

TECHNICAL GUIDE – EN

IWC WORLD CHAMPIONSHIP

ITALIAN CHAMPIONSHIP CSEN SWIMRUN

REVISED 01 del 29/8/2019 (PAG 3,4 17)

PROGRAM OF THE EVENT:

a) SATURDAY September 7 th, 2019:

➤ **in LIGNANO:**

- **10:30-13:00** Registration and delivery of the race bags.
"Tenda Bar" in Piazza Marcello D'Olivo Lignano Pineta – Arrival Zone
- **11:00** aperitif and small buffet
- **11:30** starting of the Technical Briefing
- **12:30** close

➤ **in GRADO:**

- **17:30-19:30** Registration and delivery of the race bags.
"GIT – Palazzina Medici" Parco delle Rose di Grado – Starting Zone
- **18:00** aperitif and small buffet
- **18:30** starting of the Technical Briefing
- **19:30** close

b) SUNDAY September 8th, 2019:

- At **4:15** the bus leaves from Lignano SABBIADORO at Piazza Fontana to GRADO “GIT Grado Parco delle Rose” (only for those who reserved a place)
- At **4:30** the bus leaves from Lignano PINETA “TENDA BAR Arriving area” to Grado (only for those who reserved a place)
- At **5:45** bus arrival to GRADO “GIT Grado Parco delle Rose” (only for those who reserved a place)
- **from 5:45 to 6:15_ delivery of personal bags OF HEAD (athletes can insert personal belongings inside a small bag, which will be left to custody and returned back in Lignano after arrival)**
- At **6:15** opening of the starting
- At **6:30** closing starting area and small briefing
- At **6:50 START OF THE RACE (Grado-Lignano)**
- At **09:30 AM** streaming on the web from the arrival area in Lignano, **LIVE BROADCAST IN ALL THE NORTH OF ITALY ON "CAFE' 24 TV"** and in web TV <http://www.cafetv24.it/index.php/cafetv24-streaming/>
- At **14:30 RACE END**
- At **14:45 ceremony of the awards**
- At **12:30-15:30** Pasta party by the “TENDA BAR Arriving area” in Lignano
- At **16:00 STARTING of bus From Lignano (TENDA BAR) to Grado**

In case of bad meteo condition at **6:50** on September 8th, 2019, all the program will be postponed **of 3 Hours** (starting at 10) - with the same route from Grado to Lignano

In case of bad sea conditions, or very bad weather condition, at **10:00** on September 8th, 2019, the race will be anyway performed, on an alternative itinerary to guarantee safety, with starting time will be at **12:00 - all in Grado**

ATHLETES MUST COLLECT THE PERSONAL **HEAD bags** on SATURDAY MORNING in LIGNANO or EVENING in GRADO.

Athletes will be given a **NUMBERED, PERSONAL white bag**, where they can put their personal belongings, their clothes and soap, shampoo... to take a shower after arrival in Lignano.

IMPORTANT: the **personal bag** must be given, to the staff, **ONLY Sunday September 8th , from 5:45 to 6:15** by “Parco delle Rose” GIT in Grado AT THE STARTING POINT. The Staff will receive the bags for custody and will carry them to Lignano, to the arrival point.

ATHLETES will be identified by numbers, written on arms, legs and swimming cups (no pectoral numbers).

Should someone **not have reserved** the place on the Bus to Grado, and want to have one (if available), will pay the cost of € 15.

RAICING ROLES:

Racing Rules are made to limit the risks as much as possible, and athletes will have to fully respect them. Please obey to any request from the Technical Organizers and the Staff during the race, it is for your safety.

As in the previous editions of the race, you will find some cuts off, and beyond those, athletes will have to stop end will not be allowed to continue the race. (see art. 9 of race rules).

RACE DIRECTOR AND ORGANIZATOR: Matteo Benedetti, cell number +39 351-8837370
(no cell phone on the islands, but radio connection between the Staff)



EXTRACT OF THE NATIONAL REGULATION: (REV01)

Clothing required to racing in swimrun events.

Any clothing that allows you to safely swim and run: are permitted clothes that allow buoyancy and sliding. For example Triathlon bodysuits with or without zip, a two piece Triathlon Top + Shorts, currently FINA-ILLEGAL clothes with neoprene parts. To race one is allowed to wear swimming trunks. During the competition one shall always wear the bib vest(see page 5). The bib vest should always be worn throughout the race whether you compete with a swim suit or without it.

- ART 1 - Swimming section. The use of a wetsuit is ALWAYS allowed. We recommend the use of sleeveless and legless type. The clothing should be breathable made of neoprene and/or a mix of fabric and neoprene (a swim run suit). The wetsuit thickness and the percentage of the mix between neoprene and fabric in it is not regulate. The athlete is free to choose as he/she likes.

FULL BOFY WETSUIT OR HAL BODY WETS SUIT (SLEEVELES /LEGLESS) IS MANDATORY WHEN THE WATER TEMPERATURE IS 16 ° C OR BELOW. BELOW 16°C WE RECOMMEND FUL BODY WETSUIT OR A NEOPRENE SWIM CAP ARM AND LEGGINGS THAT CAN BE REMOVED WHILE RUNNING.

ART 2 Running section. For SAFETY REASONS (to avoid Syndrome of Hydrocution), IT IS NOT PERMITTED to compete BEAR CHESTED In case of violation the competitor will receive a penalty(YELLOW CARD)between 2 minute to 6 minutes to be added to his/her final time of the race.

During the running section longer than 200 meters, WITH AN AIR TEMPERSTURE AT 24 ° C OR MORE IS NOT ALLOWED to run with a full body or half body (sleeveless/legless) Neoprene Wetsuit fully zipped up. In such a case the athlete must run AT LEAST with the upper part of the wetsuit rolled down to his/he waist (the upper body must be fully free of the wetsuit but/and the and numbered bib vest must be worn). In case of violation the competitor will receive a penalty (YELLOW CARD) between 2 minutes to 6 minutes to be added to his/her final time of the race.

During running sections longer than 200 meters, with any given air temperature it is ALLOWED to run with full body wetsuit or half body wetsuit made of breathable mixed fabric/neoprene zipped up and necessary to roll it down to the waist.

The athlete can completely remove the suit (whatever the type may be), but he/she must always carry it with him/her. In the shorter swimming distances less than 200meters the athlete can tie the wetsuit it to his/her waist without the need to wear it.During the briefing this issue will be will addressed and the rules will before be added at the end to the final time of the race.

