



Championships of Poland, Sprint Distance Age Group
Rules & Regulations
Susz Triathlon 2018
23rd June 2018

I. Purpose of the competition:

1. Promotion of Town of Susz.
2. Promotion of triathlon competition in Poland.
3. Selection of champions of Susz Triathlon 2018 at Sprint distance.

II. Organizers and co-organizers:

1. The Town of Susz.
2. Polish Triathlon Association (Polski Związek Triathlonu).
3. John Paul II Sports and Leisure Centre in Susz (Centrum Sportu i Rekreacji im. Jana Pawła II w Suszu).
4. Municipal Cultural Centre in Susz (Suski Ośrodek Kultury).

III. Date and Place of competition:

1. 23rd June 2018
2. The competition will start at 10:30. In case of high occupancy rate, the start may be divided into two separate start waves.
3. Start and finish line will be situated at the Municipal Beach in Susz (ul. J. Wybickiego)
4. The race office will be located in Sports and Leisure Centre at ul. Piastowska 5c (open from 22nd to 24th June 2018). Opening hours of the office will be provided in the competition schedule.

IV. The course of the competition:

1. Swimming: 750m in Suskie Lake (Jezioro Suskie), one loop.
2. Start for swimming will take place from water, standing position.
3. Time limit for the completion of swimming - 30 minutes.
4. Expected water temperature: 18-22 ° C. Triathlon wetsuits will be permitted.
5. The bike race will be held at the distance of 20 km (loop). The route determined by the organizer has an asphalt surface.
6. The cycling route will be closed for traffic and secured at critical points by firemen, police and Triathlon volunteers. One-way traffic applies to most of the cycling course. Two-way traffic is planned for 5-kilometre section of the route. Irrespective of the above, participants must cycle on the right side of the road and overtake other participants on the left side pursuant to the Traffic Law Act.
7. Bike helmet is mandatory for each participant from the moment they wear it in T1 zone till the moment they finish the cycling race and leave their bikes in T2 zone.
8. 'No Drafting' rule applies during the cycling race- participants are obliged to keep at least 12 metres away from other cyclists or vehicles.
9. Only triathlon bikes, road bikes, triathlon handlebars are allowed.
10. Time limit for swim and bike race is 1h 30 min.
11. Blocking other participants at any time of the race is strictly prohibited.
12. Participants mustn't use communication devices of any kind: cell phones, MP3 players, radios.
13. Participants of Susz Triathlon 2018 are obliged to familiarize themselves with the courses of individual races provided before the competition.
14. In case of bike failure during the race, participant must carry their bike to the roadside in a manner not to obstruct or impede the progress of other athletes.
15. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.
16. The moment the course is closed or race finished the continuation of the race is impossible.
17. Participants must display their race numbers at all times, except for the swimming part.

18. There will be aid-stations only on the running route. The aid-stations will provide fruit, still water, isotonic drinks and energy bars (optional). In addition, there will also be sponges filled with water and icebags.
19. The disposal of trash will only be allowed at aid stations.
20. During the race participants may use their own nutrition supplements, which may be handed over by trainers or supporters only outside of aid-stations.
21. Portable toilets will be located at the transition area and near aid-stations at the cycling and running course.
22. The Organizer will mark the course every 5km. The course will be measured with a GPS navigation device.
23. The running course has the distance of 5,750km. Road surfaces: cobblestone, gravel, asphalt.
24. Limit for the completion of the competition - 120 min.

V. Time measurement:

An electronic time measurement will be conducted by a professional measuring company.

VI. Classification and age categories:

1. Women general classification.
2. Men general classification.
3. Women Age categories:
 - K 18 (18-24),
 - K 25 (25-29),
 - K 30 (30-34),
 - K 35 (35-39),
 - K 40 (40- 44),
 - K 45 (45- 49),
 - K 50 (50- 54),
 - K 55 (55- 59),
 - K 60 (60- 64)
 - K 65 (+60).
4. Men Age categories:
 - M 18 (18- 24),
 - M 25 (25- 29),
 - M 30 (30-34),
 - M 35 (35-39),
 - M 40 (40- 44),
 - M 45 (45- 49),
 - M 50 (50-54),
 - M 55 (55-59),
 - M 60 (60- 64),
 - M 65 (65- 69),
 - M 70 (+70).
5. Other classifications:
 - K 16 (Younger Junior female, 16-17 years old),
 - M 16 (Younger Junior male, 16- 17 years old),
 - KS (best woman athlete in Susz,)
 - KWM (best woman athlete in warmińsko-mazurskie province),
 - MS (best male athlete in Susz),
 - MWM (best male athlete in warmińsko-mazurskie province).

