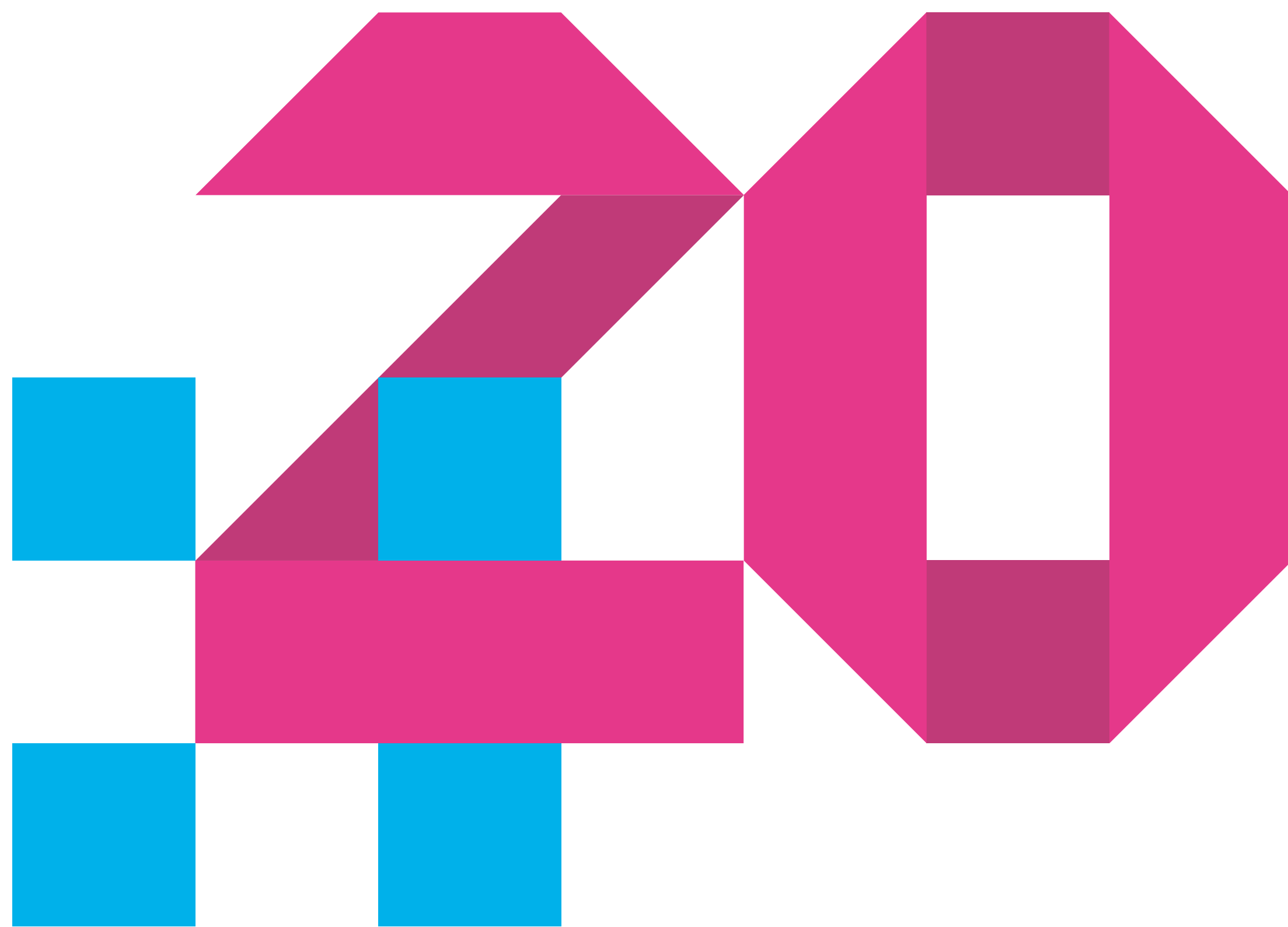


Upute za natjecatelje



SPLIT
MARATON

Programme

21st February 2020 Friday

SC GRIPE – ST SPORT EXPO

- 09:00 – 20:00** Race packs collection for all races
- 09:00 – 20:00** Zip line and climbing wall
- 10:00 – 11:00** Opening ceremony and visit to the ST SPORT EXPO
- 17:00 – 17:45** „Workshop: Emmett technique in physiotherapy“
- 18:00 – 19:00** Arm wrestling tournament „Knock me down softly“
- 19:00 – 20:00** Film screening

22nd February 2020 Saturday

SC GRIPE – ST SPORT EXPO

- 09:00 – 20:00** Race packs pick-up for marathon and half marathon races
- 09:00 – 20:00** Zip line and climbing wall
- 09:00 – 13:00** Race packs pick-up for dm kids miles races
- 09:00 – 15:00** Race packs pick-up for the Slobodna Dalmacija Trophy race
- 11:00 – 12:00** Dance club Noa performance
- 13:00 – 13:45** Films screening as well as promotion materials
- 14:00 – 20:00** Pasta Party
- 18:00 – 18:30** Introduction of the elite runners
- 19:00 – 20:00** Concert as a gift to all event participants Band “Cortez”

RIVA waterfront – Central part

- 14:00 – 15:30** dm kids miles race
- 16:00 – 17:00** Slobodna Dalmacija Trophy race

23rd February 2020 SUNDAY

SC GRIPE

- 07:00 – 08:00** Race packs pick-up for marathon and half marathon races

RIVA waterfront – Tourist Information Centre

- 08:00 – 15:00** Press Centre

RIVA waterfront – Central part

- 07:00 – 08:45** Start corrals open and runners start entering the corrals
- 08:45** Start corrals close
- 08:45 – 08:59** Pre-race programme
- 09:00** **START – Marathon/Half marathon**
- 11:30** Award Ceremony – Overall half marathon winners
- 12:00** Award Ceremony – Age groups half marathon winners
- 13:00** Award Ceremony – Overall marathon winners
- 14:00** Award Ceremony – Marathon winners with HR licences
- 15:00** Award Ceremony – Age groups marathon winners
- 15:15** Finish line closes

Start pack pick up

LOCATION

ST SPORT EXPO

Sport Centre Gripe, big sport hall – Entrance 4
Osječka 11, Split

Start pack pick up schedule:

21st February 2020 FRIDAY 09:00-20:00

22nd February 2020 SATURDAY 09:00-20:00

23rd February 2020 SUNDAY 07:00-08:00

The start packs pick up for the SLOBODNE DALMACIJE TROPHY race ends on Saturday 22nd February 2020 at 15:00 hours.

The start packs pick up for the dm KIDS MILES race ends on Saturday 22nd February 2020 at 13:00 hours.

The start packs pick up for the MARATHON, MARATHON RELAY AND HALF MARATHON races ends on Sunday 23rd February 2020 at 08:00 hours.

The start pack pick up is possible only with the presentation of an identification document or voucher, and start pack pick up for another person is possible only with the presentation of the identification document of the registered person or voucher.

The start pack pick up outside the scheduled time is not possible.

Start packs

SLOBODNA DALMACIJA TROPHY

- bib number with chip / YELLOW COLOUR
- sport gym sack
- race T-shirt
- accreditation
- other promotional materials and sponsors gift certificate with discounts.

HALF MARATHON

- bib number with chip / BLUE COLOUR
- sport bag
- race T-shirt
- accreditation
- other promotional materials and sponsors gift certificate with discounts.

MARATHON

- bib number with chip / PINK COLOUR
- sport bag
- race T-shirt
- accreditation
- towel
- other promotional materials and sponsors gift certificate with discounts.

MARATHON RALEY RACE

- bib number with chip / GREEN COLOUR
- bracelet with numbers for changeover / the first leg runner will get one
- sport bag
- race T-shirt
- accreditation
- towel
- other promotional materials and sponsors gift certificate with discounts.

dm kids miles

- bib number
- race T-shirt
- gift from the sponsor (MELEM)

The t-shirt size was selected during the registration for the race.
T-SHIRT SIZE CHANGE ON THE EVENT DAY IS NOT POSSIBLE.