- ART3 Equipment,. All equipment checked at the start must be carried with you and you until the finish of the race. Any loss of equipment during the race must be reported promptly to course referee (yellow shirt). In case of violation the competitor will receive a penalty (YELLOW CARD) a between 2 minutes to 6 minutes to be added to his/her final time of the race.

To swim and run is RECOMMENDED the use of running shoes or diving shoes (with tread). You will swim and run with your shoes always on your feet. It is NOT ALLOWED to run wearing only socks or barefoot. During the competition due to fine beach sand it is RECOMMENDED to wear tight socks (neoprene is OK).

- 3.1 - Pull buoy It is RECOMMENDED to use a PULL BUOY that must be hooked to the athlete's body. In the swimming section the use of the pull buoy is to compensate for the weight of wet shoes on the feet.

During the race course where the water is knee deep or/and waist deep the pull buoy must be hooked to the thigh or to the back It can't be tied (or carried) by hand. The pull buoy bought in the market place CANNOT be modified. Hand made or self made pull buoys are not allowed. DOUBLE PULL BUOY is allowed. A singular Pull Buoy can be tied together with a rope or string thou making a double pull buoy. In the swimming section the pull buoy should be kept STRICTLY between the legs and tied to the thigh and not on the back.

- 3.2 – Palette. The PALETTE of ANY shape and size are allowed.

- 3.3 – Floating devices bought in the market place for shoes are allowed as long as they are not modified form the original shape and size. Hand made and/or self made floating shoes devices are not allowed-

- ART 4 Race route Any competitor who deliberately cuts a buoy in the swimming or a flag in the running section will receive a penalty. In case of this violation the competitor will receive a penalty (YELLOW CARD) between 2 minutes to 30 minutes to be added to his/her final time of the race.

When the short cut is clearly premeditated the competitor will be immediately disqualification. (RED CARD)



- ART 5 Respect for the volunteers and referee body. All referees judges and volunteers must be treated with respect. In case of violation the competitor will receive a penalty (YELLOW CARD) a between 15 minutes to 60 minutes to be added to his/her final time of the race. In serious cases of violation that will call for immediate disqualification (RED CARD).

In order to identify each competitor an elasticized sleeveless like vest will be provided by the organization. The vest will have the competitor race number on it. The vest must be worn all the time during the competition. If and when necessary a non permanent number will be tooted on the leg and /or on the arm. The swim cap will not be marked with a number



IMPORTANT NOTES:

If you have any kind of problem, turn to the Staff and ask for assistance. If you ask for help, you will not be disqualified and you can continue the race. In case you have serious problem, the final decision on whether you can go on with the race or stop will be taken by the Staff, after asking the Safety Responsible.

- 75% of the people in the Staff, who stay in the channels, are Professional Operators enabled with a special Patent.
- 90% of the Staff on the islands are connected by radio, by GPS and communicate with the Safety Staff, with 2 Medical Boats, 3 Professional Doctors, 34 Lifeguard, MORE THEN 100 personal/Staff , 3 Medical Cars placed in Grado and Lignano and ready for any emergency.



Maximum time and CUT OFF:

As explained in the race rules, there are some “maximum times”, if you can not stay within those time limits, you will be excluded from the race. This rule is due to the sea tides, and to the sea currents, which changes in time and if you cannot arrive on the right time at the channels, the current will be too strong and you will not be able to pass them. In fact, tides grow very rapidly. The cut offs are as follows:

CUT OFF IN Grado

- | | |
|---|------------------------|
| • POINT C: Bocca di porto “La Fosa” - distance 1.10 mt –LAST TIME OUT | 7:45 (or 10:45) |
|---|------------------------|

CUT OFF IN On the Islands

- | | |
|--|-----------------------------|
| • POINT L: Bocca di porto “Portobuso” - distance 0.65 mt - LAST TIME OUT | 9:30 (or 12:30) |
| • POINT O: Bocca di porto “de Maran”: - START FROM MARINETTA | 11:00 (or 14:00) (*) |
- (stop&go time “canal de Maran” 3h 00’)

CUT OFF IN Lignano

- | | |
|--|-------------------------|
| • POINT Q: Faro Rosso / Terrazza Mare : - START TO SWIM – LAST TIME | 11:30 (or 14:30) |
| • POINT S: Frece Tricolori / Pz.Marcello D’Olivo : - START TO SWIM – LAST TIME | 13:30 (or 18:30) |

(*) the Staff can modify the above mentioned times if necessary for the safety Because of the boat traffic in the channel "canal de maran"

STARTING FROM 09:30 (OR 12:30), the rule of STOP AND GO must be followed, that is: athletes MAY be stopped in an area by the island Marinetta, the Staff will check the traffic and will decide, after connection with the authorities, when the athletes may leave and continue the race, followed by Safety Boats to guarantee the maximum safety. This time will be counted and subtracted from the final time at the end of the race

SIMILARLY, **STARTING FROM 11:00 (OR 14:00)** and depending on the boat traffic, after connection with the Authorities, the Staff will decide if athletes can cross the channel “CANAL DE MARAN” or must be taken by boat up to the red lighthouse, from which they will continue the race. The athletes will be considered finisher and given the medal, but will not be allowed to compete for any category title .

In the case the race is canceled due to insurmountable conditions or extremely serious safety problems, the fee will not be refunded.

Awards

- Absolute 5 Men and 5 Women
1° Classified 300 euro – 2° Classified 200 euro – 3° Classified 100 euro - 4°/5° Aquaticrunner 2019 wild card / Cup&Medals
- 3 Men / 3 Women – ITALIAN CATEGORY - Italian Championship / Cup & Medals, 1° HEAD Wet Suit , HEAD&CASTELLI gadget
- 3 Men / 3 Women – NOT ITALIAN CATEGORY / Medal, HEAD&CASTELLI gadget
- GENERAL CAREGORIES 1,2,3 Man and 1,2,3 Woman / Medal, HEAD&CASTELLI gadget
cat: 18 (age 18/19) - cat: 20 (age 20/29) – 30 (age 30/39) – 40 (age 40/49) – 50 (age 50/59) - 60 (age 60/69) - 70 (age 70/79)



(Case A)

