

**“PALIO DEL DRAPPO VERDE DI VERONA, edition n. 603”**  
**Verona (Santa Maria in Stelle) - Sunday 20th march 2022**  
**Promotional agonistic race of about 9 km**  
**Authorized by CSI (Italian Sport Centre)**

**GENERAL 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 not members, but in 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 2,5 euro).
4. Foreign runners, with RUNCARD FIDAL.
5. Foreign runners enrolled with their National Athletic Federation.

**2) Individual registrations - required documents:**

For all: entry form (downloadable from [www.paliodeldrappoverde.it](http://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: italian health certificate (valid until the day of the race, specifically for the practice of Athletic sport) or certificate issued in the country of the runner, but with the same exams required by Italian law must have been carried out: a) medical examination; b) complete urinalysis; c) electrocardiogram at rest and after exertion; d) spirometry.

For all: copy of sport card (CSI-FIDAL-RUNCARD)

**3) Team registrations**

Only possible for the Italian Clubs (affiliated CSI or FIDAL)

**4) The entry form 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](mailto:paliodeldrappoverde@gmail.com)

**5) Entries FEE (closing registrations: hours 24:00 of 18th March 2022)**

from 01/22/2022 to 28/02/2022: 13 euro

from 01/03/2022 to 10/03/2022: 16 euro

from 11/03/2022 to 18/03/2022: 20 euro

for the runners “4-5”: also the weekly membership CSI FREE SPORT (at the cost of 2,50 euro).

for the runners “3”: also the weekly membership CSI FREE SPORT (at the cost of 2 euro)

**6) The participation fee include:** chip, race pack, post-race massages (by Team massage of Mombocar), toilet, Medical Assistance, bag case, large car parks for a total of 1000 places, in addition to the streets adjacent to the meeting area

**7) Bibs delivery** will take place exclusively on Sunday, March 20th 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 “4-5” must personally pick up the bib and the chip, sign the weekly membership CSI Free Sport, presenting an identity document.

**8) Hour schedule:**

07:30: opening and beginning delivery bibs

08:30: opening starting grids

08:45: start

10:30: award ceremony

**9) Time limit to finish the race: h 1:30**

**10) AWARDS (in kind)**

For the top 10 men and 5 women absolute.

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

**11) AWARDS (in kind)**

For the first runners of the following 12 categories:

Maschile M1	2004/88	Maschile M5	1972/68	Femminile	F1	2004/88
Maschile M2	1987/83	Maschile M6	1967/63	Femminile	F2	1987/78
Maschile M3	1982/78	Maschile M7	1962/58	Femminile	F3	1977/68
Maschile M4	1977/73	Maschile M8	1957 e prec.	Femminile	F4	1967 e prec.

The awards not withdrawn on the race day, won't be available afterwards.

**12) Camper and AUTOBUS parking** in the courtyard of the "Valpantena Winery", with limited places and therefore only by reservation by March 10 (mail to [paliodeldrappoverde@gmail.com](mailto:paliodeldrappoverde@gmail.com))

**13) The COURSE** is characterized in the initial phase by a climb whose summit is located 3.3 km after the start with a difference in height of 240 meters; and then by two subsequent descent phases, interspersed by a sloping ground of 1.5 km. The ground is minimally unpaved and mostly asphalted. Compared to the starting point, the route develops in the first quarter of the race in the northern area, then in the central phase in the eastern part and finally in the last quarter of the race in the area adjacent to the park of Villa Vendri, near whose tree-lined avenue is positioned the arrival. A large car parking will be available adjacent to the arrival, located about 600 meters from the meeting and departure area, where are located the various services described in point "6. The area is characteristic for its wine economy and for the cultivation of the olive tree, from where top quality products are obtained.

**14) Staff and runners must comply with anti-covid safety and health measures, valid on the day of the race, which to the date (21<sup>st</sup> of January) provide:**

- Use of FFP2 mask in the phases preceding and following the race in the places set up by the Organization;
- Exhibition of the basic green pass (upon bib withdrawal);
- Covid self-declaration submission (upon bib withdrawal);
- Body temperature detection at the entrance of the starting grid.

**15) MORE INFO:** [paliodeldrappoverde@gmail.com](mailto:paliodeldrappoverde@gmail.com) [www.paliodeldrappoverde.it](http://www.paliodeldrappoverde.it)