

Approved by
Director of NGO
Run Ukraine

Chernitskyi D.L.

Triathlon Support Ukraine online 2.0 Regulations

1. Date, time, place

Date: July 18, 2022

Starting point: online

2. Race Objective

"Triathlon Support Ukraine online 2.0" (hereinafter - the Race) is held to raise funds for charity, promote triathlon in Ukraine and motivate athletes to regular training. The procedure for transferring funds to charity:

50% of all funds received from the registration for the Race (excluding the cost of the participant's T-shirt), as well as additional charitable contributions purchased in the online shop at runukraine.org/shopping as part of the Race will be spent to purchase a modern phototherapy lamp for newborns for the Kharkiv perinatal center (Regional Perinatal Center as part of the MNE ChRC "RCH"). The funds will be donated to the fundraising platform dobro.ua as a contribution to the Triathlon Support Ukraine online project.

[\(https://dobro.ua/en/project/triathlon_support_ukraine_online/\)](https://dobro.ua/en/project/triathlon_support_ukraine_online/)

3. Organizers, patronage, sponsors

The organizer of the Race is the NGO "Run Ukraine".

The Organizing Committee consists of:

- Race Director Chernitsky D.L.;
- Project Manager Tretyakov I.O.;

4. Conditions of the Race

The competition is held online

5. Race program

Registration: 5.07.2022 - 24.07.2022

Conducting the race: 18.07.2022 - 7.08.2022

Publication of race results:

Preliminary results: 8.08.2022

Acceptance of protests: 9-12.08.2022

Final results: 13.08.2022

Sending T-shirts: from 8.08.2022

6. Race Entry Conditions

Admission of Participants to the Race is subject to registration for the competition.

All registered participants are responsible for their own lives and health, for the race, and sign a statement.

Please, notice!

Only participants aged 18 or older are admitted to the Race. The age of a participant is determined according to NGO "Run Ukraine" Race Rules.

7. Routes and track

Each Participant determines the route and its length, based on their own abilities, level of training, weather conditions and terrain at its discretion.

8. Registration for the Race

Participants are allowed to enter the Race provided proper and timely registration for the Race. Registration is available on-line on the Organizer's website <https://online.triathlonukraine.org/>.

Online registration is open from 05.07.2022 to 24.07.2022 (if there are free slots).

Registration during the Race, from 25.07.2022 to 7.08.2022, will not be held.

The Race Organizer has the right to suspend or completely close the registration without any prior notification in case of reaching an established limit of participants.

A participant is considered registered if an application is filled out and entry fee is paid.

The registration fee paid by a participant is non-refundable no matter the circumstances, including but not limited to: a participant is unable to participate in the Race, to complete the course of choice or finish it within the given time limits, in case of disqualification or if the Race is cancelled due to the unforeseen consequences of martial law and war on the territory of Ukraine or due to force majeure circumstances, etc.

The registration is considered cancelled in case submitted data is inaccurate and/or false. In case of registration cancellation entry fee is not refunded. Paid registration can not be cancelled, entry fees are non-refundable.

9. Receiving a starter pack:

The starter pack is sent by e-mail and includes a registration letter and a starting number. If you purchased a registration with a T-shirt, it will be sent from August 8, 2022 to the address indicated at registration, the price of the T-shirt includes worldwide delivery.

10. Entry fee for individual and team registrations

The cost of the entry fee for the distance Triathlon Support Ukraine online 2.0 is: 1200 UAH - 300 slots;

The cost of the entry fee for the distance Triathlon Support Ukraine online 2.0 + T-shirt is: 2400 UAH - 100 slots;

The cost of the entry fee for the distance Triathlon Team Support Ukraine online 2.0 is: UAH 2400 - 100 slots;

The cost of the entry fee for the distance Triathlon Team Support Ukraine online 2.0 + T-shirt is: UAH 4800 - 100 slots;

Money transfer commission is not included in the entry fee amount stated above. Entry fee payment is to be made online using the Organizer's website www.runukraine.org.

