


RACE REGULATIONS 2026

GENERAL

In the regulations listed below, the terms noted here refer to specific definitions:

- **ATHLETES:** Competitors who are legally registered and participate in the race.
- **ORGANIZATION:** The Organizing Authority of the Hydra's Trail Event.
- **ORGANIZING COMMITTEE:** The Committee responsible for the execution of the races and for making decisions.
- **ITRA:** International Trail Running Association. 

1. DECLARATION OF COMPLIANCE

1.1. Submitting the participation application implies **full acceptance** of the **25 terms and their subsections**.

1.2. Athletes must understand that they will be moving on mountainous and difficult terrain, with inherent risks, and exposed to weather conditions prevailing on the day of the race.

1.3. Full and unconditional acceptance of the 25 terms constitutes a Responsible Declaration.

2. PARTICIPATION

2.1. Male and female athletes of any age are accepted unless otherwise specified.

2.2. For participants **under 18**, guardian consent is required. Children up to **12 years** old participate in the kids' race. Children **13 years** and older may enter the **5 km race**. Other races require participants to be 18+.

2.3. Age is calculated based on December 31 of the birth year.

2.4. A participation is valid only when payment has been settled.

2.5. Race distances:

-  **Hydra's Trail Marathon 38 km**
-  **Rock Race 18 km**
-  **Rookie Trail Race 8 km**
- **Run 'n' Fun 5 km**
- **Junior's Mini Race (150 m, 1,100 m, 1,700 m)**

2.6. Participation fees:

- Hydra's Trail Marathon – **€50,00**
- Rock Race – **€30,00**
- Rookie Trail Race – **€20,00**
- Run 'n' Fun – **€15,00**
- Junior's Mini Race – **Free**

2.6.1. In the **Hydra's Trail Marathon, Rock Race, and Rookie Trail Race** events, participants have the option of **FREE ENTRY** to the **Run 'n' Fun** race as well. For the free participation to be valid, during the selection process of the main race, the participant must also select the Run 'n' Fun race, so that timing can be provided for both chosen races.

2.6.2. For the “**Hydra's Trail Marathon**” and “**Rock Race**” events, an “**Early Bird**” payment category is established. The duration of this period will be announced separately by the Organizing Committee. Participants who register and complete their payment **by card** during this period are entitled to a **€10 discount** on the initial participation fee, without losing any of the participation benefits described in section **2.6.3**.

2.6.3. Participation fee includes

- ✓ Participation in the **entire two-day race event**, according to the regulations.
- ✓ Participation in the **Pasta Party**.
- ✓ **Nutrition and hydration** at the Aid Stations.
- ✓ **Race T-shirt** with the event logo & **commemorative medal**.
- ✓ **Finisher medal** exclusively designed for the Hydra's Trail Event by a famous designer.
- ✓ **Race bag** with the contents of the event and sponsor gifts.
- ✓ Participants in the **Hydra's Trail Marathon** receive an **additional participation gift**.
- ✓ **Early bird participants** retain all rights and obligations arising from the Race Regulations.
- ✓ In the **Hydra's Trail Marathon, Rock Race, and Rookie Trail Race**, participants receive a **complimentary entry** (upon selection in the registration form) to the **Run 'n' Fun 5 km** race.

2.6.4. To confirm participation, the total amount corresponding to the athlete's race entries must be deposited into the following bank:

Piraeus Bank

SWIFT/BIC code: **PIRBGRAA**

Account: **5720-089191-824**

IBAN: **GR42 0172 7200 0057 2008 9191 824**

Beneficiary: **Hydra Runners Club**

It is **MANDATORY** to separately indicate the **FULL NAME** of each athlete participating in the **COMMENTS** field on the deposit slip

2.6.5. For any deposit slip that **does not include** the name or names of the participants in the **COMMENTS** field, the Organizing Committee **bears no responsibility** for an athlete's non-participation **and is not obliged** to refund any amount to any athlete who could not participate for this reason.

2.6.6. ATTENTION!!! Any bank fees are the sole responsibility of the depositor. Deposits **for amounts less than the participation fee will not be considered valid**, and such amounts will be forfeited in favor of the Organizing Committee.

