

REGULATIONS OF THE 7TH PKO WROCLAW NIGHT HALF MARATHON Wrocław, 15 June 2019

I. OBJECTIVE

1. Popularisation and promotion of running as the simplest form of physical activity.
2. Promotion of the City of Wrocław.

II. ORGANISER

The organiser of the half marathon is Gmina Wrocław (Commune of Wrocław) - Młodzieżowe Centrum Sportu Wrocław (Youth Sports Centre Wrocław), PL 51-612 Wrocław, al. I. J. Paderewskiego 35, tel. +48 717334079, e-mail: biuro@wroclawmaraton.pl.

III. DATE AND PLACE

1. The race will take place on 15 June 2019 on the streets of Wrocław, on one loop.
2. **Start:** the Olympic Stadium at 10:00 p.m. The competitors must check in at the start from 9:30 p.m. to 9:45 p.m. **Finishing line:** the Olympic Stadium.
3. **The half marathon will take place on the streets of Wrocław. Route length: 21.0975 km.** The route has been certified by AIMS and PLZA (the Polish Association of Athletics).
4. The competitors will take places at the start according to the following order: on the start line the half marathon elite - the competitors with numbers from 1 to 200. About 10 m behind the elite, the other competitors will position themselves. The remaining competitors must take places in time zones according to their level of sports skills that will be marked on the starting lane.
The following persons will be invited to the marathon elite:
 - a. competitors with the best times achieved in 2018 and 2019,
 - b. the Marathon Golden Two - the competitors who have completed all Silesians Marathons and Wrocław Marathons,
 - c. competitors invited by the Director of the 7th PKO Wrocław Night Half Marathon.
5. The competitors will start in waves. Firstly, the elite will start and next the competitors according to the declared times of half marathon completion. Groups will start in time intervals.
6. The route will be closed for longitudinal wheel traffic in compliance with the decision on the use of the half marathon route in a special way. The competitors will be bound with the time limit amounting to 3 hours net. The competitors who at the halfway point of the half marathon achieve the time exceeding 1.5 hours net will be obliged to stop running and to leave the race route. All competitors who fail to reach the finishing line by 1:30 a.m. will be obliged to stop running and to leave the route or to ride to the finishing line by a microbus with the inscription: KONIEC BIEGU (END OF MARATHON).
7. 99% of the marathon race has asphalt surface and 1% - cobble surface.
8. The route will have **all kilometres marked: from 1 to 21 (every 1 km).**
9. The time recording points will be located on about: **kilometre 5; 10; 15; 18** and on the finishing line.
10. **The nutrition points** will be located on about: kilometre **6, 12, 15 and 18.**
11. Medical points and toilets will be located at the nutrition points.

IV. PARTICIPATION

1. Persons who on 15 June 2019 will reach 18 years of age will be entitled to take part in the 7th PKO Wrocław Night Half Marathon.
2. All participants taking part in the 7th PKO Wrocław Night Half Marathon must be verified in the Half Marathon Office located in the Multifunctional Hall of the University School of Physical Education in Wrocław, al. I. J. Paderewskiego 35 (the Olympic Stadium). The verification will take place on 14 June 2019 from 2:00 p.m. to 10:00 p.m. and on 15 June 2019 from 9:00 a.m. to 9:00 p.m. The starting kits will be handed over on 14 and 15 June 2019 during the verification. The kits not collected on these days will remain at the disposal of the organiser. The competitor must meet the following conditions in order to be verified:
 - a. have an ID card for control of their date of birth and citizenship, subject to point V/13b,
 - b. sign Appendix 1 hereto,
 - c. acknowledge receipt of the starting kit during the verification (race number, a set of pins to affix the number to the T-shirt).
3. Time measurement and determination of the order in the 7th PKO Wrocław Night Half Marathon will be made by means of an electronic system with the use of electronic chips attached to participants' race numbers. Each participant after the identity check will be given a race number with an electronic chip. The first 50 runners will be classified according to their position at the finish line (gross time). The 51st and following participants will be classified according to the actual time of their completing the race (net time). Possession of the number during the entire race, moving solely on the half marathon route and passing through all time checking points will be the condition for taking part in the half marathon and being classified in the final announcement. During the race, all competitors must have their race numbers fixed to their T-shirts on the chest. It is forbidden under the penalty of disqualification to cover one's race number (partially or fully) and to take short cuts.
4. The competitors can leave their personal objects packed in bags in the deposit on 15 June 2019 from 7.00 p.m. to 10.00 p.m. The objects will be marked with numbers. The bags can be collected

