



14th World Mountain Running Long
Distance Championships
Premana 2017



TEAM MANUAL

14th World Mountain Running Long Distance Championships

6th August 2017 - Premana, Italy

VERSION 22.04.2017

www.giirdimont.it



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1. GENERAL INFORMATION

Italy

Population of about 61 million inhabitants; Capital city – Rome.

Premana - Altitude 1000 m – Area 33,72 km²



Premana is a picturesque village in high Valvarrone located on a wooded slope at whose bottom the Varrone stream flows. The old town retains a medieval structure with narrow streets, staircases and porches among painted houses leaning against each other.

Since ancient times life and economy of the town have been linked to iron craft. Availability of raw materials, due to the presence of iron mines in the valley, has, for centuries, made Premana an important economic center for the supply of war tools. Currently, industrial and handicraft production, especially of tools such as scissors and knives, is renowned throughout the world and is exported to many foreign countries.

Premana is also an important starting point for excursions to the various lakes and alpine pastures, as well as a base for alpine climbing to the peaks of the territory. It is one of the richest villages in the valley in terms of traditions, among them, the oldest one is represented by the "past", summer celebration taking place on the mountain pastures.

Official language Italian

Currency Euro

Time zone Summer (DST) CEST (UTC+2)

Electricity specifications

Type L" Italian CEI23-16/VII



or "Type C " European CEE7/16 Europlug





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Telephone code +39
Tap water Safe to drink

Some words and phrases in Italian language:

Hello, Hi	Salve / Ciao
Good Bye	Ciao / Arrivederci
Thank you	Grazie
How are you?	Come stai?
Good morning	Buongiorno
Good afternoon	Buon pomeriggio
Good evening	Buona sera
Good night	Buona notte
Water	Acqua
How much does it cost?	Quanto costa... ?
Where is ...?	Dov'è... ?
Start/Finish	Partenza/Arrivo
Refreshment station	Ristoro
Bag	Borsa
Toilette	Bagno
Shower	Doccia
Breakfast/Lunch/Dinner	Colazione/Pranzo/Cena



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2. ORGANISATIONAL STRUCTURE

2.1 IAAF

President:	Sebastian COE (GBR)
CEO:	Olivier GERS (FRA/USA)
Cross Country Committee – chairman:	Carlos CARDOSO (POR)

2.2 WMRA Council

President:	Bruno GOZZELINO (ITA)
General Secretary:	Pierre WEISS (FRA)
Treasurer:	Nancy HOBBS (USA)
Council Member:	Andrzej PUCHACZ (POL)
Council Member:	Wolfgang MUNZEL (GER)
Council Member:	Erhan BASOGLU (TUR)
Council Member:	Tomo ŠARF (SLO)
Council Member:	Galia PUHALEVA (BUL)

2.3 WMRA Delegates

WMRA Delegate	Tomo SARF (SLO)
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Jury of Appeal will be appointed at the Technical Meeting.

2.4 Executive Board of Italian Athletic Federation (FIDAL)

President	Alfio GIOMI
Board members	Liana CALVESI
	Oscar CAMPARI
	Elio DE ANNA
	Matteo DE SENSI
	Sabrina FRACCAROLI
	Alberto MONTANARI
	Ida NICOLINI
	Vincenzo PARRINELLO
	Silvia SALIS
	Gerardo VAIANI LISI

Fabio PAGLIARA, General Secretary
Gianni MAURI, President FIDAL LOMBARDIA



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Responsible for Mountain Running

