

REGULAMENT MILANO TRI OLYMPIC - SPRINT

Laguna Running SSDrl, in collaboration with MG Sport, is organising the MILANO TRI Triathlon event, over the Olympic and Sprint distances, to be held in Milano Parco Idroscalo, on SATURDAY 20th of April 2024.

MAY PARTICIPATE:

- all male and female athletes, born in the year 2006 or earlier (for the sprint 2007 or earlier), FITRI (Italian Triathlon Federation) card-carrying members or for another International Triathlon Federation, in good standing for the year 2024;
- all Italian Male and Female Athletes, born in the year 2006 or earlier (for sprint 2007 or earlier), non-members and in possession of a sports medical certificate for competitive use (in accordance with the diagnostic examinations required by Italian law (D.M. 18/02/1982) bearing the wording "Triathlon" among the sports practised valid on the day of the race and a FITRI daily membership card at an additional cost of 20€ for Sprint or Olympic distance.
- All Foreign Male and Female Athletes, born in the year 2006 or earlier (for sprint 2007 or earlier), non-members of any national federation and who have submitted their medical certificate for triathlon issued by a doctor using this form (<https://followyourpassion.it/wp-content/uploads/2024/02/TRI-health-form.pdf>) and in possession of a FITRI daily license, with an additional cost of 20€ for Sprint and Olympic distance. (Daily License downloadable at this link: (https://followyourpassion.it/wp-content/uploads/2024/02/ITA_Daily_License_2024_2_3.pdf))

Distances:

- Olympic: 1500mt swimming, 40km cycling and 10km running
- Sprint: 750mt swimming, 20km cycling and 5km running

REGISTRATION AND PAYMENT*:

**all fees are net of commission fees*

Registrations are open until 16 April at 23.59 and you can register online via <http://www.followyourpassion.it>

MILANO TRI - OLYMPIC:

Total fee: 70€

Senior/master concessionary fees:

- 55€ until 31/01/24
- 60€ from 01/02/24 to 28/02/24
- 65€ from 29/02/24 to 31/03/24
- 70€ from 01/04/23 to 16/04/24

Fixed category fees

- Junior: 15€
- Under 23-S1: 25€

MILANO TRI - SPRINT:

Total fee: 53€

Senior/master fees

- 45€ until 31/01/24
- 48€ from 01/02/24 to 28/02/24
- 51€ from 29/02/24 to 31/03/24
- 53€ from 01/04/24 to 16/04/24

Fixed category fees

- Youth: 8€
- Junior: 15€
- Under 23-S1: 25€

Group discounts are available for cumulative registrations. Interested clubs are requested to contact the organisation at giuseppe@mgsport.it.

The registration fee includes race numbers for the various fractions, swimming cap for the swimming fraction, stickers to be applied to personal bags, timekeeping chip rental, welcome pack with official gadgets and sponsor products, refreshments on the routes, final refreshments, services, insurance, finisher's diploma downloadable from the website, technical and medical assistance.

Should an athlete register in the last week before the event, the organisation does not guarantee the race package.

RACE PROGRAMME*:

Friday 19/04

From 4:00 pm to 7:00 pm: Bib collection at the organisational secretary's office located in the Idroscalo park on the tribune side of the Porta Maggiore entrance.

Saturday 20/04

From 7.00 am to 2.00 pm: bib pick-up for the Sprint and Olympic distance at the secretary's office at the organisational secretary's office located in the Idroscalo park on the tribunes side of the Porta Maggiore entrance.

8:00 a.m. opening triathlon sprint F transition area

8:45 a.m. closing triathlon sprint F transition area

8:50 a.m. SPRINT F START

9:30 a.m. opening triathlon sprint M transition area

10:10 a.m. closing triathlon sprint M transition area

10:20 a.m. SPRINT M START

13:00 Award ceremony triathlon sprint M and F

14:20 opening of triathlon Olympic triathlon transition area

15:20 Closing Olympic triathlon transition area

15:25 OLYMPIC TRIATHLON DEPARTURE F

15:45 OLYMPIC M OLYMPIC DEPARTURE

19:15 Award ceremony Olympic triathlon M and F

***TIMES INDICATED MAY VARY DUE TO ORGANISATIONAL REQUIREMENTS, AWAITING CONFIRMATION**

CAR PASS: IT WILL BE NECESSARY TO PRINT AND DISPLAY ON THE CAR THE CAR PASS WHICH CAN BE DOWNLOADED FROM THE INFO SECTION OF THE WEBSITE IN ORDER TO HAVE FREE ACCESS TO THE CAR PARK ENTRANCE PORTA MAGGIORE. FAILURE TO SHOW THE FOLLOWING PASS ON PAPER WILL RESULT IN THE CHARGE OF THE PARKING FEE.

Routes and time limits

Swimming: the swimming fraction will take place in the Idroscalo lake

Bike: The bike course will take the athletes through a fast track around the Idroscalo to be repeated 4 times Olympic and 2 times sprint.

Run: The running fraction is a completely flat course that runs inside the Idroscalo Park to be repeated 2 times for the Olympic and 1 time for the Sprint.

Closing of the swimming gates after 55' Olympic and after 35' sprint

Participants must observe the instructions of both the competition judges and the police throughout the competition and adhere to the Italian Highway Code. The right-hand rule applies. Although the routes are closed to traffic, it must be borne in mind that vehicles, emergency vehicles and other event-related vehicles may pass through, so traffic regulations must be followed at all times along the entire route.

