

"PALIO DEL DRAPPO VERDE DI VERONA, edition n. 603"
Verona (Santa Maria in Stelle) - Sunday 17th march 2020
Promotional agonistic race of 11 km

RULES

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

1. runners enrolled with the Italian Sports Center;
2. runners enrolled with the other Public Sports Promotion Body (Athletic section);
3. runners non-members, but possession of a valid health certificate until the race day specifically for the practice of athletics; these athletes will be made to sign the weekly membership CSI FREE SPORT (additional price of 2 euro).

2) Individual registrations can be:

- Presented at the registered office of the GSD Mombocar (Via Marconi n. 5 - San Giovanni Lupatoto) open every Thursday evening (hours 20:30 to 22:00);
- Sent to the mailbox paliodeldrappoverde@gmail.com the following documentation:
 1. registration form (downloadable from www.paliodeldrappoverde.it site) (or the following data: surname, name, date of birth, gender, telephone, email address, company name);
 2. if the runner is enrolled with CSI (or other Public Sports Promotion Body), the copy of the CSI card or other Public Sports Promotion Body card (valid on the date of the race);
 3. copy of bank transfer (on c/c bank 4463054; IBAN: IT 86 G 02008 11730 000004463054) payable to "Gruppo sportivo dilettantistico Mombocar";
 4. health certificate of athletic (valid until the day of the race specifically for the practice Athletics): the sending is MANDATORY for everyone.

3) The runners "NO MEMBERSHIP" must personally pick up the bib, sign the weekly membership CSI Free Sport, presenting an identity document.

4) The participation fee includes: Rental of the chip - Case Bags and changing rooms inside the Expo - WC outside the Expo - Medical Assistance - Start Bag - Final Refreshments

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

6) Hour schedule:

07:30: opening and beginning delivery bibs and chips

09:45: opening starting line

10:00: start

11:00: award ceremony

11:45: final time of the race

7) AWARDS (in kind)

For the top 10 men and 10 women absolute

and 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 can not be combined with category prizes.

Special Awards: to the first men and to the first woman: the DRAPPO VERDE

Special Awards: to last male arrived in time max: a COCK