

Teplicka 10 run 2022 - regulations

3rd edition

November, 13th 2022, Teplice nad Metují, Czech republic

Organizer: Sport club REDPOINT TEAM, Horní 13, 549 57 Teplice nad Metují
phone: +420 491 581 042, e-mail: redpoint@seznam.cz

Race office: Teplice nad Metují – swimming pool

Application: to November, 12th on-line on www.sportchallenge.cz for basic start fee, last moment application for higher start fee on November, 13st only from 9.00 a.m. to 10.30 a.m. in the Race office.

Charge: adults 200 CZK (8 EUR), youth 100 CZK (4 EUR). **This price is valid only when you will pay till November, 12th on bank account** (you will receive details by e-mail after login) **or cash in the sport shop Redpoint.** Last moment application by registration is about 100 CZK (4 EUR) more (adults), resp. 50 CZK (2 EUR) more (youth).

Start: Swimming pool - 11.00 a.m.

Showers: Sport centre (behind the school)

Medical service: Červený kříž Teplice nad Metují

Race track: Official measured 10 km long fast track with turnaround in Adršpach has minimum elevation and is rund around the river Metuje. First and last 1,5 km is on asphalt road. The youth track is 3 km long with turnaround by the autocamping Bučnice.

Best time: 32:35 / Artem Kazdan (2022) and 40:40 / Marina Niemczenko (2022)

Bonus: 1000 CZK for new best time

Protests: within 10 minuts after publication unofficial results with 500 CZK deposit.

Awards Cremony: 13.00 a.m.

- men absolutely: 1st / 1500 CZK, 2nd / 1000 CZK, 3rd / 500CZK + cups
- women absolutely: 1st / 1500 CZK, 2nd /1000 CZK, 3rd / 500 CZK + cups
- youth men absolutely: 1st / 300 CZK, 2nd / 200 CZK, 3rd / 100CZK + cups
- youth women absolutely: 1st / 300 CZK, 2nd / 200 CZK, 3rd / 100CZK + cups
- 1st – 3rd position in each category: material prices + medals

Raffle: after Awards Cremony

Categories 10 km:

- ABSOLUTELY (MEN / WOMEN)
- JUNIOR MEN 16–19 years (2003 – 2006)
- MEN „A“ 20–34 years (1988 – 2002)
- MEN „B“ 35–44 years (1978 – 1987)
- MEN „C“ 45–54 years (1968 – 1977)
- MEN „D“ 55–64 years (1958 – 1967)
- MEN „E“ 65–74 years (1948 – 1957)
- MUŽI „F“ from 75 years (1947 and older)
- JUNIOR WOMEN 16–19 years (2003 – 2006)
- WOMEN „A“ 20–34 years (1988 – 2002)
- WOMEN „B“ 35–44 years (1978 – 1987)
- WOMEN „C“ 45–54 years (1968 – 1977)
- WOMEN „D“ from 55 years (1967 and older)

Categories 3 km:

- YOUTH MEN I to 13 years (2009 and younger)
- YOUTH WOMEN to 13 years (2009 and younger)
- YOUTH MEN 14–15 years (2007 – 2008)
- YOUTH WOMEN 14–15 years (2007 – 2008)