

Propositions

45th year of Žaškov minimaratón

- The organizer:*** community Žaškov
- Dates:*** the 3rd 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 presentation :*** from 10:00 to 12:30. 30 minutes before the start of the race.
- The starting fee :*** 5 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:*** 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	2011 and younger	100 m
2.	Pre-schol (boys)	under 5 years	2011 and younger	100 m
3.	Students(girls)	6 – 7 years	2009 - 2010	200 m
4.	Students (boys)	6 – 7 years	2009 - 2010	200 m
5.	Students (girls)	8 – 9 years	2007 - 2008	300 m
6.	Students (boys)	8 – 9 years	2007 - 2008	300 m
7.	Students (girls)	10 – 11 years	2005 - 2006	500 m
8.	Students (boys)	10 – 11 years	2005 - 2006	500 m
9.	Students (girls)	12 – 13 years	2003 - 2004	1 000 m
10.	Students (boys)	12 – 13 years	2003 - 2004	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.	Women	16 – 17 years	1999 - 2000	7 500 m
14.	Men	16 – 17 years	1999 - 2000	7 500 m
15.	Men	18 – 39 years	1977 - 1998	10 500 m
16.	Men	40 – 49 years	1967 - 1976	10 500 m
17.	Men	50 – 59 years	1957 - 1966	10 500 m
18.	Men	60 years and older	1956 and older	7 500 m
19.	Women	18 – 34 years	1982 - 1998	10 500 m
20.	Women	35 – 49 years	1967 - 1981	10 500 m
21.	Women	50 years and older	1966 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 evaluation and awarded with prizes..

The reward will also get the best 3 of the competitors from ORAVA - men, women indiscriminately categories (10 500m), then the best of competitors from Žaškov - men, women (10 500m.), the youngest and the oldest competitor of Žaškovský minimaraton.

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,-	25,-	15,-			
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 45nd year of Žaškov minimaratón, overall results and the photos from the competition on the website: www.zaskov.sk

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Milan Pavlovčik, mayor