

REGULATIONS
Of the XXIInd Open National Ultramarathon Championships
of the Republic of Moldova, Self-Transcendence 24/12/6H Races
1-2 June 2019, “Valea Morilor” Park, Chisinau

1. Start of the race for 24 hours and 6 hours – June 1, 2019, 10:00.
Start of the race for 12 hours – June 1, 22:00.
Other events (relay races, marathon) can be held by the decision of the organizers.
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 race for 12 hours; to participate in 12 and 6 h races – the qualification is a successful finish in the marathon (42 km 195 m). Athletes must wear appropriate clothing: running jersey/t-shirt, running pants.
5. Entry fees: 24 hours – 15 euros until May 20, 2019; 20 euros until May 25.
12 and 6 hours – 10 euros until May 20, 2019; 15 euros until May 25.
6. Registration deadline is May 25, 2019
7. The participant’s check-in will take place in the START / FINISH zone: from 08:00 to 09:00 for 24 hours and 6 hours, and from 20:00 to 21:00 for 12 hour race.
8. All athletes must show a certificate with a doctor’s permission and medical insurance (it can be purchased independently or from the organizers during the check-in). The organizers guarantee medical care for athletes only during the competition.
9. The organizers will provide basic vegetarian food. Athletes with special preferences should take care of their own food.
10. 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.
11. Winners are determined in the individual championships in age categories: 18-39, 40-49, 50-59, 60-69, 70-79 and 80-89 years.
12. The award ceremony will take place on June 2 at 11:30. Absolute winners (men and women) will receive cash prizes, medals, and diplomas; Participants who took 1-2-3 places in their age category are awarded with medals and diplomas; other participants are awarded with diplomas.

Contact phone of the organizers: +373.69.255.274