

THE "BALTIC MINI" VIRTUAL TRIATHLON RULES

1. Introduction

The Baltic Mini is a race according to your rules. It takes place where you used to train, at a time convenient for you, when you are ready for a new adventure in your life.

Baltic Mini is a new virtual triathlon format.

Four competitive seasons are waiting for you,

Winter from 12/25/2023 to 03/25/2024

Spring from 03/26/2024 to 06/25/2024

Summer from 06/26/2024 to 09/25/2024

Autumn from 09/26/2024 to 12/25/2024

Throughout four seasons, participants take part in an exciting virtual triathlon. The results are recorded through the Strava application and entered into the overall ranking that determines the best among the best triathletes in the World.

The Baltic Mini Virtual Triathlon aims to

- identify the strongest triathletes in the World;
- attract the population of the planet Earth to regular triathlon classes;
- popularize cyclic sports;
- popularize physical culture and sports among the population of the planet Earth;
- promote a healthy lifestyle;
- develop and strength sports ties between countries and cities.

2. Participants

2.1. Everyone who has reached the age of 18 on the date of registration can participate in the Baltic Mini competition. You can participate in the Baltic Mini an unlimited number of times.

2.2. The Participant guarantees that:

- participation in the Event is voluntary;
- he is in good physical shape and his health condition allows him to participate in the Event;
- the venue chosen by him meets all safety requirements;
- he implements the Event with suitable equipment;
- the information provided by them is reliable;

3. Distances and Disciplines

3.1. To complete each of the distances, the participant creates conditions for himself. A swimming pool is required for the swimming stage, a stationary exercise bike is required for the bike ride, and the running stage can be completed both on the track and on the street. Participants adhere to the generally accepted rules for passing disciplines in triathlon and duathlon.

3.2. The "MINI" "LIGHT" "RELAY" formats begin with a swimming stage, then a cycling stage and end with a running stage.

3.3. The **DUATHLON** format starts with a running stage, then a cycling stage and ends with a running stage.

3.4. Participation formats:

"LIGHT"

Swimming: The participant must swim 2 km in the pool using any type of swimming without using auxiliary equipment such as flippers or paddles.

Cycling race: after completing the swim, the participant will have to ride an exercise bike for 30 km, using the Zwift application, along the Watopia virtual track "Watopia's Waistband" for 1 lap.

Running: the last stage is to run 10 km without stopping, using a track or choosing a route on the street, depending on the participant's preferences.

"MINI"

Swimming: The participant must swim 5 km in the pool using any type of swimming without using auxiliary equipment such as flippers or paddles.

Bicycle race: after completing the swim, the participant will have to ride a stationary bike for 100 km, using the Zwift application, along the virtual track "The Big Ring" for 2 laps.

Running: the last stage is to run 30 km without stopping, using a track or choosing a route on the street, depending on the participant's preferences.

"RELAY RACE"

Swimming: The participant must swim 5 km in the pool using any type of swimming without using auxiliary equipment such as flippers or paddles.

Bicycle race: after completing the swim, the participant will have to ride a stationary bike for 100 km, using the Zwift application, along the virtual track "The Big Ring" for 2 laps.

Running: the last stage is to run 30 km without stopping, using a track or choosing a route on the street, depending on the participant's preferences.

"DUATHLON"

Running: the first stage is to run 1 km without stopping, using a track or choosing a route on the street, depending on the preferences of the participant.

Bicycle race: after completing the swim, the participant will have to ride an exercise bike for 5 km, using the Zwift application, along the virtual track "Volcano Circuit" for 1 lap.

Running: the last stage is to run 2km without stopping, using a track or choosing a route on the street, depending on the participant's preferences.

3.5. You cannot use any mechanical means to improve your results. We are for a fair fight without doping.

4. Registration and Participation Rules

Participant's Registration:

4.1. Participants who have reached the age of 18 at the time of registration are allowed to participate in the Event

4.2. The Participant registers for the Event by entering his data in the registration form on the Website and confirming his e-mail address in his Personal Account.

