



COMPETITION RULES

RESO SUWAŁKI 10.5 - MUNICIPAL FESTIVAL OF RUNNING 2018

I. ORGANIZER

The organizer of the Running Festival under the name "RESO SUWAŁKI 10.5 - 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; e-mail sekretariat@osir.suwalki.pl; tel.+48 87 566 32 82, fax 87 563 18 56 (hereinafter 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. 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 Competition Rules. 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. PROJECT AIMS:

“RESO SUWAŁKI 10.5 Municipal Festival of Running” is a sports project designed for persons 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 Town of Suwałki.

III. PLACE AND TIME

1. The Running Festival titled “RESO SUWAŁKI 10.5 - Municipal Festival of Running” will be held in Suwałki on 02 June 2018.
 - a) “SUWAŁKI QUARTER RUN” - is an individual competition over the distance of a quarter of a marathon (10,548.75 km); the race will take place at 21.00hrs.
 - b) “POGODNE SUWAŁKI TEAM” - relay street race over the distance of a quarter of a marathon (3 x 3, 516.25km) - THE RELAY TEAM IS COMPOSED OF 3 MALE/FEMALE RUNNERS; the run will take place at 19.30hrs.
 - c) SUWAŁKI DEBUTES - individual race on the distance of 3,516.25km; the run will take place at 18:30hrs.
 - d) “SUWAŁKI MARCH!” - Nordic walking on the distance of 1.825m; the run will take place at 18.30hrs.
 - e) OD KRASNOLUDKA DO GIMLUDKA - races for kindergarten and school children: the run will take place at 16.30hrs (the competition procedures are regulated by a separate set of Rules).
2. The starts and finishes are localized in Maria Konopnicka Square.
3. All runs will be carried out along the course certified by the Polish Athletics Federation (loop of 3.516,25 m), marked every 1st, 2nd and 3rd km.
4. Runners should report at the start of a run at least 15 minutes before the start.
5. The Running Festival titled 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 verification stage at the latest.

6. The Organiser reserves the right to change the date and/or location of the Race, but in such cases Entrants will be notified about the change via the Organizer's website (www.osir.suwalki.pl) and at www.domtel-sport.pl (internet-based system of registration for running events) no later than 24 hours before the start of the Race. Any such changes does not incur any liability on the part of the Organizer to participants.

IV. TIME LIMITS AND CHECKS

1. Participants of particular races must observe cut-off times for completing their competitions:
 - a) SUWAŁKI QUARTER – 1h:30m:00s
 - b) POGODNE SUWAŁKI TEAM – 1h:15m:00s
 - c) SUWAŁKI DÉBUTS – 0h:40m:00s
 - d) “SUWAŁKI MARCH!” – 0h:40m:00s
2. There will be 3 checkpoints located with the timer displaying the official time of the race.
3. 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”).
4. 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 THE RACE’) sign.
5. 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.
6. 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 start line.

V. PARTICIPATION AND REGISTRATION

1. The Race is an open event. In order to take part in the Race, participants have to be at least 16 years of age as of 02 June 2018. 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 (**Annex No. 1- to these Rules**).
2. Pre-conditions for participating in the Race are: correct completion of the Registration Form and payment of the Entry Fee. The completed forms should be submitted on-line at www.datasport.pl. By filling the Form and submitting the Fee you confirm that you have read these Competition Rules.
3. Applications for on-line registration shall be accepted until 27 May 2018. Beyond that deadline, applications will be accepted by the Competition Office, subject to availability.
4. All participants of the Race are obliged to call at the Competition Office (**III Liceum Ogólnokształcące, ul. Noniewicza 83**) for verification:
 - a) 01 June from 12:00hrs to 17:00hrs
 - b) 02 June from 12.00hrs
 - Suwałki Quarter - registration / verification will close at 20:00hrs.
 - Pogodne Suwałki Team - registration / verification will close at 18:30 hrs.
 - Suwałki Débuts - registration / verification will close at 17:30 hrs.
 - Suwałki March! - registration / verification will close at 17:30 hrs.



