



## 2019 EDITION - REGULATIONS

1. The Portugal Marathon Club, with headquarters in Francisco Sá Carneiro, AV. João de Freitas Branco, 10, 2760-073 Caxias, with the support of Lusoponte and Lisbon Metropolitan area, organizes on October 20th, the 20th edition of the “Luso Half Marathon”. This race is intended for all individuals who on the day of the event have completed 20 years of age.

2. The race will begin at 10:30 am, with the starting line on the Vasco da Gama bridge (towards North), next to the Portico No. 1. The finish line will be at the Praça do Comércio, in Lisbon.

2.1. There will be simultaneously a starting line located at the GALP Tower, exclusive for elite athletes and athletes that have the minimum time required by the Organization (less than 01:05, registered in the last 3 years in the Lisbon Half Marathon, the Luso Half Marathon, or some other reference Half Marathon). In the women’s bracket, the minimum time required will be 1:20, under the same conditions mentioned above.

2.2. All athletes who are not included in the previous paragraph, but who have a time less than 1:10 (registered in the last 3 years in the Lisbon Half Marathon or the Luso Half Marathon), can request that they are assigned a VIP BIB to start from the front of the Vasco da Gama bridge. This request must be made in writing and in advance;

3. The departure of elite athletes will be joining the route of the other athletes who depart from Vasco da Gama bridge, from km 3.

- a) For the purposes of paragraph 3 above are considered elite athletes and the athletes who have records within the stipulated in paragraph 2.1 and 2.2;
- b) To elite athletes will be assigned special or elite BIB;
- c) Notwithstanding subparagraphs (a) and (b), the organizer reserves the right to award special and/or VIP BIBs to elite guests.

4. Registrations will be made online in our official site. Entries for this race will be limited to 17.000 athletes;

4.1 The organization may extend the period of registration and increase the registrations prices;

5. The measurement of the course will be made by the delegate of AIMS and in accordance with the data provided by the Technical Director of the race;



6. There will be an adequate supply service at the km 3, 5.5, 7.5, 10.5, 14.5, 12.5, 18.5, as well as at the finish line. There are multiple control areas and corridors. Any athlete that fails any control, will be disqualified;

7. The Organization has a special medical assistance service, under the guidance of a team of experts, but is not responsible for any accident that may occur during this race;

7a. FEMEDICA is the medical partner responsible for the Official Medical Service.

8. The participants must follow the instructions of the Technical Director of the race and from the organization staff;

9. All the registered athletes are insured as stipulated by law, in accordance with articles 15 and 18 of Decree-Law No. 10/2009;

10. The race will start exactly at (time to be determined), and all the races will be broadcast live by RTP;

11. The following rankings will be considered:

<b>MEN</b>	<b>WOMEN</b>	<b>FROM</b>	<b>TO</b>
<b>Sen-M</b>	<b>Sen-F</b>	<b>19/10/1982</b>	
<b>M35</b>	<b>W35</b>	<b>19/10/1977</b>	<b>18/10/1982</b>
<b>M40</b>	<b>W40</b>	<b>19/10/1972</b>	<b>18/10/1977</b>
<b>M45</b>	<b>W45</b>	<b>19/10/1967</b>	<b>18/10/1972</b>
<b>M50</b>	<b>W50</b>	<b>19/10/1962</b>	<b>18/10/1967</b>
<b>M55</b>	<b>W55</b>	<b>12/03/1957</b>	<b>18/10/1962</b>
<b>M60</b>	<b>W60</b>	<b>03/10/1952</b>	<b>18/10/1957</b>
<b>M65</b>	<b>W65</b>	<b>03/10/1947</b>	<b>18/10/1952</b>
<b>M70</b>	<b>W70</b>		<b>18/10/194</b>

Note: the athletes ages are based on the day of the race date

12. The athletes will be supplied with a BIB that will give them access to the starting line of the race;

13. The top three of the male and female athletes are required to attend the anti-doping control according to I.A.A.F. standards;



14. 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.

15. All participants are accepting these regulations upon registration.