



In occasione della Coppa del Mondo Sprint, organizzano



31 maggio-2 giugno 2024, Liguria
3 DAYS OF APENNINES

Coppa Italia Middle + Coppa Italia Sprint
****3 World Ranking Events****

Bullettin 3 – Technical Information

Friday May 31 st - Piani di Praglia (GE)

World Ranking Event, Foot-O Middle Distance

Programme

- 10:00 Opening of Race Office
- 10.30 Opening of Model Event
- 10.30 First start Trail-O
- 15:30 First start F-O

Meeting Point

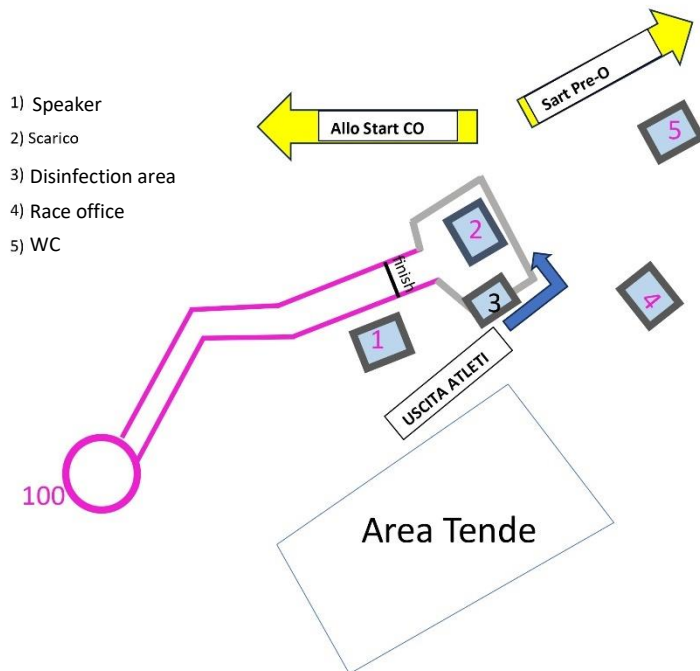
Close to “La Chelina” restaurant, on “SP 4 road. Refer to Bulletin 2 for parking areas and follow any instructions from the staff present.

Note: the restaurant is closed. There are no other facilities or bar in the area. See chapter “breakfast and meals”.

Refreshment: available with water, tea, and focaccia.

Race arena

44°30'58.9"N 8°48'12.1"E



It will be possible to set up your own Club tent.

Start

The pre-start is approximately 15' walk from the competition arena. Follow the red/white tapes. The call will be at minute -4. Start will be of the "delayed start" type. Warm-up will ONLY be possible along the road between the arena and the start.

Model event

From 10 a.m. onwards, training with flags is possible; start is close to the meeting point. It must be booked by e-mail to spectator.race@woc2026.it. Cost is 2 € per person; maps can be collected from the race office. Two scales are available: 1:10000 - 1:7500, one route (can be shortened), length 3.1 km, climb 150 m.

Pre-O

Start is located 1300 mt from meeting close to P3 parking; race is "sprint" type, see details on <https://www.fiso.it/gara/2024219>

Technical Information

In the final part of all routes there is a forbidden area, marked on the map with the symbol 709 ("Out of bounds area") and fenced on the ground, on the side the competitors are coming from, with red/white ribbon.

Due to rough terrain, we recommend the use of taping to those who are prone to sprains.

Course Lengths

Course Setter: Michele Caraglio

Course controller: Enrico Immovilli

Lenght		Climb	Points	Scale		Climb	Points	Scale	Climb
1790	W10	35	9	1:7500	M10	1790	35	9	1:7500
2000	W-12	40	9	1:7500	M-12	2000	40	9	1:7500
2060	W-14	55	10	1:10000	M-14	2060	55	10	1:10000
2250	W-16	85	11	1:10000	M-16	2560	100	12	1:10000
2720	W-18	105	11	1:10000	M-18	3480	155	11	1:10000
2720	W-20	105	11	1:10000	M-20	3850	155	13	1:10000
3850	W Elite	155	13	1:10000	M Elite	5000	230	16	1:10000
3230	WA	145	11	1:10000	MA	3850	155	13	1:10000
2250	WB	85	11	1:10000	MB	3480	155	11	1:10000
2060	WC	55	10	1:10000	MC	2060	55	10	1:10000
3230	W35+	145	11	1:10000	M35+	3860	195	13	1:10000
3230	W40+	145	11	1:10000	M40+	3860	195	13	1:10000
2720	W45+	105	11	1:10000	M45+	3480	155	11	1:10000
2550	W50+	85	9	1:7500	M50+	3230	145	11	1:7500
2550	W55+	85	9	1:7500	M55+	3110	130	13	1:7500
2100	W60+	60	9	1:7500	M60+	3110	130	13	1:7500
1740	W65+	60	7	1:7500	M65+	2550	85	9	1:7500
1740	W70+	60	7	1:7500	M70+	2100	60	9	1:7500

