

TECHNICAL GUIDE – EN

SOLO WORLD CHAMPIONSHIP SWIMRUN

REV 01 12/09/2023 – PAG 8

Thursday September 21th 2023 Registration and race bags pick up:

➤ **In LIGNANO:**

“Tenda Bar” in Piazza Marcello d’Olivo, Lignano Pineta.

From 19:00-20:30 Registration and pick up race bags

- **From 20:45 – 21:30** technical briefing

Who don't collect the race pack in Lignano on Thursday 21th sep , have to go in Grado on Friday 22th sep.

Friday September 22th 2023 Registration and race bags pick up:

➤ **In GRADO:**

Outside of the City Hall (Piazza Biagio Marin, 4, 34073 Grado GO)

(In case of rain/bad conditions: “Grand Hotel Astoria” Largo S.Grisogono, 3 34073 Grado -Go)

From 17:45-19:15 Registration and pick up race bags

From 17:30 – 19:30 start the “opening ceremony” with teams, athletes with guests

- **From 19:45 – 20:30** start the technical briefing

SATURDAY September 23th , 2023 OR SUNDAY September 24th (in case of bad condition on 23 sep)

Race Day AQUATICRUNNER IWC WORLD CHAMPIONSHIP

- **4:15 am** the bus arrives at Piazza Fontana LIGNANO to leave for GRADO “GIT Grado Parco delle Rose”. (Reservations are required)
 - **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** Personal pack delivery - PLEASE NOTE: NO RACE BAGS WILL BE DELIVERED IN GRADO DURING THIS TIME
 - **5:45 am** starting area opens.
 - **6:30 am** Closing Starting Line.
- **At 6:50 am START OF THE RACE (Grado-Lignano).** The Racers will run through town paced by a bicycle till COSTA AZZURRA beach area and there you will pass the carpet timing that takes the official time of the start of the race.

SATURDAY September 23th

- PLAN A)**
- 6:50 RACE STARTS (Grado-Lignano)
 - From 09:30 am to 12:30 on YOUTUBE AQUATICRUNNER channel LIVE feed of the arrival
 - 12:50 RACE ENDS (6 h)
 - 13:30 Start of the awards ceremony on YOUTUBE AQUATICRUNNER channel LIVE
 - 14:45 Bus departs from Lignano (Piazza Fontana arriving area) to GRADO (you must have reservations).

- PLAN B)**
- In case of adverse weather conditions
- 9:45 Aquaticrunner staff will check the number if all the athletes
 - 10:00 RACE STARTS (Grado-Lignano)
 - From 12:00 am to 15:00 on YOUTUBE AQUATICRUNNER channel LIVE
 - 16:00 RACE ENDS (6 h)
 - 16:30 Start of the awards ceremony on YOUTUBE AQUATICRUNNER channel LIVE
 - 17:45 Bus departs from Lignano (Piazza Fontana arriving area) to GRADO (you must have reservations).

SUNDAY September 24th (in case of bad condition on 23 sep)

- PLAN C)**
- 6:50 RACE STARTS (Grado-Lignano)
 - From 09:30 am to 12:30 on YOUTUBE AQUATICRUNNER channel LIVE feed of the arrival
 - 12:50 RACE ENDS (6 h)
 - 13:30 Start of the awards ceremony on YOUTUBE AQUATICRUNNER channel LIVE
 - 14:45 Bus departs from Lignano (Piazza Fontana arriving area) to GRADO (you must have reservations).

- PLAN D)**
- In case of adverse weather conditions
- 9:45 Aquaticrunner staff will check the number if all the athletes
 - 10:00 RACE STARTS (Grado-Lignano)
 - From 12:00 am to 15:00 on YOUTUBE AQUATICRUNNER channel LIVE
 - 16:00 RACE ENDS (6 h)
 - 16:30 Start of the awards ceremony on YOUTUBE AQUATICRUNNER channel LIVE
 - 17:45 Bus departs from Lignano (Piazza Fontana arriving area) to GRADO (you must have reservations).

- PLAN E)**
- 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 protective mask covering mouth and nose.
 - 12:00 RACE STARTS (all in Grado)
 - 17:00 RACE ENDS (5 h)
 - 17:15 Start of the awards ceremony on YOUTUBE AQUATICRUNNER channel LIVE
 - 18:30 First bus departs from Grado to LIGNANO Piazza Fontana arriving area (must have reservations).
 - 20:30 First bus departs from Grado to LIGNANO Piazza Fontana arriving area (must have reservations).

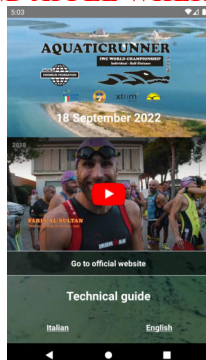
SATURDAY 23th or SATURDAY 24th, September 2023

Race Day AQUATICRUNNER SPECIALS AND KIDS LIGNANO

There will also be a competition in Lignano Sabbiadoro from the Red Lighthouse OR Bagno 2 to the Terrazza Mare for athletes with disabilities, named " Aquaticrunner SPECIALS" and kinds named "Aquaticrunner KIDS "

- 8:15 secretary opening at the RED LIGHTHOUSE or BAGNO 2
- 10:45 (or 12:45) athletes check in the departures area
- 11:00 (or 13:00 in case of bad conditions) START OF THE RACE (Lignano)
- 13:00 (or 15:00 in case of bad conditions) END OF THE RACE
- 14:00 (or 16:00 in case of bad conditions) AWARDS CEREMONY START

INSTALL THE FREE APP FOR ANDROID AND APPLE WHERE YOU WILL FIND ALL THE USEFUL INFO



(Plan A)

SATURDAY September 23th, 2023: start from Grado at 6:50 am

If adverse weather and sea conditions will move to

(Plan B)

SATURDAY September 23th, 2023: start from Grado at 10:00 am

If adverse weather and sea conditions will move to 24 Sep.

