

TECHNICAL GUIDE – EN

SOLO WORLD CHAMPIONSHIP SWIMRUN

REV 01 01/09/2021

Friday, September 10th, 2021 registration and race bags pick up:

➤ **In LIGNANO:**

- **From 19:00 to 21:30** Registration and pick up race bag at the “Tenda Bar” in Piazza Marcello D’Olivo Lignano Pineta.
- **19:00 to 21:30** starting online briefing (pre-recorded)

➤ Saturday September 11th 2021 Registration and race bags pick up:

➤ **In LIGNANO:**

- **From 9:00- to 12:00/Noon** Registration and pick up race bags at the “Tenda Bar” in Piazza Marcello d’Olivo, Lignano Pineta.
- **From 9:00-12:00/Noon** starting online briefing (pre-recorded)

➤ Saturday September 11th 2021 Registration and race bags pick up:

➤ **In GRADO:**

- **From 17:00-20:00** Registration and pick up race bags at the “GIT (Grado Impianti Turistici) – Palazzina Medici” Parco delle Rose di Grado.
- **From 17:00-20:00** starting online briefing (pre-recorded)

Guidelines to avoid the spreading of infections of Covid 19.

These guidelines are in effect at all the times regardless of the race going to be from Grado to Lignano or because of bad weather in Grado only.

- To access the registration area to pick up race bags the athlete must enter one at the time and must keep social distancing (2 meters apart one another) The athlete must wear a protective face mask covering mouth and nose. Athlete must have his/her own mask. NO EXCEPTIONS!



- Before entering the race, area body temperature will be taken. If it is more than 37.5 C /99,50 F access will be denied. There will be several entry ways but only one exit way out.
- Technical **briefing will be online** (link will be sent 3 days ahead of the start of the race.). At race bag pick up briefing will be shown on a dedicated big screen device.
- **SUNDAY September 12th, 2021 Race Day :**
 - **4:15 am** the bus arrives at Piazza Fontana LIGNANO to leave for GRADO “GIT Grado Parco delle Rose”. (Reservations are required). To access the bus all athletes while queuing must keep social distancing (2 meters 6,56 feet apart from one another). **Face mask must be worn all the time and must be covering mouth and nose. Please keep your mask on, especially on the bus. NO EXCEPTIONS!! No mask no race!!**
 - **4:30 am** the bus leaves from the “TENDA BAR”. In Lignano Pineta. ETA to GRADO 5:45 am bus arrives at “GIT Grado Parco delle Rose” Grado.
 - **5:45 am to 6:15 am PLEASE NOTE: NO RACE BAGS WILL BE DELIVERED IN GRADO DURING THIS TIME.** Each athlete must deliver his/her personal bag (the black numbered bag found in your race bag). The personal bag is for your personal stuff and can be claimed in Lignano at the finish line. **If the athlete brings a personal bag from LIGNANO to GRADO the athlete must personally place his/her personal bag in the appropriate baggage compartment of the bus (please see the big doors on each side of the bus). The athletes shall leave Lignano only with the race outfit and swimming gear. For the athletes already in Grado please follow the same procedure as above (put your personal stuff in the black numbered bag). At the starting line you will find a van. You must personally carry the personal bag to the van and drop it off inside the van. You can claim your personal bag at the finish line in Lignano. When delivering your personal bag to the bus (LIGNANO) or to the van (GRADO) all athletes must keep the social distancing (2 meters a apart one another) and keep the mask on.**
 - **6:00 am** starting area opens. Aquaticrunner staff will be taking athlete’s body temperature. Maximum body temperature allowed 37.5 C 99.50 F. Over 37,5 C or 99,50 F you are not allowed to participate in the race. Following the body temperature procedure all athletes must go through the check-in by name and number. While checking-in all athletes must wear the protective mask covering mouth and nose.
 - For the starting line, the athletes will form a queue from the front towards the back one after another (standing side by side will NOT be allowed). Always keeping the social distancing (2 meters - 6.56 feet apart from one another) the athletes will line up starting at the front with the lower number going backwards to the higher numbers.
 - **6:30 am** Closing Starting Line. All confirmed registered athletes must be lined up in a single file, one after another, maintaining social distancing (1 meter/ 3,28 feet apart from one another). A last-minute briefing will be given.
- **At 6:50 am START OF THE RACE (Grado-Lignano).** The Racers will run through town (2.2 km 1.37 miles) paced by a bicycle. While running the racers must wear all the time the protective mask covering mouth and nose. The racers will take off the protective mask and disposed of it in a dedicated container at the COSTA AZZURRA beach area.
- **All the time you must maintain the social distancing (1 meter/ 3,28 feet) and you must maintain the starting order according to your race number. NO PASSING of other racers is allowed until you arrive at the starting point “carpet area”. At the “carpet area” you will be stopped and allow to start one at the time. Group start will not be allowed. Please note if during the run you have passed someone before start at the “carpet area” you will be penalized 10 minutes or be disqualified from the race.**

PLAN A)

- From **09:00 am to 12:30 pm** on “Café 24 TV” LIVE feed of the arrival of the race broadcasted throughout 9 REGIONS of NORTHERN ITALY. Also streaming on the web at: TV <http://www.cafetv24.it/index.php/cafetv24-streaming/>
- **12:30 RACE ENDS**
- **14:00** Bus departs from Lignano (FARO ROSSO/RED LIGHTHOUSE area) to GRADO (you must have reservations).

