

REGULATIONS OF THE 5TH NIGHT PKO WROCŁAW HALF MARATHON Wrocław, 17 June 2017

I. PURPOSE

1. Popularisation of running as a basic form of physical activity.
2. Promotion of the city of Wrocław.

II. ORGANISER

1. The organiser of the half marathon is the Commune of Wrocław - Youth Sport Centre Wrocław [*Gmina Wrocław - Młodzieżowe Centrum Sportu Wrocław*], PL 51-612 Wrocław, al. I.J. Paderewskiego 35, phone +48 717334079, e-mail: biuro@wroclawmaraton.pl.

III. DATE AND LOCATION

1. The half marathon will take place on **17 June 2017** on the streets of Wrocław of a single loop.
2. **Start:** al. Paderewskiego at 10pm. The competitors have to be present at the start between 9:30pm and 9:45pm. **Finish:** Olympic Stadium.
3. **The route covers streets of Wrocław. The length of the route: 21.0975 km.** The route has AIMS and PZLA (Polish Athletic Association) certificate.
4. The competitors line up according to the following order: half marathon's elite (competitors with numbers from 1 to 200) at the start line. 10 m behind the elite the rest of competitors line up. The rest of competitors have to line up in the time zones according to their individual physical form. The time zones will be indicated in the start alley.

The half marathon's elite includes:

- a. competitors with the best results obtained in 2016 and 2017,
 - b. the Marathons Golden Trio - competitors who completed all the Marathons of Ślężanie and Wrocław Marathons,
 - c. competitors invited by the Director of the 5th Night PKO Wrocław Half Marathon.
5. The competitors will start the marathon at time intervals. As first will start the elite, and then the competitors according to the declared times of finishing the half marathon. The groups will start at time intervals.
 6. The route will be closed for the vehicular traffic pursuant to the Decision on the special use of the route of the half marathon. The competitors should comply with the time limit of the race completion of 3 hours. The competitors who reach the result higher than 1.5 h at the halfway, are obliged to discontinue the race and leave the half marathon's route. All the competitors who do not reach the finishing line until 1:30pm are obliged to discontinue the race, leave the half marathon's route and reach the finish line by micro bus marked with writing "FINISH OF RACE" ["KONIEC BIEGU"].
 7. 99 % of the half marathon's route has asphalt surface, and 1 % - paved surface.
 8. The route will be **marked at each kilometre (from 1 to 21, every 1 kilometre)**.
 9. Time control points will be located at: the start; 5th, 10th, 15th and 18th kilometre and the finishing line.
 10. Nutrition points will be located close to: 6th, 12th, 15th and 18th kilometre.

At each point there will be available:

- a. sugar in cubes at the tables (at 12th and 18th kilometre)
 - b. bowls with clean water,
 - c. 100 ml cups with isotonic beverage at the tables (except at 15th kilometre),
 - d. 100 ml cups with natural mineral water at the tables.
11. At nutrition points there will be medical points and behind them, toilets.

IV. PARTICIPATION

1. In the 5th Night PKO Wrocław Half Marathon can participate individuals who have attained the age of 18 until 17 June 2017.
2. All the competitors participating in the 5th Night PKO Wrocław Half Marathon have to be verified at the Half Marathon's Secretariat located in the Multifunctional Hall of the Academy of Physical Education Wrocław, al. I.J. Paderewskiego 35 (Olympic Stadium). The competitors will be verified on 16 June 2017 from 2pm to 10pm and on 17 June 2017 from 9am to 21pm. The distribution of starting kits will take place only on 16 and 17 June 2017 during verification. The starting kits which have not been picked up will be kept by the organiser at its disposal. Competitors are obliged to:
 - a. carry an ID document for the control of the birth date and nationality subject to the point V/12b,
 - b. sign the appendix no 1 to these regulations,

