

REGULATIONS
of the XXVth Open National Ultramarathon Championships
of the Republic of Moldova, Self-Transcendence 24/12/6H Races
3-4 June 2023, “Valea Morilor” Park, Chişinău

1. **Start** of the 24 hours and 6 hours races – 3 June, **09:00**.
Start of the 12 hours race – 3 June, **21:00**.
Other events (relays, marathon) can be held by the decision of the organisers.
2. The course is an asphalt **lap with a length** of 2607 m which runs around the lake. The altitude gain on the lap is 1.70 m.
3. **Registration** takes place on this page: <https://md.srichinmoyraces.org/super>.
4. The **minimum qualification** for *) the 24 hour race is a successfully completed 12 hours race; *) to participate in 12 and 6 h races – the qualification is a successful finish in the marathon (42 km 195 m). Athletes should wear appropriate clothing: running jersey/T-shirt, running pants.
5. **Entry fees:** 24 hours – 500 lei (25 euros); 12 hours – 400 lei (20 euros); 6 hours – 300 lei (15 euros). **Registration deadline** is 21 May, 2023.
6. The participants' **check-in and bibs pick up** will take place on June 3rd in the START/FINISH zone: from 08:00 to 09:00 for the 24 hours and 6 hours races, and from 20:00 to 21:00 for the 12 hour race.
7. All athletes should provide a certificate with a **doctor's permission** and **medical insurance** (it can be purchased independently or from the organisers during the check-in). The organisers guarantee medical care for athletes only during the competitions.
8. The organisers will provide **basic vegetarian food**. Athletes with special preferences should take care of their own food.
9. **A tent** will be set up in the start zone for changing clothes and storing personal belongings. For individual rest we recommend that the participants set up their own tents.
10. **Winners** of the respective events are determined according to their ranking in the following age categories: 18-39, 40-49, 50-59, 60-69, 70+ years.
11. The **awarding ceremony** will take place on June 4 at 11:30. Each participant will be awarded a diploma. The overall winners (1 man and 1 woman) will receive money prizes, medals and diplomas; the 1st, 2nd and 3rd finishers in their respective age categories will be awarded medals and diplomas.

Organisers` contact number: +373.69.255.274