PLAN B)

In case of adverse weather conditions

- **9:45 am** Aquaticrunner staff will be taking athlete’s body temperature. Maximum body temperature mark 37.5 C 99.50 F. Over that temperature you will not be not allowed to participate in the race. Following the body temperature procedure all athletes must go through the check-in by name and number. While checking-in all athletes must wear the protective mask covering mouth and nose.
- **10:00 am** race starts
- From **09:00 am to 15:30** on “Café 24 TV” LIVE feed of the arrival of the race broadcasted throughout 9 REGIONS of NORTHERN ITALY. Also streaming on the web at: TV
- **15:30** Race Ends
- **17:00** Bus departs from Lignano (FARO ROSSO/RED LIGHTHOUSE area) to GRADO (must have reservations).



- PLAN C)** if by 10:00 am the weather and sea conditions are going to be overly critical (will check with Coast Guard) the entire race will take place in Grado.
- **11:45 am** Aquaticrunner staff will be taking athlete's body temperature. Maximum body temperature mark 37.5 C/ 99.50 F. Above said mark you are not allowed to participate in the race. Following the body temperature procedure all athletes must go through the check-in by name and number. While checking-in all athletes must wear the protective mask covering mouth and nose.
 - **12:00/Noon.** Race starts. The entire race will take place in Grado.
 - **12:30.** Race ends.
 - **17:30** First bus departs from Lignano (FARO ROSSO/RED LIGHTHOUSE area) to LIGNANO (must have reservations).
 - **19:45** Second bus departs from Lignano (FARO ROSSO/RED LIGHTHOUSE area) to LIGNANO (must have reservations).

Award ceremony (LIVE on TV).

For the individual winners award ceremony will be done right away at the arrival. Division award to be determined as we see fit. (Either at the end of the race or sent home via courier).

ALL RACERS MUST FOLLOW THESE RULES!!!!

COVID 19 Sensitive GUIDELINES TO FOLLOW AT THE END OF THE RACE:

- 1) As you cross the finish line the racers who have completed the race in within the time limit will find the finishers' medal on a table. You can pick up the medal and exit the area from either one of the two exits corridors.
- 2) As you walk out from either one of the two exits corridors at **FIRST** check point you will be given by Aquaticrunner staff a face mask. You must wear the face mask covering mouth and nose all the time. The mask must be worn until you exit the arrival zone.
- 3) While in the exit corridors you will find a **SECOND** check point where you will receive the finisher's T-Shirt. The T-shirt size is going to be the one you have requested on your registration form. While in the T-Shirt delivery area you are not allowed to try on your T-shirt.
- 4) Following the receipt of the T-shirt there will be a **THIRD** check point. There you will return your race chip. You must sanitize said chip on your own by using the appropriate sanitizer available at the arrival zone.
- 5) There will be a **FOURTH** check point where you will return the race bib. At that time, you will receive a food bag. Please eat your food outside the arrival zone and please keep social distancing (2 meters/ 6,56 feet from one another) between all: athletes and all the staff. It goes without saying due to Covid 19 the after the race pasta party will not be offered.
- 6) Bathrooms will be available. The organization will make available gloves and sanitizing lotion for you to use. **Please before and after the usage of the bathroom you MUST sanitized it by yourself.** Please before using the bathroom allow 10 minutes gap from the time the last person who used the bathroom ahead of, you. Aquaticrunner staff will be of assistance to see the proper bathroom guidelines procedures are implemented
- 7) First Aid will be available. If needed you can by-pass the finisher corridors area and access directly the First Aid station.
- 8) Shower facilities are not available.
- 9) At the end of the event, we are suggesting you to please avoid exiting the arrival zone and avoid assembling in groups. Outside of the arrivals and race area all athletes please observe the local regional and national ordinance set for by the authorities to avoid the spreading of COVID 19. Please keep social distancing and wear all time the face mask covering your nose and mouth.

Thank you! Aquaticrunner Organization.



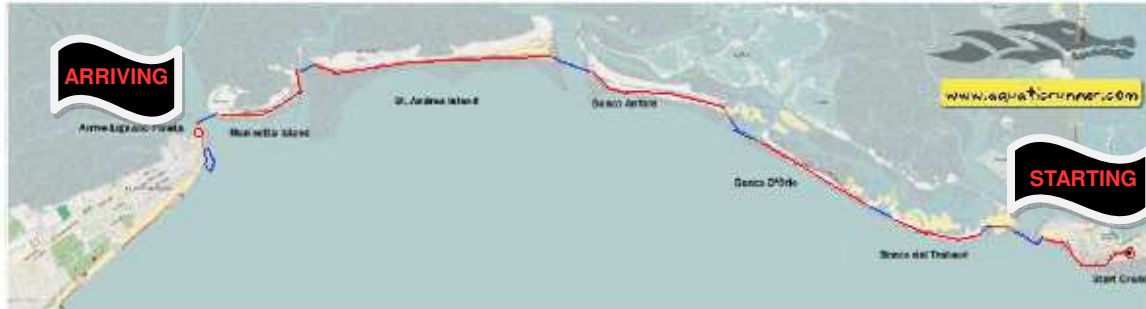
(Plan A)

SUNDAY September 12th, 2021: start from Grado at 6:50 am

If adverse weather and sea conditions will move to

(Plan B)

SUNDAY September 12th, 2021: start from Grado at 10:00 am



(Plan C)

On SUNDAY September 12th, 2021: Grado at 12:00/noon

If by 10am an awfully bad weather and an awfully bad sea conditions persists the entire race will take place in Grado starting at 12:00/Noon on an alternative course. Total distance will be 21 km: 17 km/10,56 miles run and 4 km/2,49 miles swim.



