

UNIONE SPORTIVA TRIESTINA NUOTO
“NUOTIAMO A BARCOLA”
“LET'S SWIM AT BARCOLA”

Saturday, 1 July 2017

OPEN WATER 1KM RACE - ALPE ADRIA CUP OPEN WATER 4KM RACE
both races start at 15.00

Organization: A.D.U.S. Triestina Nuoto – Passeggio S. Andrea n°. 8
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Phone 0039/040306580
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Event Manager: Laura Sterni
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E-mail: triestinanuotomeeting@gmail.com

Route: 1 laps of 1 km
4 laps of 1 km

Logistic information:

Race start, office logistics of the event and the secretariat for accreditation of athletes is located at **Società Velica Barcola Grignano in Viale Miramare Nr 32, Trieste (GPS 45.677318, 13.753939).**

Parking slots are available 1 km ahead on Viale Miramare following direction “PORTO VECCHIO” (first street on the right after the traffic light – GPS 45.666614, 13.761104).

People arriving from highway follow direction “SS 14 Costiera” at Trieste Exit and after the double tunnel (over Miramare Castle), continue (about 4 km) to the promenade and the *Pineta* (Pinewood) of Barcola.

Registration:

Applications must be received no later than 30 June Friday, to the email address **triestinanuotomeeting@gmail.com or to the fax number +39 040 306580**
The athletes will have to indicate the name, year of birth, sex, and club.

Race fees: The registration fee for each athlete / race is € 10,00 for 1KM and € 15,00 for 4KM.

Payment must be made by bank transfer to the account of:

Account holder: A.D.U.S. Triestina Nuoto
Bank: B.C.C. DI STARANZANO E VILLESSE
IBAN: IT55Q 08877 02202 000000343034

Reason of transfer shall indicate the name of the Team and number of athletes.

Bank payment receipt has to be provided at registration.

Regulations:

Competition is open to athletes with card FSN/EPS/DSA valid for the year 2016/2017.

Foreign athletes must have valid *not-expired* medical sport certification.

Maximum time: one hour from the arrival of the first male and female for 4km.

Although not covered in this Regulation shall be considered valid FIN standards for the current year.

1 and 4 Km Schedule :

- **13.30** start crediting athletes identification mark assignment.
- **14.30** technical briefing
- **15:00** race start.

At the end of race will be offered a snack.

The organization reserves the right to change the route or to suspend the race if the weather conditions are adverse and following judge race/authority decisions.

Awards ceremony :

They will be awarded the top three athletes male & female with medals.

