



Sardegna X Sports ASD organizes on **Sunday 31 October 2021** in the locality of Marinella in the Municipality of Golfo Aranci (SS), with the patronage and contribution of the Department of Tourism of the Region of Sardinia and the Municipality of Golfo Aranci, with the approval of F.I.Tri., **TRIES X, silver Triathlon Cross Country** race. All information about www.triesx.it

COMPETITIONS

Junior(2002-2003)/Senior/Master 1000 SWIM - 23000 MTB - 6500 RUN
Relays (female/male/mixed) 1000 SWIM - 23000 MTB - 6500 RUN

PROGRAM

Saturday 30 October

04.00/08.00 am opening of the race secretariat
03.00/06.00 pm warm up race course (with open traffic)

Sunday, October 31

07.30/08.30 am opening of the secretariat
08.45/09.30 am opening/closing zone change
09.45 am check and briefing pre-race
10.00 am departure TRIES X
01.45/02.00 pm check out change area
02.00 pm Lunch Party
03.00 pm Prize Giving Ceremony
07.00 pm Closing party

RULES OF PARTICIPATION

The race will be open to all triathletes of both sexes from the category Juniors (18-19 years) and up, provided they are regularly registered with the F.I.Tri. for 2021 and foreign athletes regularly registered with the Federation of belonging by presenting a copy of the federal card valid for the year 2021.

In addition, those who are not registered with the F.I.Tri. can participate. provided that they hold a competitive medical certificate with the words TRIATHLON (without this indication it will not be possible to participate, will not be considered valid competitive medical certificates for other sports) subscribing to a "daily membership" issued to the athlete by the F.I.Tri., with validity at the single event. Please note that the daily membership does not constitute, nor is equivalent to the annual membership and therefore between the athlete, on the one hand, and ASD organizer of the race, on the other hand, there is no association.

Daily membership subscription fees:

€ 20 categories Junior -Senior – Master

According to the same requirements (membership and competitive certification specific for triathlons) will be able to participate in relay mode teams formed by three athletes (of the same sex or mixed) that will alternate in the three disciplines of the race. The cost of any daily membership in this case is € 10 per runner athlete.

The rules of the F.I.Tri. technical regulations in force will be applied.

REGISTRATION

FEES

| | |
|---------|---|
| € 15,00 | Junior category |
| € 25,00 | Category S1 |
| € 60,00 | Categories Senior (except S1) and Master (promotion € 50,00 registration until 15/09) |
| € 75,00 | Relay race (team fee) |

REGISTRATIONS

Memberships are only and exclusively received through the [ENTERNOW portal](#)

The procedure for the daily membership will be defined on site at the secretariat of the race with the original delivery of the forms for membership and the copy of the competitive medical certificate for triathlon that must be shown in original.

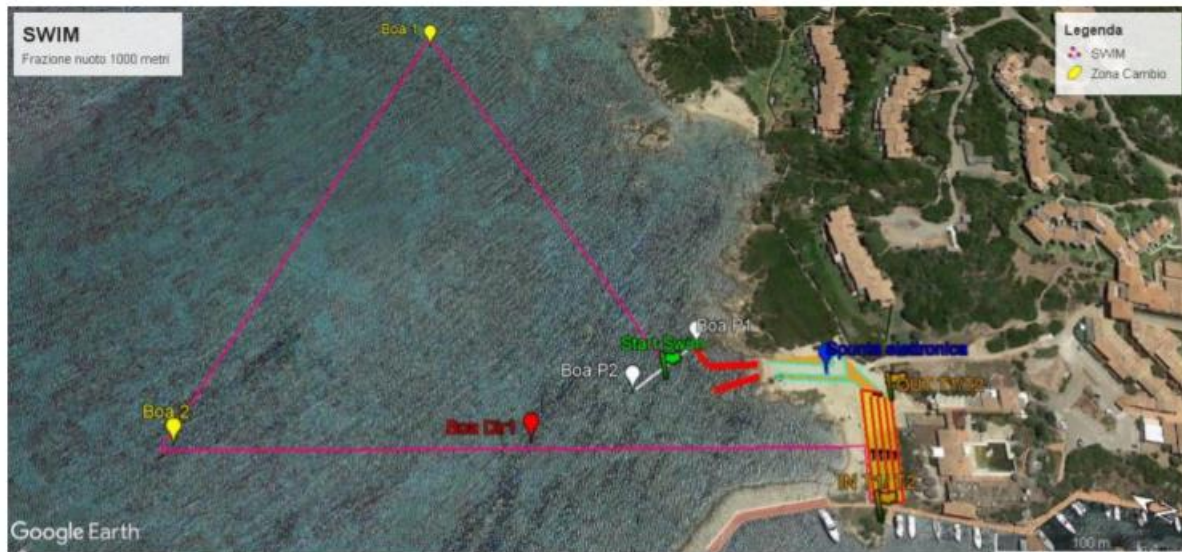
The eventual lack of one of the necessary requirements for participation in the race will exclude the athlete from the possibility of participating to the event without the possibility of reimbursement of race fees.