11. Starter packs, receiving starter packs

Issuance of starter packs: not provided.

The "starter pack" of the Participant at the "Triathlon Support Ukraine online 2.0" distance includes:

- electronic starting number with the name of the Participant;
- participation in the rating of disciplines and the overall rating;
- 3 lectures by professional trainers and athletes;
- access to a private Telegram-chat for participants;
- special offers from our partners, if any;
- electronic participant's medal.

The "starter pack" of the Participant at the "Triathlon Support Ukraine online 2.0 + T-shirt" distance includes:

- electronic starting number with the name of the Participant;
- participation in the rating of disciplines and the overall rating;
- 3 lectures by professional trainers and athletes;
- access to a private Telegram-chat for participants;
- special offers from our partners, if any;
- electronic participant's medal;
- official competitions T-shirt with worldwide delivery;

The "starter pack" of the Participant at the “Triathlon Team Support Ukraine online 2.0” distance includes:

- electronic starting number with a name of the Participant for all team members;
- participation in team rankings in disciplines and overall team rankings;
- 3 lectures by professional trainers and athletes;
- access to a private Telegram-chat for participants;
- special offers from our partners, if any;
- electronic participant's medal for all team members.

The "starter package" of the Participant at the “Triathlon Team Support Ukraine online + T-shirt” distance includes:

- electronic starting number with a name of the Participant for all team members;
- participation in team rankings in disciplines and overall team rankings;
- 3 lectures by professional trainers and athletes;
- access to a private Telegram-chat for participants;
- special offers from our partners, if any;
- official competitions T-shirts to all team members, with worldwide delivery to the team captain's address;
- electronic participant's medal for all team members.

12. Team participation in Race

Mixed teams of commercial and non-commercial organizations consisting of 2 or 3 participants are allowed to participate in team competitions (men and/or women).

All members of the team have to participate in team competitions.

A team is considered registered if its representative has filled the application, registration form and paid the entry fee for the team.

Attention! All Team member tracks have to be recorded in the individual accounts of each team member in the Strava training tracking program.

The result in the team standings is the sum of the official results of the disciplines of all team members.

The participant can simultaneously participate in both team and individual races, and training may be duplicated.

13. Compilation of Participants' ratings

During registration, Participants submit a link to their profile in the Strava training tracking program. The profile has to be open for viewing and contain complete information about training (swimming, cycling, running) during the competition.

ATTENTION! All Participant tracks have to be recorded on one account at Strava training tracking program.

The rating of Participants is made in each discipline depending on the number of kilometers covered, in total based on the provided tracks during the race period from 18.07 to 7.08.2022.

The overall rating is based on the athletes' position in the disciplinary ratings (swimming, cycling, running), and climb rating in cycling and running.

The Participant with the highest result receives 1 point, from the second to the last place Participants receive on 1 point more than the result of the previous Participant.

If the Participants show the same result, then each of the Participants with the same result is awarded the same number of points, after that the Participants begin to count according to the ordinal number, for example: 1,1,3,4...

The overall rating of the Participants is determined by the lowest total sum of all disciplines in the Race. The winner is the Participant who gets the lowest number of points.

The results of the rating will be published on the official website of the Race - <https://online.triathlonukraine.org/> and will be updated, if the tracks are available, on Monday and Friday till 23:00.

Each participant has to cover the minimum distance, it has to be at least a third part of the leader's distance in each discipline. If the volumes are insufficient, the participant does not participate in overall rating.

Which trainings are taken into account for the rating:

Swimming: the results of all recorded trainings in open water are accepted. Trainings recorded in a pool are accepted with a reduction coefficient of 0.75 to the total distance.

Cycling: the results of all recorded trainings outdoors are accepted. Training, performed on an exercise bike, are accepted at the rate of: 1 hour is equal to 40 km.

Running: the results of all recorded trainings outdoors and indoors are accepted.

14. Award ceremony

No award ceremony.