Bib number for all races must be visible during the race.
Bib number must be placed on the front of the T-shirt or leggings (running pants).

Award ceremony is an integral part of the competition.
No award can be claimed after the award ceremony.

ST SPORT EXPO – Programme

21st February 2020 FRIDAY

SC GRIPE – ST SPORT EXPO

- 09:00 – 20:00** Race packs pick up for all races
- 11:00** Opening ceremony of the ST SPORT EXPO
- 17:00 – 17:45** „Workshop: Emmett technique in physiotherapy“
- 18:00 – 19:00** Armwrestling tournament „Knock me down softly“
- 19:00 – 20:00** Film screening

22nd February 2020 SATURDAY

SC GRIPE – ST SPORT EXPO

- 09:00 – 20:00** Race packs pick up for marathon and half marathon races
- 09:00 – 13:00** Race packs pick up for dm kids miles races
- 09:00 – 15:00** Race packs pick up for the Slobodna Dalmacija Trophy race
- 11:00 – 12:00** Dance club Noa performance
- 13:00 – 13:45** Film screening “Spirit of the marathon” (film about running)
- 14:00 – 20:00** Pasta Party
- 18:00 – 18:30** Introduction of the elite runners
- 19:00 – 20:00** Concert as a gift to all event participants Band “Cortez”

ST SPORT EXPO – Exhibitors

AK Međimurje Čakovec

<http://www.akm.hr/>

Skopje Wizz Air marathon

<http://www.skopjemarathon.com/>

Sun and run Gradac

<https://www.facebook.com/pg/sunrun2019/posts/>

Challenge Budva Montenegro

<https://challenge-budva.com/>

Mostar half maraton

<http://kinezis.ba/>

NGO Maraton Sarajevo

<https://sarajevomarathon.ba/>

Sport2life

<https://www.sport2life.org/hr/>

Banja Luka Running

<http://runandmore.org/>

Tensengrity terapija

<https://www.facebook.com/tensegrityterapija/>

Kapljica zdravlja

<https://fitomat.calivita4.me/webshop>

Compressport

<http://sportbox.hr/>

Vratarić fizioterapija

<http://www.fizioterapija-vrataric.hr/>

Ohrid maraton

<http://www.ohridtrcat.mk/>

Saucony

<http://triple-jump.com/>

Trčanje i to

<https://trcanjeito.com/>

AK Plitvice

<https://www.facebook.com/pg/A.K.Plitvice/>

Plesna škola Noa

https://www.facebook.com/pg/plesniklubnoa.spalatine/about/?ref=page_internal

Hervis

<https://www.hervis.hr/store/>

Hajduk

<https://hajduk.hr/>

Slavonska trka

<http://mazator.hr/>

Wikoss sport

<http://wikoss.pl/>

Boli me Pipi relax zona

Sponzor- gratis

Falkensteiner triatlon

<https://zadarhalf.com/hr/>

Sport&Moda

<https://www.sport2life.org/hr/>

Klub obarača ruku

peronobody@yahoo.com

Motion travel

www.motiontravel.hr

Hammer nutrition

<https://www.hammernutrition.com/>

Pula maraton

<https://www.pulamarathon.com/hr/>

Pogodnosti za sudionike



FREE PUBLIC TRANSPORT

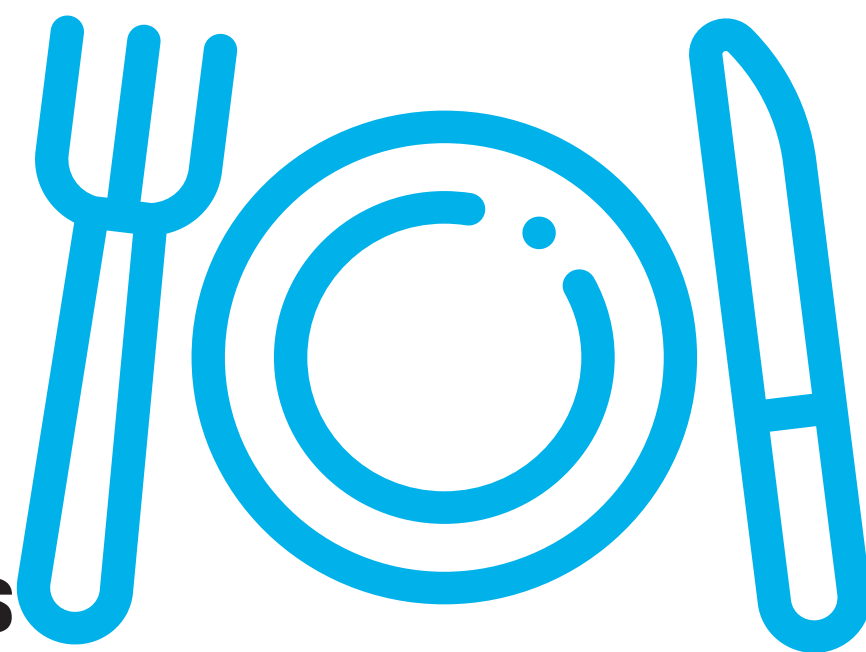
Promet Split

50% DISCOUNT ON ENTRANCE TO MUSEUMS AND GALERIES



Galerija umjetnina
Prirodoslovni muzej & Zoo vrt
Muzej grada Splita
Podrumi Dioklecijanove palače
Galerija Emanuela Vidovića
Jugoistočna kula palače
Etnografski muzej
Pomorski muzej
Museum Of Senses

RESTAURANTS



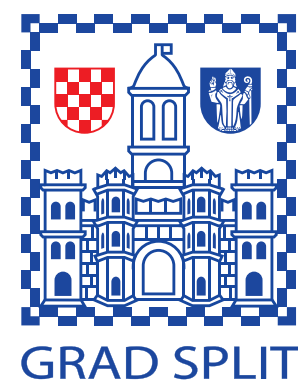
Toto Burger | **20% on consummation** | totoburgerbar@gmail.com
Artičok | **20% on food** | articokst@gmail.com
Bokeria & Bokamorra | **20% on consummation** | luka.bokavsek@gmail.com
Pandora Greenbox – Vegeteria | **20% on food** | danijell.nikolla@ritamprodukcija.com
Šug | **20% 20% on consummation** | sugrestaurant@gmail.com
Duje | **20% 20% on consummation** | mail@restoranduje.hr
Baraka – Brew Bar&Eatery | **20% on food** | info@valleus.hr
Day & Night Bar Tennis | **20% 20% on consummation** | ogi84@msn.com



FREE ENTRANCE

Kuća slave splitskog sporta

Thank you to our sponsors





MOSTAR 2020
HALF MARATHON



4Energy

For the extra energy kick there are 4Energy gels from www.4endurance.hr.

Gels will be available at the refreshment stations, also at the moment you can get them at discount price of 0,99€ / gel

<https://4endurance.hr/products/4energy-gel-60ml>

The € 5 coupon you get at the start is valid for purchases above € 25 and you can use it at

<https://4endurance.hr>

4Endurance is a retailer specializing in endurance sports and its team is made up of enthusiastic athletes. If you run, swim, bike, or climb - much and wholeheartedly - you will certainly find something for yourself in the quality products range. Among them, you'll find supplements that help reduce fatigue, speed recovery, and improve performance in a healthy way. We have everything from energy gels, chocolates, isotonic and regenerative drinks to natural products for better vo2max or improved blood count. 4Endurance is a small shop with a big heart and we treat all our costumers as friends.

Product description:

1. 4Energy Gel: an energy gel with no artificial sweeteners, you don't need to drink extra water with it. Energy gel is containing the real lemon juice, it is easy to digest without bloating.

2. Mini Flapjack, a small oat energy bomb with a delicious chocolate glaze. Two snacks provide you 180kcal energy with gradual energy release. Don't let your motivation and energy run out We forgot to put coupons / flyers, send them in a new package, it will arrive by the end of the week.

