

17. Maciej Frankiewicz PKO Poznań Marathon Official Regulations

I. Aim

Popularization of running as best form of recreational activity.

Promotion of the City of Poznań in Poland and abroad.

II. Organizer

Poznań Sports and Recreation Centres,

Address: 61-553 Poznań, 34 Chwiałkowskiego Street

Phone: (+48) 61 835 79 17,

e-mail: info@marathon.poznan.pl

<http://marathon.poznan.pl>

Patronage of this event is held by Jacek Jaśkowiak, the Mayor of the City of Poznań.

III. Marathon Office

1. The Marathon Office is located in Poznań Sports and Recreation Centres Head Office,

address: 61-553 Poznań, 34 Chwiałkowskiego Street,

open Monday to Friday 08.00-16.00.

phone: (+48) 61 835 79 17,

e-mail: info@marathon.poznan.pl.

2. On 7-8 October 2016 the Marathon Office is located in:

the Poznań International Fair, hall 3,

address: 14 Głogowska Street, 60-734 Poznań,

open: Friday 7 October 10.00-20.00, Saturday 8 October 10.00-20.00.

On Sunday 9 October the Marathon Office is closed.

3. The Marathon Office runs the registration for the marathon, verifies the contestants and issue start packages.

IV. Date and venue

1. The marathon is held on 9 October 2016 in Poznań.
2. Start: Grunwaldzka Street, by the Poznań International Fair:
 - 8.50 wheelchairs
 - 9.00 runners.
3. Finish: the Poznań International Fair (Mark Square).
4. Contestants line up at the start in the following order:
 - wheelchairs
 - runners with bib numbers 1-100 (designated zone AA)
 - other runners.

V. Start zones

1. Contestants line up at the start in designated start zones.
2. Start zones are assigned to the contestants based on the finish times declared by them during registration.
3. Different colour stripes on contestants' bib numbers indicate start zones to which the runners are assigned to:
 - zone for wheelchairs – orange stripe
 - zone AA - yellow stripe – bib numbers 1-100,
 - zone A – red stripe – time below 3:10,
 - zone B – green stripe – time between 3:11-3:29,
 - zone C – blue stripe – time between 3:30-3:59,
 - zone D – violet stripe – time between 4:00-4:29,
 - zone E - brown stripe – time above 4:30.
4. Start zones can be changed for different ones by contestants on their individual online account by 29 September 2016.

VI. Route

1. The route length: 42,195 km.
2. The route covers 1 loop.
3. The route has got AIMS and IAAF certificates.
4. Each kilometre of the route is marked.

VII. Time limit

1. Time limit for the race completion is 6 hours.
2. Runners who do not finish the marathon until 15.15 are obliged to discontinue running and reach the finish by the bus marked "Marathon's finish".
3. The marathon route is closed for car traffic until 15.15.

VIII. Time measurement

1. The official time in general and age classification is net time (counted from the moment the runner crosses the start line). The first 100 runners crossing the finish line are the exception from this rule - their official time is gross time (counted from the starter's shot). If there is no 8 men and 8 women in the first 100 finishing runners, the number of runners whose official time is net time goes bigger until such amount of men and women crosses the finish line.
2. Both, gross and net times are published in official results.
3. Time is measured by a chip attached to a running shoe. The chips are returnable.
4. The price of time measurement is included in registration fee.
5. Time control points are located along the route at: start line, 5 km, 10 km, 15 km, 20 km, 21,975km, 25 km, 30 km, 35 km, 40 km, finish line.
6. Personnel at the control points note down the runners who try to take a short cut along the route. Runners taking the short cut or going the wrong route are disqualified.

IX. Nutrition and refreshing points

1. Nutrition points are located every 5 km or so.
2. Products on tables at the nutrition points are arranged as follows:
 - water for sponges
 - water
 - isotonic
 - bananas, chocolate, sugar
 - water
 - isotonic.

X. Participation

1. Only runners who are at least 18 years old on 9 October 2016 may participate in the 17. PKO Poznań Marathon.

2. Runners taking part in the 17. PKO Poznań Marathon must be verified in the Marathon Office on 7-8 October 2016.

3. It is not allowed to run the marathon with a bib number assigned to another person. The runner who takes part in the race with the bib number assigned to a different person will be disqualified. During registration for the marathon contestants agree with the Official Marathon Regulations and commit to them.

4. Bib numbers and chips must be attached to runners at all times throughout the marathon.

5. Bib numbers must be attached to runners t-shirts on chests and mustn't be covered fully nor partly nor be modified. Runners with not clearly visible bib numbers will be disqualified.

6. Chips must be attached to shoelaces of running shoes on the left or right leg at height of an ankle. Attaching chips in any other place results in disqualification.

XI. Contestants verification and start packages issuing

1. Contestants are verified in the Marathon Office when they collect their start packages (with bib numbers, souvenirs and information materials) upon presenting start cards or ID.

