

FOR AMATEUR PARTICIPANTS

1. Participants age

- 5km, 10km distance: No age-limit. Participants under 16 need to be supervised by guardians who have signed the exemption clause provided by the organizers.
- Half marathon and marathon distances: Participants must be 16 or above (born in 2007 or earlier).

2. Participants

Vietnamese and foreigner is eligible for participating provided all conditions about age, health and rules are followed. Participants belong to these following categories will not be able to participate in amateur league:

- Professionals athletes belong to official teams from cities, states or groups, who have been competing for said teams in 2022 and in official tournaments within the national competition system like: Mountain climbing Championship Ba Ra, Youth National Championships, National Championship, HCM city international open.
- Professionals athletes belong to official teams from cities, states or groups and/or achieved type I or Grandmaster in 2020, 2021 or 2022.
- Professionals athletes belong to the National Athletics Team in 2020, 2021, 2022 and 2023

3. Consideration

3.1 Competition consideration: Individual contests in 8 categories for both man and woman: 5km, 10km, half marathon and marathon.

3.2 Age group: half marathon and marathon is divided into 3 age groups (*based on year of birth*)

- + From 16 to 34 years old
- + From 35 to 44 years old
- + From 45 years old and older

Note

- *The cut of time for marathon is 7 hours 00 minutes (time is counted from the beginning of the marathon, any athlete who exceeds this COT will not have*

his/her achievement counted, the organizers also will not be responsible for any participants after the COT). The OC will inform COT specifying for each distance. All water stops, medical assistance as well as services on the track will stop functioning after the time limit.

4. Prizes and gifts

4.1 Tien Phong dailynews will give out:

- Finisher medal for participants completing their course within COT.
- Finisher medal for participants who comes up first, second and third for half marathon and marathon based on age groups.
- Prize money for participants achieving first, second and third place in all distances, based on age groups, as well as tokens from the organizers and sponsors, if any.
- Prizes for the oldest male and female athlete who finish the marathon within COT

4.2 Vietnam Athletics Federation

- Medals for participants achieving first, second and third place in each category and age group.
- Award Grandmaster and Type I title for Vietnamese participants finishing half marathon and marathon according to Vietnam Athletics official standards (for qualified distances)

5. Registration

- Participants can register individually or with a group on <https://tienphongmarathon.vn>.
- Fill out the exemption form and submit it to the organizers on racekit pickup day.
- Submit all fees on time. Fees will not be refunded under any circumstances.
- Registration deadline is 23h59 on February 20th 2023. The organizers accept changes in registered information, the deadline for such changes is 23h on February 20th 2023. Participant must pay the difference fee when change to a longer distance, also fees will not be refunded when changing to a shorter distance.

6. BIB clecting process

- BIB collecting time (subject to change): From 9h00 to 18h30 Friday 24/3/2023 and 14h00 to 18h30 Saturday, 25/3/2022
- BIB collecting place: Lai Chau square, Lai Chau City, Lai Chau province.
- BIB claim procedure: Participants show Identity card or Passport, registering confirmation and the original exemption form (with signature per the rules) in order to receive BIB and other items. In case of receiving BIB for another person, the proxy must have a photocopy of the athlete's Identity card or passport, registering confirmation, authorization letter and the original exemption form.