

# **EuroSUPA RuleBook 2012**

**Please read this rulebook and check EuroSUPA's website rules and publication page for any update : [www.eurosupa.com](http://www.eurosupa.com)**

**If you have any question, concern or feedback, please send us an email at : [contact@eurosupa.com](mailto:contact@eurosupa.com)**

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## **SECTION 1 : EuroSUPA EVENTS SEASON**

### **1. THE EuroSUPA EVENTS SEASON**

The EuroSUPA events season is organized by the European SUP Association, in order to manage events and to enforce this rulebook. The results of all registered events shall be included in the EuroSUPA Ranking. Official individual titles will be delivered.

### **2. CALENDAR**

Duration of season :

The season takes place from February 1st to November 31st.

### **3. REGISTRATION OF EuroSUPA EVENTS**

#### **3.1. Registration deadline for EuroSUPA Events**

The event organizers who wish to include their competition in the EuroSUPA schedule shall apply for admission with 3 months notice.

Any application form produced after the deadline will not be considered while drawing up the provisional schedule.

The first version of the season schedule will be distributed by the end of December.

Consequently, a priority regarding the choice of the dates will be given to the applications which will be received by the EuroSUPA Organizing Committee before December 25th.

The EuroSUPA Organizing Committee shall examine the registration forms produced; the reply concerning the registration in the provisional schedule shall be forwarded to the event organizer within two months.

#### **3.2. Events Registration**

In order to register an event you must send an email to [contact@eurosupa.com](mailto:contact@eurosupa.com) with :

- A presentation of the event - dates proposed for the event
- Information about the event organizing committee - person in charge and email address
- Planned promotional activities and media cooperation
- event website

Any other additional information concerning the event (photos, reports, previous editions) may be enclosed into this email.

#### **3.3. Publication of official calendar**

The official schedule is published on the EuroSUPA website,

The schedule is updated, distributed and published as often as necessary during the season.

#### **Deadlines:**

##### **December 31st:**

Publication of the first version of the official season calendar

EuroSUPA confirmation for registration

##### **As often as necessary during the season**

Update of the season schedule EuroSUPA confirmation for registration to the applicants within two months after receiving the Application

## **4. EVENTS CATEGORIES AND RANKING**

### **4.1. Event «Race»**

The EuroSUPA events are classified by stars from 1\* to 6\* (refer to Appendix 1). Races Format :

- Beach races
- Long distance races
- Downwind

Several events 1\* and 2\* can happen at the same dates if they take place in different countries

Several events 3\* to 6\* can NOT happen during the same week end.

Events 1\* or 2\* can happen the same week-end as a 3\*, 4\*, 5\* or 6\* if they take place in different countries.

The EuroSUPA ranking points will be distributed according to the ranking point system (refer to Appendix 2)

### **Discards :**

For each race category (beach race, long distance, downwind) the overall ranking takes into account the three best results of each rider, i.e. the total of his three highest number of points.

### **Equal rankings :**

After this calculation, if two or more riders have the same total of points, the ranking between them is based on their two best results (total of points for their two best results). If two or more riders have still the same numbers of points, the ranking between them is decided on their best result (number of points).

Assuming that this would not be enough to decide, the best ranking between these riders is attributed on the highest number of the same gender participants who were registered in the Elite category of the race in which the best result (number of points) was achieved.

## **2012 EuroSUPA annual ranking Race categories .**

### **Beach Race :**

- Elite Men (3 best results)
- Elite Women (3 best results)

### **Long distance :**

- Elite Men (3 best results)
- Elite Women (3 best results)

Other classifications : Elite men 12'6 / Elite women 12'6 / Elite men 14 / Elite women 14 / Elite men UL / Elite women UL

### **Downwind :**

- Elite Men (3 best results)
- Elite Women (3 best results)

Note : participants in open categories will not accumulate points for the annual ranking.

### **4.2. Event «Wave»**

To be developed later

### **4.3. Event « White Water»**

To be developed later

#### **4.4. EuroSUPA rankings**

The results of each EuroSUPA sanctioned event should be forwarded to [contact@eurosupa.com](mailto:contact@eurosupa.com) as soon as possible after the event and no more than 3 days after the event closure.

