

TERMS AND CONDITIONS

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VI STO-nogi Milanówek Running Competition

10.06.2018

I PURPOSE OF THE EVENT

1. Popularization of running as the simplest form of physical activity.
2. Promotion of a healthy life style among local community.
3. Integration of running society in the Mazovia region.
4. The running competition is a non-profit event.

II ORGANIZER

1. The Independent Local Board of Civic Educational Association (STO) in Milanówek is the organizer of the running competition
2. Co-organizers of the event are: the Milanowian Center of Culture and Fee-paying High School No. 5 STO in Milanówek

III TIME AND PLACE

1. The running competition will take place on 10.06.2018 in Milanówek.
2. A length of the route is 10 000 meters (asphalt surface) in three, 3,33-kilometers loops. The route will lead through the streets: Mickiewiczza, Starodęby, Królowej Jadwigi, Spacerowa, Wojska Polskiego, Podgórna, Tadeusza Kościuszki. The route has the PZLA (The Polish Athletic Association) certificate.
3. The running competition will be supervised by the PZLA referees. The time measurements will be made by **STS Timing** returnable chips.
4. The competition will be carried on regardless weather conditions.
5. The time limit for running the route is 1h 30 minutes. After the time is reached, the runners are obliged to stop running and leave the route.
6. A detail description of the place of the event is on the web-site sto-nogi.pl.

IV SCHEDULE OF THE EVENT

1. 30 AM – opening of a bureau of the competition – Starodęby square near Mickiewiczza st.
2. **00 AM – start of the race for 10 km** – Mickiewiczza st. near the Town Hall
3. 30 PM – start of the Milanowian Mile – a link to the event organized by MCK
4. 15 PM – winners' decoration in the Starodęby square
5. 30 PM – closing of a bureau of the competition, end of the event

V PARTICIPATION

1. In order to take part in the running competition, it is necessary to sign in on a participation list, pay a participation fees and also go through a verification and receive start packages in the bureau of the competition
2. Only people who, at latest on 10 June 2018, are 13 years old (born before 10 June 2005) and have gone through the entire registration process are entitled to participate in the run.
3. Competitors who, up to the date of the event, are not 18 years old, are obliged to have a consent to take part in the run signed by parents or legal guardians. The consent must have a form of a statement . The statement must be submit during the competitor's verification. The statement is available on a website **sto-nogi.pl** or in the bureau of the race.

VI APPLICATIONS

1. Only applications through an application form, which is available on website **<http://sts-timing.pl/>** are valid. Applications must be send from 15.02.2018 to 01.06.2018.
2. In order to make a valid initial registration, it is necessary to fill in an online application form and pay a participation fee (see point VII – Participation fees).
3. Name and surname of the participant who made a full registration will be placed on a website **sto-nogi.pl** and **<http://ststiming.pl/>**
4. On-line application is available until 01 June 2018. After the date, the only possibility to sign in will be in the bureau of the STO-nogi running competition on the day of the competition, and only **if there were be still places available**.
5. NOTICE! The number of competitors is limited to 500. The date of participation fee transfer determines which start number contestants get. After reaching a limit – 470 competitors - the registration will be suspended. A number of places at organizers' disposal is 30.
6. Registration can be reopen after a fee verification and a previous administrators announcement on a website **sto-nogi.pl**
7. The places in the competition which will be void as a result of the unpredicted circumstances, stay at the organizers' disposal.
8. People who do not have any internet access are asked to get in personal, or letter contact with the competition organizers:

Spółeczne Liceum Ogólnokształcące nr 5 STO

ul. Herberta 41 (dawniej Fiderkiewicza)

05-822 Milanówek

Secretariat

VII PARTICIPATION FEES

1. Every participant of the **VI STO-nogi Milanowek run** has to pay a participation fee.
2. Participation fee for people under 18 years old is 30 PLN until 01 June 2018 (end of an on-line registration)

Participation fee for adults is:

- 55 PLN until 18 May 2018
- 65 PLN until 01 June 2018

1. Contestants who will not report his/her participation in the run until 01 June 2018, may be registered on 10 June 2018, between 09.00 and 10.30, in the bureau of the competition (only, if there still will be places available). For all of those people registration fee is 70 PLN.
2. The participation fee should be paid during on-line registration on <http://ststiming.pl/>.
3. The host of the event is not responsible for missing fees.
4. Once the payment is made, it cannot be returned.
5. The payment includes: drinks on the route and finish line, commemorative medal, a regeneration meal and commemorative gift.
6. The participation fee will also help found medals and regeneration meals for children and youngsters who will compete in the Milanowian Mile.