- c. confirm the reception of the starting kit during verification (bib number, kit of pins for attaching the number to the T-shirt).
3. Decisions of doctors on the continuation of the race are final and irrevocable.
4. In the 5th Night PKO Wrocław Half Marathon, the time control and determination of order will be performed by electronic system on the basis of chips attached to bib numbers. Each competitor will receive a bib number with a chip during verification. First 50 competitors will be classified according to the order of reaching the finishing line (gross time). 51st competitor and all the following will be classified according to the time result of the completion of the half marathon (net time). In order to start the half marathon and be classified in the final announcement, it is necessary to carry the number during the entire race, run along the half marathon's route and reach all time control points. During the race, all competitors should have their numbers attached to the front of the T-shirt. Under the pain of disqualification, it is prohibited to cover the bib number (fully or partly) and shortening the route.
5. The deposit will be kept in the Multifunctional Hall of the Academy of Physical Education Wrocław and the competitors' personal objects will be admitted packed in bags (provided by the organiser during verification) on 17 June 2017 from 7pm to 18 June 2017 until 2am. Distribution of the bags from the deposit will be performed upon the presentation of the number. The loss of the number by a competitor releases the organiser from the responsibility for reception of the bag by other person.
6. Dressing rooms, toilets and showers with hot water will be located at the Olympic Stadium in the Multifunctional Hall of the Academy of Physical Education Wrocław and will be available on 17 June 2017 from 7pm to 18 June 2017 until 2am.
7. On 17 June 2017, toilets will be located at the Olympic Stadium next to start and finishing line.

V. ENTRIES

1. Entries for the participation in the 5th Night PKO Wrocław Half Marathon will be admitted only in electronic form through the entry form submitted to the half marathon's website www.pol.wroclawmaraton.pl
2. The competitor shall perform the following:
 - a. Fill in the entry form on the website www.pol.wroclawmaraton.pl
 - b. Pay the fee for the starting kit through electronic payment in the virtual entries panel or to the bank account of the Commune of Wrocław - Youth Sport Centre Wrocław [*Gmina Wrocław - Młodzieżowe Centrum Sportu Wrocław*] in PKO BP with the number: 13 1020 5226 0000 6602 0462 7032 (the title of transfer should read: "fee for the half marathon's starting kit" [*"opłata za pakiet startowy półmaraton"*] and contain name and surname of the competitor and the year of birth). SWIFT code: BPKOPLPW. **The fee is not returnable.** The date of performing the last of the above-mentioned operations decides about the date of the entry. It is possible to pay on-line, the payment is possible at the registration stage.
3. **The competitors who pay outside the electronic payments channel in the entries panel, are obliged to pay within 3 working days from the day of completion of the entry form and keep the confirmation of the payment.**
4. Entry for the participation in the 5th Night PKO Wrocław Half Marathon constitutes also a confirmation of the acknowledgement of these regulations, and a commitment to observe these regulations, as well as an expression of the consent to process personal data and use the image of competitors, including these data on the TV, radio and the Internet broadcast and in printed form and sending information and surveys regarding competitions organised now and in the future by the organisers of the 5th Night PKO Wrocław Half Marathon, to the mail address of the competitors. Detailed scopes of required consents are included in the declaration form which constitutes the appendix no 1 to the event's regulations.
5. Competitor's data and the bib number will appear on the start list after the payment has been credited.
6. **Deadline of the entries and amounts of payments:**
 - a. Due to the limited number of participants (the limit is 11,000 persons) and the preparation of special numbers and starting kits, three terms apply:
 - 1st term - for the first 300 competitors the entry fee amounts to PLN 70,
 - 2nd term - for the competitors between 3001 and 8000 the entry fee amounts to PLN 80,
 - 3rd term - for the competitors between 8001 and 11000 the entry fee amounts to PLN 100,

On 16 and 17 June 2017, in the Half Marathon Secretariat there will be a computer available for making transfers, checking the transaction history and printing the confirmations.

