

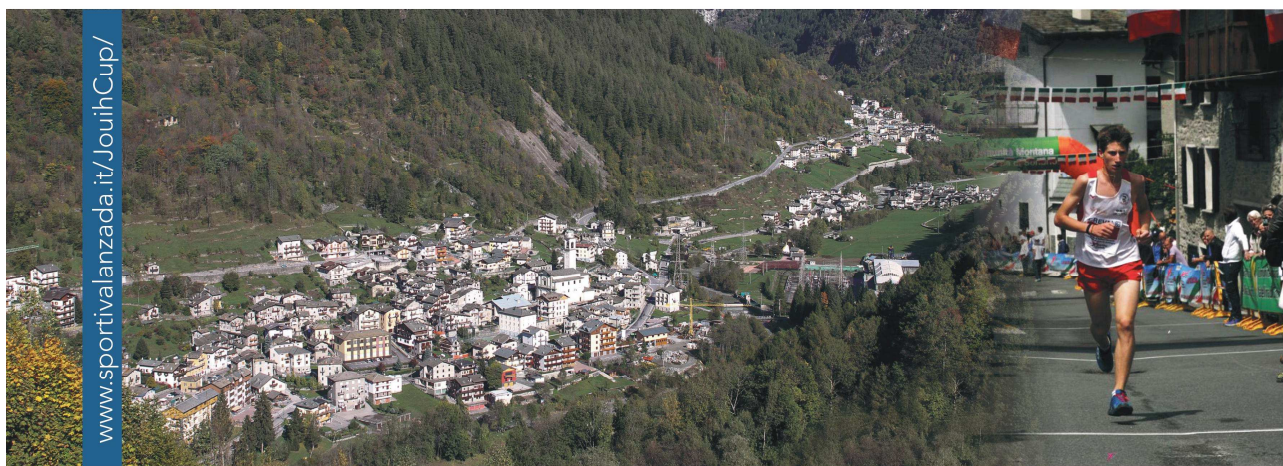


TEAM MANUAL

13<sup>th</sup> edition  
**MOUNTAIN RUNNING  
INTERNATIONAL YOUTH CUP (U18)**

LANZADA - SONDRIO - ITALY

**16 JUNE 2018**



COMUNITÀ MONTANA  
VALTELLINA DI SONDRIO



PROVINCIA  
DI SONDRIO



CAI  
VALMALENCO



GRUPPO ALPINI  
DI LANZADA



GRUPPO ANTINCENDIO  
BOSCHIVO DI LANZADA

1. GENERAL INFORMATION
2. ORGANISATIONAL STRUCTURE
3. ARRIVALS
4. ACCREDITATION
5. ACCOMMODATION
6. TRANSPORT
7. TECHNICAL INFORMATION
8. COMPETITION REGULATIONS
9. COMPETITION PROCEDURE
10. MEDICAL SERVICES AND ANTIDOPING
11. SECURITY
12. CEREMONIES AND PROTOCOL
13. DEPARTURES
14. CONTACT DETAILS
15. GENERAL PROGRAMME
16. COMPETITION TIMETABLE
17. COURSE & PROFILE

## 1.GENERAL INFORMATION

**ITALY:** Population of about 61 million inhabitants

Capital: Rome

### **LANZADA:**

Lanzada is a touristic mining village situated in Valmalenco, in the north of Valtellina, Lombardy and it has a population of around 1400 inhabitants.

It is situated at an altitude of about 1000m above sea level and it is crossed by a creek, the Lanterna. The valley's northern boundary is the Bernina Range, which reaches the altitude of 4000m.

Lanzada has a small hydroelectric power plant and above the village, in a beautiful setting at 2000m, stand two dams, Campomoro and Alpe Gera, reachable by car.

Valmalenco has got five municipalities (Chiesa in Valmalenco, the main village, Caspoggio, Lanzada, Spriana and Torre di Santa Maria) and three of them (Caspoggio, Chiesa in Valmalenco and Lanzada) form the Union of Valmalenco.

