

# Registration Notice of 2024 Nanjing Laoshan Mountain Trail Running

## 1. Event Category, Time, and Start & Finish:

Event Date & Time:

Event Category	Date & Time	Cut-off Time	Max Participants
5KM	May 19, 2024 (Sunday) 8:30-10:30	2 hours	800
17KM	May 19, 2024 (Sunday) 8:30-14:30	6 hours	850
50KM	May 18, 2024 (Saturday) 4:00-18:00	14 hours	1200
100KM	May 18, 2024 (Saturday) 4:00- May 19, 2024 (Sunday) 8:00	28 hours	150

Race Start and Finish: Xiangshan Lake Park Lawn Square, Nanjing City


## 2. Registration Schedule

### 2.1 Registration Channels

2.1.1 Event Official Website: [njlsyys.xempower.cn](http://njlsyys.xempower.cn)

2.1.2 "Xempower 赛事助手" WeChat Mini Program



 微信扫一扫，使用小程序

### 2.2 Registration Process

Login → Select "2024 Nanjing Laoshan Mountain Trail Running" → Read the

Participation Declaration, Competition Regulations and Registration Notice → Register now → Add the information of the registrant → Payment and registration → Registration deadline → Draw → Announcement of draw results → Successful registration/ Fee refund for the unselected.

### 3. Registration Time

3.1 Registration Period: April 18, at 10:00 a.m.-May 6, at 12:00 a.m.

3.2 Announcement of Draw Results Time: May 9, 2024

### 4. Registration Fees

Event Category	Date & Time	Registration Fee
5KM	May 19, 2024 (Sunday)	100 HKD/person
17KM	May 19, 2024 (Sunday)	325 HKD/person
50KM	May 18, 2024 (Saturday)	750 HKD/person
100KM	May 18, 2024 (Saturday)- May 19, 2024 (Sunday)	1400 HKD/person

### 5. Registration Requirements

#### 5.1 5KM Race

5.1.1 Participants must be at least 6 years old and not exceed 65 years old by May 18, 2024.

5.1.2 The following individuals with medical conditions are not suitable to participate in this race: patients with congenital heart disease and rheumatic heart disease; patients with hypertension and cerebrovascular diseases; patients with myocarditis and other heart diseases; patients with coronary artery disease and severe arrhythmia; patients with diabetes; and individuals with other conditions that are not suitable for physical activities.

5.1.3 Participants under the age of 16 need to be accompanied by a guardian (the guardian needs to register for 5KM trail running at the same time)

#### 5.2 17KM Race

5.2.1 Participants must be at least 18 years old and not exceed 60 years old by May 18, 2024.

5.2.2 The following individuals with medical conditions are not suitable to participate in this race: patients with congenital heart disease and rheumatic heart disease; patients with hypertension and cerebrovascular diseases; patients with myocarditis and other heart diseases; patients with coronary artery disease and severe arrhythmia; patients with diabetes; and individuals with other conditions that are not suitable for physical activities.

5.2.3 Experience requirements: One of the following conditions must be met:

A. Provide a certificate of completion for a cross country running of 10 kilometers or more within the past two years.

B. Provide a certificate of completion for a half marathon or longer race within the past two years.

### 5.3 50KM Race

5.3.1 Participants must be at least 18 years old and not exceed 60 years old by May 18, 2024.

5.3.2 The following individuals with medical conditions are not suitable to participate in this race: patients with congenital heart disease and rheumatic heart disease; patients with hypertension and cerebrovascular diseases; patients with myocarditis and other heart diseases; patients with coronary artery disease and severe arrhythmia; patients with diabetes; and individuals with other conditions that are not suitable for physical activities.

5.3.3 Experience requirements: One of the following conditions must be met:

A. Provide a certificate of completion for a cross country running of 30 kilometers or more within the past two years.

B. Provide a certificate of completion for at least one full marathon and ensure the completion time is within 5 hours or less within the past two years.

### 5.4 100KM Race

5.4.1 Participants must be at least 18 years old and not exceed 60 years old by May 18, 2024.

5.4.2 The following individuals with medical conditions are not suitable to participate in this race: patients with congenital heart disease and rheumatic heart

disease; patients with hypertension and cerebrovascular diseases; patients with myocarditis and other heart diseases; patients with coronary artery disease and severe arrhythmia; patients with diabetes; and individuals with other conditions that are not suitable for physical activities.

5.4.3 Experience requirements: One of the following conditions must be met:

A. Provide a certificate of completion for a cross country running of 50 kilometers or more within the past two years.

B. Provide certificates of completion for two full marathons and ensure the completion time is within 5 hours or less within the past two years.

## 6. Important Instructions

6.1 Participants are required to provide accurate personal information during registration. The organizing committee will verify the authenticity of the registration information. If any false information is found, the participant's qualification for the 2024 Nanjing Laoshan Mountain Trail Running will be revoked.

6.2 The registration information for all the categories of 5KM, 17KM, 50KM, and 100KM will be manually reviewed. If the review is not approved, the registration fee will be refunded within 15 working days after the registration period ends.

6.3 Participants under the age of 16 need to be accompanied by a guardian (the guardian needs to register for 5KM trail running at the same time)

6.3 Registered participants are not allowed to transfer their race slots in any form.

6.4 Participants who obtain race qualifications through improper means (including but not limited to transfer, theft, or resale of race slots) or use race bibs from previous events will bear all consequences that occur during the race. Once verified by the organizing committee, such violators will receive a lifetime ban from the Nanjing Laoshan Trail Race. In cases where the violation is severe or causes significant negative impact, the organizing committee will report to the relevant authorities to pursue legal responsibilities.

6.5 To protect the rights of event sponsors, any form of commercial promotional materials, including but not limited to flags, banners, balloons, models, etc., are strictly prohibited throughout the entire race course, except for those designated by the organizing committee. Violators will have their items confiscated and their

participation qualifications revoked.

6.6 In the event of force majeure leading to rescheduling or cancellation of the race, the organizing committee will provide further notice.

## 7. Organizing Committee Contact Information

7.1 Phone: +8618705141804

Working hours: 9:00-11:30, 13:30-17:30 (except Saturdays, Sundays, and public holidays)

7.2 Email: [matt.moroz@skmn.ch](mailto:matt.moroz@skmn.ch)

7.3 Official website: [njlsyys.xempower.cn](http://njlsyys.xempower.cn)

8. The final interpretation of these regulations belongs to the organizing committee of the event. Any matters not covered will be notified separately.