

Rules and Regulations of the 16th PKO 2024 Poznań Half Marathon

I. Goal

1. Popularisation and promotion of running as the simplest form of recreation.
2. Promotion of the City of Poznań in Poland and in the world.

II. Organiser

The City of Poznań

Poznań Sports and Recreation Centres

34 Szychalskiego Street

61-553 Poznań, Poland

NIP: 209-00-01-440, Regon: 630603890

phone +48 61 835 79 00

e-mail: info@halfmarathon.poznan.pl

<http://halfmarathon.poznan.pl>

The run shall be held under the patronage of the Mayor of the City of Poznań.

III. Half Marathon Office

1. The Half Marathon Office is located in the registered office of the Poznań Sports and Recreation Centres, i.e.:
34 Szychalskiego Street, 61-553 Poznań, Poland, in the rooms: 201, 203, 204
The Half Marathon Office is open from Monday to Friday from 8.00 a.m. to 4.00 p.m.
telephone +48 61 835 79 17, e-mail: info@halfmarathon.poznan.pl.
2. On 12-13 April 2024, the Half Marathon Office shall be relocated to: Międzynarodowe Targi Poznańskie Sp. z o. o. (Poznań International Fair Ltd.), 14 Głogowska Street, 60-734 Poznań, Hall no. 3.

IV. Date and venue

1. The run shall take place on 14 April 2024 in Poznań.
2. Start: at 10:00a.m. at Grunwaldzka Street (at the Poznań International Fair Ltd.).
3. Finish: Poznań International Fair Ltd. (St. Mark's Square).

V. Start zones

1. The competitors line up at the start in designated and appropriately marked start zones in the following order:
 - elite runners,
 - the other runners – in the zones according to the information on the bib number.
2. The start zones are assigned to the participants of the half marathon on the basis of the finish times declared by them during the registration for the Half Marathon.
3. Each start zone is assigned a corresponding colour stripe visible on the competitor's bib number:

- zone AA – yellow strip – run elite
 - zone A – red strip – competitors with time below 1:30
 - zone B – green strip – time between 1:30 – 1:39
 - zone C – blue strip – time between 1:40 – 1:49
 - zone D – violet strip – time between 1:50 – 1:59
 - zone E – brown strip – time between 2:00 – 2:14
 - zone F – orange strip – time between 2:15 – 3:00.
4. The chosen start zone can be changed by the participant until 2 April 2024 upon logging in to his/her individual runner profile available at www.halfmarathon.poznan.pl and clicking 'Log in'.
 5. The organiser envisages a wave start.

VI. Route

1. Długość The route length: 21.097 km.
2. The route covers 1 loop.
3. The route is certified by AIMS, World Athletics, Polish Athletic Association (PZLA).
4. Each kilometre of the route is marked with the vertical signs.
5. The route of the Half Marathon shall be closed to traffic until 1:30p.m.

VII. Limit of time

1. Competitors are obliged to comply with a limit time of 3 hours.
2. The runners who do not finish the run until within the limit of time specified in VII.1 are obliged to discontinue running and get off from the run route or reach the finish by the minibus marked with the 'Half Marathon's Finish' sign'.
3. Participants who remain on the route after the limit of time specified in these Rules and Regulations do so at their own risk and responsibility. In this case the provisions of the Road Traffic Law Act and the Civil Law Act are applicable.

VIII. Time measurement

1. The general and age classification shall be based on actual times (net time - counted from the moment the runner crosses the start line). The first 100 runners crossing the finish line are the exception from this rule – their official time is gross time - counted from the starter's shot). If there is no 8 men and 8 women in the first 100 finishing runners, the number of runners whose official time is net time is increased appropriately until such a number of men and women crosses the finish line.
2. Each run participant shall receive information both about his/her gross, and net times in his/her final results.
3. The time is measured by a chip attached to a running shoe lace of the participant. Each competitor shall receive a chip in the start package and it shall be returned at the finish line.
4. The charge for time measurement is included in the registration fee.
5. The time control points are located along the route at: start line, 5 km, 10 km, 15 km, 20 km, finish line. No readout at any of the control points may result in a disqualification.
6. The personnel at the control points note down the bib numbers of the runners who take a

short cut along the route. The runners taking the short cut or changing the route shall be disqualified.

