

GREATEST RACE OF ALL TIME



26. Šmarna gora Record – 30 Sept. 2022
43. Šmarna gora Race – 1 October 2022



43. ŠMARNA GORA MOUNTAIN RUNNING RACE

NATIONAL CHAMPIONSHIPS FOR TEAMS

MOUNTAIN RUNNING WORLD CUP

REGULATIONS

ORGANIZER: Running club »Smarnogorska naveza« in co-operation with Athletic Federation of Slovenia – Mountain Running Committee, WMRA & WA and inn Ledinek, Smarna gora

DATE: SATURDAY, 1. OCTOBER 2022, start at 10:00 / 10:10

VENUE: Ljubljana-Tacen; start in sport park Rocen, 10 km NW from Ljubljana; finish on the Smarna gora summit.

COURSES »C« and »D«: first 700 m asphalt, the rest forest path.

CATEGORIES – COURSES – START TIMES:

Course	Categories	Born	Course	Start
➤ Course »A«:	Z 1 jun. girls	U12	2011 – 14	0,6km +80m/-0m 9:50
	M 1 jun. boys			9:55
	Z/M 2 girls/boys	U14	2009 – 10	10:00
➤ Course »B«:	Z/M 3 sen. girls/boys	U16	2007 – 08	2,5km +245m/-30m 10:00
➤ Course »C«:	Z/M 4 Juniors W/M	U20	2003 – 06	5,0km +405m/-50m 10:00
	Z/M 8 Masters W/M 3	60+	1962 and bef.	
➤ Course »D«:	Z/M 5 Seniors W/M	U40	1983 – 02	10,0km +705m/-350m 10:10
	WORLD CUP RACE	Z/M 6 Masters W/M 1	40-49	1973 – 82
	Z/M 7 Masters W/M 2	50-59	1963 – 72	

The 43. Šmarna gora race is also **NATIONAL MOUNTAIN RUNNING CHAMPIONSHIPS FOR TEAMS**. The Championships ranking is for Slovenian teams only.

THE RIGHT TO COMPETE is not limited according to the propositions. Competitors are taking part on their own responsibility. With the signature everyone accepts those Regulations and general rules for organizing international Mountain running events including WMRA and WA antidoping policy and also the national "Covid restrictions".

ENTRIES: online entries: www.prijavim.se from 1 to 20 September; **entry fee** 20€ (10€ for kids / U12, U14 and U16) Late entries are not possible!

Entries for invited international class runners: latest by Wednesday 13. Sept. 2022 by e-mail (Tomo Šarf)

ACCOMODATION for invited teams or individuals will be organized for those who will enter on time. There will be a pasta party for all invited athletes on Thursday evening. For the details and accommodation please contact LOC.

ŠMARNA GORA

TRANSPORT of personal belongings from the start to the finish on the summit is provided. Personal bags will be collected till 9:30 close to the entry office.

STARTS OF COURSES »A« and »B« are located on the course »C« 2,5 and 0,65 km before the finish; guided departure is provided at 9:10.

STARTS OF COURSES »C« is the same as »D«. The courses split after the water station at 2,3km.

LIMIT TIME – runners on the course “D”, who will pass the control point at the “Saddle” /5,0km/ after 10:45, will be directed directly to the finish.

AWARD CEREMONY will take place on the Smarna gora summit at 12:30.

- Protocol will be adopted to the current national covid regulations.

ORGANIZER WILL PROVIDE:

- Medals and cups for the winners
- memorial gift and a meal after the race for each competitor
- personal photo from the finish line – access via web site
- instruction booklet before and a booklet with results after the race
- transport of personal belongings from the start (Rocen) to the finish
- refreshment stations on the course and after the finish line
- medical service
- regularly updated web page with results on the day of the race
- announcement of results with prizes for absolute ranking on the course “D” as follows:

Place / €	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
Men	500	350	250	200	150	120	100	90	80	75	70	65	60	55	50
Women	500	350	250	150	100	90	100	80	60	50	/	/	/	/	/

Additional awards Course record 250 €
 Any result, better than current record 10 €/sec (men: 41:32; women 47:40)

All the runners who will participate both races (Record on Friday and the Race on Saturday), will apply for special awards. The fastest women/men will receive special awards.

CONTACT: Tomo Šarf

- tel.: + 386 41 785 859 (cell phone)
- e-mail: tomo.sarf@helios.si
- web site: <http://smarnoqorski-teki.si/>