Results should include :

-Full name,nationality,category and finish time of each participant.

EuroSUPA is responsible for establishing the overall season rankings, on the basis of the results sent by the organizers.

## SECTION 2: EVENT ORGANIZING STANDARDS

### 6. **BASICS**

The Organizer Manual is a guideline for SUP event organizers with an international status.

The manual can also be used as a checklist. The organizer must fulfill the points. The EuroSUPA will examine those points before the event. If the organizer does not meet the requirements, he can be expelled from being a EuroSUPA event.

The organizer is responsible to carry out the event properly especially in regards of the financing (sponsoring), promotion (publicity), organization (competition and safety) and the side events (party).

### 7. **REGISTRATION**

#### 7.1. **Registration request**

The organizer has to submit a complete documentation about the event which contains the following:

- the desired date of the event as well as an alternative date
- the persons of contact
- a plan of the race track/wave spots and pictures of it
- the concept of the event with budget
- the way of organizing / structure of the organization

#### 7.2. **Registration confirmation**

If EuroSUPA confirms the request the organizer must sign and return this document

### 8. **MOST IMPORTANT REQUIREMENTS**

#### 8.1. **Participants**

Anybody may participate at a EuroSUPA event: top athletes as well as hobby Stand Up paddlers, kids and young persons. The event organizer is the only responsible for complying with any legal issue related to the minors and to its safety obligations according to the type of participants..

#### 8.2 **Board Categories**

**12'6** : Boards must be rudderless and monohull, max length : 12feet and 6 inches =381cm

**14'** : Boards must be rudderless and monohull, max length : 14 feet = 426,72cm

**Unlimited** : Boards may have a rudder and must be monohull, no size limit.

The board length is measured from nose to tail at ninety (90) degree angles from the boards natural flat laying position with the deck facing up.

**Boards must be measured and approved previously to the riders start meeting.**

#### 8.3. **Beach Races**

Boards must enter the “12'6 max” category

Every participant taking part in a beach race will automatically enter the Elite category.

In some cases when the beach race takes place in breaking waves or other challenging conditions the organiser may decide to set up a non EuroSUPA “ open Race “ before or after the beach race with a short, easy course and several boards and age divisions to allow family, kids and recreational

paddlers to take part in the event.

### **Categories and rankings per race :**

Elite men  
Elite Women  
Open Boys Under16  
Open Girls Under16

### **Note for U16 categories :**

- For example in the season 2012, must be born after 1/1/1997, included ; U16 categories will be ranked in Elite for the event and the annual ranking as well as in their U16 categories for the event, the goal is to highlight the performance of the youngest riders.

- These U16 categories are highly recommended in EuroSUPA races. Nevertheless the organizer could decide that the U16 are not accepted due to justified reason (ex : safety...). This must be announced in the Notice of Race.

The minimum of participants per categories is : 1 (one)

The Prize money taken in consideration for the Ranking of the event (number of stars) is the total prize money for the Elite Categories.

Races with a mass start from the beach, finish on the beach at the same place, several laps and short sprint running on the beach between each lap, distances of 3 to 10km. Depending on the distance, 2 or more laps are to be done. For safety reasons the lap shall be at least 1,5km long

Elite and open racers must start at the same time.

In some cases with a large number of participants or a beach too small to accommodate a mass start, 2 qualifying heats and a final can be organized, the drawing would be the following :

- Heat 1 : 50% of the total of riders from each category (ex : 50% of the total Elites, 50% of the total Open men etc ...)
- Heat 2 : 50% of the total of riders from each category (ex : 50% of the total Elites, 50% of the total Open men etc ...)

The length of the running sprint between laps must be between 20 meters and 50 meters.

The rider must continuously keep his paddle with him while running, in some races the race director can decide that the rider must do the running sprint with both his board and paddle. No board or paddle swap allowed during the race.

### **8.4 Long Distance races**

The organiser is responsible for the choice of the Board Category in the Elite Categories (the Category must be the same for Elite Men and Elite Women) ex :

Long distance Elite 12'6 or Long Distance Elite 14' or Long Distance Elite UL.

