

## **REGULATION AND TECHNICAL INFORMATION**

### **Corsa dei Castelli 2022**

### **Competitive road race 10 km**

**16th October 2022**

The A.S.D. Promorun Trieste, in collaboration with the Municipality of Trieste and the Friuli Venezia Giulia Region, is organising the 6th edition of the “Corsa dei Castelli”, an athletics road race event included in the FIDAL National Calendar. The event will take place in all weather conditions. The presence of a doctor and ambulance service will be guaranteed. The organising company accepts no liability for any damage to persons or property before, during or after the event. For all matters not covered by these regulations, the FIDAL and G.G.G. rules apply.

By registering for the race, the athlete declares that he has read and fully accepts these regulations.

According to the Fidal Protocol, people can participate on presentation of the COVID-19 green certification (green pass) valid for the day of the race, which must be shown when collecting the bib and at the same time the anti-Covid19 self-declaration must be handed in. If the participant is not in possession of this valid document, it will not be possible to collect the bib and participate in the event.

Please note the procedures for obtaining COVID-19 green certificates:

1. green COVID-19 certification, which can be issued after the administration of the first dose of vaccine and is valid from the 15th day following the date scheduled for the administration of the second dose (in the case of a double-dose vaccine). The green certificate shall in any case be valid for nine months after completion of the vaccination cycle;
2. recovery from the Sars-CoV-2 infection (valid for six months);
3. performance of a rapid molecular or antigenic test with a negative result for Sars-CoV-2 (valid for 48 hours). The above provisions do not apply to persons excluded by age from the vaccination campaign and to persons exempt on the basis of appropriate medical certification issued according to the criteria defined in the circular of the Ministry of Health.

## START

Sunday 16th October

Start: 10.00 a.m. from Miramare Castle.

Arrival: Piazzale delle Milizie at San Giusto Castle.

## REGISTRATION

Online registration with increasing fees

from 1st December to 28th February	12,00 €
from 1st March to 30th May	15,00 €
from 31st May to 31 August	20,00 €
from 1st September to 30th September	25,00 €
from 1st October to 10th October	30,00 €

Online registration will close on 10 October 2022 at 23:59.

## Non pre-enrolled

It will be possible to register at the Corsa dei Castelli Registration Centre for the fee of 35,00 € :

- The location and times of the registration centre will be announced through social channels in the days preceding the event.

## THE FEE INCLUDES

- Technical T-shirt of the event
- Medal
- Sponsor products
- Medical assistance
- Timing service with chip to be returned to the staff at the end of the race. If the chip is not returned, the athlete will have to pay € 20.00 as compensation.



- Refreshments along the route
- Final refreshments
- Bag deposit
- Shuttle service to the start area

## **REFUNDS AND TRANSFERS**

The entry fee cannot be transferred to another athlete and no refunds will be given.

## **ATHLETES RESIDING IN ITALY**

Based on the provisions of the rules for the organization of events issued by FIDAL, athletes resident in Italy, who have reached the age of 18 at the date of the event ( 20 years for Runcard members), belonging to the following categories, can participate :

Athletes registered for the current year for FIDAL affiliated clubs.

Athletes in possession of Runcard and a medical certificate of fitness for competitive athletics practice.

The card can be subscribed online on the website [www.runcard.com](http://www.runcard.com) .

Athletes registered with a Sports Promotion Body (Athletics Section) , in possession of Runcard-EPS and a medical certificate of fitness for competitive athletics .

## **ATHLETES NOT RESIDING IN ITALY**

Based on the provisions of the rules for the organization of events issued by FIDAL, athletes who are not resident in Italy who have reached the age of 18 at the date of the event ( 20 years for Runcard members) can participate, belonging to the following categories:

Athletes with club cards affiliated to Foreign Athletics Federations recognized by the IAAF.

Athletes in possession of Runcard (valid as sports insurance and permission to compete); and a medical certificate of suitability for competitive athletics practice.

The card can be subscribed online on the website [runcard.com](http://runcard.com) .

For foreign athletes it is necessary to fill in the "Liability Waiver Form" to be able to participate in the event (to be sent during registration or delivered at the time of bib withdraw) .

## **RACE NUMBER AND GOODY BAG PICK-UP**

According to the Fidal Protocol, people can participate on presentation of the COVID-19 green certification (green pass) valid for the day of the race, which must be shown when collecting the bib and at the same time the anti-Covid-19 self-declaration must be handed in. If the participant is not in possession of these valid documents, it will not be possible to collect the bib and participate in the event.