4.3. To gain access to the Personal Account, the Participant must complete the registration procedure on the Website.

4.4. The Participant indicates reliable data in his Personal Account: last name, first name, e-mail and postal addresses, telephone number, etc.

4.5. The Participant chooses the participation option on the Website independently and sends the application to the Organizer by filling in the appropriate registration fields on the Website.

4.6. After sending the application, the Participant pays the cost of participation in the Event.

4.7. The Event description page contains information about the Event date, and the length of the distance, just like other information that the Organizer deems necessary.

4.8. After registration, the participant has 30 calendar days to start the distance.

4.9. The Participant must realize the selected distance and send a Report to the Organizer's e-mail no later than 72 hours after the Event starts.

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- 4.11. The Participant must realize the selected distance and send a Report to the Organizer's e-mail no later than 72 hours after the Event starts.
- 4.12. The Report format and fixation methods are available on the Website on the Internet at https://balticmini.ru/src/Public/doc/oferta_mini.docx
- 4.13. The report is not accepted if according to the file:
- the participant shortened the distance;
 - the participant participated in an Event that he did not pay for;
 - the participant used an unacceptable method of transportation;
 - the participant used an improvised means of transportation.
- 4.14. After receiving and processing the Report by the Organizer, the final result is entered into the rating table and published on the Website on the Internet at: https://balticmini.ru/src/Public/doc/oferta_mini.docx
- 4.15. The Participant has the right to make adjustments to the Report by sending requests to the Organizer by e-mail.
- 4.16. The final results are considered approved on the 3rd day after the end of the Event.
- 4.17. If the Participant has not submitted the Report after the specified period, the Organizer publishes its data without specifying the result.
- 4.18. Services are considered rendered from the moment of publication of the final results of the Event.

5. Cost of Services and Payment Procedure

- 5.1. The cost of providing Services under the Agreement depends on the selected participation option. Prices are listed on the Website. The cost of Services is not subject to VAT.
- 5.2. Participation cannot be paid later than the Event date.
- 5.3. The Organizer has the right to change the cost of services unilaterally. At the same time, the cost of the paid Event is not subject to change.
- 5.4. Payment for Services is possible in the following ways:
- using payment systems;
 - using electronic means of payment.
 - using bank cards of the Visa, MasterCard or MIR payment systems;
- 5.5. In addition to the registration fee, the Participant has the right to pay for additional services or goods from among those offered by the Organizer, simultaneously with the payment of the registration fee and separately.
- 5.6. All settlements under the Agreement are made in Russian rubles by transferring funds to the Organizer's current account.
- 5.7. Payment obligations are considered to be
- fulfilled from the moment the funds are credited to the Organizer's current account;
 - unfulfilled if the Organizer has made a refund at the request of the payment organization. In this case, the Organizer has the right to refuse to provide Services to the Participant from the moment of refund.

6. Refund of funds

- 6.1. In case of refusal of the Participant from the Service no later than before the event starts but no more than 30 days from the date of payment, the Organizer
- returns funds;
 - counts towards another Event at the request of the Participant.
- 6.2. If the Participant refuses the Service during the Event, which he has not started, the Organizer
- returns the funds minus the expenses incurred for the Event organization;
 - counts towards another Event at the Participant's request.

6.3. The refund may be refused

- if the Participant has started the Event but has not fulfilled its requirements to the end;
- if the Services were purchased at a reduced price, at the Organizer's special offer;
- the refund request was received after the Event was completed.

The refund is performed based on a written application from the Participant. When applying for a refund, the Participant must identify himself as a party to the Agreement by sending an application from the Participant's e-mail address specified in his Personal Account just like providing the documents required for his identification and documents confirming the fact of making payments. The application must contain the bank details for the refund and the Participant's signature.

The refund is made within 45 (forty-five) calendar days after the Participant provides all the information and documents specified in the Contract.

