



Europejska Stolica  
Nordic Walking®

## Second European Championship in 5 km Nordic Walking

### Sixth Polish Championship in European capital of Nordic Walking

## Second BARLINECKA „10” – Cross-country race

### RULES AND REGULATIONS

#### 1. Headquarters:

- a. Barlinek Community Center (BOK) – Tourist Information Center in Barlinek, The Mayor of the City of Barlinek, The Forestry Management of Barlinek,
- b. Chodzezkijami.pl foundation,
- c. Nordic Walking Poland.

#### 2. Objectives:

- a. promotion of Nordic Walking,
- b. active lifestyle promotion,
- c. selection of European Champion in Nordic Walking

#### 3. Deadline and venue:

15.09.2018, Barlinek, Municipal Stadium in Barlinek on Sportowa Street 2.

#### 4: Competition office:

Office hours:

- 16.09.2018 at the Municipal Stadium in Barlinek on Sportowa Street 2, between the hours of 4 p.m. and 8 p.m.
- 15.09.2018 at the Municipal Stadium in Barlinek on Sportowa Street 2, between the hours of 7:30 a.m. and 2:15 p.m.

Attention! The start-up kits with the numbers must be collected not later than thirty minutes before individual start!

## 5. Detailed agenda:

- 7:30 – opening of Competition Office and start of referee's briefing
- 09:45 – grand opening of the competition and a common warm-up
- 10:00 – start of 10 km Nordic Walking
- 10:10 – start of 5 km Nordic Walking and recreational Nordic Walking
- 11.30 – start of 10 km cross-country race
- 13.00 – dance show – Feeling Dance Group
- 13.20 – decoration of 5 km and 10 km Nordic Walking and 10 km Cross-country race
- 14:00 – start of 5 km Nordic Walking Championship – women
- 14:45 – start of 5 km Nordic Walking Championship – men
- 15:30 – decoration of European Champions
- 15:45 – prize draw

## 6. Referee's briefing

Referee's briefing starts at 7:30 and is compulsory for all competitors starting in preliminary 5 km European Championship and for all 10 km competitors. No one is allowed to start 5 km, 10 km Nordic Walking and 5k Nordic Walking European Championship without proper indication and certification received during the referee's briefing.

## 7. Route

- Closed loop involves 5 km and starts and finishes at the stadium. The competitors cover one or two laps depending on chosen distance. 90% of the surface is soft.
- ATTENTION! The Nordic Walking Championship is an exception since the competitors cover 12,5 laps over the Municipal Stadium's athletics track. Such a solution will ensure spectacular competition and will allow the referees to be placed in closer distances over the whole length of the route.
- There will be refreshment points throughout the route which will provide still mineral water given directly to competitors' hands.
- The length of the route is calculated by the shortest line a competitor can cover.
- There is a small error allowed in calculations.

## 8. Second 5K Nordic Walking European Championship

To be eligible to start the 5 km European Championship a competitor must succeed in the preliminary stage, which starts at 10:00 a.m. and consists of 5 km. Only the first 20 places in its own gender group, in classification OPEN, will be considered. This means that only the fastest 20 men and the fastest 20 women in 5 km Polish Championship will be entitled to start the 5 km European Championship.

- The competitors will be spread over two lines at the start in order of their preliminary result.

- Gross time will be measured – based on finish line succession.
- Each referee's warning will result in 10 additional seconds added to the competitor's finish time.

Selected will be: only one male European Champion, only one first male European Champion runner-up and only one second male European Champion runner-up, as well as only one first female European Champion, only one first female European Champion runner-up and only one second female European Champion runner-up.

### **9. Sixth Polish Championship in European capital of Nordic Walking**

The event involves 5 km and 10 km distances divided into particular categories. Only the first three competitors in their own categories (men and women) get awarded:

#### 5 km distance:

OPEN\*\*

Up to 9 years old\*,

Ages 10 – 12\*,

Ages 13 – 15\*,

Ages 16 – 29\*,

Ages 30 – 39\*,

Ages 40 – 49\*,

Ages 50 – 59\*,

Ages 60 – 69\*,

70 years old and older\*.

Handicapped\*\*\*

Families\*\*\*\*

#### 10 km distance:

OPEN\*\*

Ages 16 – 39\*,

Ages 40 – 49\*,

Ages 50 – 59\*,

60 years old and older\*.

\* Affiliation to particular age group is based on the year of birth and not the full date.

\*\* In categories OPEN and age group, places on the podium cannot duplicate. This means that the same winner cannot take place on the podium in both, OPEN and age group categories.