### **Categories and rankings per race :**

Every EuroSUPA long Distance Race must be open to all 3 board categories ( 12'6, 14 and UL) :

Elite men (12'6 or 14 or UL)  
Elite women (same as Elite Men)  
12'6 Open Men (unless Elites are riding 12'6)  
12'6 Open Women (unless Elites are riding 12'6)  
12'6 Under16 Boys (except when the organizer decides not to open it for safety reasons)



12'6 Under16 Girls. (except when the organizer decides not to open it for safety reasons )  
14' Open Men (unless Elites are riding 14')  
14' Open Women (unless Elites are riding 14')  
Unlimited Open Men (unless Elites are riding UL)  
Unlimited Open Women (unless Elites are riding UL)

**Note for U16 categories :**

- For example in the season 2012, must be born after 1/1/1997, included. The goal is to highlight the performance of the youngest riders

In the case of a “ Long Distance Elite 12'6 “, U16 categories will be ranked in Elite for the event and the annual ranking as well as in their U16 categories for the event, in the case of a U16 wishing to race in 14' or UL in this event he will be ranked in 14' Open or UL Open for this event.

In the case of a “ Long Distance Elite 14' “ or “ Long Distance Elite UL “, U16 will be ranked in 12'6 Open as well as in U16 for the event.

- These U16 categories are highly recommended in EuroSUPA races. Nevertheless the organizer could decide that the U16 are not accepted due to justified reason (ex : safety...).

This must be announced in the Notice of Race.

The minimum of participants per categories is : 1 (one)

Every rider is free to register either in Elite or Open Category.

The Prize money taken in consideration for the Ranking of the event (number of stars) is the total prize money for the Elite Categories.

A long distance race must be at least 10km long.

**8.5 Downwinds :**

In the scenario that a long distance race takes place in downwind conditions, riders will be ranked as usual for the long distance race and will also automatically enter in the Downwind ranking (same categories as Long Distance Races, see chapters 4.1 and 8.4 )

To be validated as a downwind race the conditions on the courses must have been :

-70 % of the distance in downwind conditions ex : 10km race : 7km must have been downwind

-The wind in the downwind parts must have been pushing from the back with an angle between 0 and 45 degrees on both side of the perfect course line.

-Wind strength on the downwind parts must have been at least 15 knots during the whole time of the race

**8.6. Starting area :**

***Beach Start :***

Competitors run to the water from the beach carrying their board and paddle

Start line must be:

- no further than 5m from the shore

-at least 1m wide per participant (ex : 100 participants : 100m)

The start line must do a 90 angle with an imaginary line going from the first buoy/course reference and the middle of the start line. The distance between them must be at least 200m. In case of moderate/strong side wind, this angle should be regulated moving buoys/references leeward or moving the start line windward in order to make it fair for all participants wherever they stand on the start line.

***Water Start :***

Competitors start from the water, standing or kneeling on their board with no initial speed. Start line must be at least 1m-wide per participant.

The start line must do a 90 angle with an imaginary line going from the first buoy/course reference and the middle of the start line for at least 200m.

In case of moderate/strong side wind, this angle should be regulated moving buoys/references leeward or moving the start line windward in order to make it fair for all participants on the start line.

### **8.7. Finish area :**

There must be at least 100m of straight line between the last buoy/course reference and the finish line. The finish line must be at least 5m wide for water finishes and 5m wide for beach finishes.

There must be enough space behind the finish line to allow participants to clear the area safely immediately after crossing the finish line.

## **9. EVENT INSURANCE**

### **9.1. Participants must have individual accident and illness insurance**

Each participant takes part at his own risk. The event announcement or program shall mention explicitly that the participant must be insured against accident and illness .

The event organizer is the only responsible for the compliance with the Country legal obligations and regulations regarding the documentation to be required by him to the participants (insurance, medical examination,...)

### **9.2. Leash**

The event announcement or program shall mention explicitly that the participant may be asked to wear a leash depending on the course and sea conditions.

The obligation to wear a leash, or the absence of this obligation, must be announced by the race director and/or speaker before each race at the riders meeting.

