



40. ŠMARNNA GORA MOUNTAIN RUNNING RACE

SLOVENIAN MOUNTAIN RUNNING CUP – FINAL RACE

WORLD MOUNTAIN RUNNING CUP – FINAL RACE

REGULATIONS

ORGANIZER: Running club »Smarnogorska naveza« in co-operation with Athletic Federation of Slovenia – Mountain Running Committee, WMRA & IAAF and inn Ledinek, Smarna gora

DATE: SATURDAY, 12. OCTOBER 2019, start at 10:00

VENUE: Ljubljana; start in sport park Rocen, 10 km NW from Ljubljana; finish on the Smarna gora summit.

COURSE »C«: first 700 m asphalt, the rest forest path

	length	ascent	descent	categories	Start at
➤ Course »A«:	0,65 km	85 m	/	M/W 1 M/W 2	09:55 10:00
➤ Course »B«:	2,5 km	250 m	30 m	M/W 3	10:00
➤ Course »C«:	10,0 km	710 m	350 m	M/W 4, 5, 6, 7	10:00

CATEGORIES:

➤ Course »A«:	W 1 junior girls	M 1 junior boys	U12	born 2008 – 11
	W 2 girls	M 2 boys	U14	born 2006 – 07
➤ Course »B«:	W 3 senior girls	M 3 senior boys	U16	born 2004 – 05
➤ Course »C«:	W 4 junior women	M 4 junior men	U20	born 2000 – 03
	W 5 ladies	M 5 men		born 1980 – 99
Mountain Running	W 6 senior ladies 1	M 6 senior men 1		born 1970 – 79
WORLD CUP	W 7 senior ladies 2	M 7 senior men 2		born 69 and before

THE RIGHT TO COMPETE is not limited according to the propositions. Competitors are taking part on their own responsibility. With the signature everyone accepts those Regulations and general rules for organizing international Mountain running events including WMRA and IAAF antidoping policy.

ENTRIES for invited teams and individual international class competitors will be accepted no later than 6. Oct. 2019 by e-mail.

ENTRY FEE

- 5€ for the courses »A« and »B« (children; 10€ on the race day)
- 10€ for the course »C« (**WORLD CUP** Course; 15€ on the race day)
- Entry fee could be paid on the day of the race before start in cash.

ACCOMODATION for invited teams or individuals will be organized for those who will enter on time. There will be a pasta party for all invited athletes on Friday evening. For the details and accommodation please contact LOC.

TRANSPORT of personal belongings from the start to the finish on the summit is provided. Personal bags will be collected till 9:30 close to the entry office.

STARTS OF COURSES »A« and »B« are located on the course »C« 2,5 and 0,65 km before the finish; guided departure is provided at 9:10.

LIMIT TIME – runners, who will pass the Control point at the "Saddle" /5,0km/ after 10:40, will be directed directly to the finish.

AWARD CEREMONY will take place on the Smarna gora summit at 12:30.

ORGANIZER WILL PROVIDE:

- medals of the Smarna gore Race for the first three and a Cup for the winner in each of the 16 categories
- memorial gift and a meal after the race for each competitor
- personal photography from the finish line – access via web site
- instruction booklet before and a booklet with results after the race
- transport of personal belongings from the start to the finish
- refreshment stations on the course and after the finish line
- medical service
- regularly updated web page with results on the day of the race
- announcement of results with prizes as follows:

Prizes:	women absol.	men absol.	jun. men – women
1. place	750 €	750 €	100 €
2. place	500 €	500 €	60 €
3. place	300 €	300 €	40 €
4. place	200 €	200 €	/
5. place	130 €	150 €	/
6. place	90 €	120 €	/
7. place	60 €	100 €	/
8. place	40 €	90 €	/
9. place	30 €	80 €	/
10. place	/	70 €	/
11. place	/	60 €	/
12. place	/	50 €	/
13. place	/	40 €	/
14. place	/	30 €	/
int. arrival /4,4km	100 €	100 €	30 €
Course record	250 €	250 €	100 €
course record	10 €/sec (48:04)	10 €/sec (41:32)	3 €/sec (42:55 – 52:41)

The first three in each of the 6 categories on both short courses will get traditional sweet prizes.

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