



REGLAMENT XXI cursa de Malgrat de Mar 2010

- Art.1> Club d'Atletisme Malgrat in collaboration with the city council, organizes the XXI Cursa Popular to take place next 8th August 2010 with start at Av. Pomareda (in front of Henkel) and arrival at the athletics track, Av. Pomareda s/n Malgrat.
- Art.2> New circuit, modified due to city works, 10 flat kms.
- Art.3> Race open to everyone who accepts and respects both the distance and this regulation.
- Art.4> Start point: Av. Pomareda (in front of Henkel) and arrival: athletics tracks, 10 meters from the beach) Malgrat de Mar.
- Art.5> Start time: 08.30h. Children's races at 10:00-10:05-10:15
- Art.6> Supplies at 5 km ant at the end.
- Art.7> Categories are governed by birth year and gender.

CATEGORIES	MALE	FEMALE	DISTANCE	START TIME
Caganus 05/06	A	G	300 m	10:00
Prebenjamí 03/04	B	H	300 m	10:00
Benjamí 01/02	C	I	1000 m	10:05
Aleví 99/00	D	J	1000 m	10:05
Infantil 97/98	E	K	2000 m	10:15
Cadet 95/96	F	L	2000 m	10:15
Juvenils 93/94	1	2	10000 m	08:30
Juniors 91/92	3	4	10000 m	"
Promesa 88/89/90	5	6	10000 m	"
Seniors 87/76	7	8	10000 m	"
Vet. M35	9	10	10000 m	"
Vet. M45	11	12	10000 m	"
Vet. M55	13	14	10000 m	"

- Art.8> Awards by categories:

- 1.- top 3 overall male.
- 2.- top 3 overall female.
- 3.- top 3 in each category and gender.
- 4.- Special Trophy to veteran athletes
(Those who receive the award on the overall, will not be not considered for the award on its category).

- Art.9> Registrations can be made via internet www.championchip.cat/lliga2010. Registration fee: 10 €. Without own yellow chip 13€. Children reces 5€
- Art.10> Showers will be available upon arrival.
- Art.11> Registrations will be accepted until August 4, when reached 500 for 10km, and up to 150 for children.
- Art.12> The collection of numbers and chips can be made on 7th from 09.00h. to 13.00h. and from 17.00h. to 19.00h. The race day from 06:45 until 08:00 h.



CLUB D'ATLETISME MALGRAT



- Art.13> All athletes who finish the race will receive the runner's bag with gifts.
- Art.14> Chip-controlled race (ChampionChip). All athletes who finish the race without number or chip will be disqualified.
- Art.15> Race control will be closed at 09:55h. (1h 25 minutes after the start time).
- Art.16> Any claims should be submitted in writing to the director of race and they will be accepted only until 30 minutes after being published the race classification.
- Art.17> Race may only be suspended in case of inclement weather or other problems and so is decided by the race director.
- Art.18> Anything not listed in this regulation shall be resolved in accordance with the rules and regulations of the IAFF and the FCA .
- Art.19> Club d'Atletisme Malgrat and the City Council, are not liable for any moral damages and / or materials that may be caused or lead to the participants and spectators during the competition.
- Art.20> The only entry in this competition implies full acceptance of this regulation.

INFORMATION

- Collection of chips on the number on August the 7th from 09.00h. to 13.00h., and from 17.00h. to 19.00. The race day from 06:45 until 08:00 h.
 - Cloakroom service.
 - Facilities on the athletics tracks at your disposal with dressing room, showers and toilets.
 - Beach 10 meters from the tracks.
 - Parking near the tracks.
 - Registrations only through Internet. No registrations will be admitted on the race day. < The organization will keep some numbers for special cases.
 - Victualling past 5 km. and at the end.
 - Ice cream and fruit upon arrival.
 - Volunteers will be located in all intersections.
 - The circuit will be properly marked and clearly visible.
 - Circuit closed to traffic.
 - A car will follow the race meeting the time set as the maximum to cover the distance.
 - Maximum time to complete the race in 1 hour and 25 '.
 - Handbag of the corridor for all athletes who reach the goal, containing a technical shirt and other gifts.
 - Flat circuit at sea level with a few twists.
 - Net time for each athlete.
- More information www.camalgrat.net and info@camalgrat.net

AWARDS

- All categories male and female have the same prizes .
- Trophy for the top three overall.
- Trophy for the first three in each category.
- Trophy athletes (male and female) veteran.