Race Director: Matteo Benedetti +39 351 8837370



➤ **NOTE** Dear Registered and Participant Athlete please NOTE:

On Sunday September 12th. **No race bags will be given**. Please remember you must pick up the race bags on the dates indicated above. Wearing face masks covering your mouth and nose is a must.

Inside of the race bag you will find a small **NUMBERED, PERSONAL NU branded bag (black bag)**. Please if you so wish put in the Black Head branded bag your personal gear - change of clothes etc. – and then place it personally on the bus. In Grado you can leave said bag on the bus or personally put it on the “return van” found by the starting area. All “change” bags will be brought back in Lignano. You will find them there for you to use after the race. Please on Sunday morning 09/12 plan to arrive at the bus stop already dressed up for the race. No personal bags other than the one mentioned above (NU SWIMMING branded) will be allowed to get on the baggage compartment of the bus. The “change bag” (Nylon Bag) will be accepted in Grado only on Sunday between **5.45 am and 6.15 am**. Remember to stick your race number on your “change bag”. No exceptions on all the above!!!

For the race you will be marked with a tattoo on the left arm and on the right leg. If you already have a “personal” tattoo on your body move around the race number where we can see it. You will be also wearing a numbered bib

BIB VEST



NOTE: THE BIB MUST BE RETURNED AT THE END OF THE RACE. IF YOU DO NOT RETURN THE BIB VEST YOU WILL BE DISQUALIFIED AND CHARGED 50 EUROS.

Very Important:

- The swim run race is a highly demanding mentally and physically, you will be running on a sand swimming in the ocean and channels with at times often with treacherous and strong currents.
- We advise you to train running on sand with running shoes and buoy at your waist; swimming with running shoes on and with hand pads: running in the water ankle, knee and/or waist deep. These waters often are also infested by jelly fish.
- Please let's not forget that there is the jelly fish territory!! We are the intruder!! Anyway, usually if you were to encounter some of these species and bump in one of them, they will swim away.
- If it happens you may be “spiked” by one of them in a leg or arm or face we will have first aid at each one of the water stations.
- You should not be taken this race lightly.

Please should you experience any kind of problem do not hesitate to ask for assistance. In the water raise your arms and wave them. At a distance from the beach do the same by signaling at the boat riding along the coast. Do not feel that if you stop asking for help you are going to be out of the race. We will take care of you, and you will be allowed to continue the race. If a serious problem occurred, the medical staff on hand will make the proper decision accordingly to avoid health risks.

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

Should you drop off the race please let one of the staff members (Red or Yellow t-shirt) know. Please leave with them your bib vest and your race chip. If for any reason, should you need to get back to Lignano, but you do not have a reservation you can buy the ticket at the cost of 15 euros.



NATIONAL REGULATION (CSEN):

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 swimsuit 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 BODY WETSUIT OR HALF 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 BARE CHESTED 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 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 is NOT 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. anyhow the participant must follow the wet suite wearing rules set forth in the briefing.

• **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 **DUO** to fine beach sand it is RECOMMENDED to wear tight socks (neoprene is OK).

• **ART 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 marketplace 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.

• **ART 3.2 - Palette**. The PALETTE of ANY shape and size are allowed.

• **ART 3.3 - Floating devices** bought in the marketplace for shoes are allowed if 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 disqualified. **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**



RAICE RULES:

- The Race Rules are made to limit as much as possible your risk of any unforeseen hazards of the race. Please respect the race rules.
- Please follow what the race organizers course judges and course staff is telling you. Judges and referees can be easily spotted since they are wearing Yellow T-shirts. Whatever the judges and referees are telling you please listen carefully and follow their advice. They are there for your safety.
- As Aquaticrunner Organization has done in the past races to ensure safety along the course you will find check points with cut off time limits. You must reach those check points within the cut off time limit. If you are not able to meet the cut of time you will be stopped and taken out of the race (DNF).
- **1st case** - in the islands (points C and L): if in one of these points an athlete arrives after the cut off time the athlete will be stopped by the referee. The athlete will be pulled off the race and will not allow to continue (DNF)
- **2nd case** - end of the island of Marinetta (for Point O): if an athlete arrives after the cut off time the athlete will be transferred across the channel (Point O) by boat. The athlete will be allowed to continue the race only **by running** on the entire course of the beach. The athlete will **NOT be allowed to swim again**. The athlete who breaks this rule will be immediately disqualified.
- **3rd case** - the swimming fractions of Lignano (for the Q points): The athlete who arrives to these points after the cut off time will **be allowed to continue the race only by running but the athlete will NOT be allowed to swim again**. The athlete who breaks this rule will be immediately disqualified.
- In the **2nd and 3rd** case as described above, the athlete will still be allowed and able to finish the race by running on the beach the entire course. The athlete who finishes by running will receive the participation medal but will NOT receive the FINISHER Aquaticrunner T-shirt. These athletes will NOT compete for any title or category ranking. They will be mentioned in a separate ranking.
- The athlete who arrives at Point Q on time, completes the 1.5km final swim distance without exiting the waters and finishes the race that athlete will be an **Aquaticrunner FINISHER**.
- The athlete who arrives at Point Q after the cut off time must **surrender the BIB VEST** and give it to a course official. The athlete will NOT be allowed to enter the water for the remaining the race. The athlete will be allowed to continue the race and finish it by running.
- If during the final swim lap (Q POINTS 1.5 km) the athlete comes out of the water the athlete must surrender the BIB VEST to a course official. The athlete will NOT be allowed to enter the water for the remaining the race. The athlete will be allowed to continue the race and finish it by running
- The athlete arriving at the finish line without the BIB VEST will not be called FINISHER.
- An athlete who **CUTS the race buoys** on the Lignano Sabbiadoro route, will receive a penalty as per article 4. In case there are collisions with swimmers outside the race course, the responsibility will be TOTALLY of the athlete's involved. If an athlete goes out in one of the swimming sections of Lignano to run on the sandy coast without warning the staff on the course (wearing a red or fluorescent shirt) the athlete will be immediately disqualified.
- An athlete who has missed the cut off time and is stopped for swimming at points Q but who continues by foot, is considered "**temporarily suspended " from the race in those two sections**". All responsibility for any collisions with tourists or swimmers in these two sections on the ground (Q-P), are solely the responsibility of the athlete. The race organization is not RESPONSIBLE whatsoever.
- The cut off times given for the channel crossings are the result of careful studies of flood and ebb charts of the tides entering and leaving the ports mouths.

