



BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS

14th of May, 2023
Vučje, Nikšić
Montenegro

TEAM MANUAL



MINISTARSTVO SPORTA I MLADIH





Nikšić is the town bearing testimony to many centuries, and still young and beautiful, the rampart of resistance, the hearth of spirit, the western gate to Montenegro. Due to its position, the area of Niksic municipality has always had great influence as an intersection of important roads, the fact that largely influenced the life and fate of the people and the whole area throughout its tumultuous history. Having the area of 2065 km², much less than its actual gravitating area, it is the largest municipality in Montenegro. For centuries the town of Niksic has been built in the Niksicko polje, a karst depression surrounded by high mountains. The relief of this municipality area is very diverse. The climate of Niksicko polje is pleasant, since the coastal influence is still felt. The average annual temperature is 11,1°C, average temperature in January 1,6°C, and in July 28,8°C. The explorations of Crvena stijena near Petrovici, one of the most important prehistoric archeological sites in Europe, confirmed, the existence of human life in the oldest period of the Stone Age. At the dawn of civilization, these areas were populated by Illyrian tribes (Docleati), Romans, Eastern Goths, and then Slavs, starting from 6th and 7th century. The Roman fortress Anderba, built in Niksicko polje for military and defense purposes, was the seat of the Municipium in 1st century. It was destroyed by Eastern Goths, who built their own fortress called Anagastum, which gave rise to later Slavic name of the town. Onogost, the town very significant in 10th century. In written sources, Onogost is mentioned for the first time by this name in 1272, and as Niksic not before 1518. The town was built on a hill called Bedem. Recently it has been reconstructed and is to be used for all cultural events in the open. Under the fortress, the town with a square started to emerge. The Turks conquered it in 1465. It is believed that the present name was derived from the name of the tribe Niksici. After several attempts in the course of history, the Montenegrin army liberated it in 1877. After that it developed fast. The



boundaries and physiognomy of the modern Niksic was given during Montenegrin government; Prince Nikola engaged the architect Josip Slade, from Torir, to develop the town plan (1883) of Niksic. Based on his design, the palace of Prince Nikola (1900) and the bridge Carev most (1894) were also built. The Prince's palace has been turned into a museum and a gallery. The Church of St. Vasilije Ostroski was designed by the Russian architect M. Preobrazenski. Apart from Crvena stijena, other important monuments of cultural heritage within the area of Niksic municipality include necropolises with tombstones – “stećci”, St Peter and Paul's Church, St Lucas Monastery in Zupa Nicksicka. As a special tourist attraction, it is worth mentioning the old brewery “Onogost” (1896) that has been working without interruption for over a hundred years now. “Nicksicko pivo” beer is known worldwide. Since 1877 Niksic has constantly been developing and turning into a cultural and spiritual center. It is also an industrial and a university center, the center of sport and tourism. With its rich, diverse and versatile nature of the area surrounding the town, of luxuriant beauty, with Krupac and Slano lakes, Zeta and Vidrovan and famous winter sport center Vucje, it attracts numerous visitors tourists, friends. They come on various occasions and events organized throughout a year in Niksic and its surroundings, like “Hot Winter in the Hills” (an event held from January to March including entertainment and sport events) and “Montenegro cup” in free climbing in May. In Niksic you are charmed by natural beauties and the presence of history, thrilled by hospitality and gift for dear competitors, coaches and audience, jokes and spinning stories of its people, and by the beer.

Vučje ski center in Montenegro is about 20 kilometers from Nikšić in the direction of Žabljak at an altitude of more than 1,300m. It is located on the slopes of the Krnova plateau. In the winter of 1999/2000, the first Montenegrin ski festival was held in Vučje. The road to Vucje leads through Goransk, Ravni, Staban, Stabanski lakes and through the Komarnica canyon. The tourist and recreational complex Vučje combines the following facilities: a mountain lodge, a motel with 60 beds, a restaurant, and a tavern.





Dear competitors, coaches and audience,

I have the great honor and pleasure to greet you in the name of Athletic Federation of Montenegro. We are all proud that our country got the chance to be the host of the best mountain runners of the Balkans. I wish all the competitors and their coaches to achieve the best result they can imagine, but firstly, to take nice memories with themselves and to have a great time.