Refreshments

Run fraction: every 2.5 km with water, salts, fresh fruit, supplements in bars and gels. 2 in the sprint and 4 in the Olympic.

Finish: water, salts, fresh fruit.

Waste management in the race

In the three fractions, special areas will be set up for the recovery of empties (glasses, flasks, various packaging), maximum cooperation is requested in the use of these areas, which will be appropriately signposted and always positioned after the refreshment areas.

Behaviour during the race

In order to ensure the SAFE running of the competition, it is strictly forbidden to cross the centre line in the cycling and running sections to be covered in both directions, under penalty of immediate disqualification.

Bib number collection and welcome pack

Race numbers for the various fractions, chips and welcome packs can be collected at the organisational secretariat located inside the Idroscalo park at the Porta Maggiore entrance.

Olympic:

Friday 19/04 from 16:00 to 19:00 at the organisational secretary's office located in the Parc idroscalo on the grandstands side Porta Maggiore entrance.

Saturday 20/04 from 7.00 a.m. to 2.00 p.m. at the organisational secretary's office located in the water park on the grandstands side Porta Maggiore entrance.

Sprint:

Friday 19/04 from 16:00 to 19:00 at the organisational secretary's office located in the Idroscalo park on the grandstands side Porta Maggiore entrance.

Saturday 20/04 from 7.00 am to 8.15 am at the organisational secretary's office located in the Idroscalo park on the grandstands side Porta Maggiore entrance.

Race numbers and chips are personal and cannot be given away and/or exchanged. They must be worn as provided by the technical regulations in such a way as to be fully and always visible; they cannot be folded and must remain intact.

Bibs and welcome packs can be collected by written proxy by sending a confirmation email and an identity document of the delegating person.

Bike check-out

At the end of the race

Final refreshment

There will be sweet and savoury final refreshments for all athletes

Medical and anti-doping assistance

The organising committee will provide adequate medical assistance on the course and at the finishing point. The event's medical team will have the final say as to whether or not a competitor is fit to continue the competition.

The use of so-called doping substances, i.e. those capable of improving performance, and/or alleviating fatigue or for any other purpose, is prohibited. Unannounced and unannounced doping tests will be carried out.

Timekeeping

The timing and processing of the rankings will be carried out using a system based on an active transponder (CHIP) which will be handed out when collecting the welcome pack. The device must be worn for the duration of the event on the ankle or in an otherwise close position to the ground. The partial times of each split and the transition intervals in the change zone will be recorded for each athlete. The chip must be handed in to the staff at the entrance to the change area when collecting the bike. Athletes who have not started or have withdrawn must also return the chip in the same way. **Failure to return the chip will result in a charge of € 40.00.**

Registration transfers and change

Athletes who have already registered but are unable to take part in the race have the opportunity to transfer their registration to another athlete who meets the participation requirements of these regulations. This can be done independently via the dashboard. The registered athlete, once in the registration dashboard, has to click on "TRANSFER REGISTRATION" and enter the email of the person to whom you want to transfer the registration. The person will receive an email with a link to enter all personal data and proceed with the payment of 7€ for the transfer handling fee. The name change can be done until Monday 5 April 2024

It is also possible to change the race by transferring the registration already made to a different distance. In this case, any surcharge on the registration fee must be paid when collecting the bib. Differences in entry fees will not be reimbursed.

A change of race/distance must be requested by Monday 5 April 2024 at info@followyourpassion.it and will incur a charge of €7 for transfer handling costs in addition to the difference in fee.

AWARDS:

Awards ceremony will be held at 13:00 for Sprint and at 19.15 for Olympic.

Prizes will be awarded to the first absolute men and first absolute women according to the number and percentages laid down in the Fitri Competition Circular 2024.

Prizes will be based on the position in the overall ranking and will not be awarded until all doping test results have been confirmed.

In addition, prizes in nature will be awarded to the top 3 men and women in each Age Group category. The categories are divided as follows: YB(16-17), JU(18-19), S1(20-24), S2(25-29), S3(30-34), S4(35-39), M1(40-44), M2(45-49), M3(50-54), M4(55-59), M5(60-64), M6(65-69), M7(70+).

Prizes can be collected during the awards ceremony, after the formalization of the ranking and must absolutely be withdrawn by the claimants. Prizes not collected during the award ceremony will not be sent later.

GENERAL INFORMATION:

IMAGE RIGHT

According to D.Lgs. n°196 of 30/06/2003 ("Testo Unico della Privacy") we inform that the personal data collected will be used only to prepare the list of participants, the ranking and the historical archive, to provide the services of the event, to send information or advertising material of the "Milano Olympic Triathlon" or its partners.

By registering for the "MilanoTRI", the athlete expressly authorises the organisers, together with the media partners, to use the still or moving images in which he or she may have been filmed during his or her participation in the race on all media, including promotional and/or advertising materials, throughout the world and for the maximum time allowed by the laws, regulations and treaties in force, including any extension which may be made to the period foreseen.

Failure to Perform

Reference is made to Article 55.04 of the Technical Regulations 2023 and to the F.I.Tri Circular Races 2024 which can be consulted on the website www.fitri.it

The organisers reserve the right to change the programme, rules and regulations as well as the event venues at any time. Athletes will be informed of the changes before the event or otherwise if the change is made in the interest of competitor safety.

Milan, January 2024