

IO SONO  
FRIULI  
VENEZIA  
GIULIA



# Trail-O Adriatic Meeting

## 4 days of orienteering in Palmanova

Friuli Mtb & Orienteering, in collaboration with the FISO FVG Regional Committee and the patronage of the Municipality of Palmanova, organizes 5 appointments for getting to know the city and its bastions through orienteering.

## Organizing committee

**IOF Adviser/FISO Adviser:** Nicola Galvan

**Event Director:** Paolo Di Bert

**Course setter:** Remo Madella

**Controller:** Elvio Cereser

**Start:** Aldo Genuzio

**Finish:** Alessandro Ciriani

**Secretariat:** Mariangela Sarra

**IT Manager:** Denis Mitri

**Speaker:** Alessia Ciriani

## Event Programme

**Thursday 28 September** Foot-O school competition at Palmanova (UD)

**Friday 29 September** Foot-O school competition at Palmanova (UD)

**Saturday 30th September** TrailO Italian Championship Relay - 5th round. TrailO Italian Cup Palmanova (UD)

**Sunday 1 October** TrailO Italian Cup - 6th round - WRE Palmanova (UD) and FISO FVG Regional Championship

**Sunday 1st October** Foot-O competition FVG Orienteering Tour

## Italian Championship Relay One Man Relay (two legs) - 5th round of the Italian Trail-O Cup

**Date:** Saturday 30 September 2023

**Place:** Palmanova (UD)

**Format:** Relay with two legs (one--man-relay format).

Mixed clubs relays or foreign clubs relays are allowed but can't win Italian Championship title

**Meeting point:** at the Pietro Zorutti gym, Borgo Aquileia 38, Palmanova (UD)

**Secretariat opening:** 1.30 pm, at the meeting point

**First start:** 2.30 pm, near the meeting point

**Map Terrain:** inner city area with paved areas, park like recreation area, various buildings and small landforms.

**Categories:** Open Elite, Direct (does not assign title)

The athletes of the Paralympic category are automatically included in the Open Elite category.



RADIO  
ONDE FURLANE  
FM 90.0 WWW.ONDEFURLANE.EU



## 6th round of the Italian Trail-O WRE Cup – FVG regional championship

**Date:** Sunday 01 October 2023

**Place:** Palmanova (UD)

**Format:** TempoO. Timing via ANT app

**Meeting point:** at the Pietro Zorutti gym, Borgo Aquileia 38, Palmanova (UD)

**Secretariat opening:** 08:30, near the meeting point

**First departure:** 09:30, near the meeting point

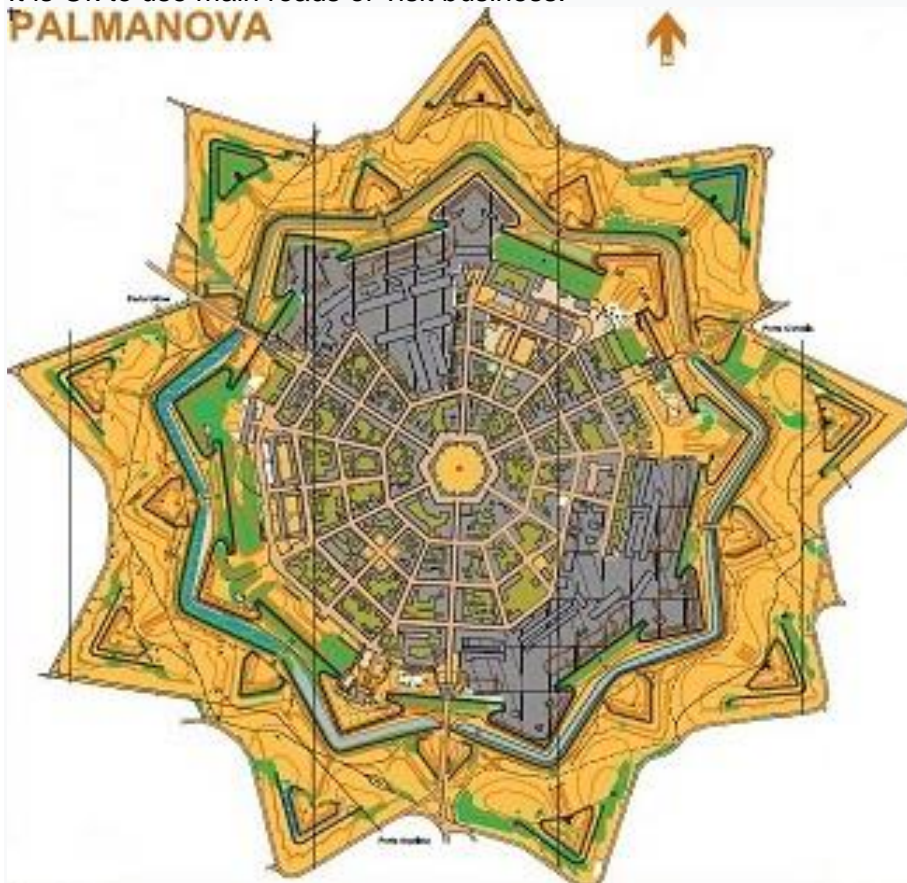
**Map Terrain:** Palmanova, scale 1:4000, equidistance 2m, built in 2011, updated in 2023. Approval 2020 number CS/T 0790