Cheerleading club Noa

The club's dance program includes preschool dance class for the youngest, hip hop, jazz dance, pom pon dance, acrobatics and cheerleading.

Club competitors of all ages (cadets, juniors and seniors) have achieved outstanding results at domestic and international cheerleading competitions.

The club seniors are world champions and vice-champions and are the first Croatian representatives at the World Cup in America.

Club Noa's choreographies have also been seen at many other sporting events, events and festivals.

The club's coaches are proud to successfully pass on their love of dance to every new member of the club for years, creating a dance magic that will hopefully last a long time.



Fit Croatia – Kapljica Zdravlja

During the exhibition days at ST SPORT Expo, the company "Kapljica zdravlja" will offer the following on their booth:

- Free of charge vitamin-mineral tests (the method is non-invasive and painless, showing a summary of your vitamins and minerals readings, with the ability to monitor the general trend of all 26 nutrients over a period of time).
- Nutrition counselling
- Individual product tasting
- Promotional materials.

Info:

Dario Kosor
+385921410101



Ohrid running weekend 2020

Street racing is becoming more and more established throughout the streets of many cities around the world, but Ohrid Running Weekend's uniqueness as a race it gives all participants a rare opportunity to recreate and socialize with the city with a lively culture and natural treasures that exists for 2500 years.

The Ohrid Running Weekend (05.-07. 06. 2020) offers you a half-marathon and a 5km race as well as a lots of music, social-educational activities and many beautiful moments.

Be a part of the unforgettable weekend in the city of UNESCO. Run, Fun and Enjoy Ohrid!

Visit our website – www.ohridtrcat.mk



San Sebastian

Code for a 30% discount – SPLITMARATHON20



San Sebastian

Saucony – Triumph17

First-class long runs are lighter than ever.

For those who crave the ultimate in protective cushioning, the Triumph 17 is our most cushioned shoe, giving you everything you need to cruise through the longest of runs. Make running hangovers a thing of the past.

Feel the road disappear under your feet and tackle new distances with Saucony most cushioned shoe.

Saucony Triumph 17 providing comfort at every turn, the new PWRRUN+ cushioning making the shoe lighter yet softer than before. Find how far it can take you.

#RunForGood #Triumph17



Slavonska trka

An unforgettable music-racing experience! Night race with a start in the heart of Slavonski Brod, in the Fortress.

Third edition, which is growing year by year, and this year for the first time we also offer the first night half marathon in Slavonia The Slavonska trka offers following disciplines: 5km, 10km and 21km. In addition to the Slavonska trka you can get to know all our racing events o that we organize in Slavonski Brod.



Tensegrity terapijski centar

The Tensegrity rehabilitation concept is formed by combined knowledge in the field of fascia work, orthopaedic manual therapy, developmental kinesiology and other skills acquired through attending additional top-level education, many years of work experience and cooperation with numerous local and foreign therapists.

The idea of the center has evolved through years of experience working with athletes, recreational athletes and people who are not athletically active. Due to the fact that most people call physiotherapists masseuses/masseurs, while the only forms of physiotherapy experienced in electrotherapy procedures, pattern exercises and massages, the idea of providing innovative, quality services based on state-of-the-art methods, focused on the body and the person as a whole, not just the painful segment, has developed.

Since 2018, Tensegrity has been steadily growing and advancing, as evidenced by many clients and sports clubs. Today, Tensegrity is proud to partner with HC Beijing Sports University, the Croatian badminton team, the fastest Croatian long-distance runner Mate Parlov, the Croatian volleyball team player Danijel Galić, the Croatian Handball Federation - junior national team generation 96', and many others.

The Tensegrity Centre successfully treats problems such as back pain, ischialgia, ankle, knee or hip pain, spinal and jaw pain, peripheral nerve lesions, headaches, all kinds of sports injuries, tendons and tendons inflammation, traumatic injuries and other locomotor system disorders.



Utrke Split Maratona



dm KIDS MILES – 22.02. start at 14:00

Datum: Saturday, 22nd February 2020

Start of the race: 14:00

Race categories:

Tići A (en. Birdies A) born in 2012 and younger – 650 m

Tići B (en. Birdies B) born in 2010 and 2011 – 650 m

Repci (en. Sparrows) born in 2008 and 2009 – 1250 m

Grdelini (en. Goldfinches) born in 2006 and 2007 – 2500 m

Start pack pick up

ST SPORT EXPO

Sport Centre Gripe, big sport hall – Entrance 4
Osječka 11, Split

Friday 21st February 2020 09:00–20:00

Sunday, 22nd February 2020 09:00–13:00

Start pack pick up at the start of the race is not permitted.

To pick up bib number bring the participation consent and certificate of the child age.



TROFEJ SLOBODNE DALMACIJE – 5 km



Trofej Slobodne Dalmacije – 22.02. start at 16:00

Date: 22nd February 2020

Race starts: 16:00 hours

Winners Ceremony: 16:45 hours

The minimum age for participation is 12 years (born in 2008 and before).

Categories:

M/W cadets – under 15 years (born in 2005 to 2008)

M/W juniors (U-17) – 16,17 years (born in 2003 to 2004)

M/W older juniors (U-19) – 18, 19 years (born in 2001 to 2002)

M/W S – 20 years and older (born in 2000 and before)

M/W S 50+ – 50 years and older (born in 1970 and before)

Sport i Moda as a sponsor provides gift certificates for overall winners of the race.

sport
& moda

Race course

START - Obala Hrvatskog narodnog preporoda - Marmontova ulica - Ulica kralja Tomislava - Manuška poljana - Sinjska ulica - Teutina ulica - Matošića ulica - Ulica bana Josipa Jelačića - Ulica ban Mladenova - Šperun ulica - Trg Franje Tuđmana - Trumbićeva obala - Obala kneza Branimira - Sustipanski put - OKRET - Sustipanski put - Šetalište Ivana Meštrovića - Obala kneza Branimira - Trumbićeva obala - Obala Hrvatskog narodnog preporoda - FINISH

