



Dear athletes, dear coaches, dear volunteers,
now we know. The event on Sunday can take place!

Please note the following:

Due to the uncertain planning and the approval by the authorities, which was received only at very short notice, it was no longer possible to order sufficient tests.

The following applies from now on:

Athletes and attendants who arrive on Friday or Saturday and stay overnight in the hotel, must submit a negative test (PCR or rapid test) not older than 48 hours upon arrival.

All athletes and support staff arriving directly to the race on Sunday must also present a negative test at the event.

**The local testing station will only test staff and judges.
The testing station will be open from: 6:45-7:45 a.m.**

Accompanying persons:

Access to the start/finish, as well as the warm-up areas is for coaches only. The registration of the coaches with name, club and e-mail address has to be done until 05. March 2021 at the latest to: christophkopp@web.de

The timely pre-registration by mail is mandatory for ALL coaches. Even if this has already been reported once in advance....

Upon presentation of a negative test, they will receive their accreditation.

Additional accompanying persons will not be granted access to these areas and can position themselves at the track at an appropriate distance. We ask to keep this group of persons as small as somehow necessary. They will not receive accreditation.

Registration Fee:

The registration fee of € 30,00 must be transferred to the following account **until 15 March 2021**. Please indicate the following as payment reference:

Registration fee 10K invitational + athlete's name

LAC Olympia `88 Berlin e.V.
IBAN: DE92 1004 0000 0525 4685 00
BIC: COBADEFFXXX
Commerzbank Berlin

Hygiene and organisational regulations



Date: Sunday 7 March 2021

Start area: Parking lot „Waldhotel am See“, Schmöckwitzer Damm 1G,
12527 Berlin

Start/Finish: Schmöckwitzer Damm / about 300 m from the hotel parking lot

Face Masks: It is mandatory to wear a mouth and nose-covering mask in all event areas.
Sufficient medical masks will be provided for all participants if required.

Athletes are exempted from wearing the mask during the preparation, the race and post-competition.

Please avoid handshaking, hugging or other greeting gestures.

A distance of at least 1.5 m between persons/groups should be maintained at all times (with the exception of the race for athletes).

Disinfection: Sufficient disinfectant stations are available in the event area.

No waiting times: To avoid waiting times all participants are requested to come to the start number distribution only at the permitted time slots.

Delivery of Start number:	Race 1	7:30 – 7:45 a.m.
	Race 2	8:15 – 8:45 a.m.
	Race 3	9:15 – 9:45 a.m.

Starting time:	Race 1:	8:35 a.m. Men B sub 31:20
		8:37 a.m. Women B sub 37:00
	Race 2:	9:35 a.m. Men A sub 30:00
		9:37 a.m. Women C sub 40:00
	Race 3:	10:35 a.m. Women A sub 34:00
		10:40 a.m. Men C sub 32:30

Max. 25 participants per start + 20 additional persons (staff, judges).

Masks are always mandatory. The finish area has to be cleared immediately after the race to avoid disturbance of further starts. No changing rooms and no toilets on the course only are available for athletes and staff in the hotel. There will be no general refreshments for participants and helpers.

Coaches and accompanying persons can watch the races along the course, only in small numbers by following the hygiene regime.

Warm-Up: For warming up, appropriate warm-up areas are created. Only the athletes have access to these areas. It is not possible to warm-up on the course.

Mixed-Zone: 15 minutes before the respective start, the athletes will meet in the mixed zone in front of the hotel where they will be guided to the start.

Starting line up: In compliance with the safety distance of 1.5 m

Start line-ups and field allocation are according to the expected finish time to minimize overtaking. Organizer's instructions for distance keeping during the race must be respected.

