



## COMPETITION RULES

### I. ORGANIZER

The organizer of the Running Festival under the name RESO SUWAŁKI 10.5 –The Municipal Festival of Running, hereinafter referred to as "the Race" is the Sports and Recreation Centre in Suwałki, ul. Wojska Polskiego 2, 16-400 Suwałki, [www.osir.suwalki.pl](http://www.osir.suwalki.pl); e-mail [sekretariat@osir.suwalki.pl](mailto:sekretariat@osir.suwalki.pl); tel.+48 87 566 32 82, fax: 87 563 18 56 (hereinafter referred to as Organizer).

The personal data collected as part of the organizational tasks associated with the street race and accompanying events, pursuant to the Personal Data Protection Act of 29 August 1997 (Journal of Laws 2002, No. 101, item 926, as amended) are administered by the Centre for Sports and Recreation in Suwałki, ul. Wojska Polskiego 2, 16-400 Suwałki.

Disclosure of personal data is voluntary, albeit necessary to take part in the Race and accompanying events as stipulated in the event's Terms and Conditions. Individuals who chose to disclose their personal data have the right to access the said data and amend them, as well as withdraw their agreement for processing of their personal data at any time. The Organiser may process personal data for the needs of organizing the Race, including actions conducted in cooperation with other entities, to an extent that will ensure satisfactory organisation of the event.

### II. GENERAL INFORMATION:

#### 1. Project objectives:

RESO SUWAŁKI 10,5 The Municipal Festival of Running is a sports project designed for person interested in active recreation and competitive sports with the following objectives:

- popularization and promotion of running as the simplest form of physical activity;
- integration of sports community
- promotion of the City of Suwałki.

#### 2. Competition programme:

- SUWAŁKI QUARTER RUN - is an individual completion at the distance of a quarter of a marathon (10.548,75 m);
- POGODNE SUWAŁKI TEAM - relay street race over the distance of a quarter of a marathon (3 x 3.516,25 m) - **A RELAY TEAM IS COMPOSED OF 3 MALE/FEMALE RUNNERS**
- SUWAŁKI DEBUTS - individual run on the distance of 3.516,25 m;
- SUWAŁKI MARCH! - Nordic walking on the distance of 1.825,00m;
- OD KRASNOLUDKA DO GIMLUDKA - races for kindergarten and school children.

3. Dates and places and information about the route:  
**The Running Festival titled "RESO SUWAŁKI 10,5 – The Municipal Festival of Running"** will be held in Suwałki on 17 June 2017.  
The races will be organized at evening and night hours.  
The starts and finishes are localized in Maria Konopnicka Square.

#### 4. Competition programme:

**12:00** - stationary registration and verification

**16:00 – 17:00** – races for kindergarten and school children **OD KRASNOLUDKA DO GIMLUDKA**

- **16:00** – races for kindergarten with parents (girls and boys) on the distance of 150 m
- **16:15** – elementary school children's races (girls and boys, class I - III) on the distance of 600 m
- **16:30** – elementary school children's races (girls and boys, class IV – VI) on the distance of 900 m
- **16:45** – high school children's races (girls and boys, class I - III) on the distance of 900 m

**17:00 – 18:15** – ceremony awarding sports scholarships the President of Town Suwałki

**18:15 – 19:30** – concert

**19:30 – 20:00** – warm-up before evening races

**20:00 – 21:00**

- SUWAŁKI DEBUTS - individual run on the distance of 3.516,25 m;
- SUWAŁKI MARCH! - nordic walking on the distance of 1.825,00m;
- ceremony awarding prizes

**21:00 – 21:30** – preparations for main races

**21:30 – 23:00**

- SUWAŁKI QUARTER RUN - is an individual completion at the distance of a quarter of a marathon (10.548,75 m);
- POGODNE SUWAŁKI TEAM - relay street race over the distance of a quarter of a marathon (3 x 3.516,25 m)
- ceremony awarding prizes
- end of the event

### III. PARTICIPATION in the races of SUWAŁKI QUARTER, POGODNE SUWAŁKI TEAM, SUWAŁKI DEBUTS and SUWAŁKI MARSZ! Nordic walking