by 16 June 2019 until 02.00 a.m. The bags will be given to the competitors after they show their number. If a participant loses their number, the organiser is no longer responsible if one's bag is collected by any other person.

5. Changing rooms, toilets and showers with hot water are located at the Olympic Stadium in the Multifunctional Hall of the University School of Physical Education in Wrocław and will be made available on 15 June 2019 from 7:00 p.m. to 16 June 2019 2:00 a.m.
6. On 15 June 2019, toilets will be located within the Olympic Stadium near the start and the finishing line.

V. APPLICATION

1. Applications for participation in the 7th PKO Wrocław Night Half Marathon will be accepted only electronically through completion of the application form available on the website of the half marathon: www.pol.wroclawmaraton.pl.
2. Submitting the application will be considered as performance of the following two activities by the competitor, in the following order:
 - a. completion of the application form available on: www.pol.wroclawmaraton.pl,
 - b. payment for the starting kit via electronic payments in the online application panel or to the bank account of Gmina Wrocław (Commune of Wrocław) – Młodzieżowe Centrum Sportu Wrocław (Youth Sports Centre Wrocław) in PKO BP bank to the number: 13 1020 5226 0000 6602 0462 7032 (in the title please write: "opłata za pakiet startowy półmaraton" (fee for the half marathon starting kit) and give the name and surname of the competitor as well as their year of birth). SWIFT code: BPKOPLPW. The application date will be defined depending on the date of the last of the above activities. Online payment is possible during the registration.
3. **The competitors making the payments outside the electronic payment channel in the application panel are obliged to make the payment within maximum 3 working days from the date of completing the application form and to keep the payment confirmation.**
4. Submitting the application for participation in the 7th PKO Wrocław Night Half Marathon constitutes confirmation that the participant has read these Regulations, undertakes to observe them and gives consent to use of their image (attachment no. 1), including using this data on TV, radio, the Internet and in print, as well as to sending to the e-mail address of the participant information and questionnaires relating to the competitions organised currently and in the future by the organisers of the 7th PKO Wrocław Night Half Marathon.
5. Competitor's data and their race number will appear on the start list after recording of the payment.
6. **Deadline for applications and amount of the fees:**
 - a. due to the limited number of participants (**13,000 persons**) and the necessity to prepare special numbers and starting kits, there will be four payment deadlines:
 - **1st deadline** – for the first 4,000 competitors the entry fee will be PLN 90.00,
 - **2nd deadline** – for competitors 4,001 to 7,000 the entry fee will be PLN 100.00
 - **3rd deadline** – for competitors 7,001 to 10,000 the entry fee will be PLN 120.00,
 - **4th deadline** – for competitors 10,001 to 13,000 the entry fee will be PLN 140.00,
 - b. the competitors who are 60 years of age or older (year of birth 1959 and earlier) and who send the completed application form by 30 April 2019 will pay the amount of PLN 1.00 for the starting kit.
 - c. for competitors taking part in the 7th PKO Wrocław Night Half Marathon and the 37th PKO Wrocław Marathon the total fee for both starting packages will be decreased by **PLN 20.00**. After applying for the 7th PKO Wrocław Night Half Marathon, the competitors will receive a discount code to be filled out during filling the marathon application. The discount for the 37th PKO Wrocław Marathon can be used until 1 May 2019.A computer will be available in the Half Marathon Office for checking the payment and printing the confirmation.
7. The competitors can decide to not to take part in the 7th PKO Wrocław Night Half Marathon by 17 May 2019. Resignations should be sent by e-mail to the address biuro@wroclawmaraton.pl. The payment reduced by PLN 10 will be paid back within 14 days from sending the resignation.
8. The competitors who submit application after 31 May 2019 will get a standard race number (without name and surname) and the starting kit at the Marathon Office.
9. The following persons are entitled to take part in the 7th PKO Wrocław Night Half Marathon after applying and paying PLN 1.00 before exhaustion of the limit of places or before 28 February 2019:
 - a. The Marathon Golden Two - the competitors who have completed all Silesians Marathons and Wrocław Marathons,
 - b. Medal holders of the 26th Wrocław Open Competition in Long Distance Races,
 - c. The winners of Silesian Marathons, Wrocław Marathons and Wrocław Night Marathons,

