



## **28. Šmarna gora Record**

*Friday, 4 October 2024*

## **45. Šmarna gora Race**

*Saturday, 5 October 2024*



## **44. ŠMARNA GORA MOUNTAIN RUNNING RACE**

**Saturday, 5 October 2024**

**VALSIR MOUNTAIN RUNNING WORLD CUP**

**SLOVENIAN MOUNTAIN RUNNING CUP**

### **RULES** (6 Jan. 2024)

**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, 5. OCTOBER 2024, 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	0,65km +80m/-3m	9:50
	M 1 jun. boys			9:55
	Z/M 2 girls/boys	U14		10:00
➤ Course »B«:	Z/M 3 sen. girls/boys	U16	2,5km +245m/-30m	10:00
➤ Course »C«:	Z/M 4 Juniors W/M	U20	5,0km +405m/-50m	10:00
	Z/M 8 Masters W/M 3	60+	1964 and bef.	
➤ Course »D«:	Z/M 5 Seniors W/M	U40	10,0km +705m/-350m	<b>10:10</b>
	<b>WORLD CUP</b> <b>RACE</b> Z/M 6 Masters W/M 1	40-49	1975 – 84	
	Z/M 7 Masters W/M 2	50-59	1965 – 74	

**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](http://www.prijavim.se) from 1 Avg. up to 30. October:

Entry fee – up to:	1. Sept.	15. Sept.	2. Oct.	after 2. Oct.
Record	20 €	25 €	30 €	50 €
Race – courses 5 and 10km	20 €	25 €	30 €	50 €
Race – kids (courses 0,6 in 2,5km)	10 €	15 €	20 €	30 €
Record + Race	30 €	40 €	50 €	80 €

**Entries for invited international class runners: latest by Monday 18 Sept. 2023 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 Friday evening. For the details and accommodation please contact LOC.

