



Μορφωτικός Εδρομικός Αθλητικός Σύλλογος
ΤΡΙΤΩΝ Θεσσαλονίκης



15th INTERNATIONAL MARATHON "Alexander the Great" -bwin

(21-11-2021)

9th INTERNATIONAL THESSALONIKI NIGHT HALF MARATHON - ZeniΘ

(21-11-2021)

HEALTH PROTOCOL FOR THE ORGANISATION OF EVENTS

The 15th International Marathon "Alexander the Great" - bwin will be held on Sunday 21 November 2021 on the route Pella - Thessaloniki, which connects the ancient and modern capital of Macedonia as well as the 10,000m and 5,000m Health and Power Walking Races.

On the same day with the Int'l Marathon "Alexander the Great" – bwin, the 9th International Thessaloniki Night Half Marathon - ZeniΘ will take place in parallel with the Health and Power Walking Races of 10,000m and 5,000m.

The two events were not held in 2020 due to State's health measures to limit the spread of COVID-19 and were postponed to 2021 on the above dates. The already registered runners retained their right to participate. Both events will be held according to the Sanitary and Health Event Protocols as approved by the Health Scientific Committee of the General Secretariat for Sports.

The below protocol includes all the rules of conduct, health protection measures and procedures to be followed during both events. To the extent deemed necessary and as country's constant evaluation of COVID-19 situation in the following period and until the conduct of the Events, the present practice will be updated according to the instructions and recommendations of the scientists and associates of the SEGAS (Hellenic Association of Amateur Athletics), based on the epidemiological data and the recommendations of the Health Scientific Committee of the General Secretariat for Sports.

EVENT DETAILS

The two events are regular members of the AIMS (Association of International Marathons and Distance Races). They are organized by MEAS TRITON with the institutional cooperation of the Municipality of Thessaloniki and the Region of Central Macedonia, under the auspices of which they bear. They are also under the auspices of the Hellenic National Commission for UNESCO, the Ministry of Interior (Macedonia - Thrace), the Ministry of Culture and Sports and the General Secretariat for Sports, the Ministry of Tourism, the Hellenic Tourism Organization, the Ministry of National Defence and the Hellenic Olympic Committee. At the same time, they are held with the kind support of the Thessaloniki Tourism Organization, the SEGAS Federation and are also supported by the Municipalities of Ampelokipoi-Menemeni, Pella,

Chalkidona, Delta, Kordelio-Evosmos, Kalamaria, as well as by a number of Institutional Bodies, Support Bodies and Voluntary Bodies, as shown on their official websites thesshalfmarathon.org, www.atgm.gr, alexanderthegreatmarathon.org.

ELIGIBILITY FOR REGISTRATION AND PARTICIPATION

Runners who are fully vaccinated against COVID 19 and who have a certificate of disease up to 15 days before the receipt of their runner's pack from the Registration Centre and meet the eligibility requirements as indicated in the detailed instructions of the General Secretariat for Sports, prior to the date of the events, are eligible to register and participate in the events.

GENERAL RULES FOR PARTICIPATION

A. 9th INTERNATIONAL THESSALONIKI NIGHT HALF MARATHON - ZeniΘ (21-11-2021)

- Half Marathon Race, time 18:30, Starting Point: Nikis Avenue at the height of Eleftherias Square
- 10km Race, time 17:30, Starting Point: Nikis Avenue at the height of the White Tower
- 5km Race, time 20:15, Starting point: Thessaloniki City Hall
- Finish of all Races: Statue of Alexander the Great (Nikis Av.)
- The runners of the Half Marathon Race will be distributed in starting blocks observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on Nikis Avenue, with dimensions of 10.50 m wide and 150 m long.
- The runners of each 10km Race will be distributed in starting blocks, observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on Nikis Avenue with dimensions of 10.50 m wide and 150 m long.
- The runners of each 5km Race will be distributed in starting blocks, observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on Vasileos Georgiou Street (Thessaloniki City Hall), with dimensions, 10.50 m wide and 150 m long.