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 taken out of the race and DNF. The rule is due to the sea tides and the sea currents. Matter of fact the continues changes of the sea condition during the time of the race may not allow you to cross the channels if you do not arrive on or before the cut off times. Tides rise and currents happen real fast. Five ten minutes late from the cutt off time can make a big difference when having to cross the channels: Please see below the he cut offs:



CUT OFF IN Grado

- **POINT C:** Bocca di porto "La Fosa" - distance 1.100 mt - LAST TIME OUT **7:45 (or plan B 10:45)**

CUT OFF IN On the Islands

- **POINT L:** Bocca di porto "Portobuso" - distance 0.65 mt - LAST TIME OUT **9:30 (or plan B 12:30)**
- **POINT O:** Bocca di porto "de Maran": - START FROM MARINETTA **11:00 (or plan B 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 plan B 14:30) (**)**

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

(**) The athlete who arrives at the Point Q past the cut off time will not be allowed to get back to swimming. The athlete will be allowed to continue the race on foot.

Please follow these guidelines about crossing the channels (POINTS O and P).

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" o 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.

Athletes Safety during the race

- 50% of the water staff monitoring the sea and the channels are certified swimmers and BLS/D.
- 75% of the ground staff is connected via radio. Their position is in real time quickly spotted via GPS. Said position is communicated to the race director, operational room, two First Aid boats with doctors on board and two ambulances standing by in Grado and Lignano.
- There is one operational room, 3 ambulances, 2 First Aid boats, 2 doctors, 1 nurse, 6 volunteer nurses, 24 authorized licensed lifeguards, 28 radio/gps operators, 50 staff personnel, 6 canoes, 7 boats assisting athletes in the channels with AB enabled on board, 1 jet ski, 9 boats of the organization, 1 boat of a sponsors, 1 boat for drone and photographers and 1 boat for the race director. Overall, we have a total of 160 people following involved in the race.

On the race course you will find: 15 buoys and 6 inflatable tubes, 4 Gazebos, 16 Flags of 4 meters, indicated as follows in the maps: " N " NU (Blu) / " X " XTRIM (White / Black) / " L " Lifeguard (Red) / " B " buff (black-yellow) 4m / .



Please note the boating restrictions for the channels issued by the Coast Guard during the race:

- "La Fosa" **07:00 – 7:45** – distance 1.10 mt (oppure **10:00 – 10:45**) – distance 1.10 mt (45 min)
- "Portobuso" **08:15 – 9:30** – distance 0.65 mt (oppure **11:15 – 12:30**) – distance 0.65 mt (1 e 15 min)
- "Canal de Maran" **08:45 – 11:45** – distance 0.55 mt (oppure **11:45 – 14:45**) – distance 0.55 mt (3 e 00 min)

Please note:

It is understood that, after hearing the competent authorities and for safety reasons (both for weather and marine related issues or other), the organization reserves the right to stop the athletes at any time, to guarantee their safety. If for safety reasons, for whether related issues for order of maritime authorities or for any other given reason the race is suspended the registration fee will not be refunded.

➤ **Awards**

- **Absolute 3 Men and 3 Women**

1° Classified 300 euro – 2° Classified 200 euro – 3° Classified 100 euro

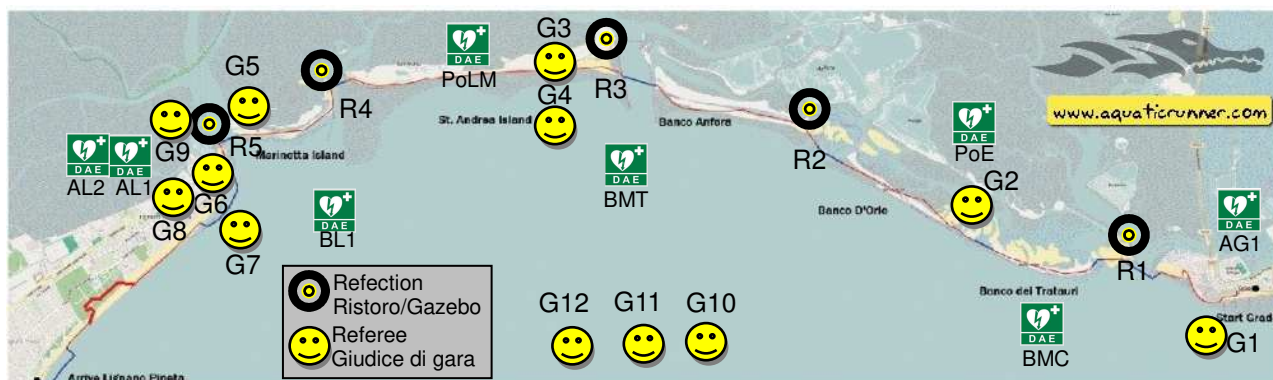
- **3 Men / 3 Women – ITALIAN CATEGORY - Italian Championship / Cup & Medals, 1° NU WetSuit, NU gadget**
- **3 Men / 3 Women – NOT ITALIAN CATEGORY / Medal, NU gadget**
- **GENERAL CAREGORIES 1 Man and 1 Woman / Medal, NU gadget**

