

REGULATIONS
Of the XXIIIrd Open National Ultramarathon Championships
of the Republic of Moldova, Self-Transcendence 24/12/6H Races
30-31 May 2020, “Valea Morilor” Park, Chisinau

1. Start of the 24 hours and 6 hours races – 30 May, 2020, 10:00.
Start of the 12 hours race – 30 May, 2020, 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, 2020; 20 euros until May 25.
12 and 6 hours – 10 euros until May 20, 2020; 15 euros until May 25.
6. Registration deadline is May 25, 2020.
7. The participants' check-in will take place 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.
8. All athletes must show 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 competition.
9. The organisers 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 awarding ceremony will take place on May 31 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.

Contact phone of the organizers: +373.69.255.274