- b. competitors who are 60 or older (birth year 1957 and older), who fill in the entry form until 30 April 2017, will be charged PLN 1 for the starting kit.
- c. For the competitors who apply for the participation in the 5th Night PKO Wrocław Half Marathon and in 35th PKO Wrocław Marathon (including European Masters Marathon Championship), the aggregate fee for both starting kits is reduced by **PLN 15** (it applies to the competitors **excluding the competitors mentioned in the point 6b, 9a-e**). Please write in the title of transfer: "fee for the package Half-Marathon and Marathon" [*"opłata za pakiety Półmaraton i Maraton"*] - the aggregate fee can be paid only

until 15 May 2017. Numbers for participation in the 5th Night PKO Wrocław Half Marathon will be assigned only until the limit is reached.

- d. For the competitors with entries for the 10th PANAS ŚLĘŻA Half Marathon and the 5th Night PKO Wrocław Half Marathon, the entry fee for the participation in the 20th European Masters Marathon Championship will be reduced by **PLN 15** (it applies to the competitors **excluding the competitors mentioned in the points 6b-c, 9a-e**).
7. Competitors who apply after 31 May 2017 will get a standard bib number (without name and surname) and a starting kit in the Half Marathon Secretariat.
8. In case the limit of competitors is not reached, until 14 June 2017 the electronic entry form will be disabled. After closing the electronic records, entries for participation will be admitted in the Half Marathon Secretariat during verification on 16 June 2017.
9. The right to participate in the 5th Night PKO Wrocław Half Marathon, if apply for participation and pay the fee of PLN 1 before the limit of participation is reached or until 28 February 2017, have:
 - a. Grzegorz Lechowski, Jan Leśniak and Marek Musiał: the Marathon's Golden Trio (competitors who completed all the Marathons of Ślężanie and Wrocław Marathons),
 - b. Golden Medals Winners of the 24th Open Championship of Long Runs of Wrocław,
 - c. winners of Marathons of Ślężanie, Wrocław Marathons and Night Wrocław Half Marathons,
 - d. winners in the age categories of the 4th Night PKO Wrocław Half Marathon
 - e. competitors invited by the Director of the Half Marathon.
10. The participants of the 9th edition of "I Ty możesz zostać maratończykiem" apply for participation according to the programme's regulations.
11. The Half Marathon Secretariat is located in Wrocław, at I.J. Paderewskiego 35, PL 51-612 Wrocław, phone +4871 733 40 79, e-mail: biuro@wroclawmaraton.pl and is open from 7am to 3pm. The Secretariat at this location is open until Friday 16 June 2017 until 10am and after the half marathon, from 19 June 2017. On Friday, 16 June 2017 from 2pm until 10pm, on Saturday 17 June 2017 from 9am to 9 pm. The Half Marathon Secretariat will be in the game hall of the Multifunctional Hall of the Academy of Physical Education at the Olympic Stadium, al. I.J. Paderewskiego 35 and will verify the competitors, distribute bib numbers and starting kits and inform about free accommodation.
12. **Conditions for a positive verification on 16 and 17 June 2017 are the following:**
 - a. the personal presence of the competitor and the submission of the signed declaration according to the content of the form which constitutes the appendix no 1 to these regulations or
 - b. the presence of person authorised who is obliged to submit the original version of the authorisation signed by the competitor under the name on the basis of which the verification is performed according to the content of the form constituting appendix no 2 together with a copy of the ID document of the competitor granting the authorisation (ID card, passport) available for inspection and a declaration signed by the competitor under the name on the basis of which the verification is performed – appendix no 1 to these regulations

VI. CLASSIFICATION

1. In the 5th Night PKO Wrocław Half Marathon there will be following classifications:
 - a. individual:
 - of women,
 - of men,
 - of female citizens of Republic of Poland,
 - in the age categories for women and men:
 - W and M - 20: aged 18 -29,
 - W and M - 30: aged 30 - 39,
 - W and M - 40: aged 40 - 49,
 - W and M - 50: aged 50 - 59,
 - W and M - 60: aged 60 - 69,
 - W and M - 70: aged 70 - 79,
 - W and M - 80: aged 80 or older
 - b. team: three best competitors from a team regardless their sex, if all fill in the same team name (the lowest sum of scores of the team members determines the winner).
2. Competitors who complete the 5th Night PKO Wrocław Half Marathon get points for the 25th Open Championship of Long Runs of Wrocław.

