glinik 108a, 31-990 Kraków,

SWIFT Alior Bank: **ALBPPLPW**
PL 67 2490 0005 0000 4600 8313 8502

Title of the transfer:

- Półmaraton Marzanny 2018, name and surname, year of birth - **for Half Marathon**
- IV Bieg z Dystansem "Dla małych serc" , name and surname, year of birth – **for 10 km run**
- Payed fee is non-refundable.

D. The fee may be transferred to another participant, however not later than by 24th February 2019.

Group registration: **10% discount get groups with minimum of 10 participants** - the total quantity in both runs

1. Group members sign up for the start list individually
2. The group coordinator creates a list of group participants
3. The group coordinator sends the group's list to the following address:
dystans@dystans.krakow.pl
4. The group coordinator makes a collective payment.
5. To the previously given list by the coordinator, it can not be added individually.
6. Adding more members of the group and transferring the entry fee must be made by the same coordinator, however, it can not be less than 5 people

7. Group members do not have to belong to one Club, Association or Running Group.
8. The group can participate in both races, for example: 5 people in the 15th Cracow Half Marathon of Marzanna and 5 people in the 4th Cracow Run with the distance.
9. After the deadline for online registration (after 17/03/2019) it is not possible to change the team.

7. BENEFITS:

1. Each competitor will receive a starter pack, a commemorative t-shirt, and after the race a commemorative medal.
2. The organizer provides drinks along the route.
3. The organizer provides medical care on the route and at the finish line.
4. At the end of the race, competitors will receive a warm meal (based on the starting number).
5. After finishing the race, each competitor will have the opportunity to use the cloakroom and showers.
6. The organizer provides free transport of participants from the Competition Office to the starting line of the race for 10km.
7. The organizer ensures the participation of pacemakers, who will help participants get net times in accordance with the selected time zone: 1:29, 1:39, 1:49, 1:59, 2:09 and 2:19.

NOTE: The organizer does not plan to place nutrients on the players' nutritional points.

8. CATEGORIES

A. General Women, General Men (10/21.1 km).

B. Poland Women, Poland Men (10/21.1 km). – **Polish citizenship is obligatory.**

C. Age categories (10/21.1 km):

Women:

K-18: 18-29 years old
K-30: 30-39 yo
K-40: 40-49 yo
K-50: 50-59 yo
K-60: 60 yo and up

Men:

M-18: 18-29 years old
M-30: 30-39 yo
M-40: 40-49 yo
M-50: 50-59 yo
M-60: 60-69 yo

D. Doctors – General Women, General Men.

M-70: 70 yo and up

Regulations of 15th Cracow Half Marathon of Marzanna and 4th Cracow Run with Distance "Dla małych serc"

E. Team classification:

1. In the team classification, the sum of the times of the seven fastest competitors of the same group, club or team counts.
2. Every team member who in the "Club" column correctly types the name of his team will take part in the team classification.
3. At least five teams must take part in order to be able to carry out the classification.
4. The classification will be held separately in the Run with Distance and the Krakow Half-marathon

Note: age categories apply to at least 10 people in a given age group

13. PRIZES:

The organizer provides prizes in the value of:

Half marathon :

A.General – OPEN (women and men)

Ist place: 300 zł

IInd place: 200 zł

IIIrd place: 100 zł

B. Age categories (women and men)

Ist place: 100 zł

IInd place: 50 zł

IIIrd place: material reward

10km run:

A. General – OPEN (women and men)

Ist place: 300 zł

IInd place: 200 zł

IIIrd place: 100 zł

B. Age categories (women and men)

Ist place: 100 zł

IInd place: 50 zł

IIIrd place: material reward

Poland Classification – Half marathon (women and men):

Ist place: 1500 zł

IInd place: 1000 zł

IIIrd place: 500 zł

Poland Classification – 10 km run (women and men)

Ist place: 700 zł
IInd place: 500 zł
IIIrd place: 300 zł

Team Classification – Half maraton

Ist place: 400 zł
IInd place: 300 zł
IIIrd place: 200 zł

Team Classification – 10 km

Ist place: 400 zł
IInd place: 300 zł
IIIrd place: 200 zł

- ✓ Runners awarded in the OPEN category and the Poland category will not be awarded in age categories.
- ✓ The prizes not collected until 24/04/2019 will become the property of the organizer.

14. FINAL REGULATIONS:

1. The competition will take place regardless of weather conditions.
2. Starting numbers should be placed on the front, on the outerwear, so that they are visible to the referees throughout the run.
- 3. Anti-doping control may be carried out during the competition.**
4. Due to some of the streets in the historical center of the city have pavement from paving stones, it is impossible to participate in wheelchairs, rollers, etc.
5. Accepting the starting number is tantamount to acceptance of these Regulations.
6. The organizer allows receipt of the number and starter package by third parties, after handing in the participant's written authorization in the Competition Office. The authorization can be printed from the website of the event.
7. Only athletes in sports footwear are allowed to participate in the competition.
8. Competitors take part in competitions at their own risk (it is recommended to carry out appropriate medical examinations and self-insurance).
9. The organizer does not provide participants with insurance against accidents.

10. It is forbidden to start competitors who are under the influence of alcohol or other intoxicants.
11. For security reasons, the Organizer recommends not using musical equipment (such as mp3 players, radios, cell phones, etc.) in particular in a way that prevents contact with other participants or organizers (PZLA and IAAF regulations).
12. Competitors moving off the designated route will be disqualified.
13. In order to ensure safety, all competitors must strictly follow the recommendations of the services securing the route.
14. The organizer does not allow Nordic Walking competitors to participate in the race for 10 km.
15. The organizer does not allow competitors running with animals on a leash.
16. Written protests are received by the Chief Competition Judge by 2:30 pm on the day of the race.
17. The organizers reserve the final right to a binding interpretation of the regulations in disputable situations.
18. In exceptional cases, the organizer reserves the right not to allow a competitor to participate in the competition, taking into account the rules of social coexistence and the nature of the competition.

Head of the run

Ryszard Machlowski

In case of questions do not hesitate to contact: Kamil Wojtas, kamil.wojtas@dystans.krakow.pl