



Open European Run-Archery Cup

Keila, Estonia 13.-15.07.2018

INVITATION

Dear Run-Archery athletes and guests,

We are pleased to welcome you to Keila, Estonia to participate in **1st leg of European 2018 Run- Archery Cup**. Competition will be held on **13.-15. July 2018** in Keila, Estonia. Please find detailed programme, competition rules, divisions as well as registration information below in this invitation.

Mid of July is the best time to visit northern Estonia. Besides competition excitement there are bright nights (when it's not going dark during the nighttime) waiting to be discovered and summer warm, that is warm enough to enjoy, but not too warm to mobilise yourself in the run-archery track. We hope to see you in Estonia! In all questions that do not get answer from this invitation and information booklet, please do not hesitate to contact organisers.

Registration information:

Please pre-register to this competition using online registration form bit.ly/runarchery

In case online registration for you is not possible then register via e-mail jaanus@zentop.ee.

Registration deadline: 01.07.2018

Participation fee while pre-registering:

45 € adults (seniors, masters);

35 € juniors.

Participation fee should be preferably transferred by 01/07/2018 to following recipient and bank account (Sagittarius archery club):

MTÜ Sagittarius

SEB Bank account EE681010220063252018, swift EEUHEE2X.

Please mention participant(s) name(s) in the comment field.

When bank transfer is not possible and you would like to pay on-site in cash, then please agree this beforehand with organizer.

Participation fee when registering after pre-registering deadline (including registration on-site before the competition)

55 € adults;

45 € juniors.

Contact person: Jaanus Gross, jaanus@zentop.ee, mobile phone +372 52 74 748



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SCHEDULE

Friday, 13. July

Day 1

During the day
16:00-19:00
19:00-20:00
20:30-21:00

Arrivals, accreditation
Official practice & Equipment Inspection
Team captain meeting
Ceremony

Saturday, 14. July

Day 2

08:30-09:45
09:45-10:00
10:05-10:40
10:45-11:00
11:00-11:45
11:45-12:30
12:30-12:45
12:45-13:15
13:15-13:30
13:30-14:00
14:00-14:30
14:30-14:50
14:50-15:10
15:10-15:30
15:30-15:50
16:15

SPRINT

Practice (every categories)
Practice & inspection Women categories
Qualifications Women (every 30 sec)
Practice & inspection Men categories
Qualifications Men (every 30 sec)
Practice (every categories)
Practice Women categories
Semi finals Women (2)
Practice Men categories
Semi finals Men (2)
Practice (every categories in final)
Final B Women (1)
Final B Men (1)
Final Women (1)
Final Men (1)
Award ceremony
Mixed RELAY RACE
Final Relay Mixed (1 or 2 rounds)
Award ceremony

16:45-17:15
17:45

Sunday, 15. July

Day 3

08:00-09:00
09:10-12:00
12:30

13:00-13:30
13:30-14:00
14:00-14:30
14:45

INDIVIDUAL RACE

Practice & Equipment inspection
Individual Race (by group)
Award Ceremony
RELAY RACE
Practice
Final Relay Women
Final Relay Men
Award ceremony

Monday, 16. July

Day 4

Official departure date

NOTE: This preliminary programme is subject to change according to the number of participants in each division and. All changes will be published and distributed to all participants in advance.

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DIVISIONS & DISTANCES

DIVISIONS

Division by gender
Division by ages

Men, Women
One category: Scratch
If he wants, the organizer can honored additionally categories:
Juniors under 21 years,
Masters + 49 years.