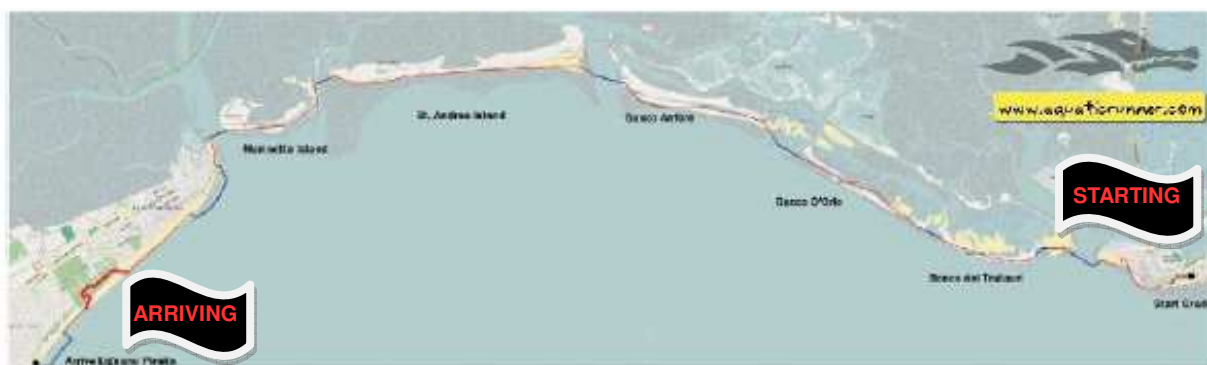
On SUNDAY September 8th, 2019: start from Grado at 6:50

If there is not good weather condition the start will be postponed of 3 hours

(Case B)

On SUNDAY September 8th, 2019: start from Grado at 10:00

If there is not good weather condition the start will be postponed of 2 hours



(Case C)

On SUNDAY September 8th, 2019: all in Grado at 12:00

In case of bad sea conditions, or very bad weather conditions, at 10:00, the race will be anyway performed, on an alternative itinerary to guarantee safety, with starting at 12:00. It consists in a Multiloop of 7 km Run and 650x2 mt Swim

TOTAL DI 21 KM RUNNING AND 4000 MT SWIMMING

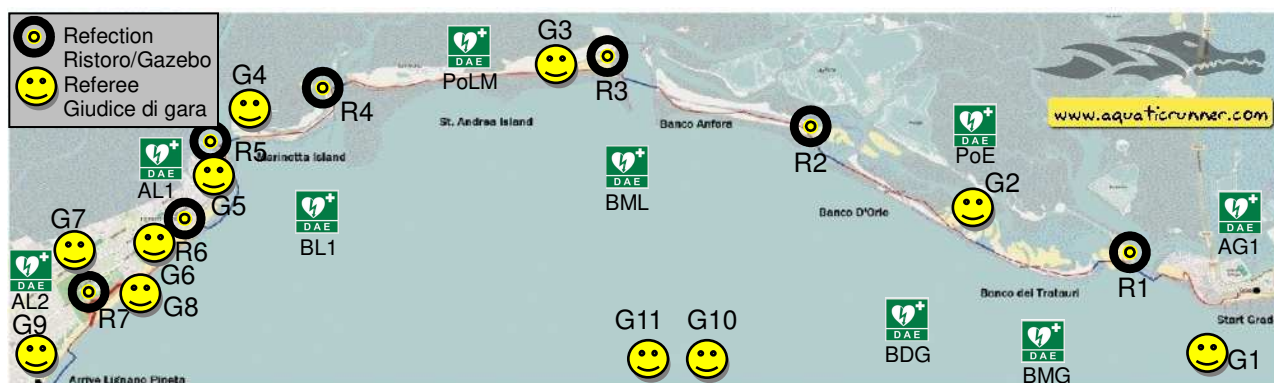


Race Director:

Matteo Benedetti +39 351 8837370



c) RACETRACK Case A e B (Grado-Lignano)



Totale distance race: 32,60 km

only run : 24,3km

only swim : 6,05km

mix swim/run: 2.25 km (weather low level)

LOCATION	Rif	RUN	Rif	SWIM	MIX
STARTING	A-B	3,1	B-C	1,1	
BANCO TRATAURI ISLAND	C-D	1,7	D-E	0,2	0,65
BANCO D'ORIO ISLAND	E-F	3,6	F-G	0,25	0,55
BANCO ANFORA ISLAND	G-H	3,4	H-I-L	0,9	
ST. ANDREA ISLAND	L-M	5,1	M-N	0,15	0,65
MARINETTA ISLAND	M-O	2,4	O-P	0,65	0,1
LIGNANO RED LIGHT	P-Q	0,3	Q-R	1,9	0,1
BIKE ROAD	R-S	4,5	S-T	0,9	0,2
ARRIVING	T-V	0,2			
TOTALS		24,3		6,05	2,25
TOTAL RACE		32,6 km			

N° 7 Refection:

Refection 1 - POINT C – H2O

Refection 2 - POINT G - H2O + **GEL**

Refection 3 - POINT L - H2O + Solid Food

Refection 4 - POINT N - H2O + **GEL**

Refection 5 - POINT Q - H2O + Solid Food

Refection 6 - POINT R - H2O + **GEL**

Refection 7 - POINT S - H2O + Solid Food

N° 9 DAE (Defibrillatore):

AG1: Ambulance Grado 1

BDG: Boat Direzione Gara

BMG: Boat medica Grado

PoE: Posizione E

BML: Boat Medica Lignano

PoLM: Operatore Mobile

BL1: Boat Capo Marinetta

AL1: Ambulance Lignano 1

AL2: Ambulance Lignano 2

N° 14 REFEREE):

