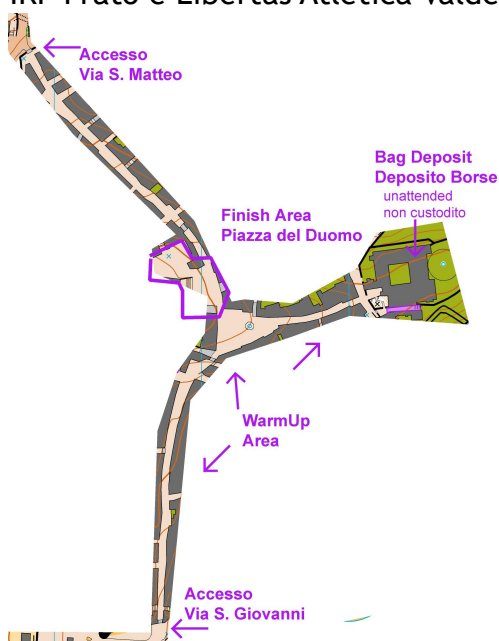


San Gimignano Italian Cup Final - 4° Sprint Race Tour November 5th 2016

IKP Prato e Libertas Atletica Valdelsa say welcome to the Tuscany Sprint Tour.



FINISH ARENA and SECRETARY

Piazza del Duomo, San Gimignano from 11.30
To reach the finish arena should use the town entrance from via San Giovanni (south) or via San Matteo (north), all the other are forbidden.

PARKING

All around the town of San Gimignano there are toll parking. Some free parking lot are in Fugnano or close to the schools.

ABOUT THE RACE

Sprint race in medieval town (20% park and 80% town).

FISO delegate: Vincenzo Di Cecco
Race director: Maurizio Ongania
Tracker: Monica Casalini
Checker: Massimo Bianchi

RACE MAP

San Gimignano - scale 1 : 4.000 - contour 2,5 mt - norm ISSOM 2007 - mark FISO CS 0848
Made in 2012 (Maurizio Ongania) refresh October 2016
Print on waterproof A4 size paper. Controll description will be just on the map.

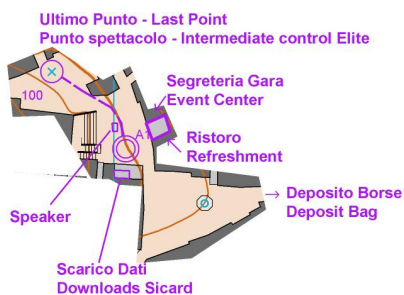
START AND LENGHT

Start is close to the finish arena (follow arrows and band strips)
First start at 2pm. 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 2pm to 3.30pm.
The race zone is traffic open, please follow the traffic laws.

	LENGHT Km	CLIMB m	CONTROLS
Esordienti - Scuole	2330	80	13
M12 - W12	2230	80	14
M Young (14-16)	2620	90	14
W Young (14-16) - MC - WC - W65	2490	85	14
M Junior (17-20) - M35	3390	95	16
W Junior (17-20) - W35	2950	115	15
M45	3290	105	17
W45	2870	90	14
M55	2920	105	16
W55 - M65	2650	90	13
DIRECT	2750	95	16
ME	3590	115	18
WE	3400	110	18

The athletes can warm up in Piazza della Cisterna, Via del Castello e Via S. Stefano (as showed in the map). From 14pm (race start time) the other roads will be 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).



FINISH

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

BAGS DEPOT

You can leave your bags inside the ex-prison in Via di Castello, there will be a cover site to leave all you bags during the race.

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 5.30pm.

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

HAVE FUN !