### **9.3. Public liability insurance for organizer**

In most of the countries it is required by law that the organizers have a public liability insurance. In any case, the event organizer is the only responsible for complying with its Country legal obligations and regulations.

## **10. SAFETY CONCEPT**

All possible measures shall be taken in order to minimize the risk of accident and in order to ensure a maximum safety in the event, and this is under the responsibility of the events organizers.

Suitable safety measures shall be taken in all potentially dangerous areas (rocks, currents...). Organizer must be very careful that there is no place or race situation that he can accept to present any danger for the athletes as well as for the public. Organizers should consider the following steps while elaborating the safety concept:

1. visit other SUP events
2. get expert advice about the race course from experienced Stand Up Paddlers
3. elaborate the security concept with a detailed plan of the race course/wave spot
4. optimize the security concept in cooperation with the local authorities.

## **11. MANAGEMENT OF PARTICIPANT REGISTRATION**

### **11.1. Information technology system**

The event organizers must obtain for themselves an information technology system in order to manage registrations, numbering and scoring for races and surfing contests. It has also to allow the quick calculation of overall ranking points, in order to carry out the prize-giving ceremony immediately after the finish.

### **11.2. Race numbers**

The race numbers must have the following size:

Minimum: Height 15cm / Width 8 cm

They must appear in front and back of the rider.

Numbering determines the starting. Numbers are given by the event organizers according to the registrations.

### **11.3 Categories identification :**

The organizers have to facilitate the clear identification of different categories taking part in the races. This is crucial for the understanding of the race unfolding as well for the racers as for the spectators. ex :

- Elite vs Open 12'6 vs Open 14'vs Open UL in long distance race

Typical means of identification:

- Preferably, colored jerseys/lycras/t-shirts....
- At least colored race numbers
- Additionally, colored board stickers, etc...

## ***12. ATHLETES' AREA, CAR PARK AND DROP OFF ZONE***

An area shall be arranged inside of the competition enclosure, exclusively devoted to the athletes registered in the competition, and used as dressing rooms. The public is not admitted to this area. A car park shall be offered to all competitors, who could have to confirm their need if the available space is limited. If not free, the price should be included in the registration. In the case of the car park being further than 500m of the event site, a drop off zone should be arranged to offer the participants the possibility to drop the boards as close as possible to the event site.

## ***13 PRIZE MONEY***

### **13.1. Prize money per race**

The prize money amount for each race/ categories has to be announced in the Notice Of Race and must be published before the race by written information in the fact sheet.

We recommend to split the prize money as follows :

Prize money should go only to the Elite Categories, other prizes may be given in the open categories, the value of the prizes in the open categories should never exceed the value of the prize money given to any top3 Elite rider.

In the case of having a big value prize for the open categories it should be drawn (by chance) among all the riders registered in open categories.

**Events 1 to 3 Stars :** Prize money for top 3 Elite Men and top 3 Elite Women .

It is the organizer responsibility to decide the proportion of prize money for each gender ; the amount of prize money for 1 gender should never be less than 1/3 of the amount of the total prize

money for the Elites.

Ex : if total prize money for the Elites is 2000€  
there should be at least 660€ prize money for one gender and no more than 1340€ prize money for the other gender.

Once the quantity of prize money for each gender is decided we recommend to split it as followed for each gender :

1st place : 50%

2nd place : 35%

3rd place : 15%

Ex : if total prize money for 1 gender is 300€

1<sup>st</sup> gets 150€, 2<sup>nd</sup> gets 105€ and 3<sup>rd</sup> gets 45€

**Events 4 to 6 Stars :** Prize money for top 5 Elite Men and top 5 Elite Women .

It is the organizer responsibility to decide the proportion of prize money for each gender, the amount of prize money for 1 gender should never be less than 1/3 of the amount of the total prize money for the Elites.

Ex : if total prize money if 2400€

there should be at least 800€ prize money for one gender and no more than 1600€ prize money for the other gender.

