

10K ROAD RACE



SLOTTSSKOGEN CITY PARK – AUGUST 18

TWO LAPS

TIME LIMIT 90 MINUTES

START 13.00 and 13.00

RACE START and FINISH IS IN DIFFERENT LOCATIONS

GOOD ASPHALT SURFACE

CHALLENGING COURSE (HILLS)

WEATHER

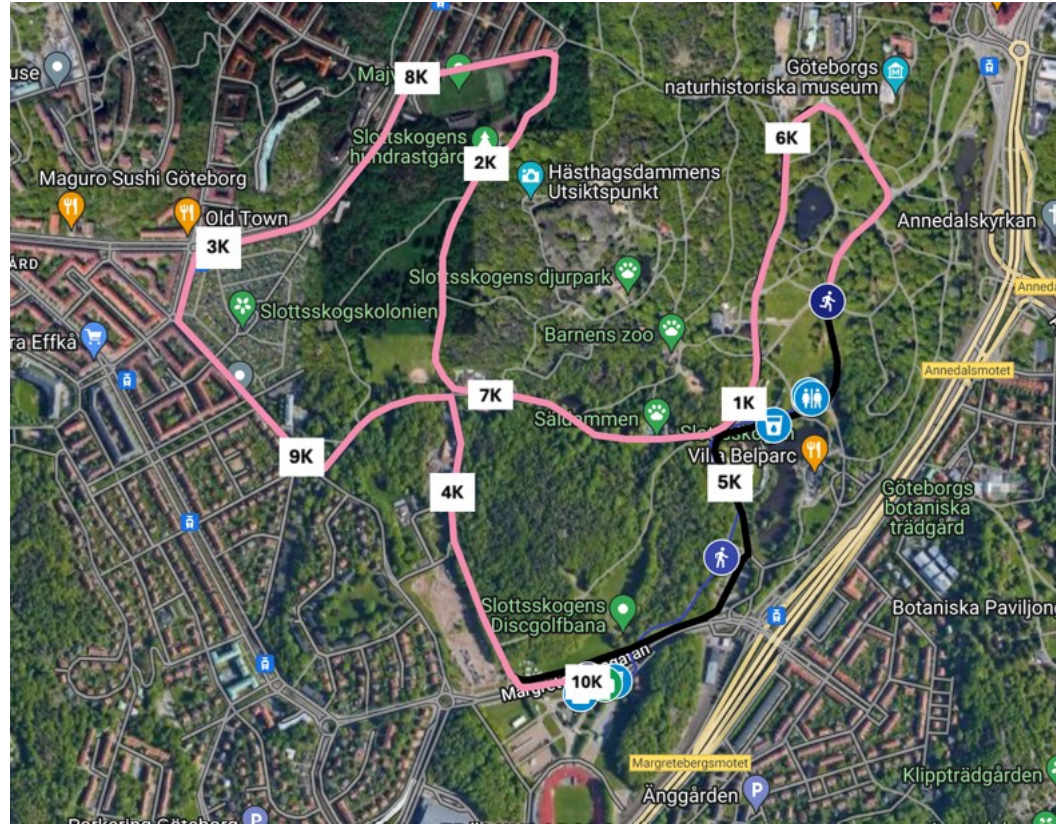
START

- ALL MEN

13.00

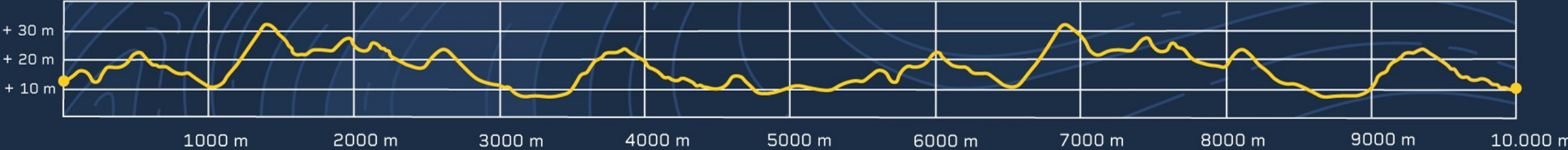
- ALL WOMEN

13.10





ROAD RUN



UNIFORM/BIBS

- **BIBS** to be worn as issued and not defaced - DISQUALIFICATION
- A **UNIFORM** (VEST) **MUST** be worn clearly identifying the country represented



CONFIRMATION, CALL ROOM

- NO CONFIRMATION
- BIB NUMBERS WILL BE CHECKED FIRST
- CALL ROOM CHECK – UNIFORM – BIB FRONT and BACK
- CHIP ON THE FRONT BIB
- CALL ROOM OPENS AT 12.00
- CALL ROOM CLOSES – 12.40
- CHIP-CHECK STATION AVAILABLE

CALL ROOM UNIFORM CHECK FRONT & BACK



INFORMATION

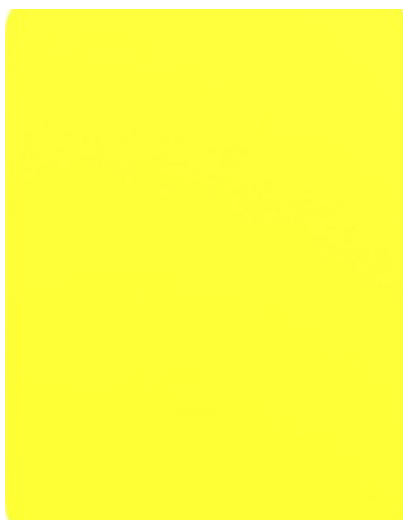
- WATER WILL BE AVAILABLE AT THE FINISH and AT THE END OF LAP 1
- NO PERSONAL DRINKS
- MEN and WOMEN START Separately
- 90 MINUTE TIME LIMIT
- NO HEADPHONES
- SECURE BAGGAGE AREA/TOILETS – START/FINISH AREA
- OFFICIALLY ACCREDITED PHOTOGRAPHERS ONLY IN THE START and FINISH AREA

NO



ASSISTANCE

- THIS IS A WARNING TO YOUR RUNNERS
- ASSISTANCE (Pacing etc.) IN THE COMPETITION AREA -
DISQUALIFICATION



APPEALS and PROTESTS

- As soon as the results are published (ROSTER), contact the REFEREE orally within 30 minutes at the race venue
- Then a further 90 minutes to put in a written appeal (100 Euros/1000SEK)
- WRITTEN PROTEST TO BE HANDED IN AT THE TIC (Main Stadium)
- Referee – Roger Magnusson

SAFETY OFFICERS

- SAFETY OFFICERS HAVE THE AUTHORITY TO WITHDRAW ANY ATHLETE FROM THE COMPETITION WHO IN THEIR OPINION ENDANGER THE ATHLETE'S HEALTH and SAFETY or THE SAFETY OF OTHER COMPETITORS
 - step 1 - YELLOW CARD
 - step 2 - RED CARD – DISQUALIFICATION
- WMA 3.2

MEDALS

- **1st 3 INDIVIDUALS IN EACH 5 YEAR AGE CATEGORY**
- **NO TEAM AWARDS**
- **MEDAL PRESENTATION – SLOTTSSKOGEN ATHLETE`S VILLAGE, MAIN STADIUM**
- **CHECK PRESENTATION TIMETABLE**

GOOD LUCK TO ALL RUNNERS