18 (age 18/19) -20 (age 20/24) - 25 (age 25/29) - 30 (age 30/34) - 35 (age 35/39) - 40 (age 40/44)

45 (age 45/49) -50 (age 50/54) -55 (age 55/59) - 60 (age 60/64) - 65 (age 65/69) - 70 (age 70/74) -75 (age 75/79)



a) RACE COURSE Case A e B (Grado-Lignano)



Total distance race: 26,00 km

only run : 19,2km

only swim: 4,75km

mix swim/run: 2.05 km (water low level)

Each time you enter the water, there is a sign the "INDICATION DISTANCE" regarding the swimming and running distance, subsequently identified as the distance panel



LOCATION	Rif	RUN	Rif	SWIM	MIX
STARTING	A-B	2,4	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-P	1,5	0,1
ARRIVING	P-S	0,3			
TOTALS		19,2		4,75	2,05
TOTAL RACE		26,0	km		

EVERY EXIT FROM SWIM FRACTION THERE WILL BE A REFECTIO

- Refectio 1 - PUNTO C – USCITA LA FOSA - H2O
- Refectio 2 - PUNTO G – USCITA TAGLIO DI MORGIO - H2O + **GEL** + mineral salt
- Refectio 3 - PUNTO L – USCITA POSTOBUSO - H2O + Solid Food
- Refectio 4 - PUNTO N – USCITA CASONE - H2O + **GEL** + mineral salt
- Refectio 5 - PUNTO Q – USCITA FARO LIGNANO - H2O + Solid Food
- Refectio 6 - PUNTO R – USCITA BAGNO 2 - H2O

THE 12 ORANGE BUOYS OF THE HEAD, IN THE SWIMMING FRACTIONS, MUST ALWAYS BE KEPT RIGHT EXCEPT FOR THE 7 AND 8 WHICH ARE INDICATION BUOYS, THE BUOY 12 IS YELLOW AND THE 13 / 14 / 15 TO MUST ALWAYS BE KEPT LEFT SIDE

N° 8 DAE (Defibrillators):

- AG1: Ambulance Grado 1 (Sogit)
- BMT: Boat medica Testa (Sogit)
- PoE: Posizione E (AMB-CSEN)
- BMC: Boat Medica Coda (Sogit)
- Run : Operatore Mobile (Caneva)
- BL1: Boat Capo Marinetta (AMB-CSEN)
- AL1: Ambulance Lignano 1 (Sogit)
- AL2: Ambulance Lignano 2 (Sogit)

N° 12 REFEREES (Corpo Giudici CSEN):

- G01: 1° Referee Arbitro : Cristina Berlasso – START - **surrender the BIB VEST**
- E G02: Referee : Paolo De Antoni – MORGIO - **VERIFY NUMBER (no timing)**
- L G03: Referee : Alberto Fant - **VERIFY NUMBER / surrender the BIB VEST**
- L G04: Referee : Roberto Vazzoler - **VERIFY NUMBER**
- O G05: Referee : Mario Zoratti – MARINETTA - **VERIFY NUMBER / surrender the BIB VEST**
- Q G06: Referee : Nicodemo Alberto – RED LIGHTHOUSE -**VERIFY NUMBER / surrender the BIB VEST**
- G07: Referee : Borgo Eddy – Boat -**VERIFY NUMBER**
- Q G08: Referee : Lorella Visintin– RED LIGHTHOUSE -**VERIFY NUMBER**
- S G09: Referee : Danis Monticoli – ARRIVING
- G10: Athete Referee : Gerard Martin – LAST GROUP OF ATLETES
- G11: Athete Referee : Luca Zanetti – LAST ATLETE
- G12: Referee : Matteo Benedetti