(Plan C)

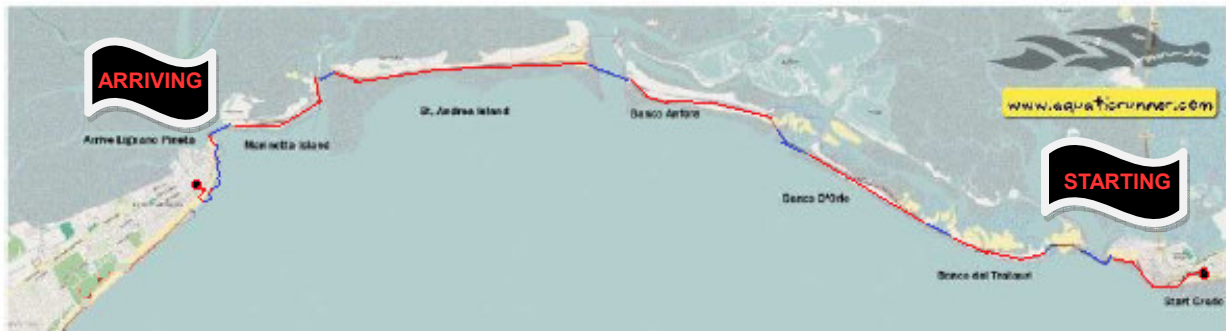
SUNDAY September 24th, 2023: start from Grado at 6:50 am

If adverse weather and sea conditions will move to

(Plan D)

SUNDAY September 24th, 2023: start from Grado at 10:00 am

If adverse weather and sea conditions will move all in Grado (no islands)



(Plan E)

On SUNDAY September 24th, 2023: 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 21,75 km: 17,6 km/10,56 miles run and 4,15 km/2,49 miles swim.

(5.600 Run - 850 Swim - 50 Run - 800 Swim / 5.600 Run UN - 850 Swim - 50 Run - 800 Swim / 5.600 Run UN - 850 Swim - 700 Run)



Race Director: Matteo Benedetti +39 351 8837370 -



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

On Saturday of Sunday September 23th or Sunday 24th. **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 **PERSONAL GREEN bag**. Please if you so wish put in this bag ONLY your personal gear - change of clothes etc. – and then place it personally on the bus. In Grado you can leave this bag, 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 plan to arrive at the bus stop already dressed up for the race. No personal bags other than the one mentioned above (only **PERSONAL ORANGE bag**) will be allowed to get on the baggage compartment of the bus. The “change bag” (Nylon Bag) will be accepted in Grado only on Saturday or 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



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. **You should not be taken this race lightly.**
- 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. Any size pool paddles can be used
- Please let's not forget that there the Adriatic sea is a **jelly fish territory**. **Portobuso** is the particular zone!! 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, and throw fresh water on it without rubbing.
- For **any problems, stop and call the attention of the personnel on land and on the boats**. Do not get disqualified if you ask for help, other than if you are in a position not to continue the race. In any case, the decision on whether to continue or not will be taken by the security officers, after consulting the organizer.
- 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**.
- 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.

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 4). 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. Swimming without a cap is not permitted. 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.

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, if the BIB vest is present in the race, this is equivalent to clothing (therefore it is possible to compete with the Bib Vest only). 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 200 meters the athlete can tie the wetsuit it to his/her waist without the need to wear it. Below 200 meters the use of the NOT paraded wetsuit is always permitted. 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 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 (or more) 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 3.4 – In pairs/DUO competitions it is allowed to use the rope and absolutely the hand push of the partner, in individually both are forbidden.

• ART.3.5 – Neoprene Gloves The use of neoprene gloves is ALLOWED for a water temperature lower than 16°C

• 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 120 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, referee body and other athletes 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 120 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**