B. 15th INTERNATIONAL MARATHON "Alexander the Great" -bwin (21-11-2021)

- Marathon Race, Pella - Thessaloniki, time 08:00, Starting point: Pella, Statue of Alexander the Great
- 10km Race, time 09:00, Starting Point: Municipal Stadium of Ampelokipoi
- 5km Race, time 12:00, Starting point: Thessaloniki City Hall

- Finish of all Races: Statue of Alexander the Great, Thessaloniki
- The runners of the Marathon Race will be distributed in starting blocks observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on the central square of Pella and the adjacent streets, with dimensions of 9m wide and 170m long.
- The runners of each 10km Race will be distributed in starting blocks, observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on 28th Oktovriou Street and Dendropotamou Avenue with dimensions of 10.50m wide and 150m long.
- The runners of each 5km Race will be distributed in starting blocks, observing the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. The layout of the blocks is defined on Vasileos Georgiou Street (Thessaloniki City Hall), with dimensions, width 10.50m and length 150m.

TRANSPORTATION

The transportation of participating runners, volunteers, employees, judges and general staff for the two events both before and after the races will be carried out in accordance with the Health Protocol of the National Public Health Organization regarding the transportation in November 2021. In cases where vehicles of the event are used, the use of a double mask for drivers, escorts and all passengers is compulsory.

REGISTRATION CENTRE

All participants in both events are invited to the Registration Centre to receive their BIB number and runner's pack. The Registration Centre will be hosted at TIF-HELEXPO in an open and closed space.

REGISTRATION CENTRE OPENING HOURS

In order to better serve all the registered runners, the Registration Centre will be open in accordance with the following regulations:

A. FOR THE 9TH INTL' THESSALONIKI NIGHT HALF MARATHON - Zeni@

Five-day service, from Monday 15-11-21 to Saturday 20-11-21 (10:00-19:00) **except Wednesday 17.11.21**

B. FOR THE 15TH INTL' MARATHON "ALEXANDER THE GREAT" - bwin

Five-day service, from Monday 15-11-21 to Saturday 20-11-21 (10:00-19:00) **except Wednesday 17.11.21**

In detail:

- **Monday - Tuesday** (2 days): The first two days only group registrations (from companies, organizations, associations, institutions, gyms, etc) will be served. Pick up stations will be set up every 5m.

- **Thursday - Saturday** (3 days): Pick up service for individual participants.

✓ Participants are invited to come to pick up their BIB number and runner's pack on specific days, based on the race in which they take part in.

→ Thursday - Friday the 5km and 10km Race participants will be served.

Runner's turnout during these two days will be based on the bib number. Runners will be informed in advance about their exact turnout time so that there is a proper dispersal of the total number of attendees to be served in the two days.

→ Friday & Saturday the Marathon and the Halfmarathon Race participants will be served.

Runner's turnout during these two days will be based on the bib number. Runners will be informed in advance about their exact turnout time so that there is a proper dispersal of the total number of attendees to be served in the two days.

✓ The runner's package and promo material will be distributed by proper pickup service stations. The stations will be at least 2m apart right and left and at least 6m when they are opposite to each other.

✓ In front of each station there will be stickers on the ground that will indicate the waiting spots for those waiting to be served. These stickers will be placed at a distance of 2m between them.

✓ 60 participants can be present on site at a time. It is estimated that the service time of each participant-visitor while indoors will range from 5' to 15'.

The Registration Centre will be staffed by 20 people and additional volunteer staff of 30 people at any time. This number can be lower or higher depending on the daily needs per day and time.

Participating runners will be informed in advance by email about the procedure that needs to be followed from the moment they enter the venue. Protective masks need to be worn while at the Registration Centre.

At the entrance of the Registration Centre, staff will monitor the flow of visitors and should the maximum number of visitors inside the Centre is exceeded temporarily, visitors will not be allowed to enter the premises.

Furthermore, at Registration's Centre lobby, the staff will check those who meet the conditions for participation, as stated in the clarifying instructions of the General Secretariat for Sports in November 2021.

HYGIENE RULES

Volunteers, paid staff and collaborators who are present in the Registration Centre will wear a protective mask and will have their hands frequently disinfected with antiseptic liquid for the whole duration of their presence in the premises.

Antiseptic will be available at each pick up and service station for volunteers, employees, staff, partners, as well as for participating runners and visitors.

