

Celtic Warrior 2019 - Regulations:

- 9+k, 15+k and 30+k are qualifying events for the OCR European Championships in Poland. Top 10 m/f are qualifying for OCR EC Elite Heat, Top 15 m/f for Age Group (subject to the 50% regulation of the OCR EC organizer)
- The start takes place in waves. There is Elitemode for ALL participants – that means all obstacles must be overcome. No skipping or passing by allowed.
- There are a lot of obstacles but only a few are hard to come by. For example monkeybars.....Monkeybar obstacles must be tried. If you fail, there will be penalty obstacles like crawling under barbed wire or going into the freezing lake. Marshalls will DSQ cheaters.
- Skipping water obstacles is also a reason of DSQ. There will be helpers and rescue divers to support.
- It is allowed and desired to help each other at obstacles. Especially at 3m walls. Climbing aids will be available at the wall obstacles.
- Participants of Ultra Warrior 50+ distance have priority at all obstacles and may overtake other runners. Ultra Warriors are marked with a colored scarf/buff.
- The BIB number must be worn visibly. (BIB or with a marker on the skin)
- It is forbidden to leave the marked route.
- Shoes with spikes are forbidden. Wearing costumes and drinking alcohol during the race is not allowed.
- Warm clothes are recommended.
- There are lots of drinking stations on the route.
- If you cancel during the 9k or 15k distance you DNF (did not finish).
- If you cancel during the 30k distance in the 2nd round, you appear in the 15k rating as „finisher“ without ranking but with the 15k finisher medal.
- In the team ranking you get automatically when 5 participants with the same team name reach the finish line. (Exception 30k: Best 3 participants)
- Final finish time for all participants is 18:00 (6:00 p.m).