1. The races are an open event. In order to take part in the Race, participants have to be at least 18 years of age as of 17 June 2017. Persons under 18 years of age can take part in the competition basing on the consent of their legal guardian submitted to the Competition Office.
2. In order to take part in the Race, the participant shall:
  - a) fill in the application form at [www.domtel-SDort.DI](http://www.domtel-SDort.DI) (internet-based system of registration for running events active until 11 June 2017 or until reaching the limit of the number of participants in particular competitions). **Subject to availability, participants may apply to take part in a run or walk at the Competition Office on 12-14 June and 16-17 June 2017.**
  - b) pay the entry fee mentioned at point 4 of these Rules,
  - c) submit a written declaration of abiding by these Rules,

- d) submit an appropriate declaration or medical certificate stating lack of contraindications to participate in a run/walk,
  - e) submit to the Competition Office a disclaimer confirming that they are happy for their names and any footage or photographs taken during their participation to be used free of charge participants shall grant the Administrator and Organizer a non-exclusive, territorially unlimited, 3-year licence to use his/her recorded likeness in all markets and media.
  - f) take part in the verification process at the Competition Office on **12-14 June 2017** (Department of Sport, Recreation and Marketing, ul. Wojska Polskiego 2) or on **16-17 June 2017** (City Office of Suwałki, ul. T. Noniewiczza 71A).
3. Organiser reserves the right to change the date and/or location of the Race, but in such cases participants will be notified about the change via the Race's website at ([www.resosuwalkibieg.nl](http://www.resosuwalkibieg.nl)). or Organizer's website ([www.osir.suwalki.pl](http://www.osir.suwalki.pl)) and at [www.domtel-sport.pl](http://www.domtel-sport.pl) (internet-based system of registration for running events) at the latest 24 hours prior to the planned event. Any such changes do not incur any liability on the part of the Organizer to participants.

#### IV. **APPLICATIONS:**

1. Applications shall be submitted by 11 June 2017 via the application form available on the website [www.domtel-sport.pl](http://www.domtel-sport.pl) (electronic application) or on 12-14 June and 16-17 June 2017 in Suwałki at the Competition Office (stationary applications) subject to availability.
2. The fees are payable for participation in the Race, in particular for taking part in:
  - a) SUWAŁKI QUARTER (limit of participants - 500)
    - until 31 March 2017 - 35 zł,
    - from 1 April - 31 May 2017 - 45 zł,
    - from 1 June -11 June 2017 - 55 zł,
    - from 12 -17 June - 60 zł
  - b) POGODNE SUWAŁKI TEAM (limit of participants - 50 teams)
    - until 31 March 2017. -105 zł,
    - on 1 April -31 May 2017. -135 zł,
    - from 1 June - 11 June 2017 - 165 zł,
    - from 12 -17 June -180 zł.
  - c) SUWAŁKI DEBUTS (limit of participants - 100)
    - until 11 June 2017. -10 zł,
    - from 12 -17 June - 20 zł.
  - d) SUWAŁKI MARCH! (limit of participants 50)
    - until 11 June 2017 - 5 zł,
    - from 12 -17 June - 10 zł.
3. The entry fee should be paid during the electronic registration at [www.domtel-sport.pl](http://www.domtel-sport.pl) (internet-based system of registration for running events) via DOTPAY within 7 days from registration (11 June 2017 - closing of electronic registration) or at the cash desk of the Competition Office on 12-14 and 16-17 June 2017 (stationary registration), subject to availability.

**PERSONS WHO DO NOT PAY THE ENTRY FEE FOR A RUN/WALK WITHIN 7 DAYS FROM THE DATE OF REGISTRATION WILL BE REMOVED FROM THE STARTING LIST**

4. The following persons shall be exempt from entry fees, provided they register by 17 June 2017:
  - a) persons aged 65+ (for individual run/walk)
  - b) persons exempt from paying the fee by Organizer .

5. Organiser shall verify the right of free entry in a run/walk during the collection of the race pack by participants at the Competition Office. If participant does not meet the criteria outlined at point 4 above, the normal entry fee shall apply.
6. The application procedure shall be completed upon registration at [www.domtel-sport.pl](http://www.domtel-sport.pl) or at the Competition Office and transfer of the fee for the race pack to the Organiser's bank account. The date of fee payment is understood as the date and time of the money transfer to the Organiser's bank account or receipt of cash payment at the Competition Office.
7. The entry fees are non-refundable except in cases when the Race is cancelled due to reasons attributable to Organiser, or when the fee was paid after the deadline.
8. In case of payment methods that involve payment of a commission towards a bank or other intermediary agency, the total fee paid must include the said commission. If the fee is not paid, the participant may not register for the event.