At the Registration Centre Corsa dei Castelli:

- The location and times of the registration centre will be announced through social channels in the days before the event.

In order to avoid crowds, the withdrawal of the race pack and bib on Sunday 16 October is reserved for athletes not resident in the province of Trieste.

In case of pick up by proxy, the delegator must fill in, sign and give to the delegate the proxy form, the privacy form, the covid form (downloadable on the website [www.corsadeicastelli.it](http://www.corsadeicastelli.it)), a copy of the letter confirming the registration, a copy of his identity document and the green pass.

## **TIMING AND RANKINGS**

The measurement of times and the drawing up of the classifications will be carried out by TDS; they will be validated by the Technical Delegate Judge/Appeal Judge.

## **APPROVED ROUTE**

10 km on road; starting from the suggestive Miramare Castle and arriving in Piazzale delle Milizie inside the San Giusto Castle, running along the Barcola seafront, the fascinating Porto Vecchio area, passing through the heart of the city and Piazza Unità d'Italia, the largest square in Europe open to the sea.

## **TIME LIMIT**

The time limit to complete the 10 km race is 1h15', beyond this time limit the Organising Committee will no longer guarantee control and assistance on the race route.

## **RESTRICTIONS**

In accordance with Fidal regulations, there will be one refreshment point at km 5 and one in the finish area at San Giusto Castle.

## **SHUTTLE SERVICE**

A shuttle service will be available at the Central Railway Station to reach the start area (Miramare Castle), Saba Silos car park side, from 7.30 am to 9.00 am. To use this service it is compulsory to show the race chest. It is advisable to park your car near the train station and the areas around Piazza Unità d'Italia, which can be reached from the finish area of San Giusto Castle in a few minutes' walk and near the shuttle service.

## **BAGS DROP OFF**

A bag deposit service will be provided in the starting area at the Castle of Miramare where each athlete can hand in his bag with a sticker corresponding to his bib number to identify it. Bags can be handed in up to 9.30 a.m. Post-race bag collection at the finish area at San Giusto Castle.

## **INDIVIDUAL AWARDS**

Prizes will be awarded to the first three absolute male and female athletes and the first three in each master category with prizes in kind.

## **SOCIETY AWARDS**

Prizes in kind will be awarded to the first 5 companies classified with a minimum of 15 athletes on the basis of the number of athletes arriving at the finish line, the sum of the athletes arriving at the finish line will determine the final classification.

**Unclaimed prizes cannot be claimed again.**

## **ANTI-DOPING SERVICES**

Procedures according to FMSI - AIU - WADA indications.

## **COMPLAINTS**

Any complaints must be made in accordance with the FIDAL regulations and the R.T.I.

## **RIGHTS FOR IMAGE**

By registering to the Corsa dei Castelli 2022 the athlete authorizes the organization to the free acquisition of the right, together with its partners, to use the still or moving images on which he/she may appear, taken during his/her participation in the Corsa dei Castelli 2022, on all visual supports as well as on promotional and/or advertising materials.

## **FRAUDULENT PARTICIPATION IN THE RACE - PENALTIES**

The subscriber is responsible for the ownership and custody of his race bib, acquiring the right to use all the services mentioned in these regulations and subsequent communications.

1. Anyone who takes part in the race without a race bib without being properly registered will not only be held responsible for damage to persons or property, including himself, but will also incur sporting sanctions under the jurisdiction of the federal bodies and may be liable to the criminal sanctions provided for the crime of "theft" (art. 624 of the Italian Criminal Code).
2. Anyone who, without regular registration, takes part in the event with a counterfeit bib number or in any case one which does not conform to the allocation, as well as being liable as indicated above, will incur sporting sanctions and, in addition, may be liable to the criminal sanctions provided for the offence of "theft" (art. 624 of the criminal code), or, alternatively, for the offence of "fraud" (art. 640 of the criminal code).

In cases 1 and 2, participants may be liable to the penalties laid down for the offence of "failure to comply with the provisions of the authorities" (Article 650 of the criminal code). The above-mentioned cases will only be found after verification of photographic and/or video documentation.

## **INFORMATION**

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## **FINAL WARNINGS**

The Organising Committee reserves the right to modify these regulations at any time for reasons it deems appropriate for a better organisation of the race, after having given notice and obtained approval from FIDAL. For anything not provided for in these regulations, the technical statutory regulations of the FIDAL and the G.G.G. apply. Any changes to services, places and times will be communicated to the registered athletes or will be posted on the website [www.promorun.it](http://www.promorun.it). In addition, the documentation containing the essential information to take part in the race will be delivered by the organisation together with the bib.