G1: 1° Referee Arbitro : Cristina Berlasso – START

E G2: Referee : Paolo De Antoni – MORGIO -**VERIFY NUMBER**

L G3: Referee : Lorenza Apollonia – PORTOBUSO -**VERIFY NUMBER**

O G4: Referee : Mario Zoratti – MARINETTA -**VERIFY NUMBER**

Q G5: Referee : Nicodemo Alberto – FARO ROSSO -**VERIFY NUMBER - BIB VEST**

R1 G6: Referee : Lorella Visentin – UFFICIO 7 -**VERIFY NUMBER - BIB VEST**

R2 G7: Referee : Irene Martinotti – BELLA ITALIA -**VERIFY NUMBER**

S G8: Daily Referee : Denis Monticoli – ROTONDA 5 -**VERIFY NUMBER - BIB VEST**

V G9: Referee : Gaetano Trimarchi – ARRIVING

G10: Athete Referee : Alberto Fant – ON THE GROUP

G11: Athete Referee : Gerard Martin– ON THE GROUP

G12: Athete Referee : Luca Zanetti – LAST ATLETE

G13: Referee : Eddy Borge

G14: Referee : Matteo Benedetti



f-1) Course in Grado

CASE A ore 6:50
1° RUN (A-B) – Grado - 3,1 km

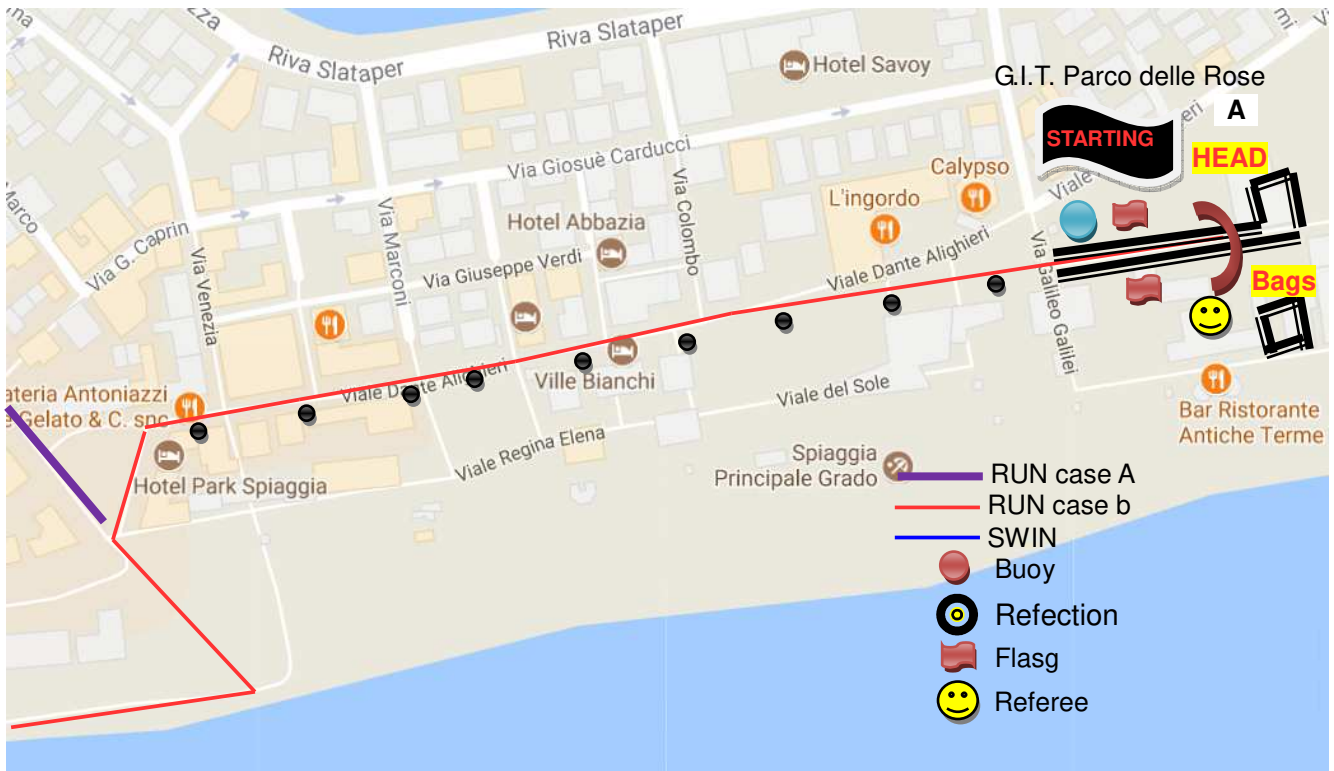


CASE B ore 10:00
1° RUN (A-B) – Grado - 2,4 km

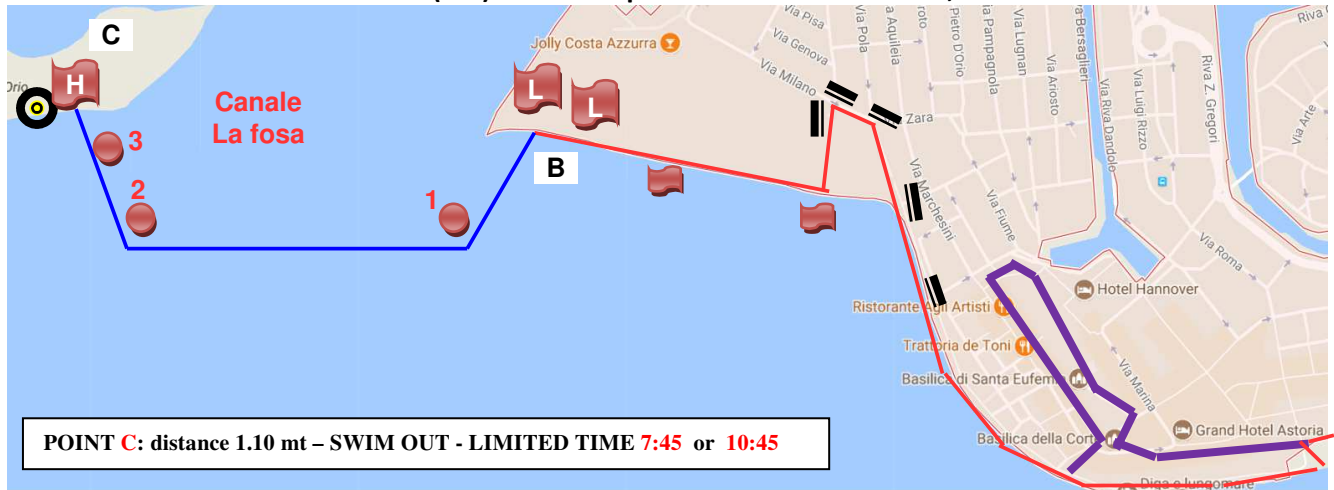


It should be noted that the route from the GIT and the old city of Grado up to the dam, will be speed-controlled, with a bicycle ahead and one behind. In the case of 10:00 from the Git to the dam, it will still be at controlled speed up to the dam.





