



Kde víťazom je každý



06. - 07. APRÍL 2019



INSTRUCTIONS FOR RUNNERS – SATURDAY – 6th April, 2019

Toddlers Runs (9:30 a.m.)

When once registered on-line it is not necessary to present the babies, it's enough to come with them to the place of the competition, which will be placed in the indoor premises of Eurovea on the -1st floor. Here babies will get the start number - a sticker with number which will be placed on their backs.

If you did not manage to register your “toddler” on-line, it's enough to come to the event and to register him/her at the organizer and “lay down” the baby on the start line. The start number sticker you will get from organizers before the start. We kindly ask you to be tolerant and allow start as first babies, whose siblings will take part in the Kids Runs which begin at 10:00 a.m.

Kids Runs (10:00 a.m.)

Registration and presentation of kids (picking up of start packages) will be in process from Wednesday, 3rd April 2019 in Eurovea. The latest picking up of start packages as well as last possibility to register, if the limit (1 500 kids) is not reached, is on Friday, 5th April 2019!!!

On the day of the race on Saturday, 6th April 2019 it is not possible to register neither to pick up the start package for kids!!! – exception are kids living outside of Bratislava.

After Kids Runs the results will be announced after the end of runs directly at the M.R.Štefánik square in Eurovea.

Participants of the Senior Run & Walk will pick up their start numbers within the presentation (picking up of start packages) on Saturday, 7th April 2018 till 11:00 a.m. at latest! Only seniors with regularly placed start number on the chest are entitled to enter the start corridor.

In the finish each participant will get an active senior's certificate and refreshment. This is a non competitive discipline, the time is not measured.

Mini Marathon + Senior Run & Walk (2:00 p.m.) and 10K Run (4:00 p.m.)

Presentation and registration

New registration for both disciplines is possible on Friday, 5th April 2019 at latest (if the participant limit is not reached). Presentation – picking up of start packages – ends for both disciplines on Saturday, 6th April 2019 at 12:00 a.m.





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Changing rooms

Within the Marathon City in Pribinova ulica (Europea – technical zone) there will be a big tent placed which will be divided into women and men changing rooms. The entrance into the changing rooms is permitted only to runners with start number. The changing rooms will be open from 1:00 p.m. till 6:00 p.m.

Depository

Depository will be placed in a tent within the Marathon City in Pribinova ulica (Europea – technical zone). Your belongings will be marked with a band or sticker which is part of your start number, which you will show when picking up the belongings. If you don't have the band the organizer will offer you one. The organizer is not responsible for the damage or loss of personal belongings. The depository will be open from 1:00 p.m. till 6:00 p.m.

Restrooms

Portable restrooms will be placed within the Marathon City in Pribinova ulica (Europea – technical zone), close to changing rooms and depository. There are toilets also directly in Europea Shopping Centre.

Time measurement

Times will be measured by time chips which are component part of the start number.

Finish time will be announced according to gun times of individual starts in zones. The start of both runs will follow in 4 start waves, please enter the start corridors according to the announced times and the actual running condition. Participants of the Senior Run & Walk will enter the last corridor.

Placement of chips: chips are component part of start numbers (do not manipulate with them, they could be damaged). After the race the start number belongs to the runner.

Start number

When you get your start number check carefully your name, surname, year of birth and discipline so that similar names are not mixed up which could cause problems.

The runners will get one start number which has to be placed **visible on the chest!!!** It is strictly forbidden to place the numbers on legs or at the back. The runners must wear the start number the way it was produced - it cannot be cut away, folded or overlapped. Any kind of modification or derogation of the start number before or during the race is forbidden. For breaking this rule (IAAF rules – rule No. 143 points 7, 8) the runner will be disqualified. After the race the start number belongs to the runner.

On the back of the start number a **medical form** is placed. It's filling in is voluntary however it can provide us important information about you in case of medical problems or if medical treatment must be provided to you during the race. For this reason we kindly ask you to fill in the data carefully, they serve for your protection.





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14. ročník

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Track

We kindly ask all runners while ranking in the start corridor to take into consideration their actual sport condition and to enable the “faster” runners to get into the front part of the start corridor. By this you will show mutual tactfulness and the start will be more fluent and safe. The corridor for both runs is divided into 4 zones.

All changes of direction will be marked on the track by railings, direction bands or the runners will be navigated by organizers. Each kilometer of the running distance will be marked by vertical signposts.

Refreshment

For the 10K Run with Birell the refreshment station will be placed approximately on the 5,1 km (water) – in the Prístavná ulica close to the Apollo Bridge run up.

Medical aid

Along the track as well as in the finish zone medical aid as well as emergency cars will be positioned.

Finish

After crossing the finish line the runners will fluently pass the narrowed corridor, where they will get medals and refreshment.

Announcement of results

will take place on the main stage at the M.R.Štefánik square in Eurovea. Mini Marathon approx. at 2:45 p.m., the 10K Run approx. at 5:15 p.m. During the event you can follow the results online on www.sportsoftiming.sk. Unofficial results will be published by the organizer on Saturday, 6st April 2019 in the sunset hours and official results will be available on Thursday, 11th April 2019 on www.sportsoftiming.sk and www.bratislavamarathon.com.

Parking and arrival to Eurovea

Please use mainly the entrance/exit „Ružinov“ – it will be with minimal restrictions during the day.

a) Detailed description of entrance/exit „Centrum“ is as follows:

From 09:30 a.m. till 5:30 p.m. Pribinova ulica will be closed in both directions closer to Eurovea – from the entrance to Pribinova ulica from Šafárikovho námestie to the Dopravný podnik Bratislava in Olejkárska ulica.

The entrance to the underground parking „Centrum“ from Krupkova ulica and the exit from underground parking „Centrum“ will be in this time not possible – **in this area Kids Runs (10:00 a.m.), Senior Run & Walk, Mini marathon (2:00 p.m.) and 10K Run (4:00 p.m.) will be held.** Please use the entrance/exit „Ružinov“, which will be without restrictions





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After 5:30 p.m. – normal regime

b) **The entrance/exit „Ružinov“**, will be without restrictions during the whole day. The only exception are 5 minutes at 2:00 p.m. during the start of Mini Marathon and Senior Run & Walk and at 4:00 p.m. during the start of 10K Run.

In case the underground parking is full please use the parking areas around Eurovea or parking areas in Olejkárska Str., Vajanského nábrežie, Gondova Str., in the City centre or on Tyršovo nábrežie. By feet you can reach Eurovea during the whole day without restrictions. Please respect the advices of organizers and municipal as well as traffic police.

