

# HARDASUKA ULTIMATE TRIATHLON CHALLENGE COMPETITION - GENERAL RULES AND REGULATIONS

## THE OBJECTIVE

Popularisation of sport and healthy life style and popularization of Podhale Region, Zakopane and the Tatra Mountains.

## THE ORGANIZER

Harda300ka Stowarzyszenie Kultury Fizycznej

## GENERAL INFORMATION

HardaSuka is one of the most difficult triathlon competitions in the world. Each competitor should get familiar with the present rules and regulations and make sure that their health condition and training level enable them to finish the competition, before they take the decision to take part in the competition. The running route is technically very demanding. It leads through difficult mountain routes of the Western Tatra and the High Tatra Mountains and it includes sections of big height differences, significant exposure and a lot of loose stones. The weather conditions may be very changeable. The Organizer recommends experience in competitions of Ironman distance and/or experience in ultra runs.

## THE DATES, DISTANCE, ROUTE

1. The competition takes place between 23<sup>th</sup> and 25<sup>th</sup> June 2023.
2. The competition starts on 23<sup>th</sup> June 2023 at 16:00 in **Slanicka Osada (Slovakia)**.
3. The route of the competition is as follows:
  - a. Swimming section of the length of 5000 metres in a straight line between the start and finish of the section, located in Namestovo. Distance will not be marked. 6x8m orange "Harda" banner will be used to navigate.
  - b. Bicycle section of the length of 240 kilometres and the elevation difference of about 3000 metres taking place in a loop surrounding the Polish and Slovak Tatra Mountains (start of the section: Namestovo - Chochołów - Poronin - Łysa Polana - Tatrzańska Łomnica - Liptowski Mikulasz - Zuberec - Chochołów – finish of the section: Chochołowska Valley).
  - c. Running section leading through the main ridge of the Tatra Mountains of the length of 55 kilometres and the elevation difference of about 5000 metres (start of the section: Chochołowska Valley - Wołowiec - Jarząbczy Wierch - Ornak - Hala Ornak mountain hut - Czerwone Wierchy - Kasprowy Wierch – Murowaniec mountain hut in Hala Gąsienicowa (Mountain hut in Sucha Woda Gąsienicowa Valley) - Krzyżne - Dolina Pięciu Stawów mountain hut (Mountain hut in the

Valley of Five Polish Lakes) - Świstówka – finish of the section and finish of the whole competition in Morskim Oku mountain hut (Mountain hut at Morskie Oko).

4. The bicycle section takes place mostly at night in open road traffic. The competitors and their support teams have to **absolutely observe the traffic rules and regulations** in Poland and in Slovakia. In the bicycle section no drafting is allowed. The distances between the competitors have to amount to minimum 10 metres except for the 30 second takeover period.
5. The running section takes place in marked tourist trails in the area of the Tatra National Park. The competitors and their support teams have to **absolutely observe the rules and regulations of tourist traffic concerning the tourist traffic in the whole area of the Tatra National Park:**
  - it is not allowed to go off the marked trail
  - it is not allowed to leave any rubbish
  - it is not allowed to scare the animals
  - it is not allowed to make any noise

Competitors who do not observe the regulations of Tatra National Park will be result in immediate disqualification of a competitor.

6. The following time limits apply in the route:
  - a. for finishing the swimming section – 23<sup>th</sup> June, at 18.30
  - b. for finishing the bicycle section – 24<sup>th</sup> June, at 8.00
  - c. Hala Ornak mountain hut – 24<sup>th</sup> June, at 15.00
  - d. Murowaniec mountain hut – 24<sup>h</sup> June, at 18.30
  - e. Pięć Stawów mountain hut - 24<sup>th</sup> June, at 20.30
  - f. Morskie Oko mountain hut – 24<sup>th</sup> June, at 22.00
7. Briefing will be on-line and will take place 19<sup>th</sup> June, at 19.00. Competitors will get the link to briefing website via email. Briefing is obligatory for both competitors and support.

## **OBLIGATORY EQUIPMENT**

The competitors are absolutely obliged to possess the following items during the competition:

1. In the swimming section:
  - a. A swim cap provided by the Organizer. You are allowed to have any second cap, e.g. a neoprene cap put under a cap provided by the Organizer,
  - b. Swimming goggles,
  - c. A full wetsuit with sleeves,
  - d. Swimming safety buoy,

e. It is prohibited to cover your feet or hands in any manner.

2. In the bicycle section:

- a. A race bicycle or a time trial bicycle (a race bicycle is a definitely better option). It is prohibited to start on any other type of a bicycle;
- b. A car support,
- c. Full and working bicycle lighting consisting of a white front lamp shining with a constant light and a red rear lamp shining with a flashing light,
- d. A bike helmet put on your head throughout the whole bicycle section,
- e. A high visibility vest put on top during the whole bicycle section – vest is obligatory, and can't be replaced by reflective elements on jersey.
- f. A turned on and charged mobile phone with roaming service switched on,
- g. A map of the competition route provided by the Organizer,
- h. A valid ID or passport,
- i. A starting number visible at your back throughout the whole bicycle section,
- j. An insurance NNW and insurance covering a rescue action in Slovakia, valid the whole period of the competition from 23 till 25 June 2023.

