



ETU CROSS TRIATHLON
EUROPEAN CHAMPIONSHIP 2014

SARDEGNA

OROSEI
ITALY 2014 RACE MANUAL

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INTRODUCTION

The rules of the TNATURA ITALY race are enshrined in the ITU and ETU international rules.

The athlete is required to know and comply with the technical standards and regulations of ITU/ETU, together with the competition rules set out in the TNATURA ITALY Race Manual.

In case it is necessary to introduce changes and modifications of technical or logistical support to foster a better and proper conduct of the event, the ETU technical delegate and the Manager Director of the race will communicate those changes to be held during the briefing the day before the race.

WELCOME

Italy and Sardinia are proud to present the opening race of the newborn official racetrack ETU TNATURA CROSS TRIATHLON EUROPEAN SERIES.

Since 2007 Orosei and its wonderful Gulf are hosting one of the most famous Cross triathlon events in the world, seen as a reference test for Elite and Age Group athletes on a global scale.

Even this year the challenge will consist of an exciting moment in which nature and passion for sport will give strong emotions and unforgettable memories to the athletes in the race as well as the large audience that follows them.

ABOUT ETU TNATURA

ETU TNATURA gives the opportunity for amateur and professional athletes of all ages to compete in spectacular places and it offers a new way of understanding sports combining competition and adventure with the growing importance of natural resources and health.

ETU TNATURA Cross Triathlon aims to become a lifestyle as well as a reference brand of the European and international Off-Road triathlon.

ETU TNATURA makes the difference with its choice to play the race in sea or lake locations known for their particular environmental worth. The competition encourages athletes to confront their limits accepting the challenge with hard and amazing off-road routes.

VENUE

OROSEI TERRITORY

Orosei is one of the most important and prestigious seaside resorts in Italy. Thanks to the well-structured tourist's facilities and services, consisting of numerous hotels, campings, bed & breakfasts, and holiday homes, Orosei is going to be the center of TNATURA ITALY. In fact, its logistics system is capable to meet every need in terms of services, accommodations and holidays.

CALA GINEPRO

Cala Ginepro beach is the place where the Swim competition takes place. It's also the place where the finish line of the TNATURA ITALY race will appear as a white sea bed mixed up with thin, flat and smooth rocks, cherished by the sea and the time. The transparent waters continuously change into a blue iridescent because of a game of light reflections between the sun in the sky and the stones in the sea.

BIDEROSA OASIS

A natural oasis paradise! It's an area of about 530 hectares of Mediterranean vegetation with juniper, mastic, myrtle and pine trees. Inside the park there are 5 unique beaches, with crystalline water and rocks ranging from pink to red.



TRAVEL

TNATURA in collaboration with “**Sardegna Turismo Servizi**” has tried to facilitate your travel and your holiday looking for the best solutions for travel and accommodation.

Tnatura is a Travel experience in unusual places of great environmental value.

Unforgettable moments for athletes, companions and families.

It's not only adventure and adrenaline, but also peace and tranquility in beautiful spots of relax.

It's a way to learn about different cultures and understand different ways of thinking.

It's a way to travel in accordance with the places, experiencing the joy of discovery!

It's a travel and holiday service that is conceived and designed for all our athletes and their companions.

TNatura Travel *

Discover the offers for TNatura Italy event:

Ferry or Flight + Accommodation in cooperation with **Sardegna Turismo Servizi**

Booking: www.sardegnaturismoservizi.it/EN/t-natura.htm

Ferry and Flights*:

- Tirrenia: 30% discount on all sea areas crossed by the ferry company
- Moby Lines: 10% discount on the best published fare
- Meridiana: single fare one route at the prize of € 45 from Roma Fiumicino and € 55 from Milano Linate and 50% discount on bike transport.

Accommodation:**

Headquarter TNatura Italy “Hotel Torre Moresca”

Club Hotel Torre Moresca - € 70,00 per person in double room in HB € 85,00 per person in double room in FB

Hotel Event Partner - Special Price

Hotel Residence gli Ontani - **€ 25,00 per person in double room in BB**

Other Hotels

- Hotel Biderrosa
- Hotel Maria Rosaria
- Hotel S'Ortale
- Residence Cala Liberotto
- Residence Marina Palace
- Villaggio Alba Dorata
- Campeggio Cala Ginepro
- Campeggio il Golfo
- Campeggio Sa Prama

**Read the rules and the booking procedures carefully.*

***Important: when you will contact the hotel accommodation, you must remember to communicate that you are a participant in the TNatura Italy event, so that they can send you a quote with the agreed rates.*

TRAVEL

Other Special offers:

Fly to Sardinia from €45

Sardinia, the most welcoming island in the Mediterranean Sea. We are so sure of this that we let you reach us by flight on a local price. From september 16 to june 14, will be possible to fly towards and from Sardinia (outbound and return), in the airports of Cagliari, Olbia and Alghero, spending only 45 € from Roma Fiumicino and 55 € from Milano Linate, for each route, excluding taxes.