Head of International Department

Venue Setting

Event Management of International Department

Transportation

Accreditation and Team Liaison

Accreditation and Team Liaison

Paolo GERMANETTO

Roberta RUSSO

Tito TIBERTI

Pierluigi SORACE

Daniele PEROTTI

Eleonora VERARDI

Barbara GRECO

2.5 Local Organising Committee

President

Massimo SANELLI

Marketing Director

Eddy CODEGA

General Coordinator

Giovanni GIANOLA

Event Management

Filippo FAZZINI

Logistics and Transportation

Achille POMONI/Giovanni GIANOLA

Accommodation

Giovanni GIANOLA

Promotion

Angelo GIANOLA

Ceremonies & Protocol

Francesco TENDERINI

Event Presentation

Massimo SANELLI

Photographer

Alberto LOCATELLI

Public Relations

Francesco TENDERINI

Course Manager

Noverino GIANOLA

Safety & Security

Stefano GIANOLA

Venue settings coordinator

Emilio GIANOLA

Competition Director

Paolo GIANOLA

Technical Manager, TIC

Tbn

Data Processing

Piero BERTOLDINI

Medical Services

Fausto FAZZINI

Volunteers

Sara LIZZOLI/Anna TENDERINI

Website manager

Angelo GIANOLA



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2.6 General Agenda

FRIDAY 4th August 2017

All day Arrival of non-European teams. Transfer to hotel and accreditation.

SATURDAY 5th August 2017

All day Arrival of European teams; transfer to hotel and accreditation.

12:30 Lunch in hotels

14:30-15:30 Technical Meeting at **CFPA** school in Casargo

17:00 Opening ceremony in Premana (Athletes meeting at 16:30)

18:30 Return to the hotels for dinner

SUNDAY 6th August 2017

08:00 **Start**

(Departure from hotels at about 6.30)

08:30 Start of Open Race Giir di Mont

11:30-14:30 Showers & Lunch for all at Sport Hall in Premana

15:00 Award and closing ceremony at Sport Hall in Premana

18:00 Return to hotels for dinner

MONDAY 7th August 2017

All day Transfer to airport and departure



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3. ARRIVALS

3.1 Arrival by Air

- The official airport is Milan Malpensa Airport
- For teams having announced in their Final Entry Form that they will land in Bergamo Orio al Serio (more convenient for some European countries) there will be a possibility to be picked up there.
- There will be no way to welcome and pick up teams at Milano Linate airport.
- Upon arrival at Milan Malpensa or Bergamo Airport, team members will be taken to the hotels by buses. LOC will do its best effort not to make the teams waiting for more than 1 hour
- Bus service will operate only on Friday 4th and Saturday 5th
- The bus trip from Malpensa Airport to the hotels is approximately 2 hours.
- If teams arrive earlier than 4th, LOC will do its best to organise the transfer at the team costs (the same applies for departures after the 7th)

3.2 Arrival by Train

Transfers can also be organised from the main train station in Lecco (45 km from Premana).

3.3 Arrival by Road

Premana is easily reachable in one hour and a half by car from Milan, and in twenty minutes from the eastern shore of Lake Como, driving along the following two roads:

- Coming from Milan, crossing the city of Lecco, take the SS36 dual carriageway and then the new Lecco-Ballabio tunnel, up to Ballabio, where the 62 provincial road starts; drive along the whole Valsassina Valley for about 28 km, up to Taceno, at the beginning of Alta Valsassina, where the winding but convenient 67 provincial road leads to Premana.
- Skirting the lake along the dual carriageway SS36 of Lake Como and Spluga, both in direction of Lecco and driving towards Valtellina, take the exit to Bellano and then, going on to the left up to Taceno, about 8 km away, continue as indicated above.

Specific information about accreditation and accommodation will be provided for teams driving to Premana. (The CFPA Residence, where the Accommodation for most Teams and the Accreditation Centre are located, is on the way to Premana. Team driving to the venue will have to go directly there.)

3.4 Visa Requirements

COUNTRIES NOT NEEDING A VISA:

ALB, AND, AUS, AUT, BEL, BUL, CAN, COL, CRO, CZE, DEN, FRA, GBR, GER, HUN, IRL, ISR, JPN, LIE, MEX, MKD, MLT, MON, NED, NOR, NZL, POL, POR, ROU, SLO, SMR, SRB, SUI, SVK, SWE, USA

COUNTRIES THAT NEED A VISA AND HAVE ITALIAN EMBASSY IN THE COUNTRY:

BLR, KEN, RUS, TUR, UGA, UKR.