**OFFICIAL TOWNSHIP WEBSITE:** <http://www.comune.lanzada.gov.it/>

**OFFICIAL LANGUAGE:** Italian

**Money:** Euro

**Money exchange:** It is possible to change money in Bergamo Orio al Serio airport or in the bank offices in Lanzada and in the other villages in Valmalenco.

**Electricity specifications:** 220V 50 Hz

**Telephone code:** International country code for Italy: +39

**Shop opening hours:** Most shops are open from Monday to Saturday, from 8:00 to 12.30 and from 15.30 to 19.30;

**Bank opening hours:** From Monday to Friday, from 8.10 to 13.00 – from 14.15 to 15.15

## 2. ORGANISATIONAL STRUCTURE

### **IAAF**

**President:** Sebastian COE (GBR)

**Cross Country Committee Chairman:** Carlos Cardoso (POR)

### **WMRA COUNCIL**

**President:** Jonathan Wyatt (NZL)

**Secretary:** Tomo SARF(SLO)

**Treasurer:** Nancy HOBBS(USA)

**Council Member:** Andrzej Puchacz(POL)

**Council Member:** Wolfgang Münzel (GER)

**Council Member:** Sarah Rowell (GBR)

**Council Member:** Giorgio Bianchi (ITA)

**WMRA Delegate:** Jonathan Wyatt (NZL)

The Jury of Appeal will be nominated during the Technical Meeting.

### **Italian Athletic Federation (FIDAL)**

**President:** Alfio GIOMI  
**General Secretary:** Fabio PAGLIARA

### **Local Organising Committee**

**President:** Fabiano Nana  
**General Coordinator:** Serafino Bardea  
**Competition Director:** Massimo Giordani  
**Transportation Manager:** Daniele Perotti - Felice Parolini  
**Accommodation Manager:** Consorzio Turistico Valmalenco – Brunella Parolini  
**Media Manager:** Maurizio Torri  
**Ceremony:** Ivan Picceni  
**Accreditation Manager:** Eleonora Verardi - Mauro De Carli – Simona Masa  
**Website and Info:** <http://www.sportivalanzada.it/youthcup>  
**Medical Services:** Dott. Amir Reza Kazemian – Italian Red Cross

## **3. ARRIVALS**

### **Arrival by Air**

The official airport is Bergamo Orio al Serio airport (BGY), which is situated 140kms from Lanzada. Upon arrival at Bergamo airport, the teams will be met by volunteers. After collecting the luggage, team members will be escorted to the official buses and taken to Lanzada, approximately 2 hours' drive from the airport. The LOC will organize the transfers in such a way that the participants would have to wait at the airport no more than 2 hours.

### **Arrival by train**

Transfers can also be organized from the main train station in Sondrio.

To get to Sondrio from Milano Malpensa or Milano Linate airports:

- Bus shuttles connect the airports to Milan Central Station - about one hour journey;
- From Milan Central Station, trains to SONDRIO or TIRANO (stop at SONDRIO) - a two hours journey.

### **Arrival by road**

From the airports, take State Route no.36 Lake of Como and Spluga and then State Route no.38 to Sondrio – it takes about 2,5 hours to get to Valmalenco.

Teams arriving by car or bus are kindly asked to go directly to Lanzada, near the office point where representatives from the LOC will welcome them.

### **Visa Requirements**

Countries not needing a visa:

ALB, AND, AUS, AUT, BEL, BUL, CAN, COL, CRO, CZE, DEN, ESP, FRA, GBR, GER, HUN, IRL, ISR, JPN, LIE, MEX, MKD, MLT, MON, NED, NOR, NZL, POL, POR, ROU, SLO, SMR, SRB, SUI, SVK, SWE, USA

Countries that need a visa and have Italian embassy in the country:

AFG, AIA, ALG, ANG, ARM, AZE, BAN, BER, BHU, BLR, BOL, BRN, CAY, CGO, CHN, CIV, CMR, COD, CPV, CUB, DOM, ECU, EGY, ERI, ETH, GAB, GEO, GHA, GUM, JAM, JOR, IND, INA, IRI, IRQ, KAZ, KEN, KGZ, KOR, KOS, KSA, KUW, LIB, LBA, MAD, MAR, MHL, MYA, MOZ, NAM, NRU, NGR, OMA, PAK, PER, PHI, PLE, PRK, QAT, RSA, SEN, SUD, SSD, SYR, SRI, TAN, THA, TPE, TUN, TUR, TUV, UGA, UKR, UZB, VIE, YEM, ZAM, ZIM.

