



R E G L A M E N T
to hold certified trailing competition
Odessa Ultra Marathon KUYLNIK
ULTRA-TRAIL KUYALNIK

1. TARGETS AND GOALS

- 1.1. Popularization of long-distance running.
- 1.2. Providing athletes and runners with the opportunity to exercise sportsmanship and endurance.
- 1.3. Stimulating the growth of sporting achievements in long-distance running. Identify the strongest athletes.
- 1.4. Increasing the mass movement of fans of the whole world. Joining forces with fleeing humanity in pursuit of beauty and joyful unity. Achieving inner peace and harmony with the help of long-distance running, which is one of the means of internal transformation of a person.
- 1.5. Enlightenment in an environmental disaster threatening a unique estuary through attracting people to active leisure on its territory that does not harm the environment.

2. GENERAL INFORMATION ABOUT MARATHON. CONDITIONS OF CONDUCT

- 2.1. Two distances in the marathon: Ultra-Trail Kuyalnik 42.195 miles (67.892 km) and Trail Kuyalnik 21.098 miles (33.946 km).
- 2.2. The distance is 42.195 miles certified by the International Trail-Running Association **ITRA - International Trail-Running Association**
- 2.3. The distance of the race is 21.098 miles certified by the International Trail-Running Association **ITRA - International Trail-Running Association**
- 2.4. According to the ITRA (International Trail-Running Association) classification, a distance of 42.195 miles around the estuary Kuyalnik has the category of difficulty of passing tracks - **Trail Ultra Medium (M)**.

2.5. According to the ITRA (International Trail-Running Association) classification, a distance of 21,098 miles around the estuary Kuyalnik has the category of difficulty of passing trails - **TrailUnder 42 km**.

2.6. A participant who has overcome any of the distances receives ITRA qualifying points according to international standards on the official website of the **Association of Trail Runs** <http://i-tra.org/>

2.6. The scheme of the **Ultra-Trail Kuyalnik** and **Trail Kuyalnik** route is indicated in the itinerary of the registration package.

2.7. Responsibility for the safety of participants during and in the places of the trail race are the participants of the race.

2.8. The trail race takes place on rough terrain, along the shore of the Kuyalnik estuary through the territory of the Kotovsky district of the Odessa region.

2.9. The race is 42.195 miles, the Ultra-Trail Kuyalnik distance is held from the Start site with. Korsunts (coordinates: 46 ° 35'24.0 "N 30 ° 45'29.1" E) over rough terrain around the estuary in natural conditions of the natural landscape along a marked route to the Finish (the base of the tent camp), coordinates: 46 ° 34'24.9 "N 30 ° 43'18.7 "E). **Limit this distance - 14 hours**.

2.10. The race is 21,098 miles, the distance of the Trail Kuyalnik is from the Start site with. Korsunts (coordinates: 46 ° 35'24.0 "N 30 ° 45'29.1" E) over rough terrain along the estuary in natural conditions of the natural landscape along a marked route to the Finish (location of the CP2 tent camp, coordinates 46 ° 30'14.7 "N 30 ° 59'21.5 "E). **Limit this distance - 07 hours**.

2.11. In addition to the total control time at a distance, intermediate control points are established. The participant, who has failed to reach and leave the control point for the control time, informs the organizers about this and goes into offline mode. In this case, the test time to cover the distance will be recorded by the result of passing the last of the CP.

2.12. Maximum allowable time of check points (CP):

Name	Time of check points (KP)	Time of closing control points (KP)
CP 1 20 km	12:00:00 am	12:30:00 am
Finish time - Stage Trail Kuyalnik		
Finish Trail Kuyalnik	03:00:00 pm	-
CP 2 34 km	03:00:00 pm	03:30:00 pm
CP 3 47 km	06:00:00 pm	06:30:00 pm
Finish time - Stage Ultra-Trail Kuyalnik		
Finish Ultra-Trail Kuyalnik	09:59:59 pm	-

2.13. At all control points all participants in the race will be provided with drinking water, fruits, food. After the finish of all stages in the base camp (Kotovka village, estuary shore, coordinates: 46 ° 34'24.9 "N 30 ° 43'18.7" E) a hot dinner will be offered to participants

3. PLACE AND TIME OF THE MARATHON

3.1. Marathon is held in early June, the current year on the day indicated by the calendar of sports events on the website - <https://athletic-events.com>.