IX. Nutrition, sanitary and medical points

1. The nutrition points shall be located approximately every 5 km starting from 5th kilometre of the route.
2. At all nutrition points can be found: water, chocolate. Furthermore, the nutrition points at 10th, 15th and 20th kilometre shall offer an isotonic drink.
3. It is not recommended to the runners to drink and eat along the run route beyond the points designated by the Organiser.
4. The Organiser fails to accept private nutritional supplements belonging to the participants excluding the runners declared as the elite runners.
5. In the vicinity of each nutrition points shall be located the medical points and the cabin toilets (toilets).
6. The Organiser shall ensure medical care at the run start, along the run route and at the run finish.

X. Participation

1. The right to start in the 16th PKO Poznań Half Marathon is granted to the persons who at the latest on 14 April 2024 turn 18 years old.
2. Only the runners take part in the 16th PKO Poznań Half Marathon. The Organiser due to the safety reasons does not allow for the participation of the wheelchair users, people on skates, roller skates, skateboards, bicycles and other mechanical devices. Due to the character of the Half Marathon the persons with sticks (trekking and Nordic Walking) are forbidden to start).
3. The Organiser fails to give its consent to run the Half Marathon with a bib number and a chip assigned to another person. The competitor who runs with the bib number and/or chip assigned to the other person shall be disqualified.
4. During the run, all competitors must have their bib numbers pinned.
5. The bib numbers must be attached to the shirt/top with safety pins on the front on the chest or to a special belt on the hip. Under the penalty of disqualification, it is not permitted to cover the bib number in part or in whole, to modify it or to place the bib number on the back. Competitors who start without a bib number visible on the front shall be at risk of disqualification.
6. During the run, all competitors must have a chip pinned. The chip must be fixed to any of the competitor's feet (shoelace of the shoe). Placing chips in other places threatens with a disqualification.
7. The provisions of the PZLA ('Rules of Athletics Competitions' Polish edition on the basis of WA), WA, AIMS guidelines and these Rules and Regulations are applicable in respect of the Participants of the Half Marathon.
8. By signing up for the Half Marathon, the competitor automatically declares that he/she has read the Rules and Regulations and undertakes to observe them.
9. The competitors are obliged to comply with the sanitary regulations in force on the date of the start specified by the sanitary services and the Organiser.

XI. Verification of participants and collection of start packages

1. The verification of competitors and the start packages issuing shall take place in the Half

Marathon Office in the area of the International Fair Ltd., at 14 Głogowska Street **only on:**
12/04/2024 (Friday) within 10:00a.m. – 08:00p.m.,
13/04/2024 (Saturday) within 10:00a.m. – 08:00p.m.

2. The verification of competitors and the collection of start packages shall take place in the Half Marathon Office on the basis of a presentation of an identity document or a start card, which the competitor can download from his/her individual runner profile. A competitor who collects the start package on the basis of an identity document only, should know his/her bib number before approaching the collection point.
3. The start card shall be available for download from 4 April 2024 from 11.00 a.m. on the individual runner profile (access: www.halfmarathon.poznan.pl – Login 'tab').
4. If a competitor cannot collect the start package in person, he/she must give the start card (photocopy / scan) or ID card (photocopy / scan) to the person who shall collect the package for him/her.
5. Start packages can be collected no later than April 13, 2024. On the date when the Half Marathon is held, i.e., 14 April 2024, the Competition Office shall be closed and a collection of the start packages shall be impossible.
6. The Organiser shall not send start packages by post or courier. The start packages not collected at the Competition Office shall not be sent nor issued at a later date.
7. The start package shall include:
 - an envelope with a bib number, a time measurement chip, a sticker with a number on a sack for the deposit in the locker room, 4 safety pins, a sack for the deposit,
 - a sack/bag, advertising materials from the sponsors.

XII. Classifications

1. General – women and men.
2. Age classification – women and men: 18-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and older.
3. The best citizen of Poznań – woman and man.
4. The oldest participant of the Half Marathon – woman and man.