VII. PRIZES

1. The winners of the 5th Night PKO Wrocław Half Marathon will receive:
 - a. cups funded by the Municipality of the City of Wrocław and sponsors of the marathon, in the classifications of:
 - men: 1st, 2nd, 3rd place,
 - women: 1st, 2nd, 3rd place,
 - female citizens of Republic of Poland: 1st, 2nd, 3rd place,

- male citizens of Republic of Poland: 1st, 2nd, 3rd place,
- organisers of runs,
- journalists,
- age categories for women and men: 1st place,
- teams: 1st, 2nd, 3rd place, 3 cups per each one.

b. cash rewards:

• **in classification of women:**

- 1st place - PLN 4,000
- 2nd place - PLN 3,000
- 3rd place - PLN 2,000
- 4th place - PLN 1,500
- 5th place - PLN 1,000

• in classification of female citizens of Republic of Poland:

- 1st place - PLN 3,000
- 2nd place - PLN 2,500
- 3rd place - PLN 2,000
- 4th place - PLN 1,500
- 5th place - PLN 1,000

• **in classification of men:**

- 1st place - PLN 4,000
- 2nd place - PLN 3,000
- 3rd place - PLN 2,000
- 4th place - PLN 1,500
- 5th place - PLN 1,000

• in classification of male citizens of Republic of Poland:

- 1st place - PLN 3,000
- 2nd place - PLN 2,500
- 3rd place - PLN 2,000
- 4th place - PLN 1,500
- 5th place - PLN 1,000

4. The winners of the 5th Night PKO Wrocław Half Marathon will additionally receive money bonuses for reaching sport results determined below:

bonuses for the 3 fastest women			
	<01:11:42	<01:12:30	<01:13:30
1st place	PLN 5 000	PLN 2 000	PLN 1 500
2nd place	x	PLN 1 500	PLN 1 000
3rd place	x	PLN 1 000	PLN 800

bonuses for the 3 fastest men			
	<01:02:27	<01:03:30	<01:04:30
1st place	PLN 5 000	PLN 2,000	PLN 1,500
2nd place	x	PLN 1,500	PLN 1,000
3rd place	x	PLN 1,000	PLN 800

5. The winners of the age categories of women and men acquire the right to the privileged start in the 6th Night PKO Wrocław Half Marathon (if apply for the participation until 28 February 2018).
6. The Best Female Silesian and the Best Male Silesian will receive material prizes funded by the Marshal's Office of Lower Silesia Voivodeship.
7. The Best Female Citizen of Wrocław and the Best Male Citizen of Wrocław will receive material prizes funded by the "Otwarte Mistrzostwa Wrocławia" Association.
8. Material prizes will be granted to:
- competitors of the Wrocław Marathon's Golden Trio who will complete the half marathon,
 - the oldest female and male participant, who will complete the half marathon,
 - the youngest female and male participant, who will complete the half marathon.
9. All female and male competitors who complete the half marathon within 3 hours will receive medals. The competitors will receive medals after crossing the finishing line.
10. Personal income tax will be deducted from the cash prizes and bonuses, according to the applicable regulations.
11. Cups and material prizes will be granted to the winners of the 5th Night PKO Wrocław Half Marathon according to the schedule. The prizes which are not picked up during the decoration can be picked up within 30 days from the day of finishing the run. After this date has passed, they will be kept by the organiser at its disposal.
12. Cash prizes and bonuses won by the competitors will be transferred exclusively by the transfer to the indicated private account of the competitor (the prizes will not be paid in cash) until 31 July 2017.
13. Competitors who take places from 1 to 9 may be asked to undergo an anti-doping control. The control will be performed by the Anti-doping Commission. Each competitor (women and men) chosen by the Anti-doping Commission is obliged to undergo an anti-doping control, under the pain of disqualification. In case of detecting illegal substances in the A sample, the competitor has the right to apply for the examination of the B sample at its own cost. If the examination of the sample B proves negative, not confirming the use of illegal substances, the result of the competitor will be maintained on the list, and if this result confirms the results of the A sample, the Director of the Night Wrocław Half Marathon disqualifies the competitor. Decision on disqualification is final and the PZLA rules on appealing the decision do not apply.
14. The list of illegal substances and methods is given in the Appendix no 1 to the International Convention against Doping in Sport of 19 October 2005, later amended.