2.6.7. Failure to comply with the above conditions (sections 2.6.4 to 2.6.6) will result in the **cancellation** of the athletes' participation and the **forfeiture** of the amount in favor of the Organizing Committee.

2.7. There is an option for group registration with a discount for teams of more than ten (10) athletes.

2.7.1. Group registration applies to Teams, Clubs, Educational Institutions, Organizations, and any other collective of athletes competing under a specific name.

2.7.2. Group registrations receive a 20% discount on the total participation fee.

2.7.3. To be valid, the group name must be entered exactly the same (e.g., “Hydra Runners Club”) in the “Team” field of the registration form for each participant, to facilitate verification by the Organizing Committee.

2.7.4. It is mandatory that the total participation fee—after deducting the 20% discount—is deposited by a single individual, not in separate payments. Additionally, the team name must be included in the COMMENTS field of the deposit slip on behalf of the group.

2.7.5. The individual who made the deposit must then send an email to the Organizing Committee with the names of the participants, the team they will compete under, and the total amount deposited.

2.8. Timing will be done electronically. (The **Junior’s Mini Race** is **excluded**).

2.9. An athlete who registers but does not participate in the race or decides to cancel/postpone their participation is not entitled to a refund.

3. CATEGORIES

3.1. Men – Hydra’s Trail Marathon:

- Overall
- 18–39
- 40–49
- 50+

3.2. Women – Hydra’s Trail Marathon:

- Overall
- 18–39
- 40+

3.3. Other races **award only** the **top 3 men** and **top 3 women**.

3.4. A category is established with at least **6 participants**.

4. RACE DATES

4.1. Saturday 4th and Sunday 5th of April 2026.

5. RACE COURSES

5.1. Course descriptions are available on the event website and form an integral part of these regulations.

5.2. Kids' races have three starting groups: 0–5, 6–9, and 10–12 years.

5.3. Athletes aged 13–17 may enter the 5 km race with guardian consent.

5.4. Each athlete may participate in **one (01) or two (02) races**. The races that **cannot be combined** are the three Sunday races—Hydra's Trail Marathon, Rock Race, and Rookie Trail Race—as they take place simultaneously. On Saturday, the Run 'n' Fun race is held independently, so an athlete can register for this race **and** also participate in one of the Sunday races, if desired.

5.5. Participation limits:

- **Hydra's Trail Marathon:** 250
- **Rock Race:** 250
- **Rookie Trail Race:** 250
- **Run 'n' Fun:** 300
- **Junior's Mini Race:** 150

6. COMPLIANCE

6.1. Athletes are required to fully respect the regulations described below. They are also obliged to follow the instructions of the race officials. Failure to comply with the regulations or instructions will always result in disqualification. Race officials, upon noticing any rule violations, will record them and inform the offenders. Any other person authorized by the Organizing Committee also has the right to record any violation they observe and submit it for review to the Race Committee.

7. RACE PACK COLLECTION

- 7.1.** Athletes may collect their participation kit **only upon presenting a valid identification document** (ID card, driver's license, passport).
- 7.2.** Athlete representatives may collect a participation kit on behalf of a third party **only upon presenting a photocopy of the identification document** of the athlete for whom they are collecting the kit.

8. COURSE MARKING

- 8.1.** The course is densely marked. The markings consist of construction tape (red and white and/or branded), painted markers, and—where necessary—signs indicating the correct direction for athletes. Within the stone-paved paths (kalderimia), biodegradable fluorescent spray will be used for marking, which fades within a few days.
- 8.2.** The course markings placed by the organizers are temporary and serve solely to assist athletes during the race. All markings are removed after the event. These mainly include kilometer markers, directional signs along the route, as well as warning signs indicating incorrect directions.
- 8.3.** At key points along the course, and in cases where the above marking materials may be considered insufficient, volunteers will be present to guide the athletes.
- 8.4.** Athletes are required to strictly follow the designated course of the race in which they participate. Any violation, shortcut, or modification of the defined route may result in penalties, including disqualification or exclusion from the race.
- 8.5.** Athletes who carry devices equipped with integrated Global Positioning System (GPS) technology must ensure that these devices are fully charged and activated throughout their movement during the race.