1° SWIM (B-C) – Bocca di porto: Canale "la fosa" - 1,1 km



f-2) Course in the Islands

2° RUN (C-D) - Banco Tratauri ISLAND - 1.7 km

2° SWIM (D-E) - Isola protetta – 0,8 (*) km – REAL SWIM 0,15 km
(*Difficult part, you can swim or walk)

3° RUN (E-F) - Banco d'Orio ISLAND - 3.6 km

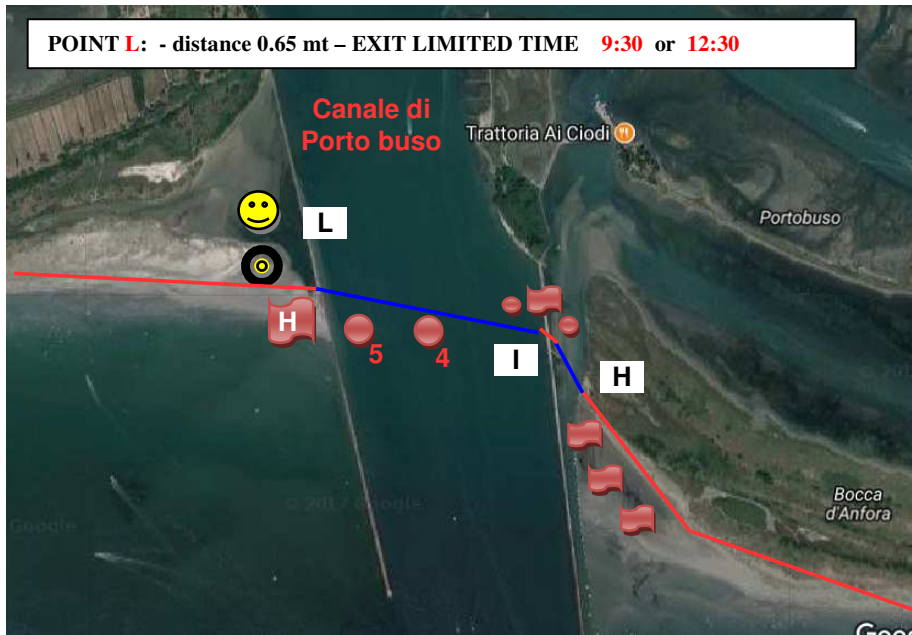


3° SWIM (F-G) - Taglio di Morgo – 0,7 (*) km – REAL SWIM 0,25 km
(*)- Difficult part, you can swim or walk

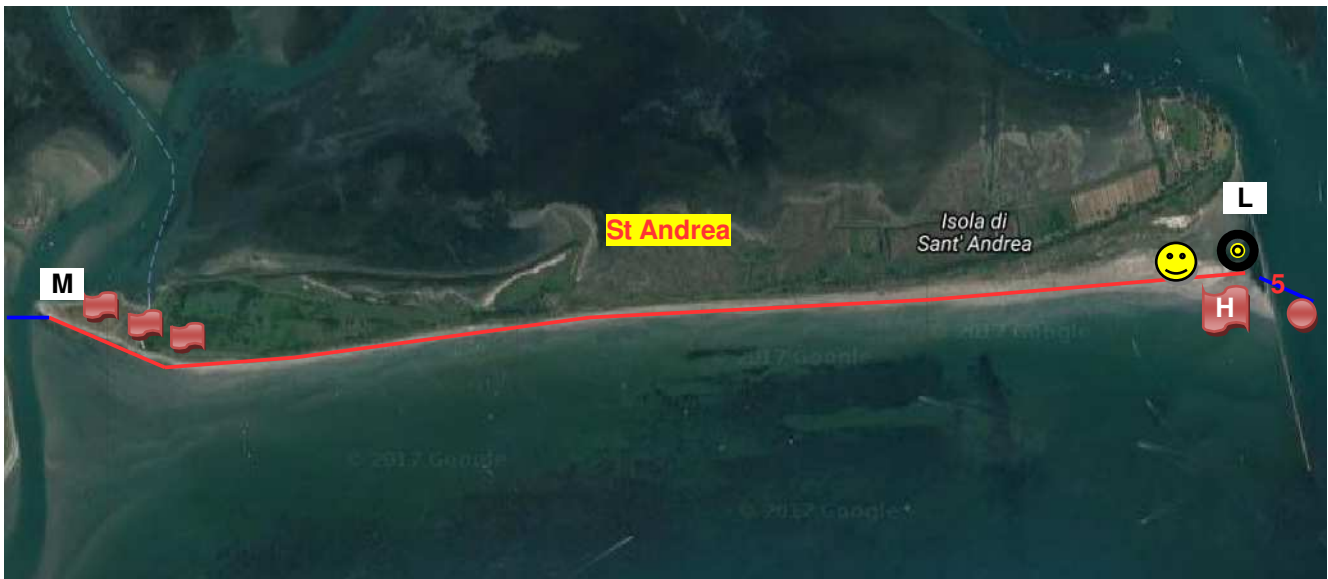
4° RUN (G-H) - Buso Anfora ISLAND - 3.4 km



4° SWIM (H-I) – Taglio Anfora - 0,1 km
4°bis SWIM (I-L) – Bocca di Porto: Canale di Portobuso - 0,8 km



