



CON IL PATROCINIO DI



COMUNE DI
LIGNANO SABBIAADORO

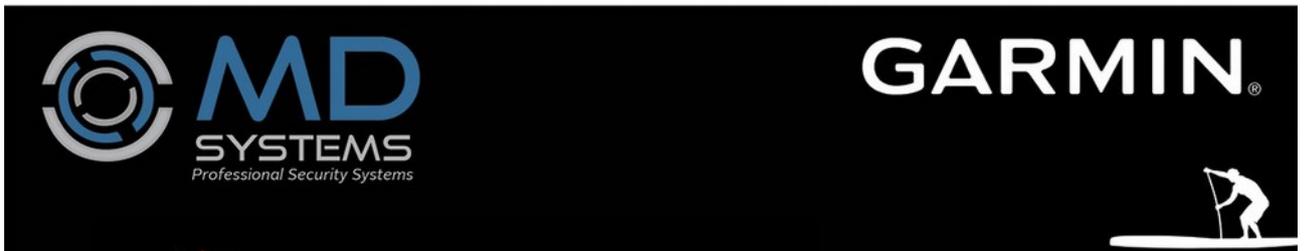


OTHER HUMAN POWERED VESSELS/DINGHI EMPLOYING A PADDLE/OAR

CATEGORIES:

SINGLE & TEAMS

OPEN TO CANOE, KAYAK



NOTICE OF RACE -COMPETITION RULES

EVENT: LIGNANO SUP MARATHON 2020, open to everyone

ORGANIZER: TILIAVENTUM ASD under the Patronage of Regione Friuli Venezia-Giulia and the city of Lignano Sabbiadoro (UD)

WHEN: SEMTEMBER 5th, 2020

WHERE: Lignano Sabbiadoro (UD) – ITALY

HOW TO PARTICIPATE:

Stand Up Paddle Board – for a single racer or a team racers (exchange between team members at your discretion will be possible in the points 1-2-3-4-5-6 indicated on the map; the board can be replaced with another of the same category) - human-powered employing a paddle/oar;

Different paddle vessels/dinghy/boat (kayak, canoe or other similar human-powered vessels employing a paddle/oar) – single participant or a team racers using the same means;

The maximum number of participants is 70 racers

It is mandatory for all participants to be in possession of a valid medical certificate and the membership to a sports promotion association and / or a federation.

The underage participants will be allowed to join the event only providing a parental or legal guardian's authorization.

INFO-START-FINISH POINT: Lignano Sabbiadoro UD c/o Ufficio Spiaggia n°7 Bar Aurora - Wind Village

ROUTE: START from "Ufficio 7" Sabbiadoro Aurora Bar: you will find the buoy in front of the sandy shore, which you should leave on your left → circumnavigating the coast counter-clockwise, crossing the lagoon, the canal, the Tagliamento river, following the shoreline up to the → FINISH point at "Ufficio 7-Bar Aurora Lignano Sabbiadoro (see map S/F). The full course race is approximately 23km in length.



REFRESHMENT / RELAY POINT

Coordinates

S - Start: Office n°7 lungomare Sabbiadoro – Bar Aurora	45° 41' 13N 13° 08' 39E
1 – Refreshment/Relay Point: Porto Casoni, floating pier	45° 41' 47N 13° 08' 31E
2 - Refreshment/Relay Point : canale-litoranea side sx Ca'Margherita	45° 40' 53N 13° 05' 44E
3 - Refreshment/Relay Point: canale-litoranea side sx Rist.Gigi Marchetto	45° 04' 20N 13° 04' 16E
4 - Refreshment/Relay Point: fiume Tagliamento side sx Rist. Willy	45° 39' 37N 13° 04' 39E
5 - Refreshment/Relay Point: fiume Tagliamento side sx Rist. Vecchia Finanza	45° 38' 50N 13° 05' 49E
6 - Refreshment/Relay Point : sandy shore Lignano Pineta p.zza D'Olivo	45° 39' 52N 13° 06' 41E
F – Finish: Office 7 Lungomare Sabbiadoro – Bar Aurora	45° 41' 13N 13° 08' 39E

Red/orange buoys along the way will be placed, in order to make the route easier to be identified.

RACE CATEGORIES: on the bases of the equipment employed:

Race board up to 14'0"

- Elite Race Overall man
- Elite Race Overall woman

- Elite Race Over 40 man **
- Elite Race Over 40 woman **

- Elite Race Over 50 man **

- team of 2 racers Overall (regardless of age and sex)

Allround/Cruising (*) boards

Allround/Cruising (*) boards:- single participant

- 2 racers team
- 3 racers team
- 4 racers team
- 5 racers team

(*) The organization committee, at its own discretion, will verify and stabilize whether the board is within Allround/Cruising or Race Category

- All other human-powered vessels/dinghy employing a paddle/oar, such as canoe, kayak, etc.

The use of different and additional propulsion devices is strictly forbidden.

** Over 40 means an athlete who at the first of January 2020 has already turned 40

** Over 50 means an athlete who at the first of January 2020 has already turned 50

SCHEDULE:

Saturday, September 5th, 2020

- h 09:00 am event opening ceremony, registration, welcome breakfast
- h 10:00 am pre-race briefing with participants will be held
- h 10:30 am SUP departure from the beach
- h 10:45 am departure for other vessels
- h 03.45 pm time limit for arrival
- h 03.45 pm awards and celebrations will follow

REGISTRATION / REGISTRATION FEE

Considering the current situation, and related difficulties form many people, we have set a 5 € reduction on the registration fee.