1740	W75+	60	7	1:7500	M75+	2100	60	9	1:7500
2560	Red	100	12	1:10000	Beginners	1790	35	9	1:7500

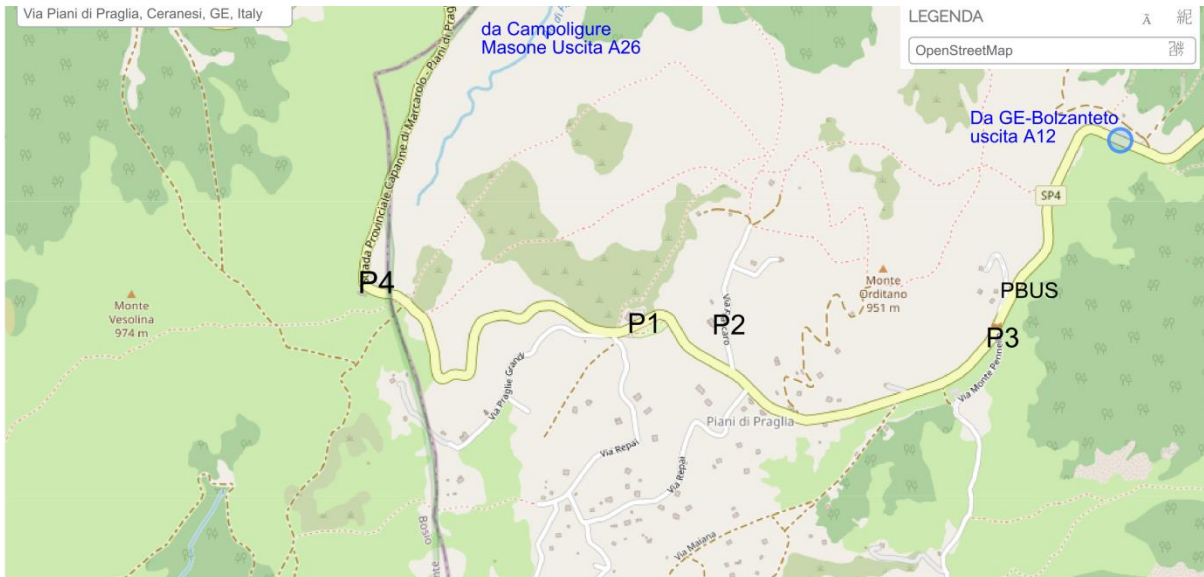
Race Map

Piani di Praglia: scala 1:10.000/ 1: 7.500, year 2023, CO1316, cartographer Francesco Buselli

At the end of the race, course maps will be available on Livelox. It will be possible to add your own route by using QR Code on the map or clicking <https://www.livelox.com/Events/Show/129706/3-Days-of-Apennines-DAY-1-WRE>

Please do not upload on Strava, Garmin, or similar, your route before the end of the race.

Parking Praglia



Saturday June 1 – Passo del Faiallo (GE)

