



2019 EDITION - REGULATIONS

1. The Maratona Clube de Portugal, with the support of Lusoponte and the Lisbon Metropolitan area, organizes on October 20th, the 7th edition of the “EDP Lisbon Marathon.
2. The race has the exact distance of 42.195 meters and starts at 8:00 am. The starting line is located at the Cascais Hippodrome and the finish line is located at the Praça do Comércio, in Lisbon. The course follows the Estrada Marginal along the Tagus River in the direction of Lisbon.
3. The route was scouted by an official AIMS delegate, in accordance with the international IAAF regulations, with data supplied by the event’s Technical Director.
4. The Organization stipulated the following ranks and in accordance with the regulations:

MEN	WOMAN	FROM	TO
M35	W35	35 years	39 years
M40	W40	40 years	44 years
M45	W45	45 years	49 years
M50	W50	50 years	54 years
M55	W55	55 years	59 years
M60	W60	+60 years	
M65	W65	+65 years	
M70	W70	+70 years	

5. The organization stipulates a time limit of 6 hours for the maximum duration of the race. All athletes still running after 14:30 will be required by the authorities to move to the sidewalk and allow the road traffic to resume.
6. All registered athletes will be entitled to a technical t-shirt, a BIB with number and chip and a goodies bag. At the end of the race all runners will receive a medal.
7. Athletes are required to wear a BIB with their registration number throughout the race. This bib has a built-in chip that ensures not only the ranking of the athlete, but also accurate timing throughout the various checkpoints placed by the organization to ensure fair play.

Electronic control areas are provided for accurate ranking. Any runner will be disqualified if:

- is not properly registered;
- does not wear the bib correctly;



- does not complete the route in its entirety
8. Official supplies will be served at least every 5 km, as well as at the finish line.
 9. Although the Organization has structured a careful medical assistance service, under the guidance of a respected team of experts, participants must be physically and psychologically prepared to participate in an endurance event as demanding as a Marathon.
 - 9a. FEMEDICA is the medical partner responsible for the Official Medical Service.
 10. It is recommended that athletes fill in their name, phone, and medical details on the back of their bib. This information may be important in case any health problems arise along the way.
 11. All participants are covered by personal accident insurance, with a capital for death or permanent disability up to EUR 28.000 EUR and medical treatment expenses up to EUR 4.000.
 12. Registration is done at the official race website.
 13. To pick up their goodies bag and race BIB, the participants must present a photo ID and a printout of their registration confirmation email.
 14. Anti-Doping Control – the 6 highest ranked male and female athletes are required to attend the anti-doping control in accordance with IAAF rules.
 15. Prizes – More informaton soon
 16. Any omissive occurrence of this regulation shall be resolved by the Technical Director of the evidence and according to the official regulations in force and opinions of the IAAF/AIMS.