Countries requiring visas to enter Italy should obtain them from the Italian Embassy or Consulate in their country. If these federations need support to get their visas, they should contact FIDAL at

[mauro.decarli@fidal.it](mailto:mauro.decarli@fidal.it) giving the names of the people, their first name, date of birth, sex, passport number (and expiry date). Holders of Schengen valid multiple entry visas can freely enter Italy without an additional Italian visa.

## 4. ACCREDITATION

### General

The Accreditation Centre will be located in Lanzada's municipal hall (sala consiliare), 1<sup>st</sup> floor. Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Photos are not required for the accreditation card system.

### Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members upon arrival. Team Leaders are requested to take the athletes' passports or IDs to the Accreditation Centre in order to allow verification of the participants' age and nationality.

### Access Areas for Teams

All team accreditation cards will allow access to the warm-up area, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course. Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

### Loss of Accreditation

Any lost or damaged accreditation card should be reported to LOC or to the Accreditation Centre. Duplicate cards can be obtained where proof of identity can be established.

## 5. ACCOMMODATION

### General information

All teams will be accommodated in the different Hotels in Lanzada and nearby villages, located within 4 km from Lanzada and the competition venue.

### Costs and WMRA Quota

The LOC is covering the costs of 3 nights (4 nights if the flight exceeds 4 hours) full board accommodation for one team in each category and for one official from each country having up to 3 competitors in the delegation, two officials from each country having 4 or more competitors in the delegation.

For additional team members, for eventual second teams and for additional days, the following rates apply

Full board	Single room	Double room
<b>Quota athletes and officials</b> Boys: 3 runners for Team Girls: 3 runners for Team Staff: 1 official for delegation of 3 runners or less, 2 official for delegation of 4 runners or more	Covered by LOC	
Athletes and officials outside the quota. Additional nights.	75 EUR	60 EUR

Note: Prices are set per person/per night with full board accommodation; VAT included.  
All participants should be listed in the Final Entry form in order to secure proper accommodation for everyone. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for any subsequent reduction in the actual numbers of athletes and/or officials.

### Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations can make an advance payment in EUR by bank transfer to the following account:

**Beneficiary:** ASD Sportiva Lanzada  
**Address:** Via Vetto 678 - Lanzada  
**Bank:** Banca Popolare di Sondrio  
**Bank address:** Via Palù 388 – 23020 Lanzada  
**IBAN:** IT51V0569652190000006030X26  
**BIC / SWIFT:** POSOIT22

**Note:** A copy of the bank transfer will be required on arrival. The payment of the balance must be paid on-site by the Team Leader upon arrival at the Accreditation Centre. Payment can be made by credit card or by cash in Euros.

The team leader must settle any extra charges (bar, laundry, telephone, etc.) at the Hotel reception desk, before departure. The team leader may be requested to provide a credit card at the time of checking in at the Hotel reception desk, to cover any extras. These payments must be made in Euro.

## 6. TRANSPORT

### Bus shuttle Service

The shuttle service will operate between the different hotels and the competition area, for a maximum distance of 5kms (5/10 minutes by car).

### Departures

Return to Airport / Train station

Transport will be arranged according to the flight/train schedules submitted by the teams. Further information will be available at the Info Point.

## 7. TECHNICAL INFORMATION

### The course

The 13<sup>th</sup> Mountain Running International youth cup (u18) will be disputed on an uphill/downhill course in the village.

The course is held on two loops of 2150m and Start and Finish line are at the same place.

The running terrain is mainly dirt road and grass, with a very small section of asphalt.