AQUATICRUNNER ADDITIONAL 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).
- **A- 1st case** - in the islands for **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 and remove the BIB VEST . The athlete will be pulled off the race and will not allow to continue (DNF). The bib will be taken off and chip also.
- **B- 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, **but without the bib vest but not the chip (the referee and remove the BIB VEST)**. The athlete will **NOT be allowed to swim again and the bib will be taken off but not the chip**. The athlete who breaks this rule will be immediately disqualified.
- **C- 3rd case** - the swimming fractions of Lignano, for the **Q point**: 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 and the bib will be taken off by the referee but not the chip** . The athlete who breaks this rule will be immediately disqualified.
- **D-** 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 until the **point R1 and go directly to T on the finisher line (no running on R2-S)**. The athlete who finishes by running will receive the participation medal and T-shirt but **will NOT FINISHER Aquaticrunner** . These athletes will NOT compete for any title or category ranking. They will be mentioned in a separate ranking.
- **E-** If during the swim laps: **Q –R1 POINS**, 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 change the trajectory of the buoys by walking in shallow water** in the section on land between **points Q - R1 and go directly to T on the finisher line (no running on R2-S)**, must surrender the BIB VEST to a course official points R1. The athlete will be allowed to continue the race and finish it by running.
- **F-** 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**.
- **G-** 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-R1), are solely the responsibility of the athlete. The race organization is not RESPONSIBLE whatsoever.
- **H-** ANYONE WHO IS SEEN CUTTING THE LAST **SIX BUOYS** WILL BE DISQUALIFIED FROM THE RACE IMMEDIATELY AND WILL NOT HAVE A FINISHER MEDAL AND SHIRT! THE **BUOY 14** WILL BE **YELLOW** AND INDICATES THE END OF THE SWIMMING
- **I-** The athlete arriving at the finish line without the BIB VEST will **NOT** be called FINISHER.
- **L-** The athlete who arrives at **Point Q on time**, completes the swim distance (Q-R1 and go directly to T on the finisher line (no running on R2-S) without exiting the waters and finishes the race that athlete will be an **Aquaticrunner FINISHER**.

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 / D 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 / D 12:30)**
- **POINT O:** Bocca di porto "de Maran" - START FROM MARINETTA **11:00 (or plan B / D 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 / D 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 BLSD.
- 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: **14he buoys** and **8 inflatable tubes**, **11 Gazebo**s, **31 Flag**s of 4 meters and **22 Flag**s of 2 meters.



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

- "La Fosa" **07:00 – 7:45** (or **10:00 – 10:45**) – distance 1.10 mt (45 min)
- "Portobuso" **08:15 – 9:30** (or **11:15 – 12:30**) – distance 0.65 mt (1 e 15 min)
- "Canal de Maran" **08:45 – 11:45** (or **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 – IWC WORLD CHAMPIONSHIP***

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

- ***3 Men / 3 Women – ITALIAN CHAMPIONSHIP / Cup & Medals and gadget***
- ***3 Men / 3 Women – ABSOLUTE NOT ITALIAN ATHLETES / Medal, gadget***
- ***GENERAL CATEGORIES 1th Man and 1th Woman / Italians and non-Italians***

(not among the first 3 absolute) Medal, 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)**

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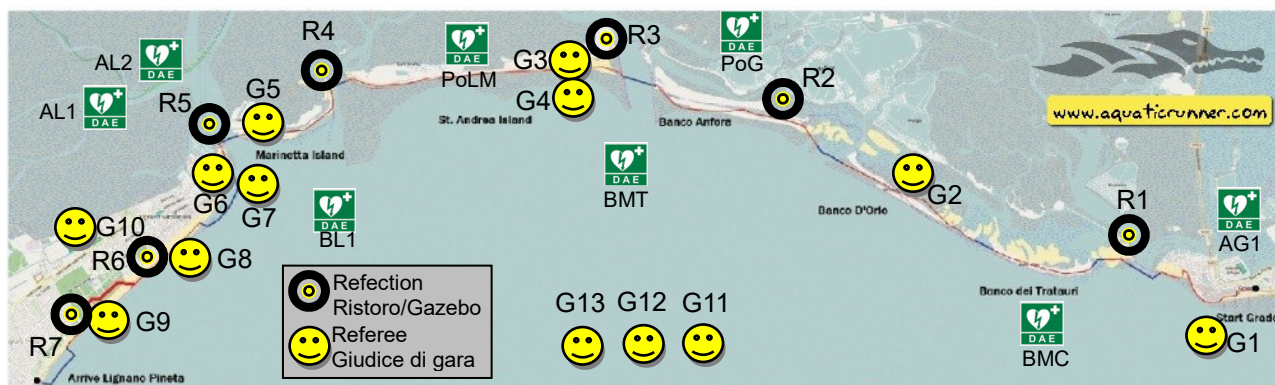
-All athletes will be provided with an orange identification buoy for the first section of swimming ("la Fosa"), which they will leave as soon as they land on the first island (Tratauri).

- All exits from the water are identified with a white flashing light.

-THE 14 BUOYS MUST BE FACED: MUST ALWAYS BE KEPT RIGHT (1,2,3,6,9,10,11,12,13,14), EXCEPT FOR THE CANALS OF PORTOBUSO (4,5) AND CANAL DE MARAN (7,8) WHICH ARE INDICATION BUOYS. ALL BUOYS ARE ORANGE, EXCEPT THE LAST ONE, THE N° 14, YELLOW COLOR, WHICH INDICATES THE END OF THE SWIMMING PART.



a) RACE COURSE Case A, B, C, D (Grado-Lignano)



Total distance race : 26,1 (or 25,6) km

only run : 19,7 (or 19,2)km

only swim : 4,75km

mix swim/run: 1.65 km (water low level)