Refreshment stations

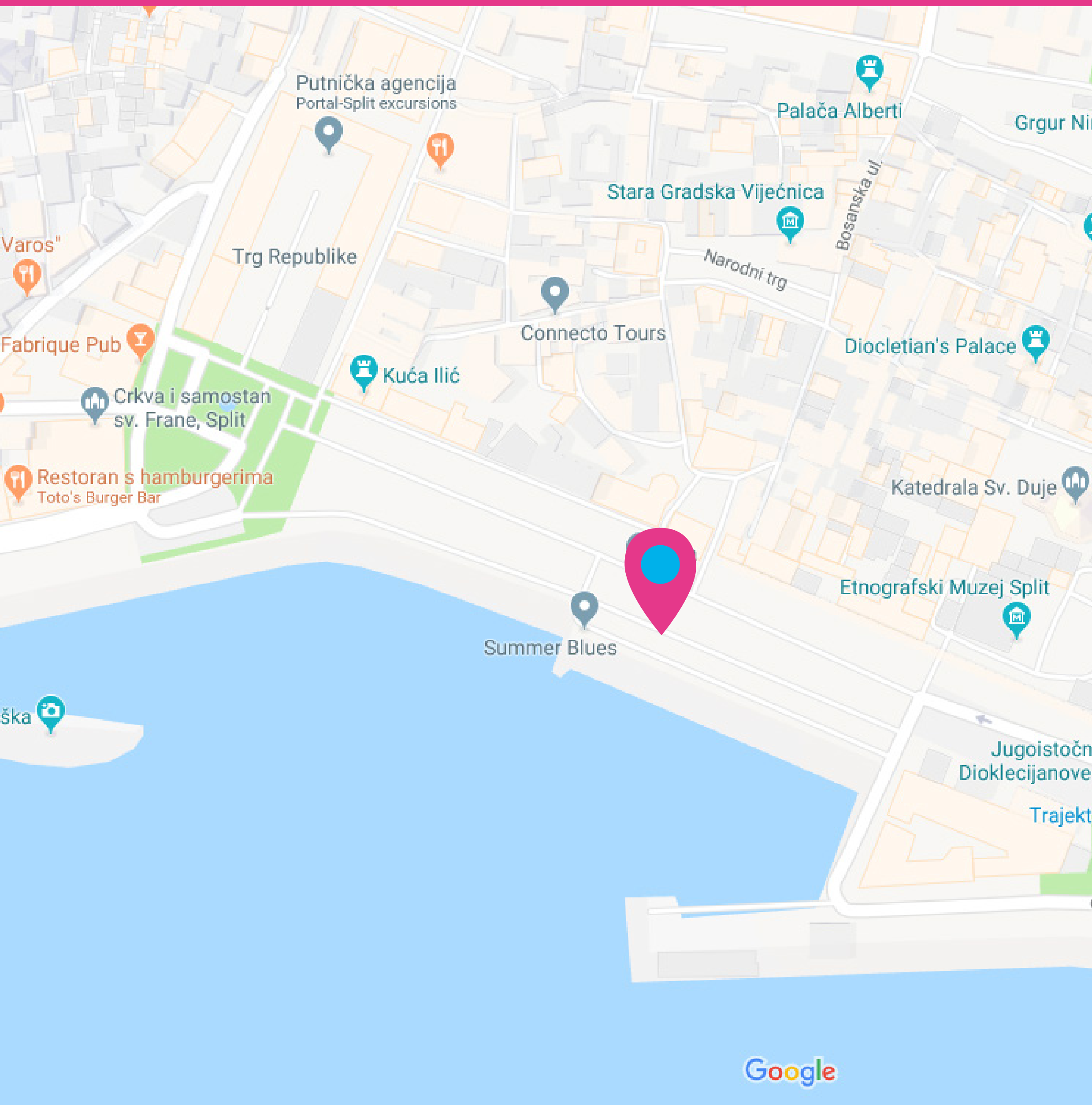
refreshment is available at the finish line

Checkpoints

1. START – Riva 0 km
2. ACI Marina 3.5 km
3. FINISH 5 km

Halfmarathon, marathon & relay marathon

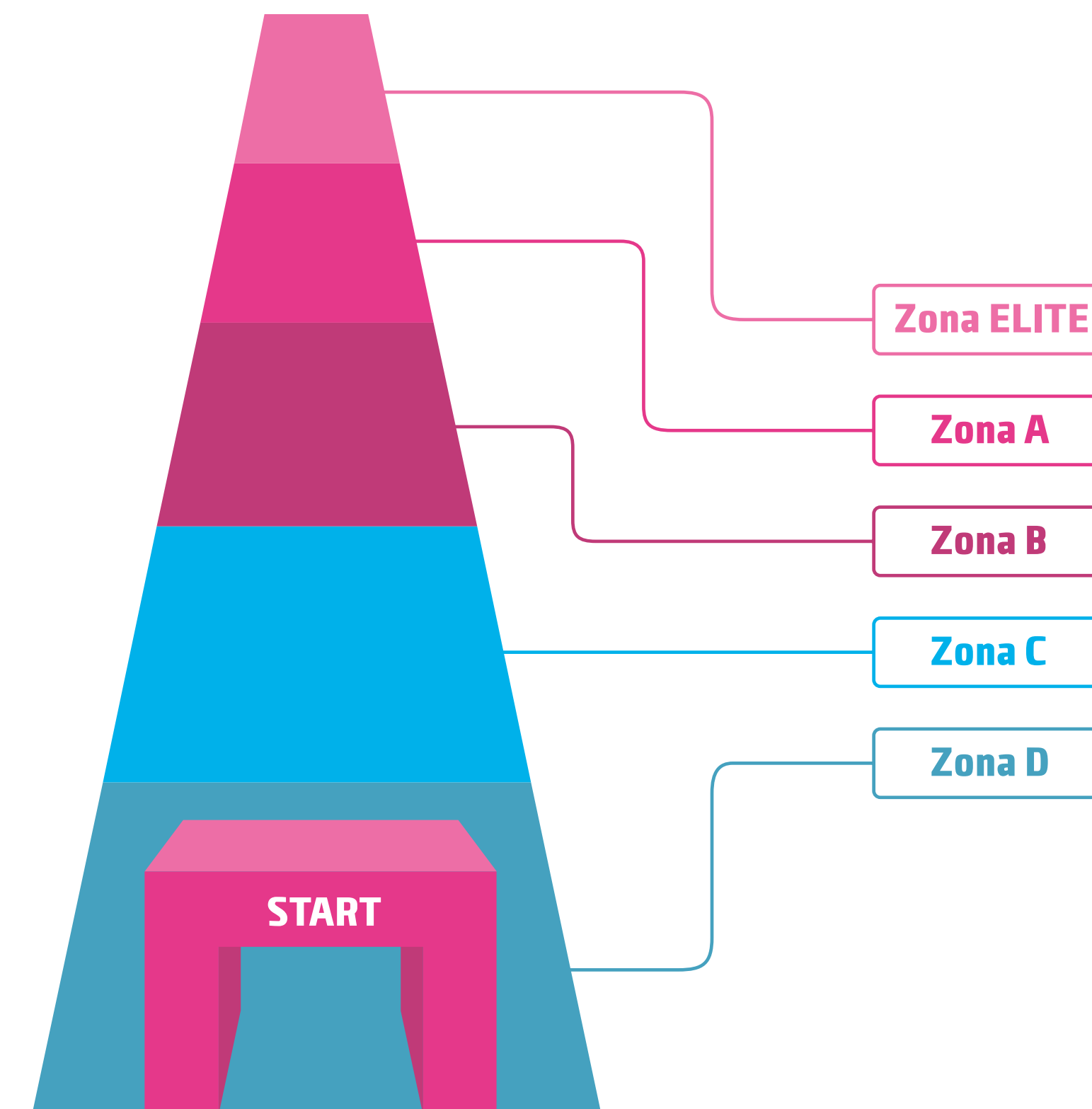
Start



You must arrive **half an hour before the race** in order to enter the start zone (corral) assigned to you and indicated on your bib number.

You are not allowed to change the start zone (corral) as you will be disqualified.

The start zones are determined according to the results submitted and no changes are possible on race day.



