



## RACE REGULATIONS 2023

**Participation in the games presupposes the acceptance of the following 24 regulations and their subcategories and has the position of a Responsible Declaration**

1.1. Athletes participating in the races must be aware that they are running on a rough mountain ground with all that it entails. Also, they are exposed to any weather conditions on the day of the race. Especially for athletes taking part in the Downhill race, a proper musculoskeletal support is required in order to avoid any falls.

### 2. PARTICIPATION

2.1. Men and women athletes are accepted regardless of age.

2.2. For children under 18, a written parental permission is required. (Children up to the age of 12 can participate only in the children's race. Children from 13 and up to the age of 17 can also participate in the 5km race. For all the other races, athletes must be at least 18 years old).

2.2.1 Athletes age are calculated, between the **year** of their birth and the **year** that taking place of the races, no matter of the month and the day of birth.

2.3. Participation becomes valid upon payment.

2.4. Participation fees for **adults and kids from 13 years old** are:

- **Mountain Relay Race 10,00 €/person. TOTAL 20,00 €**
- **Junior's Mini Race FREE**
- **Run 'n' Fun - 10,00 €**
- **Rock Race - 20,00 €**
- **Hydra's Trail Marathon – 40,00 €** (Athletes will take extra gift and can run for free at any other available race they decide)

2.4.1 Children (up to 12 years old) **FREE participation.**

2.4.2. This includes:

- Participation in the two-day event, according to the regulations.
- Participation at the **Pasta Party**,
- Supplies at Supply Stations
- T-shirt with the event's logo
- Commemorative medal
- Only for Hydra's Trail Marathon participants, there are an extra gift and free participation at any available race of the weekend at their decision

2.4.3. To validate your participation, you must deposit the right amount at:

**PIRAEUS BANK**  
 Bank Account : **5720-089191-824**  
 IBAN: **GR42 0172 7200 0057 2008 9191 824**  
 Beneficiary: **Σύλλογος Δρομέων Ύδρας**  
**BIC: Swift Code (BIC) - PIRBGRAA 2720 - PIRAEUS BANK SA**

2.5. It is **mandatory** to write the separate **FULL NAME** of each participating athlete in the **COMMENT** section at your deposit procedure.

2.6. The deposit must be made **within 10 working days** from the entry form submission date.

2.7 **ATTENTION !!!** Any bank fees are covered only by the depositor. Deposits of any amount less than the required participation fee will not be considered valid and the amount deposited will be given to the organization.

2.8. There will be electronic timing (except for the two children's races)

2.9. Athletes, who have registered but don't participate in the race, will not be entitled to a refund.

### 3. CATEGORIES

3.1. The categories for men are the following:

- Ø 18-39 years old
- Ø 40-49 years old
- Ø 50-59 years old
- Ø 60+

3.2 The categories for women are the following:

- Ø 18-39 years old
- Ø 40+

3.3. For Mountain Relay Race it will be a prize for:

- Ø The 1<sup>st</sup> men's couple
- Ø The 1<sup>st</sup> women's couple
- Ø The 1<sup>st</sup> mix couple

3.4 A commemorative prize will be given to the three (3) first men and three (3) first women of each category, **only for the "Eros Mountain Trail"** race. There are no categories for the remaining races. The winners' prizes will be given to the first three men and first three women.

3.4. A category is formed after the registration of at least 6 athletes.

### 4. RACING DATES:

4.1. **Saturday 8 and Sunday 9 April 2023**



## 5. RACING ROUTES:

5.1. They are described in detail in the category “**ROUTES**” which is an integral part of this regulation.

5.2 The children’s races will have two different starting times and are for children in Elementary School. Young athletes (6-9 years old) will race first and then the older children (10-12 years old).

5.3 Older children (13-17 years old) can participate in the 5km race (Run & Fun) but they will have to have submitted their parents written consent form.

5.4 Each athlete can participate in one (1) to three (3) races with different, for each race, according to the announced price policy of the Organization Committee fee. There is an exception for Hydra’s Trail Marathon, which there is free participation -by the athlete decision- to two more races with the fee of the main course. He or she can participate in one of the two races on Sunday which are held at the same time. The races on Saturday are at different times, so he or she can take part in both.

