



**Aquathlon Competition
Rules & Regulations
Susz Triathlon 2019
22nd June 2019**

I. Purpose of the competition:

1. Promotion of Susz Commune.
2. Promotion of triathlon and aquathlon competitions in Poland.
3. Selection of best competitors of Susz Aquathlon 2019.

II. Organizers and co-organizers:

1. Susz Commune.
2. John Paul II Sports and Leisure Centre in Susz (Centrum Sportu i Rekreacji im. Jana Pawła II w Suszu)
3. Municipal Cultural Centre in Susz (Suski Ośrodek Kultury)

III. Dates:

1. The race office is located in John Paul II Sports and Leisure Centre at ul. Piastowska 5c (open from 21st to 23rd June 2019)
2. The competition will be held on 22nd June 2019, start times will be:
 - a) race I – in the competition schedule
 - b) race II – in the competition schedule
3. Start and finish line will be situated at the Municipal Beach in Susz.

IV. Distance and course:

1. **Swimming** will take place in Suskie Lake (Jezioro Suskie) at the following distances:
 - a) race I: children 10-13 years old – 200m
 - b) race II: teenagers 14-15 years old, 16-17 years old – 400m
2. Expected water temperature will be about 18 °C – 22 °C (starting point-shoreline of the beach)
3. **Running:**
 - a) race I: children 10-13 years old – 1000m
 - b) race II: youth 14-15 years old, junior 16-17 years old – 2km
4. Road surfaces: cobblestone, gravel and wood paths.
5. The route will be marked every 1 km. It will be measured with a GPS navigation device.

V. Classification and age categories:

1. Race I:
 - a) general classification of girls and boys
 - b) girls 10-11years old, boys 10-11years old,
 - c) girls 12-13 years old, boys 12-13 years old,
 - d) best female/male competitor from Susz Commune
 - e) best female/male competitor from Hawa District
2. Race II
 - a) general classification of girls and boys
 - b) female youth 14-15 years old, male youth 14-15 years old,
 - c) female junior 16-17 years old, male junior 16-17years old,
 - d) best female/male competitor in Susz Commune,

e) best female/male competitor in Itawa District.

VI. Prizes and awards:

1. Trophies and commemorative prizes for 1st, 2nd, 3rd positions in general classification of girls and boys and each age category and classification.
2. 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.
3. All participants will be awarded a commemorative medal for finishing the race.

VII. Entry Conditions:

1. Underaged participants are obliged to present a permission slip from a parent or a guardian containing their signature and PESEL number (personal identification number). The disabled participants will only be allowed to compete in the race if they appear at the race office with a parent or a guardian who will be able to present a valid ID card.
2. In case of high occupancy rate at individual races, the Main Referee may decide to divide girls and boys into separate start waves.
3. All contestants must have their swimming equipment (swimsuit, with temperatures below 21 ° C a triathlon wetsuit is allowed) and a running suit (it is forbidden to run without a T-shirt). A swim cap with a number will be provided by the Organizer.

VIII. Registration:

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 17th November 2018 to 1st June 2019, by 23:59 or until all available places have been taken.
3. The limit of participants is 200 people.
4. The organizer reserves the right to change the limit number.

IX. Entry Fee:

1. The entry fee shall be paid during the registration process.
2. The fee for the aquathlon race, depending on the date of payment, shall be:
 - a) up till 31st January 2019 – 60 PLN
 - b) up till 31st March 2019- 80 PLN
 - c) up till 1st June 2019 – 100 PLN
3. The organizer will issue a VAT invoice upon request; however, not earlier than 1st February 2019.
4. The receipt of payment is confirmed when the contestant's name appears on the start list.
5. In case of insufficient amount of payment (e.g. failure to pay within the deadline stated in these regulations) the application will not be accepted.
6. The fee will not be returned in case the contestant withdraws from the race.
7. The Organizer will not transfer the fee to any other year.

X. Packet Pick-up

1. Packet pick-up will be held at the race office on two separate days: on 21st June 2019- the hours shall be from 14:00 to 20:00, and on 22nd June 2019- the hours shall be from 07:00 to 08:00
2. During the registration all participants must have their own ID card with a photograph on it for identification purposes.
3. It is possible to transfer the packet to another person but no later than 20th May 2019. 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.
4. The entry fee includes:
 - a) a T-shirt race number (with four safety-pins)
 - b) a swim cap
 - c) a finisher's medal at the finish line

- d) a food voucher for the Pasta Party (Friday, 21st June 2019)
- e) an information brochure of Susz Triathlon 2019
- f) 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 at www.triathlon.susz.pl and given to the press.

XII. Time measurement:

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

XIII. Personal data protection:

1. The personal data of participants of Susz Triathlon 2019 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 2019 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 2019. 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 organier shall not disclose this information to any third party.

XIV. Closing remarks:

1. These rules apply to all participants of Susz Triathlon 2019. The ignorance of these rules and regulations does not exempt the participant from obeying them.
2. The organiser 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 organiser 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 Organiser.
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 Organiser reserves the right to prevent him from participation in the competition or exclude him/her in the course of it.
5. Each participant of the race is obliged to:

- a) take part in the swimming part of the competition in the swim cap included in the packet,
 - b) display the race number while running: in front, at waist level,
 - c) under penalty of disqualification.
6. The Organizer provides water security during the competition in the water.
 7. The Organizer provides changing rooms with showers and a deposit.
 8. The Organizer does not take responsibility for the items lost during the event.
 9. The competition will be held regardless of weather conditions.
 10. In the tents near the finish line, there will be a special area, where participants will be provided with food and drink.
 11. 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).
 12. The Organizer provides medical care during the competition.
 13. Participants must respect the natural environment and at no time may pollute the route of the race.
 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 2019 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. In matters not covered by regulations the Organizer has the final word.
 17. The Organizer reserves the right to cancel the event without giving reasons.