h-1) Course in Grado

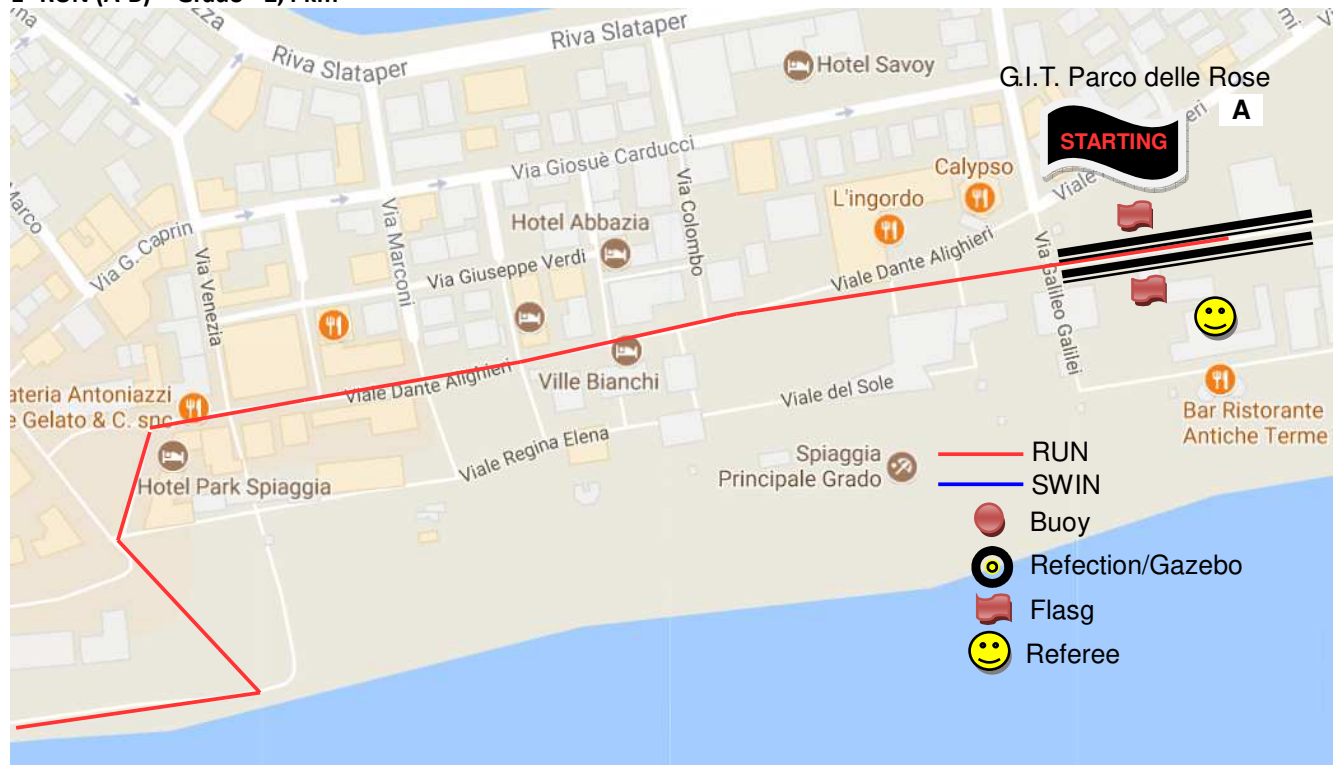
PLAN A 6:50 or PLAN B at 10:00am

1° RUN (A-B) – Grado - 2.4 km



Please note on the course from the GIT to old city of Grado up to the dam racers will be paced by one bicycle ahead and one bicycle behind. During the 2.4 km run racers must keep social distancing and must wear the facemask covering mouth and nose. Please follow those rules or you will be pulled out of the race. The official start of the race will be as one racers arrive by the beach at the “red carpet”. Each racers will be given an individual start in order to avoid spreading of COVID 19.

1° RUN (A-B) – Grado - 2,4 km



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



POINT C: distance 1.10 mt – SWIM OUT – CUT OFF TIME: 7:45 (or 10:45)



h-2) Course on 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



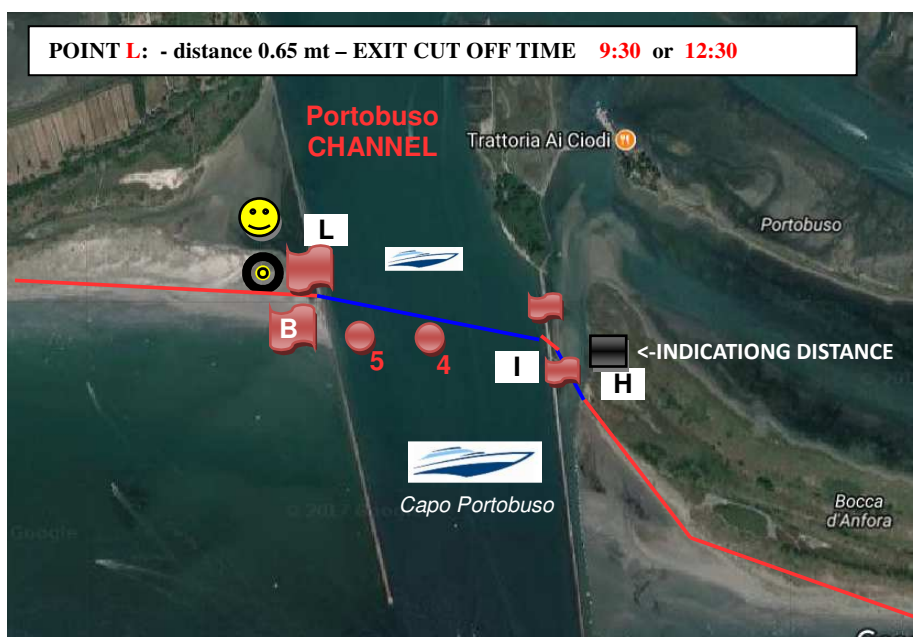
3° SWIM (F-G) - Taglio di Morgo – 0,7 (*) km – REAL SWIM 0,25 km(*) – Difficult part, you can swim or walk

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 Porto buso - 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