~~€ 35,00/person~~ € 30,00/person single participant (all type of vessels)

~~€ 25,00/person~~ € 20,00/person for team racers (all type of vessels)

You will enjoy an additional €5,00 reduction on the registration fee if you make the payment and registration at the latest on the August 28th, 2020.

You can register on the website lignanosupmarathon.com until September 1st or upon reaching the limited number of participants.

The fee includes the registration, the bag with a t-shirt of the event, the welcome breakfast, refreshments on the points indicated, refreshment and celebrations closing the event with awards, other possible gadget and special awards.

Since there is a maximum number of participants for this purpose, the date and time of completion of the registration will prevail.

In case of overnumber, a waiting list will be drawn up which can be used in case of renouncement of registered participants.

SAFETY STANDARDS:

- In case of necessity or difficulty of a participant, the racers which are close to him are obliged to provide him assistance and to immediately point out the fact occurred, through arms movements to the assistance means present there, repeated sounds, phone communication or in any other possible way useful to get an immediate assistance.
- Any participant in trouble in sea has to point out the need of assistance through repeated arms movements, repeated sounds, phone communication or in any other possible way useful to get an immediate assistance.
- The competitor which decides to draw away from the race has to communicate it immediately to the organizers.
- Actions which may put on risk the own or other security are strictly forbidden; the consumption of prohibited substances, and all non-sport actions are strictly forbidden.
- You are obliged to follow the route indicated
- You are not allowed to get away from the coast
- You are obliged to wear the clothes devoted to the event during the event and during the final prizegiving, safety equipment, and appropriate protective shoes.
- You are obliged to use the leash (security line)

Phone numbers for any information about the event: Stefano +39 347 6497198

FINAL NORMS

The organizer, at its incontestable discretion reserves the right to:

- Change and/or complete the above mentioned on giving notice during the briefing or during the race;
- Change the route of the race itself (shortening the way, modifying the way back on the opposite way to the one above indicated, or other similar changes);
- Interrupt and/or cancel the competition at its discretion on giving notice even during the race;
- Disqualify participants employing equipment considered to be not in compliance with the rules contained herein;
- Disqualify or constrain participants considered to be not qualified from competing;
- Disqualify participants which contravene the general rules of this sporting event.
- Change or add any other rule useful for the race, safety, security

COVID-19 RULES LIGNANO SUP MARATHON 2020

CAUTION:

We kindly ask you to read carefully the below document. We ask for the best cooperation from all participants, athletes, staff and all those present at the event.

PRE-RACE PHASE

- It is mandatory to maintain the minimum interpersonal distance of at least 1m at any time, if this is not possible it will be MANDATORY to dress the safety devices (face mask).
- We encourage you to wash or sanitize your hands often. Alcohol-based sanitizing solutions will be present at various points in the event area.
- We kindly remind that crowding is strictly forbidden.
- At the time of the registrations you will be invited to follow the path specifically indicated by the signs. It will be MANDATORY to wear the mask and keep the minimum distance of 1m from the other athletes. At the confirmation desk our staff will be equipped with all the mandatory protective devices.
- Skipper meeting: All competitors are invited to keep the minimum safety distance of at least 1m, if this is not possible, the use of safety devices (face mask) will be MANDATORY.

RACE PHASE

- The start will be for single athlete: we will start individually at an interval of 10seconds between each athletes. The final classification will be based on the total time necessary to complete the course. Athletes will be directed to a single lane, specially marked by signs and previously prepared, to wait the start given by our technical staff. Here, too, we invite you to keep the minimum mandatory distance and not to pile up waiting for your turn.
- In case of overtaking a slower athlete in front of you it will be mandatory to maintain the minimum distance of 2m (2m in this case since it is intense physical activity).
- At the end of the course it will be a cone finish line ending in a single lane. We remind you that the ranking will be based on the time taken to finish the race. Avoid ABSOLUTELY to arrive at the photo finish with another athlete so that they will not be

necessary in order to improve your position in the ranking. Here too it will be mandatory to keep the distance of at least 2m (more than the length of your paddle).

POST-RACE PHASE

- We ask you to pay attention to continue to maintain the minimum safety distance even for the entire period after the end of the competition.
- The refreshments do not include self-service and you will be served directly by our staff.
- At the time of the awards ceremony also remember to keep the minimum safety distance. If this is not possible, we remind you of the obligation to wear a face mask. We invite all the awarded to continue to keep their distance from other athletes and other people and avoid handshakes, hugs, high fives, etc ...

GENERAL OPERATING RULES

We ask everyone (operators, volunteers, athletes, etc.) to detect their own body temperature before to come at the event site on September 5th 2020 and, if higher than 37.5 ° C, you will not be allowed to come at the event site and you will must follow the health operating instructions required by national and local legislation. At the competition site, the staff will be equipped with a thermometer for punctual checks and will measure the temperature of each participant, companion and operators. If someone will be find with a temperature higher than 37.5 ° C he will not be allowed to participate at the event and he will be subjected to the procedures provided by the current legislation.