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Countries requiring visas to enter Italy should obtain them from the Italian Embassy or Consulate in their country. If these federations need support to get their visas, they should contact FIDAL at internationaldept@fidal.it giving the names of the people, their first name, date of birth, sex, passport number (and expiring date of validity). Holders of valid Schengen visas of multiple entry can freely enter Italy without additional Italian visa.

4. ACCREDITATION

4.1 General

- The accreditation centre will be located in the **CFPA RESIDENCE (Casargo, 5 km from Premana)**. Most of the teams will be accommodated there.
- Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Photos are not required for the accreditation card system.

4.2 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members.

Team Leaders are requested to collect **all** the athletes' passports or IDs and take them to Accreditation Centre in order to allow verification of the participants' age and nationality.

4.3 Access Areas for Teams

All team accreditation cards will allow access to the warm-up area, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course.

Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

4.4 Loss of Accreditation

Any lost or damaged accreditation cards should be reported to LOC or to the team reference person. Duplicate cards can be obtained where proof of identity can be established.



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5. INFORMATION DESK

An **Information Desk** will be set up in Premana in the building “Oratorio San Giovanni Bosco”, behind the church. Volunteers will be available to help with every aspect of the event.

E-mail: info@giirdimont.it Tel: + 39 342 1813397

For any need or information the Team Attaché, who will welcome the teams at the airport, will be available at any time during the event.

6. ACCOMMODATION

6.1 General Information

Teams will be accommodated in 2 hotels:

- . Centro di Formazione Professionale (Residence called CFPA) – Casargo - ***
- . Hotel Ristorante Sassi Rossi – Crandola Valsassina - ***



CFPA Residence, Casargo (LC)

<http://www.cfpacasargo.it/>



Hotel **SASSI ROSSI**, Crandola Valsassina (LC)

www.sassirossi.it



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6.2 Costs and WMRA Quota

The LOC is responsible for the cost of the accommodation of the teams based on the following:

- for two nights (three nights if the flight exceeds 4 hours)
 - for a maximum of three runners men, three runners women
 - for one official per team (two per team competing with two teams of 3 runners)
 - meals are due from the lunch of the first day until the breakfast of the departure day
- Additional team members and officials will meet accommodation expenses themselves.

For additional team members and for additional days the following rates apply:

Full Board accommodation (per night) : (including transport from and to the airport)

- . Twin or Triple: 80 Euros per day
- . Single: 90 Euros per day

All participants should be listed in the Final Entry form in order to secure proper accommodation for everyone. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for any subsequent reduction in the actual numbers of athletes and/or officials.

6.3 Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations can make an advance payment in EUR by bank transfer to the following account:

- Beneficiary: A.S. Premana
- Bank: Banca della Valsassina Sede di Premana
- IBAN N.: IT51 X085 1551 7100 0000 0004 326, BIC (Swift): ICRAITRREBO
- Reason for payment: "Extra Payment *NAME OF THE COUNTRY* – *Invoice number*"

Note: A copy of the bank transfer will be required upon accreditation.

In case of unsettled balance, it should be cleared on-site by the Team Leader upon arrival. Payment can be made by cash in Euros or with these credit cards: VISA and MASTERCARD (to be confirmed).

The team leader may be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.

6.4 Meal Plan

	Friday 4th	Saturday 5th	Sunday 6th
Breakfast	/	7 to 9 in hotels	5:30 to 6:30 in hotels
Lunch	12 to 13 in hotels	12 to 13 in hotels	11:30-14:30 Sport Hall Premana
Dinner	19 to 20 in hotels	19 to 20 in hotels	19 to 20 in hotels



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7. TRANSPORT

7.1 Bus Shuttle Service

Dedicated bus shuttle service will operate among the team hotels, the competition site and other venues related to the event (Technical Meeting...). Details on the schedule and routes will be displayed in each hotel and will be given to the Team Leaders by Team Attaché.

Buses will operate frequently on the day of the races among the various accommodation facilities and Premana, in such a way to be able to guarantee transportation of athletes and officials.