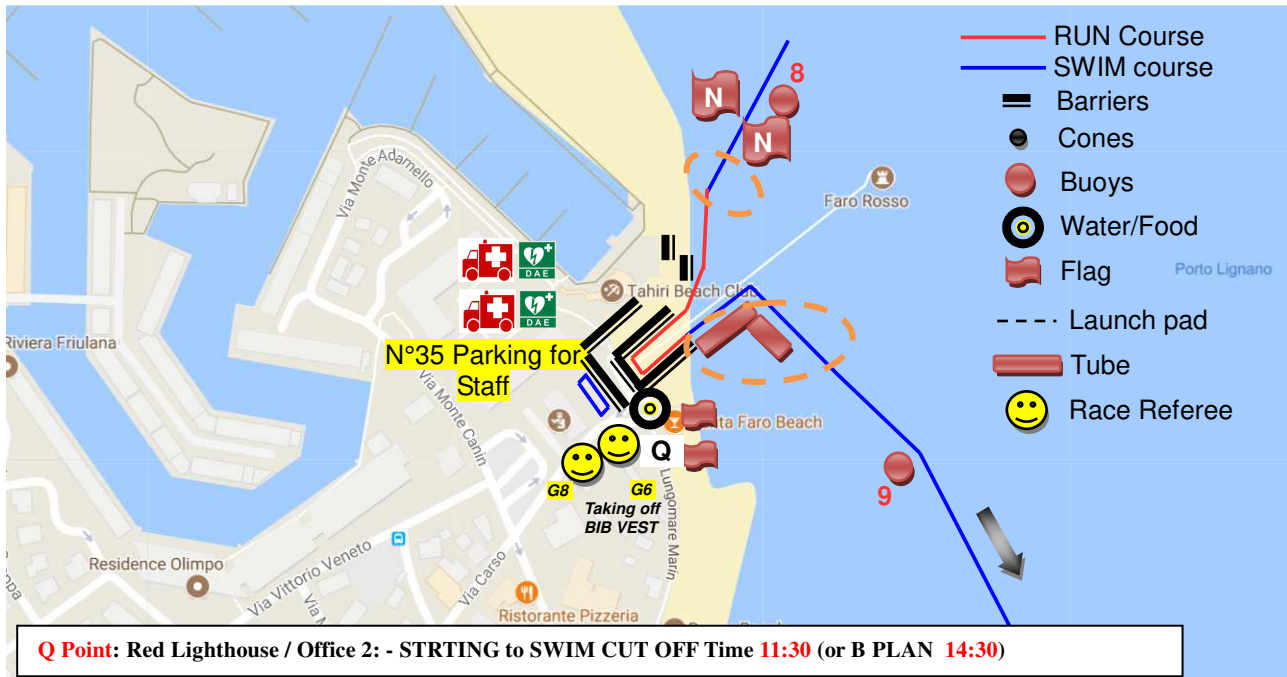
(*)– Difficult part, you can swim or walk



h-3) RACE COURSE LIGNANO

7° RUN (P-Q) – Red Lighthouse area – 0,3 km

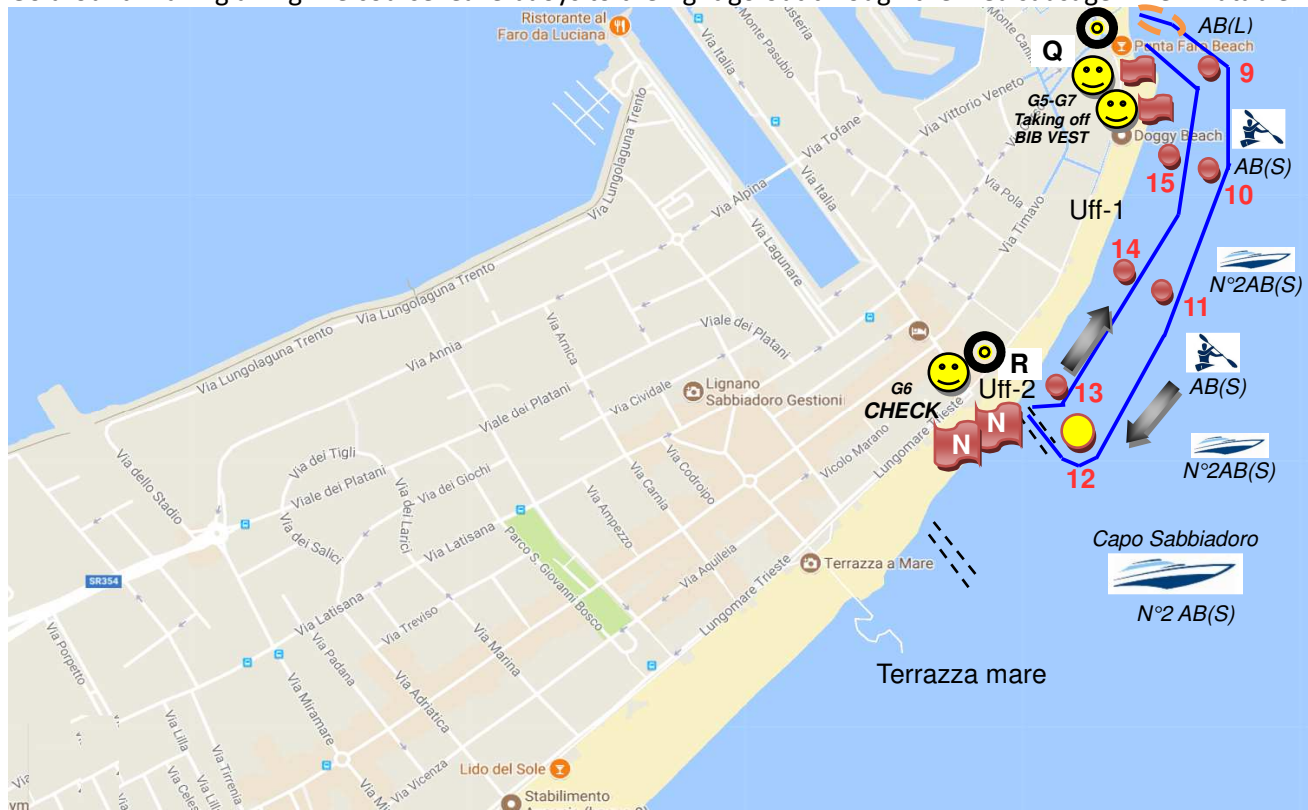
Crossing Marinetta Island you will exit on the beach by "red lighthouse", enter inside the horseshoe delimited by the barriers go around the wharf (which is totally closed), to enter the water. The athletes will have to swim MAKING A TURNING POINT staying inside the buoys delimiting the beach about 1,500 meters. Leave 4 buoys to the right.