5° RUN (L-M) - St Andrea ISLAND – 5.1 km



5° SWIM (N-O) – Canale dei Casoni - 0.3 (*) km – REAL SWIM 0,15 km

(*)Difficult part, you can swim or walk

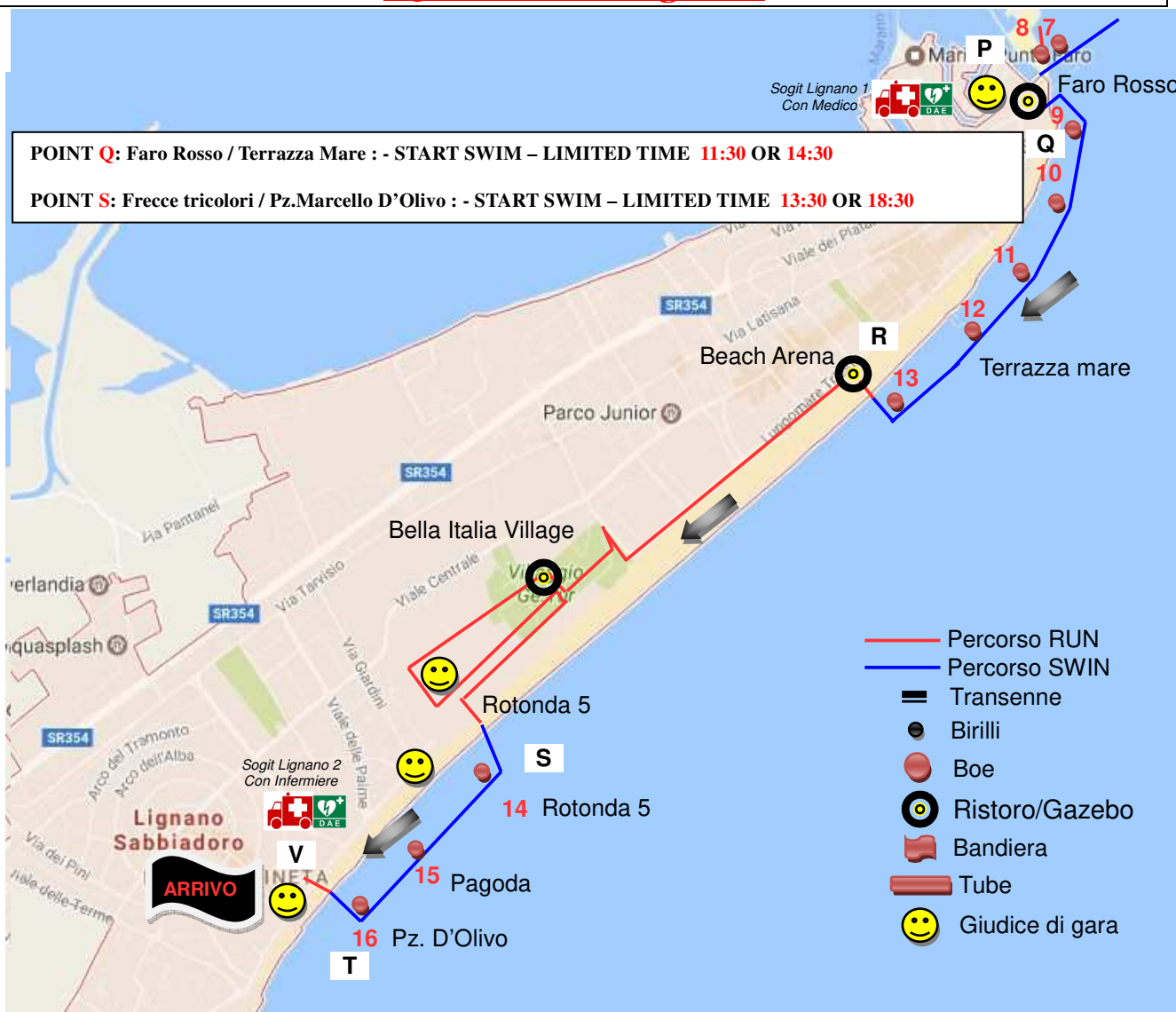
6° Run (N-O) - Marinetta ISLAND - 2.4 km

6° SWIM (O-P) – Bocca di porto: Canale "Canal de Maran" - 0,75 (*) km- REAL SWIM 0,65 km

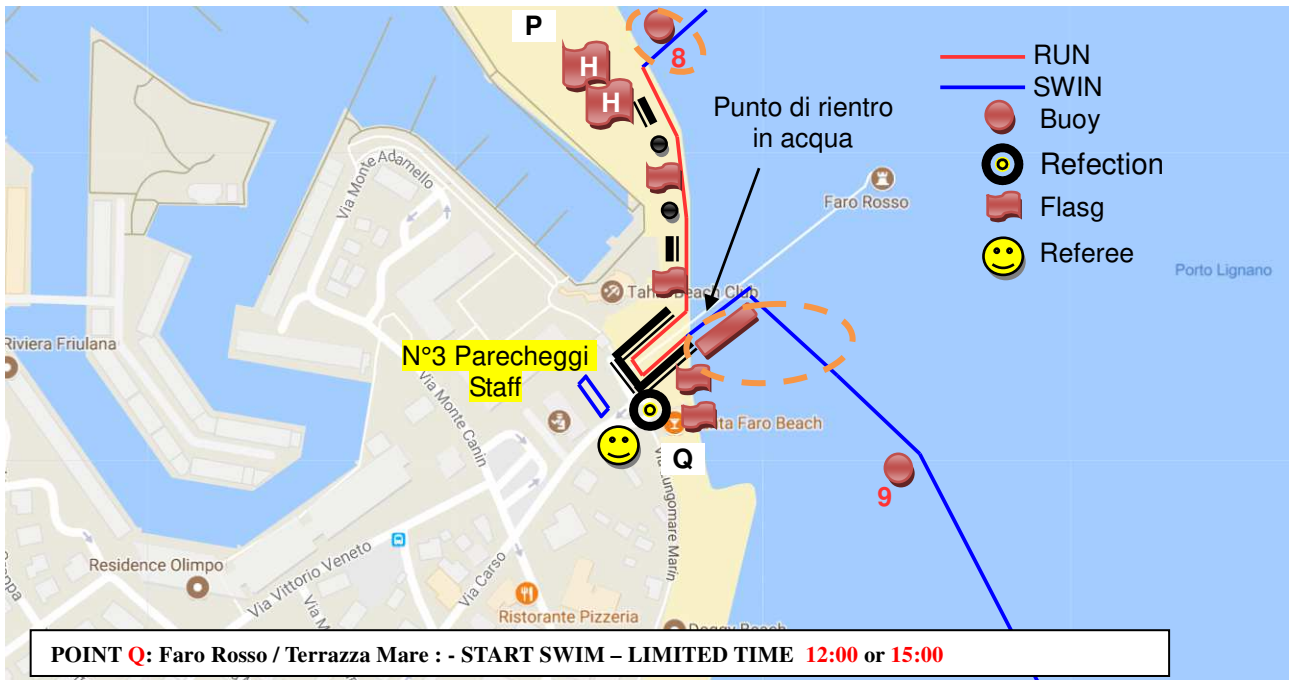
(*)– Difficult part, you can swim or walk



