



PROPOSITIONS

46th year of Žaškov minimaraton

- The organizer:** Obec Žaškov
- Date:** 2nd July 2017 (Sunday)
- The place:** Žaškov, near the river Orava
- Application:** At the place of the race.
- Transport:** Each racer will arrive on his own costs or on the costs of the organization in which the racer is registered.
Bus and train connection to the station PÁRNICA (road Dolný Kubín)
From the Párnica on the place of start- 1500m
With your own vehicles, drive to the Párnica by the road I/70 and there turn to Žaškov.
Parking lot is at the place of the start of the race
- Presentation:** At the place of the race.
- youth categories (0 – 15 years) from 9:30 am to 10:40 am
 - junior, adult and senior categories (race long 10 500m and 7500m) until 12:40pm
- Presentation of each category ends 20 minutes before the race of the category starts
- Starting fee:** The students (under 18 years of age) are without the starting fee.
Categories from no. 15 to no. 21 pays 5 € starting fee
The starting fee includes refreshment during the race and meal after race
- Medical support:** personnel from the hospital in Dolný Kubín and local Red cross association
- Racing rules:** 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)
- 12:30 – announcement of the results in student´s categories
- 12:50 - entrance of competitors of the main race (10 500 m.), explaining the rules of racing

13:00 - common start of categories no. 15, 16, 17, 19, 20 (10 500 m.)

13:10 - common start of categories no. 13, 14, 18, 21 (10 500 m.)

14:30 – announcement of the results in categories from no. 13 to no. 21

Description of track: Student´s categories from no. 1 to no. 12 – 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. Total elevation is approx. 70 m

Refreshment: Refreshment stations will be about 4.5 kilometres, 6 kilometres, 7 kilometres, 9 kilometres and in the finish.

Categories:

Number of category	Category	Age	Year of birth	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

Categories from no. 1 to no. 12:

- The first 3 of competitors, in the students categories will be evaluation and awarded with prizes
- Other competitors receive the sweetmeat
- The youngest competitor will be awarded also

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The prize money in euros:

- Winner of Žaškov minimaratón: 200.00 €
- 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 their own responsibility!
The race is with full traffic.
The competitors have to respect the orders of organizers.
Start number must be placed visibly on the chest.
This competition is not insured.
All competitors are required to have insurance card.

Information: You can find additional information about the 46th year of Žaškov minimaratón, overall results and the photos from the competition on the website: www.zaskov.sk, www.beh.sk

This race is part of the series called Žilinská župa RUN, for more information click on www.zuparun.sk, www.facebook.com/zuparun.sk/

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