

Propositions

43rd year of Žaškov minimaratón

- The organizer:** community Žaškov
- Dates:** the 6th July (Sunday)
- The place:** Žaškov, near the river Orava
- Application:** writing to the address : Obecný úrad , 027 21 Žaškov
telephone number: 00421 43 5822330, 00421 43 5892224,
e- mail : ocu. zaskov@dkubin. sk
- A transport:** bus and train connection to the station PÁRNICA (road Dolný Kubín)
from the Párnica on the place of start- 1500m, the bus Párnica-Žaškov -12:30 o'clock.
- The presentation :** from 12:00 to 14:30. 30 minutes before the start of the race.
- The starting fee :** 3 euros, the students (under 18 years of age) are without the starting fee.
The starting fee includes meal.
- A medical support:** personnel from the hospital in Dolný Kubín
- The racing rules:** The race is according to the rules of athletics and propositions of this race.
- The time plan:** 13:00 - arrival students (under 15 years of age) and roller skaters to the place of the start, this is the consecutive start (the youngest category first)
14:50 - entrance of competitors of the main race (10 500 m.), explaining the rules of racing
15:00 - common start of categories (10 500 m.)
15:10 - common start of categories (7 500 m.)
16:15 – announce results in student´s categories
17:00 - announce results of the main race
- Description of track:** student´s categories- asphalt road
the main race – 10 500m.
Žaškov- Párnica- Žaškov (3 km.)- run through the streets of Žaškov (7,5 km).
Whole track is across the asphalt road- the first 3 kilometers is straight path, from 3 kilometers to 7 kilometers is slight rise, from

8 kilometres slight downward up to the finish, which is on the place of the start.

Refreshment: Refreshment stations will be about 4.5 kilometres, 9 kilometres and in the finish.

Accommodation: Accommodation is provided by organizer based on request.

Categories:

A number of category	Category	An age	An year of birth	A distance of the race
1.	Pre-school (girls)	under 5 years	2008 and younger	100 m
2.	Pre-schol (boys)	under 5 years	2008 and younger	100 m
3.	Students(girls)	6 – 7 years	2007 - 2008	200 m
4.	Students (boys)	6 – 7 years	2007 - 2008	200 m
5.	Students (girls)	8 – 9 years	2005 - 2006	300 m
6.	Students (boys)	8 – 9 years	2005 - 2006	300 m
7.	Students (girls)	10 – 11 years	2003 - 2004	500 m
8.	Students (boys)	10 – 11 years	2003 - 2004	500 m
9.	Students (girls)	12 – 13 years	2001 - 2002	1 000 m
10.	Students (boys)	12 – 13 years	2001 - 2002	1 000 m
11.	Students (girls)	14 – 15 years	1999 - 2000	1 500 m
12.	Students (boys)	14 – 15 years	1999 - 2000	1 500 m
13.	Women	16 – 17 years	1997 - 1998	7 500 m
14.	Men	16 – 17 years	1997 - 1998	7 500 m
15.	Men	18 – 39 years	1975 - 1996	10 500 m
16.	Men	40 – 49 years	1965 - 1974	10 500 m
17.	Men	50 – 59 years	1955 - 1964	10 500 m
18.	Men	60 years and older	1954 and older	7 500 m
19.	Women	18 – 34 years	1980 - 1996	10 500 m
20.	Women	35 – 49 years	1965 - 1979	10 500 m
21.	Women	50 years and older	1964 and older	7 500 m

Roller skaters:

22.	Skaters (girls)	12 years & younger	2002 and younger	500 m
23.	Skaters (boys)	12 years & younger	2002 and younger	500 m
24.	Skaters (women)	13 years and older	2001 and older	1 000 m
25.	Skaters (men)	13 years and older	2001 and older	1 000 m

The year of birth is decisive to determine your category.

Prize money: The first 3 of competitors, in the students categories and in the roller skaters categories, will be evaluated and awarded with prizes.. The reward will also get the best 3 of the competitors from ORAVA - men, women without determination of category categories (10 500m), then the best of competitors from Žaškov - men, women (10 500m.), the youngest and the oldest competitor of Žaškovský minimaratón.

The prize money in euros:

Winner of Žaškov minimaratón: 200.00 euros

(No prize money for winner of Žaškov minimaratón in his category.)

Number of the category	Men 18 - 39	Men 40 - 49	Men 50 - 59	Men 60 years and older	Women 18 - 34	Women 35 - 49	Women 50 years and older
1.	150,-	100,-	70,-	30,-	40,-	30,-	20,-
2.	100,-	70,-	50,-	20,-	30,-	20,-	15,-
3.	80,-	40,-	30,-	15,-	20,-	15,-	10,-

Men (16-17 years)	Women (16-17 years)	The best from Orava		The best from Žaškov		The oldest competitor ŽMM
		Men	Women	Men	Women	
20,-	20,-	30,-	20,-	15,-	15,-	15,-
15,-	15,-					
10,-	10,-					

Protests: The race director will accept protest 15 minutes after the finish of the competition, with the 5 euro fee .

Attention! The competitors are required to respect the traffic rules and they are part of the competition on the their own responsibility!

All competitors are required to have insurance card.

Žaškov minimaratón will not run on the same road than the years before (12 400m)!

The reason: bench over the river ORAVA (it was a road to the DIEROVÁ) is closed due to technical reasons.

Information: You can find additional information about the 43rd year of Žaškov minimaratón, overall results and the photos from the competition on the website: www.obeczaskov.sk

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