



28. Šmarna gora Record
Friday, 4. October 2024

45. Šmarna gora Race
Saturday, 5. October 2024



45. ŠMARNA GORA MOUNTAIN RUNNING RACE

Saturday, 5. October 2024

VALSIR MOUNTAIN RUNNING WORLD CUP

SLOVENIAN MOUNTAIN RUNNING CUP

RULES (1. June 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 9 Masters W/M 3	60+	1964 and bef.	
➤ Course »D«:	Z/M 5 Seniors W/M	U23	10,0km +705m/-350m	10:10
	WORLD CUP	Z/M 6 Seniors W/M	23-39	1985 – 01
	RACE	Z/M 7 Masters W/M 1	40-49	1975 – 84
		Z/M 8 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: regular online entries: www.prijavim.se from 10. Avg. up to 30. September:

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 Wednesday 11. Sept. 2024 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.

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 9:00 (course A) and 9:15 (course "B").

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 "Saddle" /5,0km/ after 11:00, will be directed directly to the finish.

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

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	600	400	300	220	170	130	110	100	90	85	80	75	70	65	60
Women	600	400	300	220	170	130	110	100	90	85	80	75	70	65	60

Special awards New 10 km course record M/W 500 €
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 get special gifts. The fastest women/men will receive special awards.

Runners who are not present at the prize-giving ceremony, will not get their prizes.

- CONTACT:** Tomo Šarf
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 - web site: <http://smarnogorski-teki.si/>

