

Regulation

5 and 10 km Race

Individual races with female and male rankings

General Information

Race Venue: Urban circuit in the center of Catania (Piazza Università)

Date and Time:

June 22, 2024, at 16:00

Prizes:

Medals for 1st, 2nd, and 3rd place. Awards will be given to the top three women and men in each category.

Technical Regulation

Meeting Point: Piazza Università

14:30 - Bib number collection

15:15 - Group warm-up

16:00 - Start

The top three women and men in each category will be awarded

17:30 - Award ceremony for the 5 km race followed by the award ceremony for the 10 km race.

Participants are divided into 5 age categories. The year of birth determines the age category (not the full birth date).

- **Category A:** 18-30 years (2006 – 1994)
- **Category B:** 31-40 years (1993 – 1984)
- **Category C:** 41-50 years (1983 – 1974)
- **Category D:** 51-60 years (1973 – 1964)
- **Category E:** Over 60 (born in 1963 or earlier)

The organization reserves the right to group certain categories based on the number of participants.

Final Provisions:

Each participant travels and participates in the Games at their own risk. The organization provides only first aid. It is mandatory to always carry a copy of your personal insurance policy.

Note: The organization reserves the right to modify and/or change the information contained in this program based on specific and unforeseen needs.