

## NATIONAL MILO® MARATHON RULES & REGULATIONS v. 40

1. The 40th National MILO® Marathon is organized by RUNRIO, INC. with local partners in all regional qualifying races nationwide.
2. Interested participants are required to pay a non-refundable entry fee plus one (1) MILO® 300g empty pack alongside the accomplished and signed official registration form.

### Entry fees for Provincial Races:

21-K Half Marathon Qualifying Race	- P 750.00
10-K Run	- P 650.00
3-K/5-K Fun Run (Adults)	- P 150.00
3-K/5K Fun Run (Students)	- P 100.00

### Entry fees for Metro Manila Races:

42.195-K Qualifying Race	- P 850.00
21-K Half Marathon Race	- P 750.00
10-K Run	- P 650.00
3-K/5-K Fun Run (Adults)	- P 150.00
3-K/5K Fun Run (Students)	- P 100.00

*\*P10 from the registration fee will be donated to the "HELP GIVE SHOES" advocacy.*

NOTE: REGISTRATION IS ON A FIRST-COME FIRST-SERVED BASIS. PARTICIPANTS SHOULD WEAR THEIR MILO® MARATHON SINGLETS & RACE NUMBERS DURING THE RACE OR THEY WILL NOT BE ALLOWED TO RUN.

3. Participants must be 18 years and above, born in the year 1998, to participate in the Full Marathon (42.195-K) and Half Marathon (21-K). Each will have to secure an official 'Fit-To-Run' medical certificate signed by a licensed physician within 2 months before race day.
4. Participants must be 16 years and above, born in the year 2000, to participate in the 10-K race.
5. Participants must be 7 years and above on the race day to participate in the 3-K & 5-K Fun Run.

For the 3-K category, there will be a kiddie run competition exclusive for participants aged 7 to 12 years old, born within the years 2004 to 2009. They are required to submit a photocopy of their NSO birth certificate or current school ID.

For the 5-K category, the competition is open to everyone aged 7 years old and above.

6. 10-K, 5-K, & 3-K participants below the age of 18 must seek their parental/guardian consent and fill up the entry form where the parent/guardian is required to sign.

7. Schedule of races is as follows:

Race	City	Date	Organizer
1	Dagupan	17-Jul	Tes Bernardino
2	Tarlac	24-Jul	Arnold Rodriguez
3	Metro Manila	31-Jul	Rio Dela Cruz
4	Batangas	7-Aug	Glecy Clet
5	Lucena	14-Aug	Osmond Ng
6	Naga	28-Aug	Francis Barja
7	Tagbilaran	18-Sep	Dionesio Balite
9	Cebu	25-Sep	Ricky Ballesteros
8	Dumaguete	2-Oct	Paul Paras
10	Davao	9-Oct	Kenneth Sai
11	Gen San	16-Oct	Dong Gonzales
12	Cagayan De Oro	23-Oct	Francis Velasquez
13	Butuan	30-Oct	Ben Dacera
14	Iloilo	4-Dec	Jojo Castro

8. Only local participants (Filipinos and foreigners with working visa) can join and win in the 42.195-K and 21-K qualifying races. Overseas participants may join and compete in the 42.195-K and 21-K National Finals for as long as they fulfill the requirements (see item # 24).

9. Start time per category is as follows:

42K (Manila & Nat'l Finals only)	3:00 AM
21K	4:30 AM
10K	5:00 AM
3K	5:30 AM
5K	5:35 AM

10. Participants may claim their official race packets (containing the race number with timing chip attached, safety pins, and route map) upon complete registration. Race numbers are non-transferable. Anyone who will give his/her race number to another person, providing this person will run the race, will be held liable in the event of an accident during the conduct of the race.

11. The reverse side of the race number must be duly filled up. Participants must wear the assigned race number on his/her chest. Participants not wearing a race number will be taken off the course by the race marshals.

12. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are not allowed on the course other than the official race and medical vehicles.

13. Participants being paced during the race by a person who is not officially registered in the National MILO® Marathon and accepting assistance from non-race participants will be disqualified.

14. Participants who begin before the actual start time of his/her race category will be disqualified. Likewise, participants who do not start within 10 minutes from respective flag off will be disqualified and may not be allowed to start. No result will be given to disqualified participants.