7.2 Return to Airport / Train stations

Transport will be arranged according to the flight/train schedules submitted by the teams. Detailed departure charts will be displayed in each hotel.

8. TECHNICAL INFORMATION

8.1 The Course

8.1. The 14th edition of the World Mountain Running Long Distance Championships will be held on the traditional “Giir di Mont” course. The race will start and finish in Premana (934m).

	length	total ascents	total descents
COURSE Women & men	32 km	2900m	2900m

Detailed maps and profiles of the courses are available in Appendix 1 of this Manual.

8.2 Technical Information Centre (TIC)

On the day of the race, a Technical Information Desk will be set up in Premana, in the “Oratorio San Giovanni Bosco” the same building of the Competition Information Centre, behind the church.

The main function of the TIC is to ensure smooth communication among each Team Delegation, the LOC and the Competition Management of the Championships regarding technical matters, such as:

- Handing out the results (one for team)
- Collecting protest forms.

8.3 Technical Meeting

The Technical Meeting will be held on Saturday 5th August 2017 at 14:30, at the CFPA in Casargo.

The Meeting will be held in English. Each team may be represented by a maximum of 2 (two) team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.



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All questions related to the Technical Meeting must be presented in writing, in English, at the venue of the Meeting, at least 1 hour before the beginning.

The Technical Meeting will be attended by:

- WMRA Delegate
- Doping Control Delegate
- Representatives of the Organising Committee
- National Competition Officials

Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the TIC after the technical meeting.

8.3.1 Technical Meeting Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the LOC and the WMRA Representatives
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Presentation of the competition and warm-up venues
- Ceremonies
- Presentation of Jury of Appeal
- Answering of questions submitted in writing by federations

9. COMPETITION REGULATIONS

9.1.1 Teams composition

Each member federation could be represented by one male and one female team. Juniors under 18 years of age in the year of competition are not allowed to start

Each team will consist of a maximum of 6 athletes, including 1 as alternate (only 5 can start).

9.1.2 Age Categories

Juniors under 18 years of age in the year of competition are not allowed to start.

The passports of ALL athletes will be collected and photocopied upon Accreditation.

9.1.3 Citizenship

WMRA Members shall be represented only by Citizen of the Country (or Territory) which the affiliated Member represents, in accordance with the terms of the IAAF Constitution.

Exceptions to the clause above are accepted for the teams representing a Country (or Territory) with less than 50,000 inhabitants and at the condition that these athletes can proof that they are resident in this Country (Territory) since at least 5 years at the date of the competition.



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9.2 Scoring

The team results shall be decided by the aggregate of places recorded by the three best competitors of each team. The team with the lowest aggregate of points will be judged the winner. In assessing the aggregate, no adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

Any tie will be decided in favor of the team whose last scoring member finishes nearer the first place.

9.3 Entries Deadlines

The Preliminary and Final Entries should be made by WMRA member federations using the respective forms, to be sent to WMRA and the LOC.

Deadline for the Preliminary Entries **6th June**

Deadline for the Final Entries: **24th July**

9.4 Final Confirmation

Team Leaders or their representatives must confirm upon accreditation the athletes already entered who will actually take part in the competition.

Final start lists will be ready for collection after the Technical Meeting.

9.5 Competition Bibs

Each competitor receives 2 competition bibs (+ 1 for bags). The bibs shall be worn according to IAAF Rule 143. The competition bibs may not be cut, bent or covered in any way. The competition bibs will be distributed immediately after the Technical Meeting.

9.6 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.



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10. COMPETITION PROCEDURE

10.1 Call Room Procedures

All athletes must report to the Call Room starting 20 minutes before the Start, but no later than 10 minutes.

It is the responsibility of the Team leaders to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Bags
- Non-authorized equipment (radio, Walkman, mobile phone, camera etc)

10.2 Starter Commands

All instructions will be given in English. The command is: "On your marks!" followed by a shot from the starter's gun.