The Organizer does not control the hardware and software complex of payment systems and is not responsible for their errors. In case of non-transfer of funds to the Organizer's account due to an error, the obligation to refund funds to the Participant lies with the electronic payment system provider.

7. The Participant Guarantees

- 7.1. Participation in the Event is voluntary;
- 7.2. He is in good physical shape and his health condition allows him to participate in the Event;
- 7.3. The venue chosen by him meets all safety requirements;
- 7.4. He implements the Event with suitable equipment;
- 7.5. The information provided by them is reliable.

8. The Organizer's Guarantees

- 8.1. It has requested the consent of the Participants whose data it adds to the Website;
- 8.2. It will comply with the requirements of the Privacy Policy ([https://balticmini.ru/src/Public/doc/Положение about personal data данных.docx](https://balticmini.ru/src/Public/doc/Положение%20об%20личных%20данных.docx)) and the Federal Law No. 152-FZ "On Personal Data" dated July 27, 2006.

9. Content

- 9.1. The exclusive rights to all objects posted on the Website, including databases, design elements, texts, graphics, illustrations, photographs, other objects and any Content, belong to the Organizer and other copyright holders.
- 9.2. The Participant is not entitled to use the Content in whole or in parts without the prior permission of the copyright holder, except in cases where the copyright holder has explicitly expressed his consent to the free use of the Content by any person while links to the author and the publication source must be indicated.

10. Equipment Requirements

- 10.1. To participate in the swimming stage, you need a swimming pool.
- 10.2. For the cycling stage, a smart cycling machine with a bicycle mounted on it is available in the ZWIFT application.
- 10.3. A treadmill will be required for the running stage (you can also run outside).
- 10.4. Technical requirements for participation in the virtual triathlon: availability of a stable Internet connection and a device for tracking results.

11. Calculating Time Method

11.1. The result is recorded by any convenient device capable of recording the result. The main thing is that it is worth synchronizing to Strava. The result is accepted by one track and not made up of several ones.

11.2. You can participate in Baltic Mini an unlimited number of times. The rating shows the best time. The final rating time is calculated by adding up the distance passing time. Swimming time + cycling stage time + running stage time.

12. Winners' Results and Awarding Publication

12.1. After completing each distance, the participant enters his result into his personal account on the website and attaches a link from the Strava application. After uploading and processing, the result is entered into the rating table, and the Participant can meet with his rating place based on the overall race result. In the personal account, the Participant can check his final result and download an electronic certificate with his result.

12.2. Within 45 days from the results publication date, the Organizer will send the Participant the postal address specified in the Personal Account, depending on the selected participation option:

- Memorable gifts only in case of payment for some participation option, which implies their dispatch, just like in case of meeting the Event requirements. The cost of participation includes shipping across the Russian Federation. The shipping cost to another country is paid by the Participant additionally.

- The organizer sends Memorable gifts to the address available in the Personal Account on the date of publication of the final results of the Event. The Organizer provides a tracking number for tracking the shipment.

- In case of shipment return to the Organizer due to its non-receipt by the Participant, the re-shipment is made only after the Participant pays the shipping costs based on the Organizer's account.

- The participant can pick up memorable gifts independently from the office at the address: 199178, St. Petersburg, Vasilyevsky MO, Line 5th V.O., 70A Office 202. In case of pickup, it is necessary to coordinate the time with the Organizer.

12.3. After the season end, the top 10 athletes are awarded with memorable gifts.

12.4. At the year end, awards are held in the top 50.

13. Conclusion

Thank you for participating in the Baltic Mini Virtual Triathlon. You can send questions, requests, and suggestions by email: info@msacademy.ru

Applications

Link to Strava – <https://www.strava.com/>

Link to ZWIFT – <https://www.zwift.com/eu>

Link to the offer – https://balticmini.ru/src/Public/doc/oferta_mini.docx

Link to the rating – <https://balticmini.ru/#rating>