5th Coppa Italia WRE – Middle distance

Programme

Ore 11:00 Opening of Race Office

Ore 15:30 First start

Meeting Point

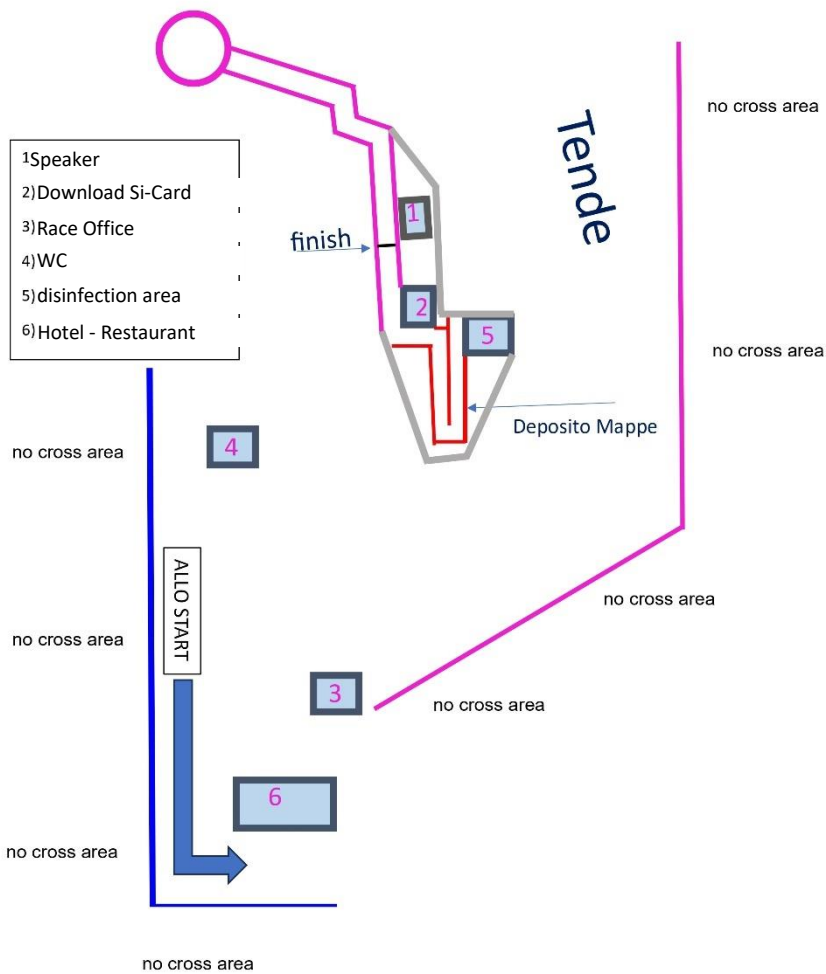
Close to “La Nuvola sul Mare” restaurant. Refer to Bulletin 2 for parking areas and follow any instructions from the staff present.

Refreshment

Water and tea only

Race Arena

44°27'39.3"N 8°40'00.0"E



It will be possible to set up your own Club tent.

Start

Pre-start is about 15' walk from Race Arena. Follow red/white ribbons. Call will be at minute -4.

Start will be "delayed start" type.

Warming up will ONLY be possible in arena and along the road between the arena and the start, marked with red/white ribbons.

Race Map

Passo del Faiallo: scale 1:10.000/1: 7.500, year 2024 CO1363, cartographer Francesco Buselli

Technical Information

The courses M Elite – W Elite – M35 categories are crossing twice the road. The second crossing is close to arrival, and it will be guarded; the first one is not guarded. Please pay attention to vehicular traffic.



Along the road there is a metal fence with a large mesh net which CAN BE CROSSED at any point. It is advisable to climb over it by leaning as close to the support poles where you can have greater stability.

Many flags are present in the initial area (according to the regulation in terms of distances between control points): please pay attention to control code.

Parking Faiallo



Strictly follow the instructions of the staff.

Course Lengths

Course setter: Dario Bertolini

Course controller: Enrico Gottardo

	lenght	Climb	Point	Scale		lenght	Climb	Point	Scale
W10	2090	60	9	1:7500	M10	2090	60	9	1:7500
W-12	2550	65	10	1:7500	M-12	2550	65	10	1:7500
W-14	2300	120	11	1:10000	M-14	2300	120	11	1:10000
W-16	2610	125	11	1:10000	M-16	2760	155	13	1:10000
W-18	2920	130	13	1:10000	M-18	3020	135	13	1:10000
W-20	3020	135	13	1:10000	M-20	3190	160	13	1:10000
W Elite	3570	195	14	1:10000	M Elite	4450	270	18	1:10000
WA	2760	155	13	1:10000	MA	3190	160	13	1:10000
WB	2610	125	11	1:10000	MB	2760	155	13	1:10000
WC	2110	110	9	1:10000	MC	2110	110	9	1:10000
W35+	3020	135	13	1:10000	M35+	3570	195	14	1:10000
W40+	2920	130	13	1:10000	M40+	3190	160	13	1:10000
W45+	2920	130	13	1:10000	M45+	3020	135	13	1:10000
W50+	2690	145	12	1:7500	M50+	2810	155	14	1:7500
W55+	2690	145	12	1:7500	M55+	2810	155	14	1:7500
W60+	1830	75	9	1:7500	M60+	2690	145	12	1:7500
W65+	1830	75	9	1:7500	M65+	2690	145	12	1:7500
W70+	1740	85	9	1:7500	M70+	1930	75	9	1:7500
W75+	1740	85	9	1:7500	M75+	1930	75	9	1:7500
Rosso	2610	125	11	1:10000	Esordienti	2550	65	10	1:7500

At the end of the race, course maps will be available on Livelox. It will be possible to add your own route by using QR Code on the map or clicking <https://www.livelox.com/Events/Show/129711/3-Days-of-Apennines-DAY-2-Coppa-Italia-middle-WRE>

Please do not upload on Strava, Garmin, or similar, your route before the end of the race.