V. **VERIFICATION AND COMPETITION OFFICE HOURS:**

1. Verification will take place at the Competition Office on the following days:
  - a) 12-14 June 2017 - from 08:00 - 15:00 hrs (Department of Sport, Recreation and Marketing, Sports and Recreation Centre in Suwałki, ul. Wojska Polskiego 2),
  - b) 16 June 2017 from 12:00 - 17:00 hrs (City Office of Suwałki, ul. T. Noniewicza 71A),
  - c) 17 June 2017 ( Competition Office open from 12:00 hrs):
    - Suwałki Quarter - **registration / verification will close at 20:30 hrs.**
    - Pogodne Suwałki Team - **registration / verification will close at 20:30 hrs.**
    - Suwałki Debuts - **registration / verification will close at 19:00 hrs.**
    - Suwałki March! - **registration / verification will close at 19:00 hrs.**
2. During verification, each participant must have a valid identity document with a photograph.
3. Verification includes:
  - a) confirmation of the data contained in the application form and fee payment;
  - b) submitting a written declaration of abiding by these Rules;
  - c) submit an appropriate declaration or medical certificate stating lack of contraindications to participate in a run/walk;
  - d) submitting to the Competition Office a disclaimer confirming that they are happy for their names and any footage or photographs taken during their participation to be used free of charge. participants shall grant the Administrator and Organizer a non-exclusive, territorially unlimited, 3-year licence to use his/her recorded likeness in all markets and media.
4. During the verification, participants shall receive race packs, including:
  - a) race bib and fasteners;
  - b) returnable chip;
  - c) bag for their deposited belongings;
  - d) souvenir T-shirt - (participants of the SUWAŁKI QUARTER and POGODNE SUWAŁKI TEAM) - size should be specified at registration
  - e) voucher entitling to receive a regenerative meal at the finishing line (participants of the SUWAŁKI QUARTER and POGODNE SUWAŁKI TEAM);
  - f) water/soft drinks (at the finishing line);
  - g) souvenir medal (for all contestants finishing a run/walk);
5. Race packs must be collected by the Race participants in person.

6. Race packs cannot be mailed to participants. Distribution of race packs shall be conducted only in accordance with the provisions of these Rules of Competition.

## VI. COMPETITION PROCEDURE

1. RESO SUWAŁKI 10,5 –The Municipal Festival of Running, is composed of the following competitions:
  - a) SUWAŁKI QUARTER - is an individual completion at the distance of a quarter of a marathon (10.548,75 m)
  - b) POGODNE SUWAŁKI TEAM - relay street race over the distance of a quarter of a marathon (3 x 3.516,25 m)
  - c) SUWAŁKI DEBUTS - individual race on the distance of 3.516,25 m
  - d) SUWAŁKI MARCH! - Nordic walking on the distance of 1.825,00m
  - e) OD KRASNOLUDKA DO GIMLUDKA - races for kindergarten and school children  
(**competition procedures are regulated by separate Competition Rules**).
2. All runs will be carried out along the route certified by the Polish Athletics Federation (loop of 3.516,25 km), marked every 1st, 2nd and 3rd km.
3. Each participant is obliged to fasten their number-bibs to the front of his/her vest/t-shirt. The numbers must not be bent, cropped or obscured. Passing the race number to another person will result in disqualification of the participant.
4. Runners should report at the start of a run at least 15 minutes before the start.
5. The Suwałki Quarter race will have the so called **ELITE zone** marked (directly at the starting line). The right to stand in the zone have runners who in the previous 3 years have finished the 10.000 m race **under 0h:35m:00s**, and in the case of women **under 0h:40m:00s** as well as runners who obtained special invitation from Organizer. The proof of achieved the mentioned above minimum result (e.g. a result published on the website of a running event) should be presented at the latest at the verification stage
6. Except for participants, Organiser’s personnel, as well as vehicles with a special permit no other persons or vehicles are allowed to be present on the Run course.
7. The automatic timer of the runs will be provided by DOMTEL-SPORT utilizing the chips (attached to shoes) that will be distributed by the Competition Office. In the case of the relay, the chip will be installed in the baton passed between members of the relay team in the change zone (the area with a length of 20 m located at the starting line).
8. Participants of particular races must observe time limits for completing their competition:
  - a) SUWAŁKI QUARTER - **1h:30m:00s**
  - b) POGODNE SUWAŁKI TEAM **1h:15m:00s**
  - c) SUWAŁKI DEBUTS - **1h:40m:00s**
  - d) SUWAŁKI MARCH! -**0h:40m:00s**
9. There will be 3 checkpoints located with the timer displaying the official time of the race.
10. Runners who will not reach the checkpoint within the prescribed limit or for other reasons discontinue the race along its course are obliged to stop running, leave the course and reach the finish line by the bus bearing the “KONIEC BIEGU” (END OF RACE) sign.
11. Apart from the checkpoint with the electronic timer, there will be other checkpoints arranged along the course where referees will continuously monitor the progress of the competition. Any participant who has been found to have gained an unfair advantage (“cutting the course”) or