\*\*\* Everyone with up to date disability certificate can start in the category of handicapped.

Handicapped category start declaration automatically eliminates competitors from participation in age group category.

\*\*\*\* Family classification consists of three times – child up to 18 years old and two formal guardians in optional age group category for 5 km competition. As formal guardians we consider: parents, legal guardians or grandparents.

Competitors may also start in 5 km recreational category, without contention (competition), and they are not subject to referees' penalties or cup decoration.

### **10. Second cross-country race**

Cross-country race takes place over a distance of 10 km and it is divided into particular categories. Only the first three places in both categories, men and women, get awarded:

Ages 16 – 39\*,  
Ages 40 – 59\*,  
Ages 60 and older\*.

\* Affiliation to particular age group is based on the year of birth and not the full date.

### **11. Polish Championship versus Polish Crown cycle**

The score from the competition taking place in Barlinek gets included in the scoring for The West and The North of Poland Crown. To be classified, a competitor needs to enter the Polish Championship, not the European one. The principles of scoring are listed in the set of rules for Polish Crown.

### **12. Registration and fees**

- a. Enrolments for all events are available through an online service: [elektronicznezapisy.pl](http://elektronicznezapisy.pl)
- b. Charges are made via "DotPay" system. The application form shows up upon completion of online enrolment.
- c. Starting fees differ depending on the date of payment.
- d. Competitors may also sign up at the Competition Office; however, the start-up fee paid at the office is always higher than the one paid in advance.
- e. Start-up fee in the entire cycle is the same, unless the set of rules for particular event says otherwise.
- f. Fees are not refundable and cannot be transferred to any other event.
- g. There is an option to start in more than one distance; however, each distance must be signed up and paid separately.

### **13. Fees:**

	Residents of Barlinek	Children and teenagers	Disabled	Others
Payment via online service elektronicznezapisy.pl	Children and teenagers 10 PLN, Adults 20 PLN	20 PLN	20 PLN	40 PLN
Payment at the Competition Office	20 PLN	40 PLN	40 PLN	60 PLN

#### 14. Prizes

- Each competitor will get commemorative medal at the finish line.
- The best three competitors, in their categories, will be awarded a cup.
- The best family will be awarded a cup.

#### 15. Timekeeping

- Time is measured electronically by a chip placed in competitors' shoes.
- Time is measured net, and it is individual for each competitor. 5 km European Championship in Nordic Walking is an exception due to time measured gross. The moment of crossing the finish line decides about the winning.
- We allow combining the categories during the start in the event of a small number of competitors.
- All competitors finishing their distance will get their times registered.
- Any appeals and changes made later than 7 days after scoring publication in the internet will not be considered.

#### 16. Safety and security

- Clearly designated medical and technical services will be guarding all competitors.
- The organizer ensures safety and "vehicle traffic free" routes along the whole competition distance.
- Competitor must leave the route immediately if instructed to do so by medical services.

#### 17. Referee's rules and conditions

Nordic Walking Poland is responsible for refereeing during this event.

All the rules referring to technical correctness of Nordic Walking, penalties, protests, leaving the route, starting numbers, selection of appropriate equipment or clothing can be found in the Nordic Walking of Poland referee's set of rules and conditions handbook:

[http://www.koronapolskinw.pl/uploads/o\\_cyklu/3363afecf891858f5af9d20b9e09102a.pdf](http://www.koronapolskinw.pl/uploads/o_cyklu/3363afecf891858f5af9d20b9e09102a.pdf)

#### 18. Final provisions

By submitting properly filled-out and signed admission form a competitor agrees to the use of personal data in the event of a need of sending information regarding future events, commercial products, as well as internal administrative and analytic necessities. The North Event Krzysztof Walczak is the administrator of personal data of the competitors.

Detailed processing rules and regulations are available at the service privacy notice [elektronicznezapisy.pl](https://elektronicznezapisy.pl):

[https://elektronicznezapisy.pl/regulamin/polityka\\_prywatnosci\\_2018\\_05\\_25.pdf](https://elektronicznezapisy.pl/regulamin/polityka_prywatnosci_2018_05_25.pdf)

Competitors are allowed to withdraw their consent at any time by sending their written request to the organizer. The organizer does not provide medical insurance (NNW). The responsibility for insurance rests on the competitor. There is an option of renting professional Nordic Walking sticks. There are about 50 pairs available.

Final interpretation of the rules and regulations depends on the organizer.

Contact: via email: [korona@nordicwalkingpoland.pl](mailto:korona@nordicwalkingpoland.pl) or by calling the number: 58 688 88 51 (between the hours of 9 a.m. and 4 p.m.)