PROCEDURES TO BE IMPLEMENTED FOR SWINE FEVER EMERGENCY

The competition area in Piani di Praglia and Passo del Faiallo are affected by the swine fever epidemic, which does not pose any risk to mankind, but is dangerous due to the effects it causes to animals in the farms.

Races have been authorized only after the acceptance of a protocol to stem the spread of the disease to other areas.

Each competitor must provide the organizers a pair of spare shoes to be worn when leaving the competition arena.

at the same time, he/she must hand over the used shoes to organizers: they will disinfect and return inside a bag provided by the organization.

Competitors will need to remember their race number to enable the identification of the shoes.

There will be a special dedicated area for these operations.

Sunday 2 June – Campo Ligure (GE)

4^ Coppa Italia WRE (final) – Sprint distance

Programme

Ore 09:00 Opening of race office.

Ore 10:00 First area

Parking

The parking lot is situated at the sports area of Campo Ligure. Please follow the instructions given in Bulletin 2 for parking and follow any instructions given by the staff present.

Breakfasts: It will only be possible to have breakfast at the Europa bar located at the sports hall and at the "S.M.S. Messina" bar in the access road to the car parks.

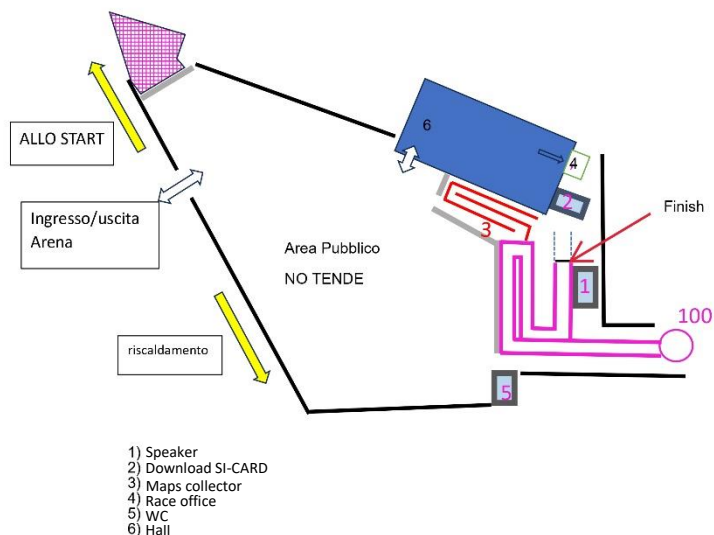
Race Map

Campo Ligure-Valle Stura: scala 1:4.000, year 2024, CS/T 1357, cartographer "Team 3 days"

Arena di gara

The arena is about 10' far from the car park. Follow the red/white ribbons.

44°32'06.6"N 8°41'54.6"E



It will **NOT** be possible to setup up your own club tent in the arena.

Start

The pre-start is about 1' from the arena. The call will be made at minute -4

The start will be delayed start type and warming up will only be possible in front of the arena in the 'cycle path' along the SP456 (warming up towards the car park will not be possible due to vehicular traffic and narrow pavement).

Technical information

Vehicular traffic in the historical centre is very limited but the area will be open to residential traffic: please pay the utmost attention and respect the traffic code, especially considering the many blind spots in the junction between secondary and main streets.

The mediaeval historic centre of Campo Ligure has a maze of very narrow streets: **competitors are therefore requested to pay the utmost attention and due respect to the other athletes and the inhabitants**, remembering to keep to the right during the race and to slow down when approaching blind corners.

Please note that it is forbidden to cross 0.4 m thick walls (symbol no. 515), private property (symbol no. 520) and "green 4" hedges (symbol no. 411): yellow/black webbing will be placed in some of the passages that cannot be crossed.

There is only one construction site in the village that blocks the passage in a street due to a crumbling terrace: this is marked on the ground with two barriers and on the map with symbol No. 708 "Perimeter of forbidden area" (thick magenta line). It is absolutely forbidden to climb over or around the barriers.

