



42. ŠMARNA GORA MOUNTAIN RUNNING RACE

SLOVENIAN NATIONAL CHAMPIONSHIPS FOR KIDS

WMRA ASSOCIATED RACE

REGULATIONS

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

DATE: **SATURDAY, 2. OCTOBER 2021, start at 10:00 / 10:10**

VENUE: Ljubljana-Tacen; start and finish in sport park Rocen, 10 km NW from Ljubljana.

COURSES »B«, »C« and »D«: first 700 m asphalt, all the rest forest path.

COURSE:	length	Ascent/descent	Start	Finish	Start time
➤ Course »A«:	0,7km	+75m/-0m	Spodnja Kuhna	Tacen chapel	9:50
➤ Course »A1«:	1,5km	+140m/-0m	End of the road	Tacen chapel	9:50
➤ Course »B«:	2,5km	+165m/-15m	Rocen	Tacen chapel	10:00
➤ Course »C«:	8,5km	+395m/-395m	Rocen	Rocen	10:00
➤ Course »D«:	11,5km	+630m/-630m	Rocen	Rocen	10:10

CATEGORIES – COURSES:

Course	Categories	Born	Start time
➤ Course »A«:	Z/M 1 Jun. girls & boys	U12	2010 – 13
➤ Course »A1«:	Z/M 2 girls & boys	U14	2008 – 09
➤ Course »B«:	Z/M 3 sen. girls & boys	U16	2006 – 07
➤ Course »C«:	Z/M 4 Junior women & men	U20	2002 – 05
	Z/M 8 Veteran women & men 3	60+	1961 and bef.
➤ Course »D«: INTERNATIONAL RACE	Z/M 5 Senior women & men	U40	1982 – 01
	Z/M 6 Veteran women & men 1	40-49	1972 – 81
	Z/M 7 Veteran women & men 2	50-59	1962 – 71

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 WA antidoping policy and also the national "Covid restrictions".

The 42. Šmarna gora race is also NATIONAL MOUNTAIN RUNNING CHAMPIONSHIPS FOR KIDS. The race is not open to non-Slovenian runners.

ENTRIES: on line entries: www.prijavim.se from 10. to 25. Sept.; **entry fee 20€** (10€ for kids / U12-14-16)
Late entries are not possible!

Entries for invited international class runners: latest by 24. Sept. 2021 by e-mail (Tomo Šarf)

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 Thursday evening. For the details and accommodation please contact LOC.

STARTS OF COURSES »A« and »B« are located on the course »D«; guided departure is provided at 9:10.

LIMIT TIME – runners on the course “D”, who will pass the control point at the end of descent after 10:50 will be directed directly to the finish.

AWARD CEREMONY will take place on START/FINISH area at 13h.

- Protocol will be adopted to the current national covid regulations.

ORGANIZER WILL PROVIDE:

- Medals and cups for the winners
- memorial gift and a meal after the race for each competitor
- personal photo from the finish line – access via web site
- instruction booklet before and a booklet with results after the race
- 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 for absolute ranking on the course “D” as follows:

Place / €	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
Men	500	300	250	200	150	120	100	90	80	75	70	65	60	55	50
Women	500	300	250	200	150	120	100	80	60	50	/	/	/	/	/

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GREATEST RACE OF ALL TIME

