



**Polish National Championships Elite, Sprint Distance
Rules & Regulations
Susz Triathlon 2019
22nd June 2019**

I. Purpose of the competition:

1. Promotion of Susz Commune.
2. Promotion of triathlon in Poland
3. Selection of champions of Polish National Championships Elite at sprint distance.

II. Organizers and co-organizers:

1. Susz Commune
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. 22nd June 2019
2. Startin tim for men and women will be provided in the competition schedule.
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 21st to 23rd June 2019). Opening hours of the office will be provided in the competition schedule.
5. The competition is conducted according o rules and regulations of Polish Triathlon Assosiation.

IV. The course of the competition:

1. Swimming: 750m in Suskie Lake (Jezioro Suskie), one loop.
2. Start for swimming will take place from a specially designed jetty.
3. Time limit for the completion of swimming: women- 15 min., men- 12 min 00 sec.
4. Expected water temperature: 18-22 ° C.
5. The bike race will be held at the distance of 20 km (4 laps). The route determined by the organizer has an asphalt surface with a 100 metre section of cobblestone.
6. The cycling route will be closed for traffic and secured at critical points by firemen, police and Triathlon volunteers. Two-way traffic at the distance of 200 m, one-way traffic applies to the rest of the cycling course. 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. 'No Drafting' rule applies during the cycling race.
8. Only road bikes are allowed. Clip-on aerobars („tri-bars”) allowed according to regulations.
9. Lapped competitors will be taken off the course and disqualified.
10. Blocking other participants at any time of the race is strictly prohibited.
11. Participants of Susz Triathlon 2019 are obliged to familiarize themselves with the courses of individual races provided before the competition.
12. Participants are obliged to take part in the technical briefing.
13. 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.
14. No adjustments in times or results will be made after crossing the finish line, for any reason whatsoever, for athletes who fail to follow the prescribed course.

15. Participants are obliged to wear sport outfits according to ITU rules and regulations.
 16. 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 at the aid-stations along the running tracks.
 17. The disposal of trash will only be allowed at aid stations.
 18. Portable toilets will be located at the transition area and near aid-stations at the cycling and running course.
 19. The Organizer will mark the course every 5km. The course will be measured with a GPS navigation device.
 20. The running course has the distance of 5,0 km (3 laps, along the city streets). Road surfaces: cobblestone, asphalt.
- 24. Limit for the completion of the competition: women- 90 min., men- 75 min.**

V. Time measurement:

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

VI. Classification and age categories:

1. K (general classification of Polish National Championships Women)
2. M (general classification of Polish National Championships Men)
3. K 20 (classification of Polish National Championships Young Adult female 20-23 years old)
4. M 20 (classification of Polish National Championships Young Adult male 20-23 years old)

VII. Prizes and awards:

1. The prize pool for the Polish National Championships Elite at the sprint distance is 18.000 PLN. Best women and men in general classification and in young adult category (20-23 years old) will be awarded medals and trophies, the champions will be awarded the titles of Polish National Championships Elite at sprint distance for 2019. In addition, first five positions in the female/male general classification will be awarded financial prizes as follows:

- a) 1st position – 3.000 PLN
- b) 2nd position – 2.000 PLN
- c) 3rd position – 1.500 PLN
- d) 4th position – 1.000 PLN
- e) 5th position – 500 PLN

2. 1st, 2nd and 3rd position in female/male Young Adult category will be awarded financial prizes as follows:

- 1st position- 800 PLN
- 2nd position- 500 PLN
- 3rd position- 300 PLN

3. An income tax will be deducted from the financial prize in accordance with applicable regulations.

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. The Organizer reserves the right to introduce additional awards in chosen categories.

6. The prize can only be collected at the awards ceremony.

7. The Organizer will not send the awards by post.

VIII. Conditions of participation:

1. To take part in the race, participants must be qualified for the competition by Polish Triathlon Association and issue an entry fee (except for participants exempt from paying the fee).
2. Participants must have a license issued by Polish Triathlon Association (annual or daily) and a medical certificate.
3. The final list of PRO athletes will be published 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 17th November 2018 to 17th June 2019, by 23:59.
3. The entry fee of 80 PLN shall be paid during the registration process.
4. The fee must be paid through an application form during the registration process.
5. The receipt of payment is confirmed when the contestant's name appears on the start list.
6. 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.
7. The organizer will issue a VAT invoice upon request, however, not earlier than 1st February 2019.
8. Any changes to race distance, club name or any personal data of the participant of Susz Triathlon 2019 are only allowed with the consent of the Organizer no later than 17th June 2019.
9. Change requests should be submitted in writing to the following e-mail address:
triathlon@susz.pl.
10. Each change request shall incur an extra charge of 30 PLN payable to organizer's bank account.
11. The Organizer reserves the right not to accept the changes requested by participant.
12. The organizer does not return the paid old fee in the event of resignation from the start
13. The organizer does not provide for transferring the entry fee for subsequent years

X. Packet Pick-up:

1. When picking up the packets all participants must have their ID card with a photograph on it for identification purposes, Polish Triathlon Association license, a medical certificate.
2. All participants must pick up their own race packet at the race office.
3. The Organizer will not send the uncollected packets by post.
4. The entry fee includes:
 - a) bib numbers (for helmet and bike)
 - 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, 21st June 2019)- participants only
 - f) a meal after the race (Saturday, 22nd June 2019)- participants only
 - g) Susz Triathlon 2019 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 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 organizer shall not disclose this information to any third party.

XIII. 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 competition is conducted according to the rules and regulations of Polish Triathlon Association.

3. 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.

4. 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.

5. 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 in the course of it.

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. 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 2019 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 committee of referees of the Polish Triathlon

Association has the final word.

21. The committee of referees of the Polish Triathlon Association reserves the right to final interpretation of these rules and regulations.