

RULES

Start: Far de la Mola at 10'00

Finish: Paseo de la Marina (La Savina). Control will close at 12:30

Route: Urban and interurban circuit totally closed to traffic. The course is outlined as follows:

Altitud	Itinerario	Km. total
165	Salida Real. Faro de la Mola, recto direcció Pilar la Mola por PM-820.	0
165	Pilar de la Mola. Recto direcció Caló de Sant Agustí.	2,1
160	Pilar de la Mola. Salida localidad	2,7
150	Avituallamiento. Restaurante Mirador. Comienza descenso	5
30	Caló de Sant Agustí. Termina descenso.	7,4
30	Caló de Sant Agustí. Salida localidad.	7,7
20	Avituallamiento. Apartamentos Tramontana	10
15	Sant Ferran. Entrada localidad, giro derecha por c/ Guillem Moteri, direcció Es Pujols.	13,9
5	Avituallamiento. Casa entrada Es Pujols	15
5	Es Pujols. Entrada localidad por Avda. del Mar, direcció Paseo Marítimo, giro izquierda por c/ Espalmador.	15,6
5	Salida localidad, direcció La Savina	16
3	Platja de Ses Illetes, recto direcció La Savina.	18,7
3	Avituallamiento. Transformador eléctrico.	20
3	La Savina, giro derecha direcció Port.	20,4
2	Llegada. Port de La Savina. Paseo de la Marina.	21,1

Provisioning: Water at km 5, 10, 15, 20 and at the finish line. Federation athletes requiring special liquid provisions should deliver them to the Half Marathon Organization on the 12th May, duly sealed and marked with their bib number and the kilometric point at which they wish to be provided with them.

Maximum time: The race will start at 10:00 and control will close at 12:30.

Minimum age: Participants must be 18 on the day of the competition.

Trophies: Trophies for the first three classified in each category. Trophies are not cumulative, it will always prevail "Absolute male" and "Absolute female" categories, excepting "Local absolute male" and "Local absolute female" categories, which trophies are cumulative with other categories.

Categories: The constitution of a category requires the inscription of a minimum of three athletes in said category. To the contrary the Organization reserves the right to invalidate said category and classify athletes in others.

- Absolute masculine.
- Absolute feminine.
- Local absolute male (cumulative trophy with other categories).
- Local absolute female (cumulative trophy with other categories).
- Junior masculine and feminine (01/01/1993 – 13/05/1994)
- Up and coming masculine and feminine (01/01/1990 – 31/12/1992)
- Senior masculine and feminine (14/05/1977 – 31/12/1989)
- M35 masculine and feminine (14/05/1972 – 13/05/1977)
- M40 masculine and feminine (14/05/1967 – 13/05/1972)
- M45 masculine and feminine (14/05/1962 – 13/05/1967)
- M50 masculine (14/05/1957 – 13/05/1962)
- M50 feminine (born before 14/05/1962)
- M55 masculine (14/05/1952 – 13/05/1957)
- M60 masculine (14/05/1947 – 13/05/1952)
- M65 masculine (born before del 14/05/1947)

Custody service: Bag custody services will be available at the start and finish where participants may leave their personal belongings. Belongings may be reclaimed on stating the bib number of the participant in question.

Race control: Consisting of a chip installed in participants' shoes. Those participants with a yellow chip may use it and codify it with the Organization (include code in the inscription form on the web site). Those who do not have a chip can hire a white chip to the Organization when confirming their registration (3 € hire rate + 10 € deposit) and will take them when collecting their bib. 10 € deposit will be reimbursed on returning the chip on finishing the race.

Disqualifications: The following athletes will automatically be disqualified:

- Those not wearing the official trial bib.
- Those not completing the route.
- Those modifying or disguising the publicity on the bib.
- Those wearing another participant's bib.
- Those crossing the finish line without their bib.
- Those ignoring the instructions of the judges or personnel of the Organization.

Disqualified runners will automatically lose the right to opt for trophies.

Gifts: On collecting bibs each athlete will receive a bag with a variety of gifts. Those completing the trial will receive a medal and a diploma reflecting the time achieved, which can be downloaded from our website on May 14th using your bib number.

Medical services: A doctor will be responsible for this service. All athletes with physical and respiratory problems or allergies, etc. who require special attention should notify the Organization prior to the start of the competition and mark it on the back of the bib.



Race insurance: Officially inscribed participants will be covered by an insurance policy which has been taken out by the Organization. Said insurance policy will cover any accidents occurring as a direct consequence of the race. Participants will not be covered for any accidents deriving from declared illnesses or disabilities, lesions, imprudence, negligence, inobservance of Laws or the rules of the race as neither will they be covered in the event of accidents taking place in transit to and from the race.

Race security: The San Francesc Local Police, the Traffic Section of the Civil Guard, Civil Protection and the Organization will be responsible for the security of the race. Participants should respect any indications made by all those responsible.

Ambulance service: Available at the start, backing the race and at the finish.

Bib collection:

Saturday 12th May 2012 between 10:00 and 14:00 and 16:00 and 20:00 at Sant Francesc Sports Pavillion (8 d'agost Av. - close to IES Marc Ferrer).

Sunday 13th May 2012 before 09:30 at La Mola lighthouse (start).

Transfer of participants:

Sunday 13th May 2012 with the following meeting points and times:

- La Savina harbour parking area at 07:30 a.m.
- La Savina (dock parking area) at 08:30 a.m.
- Es Pujols (tourism information office) at 08:30 a.m.
- Mariland crossing (rising up to La Mola), at 09:00 a.m.

Award Ceremony: At the finish line (La Savina), at the end of the race..

Changing rooms, WC and showers: At the finish line (La Savina).

Other services: Physiotherapists and active recuperation at the finish line (La Savina).