## **ANTI-COVID PROTOCOL**

### **FOREWORD**

These regulations have been drawn up in accordance with Federal indications and in compliance with the Prime Ministerial Decrees issued in relation to the pandemic emergency.

All useful measures will be taken to prevent gatherings and the possible spread of the virus. Given the constant changes in anti-Covid regulations, these regulations may be subject to change. The event will take place in the absence of the public.

### **REGISTRATION**

The organisation reserves the right to close registrations early if a maximum number of participants is reached in accordance with the anti-Covid regulations.

### **RACE NUMBER AND GOODY BAG PICK-UP**

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In case of pick up by proxy, the delegating person must fill in, sign and give to the delegate the proxy form, the privacy form, the covid form (downloadable on the website [www.corsadeicastelli.it](http://www.corsadeicastelli.it)), a copy of the letter confirming the registration, a copy of his/her ID and the green pass.

## **SHUTTLE SERVICE**

It is recommended that all athletes use the access gates to the vehicles indicated for the ascent and descent, always respecting the safety distance of one metre between people. The use of a mask is compulsory. It is also recommended to go to the shuttle service at the indicated times.

## **REACHING THE STARTING AREA**

All athletes will have their temperature taken before entering the starting grid. Athletes with a temperature of more than 37.5°C will not be allowed to take part in the race. Athletes will be conveyed to the starting area by the organisers along an obligatory route in which a distance of 1 metre from every other athlete must be observed. Signs will indicate the exact position of each athlete. During the warm up and in the starting area the nose and mouth mask must be worn at all times. There will be hand sanitation dispensers in the starting area.

## **START**

The start will take place in groups of up to 2000 athletes per group, keeping a safe distance. The mask must be worn for the first 500 m of the race and can then be disposed of in special containers. This is the only place where the mask can be thrown away. Athletes caught leaving the mask in other areas of the course will be disqualified. At the end of the race each athlete will be given a new mask. Athletes can continue to run with their mask or take it with them until the end of the race or bring it with them until the finish. Athletes who behave in breach of the health regulations or the instructions of the organisers will be disqualified and asked to leave the area immediately.



## **COMPETITION BEHAVIOUR**

Trail running is strongly discouraged during the race. Athletes are recommended to keep their distance.

## **REFRESHMENT ON THE ROUTE**

As per Fidal regulations, a refreshment point with closed water bottles will be set up along the route at km 5. There will be people in charge of placing the bottles not in contact with the athletes and equipped with personal protective equipment. Athletes must help themselves by taking the bottles provided by the organisation directly on the tables.

## **ARRIVAL**

In the finish area, each athlete will be directed by the organisation staff along a route which will facilitate the flow towards a large area which guarantees distance. Each athlete will be given a mask that must be worn immediately and will be asked to leave the area as soon as possible.

## **FINAL REFRESHMENT**

The final refreshment and medal will be given to each participant in a closed take away bag to be consumed outside the finish area.

## **BAGS DROP OFF - pre-race delivery and post-race return**

A bag deposit service will be provided in the starting area at Castello di Miramare. Each athlete must place his/her personal belongings inside a closed envelope, which will be given to him/her together with the race package, applying the sticker corresponding to his/her bib number to identify it. Bags will be handed in at a safe distance and in an open environment.

## **TIMING AND CLASSIFICATIONS**

The real-time timekeeping and the processing of the rankings are carried out by TDS (Timing Data Service) and are validated by the Technical Delegate Race Judge / Appeal Judge. The classifications will be available online on the TDS website on the event page. The publication of the classifications in the finish area is not foreseen.

Complaints shall be lodged no later than 30' after the online publication of the classifications.



## **AWARDS**

Podium for the top 3 men and women immediately after the finish.

Collection of category and company prizes from 12:30 to 13:30 at the Info Point Corsa dei Castelli:

- The location and times of the registration centre will be announced through social channels in the days preceding the event.

## **RACE CANCELLATION - NON-EXECUTION**

If the race is cancelled, moved to another date and/or not carried out due to causes that do not depend on and/or cannot be attributed to the will of the organization, including the revocation of the authorization by the competent public bodies, weather events, earthquakes, epidemics and any other event that may affect the safety of the participants, the participant shall not be entitled to claim any reimbursement from the organizing company. Registrations received will be valid for the following year or for another Promorun event. The transfer will be completely free of charge.