

## I 5K Nordic Walking European Cup

## V Polish Cup in the European Capital of Nordic Walking

## I BARLINECKA „10” – Cross-Country Running

### REGULATIONS

#### I. Organizers:

- a. Culture Center in Barlinek – Barlinek Tourist Information Center, Barlinek Mayor, Nadleśnictwo Barlinek,
- b. Fundacja Chodzezkijami.pl,
- c. Nordic Walking Poland.

#### II. Objectives:

- a. promotion of nordic walking,
- b. promotion of active lifestyle,
- c. introducing new European Nordic Walking Champion.

#### III. Date, place:

09.09.2017, the City Stadium of B. Bagiński on ul. Sportowa 2.

#### IV: The registration office will be open:

- 08.09.2017 at the City Stadium of B. Bagiński on ul. Sportowa 2, from 14:00 to 20:00
- 09.09.2017 at the City Stadium of B. Bagiński on ul. Sportowa 2, from 7:30 to 14:15.

IMPORTANT! Start up packages with start numbers should be collected no later than half an hour before your start!

#### V. Time table:

- 7:30 – opening of the registration office and beginning of NW poles check
- 09:45 – official opening and common warm-up
- 10:00 – start of Nordic Walking for 10 km
- 10:10 – start of Nordic Walking start at 5 km
- 11.30 – start of Cross-country running on 10 km
- 13:00 – ceremony of NW 5 km, 10 km and XC running 10 km decoration
- 14:00 – start of 5K Nordic Walking European Cup - women
- 14:45 – start of 5K Nordic Walking European Cup - men
- 15:30 – ceremony of European Champions decorations
- 15:45 – lottery

#### VI. Nordic walking poles checking

The check-in begins at 7:30 and is mandatory for all competitors taking part in the European Cup eliminations at 5 km and for all competitors starting at 10 km.

You can not start the race at the NW for 10 km or at the NW European Championship for 5 km without a check.

#### VII. Route

- The loop covers 5 km, starts and ends at the stadium, and the competitors go through one or two laps depending on the chosen distance. 90% of the walking surface is soft.
- IMPORTANT! The exception is the route of the n 5K Nordic Walking European Cup, as there athletes compete will compete on 12,5 laps on treadmill around the city stadium – 12,5 laps equals 5 km. Such a solution will ensure the specterity of the competition and allow the referees to be separated at close intervals along the entire route.
- On the route there will be refreshing spots with non-carbonated water given to the hands of competitors.
- The length of the route is calculated on the shortest distance a competitor can beat.
- A small error in the measurement is allowed.

#### VIII. I 5K Nordic Walking European Cup

To qualify for the 5K Nordic Walking European Cup entitles going through the elimination phase, which will start at 10:10 on a distance of 5 km and complete it on the spot of not less than 20th in the OPEN category of his gender – which means that, the fastest 20 men and the fastest 20 women at the finish line of the Polish Cup for 5 km, qualifies to take part in the 5K Nordic Walking European Cup.

- The competitors will be set at the start on treadmill in two lines, the starting order will be the result of elimination score.
- Time will be measured gross – final result is the order on the finish line.

- Any warning received from the referee will result in 15 seconds penalty added to final score of the competitor.

There will be only one European Champion, one Vice-Champion and one Second Vice-Champion in categories both men and women.

### **IX. V Polish Cup in the European Capital of Nordic Walking**

Will be held at 5 and 10 km distance, divided into categories, with the top three players of the specific category being awarded at the ceremony of decoration divided into men and women:

#### At the 5 km distance:

Up to 9 years \*,  
10 - 12 years \*,  
13 - 15 years \*,  
16 - 29 years \*,  
30 - 39 years \*,  
40 - 49 years \*,  
50 - 59 years \*,  
60 - 69 years \*,  
70 years old and older \*.  
disabled people\*\*\*  
families\*\*\*\*

#### At the 10 km distance:

OPEN \*\*  
16 - 39 years \*,  
40 - 49 years \*,  
50 - 59 years \*,  
60 years and older\*.