10.3 Refreshment Stations

There will be several Refreshment Stations with water, sponges, food and beverage along the course, plus refreshment points arranged close to the arrival area. They will be presented on a map during the Technical Meeting.

Personal refreshment may be handed over to athletes by their coaches or other team members on the official Refreshment Stations only.

An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

10.4 Timing

The official timing will be provided by TDS (Timing Data Service) using chip timing system. The chips will be distributed along with and attached to the bib numbers. The results will be displayed on the info board near the Finish Area.

10.5 Luggage

Athletes will have the possibility to leave their clothes and bags in a dedicated place, close to Start Area, and they will find them there at the end of the races (Start and Finish are basically in the same place). A general supervision of the area is guaranteed by LOC during the whole day, but we highly recommend not to leave personal belongings in the bags.



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10.6 Protests and Appeals

Protests will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the official Information board).

Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to TIC / TID within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of 100 USD or 90 EUR must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

10.7 Doping Control

10.7.1 General Information

Doping control shall be conducted in accordance with IAAF Rules and Regulations under the supervision of the Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti doping officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS).

10.7.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.



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11. MEDICAL SERVICES

11.1 General

The medical service is in charge of any medical assistance to teams, the competition organization, the personnel, the honorary guests as well as, during the competition, to the spectators.

In case of an emergency please contact the nearest medical first aid station or the local doctor, who is in charge of the medical service.

11.2 Medical Services in the Hotels

For medical or emergency needs Team Leaders shall refer to general Emergency number (112) or to hotel Staff.

11.3 Medical Services at the Competition Venue

Medical teams will be available near the Finish lines for acute medical assistance. First aid team of the Mountain Rescue Service marked with Red Cross, supervised by a doctor, will be positioned along course. They will be able to transport severely injured athletes to the ambulance waiting in Premana.

The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

11.4 Physiotherapy

A physiotherapy space will be set up near the Finish area in Premana. Local physiotherapists will offer free of charge treatment to athletes. The team physiotherapists and doctors may use the equipment in co-operation with the medical staff.

11.5 Insurance

The participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the World Mountain Running Championships and during the event itself. Please take the necessary steps to fulfill these requirements well in advance.

12. SECURITY

Security will be provided in cooperation with the local Police force. Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one location to another.

The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to any LOC information desk.

The emergency phone number is **112** (police, ambulance and fire department). If necessary, the police can be contacted via the Information Desk in the Team hotels.



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13. CEREMONIES AND PROTOCOL

13.1 Opening Ceremony

The Opening Ceremony will take place on Saturday 5th August 2017 in the church square of Premana. All team members are invited to attend the Opening ceremony. Teams should gather in front of the Museum (100m far from the Church square) at 16:30 and then march a flags parade up to the church square. Transportation will be provided accordingly. Details on the ceremony will be given upon arrival. Athletes must wear the official team clothing.

13.2 Flower Ceremonies

The Flower Ceremonies for the individual winners will take place immediately after the finish of each race near the Finish line.

13.3 Award & Closing Ceremonies

The Award & Closing Ceremonies will take place on Sunday 6th August starting at 15:00 in the Sport Hall. Individual and team winners will be invited to gather at the medal preparation area. Athletes must wear the official team clothing for the Awarding ceremonies. No national flags will be allowed on the podium.

A short Closing Ceremony will follow immediately after the awards and will consist of WMRA flag handover to the next host of the World Mountain Running Long Distance Championships.

14. DEPARTURE

Teams will be asked to provide full travel details on the Final Entry Form. The Team Leader must indicate to the LOC any change in the departure schedule.

Departure times of the shuttle buses from the hotels will be displayed at the Information Boards of each hotel.

All outstanding fees, charges and possible other expenses must be settled with the hotel reception before departure.