The Registration Centre area will be cleaned at regular intervals during the day as well as at the end of each day. The disinfection - cleaning of the premises and equipment will be carried out in accordance with the National Public Health Organization's instructions for cleaning - disinfection of non-sanitary premises:

<https://eody.gov.gr/odigies-gia-ton-perivallontiko-katharismo-mi-ygeionomikon-monadon-poy-echoyn-ektethei-ston-io-sars-cov-2/>

A specific enclosed area will be located at a distance from the other areas accessible by the general public, which will be used in the event of a suspected outbreak among volunteers, employees, partners or between participating runners and visitors is identified.

There will be medical staff in the area who will be responsible for the operation of the above isolation area. The use of a double mask is strongly recommended in the closed isolated area of a suspicious case.

For case management in participants, technical or voluntary staff, follow the instructions of the National Public Health Organization for the general population: <https://eody.gov.gr/wp-content/uploads/2020/11/COVID19-lixikarantinas-apomonosis.pdf>

SIGNALING

In all areas of the Registration Centre (inside and outside) there will be signs reminding visitors of the hygiene rules that must be followed, as well as the need to comply with the rules of physical distance (2m). General event instructions will also be displayed.

Moreover, information material will be sent by email to everyone related to the events, with the rules of operation of the Registration Centre, but also with the rules that runners must follow on the day of the Race, while racing and upon their finish.

ON THE DAY OF THE RACE

◆BEFORE STARTING

A. 9th INTERNATIONAL THESSALONIKI NIGHT HALF MARATHON - ZeniO

A1. Half Marathon Race. Start Time: 18:30 – Race Completion Time: 21:30

Arrival of participants at the starting points

- 50% of the participants will be invited to come to the start of the race from 17:30 to 17:45 from Nikis Avenue.
- The second 50% of the participants will be invited to arrive at the starting point from 17:45 to 18:00 from Salaminos and Kountouriotou Streets.
- The delivery of the runners' personal items (in special plastic bags that the event will make available to all participants) will take place in two different places based on the time of arrival of the runners at the starting point and the starting block in which they have been placed. Specifically, runners who have an arrival time from 17:30 to 17:45 will be able to leave their personal items in the special area designated near the Starting Point of the Half Marathon Race. Respectively, the runners who have an arrival time from 17:45 to 18:00 will be able to leave their clothes in the special area that will be located in Aristotelous Square.

A2. 10km Race. Start Time: 17:30 - Race Completion Time: 19:30

Arrival of participants at the starting points

- 50% of the participants will be invited to come to the start of the race from 16:30 to 16:45 approaching from the side of the White Tower.
- The second 50% of the participants will be invited to come to the starting area from 16:45 to 17:00 from the side of Aristotelous Square.
- The delivery of the participants' personal items (in special plastic bags that the event will make available to all participants) will take place in two different places located in the area of Konstantinos Karamanlis statue based on the arrival time of the runners of the starting point and the block (starting position) in which they are placed.

A3. 5km Race. Start Time: 20:15 - Race Completion Time: 21:45

Arrival of participants at the starting points

- 50% of the participants will be invited to come to the start of the race from 19:15 to 19:30 moving from the TIF side.
- The second 50% of the participants will be invited to come to the starting point from 19:30 to 19:45 on the side of Vasilissis Olgas Street.
- The delivery of the clothes of the participants (in special plastic bags that the event will make available to all participants) will take place in two different places located in the area of the City Hall based on the arrival time of the runners at the starting point and the block (starting position) in which they are placed.

B. 15th INTERNATIONAL MARATHON "ALEXANDER THE GREAT" -bwin

B1. Marathon Race. Start Time: 08:00 - Race Completion Time: 14:00

The transportation of the participating runners at the starting point in Pella will take place by bus in accordance with the Health Protocol of the National Public Health Organization regarding transportation and will be valid in November 2021.

- 50% of the participants will be invited to come to the starting area from 07:00 to 07:15.
- The second 50% of participants will be invited to arrive at the starting area from 07:15 to 07:30.
- The delivery of the runner's personal items (in special plastic bags that the event will make available to all participants) will take place in two different places based on the time of arrival of the runners at the starting point and the starting block in which they have been placed.