XIII. Applications / Fees

1. The applications are accepted via the on-line form published on the following web site: www.halfmarathon.poznan.pl or personally in the registered office of the Organiser or the Half Marathon Office.
2. The deadline for online applications and payments is April 11, 2024. or after reaching the limit of paid entries.
3. On 12 and 13 April 2024 (if the limit of paid applications is not run out earlier) the applications and the registration fees shall be accepted only in person in the Half Marathon Office (Poznań International Fair Ltd., Hall no. 3) within its opening hours, i.e. od 10.00a.m. until 08.00p.m.
4. The limit of the paid applications is of 10 500 persons.
5. An application is considered effective when the Organiser gets correctly filled application form and the registration fee is credited to the bank account of the latter.
6. The Organiser establishes the following amounts of the registration fees:

The technical T-shirts, priced at PLN 60 each, can be purchased either immediately by signing up for the run or at a later date by logging into your runner profile, but no later than 13 March 2024.

Time limit for applications	Start package without T-shirt	Start package with T-shirt
Until 15th January 2024	Fee PLN 145	Fee PLN 205
From 16th January until 6 March 2024	Fee PLN 170	Fee PLN 230 (T-shirt available for purchase until 13 March 2024)
From 7 March until 11 April 2024	Fee PLN 200	Fee PLN 260 (T-shirt available for purchase until 13 March 2024)
On 12 and 13 April 2024	Fee PLN 245	No T-shirt available for purchase

*In the variant with a T-shirt, the package price is increased by the price of the T-shirt, i.e. PLN 60 or its multiple.

Purchased technical T-shirts will be available for collection at the Organizer's stand located in hall 3 at the Poznań Run Expo.

The detailed sizes of the T-shirts are shown in the table constituting an appendix to the registration form. T-shirts are issued on the basis of the size specified in the registration form, without the possibility of changing the declared size. Changing the size of a purchased T-shirt is possible until 13 March 2024. Concerning the T-shirts purchased but not collected on 12 and 13 April 2024, the Organiser requests for e-mail contact at info@marathon.poznan.pl after 14 April 2024.

7. The competitor has the right to purchase the start package with any number of technical T-shirts dedicated to the Marathon, of which the cost of one T-shirt is PLN 60. Ordering the T-shirt(s) is possible by ticking an additional box when signing up only until 13/03/2024 inclusive.
8. The participant also has the possibility of ordering additional services, the prices of which are as follows:

Service	Price
1. Engraving of the medal	PLN 25
2. Customisation of the purchased T-shirt	PLN 25 (Purchase possible until 13.03.2024)

9. The amount of the starting fee is determined - not by the date of registration for the race - but by the date of payment or transfer for the start package.
10. In the event of cancellation of an event, the start fee shall be refunded or transferred to events organised by the Organiser, irrespective of the reason for the participant's withdrawal from the race.

11. Based on art. 38 point 12 of the Act on Consumer Rights (i.e. D.U.2020.287, as amended) to participants who are consumers within the meaning of Art. 221 CC there is no right to withdraw from the contract.
12. The starting fee can be paid online (from the registration profile) via <https://autopay.pl>. Autopay S.A. is responsible for settlements and online payment security, based in Sopot, Powstańców Warszawy Street 6, 81-718 Sopot, Tax Identification Number: 585-13-51-185, REGON: 191781561, national payment institution, supervised by the Polish Financial Supervision Authority, entered into the Register of Payment Services under number IP17/2013. Autopay Terms and Conditions. Payment methods available to the participant include: electronic bank transfers, payment cards, BLIK.
The Organiser ensures that data related to the payment process, i.e., credit card numbers and details, as well as the access codes to the on-line bank accounts, are not recorded by the Organiser. For the purpose of protecting confidential data, transactions made through an external on-line payment system shall be encrypted.
13. The following participants have the right to participate in the Half Marathon for free provided they register by 13 April 2024 and an availability of the places:
 - participants who completed all 15 previous editions of the Poznań Half Marathon (in the traditional or virtual version),
 - participants who were on the 1st, 2nd and 3rd places in their age classifications in the 15th PKO Poznań Half Marathon; there is the possibility to transfer the free start to the other person (in order to make this transfer you should contact the Half Marathon Office),
 - competitors who take part in the Half Marathon on the basis of the separate contracts and agreements concluded by the Poznań Sports and Recreation Centres (POSiR),
 - competitors exempted from paying the registration fee by the Director of the Poznań Sports and Recreation Centres (individual cases) based on the written request of the interested party,
 - winners of the competitions organised by the Organiser, Partners and Sponsors, where award constituted an exemption from registration fee,
 - official pacemakers,
 - contract competitors,
 - honour guests who take part in the run invited by the Organiser.
14. The disabled persons can be exempted from the registration fee based on the written request of the Director of the Poznań Sports and Recreation Centres (POSiR) or they may request a refund a registration fee on the basis of a medical certificate presented for inspection during a collection of the start package. Please DO NOT SEND the aforementioned medical certificates by e-mail or traditional mail to the Organiser.
15. The competitors over 60 years old have the right to a 50% discount (discounts do not add up).
16. The runners who have the 'Ogólnopolska Karta Dużej Rodziny' card featuring a **territorial code of the city of Poznań** get a 25% discount on the registration fee. The "Karta Dużej Rodziny" card issued by the other cities do not authorise to get the aforementioned 25% discount.
17. The bib number can be transferred to another participant, **who is registered**, but fails to have his/her bib number within the non-negotiable time limit until 3 April 2024. In order to effect it, the latter must complete the form for the participation transfer, which can be found on the runner's individual profile at: <https://runner.halfmarathon.poznan.pl/>. The

