

Call for Entries - NRW Uni-Laufcup digital 2021

Due to the COVID-19 pandemic, all runs of the NRW Uni-Laufcup unfortunately have to be cancelled again this year. In order to offer all interested runners an alternative, the university sports facilities from Aachen, Dortmund, Cologne, and Münster are once again organizing a digital running series after the successful premiere last year. The runs are not bound to a specific location and can be completed by participants alone anywhere in nature. Only the running distance and time periods of the runs are specified. Participation in individual runs of the digital NRW Uni-Laufcup is independent of the cup ranking and therefore also possible.

Runs of the NRW Uni-Laufcup digital

Distance	Period	Organizer
10 km	June 7 to June 13, 2021	University sports of TU Dortmund University
10 km	June 14 to June 20, 2021	University sports of the University of Cologne
7.5 km	June 21 to June 27, 2021	University sports Münster
5.555 km	July 5 to July 11, 2021	University Sports Center of RWTH Aachen University

Registration / Transmission of Individual Running Results

For each run a separate registration via an individual link is necessary. However, there is also the possibility to register bundled for all four runs. After the completed run, the personal results per run must be transmitted within the specified time period. The link to record the result will be sent in a separate email directly after the registration.

The participation per run costs 3 euros. Registration for all four runs costs a discounted 10 euros.

Package registration:

[Registration](#) for all 4 runs

Single registration:

Registration 10 km	June 7 to June 13, 2021
Registration 10 km	June 14 to June 20, 2021
Registration 7,5 km	June 21 to June 27, 2021
Registration 5,555 km	July 5 to July 11, 2021

Time and Distance Measurement

Both the time measurement and the recording of the running distance are the responsibility of the participants. Smartphones with any running apps or GPS watches can be used for individual recording. The time and running distance recording must be documented by a screenshot. The screenshot must show the running distance, the

running time, and the running date. The screenshot must be provided when submitting personal running results.

Participants

Participation is open to all interested persons. Participation in individual runs is also possible. The number of participants is unlimited. Participants who have completed the entire series of runs will receive a certificate by email. Participants with university affiliation automatically take part in the traditional special ranking of the NRW Uni-Laufcup.

Results

The results of the individual runs as well as intermediate and final results of the entire running series will be published on the homepage of all organizers after the end of the period. In the result lists, a distinction is made between male, female and diverse participants. There will be no further subdivision according to age groups.

Scoring

For every single run there will be a ranking of all participants as well as a ranking divided into diverse, male, and female participants.

In a special ranking the most successful university teams of the individual runs will be announced. The scoring modalities of the stage rankings correspond to the traditional [NRW Uni-Laufcup](#). Participants with university affiliation are automatically considered for this ranking. The allocation of the participants to the university teams is done according to university locations.

All participants who have taken part in all four runs will be considered for the overall ranking of the running series. The basis for this is the total time added from all runs. The results will be divided into diverse, male, and female participants.

There will be an overall ranking of the university teams for the running series. The scoring modalities of the overall ranking correspond to the traditional [NRW Uni-Laufcup](#). The three best university teams will be announced and receive a prize. The evaluation is based on all added participation from all runs.

Run	Categories
10 km	total, male, female, diverse, university team
10 km	total, male, female, diverse, university team
7.5 km	total, male, female, diverse, university team
5.555 km	total, male, female, diverse, university team
Running Series NRW Uni-Laufcup	total, male, female, diverse, university team

Prizes

In addition to the respective stage winners of the individual four runs and the best three teams of the overall ranking, the fastest participating runners who have completed all four runs will also be awarded prizes.

Code of Conduct

The official COVID 19 pandemic regulations in force at the time of the runs must be complied with unconditionally by all participants. All participants undertake to achieve their running times fairly and without the use of advantage-providing aids or other manipulations. A difference in altitude of more than 20m downhill per kilometer will result in the cancellation of the result.

Sports Health

With the registration every participant confirms their sports health. A medical examination by the University Sports Center will not take place. We recommend an active training preparation to all participants.

Cancellation

Cancellations and rebookings are not possible.

Insurance Coverage

Participation in events is not covered by insurance as is the case with other participation in university sports programs. Therefore, we strongly recommend that you have your own insurance coverage.

Preparation

We recommend all runners to take care of an active training preparation as well as sufficient hydration, not to overexert themselves physically at high temperatures and to warm up sufficiently before the start.

Organizers

- [University sports of TU Dortmund University](#)
- [University sports of the University of Cologne](#)
- [University sports Münster](#)
- [University Sports Center of RWTH Aachen University](#)