The registration fee includes: accident insurance and RCT, medical assistance, headset, chest/back, mtb table, tattoos and stickers, rental of timing chips, race pack (backpack, t-shirt technique, gadgets), lunch party, access to the closing party, finisher medal for all those who finish the race.

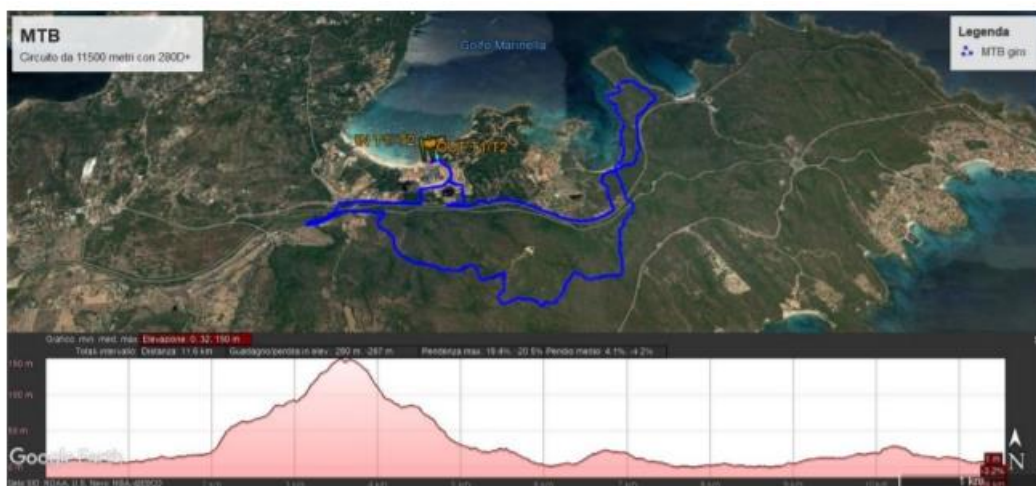
REGISTRATION DEADLINE 25 October 2021

ROUTES

Swimming: the fraction of swimming will take place in the water mirror in front of the beach of Borgo Marana in the Gulf of Marinella on a single round of 1000 meters consisting of a triangle with sides from 300+300+400 meters to be faced anticlockwise leaving the two buoys turn to the athlete's left. The departure will take place directly in the water according to the modality established by the technical delegate and/or by the arbitrator judge and in any case according to the rules in force for the containment of the COVID-19 in the period of development of the event. The route may be subject to changes depending on the weather conditions of the day to ensure the maximum safety for all the participants.



Cycling (MTB): the race circuit is divided into two laps, to be covered anticlockwise, from 11.5 Km with 560 D+ overall. The track is of medium technical difficulty, mainly dirt road, with a good dose of single track alternating with sections of road section of dirt track, with a single climb (on asphalt) demanding about 1,5 km to face at the beginning of the tour and a descent to face immediately after a stretch of single track quite easy. At the end of the descent we face a flat first part that is a prelude to a part full of variations that will take the athletes along the coast where you walk along very characteristic features with some crossing of the beach and passages by the sea. The final part has no difficulties and is a mixture of dirt and asphalt that leads back to the change zone. Depending on the weather conditions there is the possibility that along the way there are some fords.



Run: the trail is traced on a single ring to be followed clockwise that winds on the coast of the Gulf of Marinella and within Borgo Marana and the port. The very fast track is 6.5km 110D+. The ground of the path is very variable, from the terracotta sea walkways, to the sands of the beautiful coves, the wharves of the marina, at times single track in the undergrowth to the sidewalks of the local road. There's a sea ford and footbridges to avoid the intersection with the MTB track.