Let the best win!

Thank you,

Milorad Vuletić,

President of Athletics Federation of Montenegro





Dear competitors and athletics fans,

I would like to welcome you to the 15th jubilee Balkans Mountain Running Championship in Nikšić-Vučje. We are extremely happy and proud of the fact that, in the year of the jubilee, Nikšić-Vučje is going to be the host to such a big and important competition, and that we are going to have the opportunity to welcome our friends from North Macedonia, Slovenia, Romania, Turkey, Serbia and Montenegro. We wish a lot of success in the upcoming competition to all the mountain running competitors, who have applied in large numbers this year, and their professional teams as well, but above all we would like you to feel comfortable in our town, to enjoy the natural beauties and the benefits of Nikšić and mountain Vučje, and to take the nice memories from our place that will keep bringing you back here. See you on 14th May.

Yours sincerely,

Marko Kovačević,
Mayor of Nikšić





15th Balkan Mountain Running Championships VUČJE- NIKŠIĆ / MONTENEGRO 14 May 2023

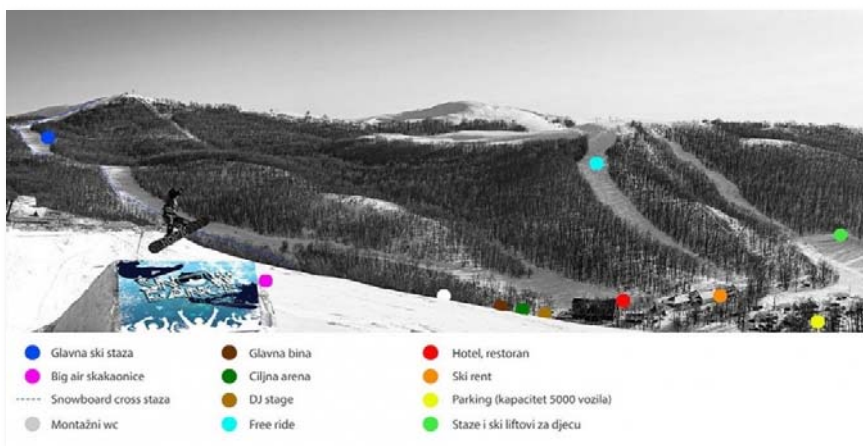
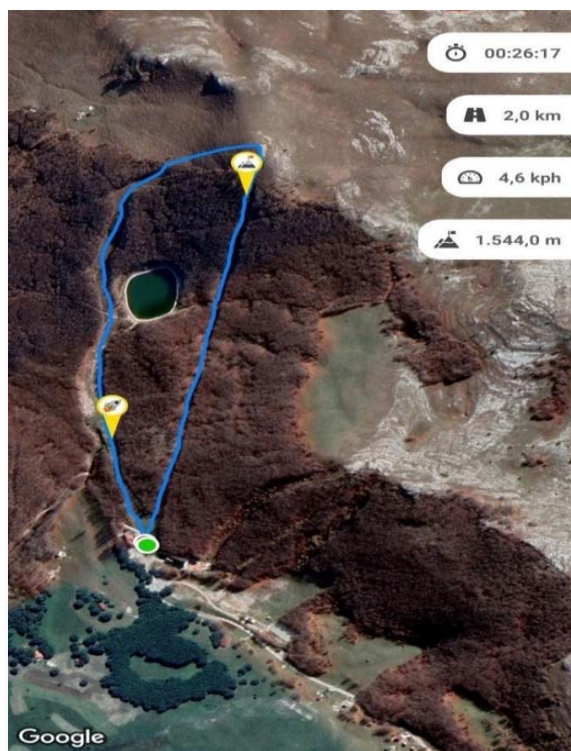
GENERAL PROGRAMME

