



TICINO RIVER MTBO MEETING

Italian Championship Long Distance Middle Distace Italian Cup

BULLETINS 2

ASD Nirvana Verde welcomes you to TAINO (VA) for the 2023 MTBO kick off season

Organizing Committee

National Advisor:	Francesco Giandomenico
Race Director:	Mario Ruggiero
Middle course planner:	Maurizio Todeschini
Long Course Planner:	Alessandra Gariboldi
Secretary	Emanuela Titles
Finish:	Francesco Lo Bianco
Start:	Andrea Gianotti

Saturday 18.03.2023 - 1st round of the MTBO Middle Italian Cup

Event center opening h. 1:00 pm

First Start h. 15.00 Distance 2.5km + 150m D+, a map will be handed out with a trivial route and CP will be placed

Sunday 19.03.2023 - MTBO Long Italian Championships.

Event center opening h. 8:00

First Start h. 10.00 Distance 2.3km + 25m D+ , a map will be handed out with a trivial route traced and CP will be placed

Map : Colle della Guardia and Taino Forest. Scale 1:15.000 / 1:10.000/1:7500 Eq: 5 m 2022/23 MTBO 1282 approval.

Continental terrain, hilly, with a good network of footpaths.

Several areas with brambles or thorns

It's allowed to ride the forest if possible!

It's not allowed to ride through the **open areas (yellow)**. It's possible to ride only along the orange symbol (it is therefore forbidden to cross them outside the route , under penalty of disqualification)



Read the cartographic notes on the fiso site (middle tender)

Taino (VA), Sabato 18 Marzo, Samstag, 18. März 2023
Coppa Italia Middle - Italian Cup Mittledistanz

Categoria	Lunghezza [km]	Dislivello [m]	Scala	Formato
M12	3,4	25	1:7500	A4
M14	4,5	55	1:7500	A4
M17	8,5	145	1:10000	A3
M20	12	155	1:15000	A3
MB	8,5	145		
ME	15,8	230	1:15000	A3
M40	12	155	1:15000	A3
M50	10,9	145	1:15000	A3
M60	9,5	140	1:15000	A3
M70	4,5	55	1:7500	A3
DIR	7,7	135	1:10000	A3

Categoria	Lunghezza [km]	Dislivello [m]	Scala	Formato
W12	3,4	25	1:7500	A4
W14	4,5	55	1:7500	A4
W17	6,4	85	1:10000	A3
W20	9,5	140		
WB	6,2	85		
WE	12	155	1:15000	A3
W40	9,6	135	1:15000	A3
W50	7,7	135	1:15000	A3
W60	6,4	85	1:15000	A3
			1:10000	A3
ESO	3,4	25	1:7500	A4

Taino (VA), Domenica 19 Marzo, Sonntag, 19. März 2023
Campionato Italiano Long - Italienische Meisterschaften Langdistanz

Categoria	Lunghezza [km]	Dislivello [m]	Scala	Formato
M12	5,0	75	1:10000	A3
M14	6,5	90	1:10000	A3
M17	11,0	170	1:10000	A3
M20	17,7	320	1:15000	A3
MB	8,3	145		
ME	29,0	550	1:15000	A3
M40	20,5	400	1:15000	A3
M50	17,7	320	1:15000	A3
M60	13,2	220	1:15000	A3
M70	8,3	145	1:10000	A3
DIR	8,3	145	1:10000	A3

Categoria:	Lunghezza [km]	Dislivello [m]	Scala	Formato
W12	5,0	75	1:10000	A3
W14	6,5	90	1:10000	A3
W17	8,3	145	1:15000	A3
W20	8,4	160		
WB	6,5	90		
WE	20,5	400	1:15000	A3
W40	13,2	220	1:15000	A3
W50	8,4	160	1:10000	A3
W60	6,5	90	1:10000	A3
ESO	5,0	75	1:10000	A3

Attention: **on Sunday** all categories will have a **road crossing** .

The time between flag 110 and 111 will not be counted. Competitors will have at most 1' to cross the road safely.

Saturday, during the middle race, pay particular attention to the other competitors

Maximum race time:

Saturday 120' (2h)

Sunday Long 180' (3h)

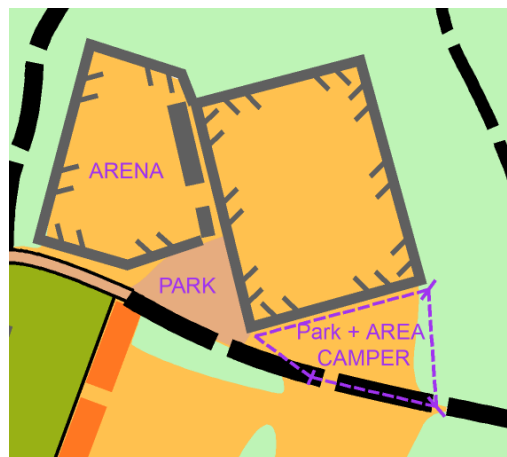
Event Center: Via Valle del Sole Sports Center, 21020

Taino (VA). Toilets, no showers.

At the center there is a kiosk bar, **bring cash** .

Several football matches will take place on Saturday in the adjacent field : please use only the parking lot and east, possibly parking along the meadow south of the path .

Please park any campers in the indicated area.



Processionary

In this season there are processionary larvae, which in contact with the skin cause irritation: the use of long clothes is recommended.

https://it.wikipedia.org/wiki/Thaumetopoea_pityocampa

Health Service

The nearest emergency hospital is in Angera. If necessary, notify the organization immediately

Awards

Saturday at 17:30

Sunday 13.30

The first three competitors in each category will be awarded with prizes

Competition jury

Clizia Zambiasi, Aaron Gaio Giuseppe Simoni

Reserves: Giaime Origgi, Andrea Visioli

Results

Only online at: <https://www.bostek.it/live/>

GPS tracking

It will be possible to follow the elite athletes at https://loggator.com/recent_events

The GPS will be provided in the starting area to the reported athletes