



PROPOSITIONS

44th year of Žaškov minimaraton

**CAUTION: The start of main race (10 500 m) is going to be at 13:00.
The start of student`s categories is going to be at 11:00.**

- The organizer:** community Žaškov
- Dates:** the 5th July (Sunday)
- The place:** Žaškov, near the river Orava
- Application:** writting to the adress : Obecný úrad , 027 21 Žaškov
telephone number: 00421 43 5822330, 00421 43 5892224,
E-mail: obec.zaskov@dkubin.sk, ocu.zaskov@dkubin.sk
on 5th July (Sunday) at start place, before the race starts
Online formular for registration for men and women:
www.obeczaskov.sk/registracia-zmm.htm
- Transport:** Each competitor arrives on his own costs. Parking place is near the place of start.
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.
- Presentation:** From 09:30 to 10:40 student categories (under 18 years of age), other categories to 12:40.
Registration ends 20 minutes before start of race (10500m, 7500m).
Online formular for registration for men and women:
www.obeczaskov.sk/registracia-zmm.htm

- Starting fee:** Students (under 18 years of age) are without the starting fee.
- Men and women: 3,00 EURO with online presentation, which competitor pays through the bank transfer until the 5th July
- 5,00 EURO at the place of start on the 5th July
- The starting fee includes meal on the race and after the end of the race.
- Bank connection for starting fee:**
VÚB 22229332/0200, resp. IBAN: SK22 0200 0000 0000 2222 9332, BIC: SUBASKBX
Please write your full name and surname to the note of bank transfer.
- 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.
- Time plan:**
- 11:00 – arrival students (under 15 years of age) to the place of the start, this is the consecutive start (the youngest category first)
 - 12:50 - entrance of competitors of the main race (10 500 m.), explaining the rules of racing
 - 13:00 – common start of categories (10 500 m.)
 - 13:10 - common start of categories (7 500 m.)
 - 14:15 - announce results in student´s categories
 - 14:45 - 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	2010 and younger	100 m
2.	Pre-schol (boys)	under 5 years	2010 and younger	100 m
3.	Students(girls)	6 – 7 years	2008 - 2009	200 m
4.	Students (boys)	6 – 7 years	2008 - 2009	200 m
5.	Students(girls)	8 – 9 years	2006 - 2007	300 m
6.	Students (boys)	8 – 9 years	2006 - 2007	300 m
7.	Students(girls)	10 – 11 years	2004 - 2005	500 m
8.	Students (boys)	10 – 11 years	2004 - 2005	500 m
9.	Students(girls)	12 – 13 years	2002 - 2003	1 000 m
10.	Students (boys)	12 – 13 years	2002 - 2003	1 000 m
11.	Students(girls)	14 – 15 years	2001 - 2002	1 500 m
12.	Students (boys)	14 – 15 years	2001 - 2002	1 500 m
13.	Students(girls)	16 – 17 years	1998 - 1999	7 500 m
14.	Students (boys)	16 – 17 years	1998 - 1999	7 500 m
15.	Men	18 – 39 years	1976 - 1997	10 500 m
16.	Men	40 – 49 years	1966 - 1975	10 500 m
17.	Men	50 – 59 years	1956 - 1965	10 500 m
18.	Men	60 years and older	1955 and older	7 500 m
19.	Women	18 – 34 years	1981 - 1997	10 500 m
20.	Women	35 – 49 years	1966 - 1980	10 500 m
21.	Women	50 years and older	1965 and older	7 500 m

The year of birth is decisive to determine your category.

Prize money: The first 3 of competitors, in the students 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	Women 18 - 34	Women 35 - 49	Women 50 years and
1.	150,-	100,-	70,-	30,-	40,-	30,-	20,-
2.	100,-	70,-	50,-	20,-	30,-	20,-	15,-
3.	80,-	40,-	30,-	15,-	20,-	15,-	10.-

	Students (boys) (16 – 17 years)	Students (girls) (16 – 17 years)	The best form Orava		The best from Žaškov		The oldest competitor ŽMM
			Men	Women	Men	Women	
1.	20,-	20,-	30,-	20,-	15,-	15,-	15,-
2.	15,-	15,-	25,-	15,-			
3.	10,-	10,-	20,-	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.

Information:

You can find additional information about the 44th year of Žaškov minimaraton, overall results and the photos from the competition on the website: www.obeczaskov.sk, www.beh.sk

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