The distances and amounts of ascent/descent per race are as follows:

Category	Distance	Ascent/Descent
<i>Girls</i>	4300m	+/- 290m
<i>Boys</i>	4300m	+/- 290m



### **Technical Information Centre (TIC) and Info Point**

The main function of the Technical Information Centre (TIC) is to ensure smooth communication between the Team Leaders, the LOC, the WMRA Delegate and the Competition Management regarding technical matters, such as handing out the results and collecting protest forms.

The TIC will be located in the Start/Finish area and will be open on Saturday 16<sup>th</sup> June 2018, from 8:00 to 12:30.

The Info Point will be located in the same area.

Qualified LOC staff will be available to help.

### **Technical Meeting**

The Technical Meeting will be held on Friday, 15<sup>th</sup> June 2018 at 17:30 in the Sala Maria Ausiliatrice Hall, in the oratory by the church.

Each team may be represented by a maximum of 2 (two) team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting. All questions related to the Technical Meeting must be presented in writing, preferably in English, at the Accreditation Centre on 15<sup>th</sup> of June, before 16:00. The Technical Meeting will be held in English.

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Organizing Committee
- Welcome by the WMRA President
- Presentation of the Jury of Appeal members
- Presentation of the Competition Officials
- Presentation of the competition and warm-up venues
- Ceremonies and Closing Party
- Answering of questions submitted in writing by federations

### **Course inspection**

Athletes and team members will have free access to the competition venue and race course for training in the days before the competition.

The course will be fully marked and accessible on Friday 15<sup>th</sup> June between 9:30 and 11:30. Shuttles can be organized on Thursday and Friday morning if necessary.

## **8. COMPETITION REGULATIONS**

### **Entries**

Every WMRA Member may enter one (1) team for each event. A team can be composed of 4 (four) athletes, the best three of them scoring. A Federation could enter up to 5 boys and 5 girls (including one reserve).

Only the host nation is permitted to enter a second team.

The competition is limited to athletes born in 2001 and 2002. No athletes aged less than 16 or more than 17 years on 31 December 2018 can compete.

Although the Mountain Running International youth cup (u18) is basically a team competition, individual entries may be accepted.

### **Entries Deadlines**

The Preliminary and Final Entries should be made by WMRA member federations using the respective forms in Appendixes 4 and 5.

Deadline for the Preliminary Entries: 16<sup>th</sup> April 2018

Deadline for the Final Entries: 4<sup>th</sup> June 2018

### **Final Confirmation**

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be

distributed to each delegation during accreditation. These forms must be completed and returned immediately or no later than 16:00 on Friday 15<sup>th</sup> June 2018.

Final start lists will be ready for collection together with the bibs after the Technical Meeting.

### **Scoring**

Each race shall be scored separately. Each team's score shall be determined by the aggregate of the places of its 3 (three) athletes. Teams shall be classified according to their scores, the team in each race having the lowest score being the winner, and so on. A tie shall be decided in favor of the team whose last scoring athlete finishes nearest to first place. A team with fewer than 3 (three) finishing athletes shall not be counted in the teams' classification. No adjustments to teams' places shall be made in respect of non-scoring team members or athletes participating as individuals.

### **Competition Bibs**

Each competitor receives 2 competition bibs. The bibs shall be worn according to IAAF Rule 143. The competition bibs may not be cut, bent or covered in any way. The competition bibs will be distributed immediately after the Technical Meeting.

### **Competition Clothing**

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room. Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

## **9. COMPETITION PROCEDURE**

### **Timetable**

The competition timetable will be as follows:

### **Start time**

11:00 - Youth Girls

11.45 - Youth Boys

### **Warming Up Before Events**

Warming up will take place around the start/finish area. At the end of the warm up the athletes shall prepare for the race and will put the removed clothing in dedicated bags identified with the respective country code name (one for each Federation). These will be collected after the race.

### **Call Room Procedures**

It is the responsibility of the Team leaders to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event. All athletes must report to the Call Room starting 20 minutes before their respective event, but no later than 10 minutes before the start. The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing

### **Starter Commands**

All instructions will be given in English. The command is: "On your marks!" followed by a shot from the starter's gun.