\* Belonging to certain category depends on the year of birth, not the specific date of birth.

\*\* Awards in OPEN category are available only to competitors who have not received any warning during the race.

\*\*\* Any competitor with a current disability certificate can compete, in the category of disabled people. Declaring startup in the category of disabled excludes a participant in the age category.

\*\*\*\* The family category includes three scores - a child up to 18 years of age and two formal tutors in any age category of 5 km. The formal word should be understood as: parents, legal guardians, grandparents, or other close family.

### **X. I Cross-Country Running**

Will be held at 10 km distance, divided into categories, with the top three players of the specific category being awarded at the ceremony of decoration divided into men and women:

- 16 – 39 years\*,
- 40 – 59 years\*,
- 60 years and older\*.

\* Belonging to certain category depends on the year of birth, not the specific date of birth.

#### XI. Cycles that include scoring of Nordic Walking Polish Cup

- Puchar Bałtyku
- Grand Prix Zachodniopomorskiego
- Korona Wielkopolski

The scoring rules are set out in the rules of each cycle. The result scored in Barlinek doubles.

#### XII. Registration and fees

- a. Registration on event is held via the [elektronicznezapisy.pl](http://elektronicznezapisy.pl)
- b. Fees are charged via DotPay, the payment form is displayed after making an online payment.
- c. The cost of registration fee varies depending on the payment date.
- d. It is possible to make registration in registration office at the day of the event. The fee payed in the competition office is always higher than the one made at the earlier date.
- e. Once paid the fee is non-refundable, or transferred to the start of another event.
- f. You can start on more than one distance, with making double registration and paying double registration fee.

#### Registration fees:

	The Barlinek inhabitants	Children and youth	Disabled	Reszta osób
Payment via <a href="http://elektronicznezapisy.pl">elektronicznezapisy.pl</a>	Children and youth 10zł, Adults 20 zł	20 zł	20 zł	40 zł
Payment in registration office	20 zł	40 zł	40 zł	60 zł

#### XIV. Awards

- Every athlete on the finisz line will receive a commemorative medal.
- The three best athletes in their categories will receive trophies.
- The best family will receive a cup.



## XV. Time keeping

- a. Athlete time is measured electronically using chips placed at the player's boot.
- b. The time of the athletes is measured net, for each competitor separately. The exception is the 5K European Cup, where time will be measured gross – final result is the order on the finish line.
- c. With a small number of people it is permissible to combine categories during start.
- d. The time of each competitor who completes his distance is scored.
- e. 7 days after publication of the results on the Internet, there is no possibility to make changes and lodge appeals.

## XVI. Safety

- a. The safety of the competitors is provided by qualified technical and medical service.
- b. The organizer ensures safety on the route and traffic closure on the route of the competition.
- c. At the request of the medical service, the competitor must immediately leave the route.

## XVII. Referees rules

On this event referees are Kolegium Sędziów Fundacji Chodzezkijami.pl.

The rules concerning the correctness of nordic walking technique, the penalties, protests, leaving the route of competitions, starting numbers, selection of appropriate equipment or clothes are to be found in the rules of the Kolegium Sędziów Fundacji Chodzezkijami.pl - <http://chodzezkijami.pl/sedziowie-fundacji-chodzezkijami-pl>

## XVIII. Final terms

- a. Providing to the Organizer a properly completed and signed registration form means the consent of the participant of the event to use the personal data provided by him/her to send to the participant information about future events, commercial products, as well as internal administrative and analytical needs, accordance with the law on the protection of personal data of 29 August 1997, Dz. U. nr 33, poza 883. The participant is entitled to withdraw such consent and may do so at any time by sending correspondence to the address of the Organizer.
- b. Organizer doesn't provide insurance for each competitor. Competitors must own their own insurance.
- c. There will be possibility to rent nordic walking poles at the registration office. Organizer has 50 pairs of poles.
- d. The final interpretation of the regulations belongs to the Organizer.



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