RUN-ARCHERY SPRINT

3 rounds (qualifications, semi finals and finals).
3 running laps (400 meters each).
2 shootings range (shooting positions: stand, kneel).
4 targets and 4 arrows per each shooting (+2 spare arrow)
In qualification round the best 20 are qualified to semi finals. the best 3 athletes of each heat are automatically qualified for the final.
The best 4 times non automatically qualified will complete the race too.
Athletes not qualified to the final will participate to a ranking race (final B).
heats of 10 competitors (depend on the number of participants).
For each miss: 60-meter penalty lap.
Spare arrows: 2 per shoot
Shooting distance: 18 meters.
Target: 16 cm (drop-down foam targets)

RUN-ARCHERY LONG DISTANCE

Athletes start in group of 10 (depend on the number of targets and the general ranking of european cup). 4 running laps (about 1000 m each lap).
3 shooting positions : stand-kneel-stand.
4 targets and 4 arrows per each shooting.
For each miss: 150-meter penalty lap.
Spare arrows: 0
Shooting distance: 18 meters.
Target: 16 cm (drop-down foam targets)

RUN-ARCHERY MIXTED RELAY

Every team: 1 woman + 1 man (all categories possible in one team).
For each athletes: 1 x 400 m of running. 1 shooting range. Shooting positions:
1st archer stand (woman), 2nd archer kneel (man)
The relay: area to pass the relay: 10 m
Spare arrows: 2 per archer
For each miss: 60-meter penalty lap.
Shooting distance: 18 meters
Target: 16 cm (drop-down foam targets)

RUN-ARCHERY RELAY

Every team: 3 persons (team by sex. All categories possible in one team).
For each athletes: 2 x 400 m of running. 1 shooting range.
Shooting positions : 1st archer kneel, 2nd archer stand, 3rd archer kneel.
The relay : area to pass the relay : 10m
Spare arrows: 2
for each miss : 60-meter penalty lap.
Shooting distance: 18 meters
Target: 16 cm (drop-down foam targets)



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COMPETITION RULES

RUN-ARCHERY SPRINT AND INDIVIDUAL

1. Equipment in accordance with international rules and run-archery rules are authorized (no stabilizer, no compounds)
2. The organizer will not be responsible for any damage while hit or miss system targets shooting of non-aluminum arrows. Bows under 35lbs are more preferable.
3. Bow and arrows are carried by competitors themselves. In some races (sprint, relay) Arrows will stand on the shooting line (plots). On the long distance Organizer can propose plots before the line of shooting to let the arrows. Archers Carry it before shooting.
4. Competition starts and finish with running lap
5. Shooting target is 16 cm in diameter and shooting distance is 18 meters
6. "HIT or MISS" shooting system is used (fall down target).
7. Shooting positions:
 - 7.1. Standing - competitors shall shoot from a standing position and without support, with both feet behind a marking of shooting line
 - 7.2. Kneeling - competitors shall shoot in the kneeling position, behind a marking of shooting line, shall place one knee on the ground and the chest should remain upright
8. Appeals are possible with 50 euros. If the appeal is receivable the money will be back.

RUN-ARCHERY RELAY

For relay used all the rules described above, except for the rules described in this paragraph.

1. All kinds of bow with one string and without cams can be used.
2. You have to touch your teammate in a special relay area (10 m) to pass the relay.

OTHER USEFUL INFORMATION

Exact competition field location can be found by this Google Map link: **Keila Jalgpalliväljak** (Football field), Keila Disc Golf Park) goo.gl/maps/HZvdR1pLiZv

NEAREST AIRPORT: Lennart Meri Tallinn Airport (approx 30 minutes drive, ca 40 km).

TRANSPORT: please inform your arrival and departure schedules in advance, so we can organise pick up or inform best possible transport way. Transportation costs are not included in participation fee. Approximate taxi cost from airport to Keila is 25 eur (4 persons). Tram+train is also possible option.

ACCOMMODATION SUGGESTIONS

Hostel in Keila – available for 25 quickest who reserve this option via organisers. No breakfast included, but shops nearby and in the evening dinner options available in Keila. Walking distance to start place. 25 €/person night fee, twin rooms.

For nature gurmans we recommend **Hestia Hotel Laulasmaa Spa** (20 km from Keila, near the Baltic sea, sand beach, spa and getaway from cities). Best place to enjoy bright nights in forest trails, go midnight swimming in sea and witness midnight sunset.

Who wishes to **stay in Tallinn** and use option to visit medieval old town or enjoy nightlife, then there are plenty of hotels available in Tallinn. If still no suitable place cannot be found due to full booked dates or not suitable pricing then please ask organisers and we have some options to check from others sources.