### **Refreshment Stations**

There will be two Refreshment Stations with water and sponges located slightly after the start/finish line. Water, fruits and small snacks will be also available in the post event area. Personal refreshment may be handed over to athletes by coaches or other team members on the official Refreshment



Stations only. An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

### **Protests and Appeals**

Protests will be processed in accordance with IAAF Rule 146. In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board). Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee. When submitting an appeal form, a deposit of 100 Euro must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

## **10. MEDICAL SERVICES AND ANTIDOPING**

The LOC is providing medical assistance to teams, the competition organization, the personnel, the honorary guests as well as, during the competition, to the spectators. A medical tent with first aid team will be operating close to the finish line.

Doping tests may be carried out, according to the IAAF rules and Regulations and under the supervision of the WMRA Delegate.

## **11. SECURITY**

Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one location to another. The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to any LOC information desk. The emergency phone number is 112 (police, ambulance and fire department).

If necessary, the police can be contacted via the TIC or the Information Desk in the Team Village.

## **12. CEREMONIES AND PROTOCOL**

### **Opening Ceremony**

The Opening Ceremony will take place at 18:30 on Friday 15<sup>th</sup> June 2018 in Lanzada Township square (close to the Church).

### **Flower Ceremonies**

The Flower Ceremonies for the individual winners will take place immediately after the finish of each race near the finish line.

### **Award & Closing Ceremonies**

The Award & Closing Ceremonies will take place on Saturday 16<sup>th</sup> June at 20.00 in the village centre. They will consist of a flag parade over the pedestrian zone of the village and awarding of the individual and team winners. Athletes must wear the official team clothing for the ceremonies. A short Closing Ceremony will follow immediately after the awards and will consist of WMRA flag handover to the next host of the Mountain Running International Youth Cup (U18)

### **Final Party**

The Final Party will take place after the end of the ceremonies. Dinner will be served, followed by discotheque in the open air. Everyone with accreditation or an invitation is welcome to attend.

### 13. DEPARTURE

Teams will be asked to provide full travel details on the online entry system. The Team Leader must indicate to the LOC any change in the departure form. Teams will also receive a departure form, which should be completed and returned to the Accreditation Centre or to the Information Desk in the hotel, at least 48 hours before departure, especially if there are any changes to the previously confirmed details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the Information Board. All outstanding fees, charges and possible other expenses must be settled before departure.

### 14. CONTACT DETAILS

For further details about the WMRA International Youth Cup please contact:  
[mountain.trail@fidal.it](mailto:mountain.trail@fidal.it) - [info@sportivalanzada.it](mailto:info@sportivalanzada.it)

### 15. GENERAL PROGRAMME

#### **Wednesday 13<sup>th</sup> June 2018**

All day: Arrival of the Delegations and transfer to Lanzada  
Hotel accommodation

15:00 – 20:00 Accreditation (the schedule can vary according to arrivals)

#### **Thursday 14<sup>th</sup> June 2018**

All day: Arrival of the Delegations and transfer to Lanzada  
Hotel accommodation

15:00 – 20:00 Accreditation (the schedule can vary according to arrivals)

#### **Friday 15<sup>th</sup> June 2018**

All day: Arrival of the Delegations and transfer to Lanzada  
Hotel accommodation

9:00 – 19:00 Accreditation (the schedule can vary according to arrivals)

9.30 – 11.30 Course Inspection

17:30 Technical Meeting

18:30 Opening Ceremony

#### **Saturday 16<sup>th</sup> June 2018**

9:45 National Open Race U16 Girls

10:10 National Open Race U16 Boys

11:00 Start Girls

11:45 Start Boys

20:00 Awards and Closing Ceremony followed by the Final Party

#### **Sunday 17<sup>th</sup> June 2018**

Morning Departure of the Delegations

All day Teams departure

## 17. COMPETITION TIMETABLE

### Saturday 16<sup>th</sup> June 2018

9:45	National Open Race U16 Girls
10:10	National Open Race U16 Boys
11:00	Start Girls
11:45	Start Boys

## 18. COURSE & PROFILE

Two loops - Distance : 4.300,00 m - Ascent/Descent: +/- 290 m