8.6. The organizers reserve the right to conduct random or comprehensive checks of route tracking data (GPS watches, mobile applications, etc.) in order to verify that athletes have followed the official race course.

9. SAFETY

9.1. Athletes participate at their own risk, and the Organizing Committee is not responsible for any injuries, as explicitly stated in the liability waiver. Nevertheless, specialized medical and rescue personnel will be on standby at selected strategic points, along with a fully equipped ambulance.

9.2. Athletes are required to have been examined by a physician, who must have deemed them fit to participate in the specific race. The medical certificate must not be older than **30 days prior to the race day**.

10. CUT-OFF TIMES

10.1. Only for the Marathon is there a time limit for a valid finish of **8 hours and 30 minutes**, with intermediate cutoff points:

- **Kourmada – Ag. Theodoros** (17.5 km) in **3 hours and 45 minutes**
- **Episkopi** (25.3 km) in **5 hours and 45 minutes**

10.2. The cutoff points are set for the safety of the athletes and the smooth conduct of the race. Athletes who fail to pass these points within the specified time **are considered invalid but may continue the race at their own risk, provided they first return their race number to the station officials**. The cutoff time is calculated based on the average pace of an athlete aiming to finish in 8:30 hours. The cutoff applies to all athlete categories, regardless of gender or age. After the cutoff time, the station officials will continue to record athletes as late arrivals, and these athletes are required to return their race numbers. Athletes may continue the course out of competition and at their own risk, **having returned**

their BiB numbers. To be considered a valid finish, completion must occur within 8:30 hours, for both men and women in all categories. Athletes finishing after 8:30 hours are considered to have reached validly only up to the last cutoff point and will appear in the official results as “**DNF**”.

10.3. Attention: Athletes who exceed the cutoff times at Pr. Ilias and Episkopi will return on foot to the start area via the shortest route indicated by volunteers. There is no vehicle transport available, as Hydra has no road network.

11.BIB NUMBER

11.1. Each athlete must wear their race number (bib) on the front of their shirt in a clearly visible position. The number must remain visible throughout the race and must not be folded or altered in a way that hides any information on it (sponsors, logos, etc.). Any substantial alteration of the number that could cause confusion for the checkpoint officials will result in disqualification. Loss of the race number is also punishable by disqualification.

12.EXTERNAL ASSISTANCE

12.1. Any external assistance to athletes by anyone is permitted. Athletes may be accompanied by individuals who **do not have a race number**. The accompaniment of an athlete by family or friends in the **final meters of the course** is allowed.

13.EQUIPMENT

13.1. The use of trekking poles is allowed. Additionally, athletes are permitted to carry and use a **map, compass, GPS, mobile phone, or radio (VHF)**.

14.WASTE

14.1. The race takes place on **mountainous terrain**, which is a sensitive ecosystem.

Therefore, the disposal of any type of item along the course is **strictly prohibited**, including plastic bottles or any other packaging material for solid or liquid food consumed by athletes during the race. At each aid station, a designated **plastic waste bag** is provided. All athletes are required to dispose of their waste in these bags. Disposing of packaging materials or other non-organic waste **anywhere along the course outside the designated areas** will result in **disqualification**.

15.MOVEMENT ON THE TRAIL

15.1. Athletes are required to move along the trail without forming groups that extend in width, thereby blocking other athletes who wish to pass. When an athlete is instructed to make way for overtaking, they must stay on the uphill (inner) side of the slope

16.AID STATIONS

16.1. The Organizing Committee provides athletes with **nutrition and hydration support** during the races, supplying all necessary provisions for proper fueling and hydration. The **Hydra's Trail Marathon** is supported with **Aid Stations (A.S.)** at **seven (7)** intermediate points along the course. The **Rock Race** 18 km has **three (3) A.S.**, the **Rookie Trail Race** has **one (1)**, and the **Run 'n' Fun** 5 km race has **no Aid Stations**.