Membership in the age category according to the year of birth. Membership in KS or MS and KWM or MWM categories based on the presentation of place of residence confirmation.

VII. Prizes and awards:

1. Participants in general classification Men (I-V), Women (I-V) will be awarded trophies/statues and financial prizes as follows:
 - a) 1st position – 1.500 PLN
 - b) 2nd position – 1.200 PLN
 - c) 3rd position – 1.000 PLN
 - d) 4th position – 750 PLN
 - e) 5th position – 500 PLN
2. An income tax will be deducted from the financial prize in accordance with applicable regulations.
3. 1st, 2nd and 3rd position in the remaining categories will be awarded a commemorative statue or awards donated by Sponsors (optional).
4. Awards may be duplicated, which means that the contestant who gets a prize in general classification will also get a prize as part of the age category he/she is in.
5. All participants, who have finished Susz Triathlon 2018 competition, will be awarded a commemorative medal for finishing the race.
6. The Organizer reserves the right to introduce additional awards in chosen categories.
7. The prize can only be collected at the awards ceremony.
8. The Organizer will not send the awards by post.

VIII. Conditions of participation:

1. To take part in the competition, it is necessary that the participant:
 - a) turn 16 years old no later than on the day of the competition,
 - b) pay an entry fee ,
 - c) sign a certificate of absence of contraindications for participation in the competition.
2. Physically challenged participants of Susz Triathlon 2018 are obliged to present a permission slip from a parent or a guardian.
3. Athlete licenses (annual or daily) issued by national triathlon associations (Polski Związek Triathlonu) are required to compete in the race. Rules and fees can be found at www.triathlon.pl.
4. In case of foreign participants, it is necessary that they have a license issued by a relevant triathlon organisation in their country of origin. Foreign participants who do not have a license issued by a triathlon organisation in their country of origin must buy a daily license from Polish Triathlon Association.
5. It is possible to buy a daily license at the race office or through a special application provided by Polish Triathlon Association.

IX. Registration and Entry Fee:

1. To apply the contestant must fill in the application form available at www.triathlon.susz.pl
2. On-line applications will be accepted from 26th November 2017 to 1st June 2018, by 23:59 or until all available places have been taken
3. The limit of participants is 750 people.
4. The organizer reserves the right to change the limit number.
5. The entry fee for Susz Triathlon 2018, depending on the date of payment, shall be:
 - a) up till 31st December 2017 – 170 PLN
 - b) up till 31st March 2018- 200 PLN
 - c) up till 1st June 2018 – 300 PLN.
6. The entry fee shall be paid during the registration process.
7. The receipt of payment is confirmed when the contestant's name appears on the start list.
8. The fee will not be returned in case the contestant withdraws from the race. The Organizer will not transfer the fee to any other year.
9. The Organizer reserves the right to introduce additional entry fee rates.

10. The organizer will issue a VAT invoice upon request, however, not earlier than 1st February 2018.
11. Any changes to race distance, club name or any personal data of the participant of Susz Triathlon 2018 are only allowed with the consent of the Organizer no later than 1st June 2018.
12. Change requests should be submitted in writing to the following e-mail address: triathlon@susz.pl.
13. Each change request shall incur an extra charge of 30 PLN payable to organizer's bank account.
14. The Organizer reserves the right not to accept the changes requested by participant.

X. Packet Pick-Up:

1. During the registration all participants must have their ID card with a photograph on it for identification purposes.
2. All participants must pick up their race packet personally at the race office.
3. The Organizer will not sent the uncollected packets by post.
4. It is possible to transfer the packet to another person but no later than 20th May 2018. After this date it is no longer possible to transfer the packet. The transferring of the packet to another person shall incur an extra charge of 50 PLN payable to organizer's bank account
5. The entry fee includes:
 - a) 3 bib numbers (for the T-shirt, helmet, bike plus 4 safety pins),
 - b) a swim cap,
 - c) a commemorative T-shirt or other gadgets,
 - d) a finisher's medal at the finish line,
 - e) a food voucher for the Pasta Party (Friday, 22nd June 2018)- participants only,
 - f) a meal after the race (Saturday, 23rd June 2018)- participants only,
 - g) Susz Triathlon 2018 information brochure,
 - h) gifts from sponsors and partners of the event,
 - i) accident insurance for the amount of 10,000 PLN per person.

