

## **Swimming Marathon „Podstrana 2019. – NG7“**

Date: 14.7.2019.

Time: from 9:30 h until 13:30 h

Place: In front of the Sailing club Podstrana, Mutogras - Podstrana

### **THE MARATHON PROPOSITIONS – 2.500 m and 7.500 m**

Organizer: Sports association Nova generacija 7 – SUNG 7, Podstrana

### **THE COURSE**

The swimming marathon (hereafter competition) consists of two races lasting 2.500 m and 7.500 m. The start position is in front of the Sailing club “Podstrana”, the swimming course is set out in a rectangular shape for 2 500 m (four buoys a turn) anticlockwise. You are supposed to pass the bouy on your left hand side.

### **PARTICIPATION**

- Members of sports associations and recreational athletes from Croatia or abroad are welcome to participate.
- Women and men are competing at the same time, but the results are evaluated separately.
- Each contestant is participating at their own responsibility which they will confirm by signing a written statement during the application process.
- Persons under the age of 18 can only compete if they provide a written statement from a parent or a guardian which allows them to participate in the race.

### **CATEGORIES**

The competitors are competing in these categories:

1. THE ABSOLUTE CATEGORY (M/F),

2. AGE CATEGORIES (M/F),

- The category for those up to 15 years of age (M/F),
- The category for those 16 - 35 years of age (M/F),

- The category for those 36 - 55 years of age (M/F),
- The category for those 56 or older (M/F),

## **AWARDS**

Awards by categories:

### **1. THE ABSOLUTE CATEGORY**

1st place - a cup + prize money,

2nd place - a cup + prize money,

3rd place - a cup + prize money.

### **2. AGE CATEGORIES**

The first three places in the category – medals,

The youngest and the oldest participant – a symbolic prize (option).

Each competitor will get a shirt and a medal for finishing the marathon. Also, food and drinks are provided for each competitor. Each competitor can download certificate for participate in the marathon in PDF format from web page [www.sung7.hr](http://www.sung7.hr).

## **THE PERFORMANCE**

- Each competitor is participating at their own risk - confirming it by signing an Application form to participate in the marathon. The liability isn't transferable to the organizer under any circumstances,
- For participants under the age of 18, their parent or guardian must provide the signature. With said Application form, they need to sign a statement allowing the minor to participate in the race,
- Minors without their statement signed won't be allowed to participate,
- The time limit for the 2500m race is 90 minutes after the race starts,
- The time limit for the 7500m race is 90 minutes after the winner finishes the race or three and a half hours after the race starts.

## **APPLICATION**

- You can apply through the web site: [www.sung7.hr](http://www.sung7.hr),

- The application process will be open until **11.07.2019. (Thursday) at 23:59 h**,
- The participant has the right to compete after they have paid the registration fee and correctly filled out the application form online.
- You will be able to apply at the Start position on the day of the race as well.

#### **THE BEGINNING OF THE COMPETITION**

- The competition will begin on the **14.07.2019. (Sunday) at 9:30 h** and end three and a half (3:30) hours after the start at the latest.
- The competitors who finish the race in this time limit will be competing officially.

#### **REGISTRATION FEE**

- Registration fee will be **100,00kn** for payments made **before the 11.07. 2019. at 23:59**. Registration fee is paid through a general payment slip or through internet banking into the Sailing associations account,
- Registration fee on the **day of the competition is 100,00kn** and it's payable in cash.

##### **Payment details:**

|                                |   |
|--------------------------------|---|
| <b>Payer:</b>                  | Name and Surname of the participant,                                      |
| <b>Recipient:</b>              | Sports association Nova generacija 7 – SUNG 7,<br>Podstrana,              |
| <b>Amount:</b>                 | 100,00 kn,  |
| <b>IBAN:</b>                   | HR5723600001102670900,  |
| <b>Reference number:</b>       | 14072019,   |
| <b>Description of payment:</b> | Registration fee for the marathon - Name and surname of the participant . |

- It's necessary to bring the confirmation of payment on the day of the race.

#### **ACCOMMODATION**

All participants who want to stay in a private accommodation can contact the Tourist Board of Podstrana (tel/mob: 0038521333775/00385955410667, mail: info@visitpodstrana.hr) or the organizer of the marathon (mob: 00385981940281, mail: vg.gavelo@gmail.com).

## **OTHER**

- The organizer will provide a health service and life guards during the competition,
- The participants will be closely monitored by boats during the race,
- The rules to the „Podstrana 2019. – NG7“ swimming marathon – according to The Rules of Competition of the Croatian Swimming Federation (<http://www.hsdp.hr>),
- The list of allowed swimwear (including regular swimwear) - Available at: <http://www.fina.org/content/fina-approved-swimwear>,
- In inadequate suits (neoprene for triathlon and similar) participation is possible but out of competition.

### **While swimming, it is forbidden( = automatic disqualification):**

- Shortening the path
- Any physical conflict (kicking other competitors etc.),
- Touching the life boats (with intention to rest etc.).

## **FINAL**

The organizer has the right to amend the proposal for the competition.