Once the share of prize money between genders has been decided we recommend to split it as followed within each gender ranking :

1st place : 45%

2nd place : 25%

3rd place : 15%

4<sup>th</sup> place : 10%

5<sup>th</sup> place : 5%

Ex : if prize money for 1 gender is 3000€

1<sup>st</sup> gets 1350€ , 2<sup>nd</sup> gets 750€ 3<sup>rd</sup> gets 450€, 4<sup>th</sup> gets 300€, 5<sup>th</sup> gets 150€

### **13.2. Prize giving ceremony**

The event organizer may award the athletes with the prize money during the hour following the official ranking. In case of drug tests, the event organizer shall award the athletes with the prize money after the confirmation of the official ranking by the EuroSUPA following the results of the drug test.

Every top 3 winners of each categories must be called on the podium in the following order :

Beach Race :

Open Boys U16

Open Girls U16

Elite men

Elite Women

Long distance Race :

Open women 12'6 (if applies)

Open Men 12'6 (if applies)  
Open U16 12'6 (if applies)  
Open U16 14 (if applies)  
Open women 14 (if applies)  
Open Men 14 (if applies)  
Open Women UL (if applies)  
Open Men UL (if applies)  
Elite Women  
Elite Men

We strongly recommend the organizers to have prizes to be given to every top 3 winners of each categories.

Please always remember the high importance of setting up a nice podium and of respecting the protocol for both Open and Elite categories.

#### ***14. DRUG TESTS***

If a drug test is implemented by an Anti-Doping Agency, it shall take place in compliance with Country national law and regulations. The event organizer must comply with all the requirements of the procedure, particularly the provision of assistants and suitable facilities.

#### ***15. EVENT REPORT***

A report will be drawn up notifying the main issues concerning the competition. It must be written by the event organizer and forwarded to the EuroSUPA organization within 3 days.

#### ***16. PRESS / MEDIA REPORT***

A report will be drawn up notifying the main issues concerning the promotional activities and press work. It must be written by the event organizer and forwarded to the EuroSUPA organization within 10 days.

## **SECTION 3: TECHNICAL REGULATION**

### ***17. FAIR PLAY :***

Athletes must participate in competitions with fair-play and enthusiasm. All those who show a negative attitude or an evident inability might be excluded from the competition. Athletes should strictly comply with the provisions supplied by the jury or by the organization, particularly as far as safety is concerned.

### ***18. GENERAL RULES FOR RACES :***

A competitor shall only use the paddle, waves and wind to propel the board forward during the race. No outside assistance from boat wakes, sails, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.

Only single blade paddles can be used.

A competitor must be standing while paddling on the course from the start line until crossing over the finish line.

A competitor is allowed to sit, lay or kneel only for resting during a race.

Once a competitor takes more than five strokes while sitting, laying or kneeling during the race, this competitor is disqualified in the race and shall receive a DNF.

The exception to the Standing Only rule is for any safety reasons where a competitor needs to avoid a potentially dangerous situation. In this case, he could not receive any benefit for the race ranking resulting from this situation.

All paddlers must wear event jerseys and/or identification numbers and/or GPS during the entire race, failure to do so will mean immediate disqualification.

In case of courses with several laps, right of way must be given to the overlapping competitors.

It is the moment when the rider crosses the finish line (and not the board) that is taken in consideration for arrival time and ranking.

Protests can be lodged maximum 15mn after the arrival of the last competitor, it should be written in English or in the language of the country where the race takes place, it should include :Date, time, name of the participant lodging the protest, incident's description, grounds of the complaint, evidences, name of witnesses and signature.

### ***19. GENERAL RULES for SUP SURFING***

to be developed later

### ***20. GENERAL RULES for SUP WHITE WATER***

to be developed later

## **SECTION 4: LIABILITIES**

### ***20. WITH RESPECT TO THE EVENT ORGANIZERS***

EuroSUPA Rulebook is not a contractual document between EuroSUPA and an event organizer.

### ***21. WITH RESPECT TO THE EVENT COMPETITORS***

The responsibility of EuroSUPA is strictly limited to the following: EuroSUPA will establish and distribute the overall season rankings, on the basis of the results forwarded by the events organizers.

### ***22. WITH RESPECT TO ANY OTHER PARTY***

The organization of an event is under the only responsibility of the event organizer. EuroSUPA does not participate in the event organization. The event organizer must comply with all the country laws, regulations and obligations and he is the only liable person/entity in case of breach of compliance.