XI. Results:

The official results will be displayed on the official website of the Organizer www.triathlon.susz.pl and given to the press.

XII. Personal data protection:

1. The personal data of participants of Susz Triathlon 2018 will be processed for the purpose of organizing and conducting the race, appointment of the winner and issuance, acceptance and appraisal of the awards.
2. Personal data of participants of Susz Triathlon 2018 will be used in accordance with the regulations of the Act of 29th August 1997 on personal data protection (consolidated text: Dz. U. Z 2002r., Nr 101 poz. 926). The administrator of the personal data is the organizer.
3. The processing of the data referred to in Paragraph 1 of this section includes the publication of participant's name and surname and his/her place of residence- in any way this project will be published and promoted.
4. The contestant has the right to access and correct personal information.
5. The submission of personal data and the consent to its processing is voluntary, however, failure to submit the data or lack of consent to its processing makes it impossible to participate in Susz Triathlon 2018. By completing, signing and submitting of the application form the contestant gives consent for his/her personal data to be used for purposes of receiving information about future events, commercial products, and also for administrative and analytical purposes, pursuant to Personal Data Protection Act of 29th August 1997, Dz. U. Nr 33, poz. 883 (Jornal of Law).
6. The participant has the right to withdraw the consent and may do this at any time upon his/her written request.

7. All information about contestants included in the application form and received by the Organizer shall be stored electronically and shall be processed according to Personal Data Protection Act of 29 August 1997 (Dz. U. Nr 133, poz. 883). The organizer shall not disclose this information to any third party.

XIII. Closing remarks:

1. These rules apply to all participants of Susz Triathlon 2018. The ignorance of these rules and regulations does not exempt the participant from obeying them.
2. The organizer reserves the right to interview each of the participants, take pictures and film him/her for the purposes of advertising, promotion, use on the Internet or on the radio and television broadcasts and other commercial needs.
3. The organizer reserves the right to use free of charge and worldwide any photos, footage, interviews and audio recordings showing the race participants by placing them on any storage device, in catalogues and media, on websites, in newspapers and exhibitions, as well as for the promotion and advertising purposes related to the activities carried out by the Organizer.
4. At the venue, it is prohibited to bring drugs, illegal substances, performance-enhancing substances and alcohol of any kind. Participants are prohibited from taking such drugs and substances, both before and during the competition. If a participant is found to violate the above prohibition, the Organizer reserves the right to prevent him from participation in the competition or exclude him in the course of it.
5. The Organizer provides water security during the competition in the water.
6. The Organizer provides changing rooms with showers and a deposit.
7. The Organizer does not take responsibility for the items lost during the event.
8. The competition will be held regardless of weather conditions.
9. In the tents near the finish line, there will be a special area, where participants will be provided with food and drink.
10. After finishing the race the participants will be able to use the showers at the Sports and Leisure Centre and at the football stadium (ORLIK).
11. The Organizer provides medical care during the competition.
12. Participants must respect the natural environment and at no time may pollute the route of the race.
13. Participants may be required to undergo testing in accordance with Anti-Doping Committee (Komisja do Zwalczenia Dopingu w Sporcie).
14. Any disputes arising in the course of the race shall be dealt with by the committee of referees.
15. Any complaints should be submitted in writing during the time of Susz Triathlon 2018 competition together with a deposit of 100 PLN. The deposit shall not be reimbursed unless the committee rules in favour of the person submitting the complaint.
16. The Organizer reserves the right to cancel the event without giving reasons.
17. In case of states of emergency due to natural disaster the Organizer reserves the right to cancel the race and postpone it to another date or change the race format.
18. The participant takes part in the competition at his/her own risk and by applying for Susz Triathlon 2018 declares that they considered and evaluated the nature, scope and extent of the risks of participation in the competition, including the risk of accidents, the risk of injuries or injuries (including death), as well damages for pecuniary and voluntarily decided to take that risk.
19. Failure to obey the rules may result in disqualification of the participant.
20. In matters not covered by regulations the organizer has the final word.
21. The Organizer reserves the right to final interpretation of these rules and regulations.