f-3) Course in Lignano

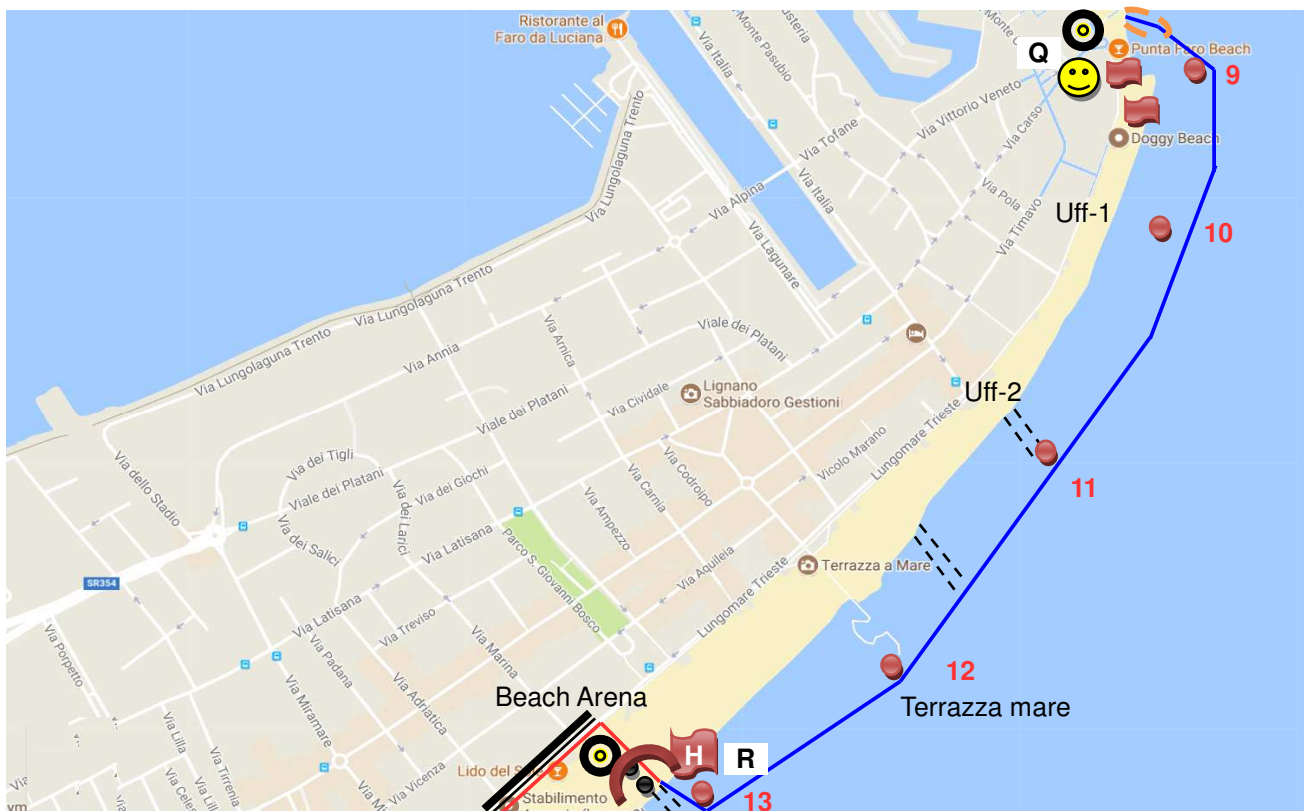


7° RUN (P-Q) – Faro Rosso – Red Light – 0,3 km

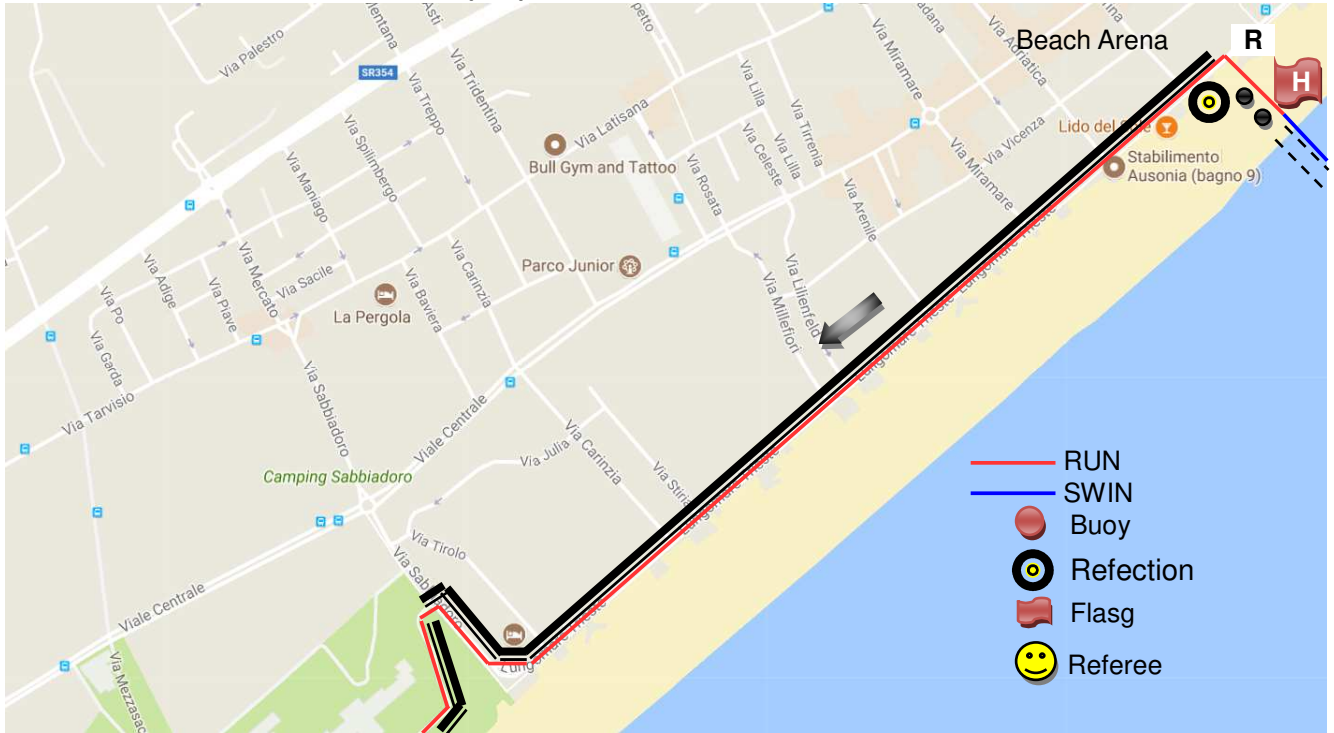


7° SWIM (Q-R) – Lignano Sabbiadoro - 2,0 km (*) km REAL SWIM 1,9 km

(*)Difficult part, you can swim or walk