15. CONTACT DETAILS

For further details about World Mountain Running Championships please contact: info@giordimont.it

16. APPENDICES

- Appendix 1 – Course Map
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- Appendix 4 – Map of Premana City Centre

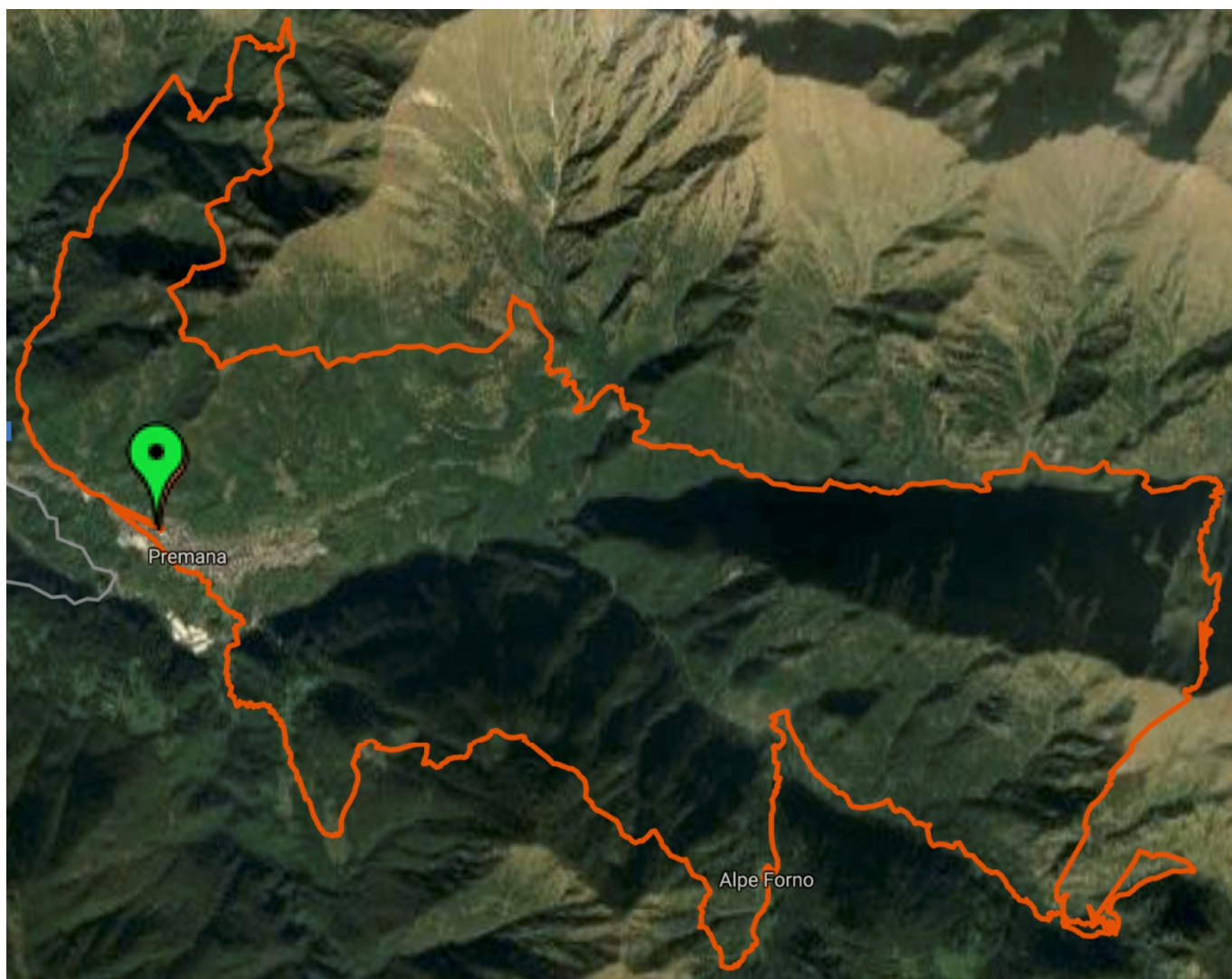


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Appendix 1

COURSE MAP AND PROFILE





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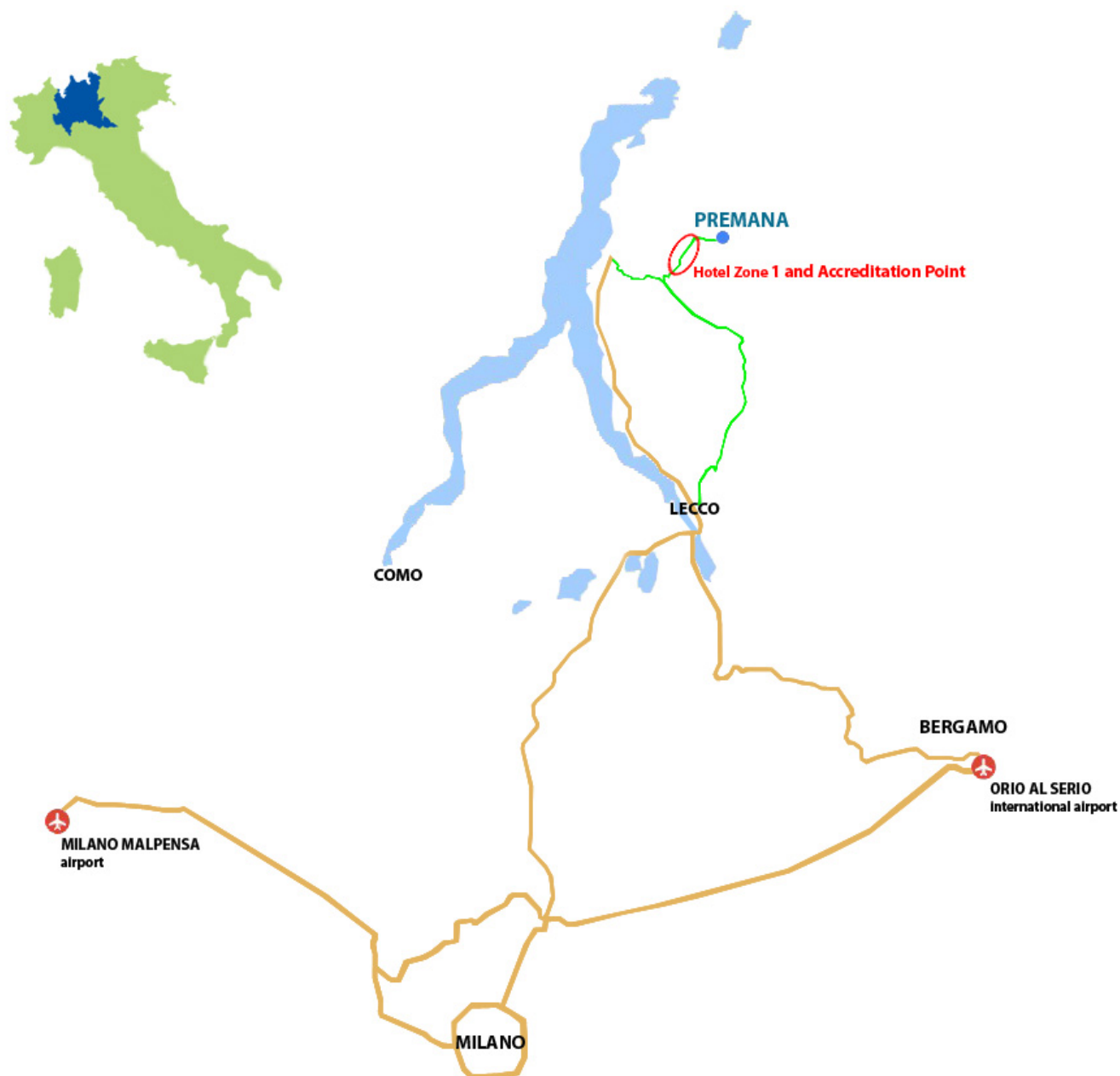


