

THE RULES

of PROJECT 20/20 Online Multi-Day Race
held on June 26–28, 2020
(Team Race of Professional Runners)

Tomsk – 2020



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1. GENERAL

PROJECT 2020, hereinafter – the Multi-Day Race, is held in accordance with the rules of athletics, approved by Order № 340 of the Ministry of Sports, Tourism and Youth Policy of the Russian Federation d.d. April 12, 2010 to:

- promote a healthy lifestyle and running as a mass and affordable sport;
- engage children, teenagers and young people into regular physical training;
- develop international sports and student's sports networking, sports tourism;
- contribute to preparation of YARCHE Tomsk International Marathon.

2. TERMS AND LOCATION

2.1. The Multi-Day Race is an online Team Race to be held June 26–28, 2020. Any team shall be able to take the Team Race in any country or city of the world provided that they do it together as a team on the same location.

2.2. The Multi-Day Race is a 3–day event **held in 3 Stages**. Multi-Day Race Program shall include:

- *5 km Team Race in a stadium taken on June 26 at 7–11 pm local time (time at a team's Start Line);*
- *15 km Team Race in a stadium taken on June 27 at 7 am–1 pm local time (time at a team's Start Line);*
- *25x400 m Team Relay Race in a stadium taken on June 28 at 7 am–1 pm local time (time at a team's Start Line).*

3. ORGANIZERS

Organization of the **Multi-Stage Race** has been entrusted to Tomsk Marathon Running Community (PE T.S. Frolova).

3.1. Tomsk Marathon Running Community (PE T.S. Frolova)

Functional responsibilities:

- Organization of the Multi-Day Race;
- Participants registration through Tomsk Marathon website:
www.tomskmarathon.ru;
- Organization of award issue to the winners.

Title Sponsor – Yarche! brand

Multi-Day Race Director – Alexander A. Gordievskikh (Tomsk)

Chief Judge of the Multi-Day Race – Sergey V. Nochevny (Moscow)

Coordinator of the Multi-Day Race – Stepan Kiselev

4. PARTICIPATION REQUIREMENTS AND **ADMISSION CONDITIONS**

4.1. Admitted to the Multi-Day Race shall be teams of three participants after registration and payment of the entry fee. A team shall only be able to register for one type of competition under the Program.

4.2. Only teams of three shall be admitted to the race:

- Men's Team (three runners each)
- Women's Team (three participants each)

Mixed teams (men and women) shall not be admitted.

4.3. Apart from confirmation of a team participant's intent to take part in the Multi-Day Race, any registration for this event shall imply (i) participant's



confirmation of regular medical check-ups the participant undergo to confirm (ii) participant's fitness for running races as per p. 5 of Art. 24, Part 2 of the Federal Law #329 of d.d. 04.12.2007 of the "On Physical Culture and Sports in the Russian Federation", (ii) absence of any health conditions that may be dangerous for the the participant and prevent him or her from participation in the Multi-Day Race, including any adverse health conditions preventing the participant from prolonged physical activity, and (iii) taking up of all the risks and negative consequences associated with violation of the present condition by the participant. A Multi-Day Race participant undertakes to confirm compliance with the above condition with a medical certificate – issued by a physical fitness and sports dispensary or other healthcare facility licensed for delivery of services in the area of therapeutic physical training and sports medicine – confirming participant's fitness for running competitions with an official distance equal to or exceeding the one the participant is registering for. The certificate shall be issued in accordance with p.p. 4.3, 4.4, 4.5 of the present Rules. The participant shall undertake full liability connected with medical certificate validity, certificate issue as per statutory procedure according to findings of a corresponding medical check-up performed by an authorized healthcare facility and shall assume all possible negative implications in respect thereof.

4.4. Race Rules:

4.4.1 First stage – 5 km in a stadium. All three team members start simultaneously. Each participant makes a personal track according to the stadium track marking, no GPS tracks shall be accepted. 5 km shall be 12,5 standard laps of 400 m. Team Captain shall collect all team members'



tracks as track screenshots (made in any mobile application) and upload them to www.tomskmarathon.ru through Captain's personal page before the end of the day of June 26 (before midnight). Scores will be given as per the time of the last team member crossing the finish line according to WA (World Athletic) table.

