



## **42. ŠMARNA GORA MOUNTAIN RUNNING RACE**

**WMRA ASSOCIATED RACE**

### **REGULATIONS (Dec.2020)**

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

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

#### **CATEGORIES – COURSES – START TIMES:**

	length	ascent	descent	categories
➤ Course »A«:	0,6 km*	80 m	/	kids 12-14
➤ Course »B«:	2,5 km*	245 m	30 m	kids 16
➤ Course »C«:	4,8 km*	405 m	50 m	juniors, masters 55+
➤ Course »D«:	10,0 km*	705 m	350 m	seniors, masters under55

Proge so v celoti označene v skladu s pravili AZS.

**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.

**ENTRIES:** on line entries: [www.prijavim.se](http://www.prijavim.se) up to Monday 27.Sept; **entry fee** 20€ (10€ for kids / U12, U14 and U16)  
Later entries are not possible!

**Entries for elite runners: no later than 20. 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.

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

#### **ORGANIZER WILL PROVIDE:**

- 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
- transport of personal belongings from the start (Rocen) 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 for absolute ranking on the course "D" and extra prizes for new course records men/women:

All the runners who will participate both races (Record on Friday and the Race on Saturday), will apply for special awards. The fastest women/men will receive special awards.

#### **CONTACT: Tomo Šarf**

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