15. "Gun Time" will be considered to determine the winners. Elite runners are advised to stay in front.

16. Participants must retire from the race immediately if asked or requested to do so by any member of the organizing committee. Race officials, marshals, medical staff, and security officers have the right to pull-out any participant found not physically fit to continue the race.

17. Participants in the 21-K provincial qualifying races will have two ways to qualify and compete in the 42.195-K National Finals:

a. Male finishing the race within 1:15:00 and female finishing the race within 1:35:00 will qualify and get an all-expense paid trip to Manila. It is their responsibility to contact the national race organizer on or before November 18, 2016 to coordinate their travel arrangements to Iloilo. Those who will not compete in the National Finals forfeit all their privileges.

b. Participants finishing the race within the specified age-bracket and time below will qualify. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	1hr 40min	1hr 50min
35-39	1hr 45min	1hrs 55min
40-44	1hr 50min	2hrs 00min
45-49	1hr 55min	2hrs 05min
50-54	2hrs 00min	2hrs 10min
55-59	2hrs 05min	2hrs 15min
60-64	2hrs 10min	2hrs 20min

65-69	2hrs 15min	2hrs 25min
70 & up	2hrs 20min	2hrs 30min

18. Participants in the 42.195-K Manila qualifying race will have to finish the race within the specified age-bracket and time below to qualify and compete in the 42.195-K National Finals. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	3hrs 55min	4hrs 30min
35-39	4hrs 00min	4hrs 35min
40-44	4hrs 05min	3hrs 40min
45-49	4hrs 10min	4hrs 45min
50-54	4hrs 15min	4hrs 50min
55-59	4hrs 20min	4hrs 55min
60-64	4hrs 25min	5hrs 00min
65-69	4hrs 30min	5hrs 05min
70 & up	4hrs 40min	5hrs 50min

19. Members of the Philippine National Team particularly the middle and long distance runners duly endorsed by the Philippine Amateur Track and Field Association (PATAFA) are automatically qualified to compete in the national finals. However, all expenses related to their participation will be shouldered by the qualifier.

20. National Finals qualifiers are entitled to the following:

- a. free registration fee
- b. free running singlets
- c. free ticket to the carbo loading party

21. Metro Manila (all expense) confirmed qualifiers from the 42.195-K race and provincial (all expense) qualifiers from the 21-K race CAN NO LONGER compete in any of the qualifying races. They will not be accepted even in shorter distance races. They may only compete in the full marathon of the National Finals.

22. All winners in the 21-K, 10-K, 5-K, and 3-K races (top 10 male and female) CAN NO LONGER compete in any of the succeeding qualifying races. However, they (excluding the qualifiers) can compete in the 21-K, 10-K, 5-K, and 3-K races of the National Finals.

23. The 42.195-K and 21-K races of the National Finals will have two categories, Open and Local. Both overseas and local runners can compete and win in the Open category (only the top 3 winners will be recognized). If in case a local

participant finishes in the top 3 of the Open category he/she will win both prizes of the Open and Local categories in relation to their respective ranks.

24. To qualify, overseas runners must provide proof of finish in any AIMS/IAAF accredited races dating back at least one (1) year before race day or they may qualify in the Manila qualifying race. They must have a finish time within the specified age-bracket and time identified in items 18 (for 21-K) & 19 (for 42.195-K).

25. The race organizer reserves the right to reject any entrant or disqualify any participant who is suspected to be under the influence of alcohol or having taken banned substances and any participant who is found to have misrepresented himself/herself. If his/her identity of eligibility is challenged, it is the responsibility of the participant to prove who he/she really is. Participants found to have been dishonest are immediately disqualified and subjected to disciplinary sanctions by the race organizer.

26. All expense confirmed qualifiers in the 42.195-K who decide not to join the race is prohibited from competing in the other race categories of the National Finals (i.e., 21-K, 10-K and 5-K races).

27. Provincial (all expense) qualifiers in the 42.195-K who were able to collect their travel allowances and at the last minute decided not to join and compete in the National Finals without prior advice to the race organizer will be banned from joining the MILO® marathon races for one year.