B2. 10km Race. Start Time: 09:00 - Race Completion Time: 11:00

Arrival of participants at the starting points

- 50% of the participants will be invited to come to the starting point from 08:00 to 08:15 approaching from the side of 28th Oktovriou Street.
- The second 50% of the participants will be invited to come to the starting point from 08:15 to 08:30 from the side of Dendropotamou Avenue.
- The delivery of the participants' clothes (in special plastic bags that will be available to all participants) will take place in two different places based on the time of arrival of the runners at the starting point and the starting block in which they have been placed. Specifically, runners who have an arrival time from 08:00 to 08:15 will be able to leave their clothes in the special area designated near the Starting Point. Respectively, runners who have an arrival time from 08:15 to 08:30 will be able to leave their clothes in the special area located at the end of the last starting block.

B3. 5km Race. Start Time: 12:00 - Race Completion Time: 13:30

Arrival of participants at the starting points

- 50% of the participants will be invited to come to the starting point from 11:15 to 11:30 moving from the TIF (Thessaloniki International Fair) side.
- The second 50% of the participants will be invited to arrive at the starting point from 11:30 to 11:45 from the side of Vasilissis Olgas Street.
- The delivery of the personal items of the participants (in special plastic bags that the event will make available to all participants) will take place in two different places located in the area of the City Hall based on the arrival time of the runners at the starting point and the block (starting position) in which they are placed.

General Arrival Regulations before the Start

- Arrival instructions will be communicated to participants in detail via printed and by email. The main concern is the encouragement and instruction for the use of all the possible ways that will enable the approach to the starting area on foot, in order to

achieve the separation - dispersion of the runners' turnout, thus avoiding overcrowded situations.

- Recommendation to all participating runners to wear a protective mask from their arrival at the race area until the Race start, i.e., until they take a position on the special fixed positions on the road. Waste bins will be provided to dispose the protective masks in designated areas at the starting blocks.
- It is recommended for runners who wish to warm up individually (running, flexibility exercises, etc.) in the areas behind the start, to avoid running in groups and at areas where social distancing cannot be applied.
- Runners are advised not to bring accompanying spectators with them upon arrival and generally during their stay on the race grounds.

◇ **POSITION AT THE START - START PROCEDURE**

- The runners of all the Races of the two events will be distributed in different blocks, each of which will have an area of about 1,500sqm and will include around 500 persons.
- Each block will have a length of about 150m in order to allow runners to follow the rule of physical distance 1.5m - 2m between them, in horizontal and vertical direction. It is noted that the width of each block is 10.5m.

Note: Only the blocks of the starts of the Marathon Race in Pella will have a dimension of 170m and 9m wide.

- When the runners enter the starting block, as well as the next block, they will be placed - based on the rule of 1.5m-2m physical distance - in specific rows of 7 people each (6 people for the start of the Marathon Race in Pella). In the start block there will be a clear instruction for the (mandatory) start / stop position of each runner.
- Runners will enter the area of the safe place block, in which they have been placed according to the following schedule:

1st group blocks: 15' before the start time

2nd group blocks: 15' after the start time

- The participants in each block and in each row are determined in advance by name by the timing system and have a personally identified chip on their BIB number, so that on the one hand they maintain their specific spot in the starting block, their course at the start, during the race (via the electronic control and timing points) and at the finish is checked.
- Having earlier mandatory position - waiting position for the start, the runners start successively maintaining the pre-existing distances between them in each direction. The runners will start in 5-6 rows (about 50 participants).
- It should be noted that the runners are distributed in the starting blocks (without the possibility of arbitrary change) based on their performance, thus ensuring a

uniform movement rate for those belonging to a specific starting block, resulting in the least possible runners overtaking throughout the race and the smallest possible close contact with other runners, in addition to those around.

- The distance from the end of the 1st to the beginning of the 2nd starting block is set at 8-10m.
- From block to block the start time delay can extend up to 10'. To the time required to evacuate the starting block, it is added a) the time required to place the runners of the next block in the mandatory individual waiting position / stop for the next start and b) an additional time of 3-4'.
- For a distance of at least 200m. - 300m. after the start, there will be adequate information provided in order to indicate to the runners the path to follow and the distances that should be observed.