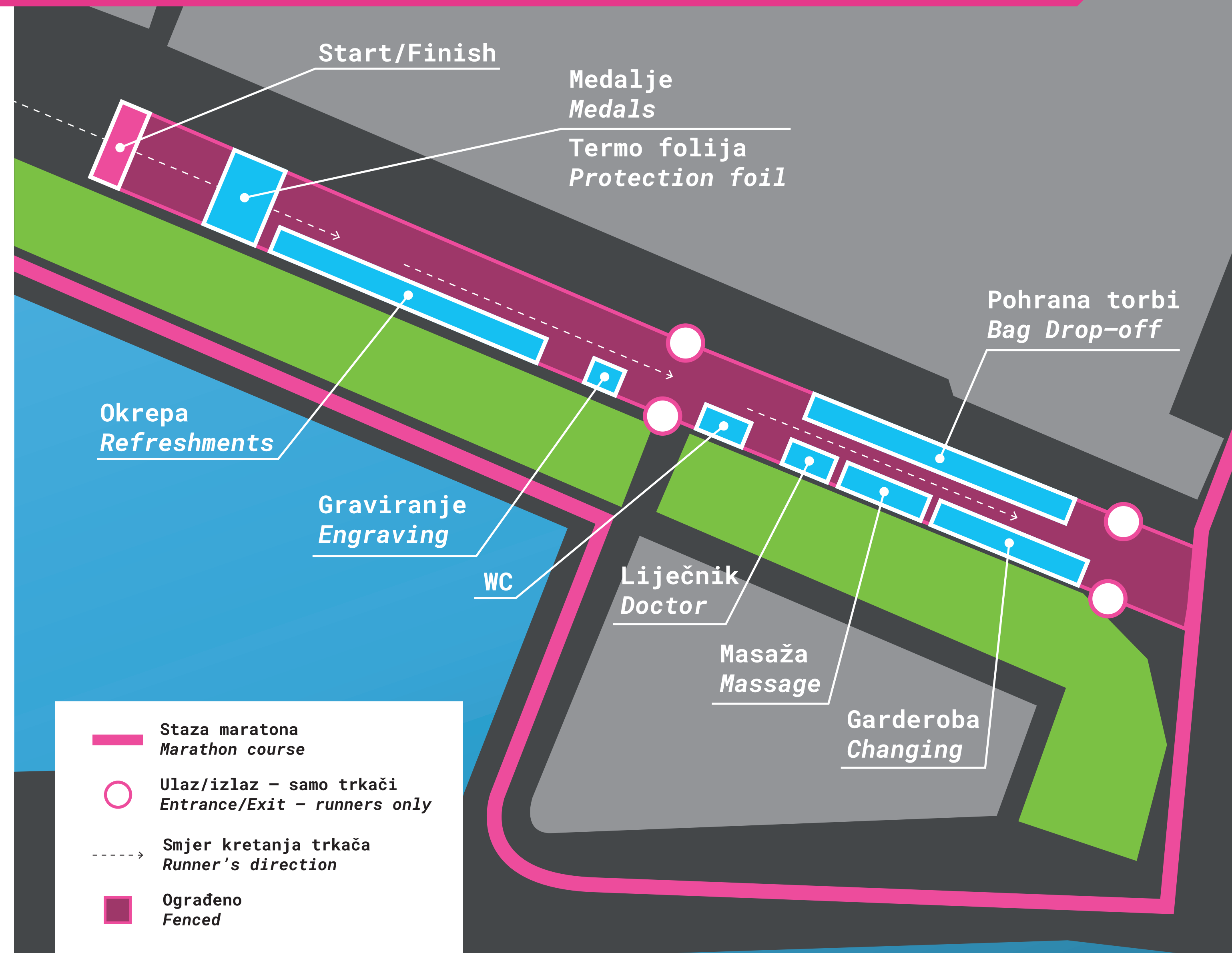
Cilj

The finish line of all races is in the same place as the start.

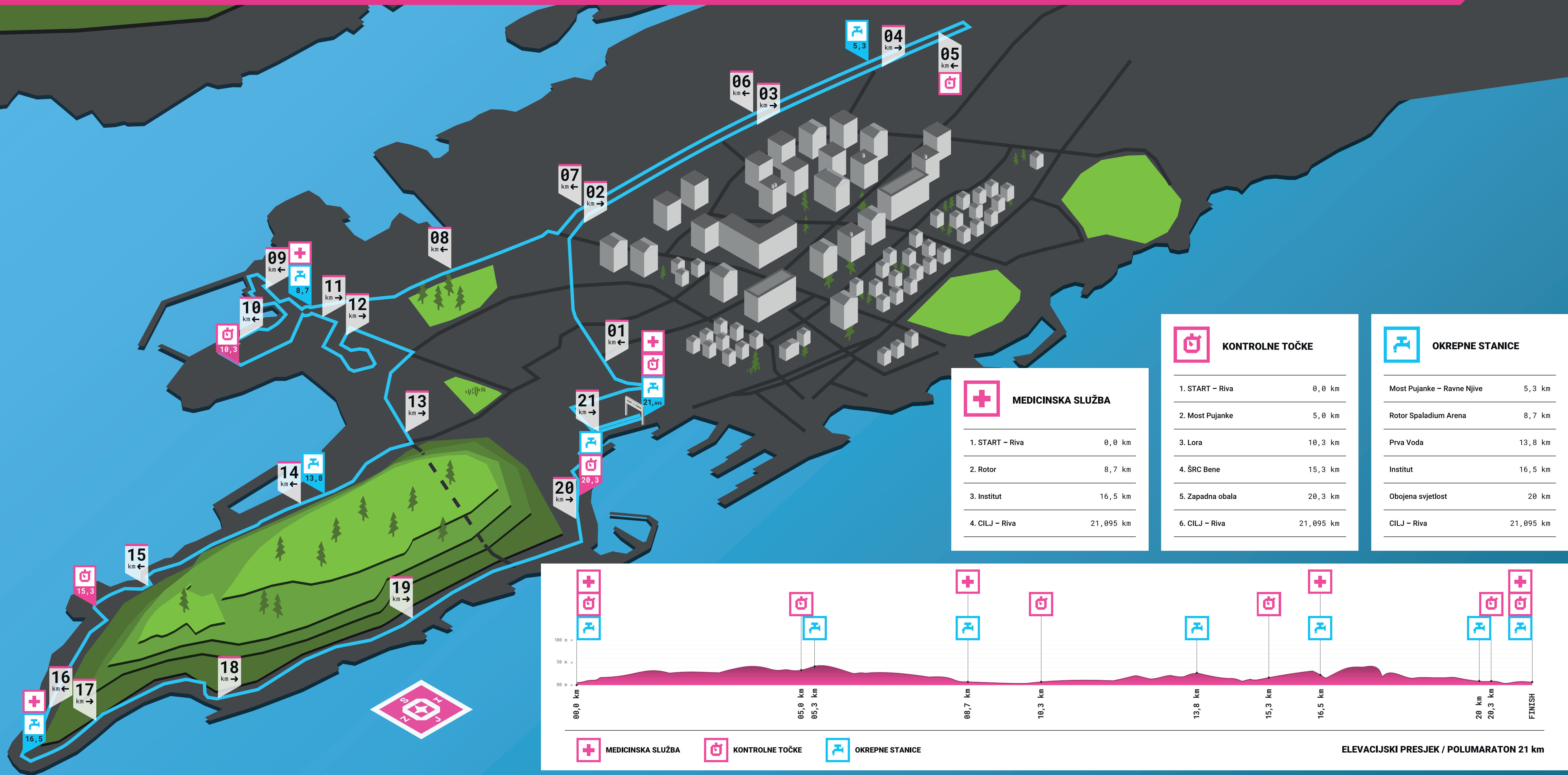
Competitors in the Half Marathon races and the Trophy of Slobodna Dalmacija receive a medal for their participation when they pass through the finish line, and then have to continue their movement through the finish line.

It is not allowed to stay in the zone between the start/finish line and the medal zone!

Refreshments for participants are provided in the finish zone.



HALFMARATHON – 21 km



Halfmarathon – 23.02. start at 09:00

All half marathon markings are in blue colour.

Please, follow the instructions of volunteers on the route and at the half marathon and marathon route separations.

Date: Sunday, 23rd February 2020

Race start: 09:00

Time limit: 3 hours

Categories

M/W 23 – under 23 years (born in 1998 to 2004)

M/W Seniors – 23 – 34 years (born in 1986 to 1997)

M/W 35 – 35 – 39 years (born in 1981 to 1985)

M/W 40 – 40 – 44 years (born in 1976 to 1980)

M/W 45 – 45 – 49 years (born in 1971 to 1975)

M/W 50 – 50 – 54 years (born in 1966 to 1970)

M/W 55 – 55 – 59 years (born in 1961 to 1965)

M/W 60 – 60 – 64 years (born in 1956 to 1960)

M/W 65 – 65 – 69 years (born in 1951 to 1955)

M/W 70+ – 70 years and older (born in 1950 and before)

Race course

START – Obala Hrvatskog narodnog preporoda – Marmontova ulica – Ulica kralja Tomislava – Zagrebačka ulica – Manuška poljana – Livanjska – Ulica Domovinskog rata – ulica Zbora narodne garde – Ulica Domovinskog rata – Stinice ulica – Put Supavla – Lora – Zrinsko Frankopanska – Osmih mediteranskih igara – Stadion Poljud – Osmih mediteranskih igara – Zrinsko Frankopanska – Ulica 7 Kaštela – Matoševa ulica – Šetalište Marina Tartaglie – Šetalište Ivana Meštrovića – Obala kneza Branimira – Trumbićeva obala – Obala Hrvatskog narodnog preporoda – **FINISH**

Pacers

We have pacers for half marathon race and they will run following times

1:30, 1:40, 1:50, 2:00, 2:10 and 2:20.

