



# Inaugural UN New York-based Missions Games (Diplomatic Sports Games)

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## **RUNNING TOURNAMENT (regulations)** (April 9<sup>th</sup>, 5 p.m.)

**Venue:** UN HQ: North Lawn

**Event Options:** Participants can choose to compete in one or both of the following events:

- **10km Fun Run:**
  - Designed for all fitness levels, encouraging participation and a fun atmosphere.
  - No official timing will be recorded for this event.
- **Timed 5km Run:**
  - Offers a moderate challenge for runners of varying experience.
  - This event will be officially timed, with awards for the top finishers in each category (see below).

### **Course:**

- A well-marked 10km course will be established for the Fun Run and the Timed 5km Run.
- The exact course details and map will be attached.

**Schedule:** (Target completion time based on chosen events)

- Warm-up & Announcements (15 minutes)
- **10km Fun Run (60 minutes, estimated)**
- Brief Interval (10 minutes)
- **Timed 5km Run (30 minutes, estimated)**

**Categories (Timed 5km Run Only):**

- Men's Open
- Women's Open

### **Awards:**

- Trophies will be awarded to the top three finishers in each category of the Timed 5km Run.
- All participants in the Fun Run will receive a commemorative certificate.

### **Safety:**

- Water stations will be available along the course and at the finish line.
- Medical personnel will be onsite for any emergencies.
- Participants are encouraged to dress appropriately for running and weather conditions.

### **Sportsmanship:**

- Fair play and good sportsmanship are expected from all participants.
- The organizers reserve the right to disqualify any participant for violation of these regulations or unsportsmanlike conduct.

### **Contact:**

- For inquiries, please contact [taronuhi.hacjana@mfa.gov.lv](mailto:taronuhi.hacjana@mfa.gov.lv).