

General rules and current regulations regarding COVID-19 in Austria must be strictly followed. Avoid any kind of crowds and leave the competition area after your run immediately. Please only come to the competitions when you feel healthy!

Start: NO START without passing the Covid-19 Checkpoint!

1.Step: Go to the Covid-19 Checkpoint and get your green ribbon after showing your "3-G-Evidence" (tested, vaccinated or recovered).

2.Step: One representative of your club goes to the Competition centre and get your start number(s)

3.Step: Go to Start!

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"3-G-Evidence":

-Tested: PCR-test valid 72h, Antigen-test valid 48h,

-Vaccinated: since the 22<sup>nd</sup> day after the first vaccination (where as 1<sup>st</sup> vaccination was within last 90 days or if vaccine with only one required dose was used in the last 270 days), since the 2<sup>nd</sup>vaccination (whereas the 1<sup>st</sup> vaccination was within the last 270 days)