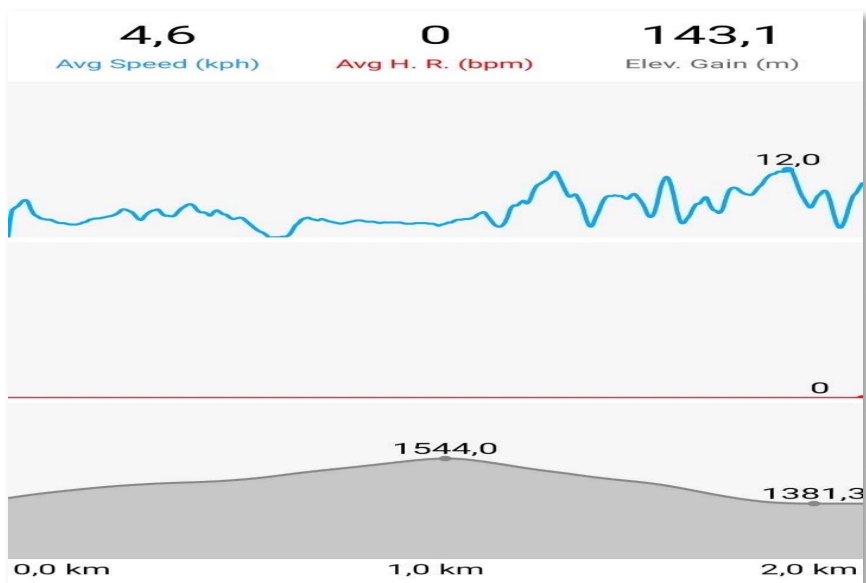
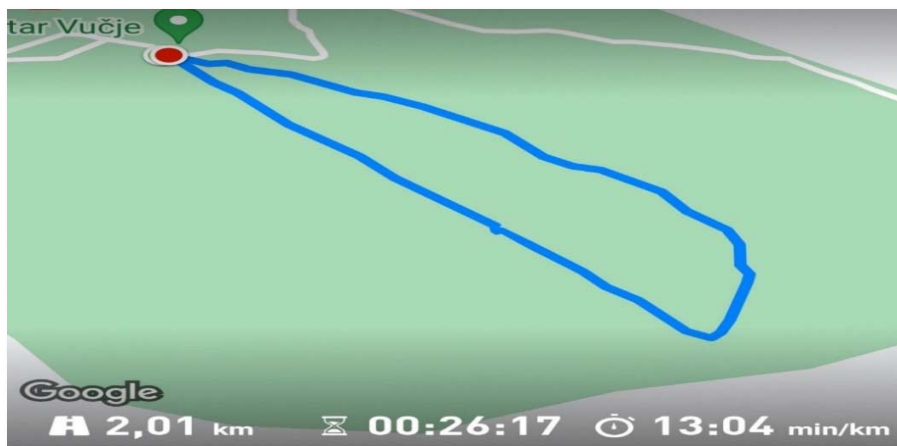
SATURDAY, 13th May 2023	
All day	Arrival to Vučje - Nikšić Accommodation will be in Hotel Vučje https://vucje.me/ Address: Turistički centar Vučje, 814000, Nikšić
16:00 – 17:15	Welcome Lunch (Hotel Jugoslavija, Nikšić)
17.30 - 18.15	Technical Meeting (Hotel Jugoslavija, Nikšić)
SUNDAY, 14th May 2023	
09.30	Opening Ceremony (Hotel Vučje) VUČJE
10.00	Start U20 Women 6km (3 loops)
11.00	Start U20 Men 6km (3 loops)
12.00	Start Women 10km (5 loops)
13.30	Start Men 12km (6 loops)
15.00 -15.30	Victory Ceremonies in Hotel Vučje
20.00 – 22.00	Dinner and Final Party at Hotel Vučje
MONDAY, 15th May 2023	
08.00 -	Departure





PROFILE OF THE COURSE







14th of May, 2023
Nikšić - Montenegro

**BALKAN
MOUNTAIN
RUNNING
CHAMPIONSHIPS**



COMPETITION OFFICIALS

-Competition Director	Drago Musić	+38267755994
-Head Coordinator	Bogdan Knežević	
-ABAF Technical delegate	Goran Čegar	
-Executive Director	Milan Madžgalj	+38267612057
-Security Manager	Dejan Popović	+38268850850
-ASCG Technical Delegate	Milena Mudreša	+38267218456
-Competition Secretary	Biljana Djurović	+38268878455
-Medical/Doctor	Danilo Dedović	+38268873574
-Volunteer & Accomodation	Jelena Musić	+38267209111
-Head Judges Competition	Slavko Kljajević	+38267281670
-Processing of competition results	Goran Čavić	+38267642541

