



## 6 th. EMA – EMMRC. EUROPEAN MASTER MOUNTAIN RUNNING CHAMPIONSHIPS

MONTCADA I REIXAC – BARCELONA- SPAIN

SUNDAY 30 APRIL 2017

STARTING TIME. 8.30 h (Only one start).

DISTANCE. 13,4 km.

HIGH DIFFERENCE: 550 m

TECHNICAL INFORMATION CENTRE (TIC)

At: Sercotel Hotel Ciutat de Montcada.. c/ Verdi, 12 – 08110

Saturday 29 April 2017

Sunday, 30 April 2017

Organisers will check each participant's age by his/her identity document (ID card) or Passport

### R U L E S

#### ORGANISER

Municipality of Montcada i Reixac, Joventut Atlètica Montcada, Federació Catalana d'Atletisme and Real Federación Española de Atletismo.

#### CONDITIONS OF PARTICIPATION

To take part in the European Master Mountain Running Championships the participant must be at least 35 years old by the date of the race, 30 April 2017.

The participant must not be suspended by the EMA, WMA, WMRA, or your National Athletic Federation (IAAF member)

The event complies with the regulations of the EMA and RFEA (Royal Spanish Athletic Federation).

Participants must have insurance on their own. The organiser is not liable in the event of accident or illness. The organiser will provide emergency medical care

REGISTRATION: On line registration provided by [www.montecatano.cat](http://www.montecatano.cat)

REGISTRATION DEAD-LINE: 31 th. March 2017

**ENTRY FEE:** 35 € runner. Entry fee provide; EMA finisher T-shirt A goody-bag, refreshments, changing rooms, luggage and 1 € for a anti-doping test.

**PAYMENT:** On line payment using internet. [www.montescatano.cat](http://www.montescatano.cat)

**RACECOURSE:** Start and finish line at the same point in Montcada i Reixac downtown. All terrain is all mountain path except the first and last kilometre on asphalt road.

**TIME MEASUREMENT:** Time measurement will be carried out by using data race bibs. Each runner will receive a race bib with a personal coded data chip. Race bibs need not be returned.

**RESULTS;** All results will be available on internet in the same day.: Results will also be posted up at the finish line

**INDIVIDUAL AWARDS:** Individual results are allocated to the following age-groups: M/W 35, 40, 45, 50, 55, 60,65,70,75 and 75 + with age being that on the day of the race. Medals (gold, silver and bronze) will be awarded to the first 3 individuals in each category

**TEAM AWARDS:** National teams (1 per nation) scoring the first three of each age group (time addition) in all categories M/W 35, 40, 45, 50, 55, 60, 65, 70, 75 and +75 with medals to the first three each category. There is no requirement to declare the name of the competitors.

Runners **WITHOUT** a team in their category can build up a team in a younger category taking **ONE** runner from the older category. (5 years step) **PREVIOUSLY** confirmation by the delegate of each country.

#### **AWARDS CEREMONY**

At the finish line at 12 h.

**ANTI DOPING CONTROL:** All competitors are liable to be requested to submit to a doping test, before, or after the competition under the IAAF rules.

Athletes using medication or taking medication which could be banned substances as for a drug testing under IAAF rules must obtain an IAAF Therapeutic Use Exemption (TUE) Certificate from IAAF, EMA or National Federation.

**CHANGING ROOMS & SHOWERS:** Changing rooms will be available for runners at: Pavelló Esportiu Miquel Poblet, located 300 m. from the starting line.

**LUGGAGE;** Luggage facilities will be available for runners at Pavelló Esportiu Miquel Poblet. Luggage must carry the participant's name and race bib

**TRANSPORT INFORMATION:** By road from Barcelona: and reverse C-17, C-58, N-150, BV-5001, BV-1411, BV-5011.

By train: Five train stations by RENFE and different lines from Barcelona-France, Barcelona-Puigcerdà, Barcelona-Manresa and Barcelona- Martorell

By bus from and to Barcelona and surrounding cities.