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



LOCATION	Rif	RUN	Rif	SWIM	MIX
STARTING	A	0			
		3,1 (or 2,4)	B-C	1,2	0,2
GRADO GIT	A-B				
BANCO TRATAURI ISLAND	C-D	3,4	D-E	0,3	0,3
BANCO D'ORIO ISLAND	E-F	2,2	F-G	0,25	0,4
BANCO ANFORA ISLAND	G-H	3,1	H-I-L	0,55	0,1
ST. ANDREA ISLAND	L-M	4,85	M-N	0,15	0,45
MARINETTA ISLAND	M-O	2,2	O-P	0,45	0,1
LIGNANO RED LIGHT	P-Q	0,35	Q-R1	1,3	0,2
LIGNANO TERRAZZA MARE	R1-R2	0,2	R2-S	0,55	0,2
LIGNANO GIMMI WINDSURF	S-T	0,5			
ARRIVING	T				
TOTALS		19,7 (or 19,2)		4,75	1,65

N°7 AID-Refreshment

EVERY EXIT FROM SWIM FRACTION THERE WILL BE A REFECTION (EXCEPT POINT F WHICH IS AT THE ENTRANCE)

Refection 1 - PUNTO C – EXIT WATER LA FOSA

Refection 2 - PUNTO G – EXIT WATER TAGLIO DI MORGIO

Refection 3 - PUNTO L – EXIT WATER PORTOBUSO

Refection 4 - PUNTO N – EXIT WATER CASONE

Refection 5 - PUNTO Q – EXIT WATER FARO LIGNANO

Refection 6 - PUNTO R1 – EXIT WATER TERRAZZA MARE

Refection 7 - PUNTO S – EXIT WATER JIMMY

- AID-H2O

- AID-H2O + **GEL** + mineral salt

- AID-H2O + Solid Food

- AID-H2O + **GEL** + mineral salt

- AID-H2O + Solid Food

- AID-H2O + **GEL** + mineral salt

- AID-H2O

N° 16 REFEREES (Corpo Giudici CSEN):

C G01: 1° Referee Arbitro : ALBERTO FANT

F G02: Referee : Denis Ioan – MORGIO

L G03: Referee : Irene Martinotti - PORTOBUSO

L G04: Referee : Roberto Vazzoler - PORTOBUSO

O G05: Referee : Eddy Borgo - MARINETTA

P G06: Referee : Lorella Visintin - RED LIGHT

Q G07: Referee : Alberto Nicodemo - RED LIGHT

G08 Referee : KAYAK Stefano Iogna Prat

R1G09: Referee : Francesca Pellegrini (Naonis) – BAGNO 2 - TERRAZZA M. - **SPECIAL OLYMPICS STOP - VERIFY NUMBER**

R1G10: Referee : Ivan Furlan (Naonis) – TERRAZZA M. - **SPECIAL OLYMPICS STOP - VERIFY NUMBER**

S G11: Referee : Nicola Rizzi – GIMMI SCH. - **VERIFY NUMBER**

T G12: Referee : Benacus ARRIVI. - **VERIFY NUMBER FINAL CHECK**

T G13: Referee : Benacus ARRIVI - **VERIFY NUMBER FINAL CHECK**

G14: Athlete Referee : Gerard Martin (France Speak) - **LAST GROUP OF ATLETE**

G15: Athlete Referee : Mario Zoratti (English Speak) - **LAST GROUP OF ATLETE**

G16: Referee : Matteo Benedetti - **Surrender the BIB VEST - (AB+BLS)**

- Surrender the BIB VEST (AB+BLS)

- **VERIFY NUMBER**

- **VERIFY NUMBER / cut off - surrender the BIB VEST**

- **VERIFY NUMBER**

- **VERIFY NUMBER / cut off - surrender the BIB VEST**

- **VERIFY NUMBER**

- **cut off ENTER WATER (AB+BLS) / surrender the BIB VEST (AB+BLS)**

N° 8 DAE (Defibrillators):

AG1: Ambulance Grado 1 (Sogit)

BMT: Boat medica Testa (Sogit)

PoG: Posizione G (Caneva)

BMC: Boat Medica Coda (Sogit)

Run : Operatore Mobile (Caneva)

BL1: Boat Capo Marinetta (TABU)

AL1: Ambulance Lignano 1 (Sogit)

AL2: Ambulance Lignano 2 (Sogit)