Organiser waives its responsibility and liability for the mistakes of the participants made during the transfer of their bib number to the other participant.

18. The Organiser fails to provide agency services in the settlements between the participants.

XIV. Prizes

1. The winners in the general category of men and women (1st-3rd place) receive cups and money prizes in the amount of:
 - 1st place: PLN 10 000,
 - 2nd place: PLN 6 000,
 - 3rd place: PLN 4 000,
 - 4th place: PLN 3 000,
 - 5th place: PLN 2 000,
 - 6th place: PLN 1 000.
2. The winners in the individual age categories of women and men (classified according to net time) shall receive, for the 1st, 2nd and 3rd place, exemption from the start fee for the 17th Poznań Half Marathon in 2025, with the possibility of transferring the start package to another person.
3. The winners in the category of the best Poznań citizen – man and woman (1st place) – receive cups that shall be shipped by post.
4. The winners in the category of the oldest participant – man and woman (1st place) – receive cups that shall be shipped by post.
5. The bonus for breaking the record of the Poznań Half Marathon for the first woman (time below 01:07:54) and the first man (time below 00:59:32) and amounts to PLN 10 000.
6. The prizes in the general classification – women (1st – 6th place) and in the general classification – men (1st – 6th place) are granted to runners based on their order of crossing the finish line.
7. All runners who complete the Half Marathon within 3 hours are awarded a medal.
8. An income tax according to the mandatory law provisions is deducted from the money prizes.
9. The money prizes are granted into the specified participants' bank accounts only via bank transfer upon receiving the results of the antidoping tests. There is no possibility to pay them in cash.
10. For the purpose of receiving the money prize into the bank account, runners must fill in the necessary forms required by the Tax Office and send them to the address of Organiser within 30 days from the finish date of the Half Marathon. [Download the form.](#)

XV. Anti-doping control

1. Organizator zastrzega sobie prawo do przeprowadzenia kontroli antydopingowej (including EPO).
2. If doping agents prohibited in accordance with the WADA list in the 'A' sample are found, the runner is informed about the possibilities and details of examination of the 'B' sample at his/her own expense. A positive result of the 'B' sample test automatically disqualifies that runner.
3. In case where a competitor refrains from having the 'B' sample tested, the result of the 'A' sample shall be deemed correct and shall disqualify the competitor.

4. The Organiser does not conduct any appeal, explanatory or disciplinary proceedings based on the guidelines of the World Anti-Doping Agency, Polish anti-doping provisions, IAAF and Polish Athletic Association (PZLA) regulations.