5.5 For 2023, the participation limits are the following:

- For Hydra’s Trail Marathon: 250 participants
- For Rock Race: 250 participants
- For Run 'n' Fun: 300 participants
- For Mountain Relay Race: 250 participants
- For the children’s race: 150 participants

## 6. COMPLIANCE

6.1. Athletes are obligated to respect the following regulations. They are also obligated to comply with the event judge’s suggestions. Noncompliance to the regulations or suggestions always leads to elimination. When the judges become aware of a violation, they make note and inform the violator. Any other authorized member of the organization can make a note of the violation and submit it to the Racing Committee.

## 7. ROUTE MARKING:

7.1. The route marking is abundant. There is stripped tape (red and white) and painted mountain marking to ensure the athlete’s correct course. On the cobbled roads, there will be marking with biodegradable fluorescent spray, which will erase in a few days.

7.2. The route marking made by the organization, is temporary and aims to assist the athletes and is removed after the races. It consists mainly of signs with kilometer indications or guiding signs and even deterrent signs when necessary.

7.3. At certain key points of the route, there will also be volunteers to help guide the athletes.

## 8. SAFETY

8.1. Athletes participate at their own risk and the organizational authorities are not responsible for any possible injuries, as stated on the submission form. However, there will be a volunteer Rescue Team covering the race. Furthermore, there will be a specialized medical staff at certain strategical points as well as fully equipped ambulance.



8.2. Athletes should be examined by a doctor, who will qualify them to take part in the specific race. The medical consent form shouldn't be older than **30 days** from the day of the race.

## 9. TIME LIMITS

9.1. There is a time limit of **eight and a half (8:30) hours** only for the longest race “HYDRA’S TRAIL MARATHON”. There is two (2) in-between check point where elimination can occur. That points are

1. **Kourmada** (17.5° klm) at **3 hours and 45 minutes**
2. **Episkopi** (25,3° klm) at **5 hours and 45 minutes**

The elimination check point has been set for the athletes' safety and for the race's smooth conduct. Athletes, who don't manage to cross that point in time, are considered eliminated and can continue the race only on their own responsibility, but must turn in their number to the Station's judges. The elimination time has been calculated based on the average movement time that an athlete needs to complete the **eight and a half (8:30) hours** race limit. The elimination time is the same for all categories, regardless of gender or age. After completing the time mentioned, the Station supervisor continues recording the athletes but as overdue, and athletes who pass from there are obligated to turn in their number. Finally, for a race completion to be considered valid, it must be within **eight and a half (8:30) hours** exactly, for men and women of all categories. Any athletes, who complete the race in overtime, are considered valid until the last check point and will be presented on the final results as “overdue finalists”.

## 10. ATHLETE'S NUMBER:

10.1. Each athlete holds the race number (bib) on him/her and is obligated to have it at a clear place on the front side of his/her shirt. The number must remain on their shirt at all times without covering anything written on it (sponsors, logos etc). If the number is corrupted and may cause confusion to the Station Supervisors, the athlete will be disqualified. Losing the number is also punished with elimination.

## 11. OUTSIDE ASSISTANCE:

11.1. Any outside assistance for the athletes, by anyone, is allowed. Athletes' escorts are also allowed, by people not wearing a race number. Finally, it's also allowed for friends and/or family to escort the athlete towards the finish line.

## 12. TYPES OF ASSISTANCE:

12.1. Only Nordic walking sticks are allowed. You may also use and/or have a map, compass, GPS, mobile phone or VHF.

## 13. RUBBISH:

13.1. The race is on mountain grounds and so, in a sensitive ecosystem. Consequently, it is forbidden to throw any kind of object along the routes, such as plastic bottles or any other packaging material for solid or liquid foods, consumed by the athletes during the race. At each supply station there will be a special plastic rubbish bag. All athletes are obligated to dispose of their rubbish in that bag. Disposing rubbish at any other area of the route that is not predefined, leads to elimination.