5. Verification includes confirmation of the data contained in the application and fee payment forms, and submitting of an appropriate declaration or medical certificate stating lack of contraindications to participate in a run.
6. During verification, each entrant must present a valid identity document with a photograph.
7. During the verification, entrants shall receive race packs, including a race bib with a timing chip secured by foam and premium T-shirt for those who selected “premium” race pack.
8. Organizer cannot guarantee to supply a T-shirt in size declared at registration.
9. Race packs may be claimed by third parties only basing on a participant’s written declaration (Annex 2 to these Rules) and a photocopy of the ID of a registered entrant. In addition, you should also present a signed entrant’s health statement.

VI. FEES

1. Each entrant shall cover the costs of the Entry Fee, which depending on the date of payment will be:

- a) SUWAŁKI QUARTER (limit of entrants - 450 runners) and SUWAŁKI DÉBUTS (limit of entrants - 100 runners)

due date	“premium” pack (including a technical T-shirt)	“standard” pack (without a technical T-shirt)
until 11 March 2018	45 PLN	25 PLN
until 27 May 2018	60 PLN	35 PLN
From 1-2 June 2018	70 PLN	45 PLN

- b) POGODNE SUWAŁKI TEAM (limit of entrants - 20 teams)

due date	“premium” pack (including a technical T-shirt)	“standard” pack (without a technical T-shirt)
until 11 March 2018	125 PLN	65 PLN
until 27 May 2018	170 PLN	95 PLN
From 1-2 June 2018	200 PLN	125 PLN

- c) SUWAŁKI MARCH! (limit of entrants - 80 runners)

due date	pack without a T-shirt
until 27 May 2018	15 PLN
From 1-2 June 2018	25 PLN

2. The Entry Fee should be paid using the on-line service at www.datasport.pl via the DOTPAY system within 14 days following the registration (27 May is the closing date of on-line registration) or at the desk of the Race Office from 1-2 June 2018 (stationary registration).

PERSONS WHO DO NOT PAY THE ENTRY FEE FOR THEIR PARTICIPATION WITHIN 14 DAYS FROM THE DATE OF REGISTRATION WILL BE REMOVED FROM THE STARTING LIST

3. The following persons shall be exempt from entry fees, provided they register by **27 May 2018**:
 - a) persons aged 65+ (for individual run/walk)
 - b) winners of the Suwałki Quarter in different age categories during the 2nd edition of the RESO Suwałki 10,5 - Municipal Festival of Running
 - c) persons exempt from paying the fee by Organizer
4. The Organiser shall verify the right of free entry in the Race during the distribution of race packs at the Competition Office. If a Participant does not meet the criteria described at point 3 above, the normal entry fee of 80 PLN for an individual race and 230 PLN for a relay race shall apply.
5. 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. 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.

6. 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 Entrant may not register for the event.
7. It is possible to transfer your race number to another participant who has not yet obtained a number. Organizer allows this to happen with the deadline of 18 May 2018 inclusive. Assignment of your entry fee to another person should be made by sending information about the transfer by writing to: kamil.klimek@osir.suwalki.pl

VII. RANKINGS

1. "RESO SUWAŁKI 10.5 - Municipal Festival of Running" shall provide the following rankings of the entrants:
 - a) **SUWAŁKI QUARTER**
 - Women
 - Men
 - Best Polish Male Runner
 - Best Polish Female Runner
 - Best Male Resident of Suwałki
 - Best Female Resident of Suwałki
 - Age categories (men/women):
 - K-20 / M-20 (born in 1989 and younger):
 - K-30 / M-30 (born between 1988-1979)
 - K-40 / M-40 (born between 1978-1969)
 - K-50 / M-50 (born between 1968-1959)
 - K-60 / M-60 (born between 1958-1949)
 - K-70 / M-70 (born in 1948 and older)
 - b) **POGODNE SUWAŁKI TEAM**
 - OPEN
 - Best Women's Relay Team
 - Best Suwałki Team
 - Business Team (best company – corporate ranking)
 - c) **SUWAŁKI DÉBUTS**
 - Male ranking
 - Female ranking
2. The classifications shall be based on electronic time measurement recorded using the chip attached to the bib. A pressure timing mats will be placed along the race course recording the times of participant's appearance at the measurement point. Lack of recording for a given runner crossing a measurement point will disqualify the runner.