2. Contestants verification and start packages issuing is held in the Marathon Office at the Poznań International Fair, Hall 3, ul. Głogowska 14 on the following days:

7 October Friday 10.00-20.00

8 October Saturday 10.00-20.00

After this time the Organizer doesn't issue start packages nor sends them by post.

3. Start cards are ready to download from runners' online account from 3 October 2016, 11.00 o'clock. To download start cards, contestants should go to website

<http://marathon.poznan.pl/panel/en>, login to their online personal accounts and go to section "files to download" then print it off, sign the consent form to participate at their own responsibility and take the card with them for verification. The start card without the consent form nor signature is no valid.

4. If a runner cannot collect his start package personally, should give his start card to the person who collects the start package for him.

5. Persons without a start card are obliged to show their ID.

6. The start package consists of a bib number, a chip for time measuring, a bag for the runner's belongings, a number for the bag, 4 pins, a marathon bag, 4F technical t-shirt, fotomaraton.pl flyer and PKO Bank Polski promotional materials.

XII. Classification

1. General – women and men.
2. Age classification - women and men: 18-29, 30-39, 40-44, 45-49, 50-54, 55–59, 60-64, 65-69, 70-74, 75 and older.
3. Best citizen of Poznań - woman and man.
4. Oldest contestant of the marathon - woman and man.
5. General classification - women and men - wheelchairs type I (direct drive) and wheelchairs type II (indirect drive).
6. Age classification doesn't apply to participants on wheelchairs.

XIII. Applications & Fees

1. Deadline for online applications is 6 October 2016 or once the applications limit is reached. On 7-8 October 2016 applications will be accepted only in the Marathon Office, between 10:00-20:00 (Poznań International Fair, hall no. 3) The applications will not be accepted after 8 October 2016.
2. Applications shall be issued via website <http://marathon.poznan.pl/en/runners-zone/registration-form/> or personally in the Marathon Office.
3. Applicants are registered for the marathon when the Organizer gets correctly filled application form and registration fee into his bank account.
4. The Organizer establishes the following terms and application fees:
 - 100 PLN – when paid until 15 September 2016 (the date of application fee reaching the Organizer's bank account counts),
 - 150 PLN – when paid 16-30 September 2016 (the date of application fee reaching the Organizer's bank account counts),
 - 200 PLN – when paid 1-8 October 2016 (the date of application fee reaching the Organizer's bank account counts).
5. Participants must pay registration fee within 7 days since registration. If the payment is not made within this time, the runner's account becomes inactive. The runner may reactivate his account online unless the registration limit is already reached. To reactivate the account, the runner should go to section „payment” in his online account.
6. Application fees are non-refundable and cannot be transferred to any other event made by the Organizer in the future.
7. The following contestants have the right to participate in the marathon for free (under the

condition they register by 8 October 2016):

- contestants who completed all 16 editions of the marathon in Poznań (Poznań Marathon),
- contestants on wheelchairs,
- contestants who were on the I, II and III place in age classifications in the 16. PKO Poznań Marathon,
- contestants taking part in the marathon based on another agreements between Poznań Sports and Recreation Centers and their partners,
- contestants exempted from paying the registration fee by the Poznań Sports and Recreation Centers Director based on their written request,
- visually impaired and blind contestants taking part in the 5. Mistrzostwa Polski Osób Niewidomych i Słabowidzących organized by the Stowarzyszenie Kultury Fizycznej Sportu i Turystyki Niewidomych i Słabowidzących CROSS in Warsaw.
- winners of the competitions organized by the Organizer
- pacemakers.

8. Runners who are 60 years old or older get 50% discount on application fee.

9. Runners who have „Poznań PRO Rodzina – Karta Rodziny Dużej” get 25% discount on application fee.

10. The limit of paid applications is 8 000.

11. Bib numbers can be transferred to another participants by 29 September 2016. Application form allowing the transfer is available in runners' online account on the marathon website. The Organizer doesn't take responsibility for runners' mistakes made during the transfer.

XIV. Prizes

1. Best women and men (I – III place) in general classification get cups.

2. Best women and men in age classifications for the I, II and III place (classified based on their net times) are exempted from paying the registration fee for the 18. Poznań Marathon in 2017.

3. Best citizens of Poznań (woman and man) for the I place get cups.

4. Best oldest contestants (woman and man) for the I place get cups.

5. Cash prizes in general runners classification - women and men:

I place - 12 000 PLN

II place - 8 000 PLN

III place - 6 000 PLN

6. Bonus for breaking the time record of the Poznań Marathon for the first woman (time below 02:31:55) and for the first man (time below 02:11:53) is 10 000 PLN.

7. Cash prizes in general wheelchairs type I & II classification - women and men:

I place - 2000 PLN

II place - 1500 PLN

III place - 1000 PLN

8. Prizes in general classification - women and men (I – III place) are granted to runners based on their order of crossing the finish line.

