



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

RACE RULES

TRIESTE HALF MARATHON

XXIV EDITION

TRIESTE, 5 MAY 2019

The Associazione Polisportiva Dilettantistica MIRAMAR (FIDAL code TS547)

ORGANIZES

in Trieste, on Sunday 5 May 2019, the XXIV edition of Trieste Half Marathon –competitive race on a distance of km 21.097 (international race on road).

The start is at 9.30.

The race is included in the following calendars:

AIMS – Association of International Marathons and Distance Races

FIDAL – Federazione Italiana di Atletica Leggera

ASI – Associazioni Sportive e Sociali Italiane

1.PARTICIPATION

According to the “Rules for the organization of events” issued by FIDAL, participation is allowed to:

- Athletes with 2019 membership card of Italian Athletics Federation (FIDAL) associated clubs who are at least 18 years old on or before the date of the event
- Athletes with a Runcard (valid as sport insurance and competition permit), who are at least 20 years old. Participation is subordinated to one of the following conditions:

a) presentation of a valid medical certificate of sustainability for specific competitive athletics to be shown to the organizers in original and filed in copy by the organizing Club. The medical certificate for foreign athletes non resident in Italy can be issued in the country of origin, but the same tests according to the Italian law must have been carried out: a) medical check; b) complete urine test; c) electrocardiogram at rest and after exercise stress; d) spirometry.

b) proof of a valid medical certificate of sustainability for specific competitive athletics from the Runcard database.

c) proof of a valid medical certificate of sustainability for specific competitive athletics through the



specific app downloaded on any electronic device.

- Athletes members of a Sport Promotion Club (Athletics section), with a Runcard-EPS; besides holding a “RUNCARD”, participation is subordinated in any case to one of the following conditions:
 - a)** presentation of a valid medical certificate of sustainability for specific competitive athletics to be shown to the organizers in original and filed in copy by the organizing company. The medical certificate for foreign athletes non resident in Italy can be issued in the country of origin, but the same tests according to the Italian law must have been carried out: a) medical check; b) urine test; c) electrocardiogram at rest and after exercise stress; d) spirometry.
 - b)** proof of a valid medical certificate of sustainability for specific competitive athletics from the Runcard database.
 - c)** proof of a valid medical certificate of sustainability for specific competitive athletics through the specific app downloaded on any electronic device.

2.PARTICIPATION FOR ATHLETES WITHOUT AN ITALIAN MEMBERSHIP

The following athletes are allowed to participate:

- a) Italian and foreign athletes without membership in Italy, only for those who are 18 or older, if they comply with one of the following conditions:

- Membership card holders for clubs affiliated to Foreign Athletic Federations recognized by laaf.

Upon registration they can also provide:

- self-certification declaring to hold a membership card recognized by laaf. The self-certification will have to be signed in original when collecting the race number.

- b) Athletes holding a Runcard (valid as sport insurance and competition permit), only for those who are 20 or older; besides having a “RUNCARD” participation is subordinated to one of the following:
 - a)** presentation of a valid medical certificate of sustainability for specific competitive athletics to be shown to the organizers in original and filed in copy by the organizing company. The medical certificate for foreign athletes non resident in Italy can be issued in the country of origin, but the same tests according to the Italian law must have been carried out: a) medical check; b) urine test; c) electrocardiogram at rest and after exercise stress; d) spirometry.



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

b) proof of a valid medical certificate of sustainability for specific competitive athletics from the Runcard database.

c) proof of a valid medical certificate of sustainability for specific competitive athletics through the specific app downloaded on any electronic device.

3.REGISTRATION

The fixed limited number of participants is 2500.

Registration has to be carried out online at the organizing body webpage

<https://www.triesterunningfestival.com/marathon-half/>

or directly on the site www.enternow.it

Further registration methods may be available at partners premises and/or organizing clubhouse.

or

FIDAL membership holders: no documents need to be sent as proof of membership that will be checked from the FIDAL website. The Club will be in charge of updating the medical certificate on the FIDAL website.

Athletes members of Foreign Athletics Federations affiliated to IAAF: authorization from their Federation or copy of the membership card valid for 2019 or self-certification of membership and, for non-EU athletes, copy of the residence permit or visa to be sent via e-mail or to be presented upon collection of the race number.