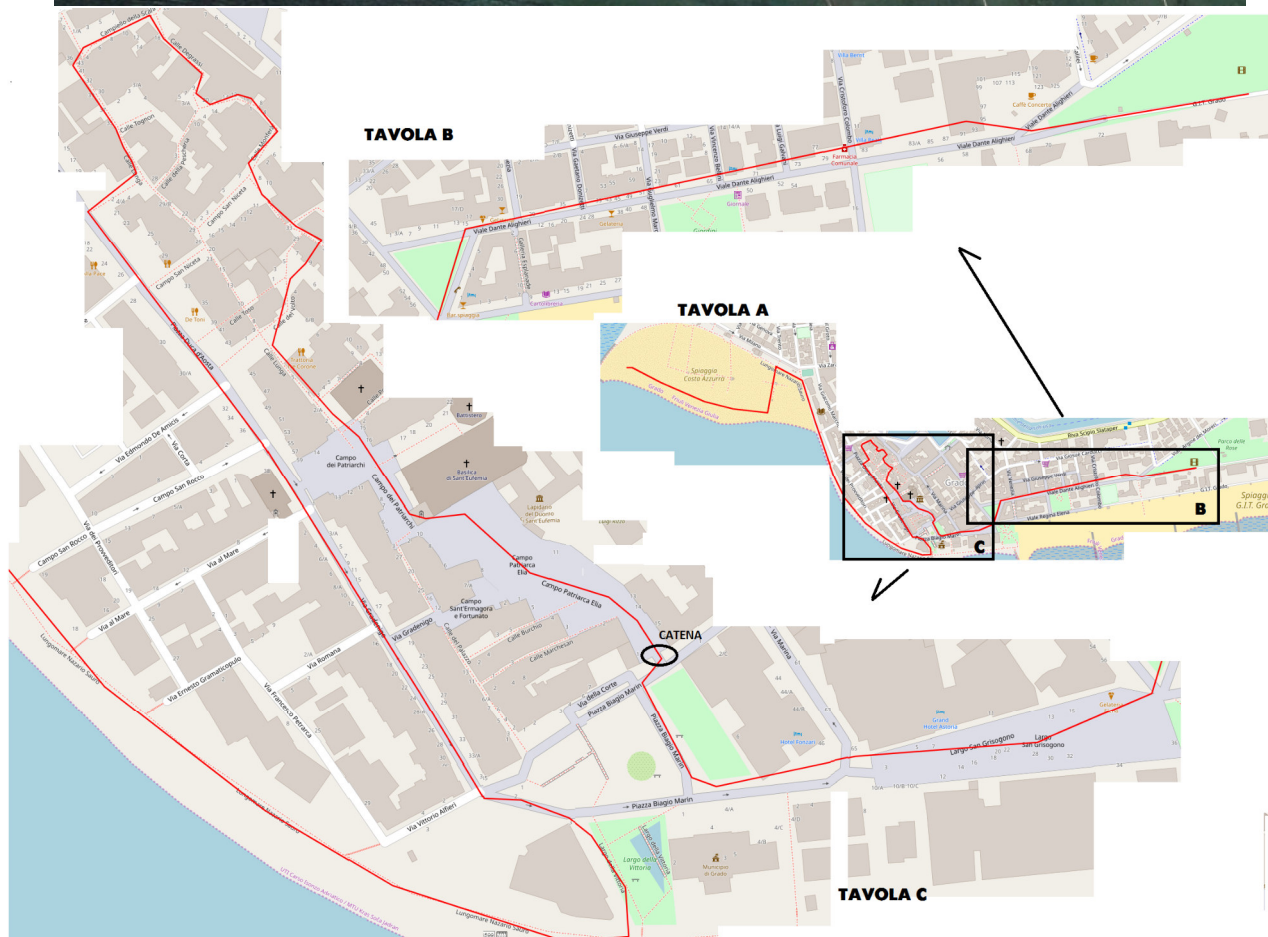
(*) HALF PATH ON BETWEEN "P" AND "Q", ON THE BEACH