17.MANDATORY EQUIPMENT, BACKPACKS

17.1. No mandatory equipment is required for athletes. However, it is **recommended** to carry a small backpack or waist pack with basic supplies such as sunglasses, a hat, a hydration bladder or wide-mouth bottle, and solid food of their choice to cover their needs between aid stations. Each athlete is responsible for choosing a

container (cup, bottle, bladder, etc.) to receive the allowed quantities of fluids. Fluids will be provided with practical dispensers by the aid station staff. For speed, athletes should have containers with a wide mouth for quick refills. Athletes are responsible for carrying one or two containers to separate water and isotonic drinks. Each athlete may take **only one energy gel** at stations where it is offered. Carrying hydration backpacks or waist packs is allowed. Leaving a backpack along the course at main aid stations is done at the **athlete's own responsibility**.

17.2. The Organizing Committee does **not provide cups or bottles** for environmental reasons.

18.CHECKPOINTS (C.P.)

18.1. There are a total of **9 (nine) Checkpoints (C.P.)** in the race. All **7 (seven) Aid Stations** also serve as Checkpoints. Additionally, there are **two extra C.P.** Athletes are required to have their race number **visible** so that the officials can record them. If an athlete is wearing a windbreaker, they must **display their number** upon reaching the Checkpoint. **Refusal to show the number will result in disqualification.** Any athlete who does not pass through at least one Checkpoint is considered **invalid**.

19.PROTESTS

19.1. Protests for any reason may be made only by the athlete themselves and must be submitted no later than **30 minutes** after finishing the race.

20.SAFETY

20.1. The Committee is responsible for monitoring the race course with specialized personnel in safety, rescue, and medical assistance for athletes in need. In cases where safety personnel or officials instruct athletes to change direction for safety reasons, athletes are required to comply. Refusal to comply will result in disqualification.

21. COURSE MODIFICATION / POSTPONEMENT

21.1. If necessary (in cases of extremely dangerous weather conditions), the Organizers reserve the right to **modify the course** or **postpone the start** for a short period in order to avoid endangering the physical safety of the athletes. In exceptional cases, it may be deemed necessary to **cancel the race**, depending on the extreme weather conditions prevailing in the area.

22. PANHELLENIC AND EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIP

22.1. The Hydra's Trail Marathon serves as a qualifying race for the selection of the Greek National Mountain Running Team, which will participate in the European Athletics Off-Road Running Championships, to be held in Ljubljana – Kamnik from June 5 to June 7, 2026.

22.2. *Detailed information regarding the National Team Selection Regulations can be found in the **APPENDIX**, at the end of the present regulations.*

23. RESULTS

23.1. The official (final) race results will be published **several days after the race**, in order to allow for the verification of data and the necessary checks.

24. PENALTIES

24.1. The **only penalty** imposed for all offenses and rule violations is **disqualification/expulsion**, and it applies to:

- Polluting the course
- Cutting the course
- Improper behavior towards the Organizing Committee staff
- Loss of race number

24.2. A **lifetime ban** may be imposed in severe cases, such as acts of violence against members of the Organizing Committee or deliberate, significant shortening of the course.

25.DISCLAIMER OF LIABILITY

25.1. The organizers are not responsible for **death, injury, or any health damage** to participants, who, by submitting their registration, acknowledge the risks present in a mountainous environment and certify that their health is good and allows them to compete, having been recently examined by a physician for this purpose. However, no athlete will be required to provide a medical certificate. Athletes are responsible for undergoing regular **preventive medical check-ups** to monitor their health status. The organizers disclaim all responsibility regarding the physical safety of athletes, who must act responsibly in sections of the course where the risk of falls with serious or fatal consequences is higher. The organizers also disclaim any **financial liability** in case of external assistance provided to any athlete or any claims (financial or material) arising from the athlete's participation in the race.

26.MODIFICATION OF REGULATIONS

26.1. The organizers reserve the right to **modify the race regulations** at any time before the start, without prior notice. Any such modification takes effect **from the moment it is announced**, regardless of whether the involved parties have been informed.

