



**Half-Ironman Competition  
Rules & Regulations  
Susz Triathlon 2019  
23<sup>rd</sup> June 2019**

**I. Purpose of the competition:**

1. Promotion of Susz Commune.
2. Promotion of triathlon in Poland
3. Selection of best competitors of Susz Triathlon 2019 at half-ironman distance.

**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. Date and Place of competition:**

1. 23<sup>rd</sup> June 2019
2. The competition will start at 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 21<sup>st</sup> to 23<sup>rd</sup> June 2019). Opening hours of the office will be provided in the competition schedule.

**IV. The course of the competition:**

1. Swimming: 1,9 km in Suskie Lake (Jezioro Suskie)
2. Start for swimming will take place from the shoreline of the beach, standing position
3. Time limit for the completion of swimming - 60 minutes.
4. Expected water temperature: 18-22 ° C. Triathlon wetsuits will be permitted.
5. The bike race will be held at the distance of 90 km (2 laps x 45km). 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 12-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. 'No Drafting' rule applies during the cycling race.
8. Only triathlon bikes, road bikes, triathlon handlebars are allowed.
9. Time limit for swim and bike race is 5hrs 30 min.
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 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. The moment the course is closed or race finished the continuation of the race is impossible.

16. There will be aid-stations on the route: 2 on each lap of the cycling course, every 2-3 km on the running course. 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.
17. The disposal of trash (plastic cups, empty icebag, fruit leftovers) will only be allowed at aid stations.
18. During the race participants may use their own nutrition supplements, which may be handed over by trainers or supporters only outside of aid-stations.
19. Portable toilets will be located at the transition area and near aid-stations at the cycling and running course.
20. 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 21,1km. Road surfaces: cobblestone, gravel, asphalt.
24. The limit for the completion of the competition - 8:00 hours.

#### **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 category: 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).
4. KS (best woman athlete in Susz)
5. KWM (best woman athlete in warmińsko-mazurskie province)
6. Men Age category: 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).
7. MS ( best male athlete in Susz)
8. 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-X), Women (I-X) will be awarded trophies/statues and financial prizes as follows:
  - a) 1<sup>st</sup> position – 5.000 PLN
  - b) 2<sup>nd</sup> position – 3.000 PLN
  - c) 3<sup>rd</sup> position – 2.000 PLN
  - d) 4<sup>th</sup> position – 1.500 PLN
  - e) 5<sup>th</sup> position – 1.000 PLN
  - f) 6<sup>th</sup> position – 800 PLN
  - g) 7<sup>th</sup> position – 600 PLN
  - h) 8<sup>th</sup> position – 500 PLN
  - i) 9<sup>th</sup> position – 300 PLN
  - j) 10<sup>th</sup> position – 200 PLN
2. An income tax will be deducted from the financial prize in accordance with applicable regulations.
3. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> position in the remaining categories will be awarded a commemorative statue or other 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 contestants 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. Athlete licenses (annual or daily) issued by Polish Triathlon Association (Polski Związek Triathlonu) are required to compete in the race. Rules and fees can be found at [www.triathlon.pl](http://www.triathlon.pl).
3. 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.
4. It is possible to buy a daily license at the race office or through a special application provided by Polish Triathlon Association.

### **VIII. Registration and Entry Fees:**

1. To apply the contestant must fill in the application form available at [www.triathlon.susz.pl](http://www.triathlon.susz.pl)
2. On-line applications will be accepted from 17<sup>th</sup> November 2018 to 1<sup>st</sup> June 2019, 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 2019, depending on the date of payment, shall be:
  - a) up till 31<sup>st</sup> January 2019 – 280 PLN
  - b) up till 31<sup>st</sup> March 2019- 350 PLN
  - c) up till 1<sup>st</sup> June 2019 – 400 PLN.
6. The entry fee shall be paid through the application form 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 1<sup>st</sup> February 2019.
11. 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 1<sup>st</sup> June 2019.
12. Change requests should be submitted in writing to the following e-mail address: [triathlon@susz.pl](mailto: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.
15. The organizer does not return the paid old fee in the event of resignation from the start
16. The organizer does not provide for transferring the entry fee for subsequent years

### **VIII. Packet Pick-Up:**

1. When picking up the packets 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 1<sup>th</sup> June 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

5. The entry fee includes:

- a) 3 bib numbers (for the T-shirt, helmet, 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 (Saturday, 22nd June 2019)- participants only
- f) a meal after the race (Sunday, 23<sup>rd</sup> 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](http://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. The competition is conducted according to the rules and regulations of the Polish Triathlon Association.
4. Personal data of participants of Susz Triathlon 2019 will be used in accordance with the regulations of the Act of 29<sup>th</sup> 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.
5. The contestant has the right to access and correct personal information.
6. 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 29<sup>th</sup> August 1997, Dz. U. Nr 33, poz. 883 (Jornal of Law).
7. The participant has the right to withdraw the consent and may do this at any time upon his/her written request.
8. 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.

#### **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 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 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 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 organiser has the final word.
21. The Organizer reserves the right to final interpretation of these rules and regulations.