They will be easy to identify with blue balloons showing their time.

Refreshment stations:

Pujanke – Ravne Njive Bridge **5,3 km** water

Spaladium Arena Roundabout **8,7 km** water, oranges, bananas, lemons

Prva Voda **13,8 km** water, Prosport, oranges, lemons

Institut **16,5 km** water, bananas

Zapadna obala **19,6 km** water, lemons

Checkpoints

1. START – Riva 0 km

2. Most Pujanke 5 km

3. Lora 10,1 km

4. ŠRC Bene 15,1 km

5. Zapadna obala 20,1 km

6. FINISH 21,095 km

Medical assistance

1. START – Riva 0 km

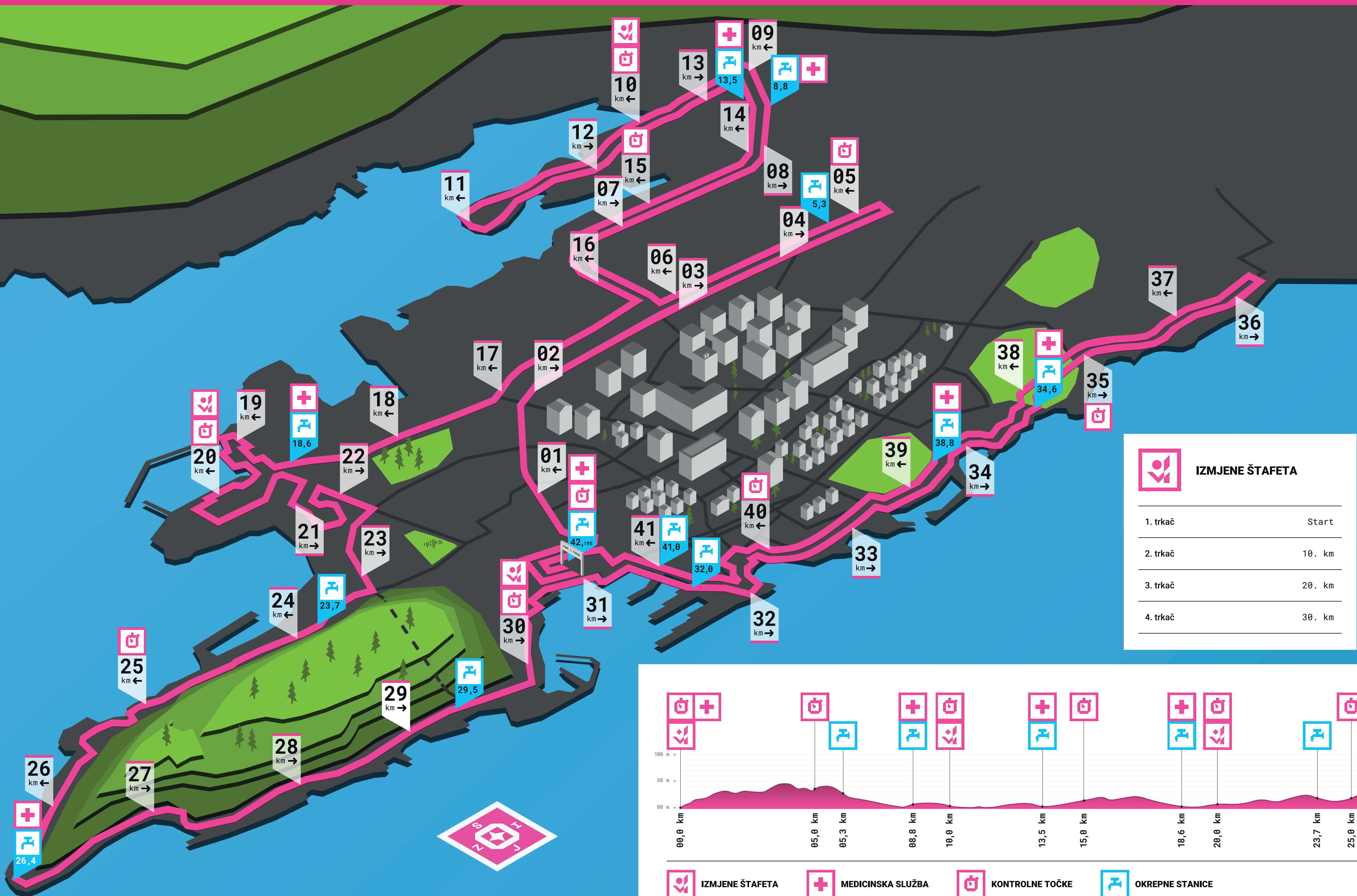
4. Rotor 8,7 km

5. Institut 16,5 km

6. FINISH 21,095 km

Emergency medical aid (EMA) vehicle will follow the runners.

MARATHON – 42 km



KONTROLNE TOČKE

1. START – Riva	0,0 km
2. Most Pujanke	5,0 km
3. Vranjički put	10,0 km
4. Dujmovača	15,0 km
5. Lora	20,0 km
6. Lubinski porat	25,0 km
7. Zapadna obala	30,0 km
8. Trstenik	35,0 km
9. Bačvice	40,0 km
10. CILJ – Riva	42,195 km

OKREPNE STANICE

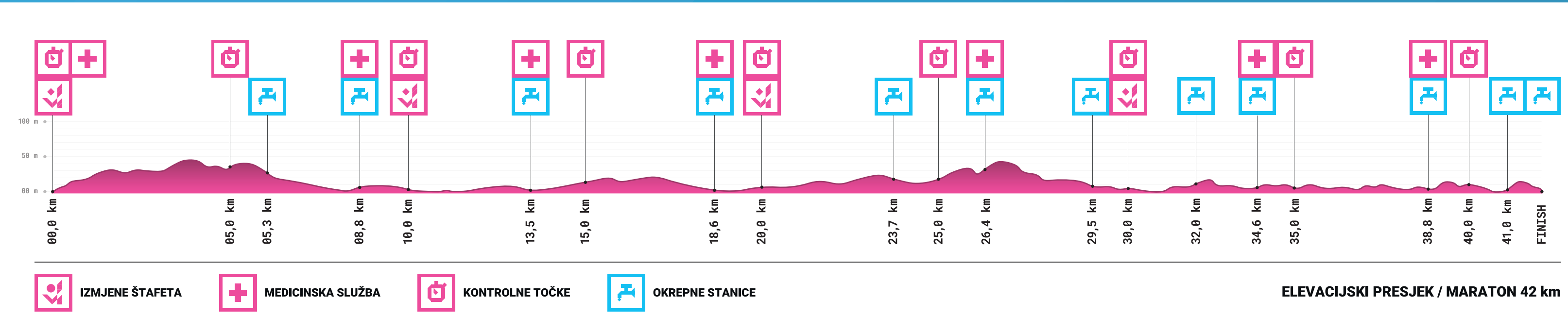
Most Pujanke – Ravne Njive	5,3 km
Stanica Dujam 1	8,8 km
Stanica Dujam 2	13,5 km
Rotor Spaladium Arena	18,6 km
Prva Voda	23,7 km
Institut	26,4 km
Zapadna obala	29,5 km
Plaža Bačvice 1	32,0 km
Trstenik 1	34,6 km
Trstenik 2	38,8 km
Plaža Bačvice 2	41,0 km
Cilj	42,195 km

MEDICINSKA SLUŽBA

1. START – Riva	0,0 km
2. Dujam 1	8,8 km
3. Dujam 2	13,5 km
4. Rotor	18,6 km
5. Institut	26,4 km
6. Trstenik 1	34,6 km
7. Trstenik 2	38,8 km
8. CILJ – Riva	42,195 km

IZMJENE ŠTAFETA

1. trkač	Start
2. trkač	10. km
3. trkač	20. km
4. trkač	30. km



Marathon – 23.02. start at 09:00

All marathon markings are in pink colour.