Departure/arrival and change zone: the departure and arrival will take place from the beach of Borgo Marana where the change zone will also be set up area. Only athletes, judges and authorized auxiliary staff will have access to the exchange area. In the transition area each athlete can introduce only the material strictly necessary for the performance of the race. All the material used in the race: shoes, shirts, headset, goggles, wetsuits, etc. shall be placed, at specified times, in reserved places and marked with the respective race numbers. Athletes are required to reposition the material used in the various fractions to the assigned place, penalty admonitions or disqualification by the Judges of the race.



TIMING

Timing Data Service will measure time and chart processing by a system based on an active transponder (chip) that will be delivered when the tender envelope will be collected, inserted on a bracelet to attach to your ankle, combined with your race number. It is forbidden to tamper the chip. Athletes who in any way



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damage the chip will not be timed and will not appear in the rankings. Remember that the race number and the corresponding timing chip is strictly personal and is not transferable to anyone, on pain of disqualification. Passing through the controls of the route wearing the chip of another competitor involves disqualification from the race. The chip at the end of the race must be returned to the appropriate area, even by retired athletes or not. The chip can only be used for the Tries X - Aquathlon event for which it has been set. Failure to return obliges the athlete to return the chip to Sardegna X Sports by 10 November 2021. Failure to return the chip will result in a debt of € 20 with the Organization, which reserves the right to charge it to the registration of the following year or has the right to appeal against the member or the sports club to which they belong.

CUT-OFF TIME

There are the following hourly blocks :

SWIM (entrance T1) 45'

SWIM + BIKE (entrance T2) 2h45'

SWIM + BIKE + RUN (finish line) 3h30'

REFRESHMENT POINTS

There will be four refreshments on the cycling circuit at km 3,5 - 9,5- 15,5 - 21,5. There are two refreshments in the run to Km 2,5 - 5. There is a refreshment point at the exit of the finish line.

PRIZE GIVING

The first ten male and female absolute athletes of the race will be awarded with the breakdown of the prize pool.

| | |
|----------------------|-----------|
| 1st e/1st classified | euro 3500 |
| 2nd/2nd classified | euro 2500 |
| 3rd/3rd classified | euro 1250 |
| 4th/4th classified | euro 750 |
| 5th/5th classified | euro 500 |
| 6th/6th classified | euro 400 |
| 7th/7th classified | euro 350 |
| 8th/8th classified | euro 300 |
| 9th/9th classified | euro 250 |
| 10th classified | euro 200 |

The prizes, always understood as gross and any withholding tax on the sum paid are regulated by the norms of the law n. 342 of 2000, and from the law n. 289 of 27/12/2002 and successive regulations.

The prize will be paid only to athletes who in the final classification fall within the maximum gap equal to 10% of the time (cut-off) of the first runner (male/female). The unallocated fee will be shared equally among athletes not excluded from the cut-off. If male only among men athletes, if female only among women athletes.

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They will also be awarded for both sexes, excluding those who fall into the division of the prize pool and elite athletes, the first three of each category.

Relays: the first three relays of each of the following rankings will be awarded: female, male, mixed.

Company: the first three companies will be awarded for the number of athletes classified at Tries X (athletes of the relays excluded) with a cash refund of:

1st team classified: euro 500

2nd team classified: euro 300

3rd team classified: euro 200

HEALTH CARE

A Medical Area will be set up close to the arrival zone with direct access to the same. Also on the beach will be set up a health presidium of first surgery. There will be four ambulances with staff and three doctors (one to control the water space of the swimming fraction, one in the area of departure/ arrival and the other along the paths of the fractions of MTB and running).

ROAD SAFETY

All roads through the event will be completely or partially (in controlled mode) barred to traffic and each intersection and crossing will be monitored and manned by staff of the organization.

HOSPITALITY

All the advantageous offers of stay are available on the website: www.sardivet.it

HOW TO REACH MARINELLA

By car. If you land with ferries to Sardinia in Olbia, take the SS/125 and continue in the direction of Golfo di Marinella taking the SP/16. From Sassari take the SS/131, take the exit for Olbia and continue on the SS/597, then on the SS/16 towards Golfo di Marinella taking the SP/16. From Cagliari take the SS/131, follow the direction Nuoro/Olbia at Km 124 immediately after the Agip di Abbasanta, alternatively, for those who want, before reaching Sassari take the exit for Olbia then continue on the SS/597. Once in Olbia take the SS/125 until you reach your destination, taking the SP/16 towards Golfo di Marinella.

By train. Route Olbia-Golfo Aranci, station Marinella. Schedules and information: www.trenitalia.com

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ORGANIZATION

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