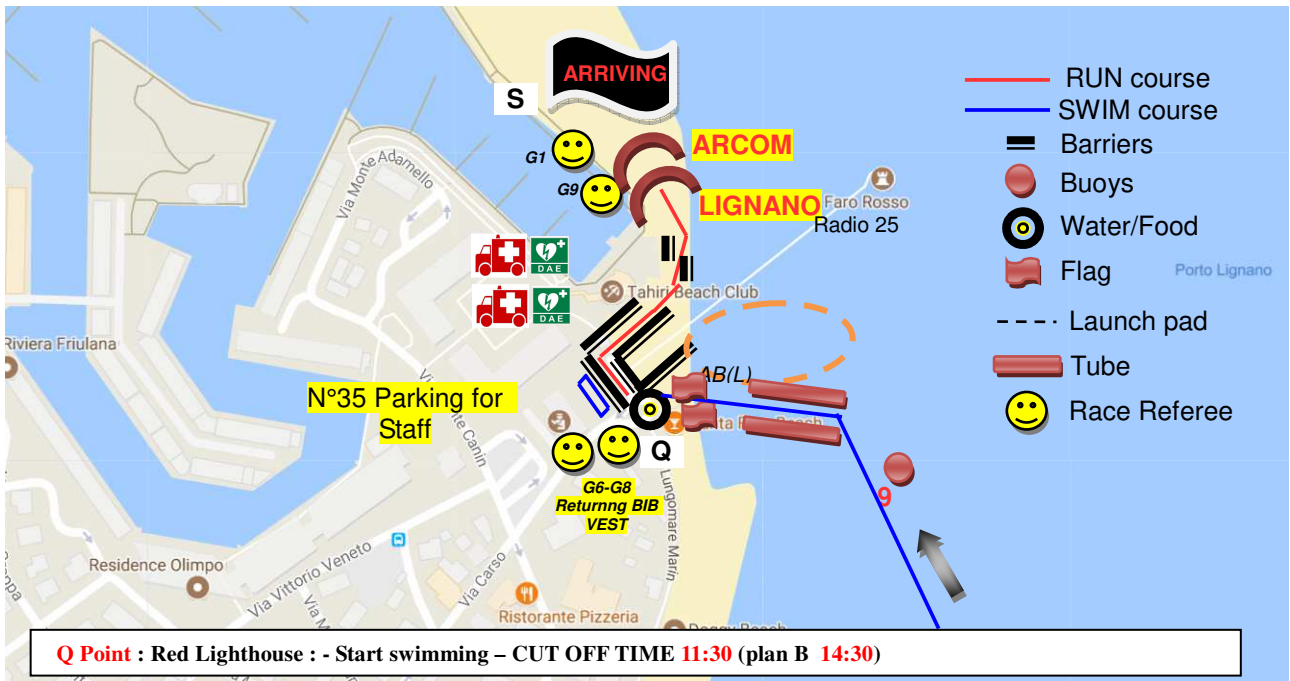
7° SWIM (Q-R) – Lignano Sabbiadoro - 1,5 km (*) km

(*) Difficult part, you can swim or walk

Go around making a ring like course leave buoys to the right go out through the "red sausage" like inflatable



8° RUN (Q-S) – Lignano Sabbiadoro Arrival at the Dog Beach – 0,3 km
 As you get out of the water, please proceed along the barrier to arrive at the finish line.



Finishing Area Details



H4) RACE COURSE Entirely done in GRADO (Plan C)

If by **10am** the bad weather persists the departure of the race will be postponed until 12:00/Noon. The race will start on the beach with three running laps of 7 km each. A possible entry into the water repeating the 2015/2016 Amphibianman course will be considered at that time. The decision will be made based whether the race will be valid as an Italian Swimrun Championship or not.

Run course to be repeated three times swim distance 4000 meters



The race will start from the Dam by the beach, You will run for 2000mt on the beach FROM THE THERMAL BATHS UP TO THE RETURN TO THE DAM, STAYING INSIDE THE GIT

- YOU will ENTER THE WATER BEFORE THE WALL OF THE DAM SWIMMING BY STAYING INSIDE THE BUOYS FOR 700 MT.
- YOU Will EXIT THE WATER AT THE HEIGHT OF THE THERMAL BATHS AND RUN UP TO PINETA AND YOU ALWAYS

COME BACK INTO THE Beach FOR A TOTAL OF 7000 MT ALL IS REPEATED THREE TIMES FOR A TOTAL OF 17 KM OF RUNNING AND OF 4000 MT OF SWIMMING