Please, follow the instructions of volunteers on the route and at the half marathon and marathon route separations.

Date: Sunday, 23rd February 2020

Race start: 09:00

Time limit: 6 hours

Categories

M/W 23 - under 23 years (born in 1998 to 2004)

M/W Seniors - 23 - 34 years (born in 1986 to 1997)

M/W 35 - 35 - 39 years (born in 1981 to 1985)

M/W 40 - 40 - 44 years (born in 1976 to 1980)

M/W 45 - 45 - 49 years (born in 1971 to 1975)

M/W 50 - 50 - 54 years (born in 1966 to 1970)

M/W 55 - 55 - 59 years (born in 1961 to 1965)

M/W 60 - 60 - 64 years (born in 1956 to 1960)

M/W 65 - 65 - 69 years (born in 1951 to 1955)

M/W 70+ - 70 years and older (born in 1950 and before)

Race course

START – Obala Hrvatskog narodnog preporoda – Marmontova ulica – Ulica kralja Tomislava – Zagrebačka ulica – Manuška poljana – Livanjska – Ulica Domovinskog rata – ulica Zbora narodne garde – Ulica Domovinskog rata – Solinska ulica – Splitska ulica – Krešimirova ulica – Obala pomoraca – Krešimirova ulica – Splitska ulica – Solinska ulica – Hercegovačka ulica – Put Supavla – Lora – Zrinsko Frankopanska – Osmih mediteranskih igara – Stadion Poljud – Osmih mediteranskih igara – Zrinsko Frankopanska – Ulica 7 Kaštela – Matoševa ulica – Šetalište Marina Tartaglie – Šetalište Ivana Meštrovića – Obala kneza Branimira – Trumbićeva obala – Obala Hrvatskog narodnog preporoda – Obala Lazareta – Obala kneza Domagoja – HŽ Bačvice – Plaža Bačvice – Šetalište Petra Preradovića – Put Firula – Spinčičeva ulica – Šetalište Kalafata – Šetalište pape Ivana Pavla II – OKRET – Šetalište pape Ivana Pavla II – Šetalište Kalafata – Spinčičeva ulica – Put Firula – Šetalište Petra Preradovića – Hatzeov perivoj – Ulica Matije Gupca – Prilaz braće Kaliterna – Plaža Bačvice – HŽ Bačvice – Obala kneza Domagoja – Obala Lazareta – Hrvojeva ulica – Ulica kralja Tomislava – Marmontova ulica – Obala Hrvatskog narodnog preporoda – **FINISH**

Marathon – 23.02. start at 09:00

Pacers

We have pacers for marathon race and they will run following times

3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45 and 5:00.

They will be easy to identify with pink balloons showing their time.

Refreshment stations

Pujanke – Ravne Njive Bridge – **5,3 km** water

Station Dujam 1 – **8,8 km** water, oranges

Station Dujam 2 – **13,5 km** water, oranges

Spaladium Arena Roundabout – **8,7 km** water, oranges, bananas, lemons

Prva Voda – **13,8 km** water, Prosport, oranges, lemons

Institut – **16,5 km** water, bananas

Zapadna obala – **19,6 km** water, lemons, energy gels

Bačvice Beach 1 – **32,0 km** water, Prosport, bananas, Flapjack energy bar

Trstenik 1 – **34,6 km** water, oranges, coke, energy drink

Trstenik 2 – **38,8km** water, oranges, coke, energy drink

Bačvice Beach 2 – **41,0 km** water, Prosport, bananas, Flapjack energy bar

Checkpoints

1. START – Riva 0 km

2. Most Pujanke 5 km

3. Vranjički put 10 km

4. Dujmovača 15 km

5. Lora 20 km

6. Lubinski porat 25 km

7. Zapadna obala 30 km

8. Trstenik 35 km

9. Bačvice 40 km

10. FINISH – Riva 42,195 km

Medical Assistance

1. START – Riva 0 km

2. Dujam 1 8,8 km

3. Dujam 2 13,5 km

4. Rotor 18,6 km

5. Institut 26,4 km

6. Trstenik 1 34,6 km

7. Trstenik 2 38,8 km

8. FINISH – Riva 42,195 km

Emergency medical aid (EMA) vehicle will follow the runners.

Marathon Relay – 23.02. start at 09:00

All marathon relay markings are in green colour.
Please, follow the instructions of volunteers on the route and at the half marathon and marathon route separations.

Date: Sunday, 23rd February 2020

Race start: 09:00

Time limit: 6 hours

Categories

Mixed relay – 2 female members and 2 male members

Women relay – 4 female members

Men relay – 4 male members

Relay changeover points

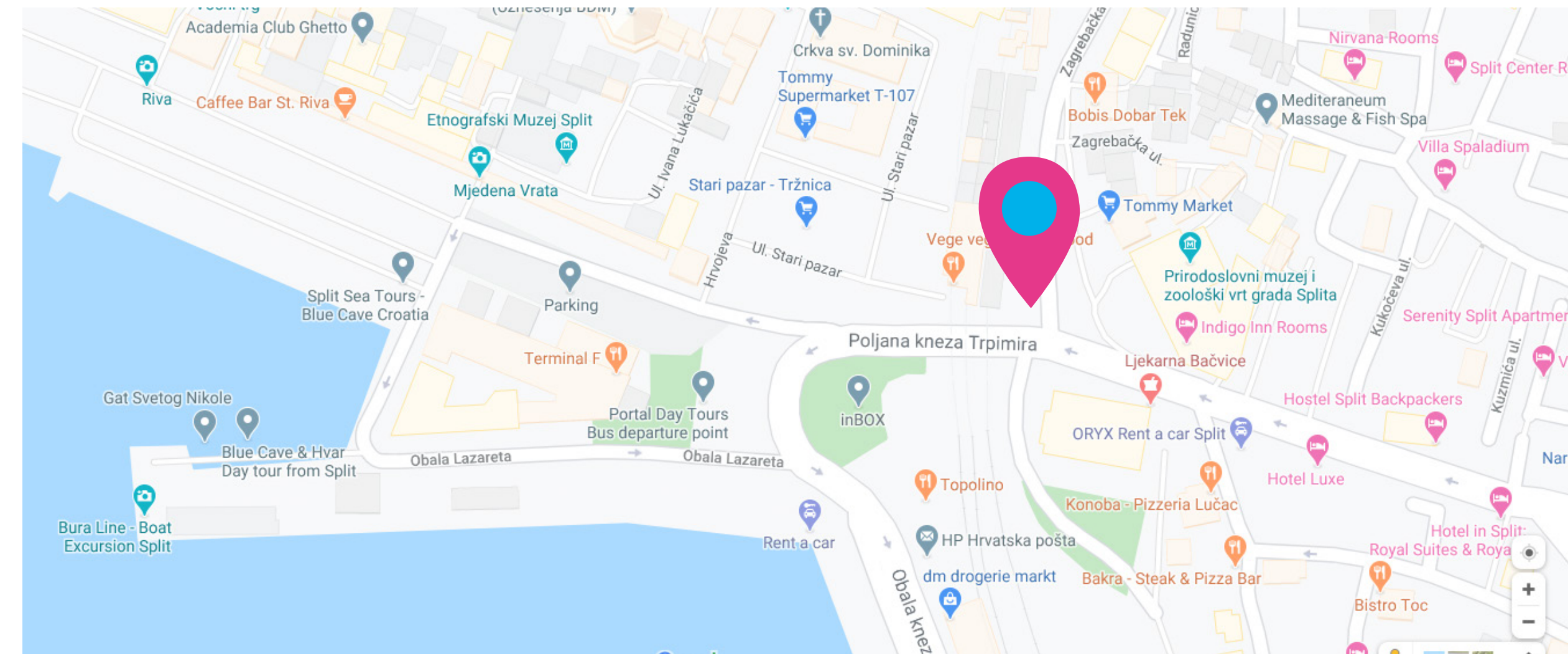
1. runner – starts the race at the START
2. runner – starts at 10th km – 1st changeover
3. runner – starts at 20th km – 2nd changeover
4. runner – starts at 30th km – 3rd changeover
4. runner runs the final distance to the FINISH line

For the 1st and 2nd changeover bus leaves at 08:30 hours. Bus leaves from the bus station “Pazar”.

