

4th CAU **High-Rise** Run

On 2 May 2018 the great high-rise run of Kiel University launches its fourth edition. After great success in the last few years, there are once again 261 steps of the office building to conquer. After reaching the roof terrace, the participants will be welcomed with a medal, refreshment, as well as the beautiful view over the rooftops of Kiel.

Host of the **event**:

Christian-Albrechts-University of Kiel

Organization:

Sports Center of Kiel University

Date:

Wednesday, 2 May, 2018

Timetable:

Monday 30 April 2018 (11 a.m. - 01 p.m., 3.30 p.m. - 6.30 p.m.)

Collection of the starting papers at the University Sports Office

Wednesday, 2 May 2018 (Competition Day)

12:00 to 4:30 p.m.: Collection of the starting papers at the university's high-rise

4:30 p.m.: Allocation of leftover starting numbers

4:45 p.m.: Welcome and information on the competition's course

5:00 p.m.: Start 1st runner/in individual ranking (qualifying round)

6:35 p.m.: Start 1st runner/in 3 person relay team ranking

8:17 p.m.: Finals in team ranking

8:20 p.m.: Finals in individual ranking (women/men)

8:30 p.m.: Victory ceremony

Competition Categories:

Single run (**women/men**) with a maximum of 90 starters

The single run mode is built up as follows: At first, all of the 90 participants do a qualification round at an interval of one minute. In this round each of the eight fastest men and women qualify for a K.O. mode. In the quarter finals the fastest starts five minutes after the slowest, the second fastest five minutes after the second slowest and so on. The fastest four of the quarter finals again qualify for the next round, in which the start is based on the same principle, until eventually the finals arrive.

This K.O. mode guarantees excitement for all involved. Thus, the first-placed have to climb the 261 steps up to the 14th floor four times in total, until the winners can be named.

3 person relay team ranking, maximum 35 teams

The teams start at intervals of one minute as well. In the equated-ranking the switch happens on the 5th floor or 10th floor. The shift is made by a high-five (actually it's rather a low-five). The second and third runner has to position him- or herself autonomously at the changing station (by elevator or the second staircase). Here, too, the start happens at an interval of one minute. The fastest relay team wins.

Catering:

For all runners drinks from Wittenseer Quelle are provided at the start and finish areas.

Venue:

Office Building of CAU including forecourt and lobby (Christian-Albrechts-Platz 4, Kiel). The competition takes place in the staircase on the left-hand side, looking from the main entrance. This is reserved exclusively for the contest. The other staircases as well as all of the elevators are open to the public.

Distances:

Individual ranking: 14 stories, 261 steps in total

Team ranking: 3 person relay team: 5 stories, 5 stories, 4 stories

Start: Lobby

Finish: 14th floor

Participants:

Members of Kiel University, Friends and Sponsors of the university, People and Companies, who feel connected to the university. Minimum age for participation is 18 years.

Valuation Class:

There are four valuation classes: individual ranking women, individual ranking men and relay team ranking of the two and four person teams. Each top three will be honored with a price. All participants will receive a medal of participation.

Starting fee:

Via SEPA direct debit at online registration or in cash at personal registration):

€4 per individual starter

€9 per 3 person relay team

Registration:

Online or in person at the University Sports Office at the following times: Mo-Thu 11:00 a.m.-1:00 p.m. and 15:30-18:30 p.m.

Ambulance teams:

Health care support will be provided by ambulance teams of the DRK (German Red Cross or GRC).