3. In the running section:

- a. A running rucksack or a belt pack
- b. A water container of a litre volume or more,
- c. A working headlamp with good batteries,
- d. A reusable cup for refreshing point,
- e. A first aid blanket of the minimum dimensions of 140x200cm,
- f. Extension bandage and a sterile dressing,
- g. A whistle,
- h. A cap or a headscarf,
- i. Full gloves with fingers,
- j. A waterproof jacket with long sleeves and a hood,
- k. A turned on and charged mobile phone with roaming service switched on,
- l. A map of the competition route provided by the Organizer,\
- m. A map of Tatra National Park with marked trails.
- n. A valid ID or passport,
- o. A starting number visible at your back throughout the whole bicycle section,
- p. An insurance NNW and insurance covering a rescue action in Slovakia, valid the whole period of the competition from 23 till 25 June 2023.

Lack of any of the obligatory equipment items result in immediate disqualification of a competitor.

## COMPETITION ORGANIZATION

1. Starter packs will be ready to collect on the day of the competition – 23 June 2023 from 8:00 to 14:00. Those who do not collect starter package within a period will not have the right to compete.
2. Competitor will have to present whole obligatory equipment and documents (id, insurance) during collection of starter package.
3. Swimming section will not be marked. 6x8m banner will be used to navigate.
4. Competitors are obligated to start with swimming safety buoy.
5. The swimming route is protected by lifeguards.
6. The bicycle route is not marked. The competitors are obliged to be familiar with the route and have a map provided by the Organizer.
7. It is prohibited to have any person from a competitor's support team riding a bike on the bicycle route.
8. On the bicycle route from Namestovo (start of bicycle route) to Łysa Polana it is forbidden to follow the competitor by support car. Teams which brake the rule will get warning. Disregarding the warning result in immediate disqualification of a competitor.
9. The Organizer's car is on the bicycle route and it controls the course of the competition.
10. The running route will not be marked. The competitors are obliged to be familiar with the route, have Tatra National Park map with marked trails and have a map provided by the Organizer.
11. In the running route there will be only one refreshment point and it will be located in Hala Ornak mountain hut. Apart from this place the nourishing of the competitors takes place with the help of their support teams.
12. Providing food and support to the competitors on the bicycle route has to take place in a manner, which does not hinder the movement of other competitors or other road users. The car of a support team has to be parked with its four wheels outside of the roadway. It is allowed to park only in places where parking is permitted. It is forbidden to provide food while the car is moving.
13. In case of a failure of a bicycle on the bicycle route it is allowed to have the support team help you in the repair. It is allowed to change a bike.

14. It is allowed to run on the running route with support, however, the support team must not help a competitor in carrying their obligatory equipment.
15. It is forbidden to shorten the route in any manner. In the running section it is absolutely forbidden to leave the marked tourist route.
16. The entry fee includes the entry ticket to the Tatra National Park for the competitor and 1 support person.
17. The Organizer provides medical support on the whole route of the competition, and also the protection provided by TOPR (Tatra Search and Rescue) on the running route, however in case of emergency competitors should call 112 for help
18. In case of exceeding the time limit of a given section, a competitor is obliged to stop the competition and return the starting number to a judge. It is forbidden to continue the competition on one's own.
19. In case of a withdrawal from the competition, the competitors are obliged to report this fact to the Organizer immediately, by calling to the phone number provided in the materials given before the start or to a person representing the Organizer in a control point.

## **ENTRY FEE**

1. The entry fee amounts to 1600 PLN payable to the Organizer's bank account on registering to the competition.
2. Entry fee for the competitors who took part in previous editions will be 1200 PLN (-25%).
3. The entry fee is non-returnable. If a competitor has to resign from the competition, it is possible to change the competitor with the Organizer's consent. In case of a resignation and a change of a competitor after 15<sup>th</sup> May 2023 it is not possible to change the size of the T-shirts.

## **PARTICIPATION CONDITIONS**

The right to start in the competition is granted to the persons, who:

1. Fill in the registration form and are on the starting list announced by the Organizer,
2. Have paid the entry fee in the full amount,
3. On the day of the competition are 18 years old and present a valid ID or a passport confirming their identity,

4. Sign a statement about starting in the competition of their own free will and at their own responsibility, being aware of the dangers resulting from the difficulty of the competition.

## **REGISTRATION**

1. Registration will be launched January 2, 2022, at 20.00 and will be open till January 15, 23.59.
2. The limit of participants is 50 people. In the case of exceeding the limit, organizer will draw the participants. The online lottery will take place 16th of January at 7:00 pm:
  - Organizer will distribute up to 8 slots without lottery.
  - Remaining slots will draw randomly.

## **FINAL PROVISIONS**

1. The Organizer has right to change the route, date or limit of participants due to decisions, permissions and agreements got from PL and SK offices.
2. The competition takes place regardless of the weather conditions, however due to the weather conditions the route might be modified and shortened.
3. The Organizer decides on the interpretation of the rules and regulations and all contentious issues.