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Appendix 2

MAP OF THE REGION





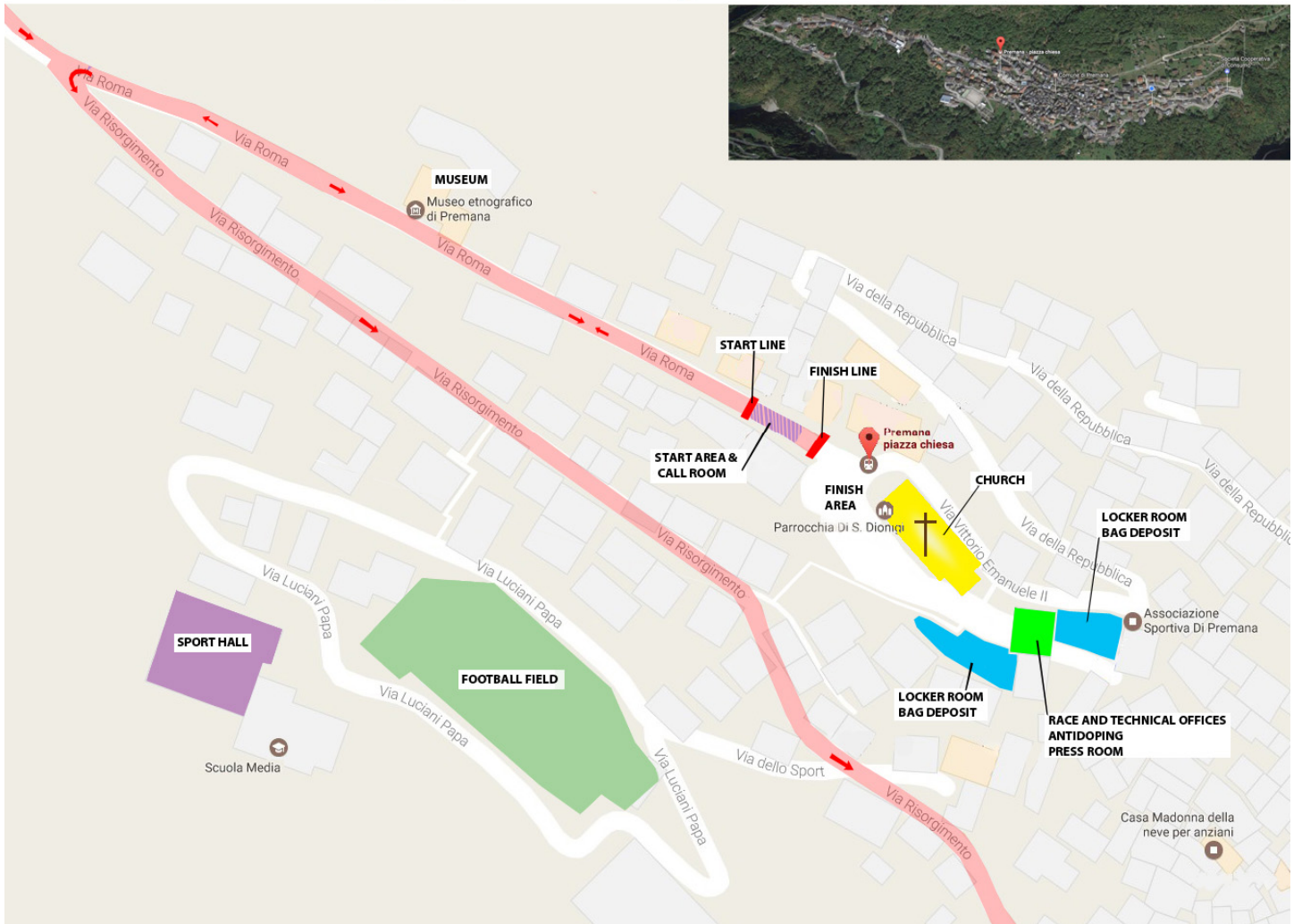
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Appendix 3

MAP OF PREMANA

WMRLDC AREAS IN PREMANA





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Appendix 4

MAP OF PREMANA CITY CENTRE

WMRLDC START AND FINISH AREA (AND OPENING CERIMONY VENUE)

