

Day	Hours	Event
Friday, August 19th	12:00 – 19.00	Registration of participants, distribution of participation kits
Saturday August 20th	8:00 – 9:00	Registration of participants, distribution of participation kits
	10:30	Start in Mentor Silva Cup – 7 Legs Mixed Relay
Sunday August 21st	11:00	Start in Mentor Silva Cup – Middle Distance WRE
	14:00	Prize Giving Ceremony for Relay and MD

▲ **7 Legs Mixed Relay**

Relay teams are formed by 7 athletes from different classes, belonging either to the same club, or to other clubs. Each athlete will run in his own class within the relay. Every relay must include **at least 3 female** athletes. Every team will align 7 relay athletes, running **in the order and in the classes** mentioned below:

Relay leg	Category	Equivalent
1	Kids1	M/W 12 (runners aged 12 or younger)
2	Masters 2	M/W 55 (runners aged 55 or older)
3	Kids 2	M/W 16 (runners aged 16 or younger)
4	Juniors	M/W 20 (runners aged 20 or younger)
5	Masters 1	M/W 45 – 50 (age between 45 – 54 years)
6	Elite 2	M/W 35 – 40 (age between 35 – 44 years)
7	Elite 1	M/W21 (runners of any age)

▲ **WRE Middle Distance**

The classes for the second race – Mentor Silva Cup Middle Distance are: MW12, MW14, MW16, MW18, MW20, MW21E, MW35, MW40, MW45, MW50, MW55, MW60, MW65, MW70, MW75, MW80, Open, Open Family.

▲ **Terrain and maps**

Beautiful deciduous and mixed forest, runnable, moderately hilly, with intricate contour details. New areas mapped in spring 2022.

▲ **PRIZES**

Relay

1st place – **2500 Eur** + entry fee paid for the future edition of Mentor Silva Cup individual race for Kids 1, Kids 2 and Juniors.

2nd – **1500 Eur** + entry fee paid for the future edition of Mentor Silva Cup individual race for Kids 1 and Kids 2.

3rd – **1000 Eur** + entry fee paid for the future edition of Mentor Silva Cup individual race for Kids 1.

Middle Distance

Diplomas and medals for the first 3 places at all categories.