

CONTACT:

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ENTRY FORM

6 h 12 h 24 h 50 km 100 km

Name:..... Date of birth:.....

Address:.....

Phone:..... Club:.....

Event: single / team Accommodation: A/B 09.04. / 09.05. / 09.06. 2020.

e - mail:..... Gender: male / female

Team name:..... (every member of the relay has to fill in a separate entry form)

Remarks, proposals:

Date:..... Signature:.....



INVITATION



IAU 6, 12, 24 h 50 km and 100 km

**INTERNATIONAL
ULTRAMARATHON
AND NATIONAL
CHAMPIONSHIP**

SINGLE AND RELAY RACE

**SERBIAN ULTRAMARATHON
FEDERATION AND PALIGO PALUS
PALIC ULTRAMARATHON CLUB**

30.-31. SEPTEMBER 2020.

IAU 6, 12, 24 HOUR, 50 KM AND 100 KM INTERNATIONAL ULTRAMARATHON AND NATIONAL CHAMPIONSHIP

THE AIM OF COMPETITION:

To give opportunity to competition for professional and amateur runners, to promote healthy lifestyle, sport and running, strenghten the international cooperation

DATE:

05. - 06. SEPTEMBER 2020.

THE SHOWGROUND:

THE BANKS OF THE LAKE PALIĆ

START - FINISH: **LARGE TERRACE**

6h: 05.09.2020 : 12:00 - 05.09.2020 :18:00h
12h: 06.09.2020: 00:00 - 06.09.2020 :12:00h
24h: 05.09.2020 : 12:00 - 06.09.2020 :12:00h
50km: 06.09.2020 : 06:00 - 06.09.2020 :12:00h
100km: 06.09.2020 : 00:00 - 06.09.2020 :12:00h

EVENTS

INDIVIDUAL RACES (100 km, 50 km, 6h, 12h, 24h): -
- WOMEN - ABSOLUTE CATEGORY
- MEN - ABSOLUTE CATEGORY

RELAY TEAM RACES (6h, 12h, 24h):
- 4 MEMBER RELAY TEAM - MEN AND WOMEN

ATTENTION:

24H, 50 KM AND 100 KM RACE WILL BE
QUALIFYING RACE FOR WORLD CHAMPIONSHIP

LIMIT TIMES FOR QUALIFIKATION FOR WORLD
CHAMPIONSHIP

50 KM	WOMEN	MEN
A	3h 30min	3h 00min
B	3h 40min	3h 10min
C	3h 50min	3h 20min

100 KM	WOMEN	MEN
A	8h 29min	6h 59min
B	8h 59min	7h 29min
C	9h 29min	7h 59min

24 h	WOMEN	MEN
A	220 km	240 km
B	200 km	220 km
C	180 km	200 km

REGULATIONS

All runners who send the entry form and pay the entry fee on time can take part in the competition if obey the race regulations. All competitors must have a medical certificate not older than 30 days. The participants must be at least 20 years old. No age limit in relay race. **EVERY RUNNER COMPETES AT HIS / HER OWN RISK!!!**

AWARDS:

The 1st 3rd placed runners will be awarded. Every finisher gets a comemorative medal, diploma and T- shirt. The Serbian Ultramarathon Federation gives special prizes for the best and the oldest competitors.

ACCOMODATION:

A category - hotel rooms - 50€ (per night) per person
B category - motel - 30€ (per night) per person.
An unisex tent will be provided during the race for those do not asked for accomodation.

FOOD

Every participants will get breakfast on 05.09.2020. After the race there will be a launch for all competitors.

DURING THE RACE IS TAKING PLACE AN AID STATION WILL BE PROVIDED FOR THE RUNNERS!

ENTRY

Entry fee is 50€ for each discipline. Applications to 31.08.2020.

SERBIAN ULTRAMARATHON FEDERATION
Horgoški put 70
24 413 PALIĆ SERBIA

