



XV

Commando Half Marathon



**XV COMMANDO HALF
MARATHON**
17.02.2024

**RULES AND
REGULATIONS OF
PARTICIPATION**



1. ORGANIZER

Military University of Technology

HONORARY PATRONAGE

WAT Commandant-Rector Brig. Gen. Prof. Przemysław Wachulak

2. PURPOSE OF THE EVENT

- Selection of individual and team champions in the Commando Half Marathon
- Popularizing extreme running among uniformed services as a discipline of utilitarian importance
- Enabling officers and soldiers - athletes to present their level of training
- Integration of various types of uniformed services and the local environment through participation in the mass sporting event
- Organizing promotional activities of Military University of Technology

3. DATE AND VENUE OF THE EVENT

- **17.02.2024**, the start of the event: **11 a.m.**
- Physical Education Centre of WAT (competition office)



4. ORGANIZATIONAL AND FORMAL ISSUES

- On the day of the race - 8 a.m. – 10.30 a.m. – registration of participants (submitting declarations, collecting starting packages with chipped numbers, confirming team registration, weighing backpacks)
- Starting numbers distributed during registration of participants should be placed: on the participant's right leg and on the backpack (number with a chip)
- Meeting place before the race – Main hall - Physical Education Centre – 10.30 a.m.
- The start and finish line is located in front of the main entrance to the Physical Education Centre building
- Length of the running route: 21 kilometers and 97,5 meters: running along the paths of the tactical training area of Military University of Technology and the adjacent forest (5 laps)
- Time limit for completing the route is 4 hours
- Backpacks will be weighed at designated checkpoints and after finishing the race
- Hydration Station near the starting and finishing line
- Drinks or nutritional supplements are not to be provided along the race route by third parties (except for the place designated by the organizer)
- Any assistance is prohibited, including accompanying third parties along the race route
- The decoration of the winners and the presentation of cups are planned in the Main hall - Physical Education Centre at approximately 2.30 p.m.

5. RULES OF PARTICIPATION

- The right to take part is granted to those who:
 - are adults
 - present an identity document when registering at the competition office
 - will comply with the included in the organizational announcement
 - will appear in full battlefield or training uniforms (long-sleeved uniform, military-style shoes (hiking shoes are not allowed) with a backpack with the color corresponding to the uniform, weighing at least 10 kg along the entire route
- The head official of the competition decides about the admission
- The use of additional civilian items is allowed if their shape and color are of a military type
- It is not allowed to wear so-called "combatshirt" sweatshirts along the race route
- During registration, participants sign a declaration that they have no health contraindications to participate in long-distance runs and that they are responsible for any health consequences related to participation in the race
- In the declaration, the participants also consent to the publication of their results and image (e.g. name table of results, publication of photos, etc.)
- Participants who do not meet the above-mentioned conditions will not be allowed to take part in the race

6. APPLICATION

- Applications for the race are accepted via the application form that will be available on the Emilyo website.
- In the application form, please provide the following details: rank, name, surname, gender, date of birth, name of the represented institution, city, country, telephone number and e-mail address (for contact), other
- Acceptance of the application will be confirmed by e-mail and the participants will be registered on the starting list

7. ADDITIONAL INFORMATION

- Participants are requested to make travel arrangements to and from Warsaw Airport on their own

8. TRANSPORTATION

- WAT will cover free transport from Warsaw Airport to the premises of the university and back at the end of the event
- The participation in the race also includes a warm regeneration meal and a drink (distributed after the race) and a medal for competitors who finish the race within the time limit

9. GENERAL CLASSIFICATION

- Team classification of foreign universities/academies (the combined total of the times recorded by the three best runners)

10. AWARDS

- There will be cups for the winners of the classification
- All those who complete the race will receive commemorative medals
- Classification of foreign universities/academies: first three teams

11. ADDITIONAL INFORMATION

- The race will take place regardless of weather conditions
- The organizer provides medical coverage (related to the race) during the event
- The organizer provides changing rooms, showers and toilets during the event
- The organizer is not responsible for damage caused to participants or for items left unsecured, lost in other circumstances or stolen during the competition
- The organizer reserves the right to change the regulations in specific situations.

