

AVALANCHE 11
International Downhill Run Mt. Śnieżka - Samotnia

Term:

14.09.2013

Location: Mt. Śnieżka - Samotnia Refuge

Registration charge: 25 PLN (registration via Internet form) 30 PLN (in Avalanche day)

REGULATIONS

1. AIMS:

- mountain running popularization,
- physical activity promotion
- promotion of the Karkonosze Mountains tourist region

2. ORGANIZER

Mountain School of the "Samotnia" Refuge

3. TERM AND LOCATION

September 14, 2013 at 1:00 p.m., the top of Mt. Śnieżka

4. ROUTE

From the top of Mt. Śnieżka to Samotnia refuge

5. AGE CLASSES AND CLASSIFICATION

Individual classification

- general of men
- general of women

K/M 10 - age class 2003-1998

K/M 16 - age class 1997 - 88

K/M 26 - age class 1987 - 78

K/M 36 - age class 1977 - 68

K/M 46 - age class 1967 - 54

K/M 60 - age class 1953+

D-1 below 2004 (special award)

Attention: Time limit for the distance is 2 hours.

6. PARTICIPATION

All participants are obliged to sign a written declaration concerning an ability to individual participation in The Avalanche Downhill Run. Each participants must have accident insurance while competition.

7. AWARDS:

- Men - rewards for 1-10th place; 1-3rd. place - medals and cups
- Women - rewards for 1-10th place; 1-3rd. place - medals and cups

8. COMPETITION OFFICE

Schronisko "Samotnia "

ul. Śnieżki 16

58-550 Karpacz 3

e-mail: biuro@szkolagorska.com

phone +0048 75 7619376

Attention:

On September 14th, 2013, the competition office will be moved to the building of meteorological station at Śnieżka to refuge and will be run from 10:00 till 12:00 p.m.

9. REGISTRATION

Registration form at Internet is accepted till September 13th, 2013 r. At 14th September only in The Avalanche Downhill Run office.

Address:

Schronisko Samotnia
ul. Śnieżki 16
58-550 Karpacz 3, Poland
Phone: +0048 75 7619376
E-mail: biuro@szkolagorska.com

Each human being able to walk can participate in Avalanche Downhill Run. Teenagers must have their parents or legal minders' permission. Date of birth decides on assignment to the age class.

10. DOCUMENTS VERIFICATION

Documents verification will take place just before downhill run. During verification each participant should submit:

- any ID with a photo for birth date checking,
- participant should sign a written declaration stating his/her own will and responsibility

11. START CHARGE

Charge of 25 or 30 PLN should be paid in Avalanche Downhill Run office during verification.

Competitor receives:

- a T-shirt,
- diploma of participation,
- drinks,

12. LODGING AND DINING:

Participant may stay in the Samotnia refuge

13. DETAILED RESOLUTIONS

- Avalanche Downhill Run will be held as cyclical event once a year

14. FINAL RESOLUTIONS:

- Competition will take place independently from weather conditions. Each participant must have valid accident insurance.
- Participants are obliged to follow judges instructions during competition and final closing ceremony.
- Organizer is responsible for regulations interpretation.

Registration:

E-mail: biuro@szkolagorska.com
Phone: +0048 75 7619376
Mail to: Schronisko "Samotnia", ul. Śnieżki 16, 58-550 Karpacz, Poland