## Appendix 1

STARS	Minimum Total PRIZE MONEY per Race for the Elite categories	MAX. ENTRY FEE	SANCTION FEE
1*	500	N/A	free 2012
2**	1000	N/A	free 2012
3***	2000	N/A	free 2012
4****	4000	N/A	free 2012
5*****	7000	N/A	free 2012
6*****	10000	N/A	free 2012



## Appendix 2

Result by category :	Ranking Points for a 1* race	Ranking Points for a 2* race	Ranking Points for a 3* race	Ranking Points for a 4* race	Ranking Points for a 5* race	Ranking Points for a 6* race
1	1000	2000	3000	4000	5000	6000
2	860	1720	2580	3440	4300	5160
3	730	1460	2190	2920	3650	4380
4	670	1340	2010	2680	3350	4020
5	610	1220	1830	2440	3050	3660
6	583	1166	1749	2332	2915	3498
7	550	1100	1650	2200	2750	3300
8	528	1056	1584	2112	2640	3168
9	500	1000	1500	2000	2500	3000
10	488	976	1464	1952	2440	2928
11	475	950	1425	1900	2375	2850
12	462	924	1386	1848	2310	2772
13	450	900	1350	1800	2250	2700
14	438	876	1314	1752	2190	2628
15	425	850	1275	1700	2125	2550
16	413	826	1239	1652	2065	2478
17	400	800	1200	1600	2000	2400
18	395	790	1185	1580	1975	2370
19	390	780	1170	1560	1950	2340
20	385	770	1155	1540	1925	2310
21	380	760	1140	1520	1900	2280
22	375	750	1125	1500	1875	2250
23	370	740	1110	1480	1850	2220
24	365	730	1095	1460	1825	2190
25	360	720	1080	1440	1800	2160
26	355	710	1065	1420	1775	2130
27	350	700	1050	1400	1750	2100
28	345	690	1035	1380	1725	2070
29	340	680	1020	1360	1700	2040
30	335	670	1005	1340	1675	2010
31	330	660	990	1320	1650	1980
32	325	650	975	1300	1625	1950
33	320	640	960	1280	1600	1920
34	315	630	945	1260	1575	1890
35	310	620	930	1240	1550	1860
36	305	610	915	1220	1525	1830
37	300	600	900	1200	1500	1800
38	295	590	885	1180	1475	1770
39	290	580	870	1160	1450	1740
40	285	570	855	1140	1425	1710
41	280	560	840	1120	1400	1680
42	275	550	825	1100	1375	1650
43	270	540	810	1080	1350	1620
44	265	530	795	1060	1325	1590
45	260	520	780	1040	1300	1560
46	255	510	765	1020	1275	1530

47	250	500	750	1000	1250	1500
48	245	490	735	980	1225	1470
49	240	480	720	960	1200	1440
50	235	470	705	940	1175	1410
51	230	460	690	920	1150	1380
52	225	450	675	900	1125	1350
53	220	440	660	880	1100	1320
54	215	430	645	860	1075	1290
55	210	420	630	840	1050	1260
56	205	410	615	820	1025	1230
57	200	400	600	800	1000	1200
58	195	390	585	780	975	1170
59	190	380	570	760	950	1140
60	185	370	555	740	925	1110
61	180	360	540	720	900	1080
62	175	350	525	700	875	1050
63	170	340	510	680	850	1020
64	165	330	495	660	825	990
65	160	320	480	640	800	960
66	158	316	474	632	790	948
67	156	312	468	624	780	936
68	154	308	462	616	770	924
69	152	304	456	608	760	912
70	150	300	450	600	750	900
71	148	296	444	592	740	888
72	146	292	438	584	730	876
73	144	288	432	576	720	864
74	142	284	426	568	710	852
75	140	280	420	560	700	840
76	138	276	414	552	690	828
77	136	272	408	544	680	816
78	134	268	402	536	670	804
79	132	264	396	528	660	792
80	130	260	390	520	650	780
81	128	256	384	512	640	768
82	126	252	378	504	630	756
83	124	248	372	496	620	744
84	122	244	366	488	610	732
85	120	240	360	480	600	720
86	118	236	354	472	590	708
87	116	232	348	464	580	696
88	114	228	342	456	570	684
89	112	224	336	448	560	672
90	110	220	330	440	550	660
91	108	216	324	432	540	648
92	106	212	318	424	530	636
93	104	208	312	416	520	624
94	102	204	306	408	510	612
95	100	200	300	400	500	600
96	99	198	297	396	495	594
97	98	196	294	392	490	588