XVI. Accommodation

1. The Organiser shall not ensure a free accommodation on 13-14/04/2024.

XVII. Deposits, locker rooms, showers

1. The deposits and locker rooms shall be located near the finish line of the Half Marathon in the area of the Poznań International Fair Ltd. (Hall no. 3A).
2. The runners shall give their things to the deposit from 8:15 a.m. until 9:30a.m. All baggage given to the deposit must fit in one sack / bag labelled with a sticker featuring a participant's number.
3. There must be no glass or other objects in the baggage left that can be easily damaged. The Organiser is neither responsible nor liable for such damage (cracking, breaking, crushing, etc.).
4. It is prohibited to leave valuable items in the deposit, e.g. watches, wallets with contents, electronic equipment, etc. If the above-mentioned items are left in the deposit, items for their destruction or loss, the Organizer is not responsible.
5. An issuance of the items from the deposit shall take place on 14/04/2024 upon presenting the bib number until 2:00p.m.
6. Losing the bib number by the competitor releases the Organiser from liability for collecting the items by another person.
7. The Organiser shall not be liable for the items not left in the deposit.
8. All competitors who take part in the Half Marathon shall be eligible to benefit from the free massages and showers upon the completion of the run until 2:00p.m. in the hall 3A in the area of the Poznań International Fair Ltd., 14 Głogowska Street.

XVIII. Results

1. The unofficial results from the run shall be posted on the web site www.halfmarathon.poznan.pl immediately after the run.
2. The official results of the run shall be posted on the web site www.halfmarathon.poznan.pl upon obtaining the final report from results of the anti-doping tests.
3. The details of the participants (first name, surname, year of birth, locality, club, age category, net time, gross time, country, sex) who have completed the 16th PKO Poznań Half Marathon shall be placed in the run end results on the web site: <http://halfmarathon.poznan.pl/strefa-zawodnika/wyniki/> unless the participant gives his/her consent to it. In case of a failure to give a consent by the participant to publish the aforementioned details, only the bib number and the achieved run time result shall be posted in the official results.

XIX. Final provisions

1. All run participants shall have an accident insurance during the run.
2. A competitor completing the electronic application form confirms that he/she shall run in the race on his/her own responsibility and liability, and shall bear the associated risk, acknowledging that the participation in the Half Marathon involves a enormous physical effort and entails natural risk and threatens with the accidents, a possibility of the bodily

injuries and physical injuries (including a death), as well damages and property losses. Completing the registration form and paying the registration fee means that the competitor has assessed the nature, scope and degree of risk related to a participation in the Half Marathon and has voluntarily decided to take this risk, starting in the Half Marathon at his/her own responsibility.

3. The Organiser recommends before and during preparations for the Half Marathon to have the appropriate medical examinations or medical consultations depending on the age and physical condition of the Participant.
4. 4. It is forbidden to bring items to the Half Marathon route that may be dangerous to the other runners. It is forbidden to bring intoxicants, doping, illegal substances and alcoholic beverages to the venue of the Half Marathon.
5. Any complaints, comments and requests regarding the issues related to the participation in the Half Marathon and protests regarding the results of the Half Marathon can be submitted, in particular, by e-mail to the address of the Organiser (info@halfmarathon.poznan.pl) or in the written form by registered mail to the address of the Office of the Orgainser (POSiR, ul. Sychalskiego 34, 61-553 Poznań, Poland), within 3 days from the date of completion of the Half Marathon.
6. The Organiser reserves the right to introduce the additional classifications and prizes.
7. The advertising materials can be placed on the start, route and finish of the Half Marathon upon an exclusive consent of the Organiser. The advertisement of the items different than those of the official Sponsors and Partners of the Half Marathon is forbidden.
8. The Organiser reserves the right to cancel or change the date of the 16th PKO Poznań Half Marathon in the event of an occurrence of force majeure events that may affect the course of the event. 9. Force majeure as defined herein shall be any and all unforeseeable situations or events of an exceptional nature, beyond the control of the Organiser, making it impossible to fulfil any of the obligations provided for herein, not resulting from error or negligence of the Organiser and remaining insuperable in spite of exercising due diligence, in particular: natural catastrophic events such as floods, hurricanes, windstorms of extraordinary strength, air vortexes, earthquakes, unusually intense and prolonged rainstorms or extraordinary and external events that could not have been prevented (such as war, martial law restrictions, insurrection, revolution, riots, terrorist attack), epidemic threats, states of epidemic danger, epidemics and states of epidemics, as well as new legal acts or decisions of administrative authorities preventing the Organiser from fulfilling its obligations. Neither the Organiser nor the competitors shall be liable for a failure to perform or improper performance of the provisions of these Rules and Regulations caused by force majeure.