other actions in breach of the provisions these Rules becomes subject to the penalty of disqualification (“DQ”).

12. participants who decide to continue running after the time limit has passed, do so on their own responsibility, subject to road traffic regulations and the provisions of the Polish Civil Code.
13. participants who reach the finish line with a bus shall not be included in the final classification. The result list shall include then information next to the participants name: DNF (not finished) or DNS (not started) in case the participant did not appear on the starting line.
14. For the race of SUWAŁKI QUARTER, Organizer shall provide refreshment points (sponges and water) located at the end of the loop.
15. Organizer will not accept any food supplements provided by the participants.
16. Mobile emergency service will be available along the length of the course. There will be an additional medical aid station located at the finish. A runner must immediately discontinue a run if the medical emergency service orders him/her to do it for medical reasons.

VII. **CLASSIFICATION AND PRIZES:**

1. RESO SUWAŁKI 10.5 –The Municipal Festival of Running shall provide the following rankings of the participants:
  - a) SUWAŁKI QUARTER
    - Women
    - Men
    - Best male resident of Suwałki
    - Best female resident of Suwałki
    - Age categories (men/women):
      - K-20 / M-20 (born in 1988 and younger)
      - K-30 / M-30 (born between 1987-1978)
      - K-40 / M-40 (born between 1977-1968)
      - K-50 / M-50 (born between 1967-1958)
      - K-60 / M-60 (born between 1957-1948)
      - K-70 / M-70 (born in 1947 and older)
  - b) POGODNE SUWAŁKI TEAM
    - OPEN
    - Best Women’s Relay Team
    - Best Suwałki Team
    - Business Team (best company ranking for businessmen)
    - Championship of the Local Authorities of the Podlaskie Voivodship (best relay team)
  - c) SUWAŁKI DEBUTS
    - Male classification
    - Female classification
2. The classification shall be based on electronic time measurement recorded using the chip available during the stage of verification at the Competition Office. A pressure timing mats will be placed along the race course recording the times of participant's appearance at the measurement point. Lack of record for a given runner crossing a measurement point will disqualify the runner.
3. As Competition Awards, Organizer guarantees the following:

## **SUWAŁKI QUARTER:**

### **a) Male Classifications:**

- 1<sup>st</sup> place – PLN 1 500 + commemorative cup
- 2<sup>nd</sup> place – PLN 1 200+ commemorative cup
- 3<sup>rd</sup> place – PLN 1 000+ commemorative cup
- 4<sup>th</sup> place – PLN 500 + statuette
- 5<sup>th</sup> place – PLN 400 + statuette
- 6<sup>th</sup> place – PLN 300 + statuette
- 7<sup>th</sup> place – PLN 250 + statuette
- 8<sup>th</sup> place – PLN 200 + statuette
- 9<sup>th</sup> place – PLN 150 + statuette
- 10<sup>th</sup> place – PLN 100 + statuette

### **b) Female Classifications:**

- 1<sup>st</sup> place – PLN 1 500 + commemorative cup
- 2<sup>nd</sup> place – PLN 1 200 + commemorative cup
- 3<sup>rd</sup> place – PLN 1 000 + commemorative cup
- 4<sup>th</sup> place – PLN 500 + statuette
- 5<sup>th</sup> place – PLN 400 + statuette
- 6<sup>th</sup> place – PLN 300 + statuette
- 7<sup>th</sup> place – PLN 250 + statuette
- 8<sup>th</sup> place – PLN 200 + statuette
- 9<sup>th</sup> place – PLN 150 + statuette
- 10<sup>th</sup> place – PLN 100 + statuette

