



**Open European**  
**Run-Archery Cup**  
**Keila, Estonia**  
**13-15/07/2018**

**Dear Run-Archery athletes and guests,**

We are pleased to welcome you to Keila, Estonia to participate in 1st leg of European 2018 Run- Archery Cup. Competition will be held on 13.-15. July 2018 in Keila, Estonia.

Please find detailed programme, competition rules, divisions as well as registration information below in this invitation.

Mid of July is the best time to visit northern Estonia. Besides competition excitement there are bright nights (when it's not going dark during the nighttime) waiting to be discovered and summer warm, that is warm enough to enjoy, but not too warm to mobilise yourself in the run-archery track.

We hope to see you in Estonia! In all questions that do not get answer form this invitation and information booklet, please do not hesitate to contact organisers.

Registration information:

Please pre-register to this competition using online registration form <http://www.vibuinfo.ee/tulemused/portaal/voistlused/RA1/registration.php>

In case online registration for you is not possible then register via e-mail [jaanus@zentop.ee](mailto:jaanus@zentop.ee).

Registration deadline: 01/07/2018

Participation fee while pre-registering: 45€ adults (seniors, masters); 35€ juniors.

Participation fee should be preferably transferred by 01/07/2018 to following recipient and bank account (Sagittarius archery club): MTÜ Sagittarius ; SEB Bank account: EE681010220063252018 ; swift EEUHEE2X. Please mention participant(s) name(s) in the comment field.

When bank transfer is not possible and you would like to pay on-site in cash, then please agree this beforehand with organizer.

Participation fee when registering after pre-registering deadline (including registration on-site before the competition) : 55€ adults ; 45€ juniors.

Registration contact: [jaanus@zentop.ee](mailto:jaanus@zentop.ee)

Contact person : Jaanus Gross ; mobile phone +372 52 74 748

**European Run-Archery Cup 2018,  
13 Jul - 15 Jul – Keila (EST)**

Friday 13 July Day 1	During the day 16 :00-19 :00 19 :00-20 :00 20 :30-21 :00	Arrivals, accreditation Official practice & Equipment Inspection <b>Team captain meeting</b> <b>Ceremony</b>
Saturday 14 July Day 2	08 :30-09 :00 09 :00-09 :20 09 :30-10 :00 10 :00-10 :30 10 :30-10 :40 10 :45-11 :15 11 :20-11 :50 12 :30-12 :50 13 :00-13 :20 13 :30-13 :50 13 :55-14 :15  16 :15-16 :45 17 :00-17 :45 18 :00-18 :30	<b>SPRINT</b> Practice & Equipment inspection Women <b>Qualifications Women (every 30sec)</b> Practice & Equipment inspection Men <b>Qualifications Men (every 30sec)</b> <b>3 ends of practice</b> <b>Semi finals Women (2)</b> <b>Semi finals Men (2)</b> <b>Final B Women (1)</b> <b>Final B Men (1)</b> <b>Final Women (1)</b> <b>Final Men (1)</b> Award ceremony  <b>RELAY RACE</b> <b>Final Relay Women (1)</b> <b>Final Relay Men (1)</b> Award ceremony
Sunday 15 July	08 :00-09 :00 09 :10-11 :45  12 : 30-13 :00 13 : 00-14 :30 15 : 00	<b>INDIVIDUAL RACE</b> Practice & Equipment inspection <b>Individual Race (by group)</b>  <b>Mixed RELAY RACE</b> Practice <b>Mixed Relay (1 or 2)</b> Award ceremony
Monday 16 July		Official departure date

**NOTE:**

This preliminary programme is subject to change according to the number of participants in each division and. All changes will be published and distributed to all participants in advance

**DIVISIONS**

Division by gender – Men, Women.  
Division by ages – Masters, Seniors, Juniors  
**Juniors** up to 18 years (included)  
**Seniors** 19 + years  
**Masters** 50+ years

### **RUN-ARCHERY SPRINT**

3 rounds (qualifications, semi finals and finals).  
3 running laps (400 meters each).  
2 shootings range (shooting positions : stand, kneel).  
4 targets and 4 arrows per each shooting (+1 spare arrow).  
In qualification round the best 20 are qualified to semi finals.  
the best 3 athletes of each heat are automatically qualified for the final. The best 4 times non automatically qualified will complete the race too.  
Athletes not qualified to the final will participate to a ranking race (final B).  
heats of 10 competitors (depend on the number of participants).  
For each miss : 40meter penalty lap.  
Spare arrows : 2 per shoot  
Shooting distance : 18 meters.  
Target : 16 cm (Drop-down foam targets).

