

4. IRR RETRO RUNNING WORLD CHAMPIONSHIP LLEIDA 2012

DATE:	August 25 th – 26 th 2012
ORGANIZATION:	Club d'Atletisme Esbufecs Mollerussa. La Paeria Lleida.
PLACE OF COMPETITION:	Athletics track- Parc Alcalde Pons Road Osca, 99km 25198 Lleida
VALUATION CLASSES:	YOUTH : years 18 and younger ADULTS : years 19 until 40 SENIORS : years 41 and older NEW! SENIORS B : years 50 and older (1.500m, 3.000m, 5.000m and 10.000m)
DISCIPLINES:	ADULTS – SENIORS : 100m, 200m, 400m, 800m, 1.500m, 3.000m, 5.000m, 10.000m, 4x100m and 4x400m. YOUTH : 100m, 200m, 400m, 4x100m and 4x400m
INFORMATION:	www.esbufecs.cat
REGISTRATION:	maneltete@gmail.com
REGISTRATION DEADLINE:	20 th August 2012 – Only possible if free capacities available, the prices is 40.00 Euro
ENTRY FEE:	29.00 Euro - for three disciplines and relay T-shirt (indicate size)
ENTRY YOUTH FEE:	15.00 Euro – for three disciplines and relay T-shirt (indicate size)
EQUIPMENT:	The participants are asked to start in their country colours if possible.
RULES:	The international rules and regulations of the IRR (International Retro Runner) are valid.
RESPONSIBILITY:	1- Each participant starts on his own responsibility of the competition, transfer, residence, and so on, throughout the competition. 2- No responsibility can be assumed. 3- The organization can use the photos and videos of all of the competition, as well as to use in media, press and web pages. Also leaflets, propaganda and so on. 4- Headgear is recommended. 5- All registered participant are agree to these rules.
ARRIVAL:	AIRPLANE : Airport El Prat, Barcelona. BOAT : Port of Barcelona TRAIN : Station Sants, Barcelona to Lleida CAR : Via A-2 to exit Lleida Expressway AP-II (toll road) exit in Lleida

NEW! To encourage the participation of athletes from more than 50 years, we have added a new and special category race of 1500m, 3000m, 5000m and 10000m. The other disciplines you have to compete with veterans from 41 years.
The qualifying race of 100m, 200m and 400m will be on Saturday morning.