Athletes members of Sport Promotion Bodies (athletics) having an agreement with FIDAL, holding a RUNCARD EPS: copy of the RUNCARD EPS card and copy of the medical certificate for competitive athletics, both valid on the day of the race.

Athletes with Runcard FIDAL: both Italian and EU athletes with a RUNCARD, no documents need to be sent as proof of it will be verified directly on the FIDAL/RUNCARD portal. Non-EU athletes must send a copy of the residence permit or visa sent via e-mail or presented upon collection of the race number.

For Runcard and Runcard EPS member athletes, if the medical certificate cannot be verified through FIDAL electronic systems, it has to be shown in original upon collecting the running number and a copy must be handed in.

The registration fee includes:

- race number with single use timing chip, Real Time tracking
- insurance
- medical assistance
- drink and sponge stations along the course
- WC along the course



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

- pre race transport service from Trieste (Piazza della Libertà) to the start area
- personal belongings transport service from the start to the finish area
- road traffic closure
- sweep up service for athletes who drop off
- technical t-shirt
- race pack
- restoration at the finish line
- participation medal (for athletes who crossed the finish line)
- participation certificate to be downloaded from the www.tds-live.com

4. REGISTRATION FEES AND PAYMENT METHODS

1 September 2018 – 30 September 2018: 15 euro ONLINE ONLY

1 October 2018 – 31 December 2018: 18 euro ONLINE ONLY

1 January 2019 – 28 February 2019: 20 euro ONLINE ONLY

1 March 2019 - 30 April 2019: 25 euro ONLINE ONLY

Excluding costs and commissions for online payments.

Excluding online transactions costs.

Payment of the registration fee can be carried out by following instructions on the site www.triesterunningfestival.com and on <https://www.enternow.it/it/browse/trf2019>.

3-4 May 2019: 30 euros CASA MIRAMAR (MARATHON CENTRE)

Registration will not be accepted if one of the following are missing: fee payment, FIDAL card number, medical certificate for competitive "ATHLETICS", incomplete personal details.

For Runcard and Runcard EPS member athletes, if the medical certificate cannot be verified through FIDAL electronic systems, it has to be shown in original upon collecting the running number and a copy must be handed in.

5. RACE NUMBER AND RACE PACK COLLECTION

You can sign up and collect t-shirt and race packs on 3 and 4 May 2019 at Casa Miramar.

Athletes who cannot collect the race number and pack can delegate the collection to third parties provided that they are in possession of the registration confirmation letter (that can be downloaded from "check registration") and other necessary documents.

Race numbers and packs not collected after the start of the race will no longer be available for collection. Registration will be cancelled.



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

You cannot sign up on race day.

The Organizing Club reserves the right, at its sole discretion, to anticipate registration closure or to accept registrations after the scheduled deadline.

The race number is strictly personal, it has to be clearly visible and must not be reduced or tampered.

6. ORGANIZATION AND RACE COURSE

The start is at 9.30 from the Square in Aurisina (Duino Aurisina – Trieste).

The course, approved and with kilometres displayed, will be clearly marked. Special staff will be present. The course is completely closed to road traffic for the entire duration of the race.

Course details:

Start from the main square in Aurisina - (Duino Aurisina - Trieste) Start - SP1 from km 2 IX to km 1 III - motorway junction, SR 14 from km 137 VIII to km 147 V Bivio di Miramare - Viale Miramare - Piazza Libertà - Largo Santos - Corso Cavour - Piazza Duca degli Abruzzi - Riva III Novembre - Piazza Tommaseo - Riva del Mandracchio - Piazza Unità d'Italia (finish)

Drink stations:

km 5 -SR14 km 138 IV

km10-SR14 km143IV

km 15 - Viale Miramare n. 303 (near California Inn)

km 20 - Viale Miramare n. 11 (near Central Station)

Sweep vans will be available.

Possible grids:

Top Runner and athletes with declared times under 1h15'

Athletes with declared times between 1h15'-1h30'

Athletes with declared times between 1h30'-1h45'

Athletes with declared times between 1h45'-2h00'

Athletes with declared times over 2h00'

Time limit: 3 hours

After the 3 hours, the organizing club will not guarantee complete closure of the course.