VIII VERIFICATION

1. Verification and getting a start number is possible only in the bureau of the race:

- 06-08 June 2018 (Wednesday-Friday) in the Fee-paying High School No. 5 STO in Milanowek at Herberta 41 Street (former Fiderkiewicza st.), between 10.00 AM and 4.00 PM

- 09 June 2018 (Saturday) in the Fee-paying High School No. 5 STO in Milanowek at Herberta 41 Street (former Fiderkiewicza st.), between 4.00 PM and 8.00 PM

- 10 June 2018 (Sunday) in the tent of the competition bureau at Starodęby square near Mickiewicza street, between 09.00 AM and 10.30 AM.

During verification, competitors must have an ID card with a photo.

1. In order to be allowed to enter the competition, every participant must personally sign a statement accepting

terms and conditions, a declaration to enter a competition from his/her own free will and a declaration of lack of any medical objections to participate in the run. The statement is available in the bureau of the race and on a website sto-nogi.pl

IX CLASSIFICATION

1. During the **VI STO-nogi Milanowek Running Competition**, there will be the following classifications:
 1. General classification of women and men
 2. Age Classifications: Men: <19, 20-29, 30-39, 40-49, 50-59, 60+ years old; Women 19, 20-29, 30-39, 40-49, 50-59, 60+ years old;
 3. The Fastest Inhabitant of Milanowek classification - all runners who are registered in the city, women and men separately
 4. Classification for competitors on wheelchairs (details in appendix 3)
2. There will be also:
 1. **Geographers' World Championships** in a Street Run for 10 km classification
 2. **Polish Championships of Pilots and Flying Attendants** in a Street Run for 10 km classification (details in appendix 1)
3. **The Open Sto-nogi Team Championships** classification (details in appendix 2)

X PRIZES

1. Every competitor who will finish the **VI STO-nogi Milanowek Run** will receive a commemorative medals, water and a regeneration meal.
2. Winners of I-III places, in a general women and men classification will receive trophies, gifts and financial prizes:
 - I place 1000 PLN
 - II place 500 PLN
 - III place 250 PLN
1. There is a special 500 PLN financial prize for a woman and a man competitor who will beat the route record which is 00:29:31 for men (Michał Kaczmarek - 28.04.2013) and 00:35:57 for women (Izabela Parszczyńska - 19.04.2015)
2. In other categories only winners of the I place will receive trophies and prizes.
3. Winners of I-III places in the Fastest Inhabitant of Milanowek classification will receive trophies.

XI FINAL RESOLUTIONS

1. Every participant of the VI STO-nogi Milanowek Running Competition is obliged to know and abide the terms and conditions of the run.
2. During the run, every competitor must have a start number which she/he received with a start package. The start number must be attached to the top layer of runners clothing. Covering a number or a part of it may cause disqualification.
3. In order to be taken in to account in classification, it is necessary to run the route with the chip attached to a shoe and also to return the chip on the finish line. Not fulfilling this obligation will mean disqualification.
4. **Competitors with animals are not allowed** because of safety reasons.
5. The host of the event provides a medical assistance on the route and on the finish line.
6. The host of the event is not responsible for personal belongings lost during the event.
7. Before and after the run, participants can use a deposit room and a changing room located in tents at Starodęby square. The competitors are ask not to leave any valuable items an cash in the deposit. There will not be possible to take a shower.
8. A free accommodation is possible after a previous e-mail contact with the host of the event, up to 05 June 2018 - milanowek@sto-nogi.pl
9. Participants agree that information concerning their participation in a sport event the VI STO-nogi Milanowek Run, organized by The Independent Local Board of Civic Educational Association (STO) in Milanówek, such as contestants' name and surname, image, club and age category, will be added to public knowledge.
10. Decisions made by medical staff concerning ability to continue the run are final and irrevocable.
11. The Organizer of the run has a Third Party Insurance.
12. Participants have to buy an Accidents Insurance on their own.
13. The Organizer makes a final decisions in all matters not included in terms and conditions of the run.
14. The Organizer has an exclusive right to a binding and final interpretation on the term and conditions.

