



INSTRUCTIONS FOR RUNNERS – SUNDAY – 7th April, 2019

Changing rooms

Within the Marathon City (Eurovea – technical zone) there will be a big tent placed which will be divided into women and men changing rooms. Showers are available there. The entrance into changing rooms is permitted only to runners with start number. Opening hours on Sunday: from 7:30 a.m. till 3:00 p.m.

Depository

Depository will be placed in a tent within the Marathon City (Eurovea – technical zone). Your belongings will be marked with a band or sticker with your start number, which you will show when handing over or picking up your belongings. If you don't have the band, the organizer will give you one. The organizer is not responsible for the damage or loss of personal belongings. Opening hours on Sunday: from 7:30 a.m. till 3:00 p.m. Place the identification band on your belongings in forward, thus you will accelerate the handing over!!!

COLLECTION OF APPAREL BEFORE THE START: *in the last block in front of the start/finish arch – the “ČSOB block” – there will be (approx. 20m-40m) before the start line 2 x 2 portable boxes so that you can throw away the apparel you will wear close to the start. Afterwards we will transport the boxes close to the depository where you can after the run find and pick up your apparel. If you sign your apparel with your start number, the organizer will try to sort and prepare it for you.*

Portable rest rooms

Will be placed:

- near changing rooms and depository within Eurovea (Pribinova street) – technical zone + next to the start corridor (30 pcs.)
- at refreshment stations at **5,1 – 26,2; 10 – 31,1; 14,9 – 36; 19,8 – 40,9 km** – 2 pcs.
- at the places of relay handovers at 5,3 (3 pcs.) – 9,5 (8 pcs.) – 15,5 km (3 pcs.) – 21,1 km (finish toilet)

Time measurement

Times will be measured by time measurement chips, which are component part of the start number. Relay race: the first as well as the last member of the relay team marked with “A” and “D” will get the chip on his/her start number.

The results will be announced in accordance with the IAAF rules, **according to the official time** (time between the shot of the starter and the moment of crossing the finish line by the runner). In the results also a so called net time (time between the crossing of the start line and the finish line) for information will be announced. This time is not official.

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.





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- a) **Marathon and Half marathon** – the runners will get one number which must be placed visible on the chest;
- b) **Relay run** – each member of the relay team will get one number in different colors marked with A-B-C-D which must be visibly placed on the chest.

The start corridor will be divided into 5 blocks (A – B – C -D and Elite (for elite runners and participants in the half marathon Slovak championships) – the marking of your corridor you will find on the start number or the organizer will mark it when picking up of start packages. If you do not have the corridor marking, you will be placed into the last D corridor “adidas”. The relays have a separate block and they have to show the start number.

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 side 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 only.

Start – ATTENTION – CHANGE OF TIME at 9:00 a.m.

Ranking of runners **in the start corridor** in Pribinova Str. – the corridor will be opened from 8:00 a.m. The corridor will be situated from the start arch on both sides of Pribinova Str. Elite runners will assemble in front of Sheraton Bratislava Hotel (Pribinova Str.) at 8:40 a.m., and afterwards the organizer will take them to the front of the corridor to the Elite block. The list of elite runners will be placed on web site, in the presentation area as well as on the information desk in Sheraton Bratislava Hotel.

We kindly ask all runners while ranking in the start corridor and individual blocks to take into consideration their actual sport efficiency and time filled in the application form. According to this information a bracelet for the respective corridor was given to you. By respecting the zones you will show mutual tactfulness and the start will be more fluent and safe.

The blocks will be divided according to times as follows:

1. **ELITE - ČSOB block** - marathon to 3:15 – half marathon, relay run to 1:40;
2. **YELLOW block** - marathon from 3:15 to 3:45 – half marathon from 1:40 to 1:50
3. **JOHNSONS CONTROLS / ADIENT**: for relay run
4. **Mercedes - Benz block** - marathon from 3:45 to 4:15 – half marathon from 1:50 to 2:00;
5. **adidas block** – marathon from 4:15 to 5:00 – half marathon from 2:00;





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The start of all runs is common at 9:00 a.m. From 8:55 a.m. the moderator will announce each minute to the start.

Track

Marathon runners will run 2 laps, half marathon runners and relays 1 lap. Start and finish is situated in front of Eurovea on Pribinova Str. The runners will run into the 2nd lap on Dostojevského rad and Landererova Str. – the division of runners will happen when running from the Old bridge – Starý most (20,8 km) on an approx. 50m long section – pay attention to it.

All runners must run through all control points placed on the track. Changes of direction will be marked by railings and direction bands. Each kilometer of the running distance will be marked by horizontal and vertical signposts.

Areas on track, where higher attention has to be paid!!!

Ružinov: 5,7 km – when running from Karadžičova Str. into Záhradnícka Str. the runners run till the crossing with Miletičova Str. in one traffic lane in direction to Ružinov (in the other traffic lane the runners run from Ružinov), the track will be separated by cones

City center: 11,7 km – at the end of Záhradnícka Str. runners run to Americké square in the opposite traffic lane, the whole section till Námestie SNP. The road is narrowed mostly on the crossing Americké nám. and Špitálska Str. In this section be careful and do not enter the tram rails!

Námestie SNP: 12,8 km – when running up the Námestie SNP the runners run in opposite direction, keep to the brim of the road, in the middle part of the road tram is circulating!!

