



Siena

5° Sprint Race Tour and WRE

November 6th 2016

FINISH ARENA and RACE OFFICE

Piazza del Campo, Siena from 8.30am.

To reach the finish arena all the athletes must walk on main roads, all the secondary one are forbidden.

PARKING

All around Siena there are toll parking.

There are small free parking lot close from Porta Laterina, Stadium and Fortezza.

ABOUT THE RACE

Sprint race in medieval town (100% town).

FISO delegate: Vincenzo Di Cecco

Race director: Maurizio Ongania

Tracker: Massimo Bianchi

Checker: Monica Casalini

RACE MAP

Siena - scale 1 : 5.000 - contour 2,5 mt - norm ISSOM 2007 - mark FISO CS 0754

Made in 2012 (Maurizio Ongania) Refresh October 2016

Print on waterproof A4 size paper. Controll description will be in the pre start area and on the map.

START AND LENGHT

The start will be close from the finish (follow arrows and band strips)

First start at 10am. The call will be 3 min earlier from the start time.

For Esordienti, Scuole and Direct categories there will be punching start, without a starting time.

For those categories the athletes should start in the time window from 10am to 11.30am.

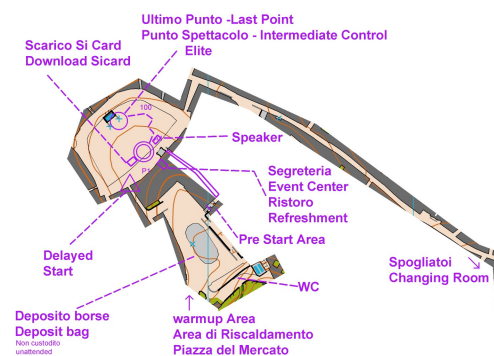
The race zone is traffic open, please follow the traffic laws.

	LENGHT Km	CLIMB m	CONTROLS
Esordienti - Scuole	2170	50	12
M12 - W12	2050	50	12
M Young (14-16)	3300	70	15
W Young (14-16) - MC - WC - W65	3200	70	12
M Junior (17-20) - M35	4300	100	16
W Junior (17-20) - W35	3900	95	18
M45	3850	90	17
W45	3750	90	14
M55	3700	85	17
W55 - M65	3000	70	15
DIRECT	3430	85	14
ME	4500	100	20
WE	3900	95	19

Winner time will be a few over 20 min.

The athletes can warm up in Piazza del Mercato (showed on the map below) other roads are race zone (forbidden)

For ME and WE categories there will be a spectator controll (whitout passageaway) in the finish arena. The controll will be the same as the last one (number 100).



START AND FINISH ARENA

At the end of the race you can keep your map, we trust in the fair play of the runners.

CHANGING AND BAGS DEPOT

In Piazza del Mercato there will be an area where you can leave the bags (unguarded).

Changing room and shower are available to Piazza Santo Spirito, you can also leave bags there (unguarded), the only way possible is via Pantaneto (showed on map beside).

TIMING

The race use the Sport Ident system.

In the case of not working station (no sound and light signal) is necessary to punch manually on the map and show it at the arrive.

In the case of sprint arrive the winner will be the one first crossing the arrive line under the arch.

Maximum race time is 60 minutes.

Anyone want to retreat must go the arrive and communicate it.

PRIZE GIVING CEREMONY

The price giving ceremony will be in the finish arena at 13.30pm.

There will be prize for the first three of each category.

The first of Tuscany Sprint Tour considering the time sum of all 3days races.

Then there will be the final prize giving ceremony of Sprint Race Tour.

HAVE FUN !