VIII. PRIZES

1. SUWAŁKI QUARTER

a) MALE CLASSIFICATIONS:

- **I place** – 1 500 PLN + trophy
- **II place** – 1 200 PLN + trophy
- **III place** – 1 000 PLN + trophy
- **IV place** – 700 PLN + statuette



- **V place** – 600 PLN + statuette
- **VI place** – 500 PLN + statuette
- **VII place** – 400 PLN + statuette
- **VIII place** – 300 PLN + statuette
- **IX place** – 200 PLN + statuette
- **X place** – 100 PLN + statuette

b) FEMALE CLASSIFICATIONS :

- **I place** – 1 500 PLN + trophy
- **II place** – 1 200 PLN + trophy
- **III place** – 1 000 PLN + trophy
- **IV place** – 700 PLN + statuette
- **V place** – 600 PLN + statuette
- **VI place** – 500 PLN + statuette
- **VII place** – 400 PLN + statuette
- **VIII place** – 300 PLN + statuette
- **IX place** – 200 PLN + statuette
- **X place** – 100 PLN + statuette

c) Best Polish Male Runner

- 1 000 PLN + statuette

d) Best Polish Female Runner:

- 1 000 PLN + statuette

e) BEST MALE RESIDENT OF SUWALKI

- **I place** – 500 PLN + statuette
- **II place** – 300 PLN + statuette
- **III place** – 200 PLN + statuette

f) BEST FEMALE RESIDENT OF SUWALKI:

- **I place** – 500 PLN + statuette
- **II place** – 300 PLN + statuette
- **III place** – 200 PLN + statuette

g) Age categories of men and women: 18-29, 30-39, 40-49, 50-59, 60-69, 70 and elderly;

Statuette and gifts and exemption from start fees in 2019

2. POGODNE SUWALKI TEAM:

a) KATEGORIA OPEN:

- **I place** – 1 500 PLN + statuette
- **II place** – 1 200 PLN + statuette
- **III place** – 900 PLN + statuette
- **IV place** – 600 PLN + statuette
- **V place** – 300 PLN + statuette



b) BEST WOMEN'S RELAY TEAM

- 600 PLN + statuette

c) BEST SUWAŁKI TEAM

- 600 PLN (voucher) + statuette

b) BUSINESS TEAM - (best company - businessmen ranking)

- special award + statuette

3. SUWAŁKI DÉBUTS:

a) MALE CLASSIFICATIONS:

- **I place** – 300 PLN + statuette
- **II place** – 200 PLN + statuette
- **III place** – 100 PLN + statuette

a) FEMALE CLASSIFICATIONS:

- **I place** – 300 PLN + statuette
- **II place** – 200 PLN + statuette
- **III place** – 100 PLN + statuette

4. An additional condition to collect a prize is to preserve the race bib worn during the competition until the prize-giving ceremony.
5. Money prize winners shall receive the prizes less the income tax, as they are subject to applicable tax laws.
6. Participation in the categories Best Female/Male Resident of Suwałki and Best Suwałki Team Relay is confirmed basing on the participant's place of residence confirmed at the Competition Office basing on a valid ID. In the absence of information about the place of residence in an ID, the Civil Registry Office in Suwałki will verify the place of residence of the winners. Documents confirming their residence in Suwałki can be e.g. electricity bill, bank statement, tax bill etc. Each participant of the mentioned above runs is obliged to confirm his residence within 7 days from the completion of the Race at the Department of Sport, Recreation and Marketing, ul. Wojska Polskiego 2, Suwałki.
7. Money prizes will be paid by money transfer to the bank account specified by the competition participants within 7 days from the closing of the event.
8. In the case new sponsors/partners join our event, the pool of financial awards as well as services available to Entrants will be increased.
9. All entrants who complete the Race before the obligatory cut-off time will receive a commemorative medal.