Pillars: At Hviezdoslavovo square and when running up to Starý most from Vajanského nábrežie there are pillars on 2 places of the running course which cannot be removed. Pay higher attention in these sections to avoid injury.

Eurovea: run into the 2nd lap of marathon / relay marathon is situated at the beginning of Pribinova Str. when running down the Starý most, where half marathon runners and relay half marathon runners turn right towards the finish in Pribinova Str. and marathon runners and relay marathon runners run directly the Dostojevského rad Str. till the crossing of Dostojevského rad and Landererova Str. (approx. 500m – under the Allianz building), here they turn left and connect to the identical track of the first lap.

Attention: in the city center (Špitálska, Námestie SNP) trams will circulate in limited regime during the run, for this reason under any condition do not run on the tram rails and use only marked track!!!

Adaptations of track in 2019:

Due to reconstructions of roads and building works around the track as well as other events in the city 2 changes of track happened:





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1. In the Sad Janka Kráľ'a -the section between 17,5 and 18,5 km - the runners will run also partly around the middle part of the park;
2. The marathon runners will run in the 2nd lap (approx. 21,3km) around Eurovea on the second side of Pribinova Str. – bike line, and after they run under the Apollo bridge they will get to the crossing Košická/Landererova Str. and to Prístavná Str. (approx. 600m). The turn in the Prístavná Str. will be shorter and earlier, after the runners continue on the track identical with the first lap.

Refreshment

Refreshment stations are placed approx. at 5,1 – 26,2; 10 – 31,1; 14,9 – 36; 19,8 – 40,9 km. On first tables own refreshment will be placed, on others beverages in plastic cups behind them refreshment (banana, lemon, salt, chocolate) and at the end water and sponges will be placed. The runner who will take the refreshment outside of refreshment stations will run the risk to be disqualified (IAAF rules – rule 240 point 9/e).

Sponging stations with water in cups and sponges in buckets with water are placed in half distance between refreshment stations - on 2,7 – 23,8; 7,4 – 28,5; 12,5 – 33,6; 17,5 – 38,5 km.

Own refreshment: placed in unbreakable bins, visible marked with start number and kilometer of the desired refreshment station the racers must hand over on 7th April 2019 till 7:30 a.m. at latest in the presentation room.

Medical aid

Medical and rescue aid

A/ Ambulance cars will be placed in the start and finish zones (Eurovea), at 7,5 km (Ružinovská Str. – Ice stadium), 11,6 km (Záhradnícka Str. - Court), 13 km (Námestie SNP), 15,4 km (Námestie E. Štúra), 16,7 km (Arena Theatre – Tyršovo nábrežie)

B/ Health Zones – will be placed on the 5,1 km – 10 km – 14,9 km and 16,7 km

C/ Medical aid will be placed in the start and finish zones and close to changing rooms. Urgent fast medical aid will move on the track on bicycles.

Warning

It is forbidden that runners are on the track accompanied by trainers or other persons on bicycles or else wise. Any accompanist will be banished from the track by the police or by organizers. The race will end at 2:00 p.m. The time limit for 21,098 km are 2:30 and for 31,1 km 3:40 hours.





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The runner must immediately leave the race at the behest of the doctor (MUDr. Urvayová), or of the referee (Mgr. Štancel) who are appointed by the organization committee (IAAF rules – rule 240 point 8/b).

Finish

After crossing the finish line the runners will fluently go through a narrow corridor where they get medals and refreshment. In case of relay run the last runner of the relay will take the medals for the whole relay team.

Announcement of results

will take place on a stage in the finish zone area at the Námestie M.R.Štefánika in EUROVEA **from 12:15 a.m. At 1:30 p.m.** common announcement of results in veteran categories in marathon and half marathon will take place.

During the event you can follow the results online on www.sportsoftiming.sk. Unofficial results in marathon, half marathon and relay run will be published by the organizer on Sunday, 7th 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.

Registration of winners and rewarded will take place in Sheraton Bratislava Hotel after the announcement of results at Námestie M.R. Štefánika (Eurovea).

Parking

On Sunday, 7th April 2019 we recommend to all participants and visitors, who intend to come to Eurovea **by car**, to come **till 7:30 a.m.!!!** After this time the traffic around Eurovea will be **continuously restricted** and regulated by the police.

Between 8:50 a.m. and 2:00 p.m. traffic on the running course will be step by step closed by the police depending on the passing of runners. Traffic restrictions on the running course will be only temporary and will last just time required.

To reach Eurovea by feet the will be without restrictions during the whole day. When coming by car we recommend to use parking areas around Eurovea and in the Olejkárska Str. Between 07:45 a.m. and 2:30 p.m. there will be restrictions at the entrance/exit to/from parking „Centrum“, the entrance/exit „Ružinov“ will be during the day without restrictions and will be coordinated by police.

When driving to Eurovea during the event (9:30 a.m. – 12:00 a.m.) we recommend to use Košická Str. After 12:00 a.m. the restrictions on Landererova, Pribinova Str. and Apollo Bridge will be stepwise reduced and the traffic will be restricted only along the riverbank.

The arrival by car to Eurovea via Apollo Bridge close to the start will be possible till 8:45 a.m. afterwards the roads on the bridge and Landererova Street will be restricted due to the start of the race. The exact schedule of substitute public traffic lines and modifications of traffic diagram you can find on the ww.dpb.sk, as well as www.bratislavamarathon.com.