28. Each race category has an official cut-off time that will commence right after the last runner has crossed the starting line:

42.195-K Race	-	6 hours after official start of the race
21-K Race	-	2 ½ hours after official start of the race
10-K Race	-	1 ½ hours after official start of the race
5-K Race	-	1 hour after official start of the race
3-K Race	-	1 hour after official start of the race

29. In order to ensure timely re-opening of roads to normal traffic, the race organizer will designate time limits at specified distances. Participants who fail to reach these specific distances within the times specified must stop running and board the official vehicle. They are automatically disqualified and will be taken directly to the finish venue.

	Distance	Time Limit
21K Race	at 10K	1 ½ hours
42K Race	at 21K	3 ½ hours
	at 32K	5 hours

30. Participants in the 3K and 5K race categories are strongly encouraged not to bring any type of bag(s) on race day. The baggage area provided is solely for longer distance categories such as 10K, 21K, & 42K. The race organizer will not be responsible for any lost item.

31. All protests related to results must be made in writing and submitted within one (1) hour after the end of the race to the race organizer. A non-refundable protest fee amounting to P5,000 is required. Verbal protests will not be entertained.

32. The race organizer may change, without prior notice, any of the rules and regulations that they may deem necessary to ensure the success of the race. The race organizer's decision is final.

33. Trophies, medals, and cash prizes will be given to the top finishers of the seventeen qualifying races and the National Finals. Prizes are as follows:

3K Kiddie Run

Boy's and Girl's Divisions:

Champion: P1,500 + Trophy	4th Place: P250+Medal
Runner-up: P1,000 + Trophy	5th–10th Place: P150+Medal
3rd Place: P500 + Trophy	

5K Fun Run

Men's & Women's Divisions:

Champion: P2,500 + Trophy	4th Place: P500+Medal
Runner-up: P1,500 + Trophy	5th–10th Place: P250+Medal
3rd Place: P1,000 + Trophy	

10K Run

Men's & Women's Divisions:

Champion: P5,000 + Trophy	4th Place: P1,000+Medal
Runner-up: P3,000 + Trophy	5th–10th Place: P500+Medal
3rd Place: P2,000 + Trophy	

Note: All 10-K finishers within the cut-off time will receive a finisher's medal.

21K Run (Qualifying Races)

Men's & Women's Divisions:

Champion: P10,000 + Trophy	4th Place: P2,000+Medal
Runner-up: P6,000 + Trophy	5th–10th Place: P1,000+Medal
3rd Place: P4,000 + Trophy	

21K Run (National Finals)

Open Category

Men's & Women's Divisions:  
Champion: P15,000 + Trophy  
Runner-up: P12,000 + Trophy  
3rd Place: P10,000 + Trophy

Local Category

Men's & Women's Divisions:  
Champion: P8,000 + Trophy    4th Place: P2,000+Medal  
Runner-up: P6,000 + Trophy    5th–10th Place: P1,000+Medal  
3rd Place: P4,000 + Trophy

Note: All 21-K finishers within the cut-off time will receive a medal, loot bag & finisher's shirt.

42.195K Metro Manila Qualifying Race

Men's & Women's Divisions:  
Champion: P50,000 + Trophy    4th Place: P10,000+Medal  
Runner-up: P30,000 + Trophy    5th–10th Place: P5,000+Medal  
3rd Place: P20,000 + Trophy

42.195K National Finals

Open Category

Men's & Women's Divisions:  
Champion: P300,000 + Trophy  
Runner-up: P250,000 + Trophy  
3rd Place: P200,000 + Trophy

Local Category

Men's & Women's Divisions:  
Champion: P150,000 + Trophy    4th Place: P30,000+Medal  
Runner-up: P100,000 + Trophy    5th–10th Place: P10,000+Medal  
3rd Place: P75,000 + Trophy

Additional Notes:

Fastest Filipino 42.195K winners (male & female) will be dubbed as the 2014 MILO® Marathon King and Queen respectively and will be given the opportunity to compete in an international race outside the country. All expenses will be shouldered by MILO.

All 42.195K finishers within the cut-off time will receive a medal, loot bag, finisher's shirt and exclusive towel.