DURING THE RACE & AFTER RACE FINISH

◆ Race Procedure - Finish and After Finish

- During the race it is recommended the runners to run as further apart from others as possible and to adapt to the following:
 - ✓ Runners running side by side are safe only when a safe distance of 2m is maintained between the runners.
 - ✓ Running runners in a stepped formation (one in front and the other rear right or left) is safe only when an imaginary lateral distance between the runners of 2m is observed.
 - ✓ Runners in groups with distances between the shorter ones mentioned above should be avoided.
- Runners should run wearing a jersey, which in no case should be removed before, during or after the finish until they collect their personal items with their clothing etc.
- The race schedule and the partial start of the runners' blocks are done in such a way as to make the gathering of the runners completely manageable and controlled, both during the race and at the finish.
- The Award Ceremonies to the first three winners of the race will be held in full compliance with the rules of physical distance and limitation of contacts and with the presence of only the participating winners.
- After the finish, the runners receive the bottled water, soft drink and / or isotonic drink from the special supply stations. At the same time, they receive the finish medal. The volunteers who staff the specific supply stations and medals supervise the distribution of the products and the medal to the runners, placing them on a table from where the runner receives them themselves, without direct physical contact with the volunteer.
- Finally, the runners head to the specified locations to pick up their personal items/bag they handed upon the race start.

- Runners are asked to disinfect their hands with an antiseptic solution that will be provided to them in this area.
- Then, the participants leave for their place of residence according to the instructions of the National Public Health Organization on transportation.
- Those spectators and accompanying persons present in the space will be present exclusively outside the railings that have been placed to the right and left of the Race area. With continuous announcements through loudspeakers but also with the encouragement of the volunteers and the staff of the event, a recommendation will be made to the spectators to observe the physical distances and the rules of the event.
- The transportation of participating runners, volunteers, employees, judges, collaborators for the purposes of the event both before and after the race will be carried out in accordance with the Health Protocol of the National Public Health Organization regarding the transportation and will be valid in November 2021. In cases where vehicles of the events are used, the use of a double mask is mandatory.

RACE SUPPORT - HUMAN RESOURCES

All the employees, volunteers, judges, associates who will be employed on the day of the race will be fully trained and educated regarding the procedures and regulations of the event.

All human resources involved in supporting the events will be fully vaccinated against COVID 19 or will have a certificate of infection or will have undergone: a 48-hour PCR molecular test or rapid test within 24 hours before the race and before each procedure (Registration Centre).

Employees, volunteers, judges, collaborators will wear a protective mask. Gloves will be worn by the volunteers of the water supply stations during the whole period of their involvement. The protective mask will be changed regularly, according to the instructions of the National Public Health Organization.

Bins for the disposal of masks and gloves will be available at all sites.

There will be strict entry control in the events' support areas on the race day and always by presenting the relevant credentials. The number of people allowed in these areas will be proportional to the square metres of the area and are subject to a physical distance of 2m.

Between the support areas of the events and within the medical zone, a special isolation area will be provided in case of a suspected case (one or more) either among the participating runners or among the volunteers, employees, judges and collaborators of the events. The use of a double mask is strictly recommended in the enclosed suspect isolation area.

In case of a suspected incident in participants, technical or volunteer staff, the instructions of the National Public Health Organization for the general population will be followed:

<https://eody.gov.gr/wp-content/uploads/2020/11/COVID19-lix-karantinas-apomonosis.pdf>

Support areas will be cleaned at regular intervals throughout the day of the race, and will be preceded by extensive disinfection before their use. The disinfection - cleaning of the premises and the equipment will be done according to the instructions of the National Public Health Organization for the cleaning and disinfection of non-sanitary areas:

<https://eody.gov.gr/odigies-gia-ton-perivallontiko-katharismo-mi-ygeionomikon-monadon-poy-echoyn-ektethei-ston-io-sars-cov-2/>

INFORMING PARTICIPANTS

The total number of registered runners in the two events will be fully informed about all aspects, the regulations and the procedures that will be followed. Runners will be informed by:

- Electronic Communication (personalized and general) at regular intervals, which will be more frequent as we approach the day of the race.
- Special Signalling both in the premises of the Registration Centre and on the days of the Races at the various points of the race course and public areas.
- Continuous Audio Announcements during the day of the Races which will be a constant reminder of the instructions, recommendations and regulations of both the Organizing Committee and the National Public Health Organization and the Health Scientific Committee of the General Secretariat for Sports.