h-1) Course in Grado

PLAN A / C 6:50

1° RUN (A-B) – Grado – 3,1 km

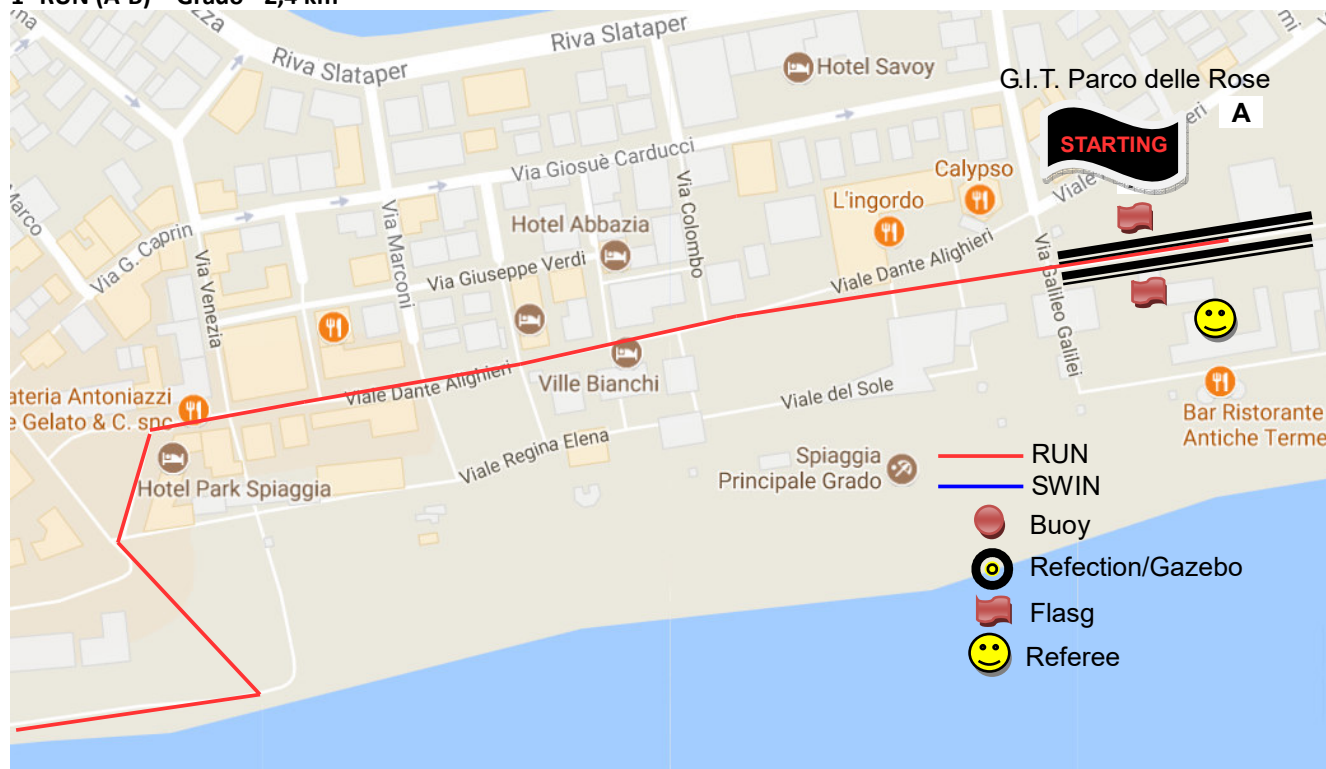


PLAN B / D 10:00

1° RUN (A-B) – Grado – 2,4 km



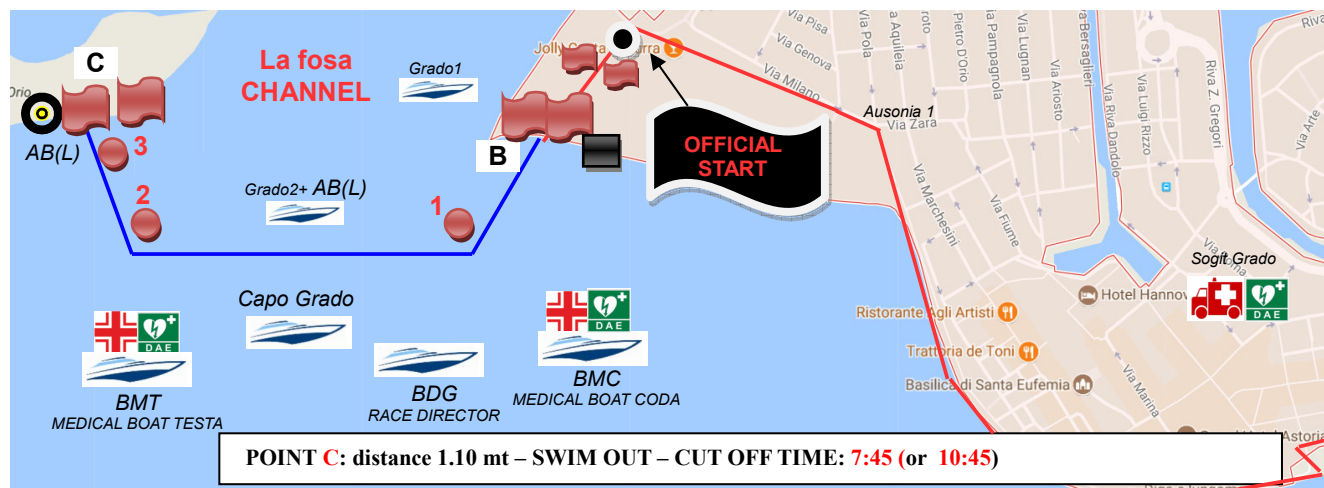
1° RUN (A-B) – Grado - 2,4 km



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. The official start of the race will be as one racers arrive by the beach at the “Timing carpet” in the B point.



1° SWIM (B-C) – Bocca di porto: Canale "la fosa" - 1,2 km



h-2) Course on the Islands

2° RUN (C-D) - Banco Tratauri ISLAND - 3.4 km

2° SWIM (D-E) - Isola protetta – 0,6 (*) km – REAL SWIM 0,3 km

(*) Difficult part, you can swim or walk

3° RUN (E-F) - Banco d'Orio ISLAND - 2.2 km



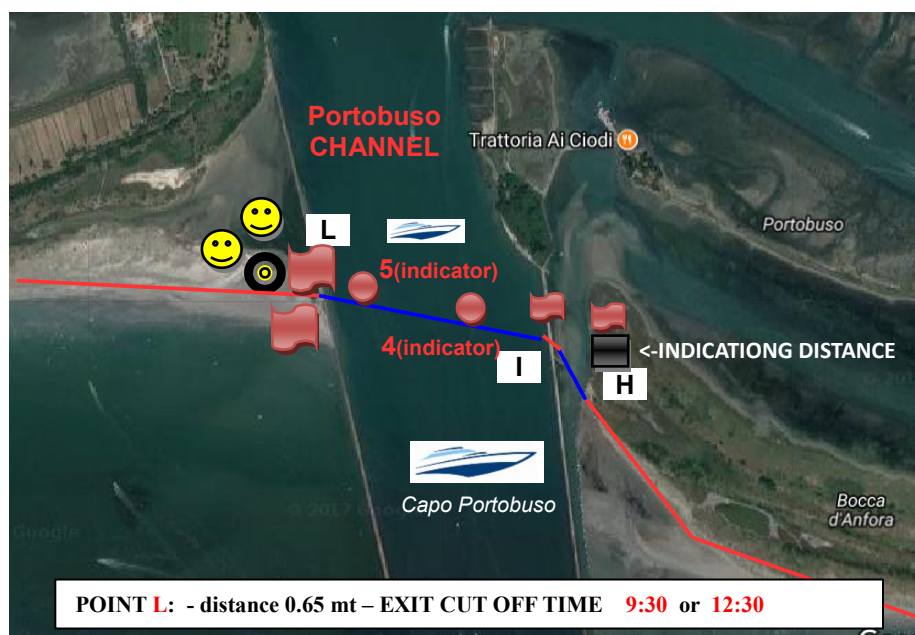
3° SWIM (F-G) - Taglio di Morgo – 0,65 (*) km – REAL SWIM 0,25 km(*)– Difficult part, you can swim or walk