IX. FINAL PROVISIONS

1. The participants of the RESO SUWAŁKI 10.5 - Municipal Festival of Running event are obliged to observe the Competition Rules.
2. Each Entrant is obliged to fasten their bib/start number on the front of his/her vest/t-shirt. The numbers must not be bent, cropped or obscured. Passing the race bib/number to another person will result in disqualification of the participant.
3. For the race of SUWAŁKI QUARTER, Organizer shall provide Refreshment points (sponges and water) located at the end of the loop.
4. Organizer will not accept any food supplements provided by the participants.



5. 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.
6. Persons not wearing valid race bibs/numbers are not allowed to stay on the race course. Persons not wearing valid race bibs/numbers will be removed from the race course by the Race staff.
7. Participants shall respect public order, observe any instructions from the security personnel and respect other participants of the Race.
8. 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 these Competition Rules.
9. The Organizer cannot be held liable for any items lost during the event.
10. The Organizer does not provide accident insurance cover.
11. Any Race entrant takes part in the Race on their own responsibility and risk. All Entrants acknowledge that participation in the Race is connected with physical effort and entails natural risk of accidents and possibility of physical injury (including death).
12. The submission of a correctly completed Registration Form and payment of Entry Fee to the Organizer shall mean that the Entrant has duly considered and assessed the nature, scope and degree of risk related to participation in the Race and voluntarily decided to take this risk by participating in the Race on his/her own responsibility.
13. Entrants should have valid medical certificates on the absence of contraindications to take part in the Race.
14. The 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 SUWALKI 10.5 - Municipal Festival of Running project, the participants express their consent for their image to be recorded for the mentioned above purposes. Entrants declare that the Organizer is not and will not be obliged to pay any fees related to the activities described in this clause, and thus grants an unlimited license to use his/her statements, information without any earlier notice about the purpose of these for advertising and promotion of the Race.
15. The final interpretation of the provisions of these Competition Rules belongs to the Organizer and the Main Referee of the competition.



Annex 1 to the Rules

Parent's / legal guardian's statement about the child's ability to participate in the Race

Forename and Surname of the minor participating in the Race:

.....

Forename and Surname of the Parent / Legal Guardian:

.....

Type and number of identity document

.....

Contact cell phone number of the Parent / Legal Guardian:

.....

I, named below parent / legal guardian, express my consent for the child's participation in the race called: RESO SUWALKI 10.5 - Municipal Festival of Running on the distance of organized by the Centre for Sports and Recreation in Suwałki on 2 June 2018.

At the same time, I declare that I am taking the full responsibility for the health of the child and for his participation in this type of sports and recreation event. I declare that I have read the Competition Rules and I am aware of their provisions and fully endorse them.

Suwałki, on

.....
legible signature



Annex 2 to the Rules

AUTHORIZATION

I, the undersigned,

holder of the ID series number

hereby authorize Mr/Mrs

holder of the ID series number

to pick up my race pack.

I attach to this authorization a photocopy of my ID card and a signed statement.

Authorizing party

.....
date

.....
legible signature

DECLARATION

I declare that I have read the Competition Rules and undertake to comply with them. I hereby declare that I am capable of participating in the competition and I am taking part in them I am entering the Event entirely at my own risk and responsibility. My state of health allows me to participate in long-distance running and there are no health contraindications for my participation in the Race.

.....
date

.....
legible signature