A team assistant shall make a video of the entire race (finish time of the last participant shall be displayed) and upload it to Instagram in IGTV before the end of the day of June 26 (before midnight) with a team name, #multidayrace and results (mandatory).

4.4.2. Second Stage – 15 km team road race Each participant's start and finish shall be at the same point. Each participant shall make a personal track. Team Captain shall collect all team members' tracks as track screenshots (made in any mobile application) and upload them to www.tomskmarathon.ru through Captain's personal page before the end of the day of June 27 (before midnight). Scores shall be given as per average team time and WA table (15 km). A team assistant shall make a video of the entire race or of a part of the race (finish time of each participant shall be displayed) and upload it to Instagram in IGTV before the end of the day of June 27 (before midnight) with a team name, #multidayrace and results (mandatory).

*4.4.3. Third Stage – 25*400 m relay race Only two team members shall take part in the relay race using the baton according to the WA rules (the baton is passed from hand to hand, no throwing allowed, if a baton is dropped on handover it must be picked up by the runner who hold it before otherwise it is considered as throwing and the team is disqualified), the first member will*



complete the distance 13 times (odd), the second member — 12 times (even). All three team members shall start their watches at the moment of start. The third member is responsible for tracking and recording the time of start, each lap and finish time of the other two team members. Team Captain shall collect all team members' tracks as track screenshots (made in any mobile application) and upload them to www.tomskmarathon.ru through Captain's personal page before the end of the day of June 28 (before midnight). A team assistant shall make a video of the entire race (finish time of the team shall be displayed) and upload it to Instagram in IGTV before the end of the day of June 28 (before midnight) with a team name, #multidayrace and results (mandatory).

4.5. Each Stage Chart shall be issued with actual time of the teams converted to scores as per WA table.

4.6. Track distance shall not be less than as provided for each Stage.

4.7. The results of the First and Second Stage provided after the end of the second day of the race, that is at 0:00:01 of June 28 and later, shall not be accepted. The results of the Third Stage provided after the end of the third day of the race, that is at 0:00:01 of June 29 and later, shall not be accepted.

4.8. Tracks of shorter distances and start time other than provided by the Rules shall not be accepted.

*4.9. Tracks longer than provided by the Rules for a particular Stage shall be **reduced to the Stage** distance with no proportional change of time.*

4.10. GPS tracks shall be accepted should they contain indications of kilometers/number of laps completed.



4.11. *Shorter distance, wrong start time, late upload of track screenshots, signs of fraud all shall be the ground for team disqualification.*

5. RACE RESULTS

5.1. *Each participant's time shall be converted to scores for each distance as per WA table (5 km and 15 km for men and women). For Men's Teams, the relay result will be converted to points according to the WA table as a 10 km men's race. For Women's Teams, the relay result will be converted to points according to the **WA table as a 10 km women's race.***

5.2. *The winner team shall be the team with the highest score. The winner prize shall be 100,000 rubles.*

5.3. *The winner shall be selected within 7 days after the last Stage date.*

5.4. *In case of a doubt the Organizers shall be entitled to request a stadium certificate or a third-party verification of a stadium lap distance.*

6. PRIZE MONEY

Prize Money of the Multi-Stage Race shall be 100,000 (one hundred thousand) rubles.

7. FUNDING CONDITINOS

The expenses related to the organization and holding of the Multi-Stage Race shall be covered from non-budgetary financing sources (registration fees, sponsor support by the partners).



8. REGISTRATION

Terms of Registration:

- 1. Applications for participation shall be submitted to Project 20/20 Coordinator – Stepan Kiselev (+7919 6662849)*
- 2. The registration shall be open until the end of the day June 25 (midnight), 2020.*

9. RULES ALTERATION

9.1. The present Rules can be altered or terminated by the Organizers unilaterally without prior notification of the participants and no compensations paid in respect thereof.