4° RUN (G-H) - Buso Anfora ISLAND - 3.1 km



4° SWIM (H-I) – Taglio Anfora - 0,1 km

4°bis SWIM (I-L) – Bocca di Porto: Canale di Porto buso - 0,65 km



5° RUN (L-M) - St Andrea ISLAND – 4,85 km



5° SWIM (N-O) – Canale dei Casoni - 0.6 (*) km – REAL SWIM 0,15 km

(*) Difficult part, you can swim or walk

6° Run (N-O) - Marinetta ISLAND - 2.2 km

6° SWIM (O-P) – Bocca di porto: Canale "Canal de Maran" - 0,55 (*) km- REAL SWIM 0,45 km

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



h-3) RACE COURSE LIGNANO



There will also be a medium-low level of tide level difference (60m difference between start and finish).
In Lignano there are two swimming fractions, the first Lignano Sabbiadoro, from 1.3 km (Q-R1) and the second, from 0.5 km (R2-S) and a FINAL running fraction, from 0,6 km (ST).



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 1,300 meters. Leave 4 buoys to the right, AND WITHOUT EVER LEAVING THE WATER OR GOING WHERE THE WATER IS LOW TO WALK, with immediate disqualification.



7° SWIM (Q-R1) – Lignano Sabbiadoro - 1,3 km (*) km REAL SWIM 1,1 km

(*) Difficult part, you can swim or walk

The exit from the water takes place before the TERRAZZA MARE

8° RUN (R1-R2)– Terrazza mare 0,2 km

You pass under the Terrazza Mare, to return to the water after 100 meters Running and head towards the "Gimmi School"

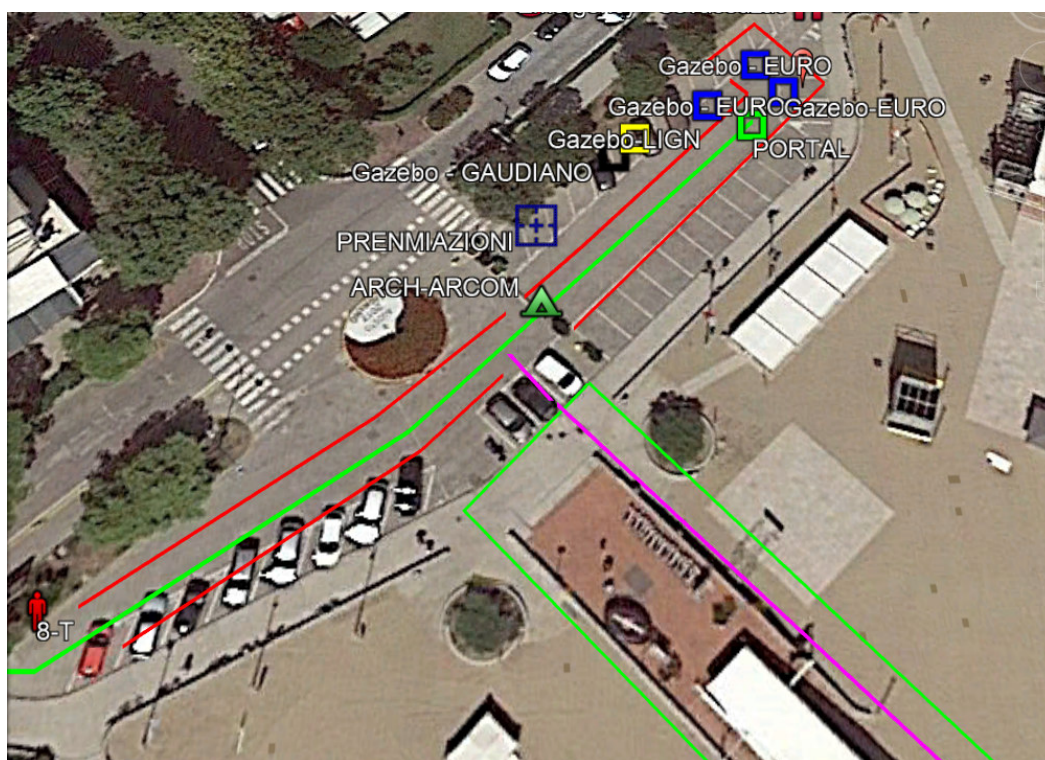


8° SWIM (R2-S)– Gimmi Windsurf School 0,75 km (*) km REAL SWIM 0,55 km

The last two buoys fog up where the last one is Yellow to indicate the end of the Swim course

9° run (S-T)– Piazza Fontana 0,5 km

Continue perpendicular to the beach and take the “Lungomare Trieste”, to the right, if you travel 600 meters to get to the “Terrazza Mare”, you turn on the left and walk through the arches until you arrive under the Portal.