Bonus Prizes for Local Runners:

P100,000 bonus for the first runner who breaks the 2:15:00 invisible time barrier

P50,000 bonus for the first runner who breaks the 2:18:53 men's course record of Eduardo Buenavista

P50,000 bonus for the first female runner who breaks the 2:48:00 women's course record of Mary Joy Tabal

Finishers in all categories within the cut-off time will receive a certificate of finish.

Winners must be physically present to receive their awards during the awarding ceremony. Uncollected prizes will be donated to the "HELP GIVE SHOES ADVOCACY" or disposed at the discretion of the race organizer.

Results will be uploaded two (2) days after each race. Visit [www.milo.com.ph](http://www.milo.com.ph) for more details.

### **Side Events:**

#### **1. Biggest Club/Company Delegation:**

To join, companies must submit their entry forms at the same time. Employees must indicate the name of their company on the entry form and submit a photocopy of their company ID (front and back). To qualify, a minimum of 10 employees must finish the race. Top three companies in each area with the most number of employees finishing the 5-K and 10-K Run will win the awards. In case of a tie, the winning company will be determined according to the best time recorded.

First Prize: P 10,000 worth of sports equipment + trophy

Second Prize: P 7,000 worth of sports equipment + trophy

Third Prize: P 5,000 worth of sports equipment + trophy

#### **2. Inter-Club/Company Running Competition:**

To join, company teams must have at least 10 employees competing in the 10K-Fun Run. They must submit their entry forms at the same time. Winners will be determined through the average/aggregate time of the team's first 10 finishers.

First Prize: P 10,000 worth of sports equipment + trophy

Second Prize: P 7,000 worth of sports equipment + trophy

Third Prize: P 5,000 worth of sports equipment + trophy



### 3. Biggest School Delegation Competition:

To join, schools must submit their entry forms at the same time. Students must indicate the name of their school on the entry form and submit a photocopy of their school ID for the current school year (front and back). To qualify, a minimum of 50 students must finish the race. Top three schools in each area with the most number of students finishing the 5-K Fun Run and the 3-K Kiddie Run will win the awards. In case of a tie, the winning school will be determined according to the best time recorded.

First Prize:	P 10,000 worth of sports equipment + trophy
Second Prize:	P 7,000 worth of sports equipment + trophy
Third Prize:	P 5,000 worth of sports equipment + trophy

### 4. Inter-school Running Competition:

To join, school teams must have at least 25 student runners competing in the 5K-Fun Run. They must submit their entry forms at the same time. The team may be composed of grade school, high school, and college runners. Winners will be determined through the average/aggregate time of the team's first 25 finishers.

First Prize:	P 10,000 worth of sports equipment + trophy
Second Prize:	P 7,000 worth of sports equipment + trophy
Third Prize:	P 5,000 worth of sports equipment + trophy

### 5. Cheer Leading Competition:

There are three divisions: Grade School, High School, and College. Each division will have a separate set of winners who will receive cash prizes and plaques as follows:

First Prize:	P 10,000 worth of sports equipment + plaque
Second Prize:	P 7,000 worth of sports equipment + plaque
Third Prize:	P 5,000 worth of sports equipment + plaque
Consolation:	P 3,000 worth of sports equipment + plaque

Each team must have at least a minimum of 25 performers, and a maximum of 50 including props men and spotters. Any excess beyond the maximum number of participants will merit a point deduction equivalent to the total excess number of participants.

Performers must show coordination, spirit, gracefulness, flexibility, and energy while doing their stunts, gymnastics, and dance routine. Participants are encouraged to use the MILO jingle and MILO labels as props.

The cheer should:

- a. Boost the pride of the marathon participants
- b. Communicate the importance of getting into sports
- c. Show how MILO gives the energy athletes need for sports

#### PARTICIPATION

1. The contest shall be open to FOUR (4) teams per division. Only one cheer leading team per school will be allowed to join. The selection shall strictly be on a “first come, first served” basis.

#### COMPETITION

1. Contest will start at exactly 6:00 AM.

#### PERFORMANCE

1. Props must be set on the performance floor as quickly as possible. Teams will have 2 minutes to place everything in order.