### **c) Best Polish**

- PLN 1 000 + statuette

### **d) Best Male Resident of Suwalki**

- 1<sup>st</sup> place – PLN 500 + commemorative cup
- 2<sup>nd</sup> place – PLN 300 + commemorative cup
- 3<sup>rd</sup> place – PLN 200 + commemorative cup

### **e) Best Female Resident of Suwalki**

- 1<sup>st</sup> place – PLN 500 + commemorative cup
- 2<sup>nd</sup> place – PLN 300 + commemorative cup
- 3<sup>rd</sup> place – PLN 200 + commemorative cup

**f) Men and Women Age Categories: 18-29, 30-39, 40-49, 50-59, 60-69, 70 and older;** statuettes and souvenirs, exemption from entry free for 2018.

## **POGODNE SUWAŁKI TEAM:**

### **a) CATEGORY OPEN**

- 1<sup>st</sup> place – PLN 1 500 + commemorative cup
- 2<sup>nd</sup> place – PLN 1 200 + commemorative cup
- 3<sup>rd</sup> place – PLN 900 + commemorative cup
- 4<sup>th</sup> place – PLN 600 + commemorative cup
- 5<sup>th</sup> place – PLN 300 + commemorative cup

### **b) BEST WOMEN RELAY TEAM**

- PLN 900 + commemorative cup

c) **BEST SUWAŁKI RELAY**

- BEST **MEN** RELAY TEAM PLN - 600 + commemorative cup
- BEST **WOMEN** RELAY TEAM- PLN 600 + commemorative cup

d) **BUSINESS TEAM** - (best company - businessmen ranking)

- special award + commemorative cup

**SUWAŁKI DEBUTS:**

- Male classification (places 1-3) - statuettes + gifts
  - Female classification (places 1-3) - statuettes + gifts
4. The sums of the financial awards in each category will be announced to the public before 30.04.2017.
  5. An additional condition to obtain an award is to preserve the entry number worn during the competition until the award ceremony.
  6. Persons who win financial awards shall receive the awarded funds less the income tax, as they are subject to applicable tax laws.
  7. The categories Best Female/Male Resident of Suwałki and Best Suwałki Relay Team are determined basing on the participant's place of residence confirmed at the Competition Office basing on a valid ID.
  8. Financial awards will be paid by money transfer to the bank account specified by the competition participants within 7 days from the closing of the event.
  9. Organizer reserves the right to fund additional financial and material awards in selected categories and classifications or establish additional classifications.

VIII. **FINAL PROVISIONS**

1. Participants of the RESO SUWAŁKI 10.5 –The Municipal Festival of Running event are obliged to observe the Rules of Competition.
2. Participants shall respect public order, observe any instructions from the security personnel and respect other participants of the Race.
3. Organiser shall be entitled to remove from the area of the competition any persons who in any manner disturb public order, disturb the course of the Competition or their behaviour breaches either these Rules of Competition.
4. Results of a race will be texted on its completion to those participants who supplied their telephone number on their application form. They will also be available to all interested persons after the event closes on the websites: [www.resosuwalkibieg.pl](http://www.resosuwalkibieg.pl) , [www.osir.suwalki.pl](http://www.osir.suwalki.pl) and [www.domtel-sport.pl](http://www.domtel-sport.pl).
5. Organizer cannot be held liable for any items lost during the event.
6. Organizer does not provide accident insurance cover.
7. Organizer and associated with it institutions reserve the right to conduct interviews with each of the participants, take their photos and / or footage, use their names, likeness, voice and other materials from or related to the participation in the races organized under the project for the purposes of publicity, promotion, as well as to utilize them on the Internet or radio and television broadcasts or for other commercial purposes with the right of their modification and



free usage. By taking part in the races organized under the RESO SUWAŁKI 10.5 –The Municipal Festival of Running project, the participants express their consent for their image to be recorded for the mentioned above purposes.

8. The final interpretation of the provisions of these Rules of Competition belongs to Organizer and the Main Referee of the Competition.