

# Swimrun Trakai 2017

## Rulebook



### I. Organizers

1.1 Swimrun Trakai is organized by Association Vilnius Challenge.

Email: [info@swimruntrakai.lt](mailto:info@swimruntrakai.lt)

Telephone: +370 65773970

### II. Event information

2.1 All official event information is on [www.swimruntrakai.lt](http://www.swimruntrakai.lt):

2.1.1 Programme of the event

2.1.2 Event centre location

2.1.3 Courses: their schemes, distances, disciplines

2.1.4 Start fee and payment options

2.1.5 Registration procedure

2.2 Event news published on [www.facebook.com/swimruntrakai](https://www.facebook.com/swimruntrakai)

2.3 Registered participants will be informed additional details about the event through newsletter.

### III. Participants

3.1 Swimrun Trakai participants must be older than 18 years and able to swim in open water no less than (Black course participants – 1 km, Red course participants – 700 m, Green course participants – 400 m) non-stop in open water.

3.2 To be able to participate in Swimrun Trakai team must pay the entry fee.

3.3 Team can change team member until the deadline of registration as indicated on the official event website: [www.swimruntrakai.lt](http://www.swimruntrakai.lt). Changes after the deadline are possible only with the approval of the organizers.

### IV. Course

4.1 The race courses are marked. The most important points will be marked by course's colour. Start and end of each water stage will be marked by bright colour cloth / flags.

4.2 The participants must follow the marked courses.

4.3 The participants must follow the Traffic Laws (Rules of the Road).

4.4 The organizers are not responsible for safety of participants who do not follow the marked courses.

4.5 Participants will be disqualified if they don't follow the marked courses.

4.6 Through the courses there will be several checkpoints where the participants must check in.

4.7 Through the courses there will be several water/food points.

4.8 The participants can ask volunteers and organizers to take them to nearest first aid point or medic on duty.

### V. Equipment

5.1 All teams need to bring all their equipment from start to finish. If a team use another equipment or fails to bring all their equipment to the finish line, they can be disqualified.

5.2 Mandatory equipment furnished by participants

- Wetsuits (1 per person if water temperature are less than 10°C)

5.3 Mandatory equipment that organizers will provide for every participant

- Race bib (participants are not allowed to modify bibs; race bib must be visible all the time during all the race)
- Swim cap (must be worn all the time during the swimming stages)
- Whistle
- Timing chip (SportIdent) – must be returned after crossing the finish line

#### 5.4 Allowed equipment

- Water bladder
- Paddles
- Flippers
- Goggles (we recommend open water goggles)

#### 5.5 Prohibited equipment

- Floatation aid that is bigger than 100cm\*60cm

5.6 Organizers may check each team equipment before the start and immediately after finish.

### VI. Timing

- 6.1 The team must punch at the checkpoints and the finish line in less than 30 sec gap between team members.
- 6.2 The team members must stay together at all time and can't be more than 10 meters apart.
- 6.3 The participants must finish by 6 p.m. of the race day; otherwise they are disqualified.
- 6.4 There could be transitional cut offs on the course. They would be announced the day before the start.

### VII. Rules

- 7.1 The participants must know the race rules and follow them.
- 7.2 The participants shall be respectful to other participants, organizers, spectators and the people living in the race area.
- 7.3 The participants shall be responsible for Trakai Historical National Park's nature. They are not allowed to leave any waste. Water/food points and start/finish zone will be equipped by special places for waste.
- 7.4 The participants are not allowed to use unfair methods to get advantages.
- 7.5 The participants are obliged to help in case of emergency if the organizers ask for it.
- 7.6 The participants are responsible for risks connected with overcoming courses and can't hold the organizers responsible for any accident during the race.
- 7.7 The teams are obliged at their best ability to help another team that have been injured or being sick.
- 7.8 A team that has abandoned the race shall report it as soon as possible to the organizers.
- 7.9 A team that has abandoned the race must return to the finish.
- 7.10 It is not allowed to receive assistance from the other people than the race organizers. Each team must make their own way from start to finish.
- 7.11 Offence against the rules leads to disqualification.

### VIII. Race jury

- 8.1 The race jury is the race director and two persons from the race organizers.
- 8.2 The race jury:
- enforce the rules

- decide the outcome of a protest
- decide about disqualification
- decide about courses and rules changes

8.3 Decisions are taken by majority rule.

8.4 The race jury has the right to use “common sense” to take a decision about unclear situations.

8.5 The decision of the race jury is definitive.

## IX. Protests

9.1 A protest must be given in written to the race organizers within an hour after finishing the race.

9.2 A protest must include:

- time and location
- team number and signatures of the team members
- team number or team name of the team that the protest is against
- the reason for the protest
- if possible include the witness with name or team number

9.3 A protest that does not fill the criteria of point 9.2 of Rulebook will be ignored.

9.4 A decision from the race jury will be communicated to those involved as soon as possible.

## X. Refuse to continue

10.1 The teams will be refused to continue if the organizers establish that one of the team member is in unacceptable psychological and/or physical condition.

## XI. Other

11.1 The participants give the organizers the right to use pictures and film material taken during the race to be used free of rights in marketing, press material etc.

11.2 Commercial use of visual materials from the race are not allowed without organizer's agreement.

11.3 By entering the race each team member accepts the rulebook in full.

11.4 Organizers have the right to change the rulebook at any time.