VIII. ACCOMODATION

1. The Organiser provides free accommodation for 200 competitors for the night between 17 and 18 June 2017 in Sports Hall at Parkowa 14. The accommodation is granted on the basis of the order of reservations made directly during the verification of the competitors in the Half Marathon Secretariat. The Organiser does not provide mattresses, bedding, sleeping bags, etc.
2. The Organiser will provide accommodation for a part of competitors in dormitories. In order to get information, reserve or make payment, the competitors can contact directly:
 - a. Student Dormitory „Spartakus” and Camping AWF Wrocław, Olympic Stadium, +48 713473385. Reservations after 15 April 2017.
 - b. Wrocław Medical University Student Dormitory „Bliźniak”, ul. Wojciecha z Brudzewa, 12, phone: +48 713484232 internal number 21, e-mail: joanna.kluza@umed.wroc.pl.
3. Persons interested in accommodation in hotels or interested in different tourist services are asked to contact hotels directly. Tourist Information Centre +48 713443111

IX. MEALS

1. Before the start on the day of the event, the competitors eat at their own cost.
2. After the race is finished, they will receive natural spring water, isotonic beverage, tea, a banana, and a regeneration meal.
3. Nutrition during the race is mentioned in the point III.

X. FINANCING

1. The costs of the 5th Night PKO Wrocław Half Marathon will be covered by:
 - a. the Commune of Wrocław,
 - b. PKO BP – Naming Rights Sponsor
 - c. Partners and institutions supporting the 5th Night PKO Wrocław Half Marathon.
2. The cost of entry fee, transport and other expenses are covered by the participants of the event.
3. Verified competitors have the right to use the public urban and suburban transport for free on 17 and 18 June 2017 upon showing the bib number.
4. The entry fee covers:
 - a. bib number + pins,
 - b. sponge,
 - c. beverages and sugar on the route,
 - d. beverages and bananas at the finishing line,
 - e. regulations and a map of the route,
 - f. sport T-shirt,
 - g. gifts (potential).

XI. FINAL PROVISIONS

1. The Organiser provides the medical help at the start, on the route and at the finishing line of the half marathon. Medical teams will be on the route providing medical help according to the Plan of Medical Protection approved by the competent Institution. The participants of the half marathon can use massage services at the finish provided by the students of the Academy of Physical Education in Wrocław.
2. Protests in written form are handled by the Secretariat of the 5th Night PKO Wrocław Half Marathon at the finishing line on 18 June 2017 until 01:30am. Protests will be reviewed within 1 hour from their submission.
3. Participants of the run are obliged to be dressed aesthetically and wear sports footwear according to PZLA regulations.
4. The competitor confirms the participation in the race at its own responsibility and bears the associated risk and is informed that the participation in the half marathon is linked to the physical effort which triggers natural risk of accidents, body injuries and physical injuries (including death), as well as damages and material losses.
5. Competitors who discontinue the race can use the car with the wording "Finish of Race" [*"Koniec Biegu"*] which will take them to the Olympic Stadium.
6. The route of the Marathon can be used only by vehicles with a special permission, attached in a visible place.
7. Competitors will be insured against the risk of accidents. Details of the policy (insurer, number of policy, guaranteed amount of insurance, general terms and conditions of the insurance) will be published on the website in the Regulations sector until 15 May 2017.
8. The run will take place regardless the weather conditions.
9. The organiser has the right to change the date of the race due to the Force Majeure.



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5. PKO NOCNY WROCLAW
PÓŁMARATON

10. The appendices no 1 (declaration required by the organiser) and 2 (authorisation form) constitute an integral part of the Regulations.

Director of the 5th Night PKO Wrocław Half Marathon
Wojciech Gęstwa