9. All runners who complete the 17. PKO Poznań Marathon participate in the lottery and may win one of the following prizes:

1) 5 x start package for Berlin Maraton 2017,

2) 17 x 1000 PLN (gross) each,

3) 5 x voucher for shopping in 4F shops (in Poland) worth 500 PLN (gross).

The drawing takes place on 9 October after the run on stage in the finish area. To participate in the drawing, the contestant must put the coupon into the ballot box located nearby the Marathon Office in the hall no 3 (on 7-8 October, during the Marathon Office opening hours). The coupon is attached to the bib number and can be found in the envelope, in the start package. Presence of the contestant at the prize drawing is not obligatory. Winning coupon doesn't take part in the drawing of latter prizes.

10. INEA S.A. has founded 3 financial prizes for the marathon contestants:

a) 1000 PLN net for the 1000th runner crossing the finish line in general classification

b) 1000 PLN net for the 1000th runner crossing the finish line in general women classification

c) 1000 PLN net for the 1000th runner crossing the finish line in general men classification

The winners are recognised based on the results announced on the day of the race. Any subsequent changes to the ranking will not be taken into account. The prizes will be handed over to the winners on stage after the race at Plac Marka. Presence of the contestants at the winners announcement is not obligatory. In case the prize winner is absent, INEA will contact him in order to arrange a date to hand over the prize.

11. The marathon participant who finishes the race as 2016th will receive a voucher for a weekend stay at the Sheraton Prague Charles Square Hotel. The invitation includes a weekend stay (two nights with breakfasts) for two persons. It can be redeemed at a weekend chosen by the winner and is valid until the end of 2017.

12. All runners who complete the marathon within 6 hours time are granted a medal.
13. The winners of money prizes must pay the tax in accordance with the tax law.
14. Money prizes are granted only into participants' bank accounts via bank transfer. They cannot be paid in cash.
15. Money prizes are paid after receiving the minutes from the Commission against Doping in Sport.
16. In order to receive cash prize into bank account, runners must fill in necessary forms required by the Tax Office and send them to the Organizer's address within 30 days from the event's finish date. **Download the form.**

XV. Antidoping Control

1. Winners of I, II, III and IV place in general classification (women and men) must face anti-doping control (including EPO).
2. Upon finding substances prohibited according to WADA list in sample „A”, a runner is informed of possibility to issue sample „B“ on his own cost. The positive result of sample “B” test automatically disqualifies the runner from the race.

XVI. Results

1. Unofficial results are posted on the website www.marathon.poznan.pl right after the marathon.
2. Official results are posted on the website www.marathon.poznan.pl after receiving a report from the Commission against Doping in Sport.

XVII. Accommodation

1. The Organizer provides free accommodation on 8/9 October 2016 for the first 600 runners who mark a reservation box in their application forms.
2. The runners are accommodated in sports halls at 34a Chwiałkowskiego in Poznań.
3. The organizer does not provide mattresses nor sleeping bags.
4. Runners are checked in at the sport halls on 8 October 2016 upon presenting their bib numbers.

XVIII. Feeding

1. On 8 October 2016 between 12.00-20.00 there is Pasta Party held in Hall 3A – the Poznań International Fair, Głogowska 14.
2. Pasta Party is free of charge for marathon participants upon presenting vouchers attached to

their bib numbers.

3. After the marathon, runners are given energy food and drinks in the finish zone. Outside the finish zone, runners are given a hot meal at the Poznań International Fair.

XIX. Final terms

1. The Organizer provides medical healthcare along the route and at the finish.
2. Each runner is insured against accidents during the race.
3. To take part in the marathon, runners declare that they take part in the event on their own responsibility and thus bear all risks connected with participation in the event as well as are aware that taking part in marathon is connected with physical effort and involves natural risks and accident threats, health hazards such as lesions and physical injuries (including death) as well as material damage or loss.
4. Filling in the application form and issuing registration fee means the runners assessed character, range and degree of hazard connected with participation in the marathon and decided voluntarily to take up the risk of participating in the marathon solely on their own responsibility.
5. Sharing personal data with the Organizer is voluntary, nevertheless it is a condition if he wants to participate in the marathon.
6. All runners get free massage and shower after the race.
7. Marathon Office accepts complaints about the race sent by email: info@halfmarathon.poznan.pl within 3 days after the race.
8. Cloakrooms are located near the finish line (hall 3a) at the Poznań International Fair. Runners leave their possessions packed in bags marked with their bib numbers between 7.15 – 8.45. Collecting bags is possible upon presenting bib numbers. Losing a bib number by a participant absolves the Organizer from the responsibility of collecting the bag by any other person. The Organizer does not take any responsibility for possessions left outside the cloakroom.
9. The Organizer has the right to introduce additional classification and prizes.

Poznań, May 2016

Poznań Sport and Recreation Centres Director