2. Time limit will be a minimum of three (3) minutes and a maximum of five (5) minutes.

3. Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. The routine must begin within the marked performance area. All team members must come to a complete standstill before beginning their routine.

4. Timing will end with the last organized word, movement, or note of music by the team.

5. Teams must exit the performance area within 2 minutes after the routine. An excess of (5) seconds or more will merit a five (5) point deduction on the performance score.

6. Any skill performed before or after the allotted routine time is prohibited and will be penalized with a five (5) point deduction.

7. Pyramid-building and stunts will be allowed up to two levels only and must be performed within the 10 meter x 10 meter safety floor mats. Violation will merit a five (5) point deduction.

8. Filipino & English language is allowed for the cheer.

#### MUSIC & CHOREOGRAPHY

1. All teams must have their performance music written on a CD. Duplicate CDs must be available at the music table in case of lost or damaged CDs.

2. Cued music CDs must be submitted to the sound system operator during the event proper on or before 5:45 AM. The CDs must be clearly labeled with the name of the team.

3. A representative of the team is responsible for starting and stopping the music at the appropriate times of the routine.

4. Music with overtly sexual content, racist or vulgar lyrics is prohibited.

5. Choreography with vulgar or suggestive movements is prohibited.

6. Routines must be appropriate for kids viewing and listening.

#### INTERRUPTION OF PERFORMANCE

1. In the event of an injury, music and/or technical error or any other unexpected event, the head judge reserves the right to stop the routine.

2. The team may perform their routine from the beginning. However, judging and timing will resume from the point at which the interruption occurred as determined by the judges.

#### SPOTTERS

1. Spotters must be provided by the participating team. These spotters must not be participating members in the routine. These spotters shall wear designated attire.

#### PERFORMANCE ORDER

1. For the competition, participants will select their performance order through a balloting system. Participating teams must be at the venue before 5:45 AM for the drawing of lots. Late comers will be disqualified from the competition but they can still perform as guests.

#### RESULTS

1. Decision of judges is final and non-appealable. No representative from any of the contestants is allowed to contact in any manner whatsoever any judge with the intention of questioning the BOARD OF JUDGES announced decision.

## COMPETITION GUIDE/CRITERIA FOR JUDGING

### PERFORMANCE = 40 points

#### Expression - 5 points

Points to be aware of: Facial expression, Voice Inflection, Props, Cheer

#### Sideline Arm Motion - 5 points

Points to be aware of: Sharpness, Powerfulness, Speed, Placement, Synchronization

#### Dance- 5 points

Points to be aware of: Sharpness, Strength, Cheerfulness, Speed, Accuracy, Synchronization, Variety of Movement

#### Jumps - 5 points

Points to be aware of: Accuracy, Height, Cleanliness, Flexibility, Landing, Variety, Difficulty, Number, Synchronization

#### Tumbling - 5 points

Points to be aware of: Accuracy, Skill Level, Height, Landing, Variety, Difficulty, Number

#### Partner Stunts - 5 points

Points to be aware of: Stability, Timing, Technique, Difficulty Transitions, Positioning, Control, Dismount

#### Pyramids - 10 points

Points to be aware of: Stability, Timing, Technique, Difficulty Transitions, Positioning, Control, Dismount

### DIFFICULTY = 20 points

#### Overall Difficulty - 10 points

Points to be aware of: Skill level, Standard level, Speed

#### Speed Transition - 10 points

Points to be aware of: Sharpness of skills, Timing, Flow

### OVERALL EVALUATION = 20 points

#### Synchronizations - 10 points

Points to be aware of; Precision, Placement, Timing

#### Overall Evaluation - 5 points

Points to be aware of: Choreography, Formation, Spacing

#### Perfection - 5 points

Points to be aware of: Overall perfection

COSTUME = 5 points

PROPS (with MILO® labels) = 5 points

SHOWMANSHIP & AUDIENCE IMPACT = 10 points

#### SCORING DEDUCTIONS

Deduction can be applied between 0.5 and 5.0 points and are applied mainly for the following;

- Bobbles (shaky) – stunts and pyramids

- Falls - stunts and pyramids

- Poor techniques

- Shortage of spotters

- Disordered formation

Note: Safety, time and out of bounds are not included here.