**Categories:** Open Elite, Direct, Beginners

The athletes of the Paralympic category are automatically included in the Open Elite category.

### Embargoed areas

The entire town of Palmanova and the ramparts outside the gates including the second wall. It is Ok to use main roads or visit business.



### Registrations

For FISO members through their Club on the fiso.it website, while for competitors of the WRE through the IOF Eventor link: <https://eventor.orienteering.org/Events/Show/7787> by **Monday 25th September**. The last deadline for registrations will be 28th September. A 50% surcharge will be applied.

By registering, participants declare, under their own responsibility, that they are suitable for the sporting activity covered by the event, according to current health laws.

For the ESO and DIRECT categories, registrations will also be accepted on the day of the race, by the start of the first competitor, and in any case until maps last.

It will be possible to register on the day of the race according to the new Daily Red membership formulas by presenting a copy of the non-competitive medical certificate, which will allow participation in the race in the ESO or DIRECT category.

In the absence of a medical certificate, it will be possible to register only in the LUDIC MOTOR ACTIVITY category with a Daily Green card where there is no ranking.

## Entry fees for Trail-O competition

Beginners, Direct: €7.00

Open Elite and Paralympic: €12.00

Under-18 Open Elite and Paralympic: €7.00

Participation incentive for under-18 athletes in the cat. Open Elite / Paralympic. The Trail-O Sector will bear part of the registration fees for under-18 members (born in 2005 or later) enrolled in the cat. Open Elite / Paralympic. In all races of the Italian Cup and the Italian Championships of the 2023 Calendar, therefore, the quota for these members the participation fee will be €7 instead of €12 as initially foreseen. Rule valid only for Italian members.

## Payment

It is recommended that the Clubs make the payment of the registrations by bank transfer in advance to the Current Account held in the name of:

FRIULI MTB & ORIENTEERING ASD

BANCA REALE – Udine branch

IBAN coordinates: 77C0313812300000013226733

BIC/SWIFT: BRTOITTT

Reason: "Registration Trail-O Meeting - Club ....."

A single payment per company is preferable.

To reduce payment acknowledgment times, please send a copy of the transfer order to: [info@friulimtb.it](mailto:info@friulimtb.it) or present a copy of the payment when collecting the Club envelope.

## Prizes

The first three classified in each category will be awarded for each day of competition.

Furthermore, at the end of the first day the Italian Relay Champions will be awarded, while at the end of the second day the winners of the Italian Cup and the Friuli Venezia Giulia Champions will be awarded.

## Accommodation

Palmanova Tourist Office from [www.turismofvg.it](http://www.turismofvg.it)

Borgo Udine, 4 33057 Palmanova Tel. +39 0432 924815. Mobile. +39 3357847446

[info.palmanova@promoturismo.fvg.it](mailto:info.palmanova@promoturismo.fvg.it)

## Information

For further information, send a request to [info@friulimtb.it](mailto:info@friulimtb.it).

## Testimonial

Testimonial of the event was the Trail-O Roberta Falda world champion.