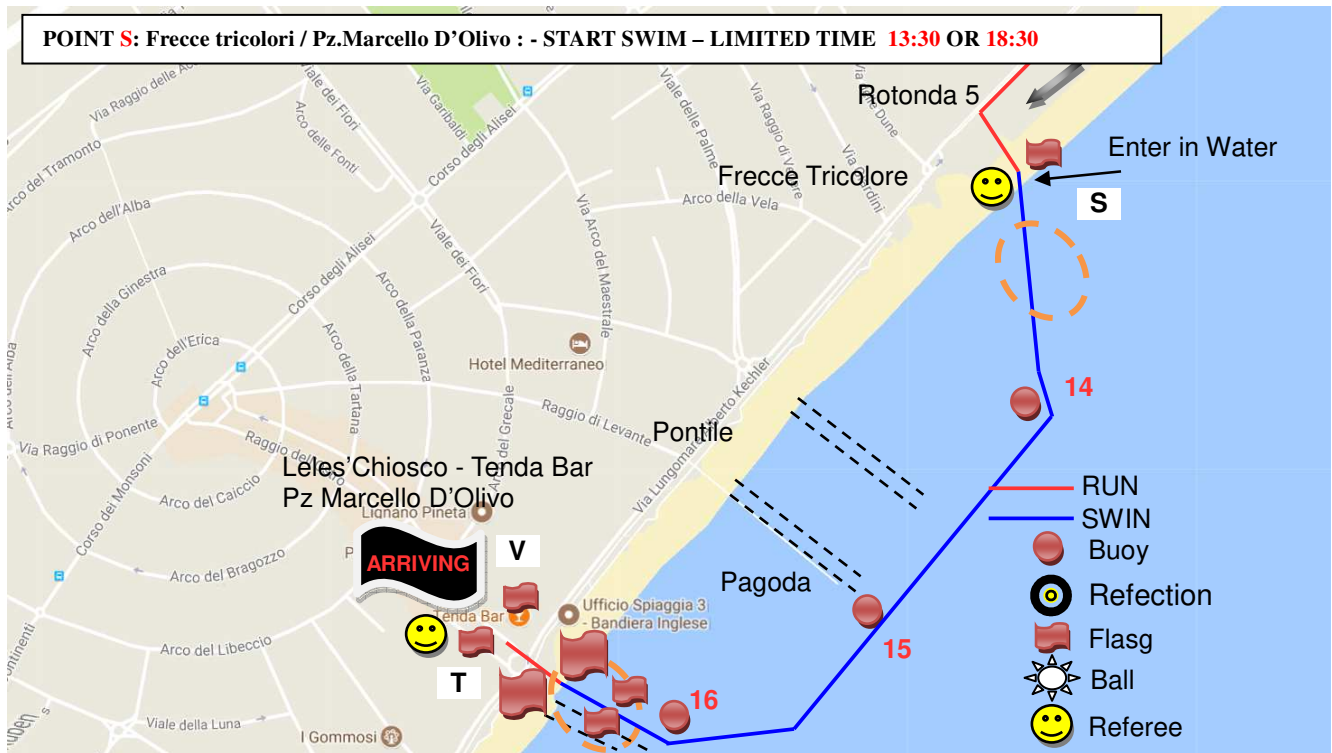


8° RUN (R-S)– Ciclabile/Ge Tur 4,5 km

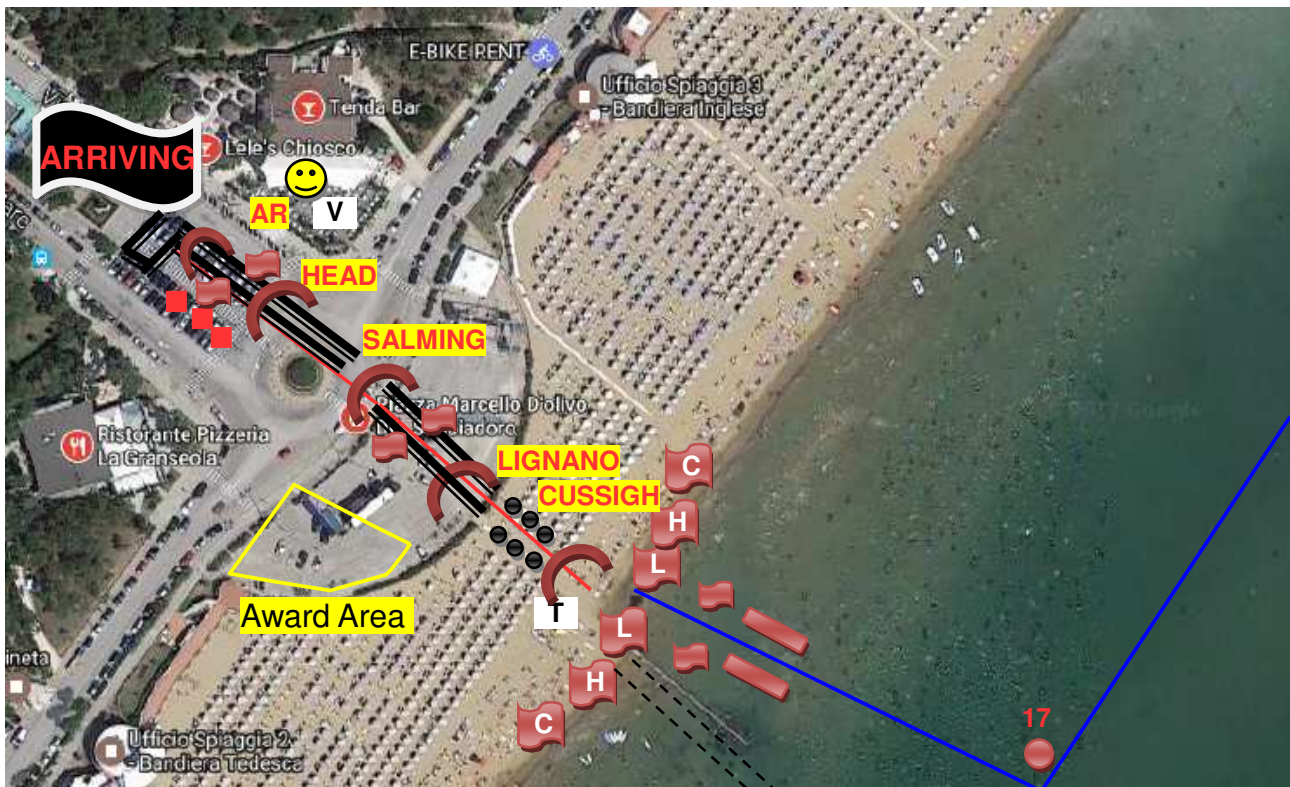


8° SWIM (S-T) - Lignano Pineta – 1,1 km km (*) km REAL SWIM 0,9 km

(*)Difficult part, you can swim or walk



9° RUN (T-V) - Tenda Bar - 0,2 km



LOCATION AREA GRADO/LIGNANO