3.2. Opening of the event, start of registration for all distances: 07:00 **am**

3.3 . Start time for all distances: 08:00 **am**

3.4. Closing event for all distances: 09:59:59 **pm**

3.5. Running track: Odessa region, the territory of the Kuyalnik estuary.

3.6. Starting point and campsite for all distances:

The start is common for all distances:

Odessa region, Korsuntsy, coordinates 46°35'24.0"N 30°45'29.1"E

Finish **Trail Kuyalnik**:

CP2, near Severinovka, coast of the estuary, coordinates: 46°48'06.1"N 30°35'28.8"E

Finish **Ultra-Trail Kuyalnik** (место базирования лагеря):

Kotovka, coast of the estuary, coordinates: 46°34'24.9"N 30°43'18.7"E

4. MANAGEMENT MARATHON

4.1. Trail running Ultra-Marathon organized and supported by the Sri Chinmoy Odessa team.

- Dashkova Iryna Aleksandrovna - responsible for the organization and financial support, tel. +38(067) 145-13-50; Passport OK №022597 issued by: Malinovsky RO in Odessa GUGMS of Ukraine in the Odessa region 10.22.2016

- Vasily Mamotenko - responsible for the organization, material, and technical support, tel. +38(095)-192-86-70

4.2. The direct conduct of the ultra-marathon is entrusted to the main panel of judges.

5. REQUIREMENTS FOR PARTICIPANTS AND CONDITIONS OF THEIR ADMISSION

5.1. Each member of the **Ultra-Trail Kuyalnik** and **Trail Kuyalnik** performs an individual run.

5.2. Each participant is personally responsible for their health during the marathon.

5.3. Athletes with the following age restrictions are allowed to participate at a distance of 42.195 miles and 21.098 miles: - not younger than 18 and not older than 65 years at the time of the race.

5.4. The participant's admission to the race and the participant's getting a start package is possible with the following personal equipment:

Name	Ultra-Trail Kuyalnik	Trail Kuyalnik
Backpack or equivalent	+	+
Personal water supply, at least in the tank 1.0 liter	+	+
Headdress	+	+
Mobile phone with a charged battery	+	+
Flashlight with working battery	+	-
Itinerary indicating the route of the marathon is issued by the starting package	+	+
First Aid Kit	+	+

5.5. Before the start, the participants of all stages provide the organizers with a receipt confirming the state of health (Appendix No.1).

5.6. Before the start, the jury of the ultramarathon checks the participants in all stages of the presence of mandatory personal equipment, mobile emergency telephone numbers and control points.

5.7. In the absence of one of the items of mandatory personal equipment, by prior request, the participant may receive the equipment that is missing for the distance to hire or rent.

5.8. The participant is not allowed to start until the full implementation of all requirements of the panel of judges. If a participant does not have any personal, equipment from the listed items of clause 5.4, such a participant is not allowed to start

6. AWARD

6.1. Winners and prizewinners are determined by the best time, according to the rules of sports competitions. Winners and prizewinners in the absolute championship of the **Ultra-Trail Kuyalnik** distance and the **Trail Kuyalnik** distance in the Men and Women categories are awarded with certificates and gifts.

6.2. Participants who have completed the distance are awarded a finisher's commemorative medal and certificate..

7. FINANCIAL EXPENSES

7.1. The costs associated with travel, accommodation, accommodation, meals, are covered by the participants **Ultra-Trail Kuyalnik** and **Trail Kuyalnik**.

7.2. Expenses for the preparation and marking of the track, the provision of catering for participants on the marathon track, awarding the winners and prizewinners, making sports paraphernalia are borne by the Organizers of the competition.

8. REGISTRATION OF PARTICIPANTS

8.1. Pre-registration of **Ultra-Trail Kuyalnik** and **Trail Kuyalnik** participants (online payment of the entry fee) is carried out at <https://athletic-events.com> and ends a day before the start.

8.2. A participant who canceled his application has the right to transfer his slot to another participant by prior agreement with the Organizers.

8.3. Starting packages with breast numbers will be issued to the registered and paid participant registration fee on the day of the launch at the Starting field upon presentation of a registration voucher printed on <https://athletic-events.com>

9. ENVIRONMENTAL PROTECTION

9.1. Ultramarathon is held on the natural territory of the Kuyalnik estuary. It is prohibited to dispose of garbage and harm the environment on the marathon track. All garbage is left at checkpoints and catering points. In order to ensure the preservation of natural resources for disrespect for the environment, an ultramarathon participant will be penalized with penalty minutes from 30 to 90 minutes.

10. SPORTS ETHICS

10.1. In the event of a critical situation on the ultra-marathon track, when someone from the trail race needs help, it is expected that the participants of **Ultra-Trail Kuyalnik** and **Trail Kuyalnik** will take the necessary measures and support each other regardless of the outcome. According to the rules of sports competitions, human mutual aid is rated higher than sports results.