Appendix no 1

to the VI STO-nogi Milanowek Running Competition Terms and Conditions

Polish Championships of Pilots and Flying Attendants in a Street Run for 10 km

1. The only persons who can take part in the competition are those who are having a pilot license of any kind, or who work as a duty person on board of an aircraft.
2. There will be separate classification for women and men
3. The winners of I-III places will receive trophies
4. The will to take part in competition must be acknowledged by ticking the appropriate place in the on-line participation form of **VI STO-nogi Run** on a web site <http://sts-timing.pl/>
5. For verification purposes, every new competitor of the Championships is kindly asked to send a scan of his/her airborne qualification (license, certificate etc.) on the e-mail address : mistrzostwapilotow@gmail.com until 01 June 2018. Competitors may be also asked to show the document during the verification in the competition bureau. Without doing so competitors will not be classified in the Championships.
6. Competitors of the Championships are bound by every point of the VI STO-nogi Milanowek Running Competition Terms and Conditions.
7. All information about the Championships are available on a website sto-nogi.pl/piloci

Appendix no 2

to the VI STO-nogi Milanowek Running Competition Terms and Conditions

The Open Sto-nogi Milanowek Team Championships

1. Teams representing sports clubs, firms, institutions and other collectivities, as well as, groups of people starting as teams can take part in the team category.
 2. Each team has to have at least 4 members, including 1 woman or more.
 3. Team competitors are bound by every point of the VI STO-nogi Milanówiek Running Competition Terms and Conditions. One competitor can represent only one team.
 4. The winners of I - III places in the Team Championships will receive trophies.
 5. A captain is responsible for the team. He/she is the only person who:
 - signs up a group for the team competition
 - decides about a make-up of a team
 - speaks in a name of a team
 - contacts with the organizers of the **VI STO-nogi Run**.
1. The final result of the team is a sum of four highest net scores in a team, including one woman. A team with the smallest sum of the 4 scores will be a winner. In the event, when less than 4 competitors from one team will finish the race, the team will not be classified.
 2. Captain signs up a team by sending a full make-up (names, surnames, and dates of birth) on e-mail **bocewicz@sts-timing.pl** . Teams can be submitted up to 06 June 2018. After 06 June 2018 any change in a team make-up, or submitting a new member will be impossible.
 3. Team classification is a general classification. There will not be a division on age category. The Organizer reserves a right to create internal classification in the team category.
 4. In the event, when more than one team will reach the same result, time scores of the best runner in each team will decide about teams' final positions in classification.

Appendix no 3

to the VI STO-nogi Milanowek Running Competition Terms and Conditions

Rules applying to contestants on wheelchairs.

1. Only contestants on wheelchairs with an active direct drive are allowed to start in the run.
2. Contestant using wheelchairs handbike type and sport wheelchairs rim-push type **are not allowed** to take part in the run.
3. During the VI STO-nogi Run, there will be carried a general classification for women and men on wheelchairs.
4. Winners of I-III places in the category for contestant on wheelchairs will receive a commemorative diploma and a prize.
5. The number of competitors on wheelchairs is limited to 10.
6. Competitors on wheelchairs do not have to pay a participation fee.
7. Competitors on wheelchairs are bound by every point of the VI STO-nogi Milanowek Running Competition Terms and Conditions.
8. General and age classifications do not apply in case of competitors on wheelchairs