- d. The winners of the age classifications in the 6th PKO Wrocław Night Half Marathon,
 - e. Competitors invited by the Director of the Half Marathon.
- 10.** Participants of the 11th edition of the "I Ty możesz zostać maratończykiem" ("You too can be a marathon runner") programme must submit their application as per the programme regulations. The Half Marathon Office is located in Wrocław at al. I.J. Paderewskiego 35, PL 51-612 Wrocław, tel. +4871 733 40 79, e-mail: biuro@wroclawmaraton.pl and is open from 7:00 a.m. to 3:00 p.m. The Office under this address be open until Friday, 14 June 2019 until 10 a.m., and after the half marathon from 17 June 2019.
- 12.** On Friday 14 June 2019 from 2:00 p.m. to 10:00 p.m., on Saturday 15 June 2019 from 9:00 a.m. to 9:00 p.m., the Half Marathon Office will be located in the game room of the Multifunctional Hall of the University School of Physical Education at the Olympic Stadium; the verification of the competitors and handing over of the race numbers and kits will take place in this room.
- 13. The condition for positive verification on 14-15 June 2019 will be:**
- a. personal attendance of the competitor and submission of a signed declaration constituting Appendix 1 hereto, or
 - b. attendance of a person authorised in written by a competitor to collect the starting kit for the 7th PKO Wrocław Night Half Marathon (Attachment no. 2) and submission by this person of Attachment no. 1 signed by the competitor; the correctness of the authorisation will be confirmed by showing a photocopy of an ID document of the competitor who granted the authorisation (ID card or passport).

VI. CLASSIFICATION

- 1.** The following classifications will be held in the 7th PKO Wrocław Night Half Marathon:
- a. individual:
 - Women, • Polish female citizens,
 - Men, • Polish male citizens,
 - the following age categories for women and men:
 - **W and M - 20:** 18 - 29 years, - **W and M - 40:** 40 - 49 years, - **W and M - 60:** 60 - 69 years, - **W and M - 80:** 80 years and above
 - **W and M - 30:** 30 - 39 years, - **W and M - 50:** 50 - 59 years, - **W and M - 70:** 70 - 79 years,
 - b. team: three best participants from each team, regardless of their sex, on condition that a uniform team name is stated on the application form (verdict is based on the lowest sum of times of the team members).
- 2.** The competitors who complete the 7th PKO Wrocław Night Half Marathon will get points in the 27th Open Long-Distance Running Wrocław Championship.

VII. PRIZES

- 1.** The winners Of the 7th PKO Wrocław Night Half Marathon will receive:
- a. cups in the:
 - men's classification: 1st, 2nd, 3rd place,
 - women's classification: 1st, 2nd, 3rd place,
 - classification of female citizens of the Republic of Poland: 1st, 2nd, 3rd place,
 - classification of male citizens of the Republic of Poland: 1st, 2nd, 3rd place.
 - team classification: 1st, 2nd, 3rd place - 3 cups each.
 - b. cash prizes:

<ul style="list-style-type: none"> • women's classification: <table style="width: 100%; border-collapse: collapse;"> <tr><td>1st place</td><td>PLN 4,000,</td></tr> <tr><td>2nd place</td><td>PLN 3,000,</td></tr> <tr><td>3rd place</td><td>PLN 2,000,</td></tr> <tr><td>4th place</td><td>PLN 1,500,</td></tr> <tr><td>5th place</td><td>PLN 1,000.</td></tr> </table> <ul style="list-style-type: none"> • female citizens of the Republic of Poland: <table style="width: 100%; border-collapse: collapse;"> <tr><td>1st place</td><td>PLN 3,000,</td></tr> <tr><td>2nd place</td><td>PLN 2,500,</td></tr> <tr><td>3rd place</td><td>PLN 2,000,</td></tr> <tr><td>4th place</td><td>PLN 1,500,</td></tr> <tr><td>5th place</td><td>PLN 1,000,</td></tr> </table>	1 st place	PLN 4,000,	2 nd place	PLN 3,000,	3 rd place	PLN 2,000,	4 th place	PLN 1,500,	5 th place	PLN 1,000.	1 st place	PLN 3,000,	2 nd place	PLN 2,500,	3 rd place	PLN 2,000,	4 th place	PLN 1,500,	5 th place	PLN 1,000,	<ul style="list-style-type: none"> • men's classification: <table style="width: 100%; border-collapse: collapse;"> <tr><td>1st place</td><td>- PLN 4,000,</td></tr> <tr><td>2nd place</td><td>- PLN 3,000,</td></tr> <tr><td>3rd place</td><td>- PLN 2,000,</td></tr> <tr><td>4th place</td><td>- PLN 1,500,</td></tr> <tr><td>5th place</td><td>- PLN 1,000.</td></tr> </table> <ul style="list-style-type: none"> • male citizens of the Republic of Poland: <table style="width: 100%; border-collapse: collapse;"> <tr><td>1st place</td><td>- PLN 3,000,</td></tr> <tr><td>2nd place</td><td>- PLN 2,500,</td></tr> <tr><td>3rd place</td><td>- PLN 2,000,</td></tr> <tr><td>4th place</td><td>- PLN 1,500,</td></tr> <tr><td>5th place</td><td>- PLN 1,000,</td></tr> </table>	1 st place	- PLN 4,000,	2 nd place	- PLN 3,000,	3 rd place	- PLN 2,000,	4 th place	- PLN 1,500,	5 th place	- PLN 1,000.	1 st place	- PLN 3,000,	2 nd place	- PLN 2,500,	3 rd place	- PLN 2,000,	4 th place	- PLN 1,500,	5 th place	- PLN 1,000,
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- 4.** The winners in the age categories of women and men will acquire the right to take part in the 8th PKO Wrocław Night Half Marathon on preferential terms (on condition of applying by 28 February 2020),
- 5.** All female and male competitors who complete the marathon in 3 hours will receive medals. The medals will be handed in after passing of the finishing line.
- 6.** Personal income tax will be deducted from the cash prizes and bonuses in compliance with applicable legal provisions.
- 7.** The cups will be given to the winners of the 7th PKO Wrocław Night Marathon according to the minute programme of the event. It will be possible to collect the prizes not collected during the decoration within 30 days from the half marathon date. After that time, the prizes will remain at the disposal of the organiser.

8. The cash prizes and bonuses won by the competitors will be provided solely via bank transfer to the indicated personal bank account of the competitor to 31 July 2019 (the prizes will not be given in cash).
9. The competitors who will take places from 1 to 10 may be subjected to anti-doping tests after the race. The tests will be conducted by the Anti-Doping Commission. Every competitor selected by the Anti-Doping Commission will be obliged to undergo the anti-doping tests, under the rigour of disqualification. In case of detection of prohibited substances in sample A, a competitor will be entitled to request testing of sample B at their own cost. In case of a negative result of sample B, not confirming use of prohibited substances, the result of the competitor will be kept on the list, while in case of confirmation of the result of sample A, the Director of the Wrocław Night Half Marathon will disqualify the competitor. The disqualification will be final and the provisions of PZLA (the Polish Union of Athletics) relating to the appeal possibility will not apply thereto.
10. The list of prohibited substances is determined in Appendix no. 1 to the International Convention Against Doping in Sport of 19 October 2005, as amended.