#### 14. MOVING ON PATHS:

14.1. Athletes are obligated to move on paths without forming groups that will prevent other athletes from passing by. When an athlete is signaled to move aside so that another can pass, he or she should stay on the inside part of the slope.

#### 15. SUPPLY STATIONS:

15.1. The organization is responsible for supplying athletes during the races at **seven (7)** in-between points of the route. The shorter routes have fewer stations. The “Rock Race” (10km) route has three (3) stations, while the “Downhill” (3,8km) and “Run & Fun” (5km) routes don’t have any.

#### 16. MANDATORY EQUIPMENT, BACKPACKS:

16.1. There is no mandatory equipment for the athletes. It is, however, recommended that they carry a small backpack with some supplies such as sunglasses, hat, wide mouth water bottle, solid food of their choosing, to use in-between supply stations. Each athlete is responsible for his/her choice of utensil (cup, container, utricule, bottle etc), in order to be provided with the proper amount of liquids. The liquids offered by the Station staff will be in a practical dispenser. To save time, athletes should carry utensils with wide mouths that fill up faster. Athletes are responsible for carrying one or two containers for water and isotonic drinks. Each athlete may receive ONLY one gel at the Stations where it’s offered. Carrying a water pack or backpack or waist bag is allowed. Leaving a bag at a Station is the athlete’s responsibility.

**ATTENTION:** The organization will not provide cups or bottles for environmental purposes.

#### 17. CHECK POINTS:

17.1. The check points are eight (8) in total. All seven (7) Supply Stations are also Check Points. There are also two more Check Points. Athletes are obligated to have their numbers at a visible place so that the judges can record them. If in any case an athlete is wearing a windbreaker jacket, he/she should make sure to show his/her number. Not showing the race number leads to elimination. Any athlete, who fails to pass by even one Station, is considered disqualified.

#### 18. OBJECTIONS:

18.1. Any objections are made only by the athlete himself/herself, no longer than 30 minutes after crossing the finishing line.

#### 19. SAFETY:

19.1. The committee is responsible for overlooking the routes with specialized staffs in safety, rescue and medical treatment. Athletes, who are signaled to alter their direction for safety reasons by the safety staff and the judges, are obligated to do so. Not complying will lead to elimination.

#### 20. CHANGING ROUTES / POSTPONEMENT:

20.1. If an emergency occurs (extremely dangerous weather conditions), the Organization has the right to change the route or to postpone (for a short time) the starting time, in order to avoid risking the athletes’ physical integrity. The race will, for no reason, be cancelled, regardless the weather conditions in the area.

## **21. RESULTS:**

21.1. The official (final) race results are disclosed several days after the race, in order to verify the data.

## **22. PENALTIES:**

22.1. The only penalty enforced on all regulation offenses & infringements, is elimination/ expulsion.

### **22.1.1. Enforced on:**

- 22.1.1.1. Route littering,
- 22.1.1.2. Shortcuts,
- 22.1.1.3. Inappropriate behavior towards organization staff,
- 22.1.1.4. Losing the race number.

22.1.2. Lifelong elimination is foreseen in serious cases, such as violence towards organization members, and deliberate large shortcuts.

## **23. DISCLAIMING RESPONSIBILITY:**

23.1. The organization is not responsible for the death, injury or any other health issue caused to athletes, who by participating, state that they are aware of the race's risks. They also certify that they are in proper health condition to compete and have recently been checked by a doctor. Athletes will not be asked to submit a doctor's consent. They themselves are obligated to have routine doctor checkups for their own benefit. The Organization disclaims any responsibility for the athletes' physical integrity, and they are advised to act responsibly at high risk areas of the race, where falling may result in major injuries or even death. The Organization also states that there will be no compensation in case of an injury.

## **24. ALTERING REGULATIONS:**

24.1. The organization maintains the right to alter the race conduction regulations, without prior notice.

**The above regulations apply to all races.**

**Organization Committee**  
**Hydra's Trail Event**