

“PALIO DEL DRAPPO VERDE DI VERONA, edition n. 603”
Verona (Santa Maria in Stelle) - Sunday 15th march 2020
Promotional agonistic race of 11 km
Authorized by CSI (Italian Sport Centre)

RULES

1) Can participate: athletes born between 2004 and earlier:

1. Italian runners enrolled with the Italian Sports Center (CSI).
2. Italian runners enrolled with the Italian Athletic Federation (FIDAL card and RUNCARD).
3. Italian runners enrolled with the other Italian Sports Promotion Body (Athletic section).
4. Italian runners not members, but possession of a valid health certificate until the race day specifically for the practice of athletics; to these athletes will be made to sign the weekly membership CSI FREE SPORT (additional price of 2 euro).
5. Foreign runners, with RUNCARD FIDAL.
6. Foreign runners enrolled with their National Athletic Federation, but possession of a valid health certificate until the race day specifically for the practice of athletics; to these athletes will be made to sign the weekly membership CSI FREE SPORT (additional price of 2 euro).
7. Foreign runners not members, but possession of a valid health certificate until the race day specifically for the practice of athletics; to these athletes will be made to sign the weekly membership CSI FREE SPORT (additional price of 2 euro).

2) Individual registrations - required documents:

- For all: entry form (downloadable from www.paliodeldrappoverde.it)
- For all: bank transfer copy (on c/c bank 4463054; IBAN: IT 86 G 02008 11730 000004463054) payable to “Gruppo sportivo dilettantistico Mombocar”.
- For all: health certificate (valid until the day of the race, specifically for the practice of Athletic sport)
- For 1-2-3-5: copy of sport card (CSI-FIDAL-RUNCARD)

3) Team registrations

They will be possible only for the Italian Club (affiliated CSI or FIDAL)

4) The entry forms can be:

- Presented at the registered office of the GSD Mombocar (Via Marconi n. 5 - San Giovanni Lupatoto), open every Thursday evening (hours 21:00 to 22:30);
- Sent to the mailbox paliodeldrappoverde@gmail.com

5) Entries FEE (closing registrations: hours 12:00 of 13rd March 2020)

- from 25/12/2019 to 31/01/2020: 13 euro
- from 01/02/2020 to 10/03/2020: 15 euro
- 11/3 - 12/3 - 13/3 (to hour 12:00): 20 euro
- for the runners “4-6-7”: also the weekly membership CSI FREE SPORT (at the cost of 2 euro)

The runners, with at least 6 participation in the past of Palio, will receive a 50% discount still to 10/03/2020.

6) The participation fee include: bib, chip, rich Race Pack, post-race massages (by Team massage of Mombocar), toilet, showers, changing rooms, Medical Assistance, bag case, locker room, parking reserved for the first 200 registered.

7) Race Pack: after the race, behind return of CHIP, athletes will be able to withdraw the Race Pack.

8) The delivery of the BIBS and the CHIPS will take place exclusively on Sunday, March 15 from 7:30 a.m. in the first pavilion of the “Valpantena Winery”, in Santa Maria in Stelle (Via Sezano).

The bib must be carried on the front and be visible in its totality throughout the race.

The runners “4-6-7” must personally pick up the bib and the chip, sign the weekly membership CSI Free Sport, presenting an identity document.

9) Hour schedule:

07:30: opening and beginning delivery bibs and chips

09:45: opening starting line

10:00: start

11:00: award ceremony

10) Final time of the race: h 11:45

11) AWARDS (in kind)

For the top 10 men and 10 women absolute.

The prizes for the absolute are not cumulative with category prizes.

12) AWARDS (in kind)

For the top 5 runners of the following 12 categories:

Men M1 2004/88 Men M5 1970/66 Women F1 2004/86

Men M2 1985/81 Men M6 1965/61 Women F2 1985/76

Men M3 1980/76 Men M7 1960/56 Women F3 1975/66

Men M4 1975/71 Men M8 1955 ... Women F4 1965 ...

The prizes for the absolute are not cumulative with category prizes.

13) SPECIAL AWARDS

. to the first men and to the first woman: the DRAPPO VERDE.

. to the last male arrived in time max: a COCK.

14) Camper and AUTOBUS parking in the courtyard of the “Valpantena Winery”, with limited places and therefore only by reservation by March 10 (write to paliodeldrappoverde@gmail.com)

15) The COURSE is characterized by up and down in the second part of the race, on a mostly dirt terrain. It develops in the valley and hills of Valpantena, northeast of Verona. It is a characteristic area for its wine economy and for the cultivation of olive trees, from where top quality products are obtained.

16) INFO: paliodeldrappoverde@gmail.com www.paliodeldrappoverde.it