VIII. ACCOMODATION

1. The organiser will provide a limited number of the competitors with accommodation in dormitories. The competitors will get the information and make the booking and the payment on their own in:
 - a. "Spartakus" student dormitory and the University School of Physical Education in Wrocław Camping, Olympic Stadium, phone +48 713473385. Bookings are possible after 15 April 2019.
 - b. "Bliźniak" student dormitory of Wrocław Medical University, Wojciecha z Brudzewa 12, phone +48713484232, ext. 21, e-mail: joanna.kluza@umed.wroc.pl
2. Persons interested in accommodation in hotels or interested in other tourist services should contact the hotels or the Tourist Information Centre (+48 713443111) directly.

IX. NUTRITION

1. After completion of the race, at the finishing line the competitors will receive natural spring water, tea, banana and regeneration meal.
2. Nutrition on the route during the race is determined in point III of this document.

X. FINANCING

1. The cost of the organisation of the 7th PKO Wrocław Night Half Marathon will be covered by:
 - a. Gmina Wrocław (commune of Wrocław),
 - b. PKO BP - the titular sponsor,
 - c. Partners and institutions supporting the 7th PKO Wrocław Night Half Marathon.
2. The costs of the entry fee, travels and other services will be covered by the event participants.
3. The verified competitors will be entitled to free use of collective urban and suburban transport (tramways, buses) on 15 and 16 June 2019 against demonstration of the race number.
4. Within the fee for the starting package, the participant will obtain:
 - a. race number + pins,
 - b. sponge,
 - c. drinks and sugar on the route
 - d. regulations with the map of the route,
 - e. drinks and bananas at the finishing line,
 - f. sports T-shirt,
 - g. possible gifts

XI. FINAL PROVISIONS

1. The organiser will provide medical care at the start, on the route and at the finishing line of the Half Marathon. Medical teams will move on the route and provide aid according to the Medical Protection Plan approved by the competent Office. The participants of the Half Marathon may use the massages given by the students of University School of Physical Education in Wrocław.
2. Written protests will be accepted by the stage of the 7th PKO Wrocław Night Half Marathon, on 15 June 2019, until 01:30 a.m. The protests will be examined within 1 hour from their submission.
3. The participants of the race are obliged to wear aesthetic clothes and sports shoes in compliance with the provisions of PZLA.
4. Decisions of the doctors relating to continuation of the race during the event will be final and irrevocable.
5. The competitors confirm that they take part in the Half Marathon on their own responsibility and bear the risk connected with it, acknowledging the fact that participation in the Half Marathon is connected with physical effort and entails natural risk and threat of accidents, possibility to suffer injuries (including death) as well as material damages and losses.
6. The competitors who discontinue the race will be able to use the car with the inscription 'Koniec Biegu' (End of Race), which will take them to the Olympic Stadium.
7. Only vehicles with a special pass, displayed in a visible place, will be allowed to move on the route of the marathon.



Biuro Organizacyjne Wrocław Maratonu
Młodzieżowe Centrum Sportu Wrocław
PL 51-612 Wrocław, al. Ignacego Jana Paderewskiego 35
NIP: 898-219-79-58, Regon: 021757876
tel. +48 71 733 40 60, fax +48 71 733 40 80
e-mail: biuro@wroclawmaraton.pl
www.wroclawmaraton.pl, www.pol.wroclawmaraton.pl



8. The competitors will be insured against accidents. The details of the policy (insurer, policy number, guaranteed insurance sum, general insurance terms & conditions) will be published on the website, in 'Regulamin' (Regulations) section by 15 May 2019.
9. The organiser reserves the right to change the date of the race due to occurrence or forecast of occurrence of Force Majeure, reported by the competent Office.
10. Appendices 1 and 2 are the integral part of the Regulations.

Director of the 7th PKO Wrocław Night Half Marathon
Wojciech Gęstwa