

REGULATIONS
of the XXVIIIth Open National Ultramarathon Championships
of the Republic of Moldova, Self-Transcendence 24/12/6H Races
16-17 May 2026, “Valea Morilor” Park, Chişinău

1. **Start** of the 24 Hour and 6 Hour Races – 16 May, **08:00**.
Start of the 12 Hour Race – 16 May, **20:00**.
Other events (relays, marathon) can be held by the decision of the organisers.
2. The course is an asphalt **lap with a length** of 2485,52m which runs around the lake. The altitude gain on the lap is 1.70m.
3. **Registration** link: <https://md.srichinmoyraces.org/ultra>.
4. The **minimum qualification** for *) the 24 Hour race is a successfully completed 12 H race; *) to participate in 12 H 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 – 600 lei (30 euros); 12 Hours – 500 lei (25 euros); 6 Hours – 400 lei (20 euros). **Registration deadline** is 10 May.
6. The participants' **check-in and bibs pick up** will take place on May 16th in the START/FINISH zone: from 07:00 to 07:55 for the 24 Hour and 6 Hour races, and from 19:00 to 19:55 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 May 17th at 10:00. The overall winners (1 man and 1 woman) will receive money prizes, trophies, medals and certificates; the 1st, 2nd and 3rd finishers in their respective age categories will be awarded medals and certificates; the other participants – certificates.

Organisers` contact number: +373.69.255.274