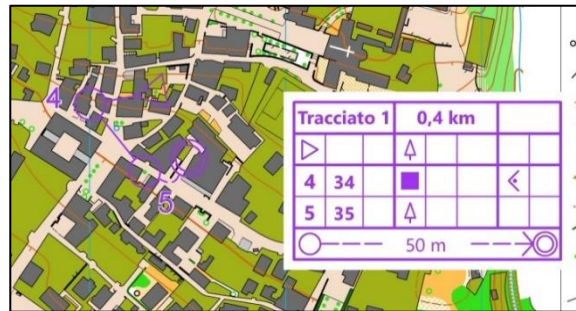
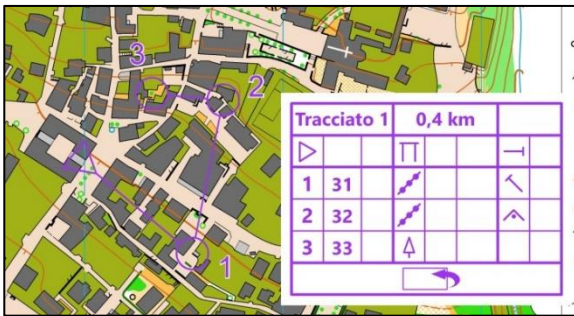


There is also a very steep area near the castle that has been closed off for safety reasons. It will be indicated on the map with symbol No. 708 and yellow/black ribbon will be placed on the ground.

With symbol No. 714 (Temporary structure or closed area) dehors and a stage in the square have been indicated.



The categories W-20, W Elite, M-18, M-20, M Elite, M35+, M40+ will have the route printed front/backwards on the map: having arrived at point 3, for example, the map will be flipped, and the triangle will point towards point 4.



Course Lengths

Course setter: Emiliano Corona

Course controller: Andrea Immovilli

	Lenght	Climb	Point	Scale		Lenght	Climb	Point	Scale
W10	1200	20	13	1:4000	M10	1200	20	13	1:4000
W-12	1380	25	13	1:4000	M-12	1380	25	13	1:4000
W-14	2050	50	17	1:4000	M-14	2050	50	17	1:4000
W-16	2200	65	15	1:4000	M-16	2350	70	15	1:4000
W-18	2450	75	13	1:4000	M-18 *	2650	90	13	1:4000
W-20 *	2600	85	13	1:4000	M-20 *	3300	105	20	1:4000
W Elite *	2600	85	13	1:4000	M Elite *	3300	105	20	1:4000
WA	///	///	///	1:4000	MA	///	///	///	1:4000
WB	2200	65	15	1:4000	MB	2350	70	15	1:4000
WC	///	///	///	1:4000	MC	///	///	///	1:4000
W35+	2450	75	13	1:4000	M35+ *	2650	90	13	1:4000
W40+	2450	75	13	1:4000	M40+ *	2650	90	13	1:4000
W45+	2200	65	15	1:4000	M45+	2250	65	15	1:4000
W50+	2200	65	15	1:4000	M50+	2250	65	15	1:4000
W55+	1750	50	12	1:4000	M55+	2000	60	14	1:4000
W60+	1750	50	12	1:4000	M60+	2000	60	14	1:4000
W65+	1550	35	10	1:4000	M65+	1750	50	12	1:4000
W70+	1550	35	10	1:4000	M70+	1550	35	12	1:4000
W75+	1550	35	10	1:4000	M75+	1550	35	12	1:4000
Rosso	2350	70	15	1:4000	Esordienti	1380	25	13	1:4000

* These categories will have the route printed front/backwards on the map

Parking Campo Ligure



At the end of the race, course maps will be available on Livelox. It will be possible to add your own route by using QR Code on the map or clicking <https://www.livelox.com/Events/Show/129710/3-Days-of-Apennines-DAY-3-Coppa-Italia-sprint-WRE>

Please do not upload on Strava, Garmin, or similar, your route before the end of the race.

Payment of Race fees

Via bank transfer

IBAN IT55E0538701411000003861810

Paese: IT CIN/EU: 55 CIN/IT: E ABI: 05387 CAB: 01411

Numero C/C: 000003861810 BIC/SWIFT: BPMOIT22XXX

Punch System

Sport-Ident will be used in all categories. Air+ (touch-free) is active.

It is possible to rent Sport-Ident a (no Air+), the price is 2 € each day.

PRIZE AWARD CEREMONIES

General rankings of "3 days races" will be awarded with the following rules:

For each category:

- 20 points to 1st rank
- 17 points to 2n rank
- 14 points to 3rd rank
- 12 points to 4th rank
- 11 points to 5th rank
- 12 punti al quarto classificato
- 11 punti al quinto classificato
- Then decrease of 1 point till 15th rank, who will receive 1 point.
- All following ranks will receive 1 point
-
- Not classified or non-registered athletes will receive 0 points.

Prize will be awarded to:

- First six ranks for WE and ME categories
- First rank for B, RED e 75
- First three ranks for all other categories



Our Partners