98	97	194	291	388	485	582
99	96	192	288	384	480	576
100	95	190	285	380	475	570
101	94	188	282	376	470	564
102	93	186	279	372	465	558
103	92	184	276	368	460	552
104	91	182	273	364	455	546
105	90	180	270	360	450	540
106	89	178	267	356	445	534
107	88	176	264	352	440	528
108	87	174	261	348	435	522
109	86	172	258	344	430	516
110	85	170	255	340	425	510
111	84	168	252	336	420	504
112	83	166	249	332	415	498
113	82	164	246	328	410	492
114	81	162	243	324	405	486
115	80	160	240	320	400	480
116	79	158	237	316	395	474
117	78	156	234	312	390	468
118	77	154	231	308	385	462
119	76	152	228	304	380	456
120	75	150	225	300	375	450
121	74	148	222	296	370	444
122	73	146	219	292	365	438
123	72	144	216	288	360	432
124	71	142	213	284	355	426
125	70	140	210	280	350	420
126	69	138	207	276	345	414
127	68	136	204	272	340	408
128	67	134	201	268	335	402
129	66	132	198	264	330	396
130	65	130	195	260	325	390
131	64	128	192	256	320	384
132	63	126	189	252	315	378
133	62	124	186	248	310	372
134	61	122	183	244	305	366
135	60	120	180	240	300	360
136	59	118	177	236	295	354
137	58	116	174	232	290	348
138	57	114	171	228	285	342
139	56	112	168	224	280	336
140	55	110	165	220	275	330
141	54	108	162	216	270	324
142	53	106	159	212	265	318
143	52	104	156	208	260	312
144	51	102	153	204	255	306
145	50	100	150	200	250	300
146	49	98	147	196	245	294
147	48	96	144	192	240	288
148	47	94	141	188	235	282

149	46	92	138	184	230	276
150	45	90	135	180	225	270
151	44	88	132	176	220	264
152	43	86	129	172	215	258
153	42	84	126	168	210	252
154	41	82	123	164	205	246
155	40	80	120	160	200	240
156	39	78	117	156	195	234
157	38	76	114	152	190	228
158	37	74	111	148	185	222
159	36	72	108	144	180	216
160	35	70	105	140	175	210
161	34	68	102	136	170	204
162	33	66	99	132	165	198
163	32	64	96	128	160	192
164	31	62	93	124	155	186
165	30	60	90	120	150	180
166	29	58	87	116	145	174
167	28	56	84	112	140	168
168	27	54	81	108	135	162
169	26	52	78	104	130	156
170	25	50	75	100	125	150
171	24	48	72	96	120	144
172	23	46	69	92	115	138
173	22	44	66	88	110	132
174	21	42	63	84	105	126
175	20	40	60	80	100	120
176	19	38	57	76	95	114
177	18	36	54	72	90	108
178	17	34	51	68	85	102
179	16	32	48	64	80	96
180	15	30	45	60	75	90
181	14	28	42	56	70	84
182	13	26	39	52	65	78
183	12	24	36	48	60	72
184	11	22	33	44	55	66
185	10	20	30	40	50	60
186	9	18	27	36	45	54
187	8	16	24	32	40	48
188	7	14	21	28	35	42
189	6	12	18	24	30	36
190	5	10	15	20	25	30
191	4	8	12	16	20	24
192	3	6	9	12	15	18
193	2	4	6	8	10	12
194	1	2	3	4	5	6
195	1	2	3	4	5	6
196	1	2	3	4	5	6
197	1	2	3	4	5	6
198	1	2	3	4	5	6
199	1	2	3	4	5	6

<b>200</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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