### **RUN-ARCHERY INDIVIDUAL**

Athletes start in group of 10 (depend of the general ranking of european cup). 4 running laps (10000m each lap).  
3 shooting positions : stand-kneel-stand.  
4 targets and 4 arrows per each shooting.  
For each miss : 80-meter penalty lap.  
Spare arrows : 0  
Shooting distance : 18 meters.  
Target : 16 cm (Drop-down foam targets).

### **RUN-ARCHERY MIXTED RELAY**

Every team : 1 woman 1 man (all categories possible in one team).  
For each athletes : 2x400m of running.  
Shooting range. Shooting positions : 1st archer Stand, 2<sup>nd</sup> archer Kneel  
The realy : are to pass the relay : 10m  
Spare arrows : 2  
For each miss : 60-meter penalty lap.  
Shooting distance : 18meters  
Target :16cm (drop-down foam targets)

### **RUN-ARCHERY RELAY**

Every team : 3 persons (team by sex. All categories possible in one team).  
For each athletes: 2x400m of running. 1 shooting range. Shooting positions : 1st archer Kneel, 2<sup>nd</sup> archer Stand, 3rd archer Kneel.  
The relay : area to pass the relay : 10m  
Spare arrows : 2  
for each miss : 60-meter penalty lap.  
Shooting distance : 18 meters  
Target : 16 cm (Drop-down foam targets)

## COMPETITION RULES

### RUN-ARCHERY SPRINT AND INDIVIDUAL

- 1) Equipment in accordance with international rules and run-archery rules are authorized (no stabilizer, no compounds)
- 2) The organizer will not be responsible for any damage while hit or miss system targets shooting of non-aluminum arrows. Bows under 35lbs are more preferable.
- 3) Bow and arrows are carried by competitors themselves. Carrying a bow only in the hand. Carrying an arrows the any combinations of carrying – in a hand or on a back using arrow harness or can be mounted on the bow riser. In some races (sprint, relay) Arrows will stand on the shooting lign.
- 4) Competition starts and finish with running lap
- 5) Shooting target is 16 cm in diameter and shooting distance is 18 meters
- 6) “HIT or MISS” shooting system is used
- 7) Shooting positions:
  - 7.1) Standing – competitors shall shoot from a standing position and without support, with both feet behind a marking of shooting line
  - 7.2) Kneeling - competitors shall shoot in the kneeling position, behind a marking of shooting line, shall place one knee on the ground and the chest should remain upright
- 8) Appeals are possible with 50euros. If the appeal is receivable the money will be back.

### RUN-ARCHERY RELAY

For relay used all the rules described above, except for the rules described in this paragraph.

- 1) All kinds of bow with one string and without cams can be used.
- 2) You have to touch one hand of your teammate in a special relay area (10m) to pass the relay

### Other useful information:

Exact competition field location can be found by this Google Map link (Keila Jalgpalliväljak (Football field), Keila Disc Golf Park)

<https://goo.gl/maps/HZvdR1pLiZv>

Nearest airport: Lennart Meri Tallinn Airport (approx 30 minutes drive ; 40 km)

Transport : please inform your arrival and departure schedules in advance, so we can organise pick up or inform best possible transport way. Transportation costs are not included in participation fee. Approximate taxi cost from airport to Keila is 25 eur (4 persons). Tram+train is also possible option.

Accommodation suggestions:

Hostel in Keila – available for 25 quickest who reserve this option via organisers. No breakfast included, but shops nearby and in the evening dinner options available in Keila. Walking distance to start place. 25 €/person night fee, twin rooms.

For nature gurmans we recommend Hestia Hotel Laulasmaa Spa (20 km from Keila, near the Baltic sea, sand beach, spa and getaway from cities). Best place to enjoy bright nights in forest trails, go midnight swimming in sea and witness midnight sunset.

Who wishes to stay in Tallinn and use option to visit medieval old town or enjoy nightlife, then there are plenty of hotels available in Tallinn. (If still no suitable place cannot be found due to full booked dates or not suitable pricing then please ask organisers and we have some options to check from others sources).