The above regulations apply to all races.

Organization Committee

Hydra's Trail Event

A P P E N D I X

NATIONAL TEAM SELECTION REGULATIONS (European Athletics Off-Road Running Championships (Ljubljana - Kamnik 2026))

This Appendix constitutes an integral part of the General Race Announcement and specifies the technical provisions, scoring criteria, and competition framework governing the selection process of the National Team. Its objective is to ensure a transparent and merit-based selection of the athletes who will represent the country at the leading European championship of the year.

PART A: NATIONAL TEAM SELECTION CRITERIA

Event: European Athletics Off-Road Running Championships (Ljubljana – Kamnik 2026)

Event Dates: June 5–7, 2026

For qualification and selection to the National Team, the following evaluation system based on the ITRA Score will apply.

1. Evaluation System

The final ranking of candidates will be determined by the Average ITRA Score obtained across three (3) races.

Minimum Qualification Standards (Average of 3 races):

- Men: 840 ITRA Score
- Women: 720 ITRA Score

Special Qualification Clause (If Minimum Standards Are Not Achieved):

In the event that the minimum score is not achieved by at least three (3) athletes per category, qualification for the European Championship will be granted exclusively to the top-ranked athlete in the final standings.

2. 2. Qualification Race Structure

For the evaluation to be valid, athletes must compete in three (3) races, covering the following distance categories:

1. Short Distance Race
 - One (1) race with a distance up to 25 km
2. Long Distance Race
 - One (1) race with a distance up to 45 km
3. National Championship (Mandatory)
 - Participation in the Tihio Race 30 km

The Short and Long distance races may be selected either from the approved race calendar (within Greece) or from international events (abroad), subject to prior approval.

3. Scoring System & Bonus (Tihio Race)

For the mandatory race (Tihio Race), a weighting coefficient (Bonus Factor) is applied to the ITRA score.

Calculation Formula:

$$\text{Score}_{\text{Final}} = \text{Score}_{\text{ITRA}} / \text{times Factor}$$

Coefficient Table (Category OW – Tihio Race):

Ranking Position	Coefficient (Factor)
1st Place	x 1.080
2nd Palce	x 1.070
3rd Place	x 1.060
4th Place	x 1.055
5th Place	x 1.050
6th Place	x 1.045
Λοιπές Θέσεις	x 1.000

Bonus Validity Requirement (Participation Rule):

For the bonus to be applied to the top six (6) athletes, a minimum participation of ten (10) athletes in the respective race category is required.

In case of lower participation (<10 athletes), the number of athletes eligible to receive the bonus will be adjusted proportionally according to the number of participants.

PART C: APPROVED RACE LIST (GREECE)

The following races meet the ITRA standards and are included in the Ranking and National Team selection system, according to the Short and Long distance categories..

Date	Race (Organization)	Region	Distance	Ranking Category
January 18th	LEVADOS Mountain Trail	Livadia	24.2 χλμ	Short
January 31st – February 1sat	5ο Koumaria Trail Series	Patra	22 χλμ / 40 χλμ	Short / Long
March 21st- 22nd	15ο Taygetos Challenge	Kardamyli	22 χλμ / 40 χλμ	Short / Long
April 4th & 5th	Hydra's Trail Event	Hydra	38.5 χλμ	Long
April 5th	Helicon Mountain Race	Livadia	26 χλμ.	Short
April 18th- 19th	Lake Plastiras Trail	Karditsa	23 χλμ	Short
May 3rd	TIHIO RACE (Πανελλήνιο Πρωτάθλημα)	Teixio Doridas	30 χλμ	

PART D: GENERAL NOTES & PROCEDURES

Addition of Races: Additional events may be included in the evaluation system, provided that a request is submitted to the Federation in due time.

- Requirements: Approval by the relevant Committee and mandatory ITRA certification/evaluation.

1. International Races: Athletes may declare up to three (3) races of their choice abroad, provided that they have received prior approval from the Federation and that the races meet the distance criteria (Short/Long) defined in Part A.