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

Participants in the race must comply with the traffic code.

It is forbidden to be accompanied by bicycle or other means of transport that are not regularly registered or authorized.

A free shuttle service for athletes will be available Piazza della Libertà in Trieste to Aurisina (Trieste). Further information will be available event's official webpage and on the social network of the organizing club.

Information will also be available at Casa Miramar during opening days and times.

A free transport service for your clothes will be arranged from the start area to the finish area in Trieste (Piazza dell'Unità d'Italia). The athletes will place their bags inside the vehicles used for this service near the start area. The bags/sacks will have to bear the running number and must only contain the clothes needed to change after the race. For logistical reasons the bags must be dropped within HALF AN HOUR BEFORE THE START OF THE RACE.

The organization is not liable for the content of the bags or losses, therefore no reimbursement will be made. Do not leave personal belongings or items of value inside the bags.

7.TIMEKEEPING

Timekeeping and results are organized by Timing Data Service srl, based on active transponder (microchip).

8.FIRST AID SERVICE

The organizing club will guarantee an appropriate first aid service at the start/finish areas and along the course.

9.RESULTS AND RANKINGS

Final times and rankings will be displayed in the finish area and on the websites www.tds-live.com and www.triesterunningfestival.it, also on the days after the event. Rankings are validated by the technical race judge.

10.PRIZE-GIVING

The first three overall male athletes and the first three overall women will receive in-kind prizes. The prize-giving ceremony will take place on site as soon as the result list is ready.

The following categories will receive a prize:

men: SM, SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70 and over.

women: SF, SF35, SF40, SF45, SF50, SF55, SF60, SF65, SF70 and over.



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

Prizes that are not collected will not be sent home or handed in another moment, for any reason whatsoever.

Competitors with RUN CARD and RUN CARD EPS cannot receive money prizes or the like (coupon, bonus, recruitment), but are included in the event's ranking.

In order to draw up the ranking, the official finish order shall be conclusive (not the real time recorded).

11.DECLARATION OF RESPONSIBILITY

Upon signing the registration form, either on paper or digital, the athlete declares to know, accept and follow the general rules of the event as well as the FIDAL prescriptions.

He/she declares under his/her responsibility, to have said the truth and relieves the organizers, FIDAL, sponsors and Public Administrations from any loss, damage or injury (both civil and criminal) that he/she may cause or occur to person or property.

PROCESSING OF PERSONAL DATA

Personal data collected will be processed in accordance with EU Regulation 2016/679 GDPR with reference to the protection of natural persons regarding processing and disclosure of such data.

IMAGE RIGHTS

By entering the race the athlete expressly authorizes the organizers, as well as media partners, to use fixed images or in movement that portray him/her while participating in the Trieste HalfMarathon and connected fringe events, on all devices, including promotional and/or advertising material, all over the world and for the duration provided for by the law, rules and agreements in force, including an extension that can be added to the period planned.

12.FINAL REMARKS

Anything not provided for by these rules please, shall be governed by FIDAL and GGG regulations. In case there is no pavement, the athletes will have to follow the rules of the Road Code in force.

Athletes that will not pass through the time detection points along the course and overseen by the Race Jury will be disqualified.

Claims must be made within 30 minutes after the display of the results directly to the Referee Judge, secondly in writing to the Appeal Judge, paying the fee as set forth in the Fidal regulations that will be refunded in case the claim is upheld.

The organizing club reserves the right to change the rules in any moment in order to guarantee a better organization of the race, prior to approval from FIDAL.

Any changes to services, places and times will be announced to all participating athletes and will be posted on the event's official website.



ASSOCIAZIONE
POLISPORTIVA
DILETTANTISTICA
MIRAMAR

SPORT AND TECHNICAL ORGANIZATION INFO

A.P.D. Miramar, Via Valdirivo 7 – 34132 Trieste (Italia) Telephone +39 040 2608586. e-mail info@miramarun.it - www.triesterunningfestival.it

REGISTRATION INFO

Timing Data Service S.r.l. Via delle Macchine 14 30038 Spinea VE FAX 041-50 85 168 www.tds-live.com; iscrizioni@tds-live.com

CLAIMS

Any claims must be presented in compliance with the FIDAL and R.T.I. rules.