The bus for the 1st relay changeover drives to Vranjic to the relay changeover point at the 10 km and waits all the runners that run the first leg of the relay and drives them back to the initial bus stop. The bus for the 2nd relay changeover drives to Lora to the relay changeover point at the 20 km and waits all the runners that run the second leg of the relay and drives them back to the initial bus stop.

All buses leave at 8:30 and will not wait for runners who are late.

The runner who runs the first leg of the relay will get a bracelet, he/she than gives it to the second runner, he/she gives it to the third runner and the third runner gives it to the forth runner who must show it at the finish line when he/she will get the participation medals for all 4 runners.



Information

Parking

The competitor (s) arriving outside of Split, please plan your arrival to Split as soon as possible and no later than Sunday at 7:00. All traffic downtown and on the west coast closes for half marathons and other races from 08:45 to 11:00. When arriving in Split by 07:00 on Sunday morning, you can park your vehicle in the free parking on Zvončac, about 1 km from the start / finish of the race.

On the east side of the city center, you have the option of parking at the toll car parks at the beginning of the waterfront and along the east coast, next to the train station (all within a 5 minute walk from the start / finish of the race). Parking for buses is provided on the east coast, in the area of the ferry port.

We have provided toilets for participants in the following locations:

Start and Finish – Waterfront
Next to the Spaladium arena rotor
On Žnjan

Accommodation

Accommodation in Split info at

<http://splitmarathon.com/smjestaj/?lang=en>

If you have not yet found an accommodation in Split during the marathon race, we recommend our partners who have provided special prices for all participants and their entourage.

Hotel “Le Meridien Lav” (from 48 EUR per person)

Radisson Blu Split (from 60 EUR per person)

Hostel 101 Dalmatinac (from 16 EUR person)

Hotel Park (from 60 EUR person)

Hotel Cornaro (from 48 EUR per person)

Hotel Marvie (from 31 EUR per person)

Hotel Corner (from 33 EUR per person)

Briig Boutique Hotel (from 60 EUR per person)

Bb Residence (from 39 EUR per person)

Hotel Cvita (from 29 EUR per person)

Time Boutique Hotel (from 60 EUR per person)

Hotel Slavija (special offer – price on request)

Medical team INFO

Four medical teams are available during the races, two at start/finish line, one that will drive behind the last marathon runner, and one mobile that will cover the track between the team behind the last runner and the team at the start/finish line, as needed.

Additional medical teams are at the following locations:

Dujam 1 – **8.8 km**

Dujam 2 – **13.5 km**

Roundabout – **18.6 km**

Institut – **26.4 km**

Trstenik 1 – **34.6 km**

Trstenik 2 – **38.8 km**

If you're not feeling well on race day, please do not take part in the races. If you experience weakness, chest tightness, shortness of breath, lack of strength, dizziness, and other health issues during the race, get help and stop running.

Medical assistance contact during the race is:

NIKŠA MATAS

+385 98 661 641

We suggest storing this cell phone number in your cell phones so that you can help yourselves and others in a timely manner.

Trophies/medals pick up INFO

Info about trophies/medals pick up

Winners ceremony and trophies/medal awarding is an integral part of the competition at the time specified by the programme.

Every runner must take trophy/medal and award in person.

It is not possible to take trophy/medal and award afterwards.

Awards

The organizer provides money prizes, bonuses, merchandise prizes, medals and trophies.

a) Money prizes and bonuses:

The organizer provides money prizes and bonuses for overall marathon and half marathon winners (M/F). For winners from Croatia with HAS licence (M/F), the organizer provides money prizes for the marathon race.

Money prize fund for marathon and half marathon in total amount of 59,000 HRK.

Money prizes for **MARATHON** are awarded to overall winners (M/F) and to the best competitors from Croatia with the HAS licence.

MEN/WOMEN OVERALL

1st place 7,000 HRK
2nd place 5,000 HRK
3rd place 3,000 HRK
4th place 2,000 HRK
5th place 1,000 HRK

MEN/WOMEN HR with HAD LICENCE

1st place 3,000 HRK
2nd place 2,000 HRK
3rd place 1,000 HRK

Money prizes for **HALF MARATHON** are awarded to overall winners (M/F).

MEN/WOMEN OVERALL

1st place 3,000 HRK
2nd place 2,000 HRK
3rd place 1,000 HRK

With money prizes, Tensegrity as a sponsor provides gift certificates.



Bonuses are awarded for the results in the marathon and half marathon races according to the result achieved or the list below:

Half marathon

2,000 HRK - course record (under 1:02:55 and 1:13:26)
3,000 HRK – for result under 1:02:00 and 1:12:00
5,000 HRK - for result under 1:01:00 and 1:11:00
10,000 HRK - for the Croatian record (under 1:03:47 and 1:09:16)
20,000 HRK - for the EU record (under 59:26 and 1:05:39)
30,000 HRK - for the World Record (under 58:33 and 1:05:06)

Marathon

3,000 HRK – for result under 2:10:00 and 2:35:00
5,000 HRK - for result under 2:08:00 and 2:30:00
10,000 HRK - for result under 2:07:00 and 2:28:00
10,000 HRK - for the Croatian record (under 2:15:26 and 2:25:39)
20,000 HRK - for the EU record (under 2:05:54 and 2:19:39)
30,000 HRK - for the World Record (under 2:01:39 and 2:15:17)

All persons awarded with the money prizes immediately upon the winner announcement must submit a filled out form with the payment account details.

Money prizes are in gross amount. The net amount is paid to the winners only on their bank accounts. Prizes are paid on a single basis (more favourable for runners) and are not cumulative.

Money prizes for overall winners and for Croatian runners are mutually exclusive.

Nagrade

b) Merchandise prizes

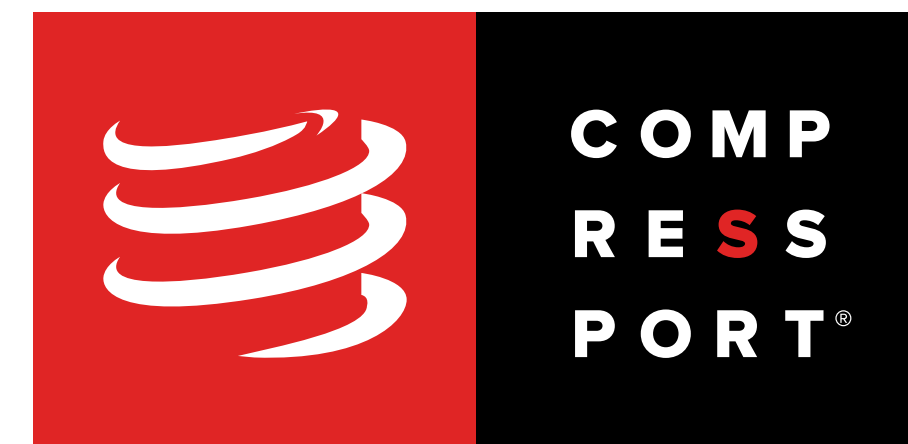
The organizer provides merchandise prizes for the top three runners (M/F) for each category of the marathon, marathon relay and half marathon races.

The organizer provides the sponsor prizes for top three runners (M/F) in the dm kinds miles race for each category.

The merchandise prizes for the first places are provided by a sponsor,



and for the second and third places.



c) Medals and trophies

The organizer provides medals for top three places in category (M/F) in the marathon, marathon relay, half marathon, Slobodna Dalmacija Trophy and dm kinds miles races.

The organizer provides trophies for the top three places overall in the marathon, half marathon and Slobodna Dalmacija Trophy races.