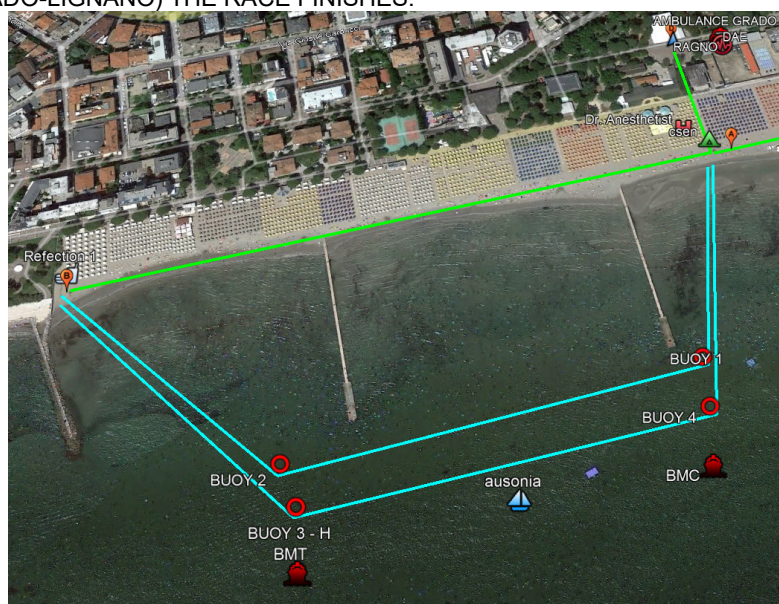
H4) RACE COURSE Entirely done in GRADO (Plan E)

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 World/Italian Swimrun Championship or not.**

The departure will therefore take place at 12:00 and with a possible entry into the water on the route of the Amphibianman all in Grado. **The total precedes by 21.75 km, divided as follows: 17.6 km RUN - 4.15 km SWIM** (5.600 Run - 850 Swim - 50 Run - 800 Swim / 5.600 Run UN - 850 Swim - 50 Run - 800 Swim / 5.600 Run UN - 850 Swim - 700 Run)



- THE RACE WILL START FROM THE GIT- BEACH, UNDER THE CSEN-ARCH AND YOU WILL RUN FOR 2,800 MT TILL GRADO PINETA (WHERE THE BEACH ENDS)
- ENTER THE WATER NEAR THE DEPARTURE AREA AND SWIM ON FIRST ROW OF BUOYS (N ° 1 AND 2 - THE INTERIOR TOWARDS THE BEACH) TO THE RIGHT, SWIMMING IN THE LIGNANO DIRECTION, UNTIL THE WALL OF THE DAM, FOR 800 MT, YOU EXIT FROM THE WATER AND RUNNING FOR 50 MT AND YOU ENTER IN THE WATER AGING, THE SWIM SECTION, TAKING THE SECOND ROW OF BUOYS (N ° 3 AND 4 - THOSE EXTERNAL TOWARDS THE SEA) TO THE LEFT, SWIMMING IN TRIESTE DIRECTION FOR 850 MT
- YOU COME OUT OF THE WATER FROM WHERE YOU STARTED, AT THE HEIGHT OF THE G.I.T. ON THE BEACH, WHERE THE ARCH IS LOCATED AND THE SAME ROUND TRIP CAN BE TRAVELED AND RETURN 2.800 MT X 2 RUN
- SWIM AGAIN KEEPING THE FIRST ROW OF BUOYS TO THE RIGHT UNDER THE WALL OF THE DAM, FOR 800 MT, TRAVELING FOR 50 MT AND RETURN THE SWIM SECTION BACKWARDS, KEEPING THE SECOND ROW OF BUOYS TO THE LEFT FOR 850 MT
- YOU GO OUT WHERE YOU STARTED WHERE THE CSEN ARCH IS, AT THE HEIGHT OF THE G.I.T., AND TRAVEL THE SAME ROUTE AND RETURN 2.800 MT X 2
- SWIMMING AGAIN KEEPING THE FIRST ROW OF BUOYS TO THE RIGHT UNTIL THE WALL OF THE DAM, FOR 800 MT, BUT NOW YOU DO NOT ENTER THE WATER AND GO TO THE POINT WHERE YOU STARTED FOR 700 MT OF RUN PASS UNDER THE ARCH AND CONTINUE UNTIL THE CSEN SPIDER BEFORE THE G.I.T. (PLACE OF START OF AQUATICRUNNER GRADO-LIGNANO) THE RACE FINISHES.



SATURDAY 23th or SATURDAY 24th, September 2023

Race Day AQUATICRUNNER SPECIALS AND KIDS LIGNANO

There will also be a competition in Lignano Sabbiadoro from the Bagno 2 to the Terrazza Mare for athletes with disabilities, named: " Aquaticrunner SPECIALS"

- o 10:45 (or 12:45) athletes check in the departures area
- o 11:00 (or 13:00 in case of bad conditions) **START OF THE RACE (Lignano)**
- o 13:00 (or 15:00 in case of bad conditions) **END OF THE RACE**
- o 14.00 (or 16:00 in case of bad conditions) **AWARDS CEREMONY START**