Here the airline companies with which is possible to buy a flight of territorial continuity to Sardinia:

- | | | |
|--|---|---|
| Alitalia: www.alitalia.it
Cagliari - Roma Fiumicino
Cagliari - Milano Linate | Meridiana: www.meridiana.it
Olbia - Roma Fiumicino
Olbia - Milano Linate | New Livingston: www.livingstonair.it
Alghero - Roma Fiumicino |
|--|---|---|

* TNatura Travel is not a Tour Operator. All the services related to travel activities, booking and transport services are made by legal entities authorised and entrusted by legal terms to carry on their activities.

Transfer prices:

DEPLANO SERVIZI TURISTICI S.N.C.
Contact Person: Gabriele Deplano
Email: fratelli.deplano@tiscali.it
Tel: +39 0784 295030 +39 0784 295247

From/To OROSEI	Car	VAN	BUS
	1/3 seats	8 seats	16 seats
Olbia	€ 99,00	€ 165,00	€ 210,00
Golfo Aranci	€ 110,00	€ 185,00	€ 230,00
Porto Torres	€ 180,00	€ 230,00	€ 280,00
Alghero	€ 180,00	€ 230,00	€ 280,00
Cagliari	€ 250,00	€ 350,00	€ 400,00

BIKE AND EQUIPMENT TRANSPORT SERVICE

Bike and equipment transport Service:

TNatura Events in cooperation with the service “Viaggia Leggero” provides a bike along with equipment transport service for its own users on the entire national territory and abroad* at an unbeatable price as well as provides you the possibility to send directly your race equipment to the venues of TNatura events.

Bike no problem from 33€ all-inclusive !!!

Bike shipping price for TNatura customers 33€ including VAT

Basic rules:

- The athlete must pack bike and equipment in the best possible way so that the transport carriers do not damage the goods
- The booking times and the specified days to take collection of goods have to be respected so that goods can arrive on time for the competition date
- Specify accurately address of pick up and delivery

Pre event: the delivery to the transport carrier must be made at least 3 days before the date in which you want receive the goods

Post event: the redelivery to your domicile will be made no later than 3 days after the delivery to the baggage carrier.

Please contact TNatura Events about terms and conditions: info@tnaturaevents.com

* Europe



spedisci i tuoi bagagli a partire da

€ 33,00
iva inclusa

Scopri l'offerta dedicata a tutti gli utenti di TNatura e del Triathlon internazionale.

LA TUA BICI E LA TUA ATTREZZATURA SPORTIVA NON È PIÙ UN PESO

Pratico Innovativo Comodissimo

VIAGGIA SENZA PENSIERO, VIAGGIALEGGERO!

- Viaggia leggero ti consentirà di portare ciò che vuoi, senza limiti
- Evitare lunghe code in aeroporto
- avere la garanzia di non smarrire il bagaglio
- monitorare il percorso del tuo bagaglio direttamente sul sito
- prenotare il ritiro 24h su 24 e 7 giorni su 7

HOW TO ARRIVE

From CAGLIARI, around 220 Km. Take the SS 131 direction Sassari until the Abbasanta junction and continue first in direction of Nuoro and then for Olbia; at the junction interchange Dorgali–Orosei, take the SP 25 direction Orosei. From Orosei take the SS125 towards Sos Alinos-Cala Ginepro.

From SASSARI, around 150 Km. Take the SS 131 direction Cagliari until the Macomer junction and continue first in direction of Nuoro and then for Olbia; at the junction interchange Dorgali–Orosei, take the SP 25 direction Orosei. From Orosei take the SS125 towards Sos Alinos-Cala Ginepro.

From OLBIA, around 80 Km. Take the SS 131/dir direction Nuoro, pass Siniscola and continue until the junctions interchange Dorgali–Orosei, then take the SP 25 direction Orosei. From Orosei take the SS125 towards Sos Alinos-Cala Ginepro.

AIRPORTS

OLBIA
 Costa Smeralda Airport
 07026 OLBIA
 Office Information Tel. +39 0789 563444
 E.Mail: info@geasar.it
 Web: www.geasar.it

CAGLIARI
 Cagliari - Elmas Airport
 Office Information Tel. +39 070 211211
 E.Mail: info@aeroportodicagliari.com
 Web: www.aeroportodicagliari.com

ALGHERO
 Alghero-Fertilia Airport
 Office Information Tel. +39 079 935011
 E.Mail: info@aeroportodialghero.com
 Web: www.aeroportodialghero.com



CLIMATE

Climatology and Meteorology Average in the event days in Orosei

Max Temperature	21 °C
Min Temperature	14 °C
Average Temperature	17.5 °C
Rain	23 mm
Humidity	71%
Wind	-
Dew point	12.7 °C

TIME ZONE

- GMT 0 : London, Lisbon, Casablanca, Las Palmas, Dakar, Abidjan
- GMT +1 : Oslo, Stockholm, Berlin, Paris, Madrid, Rome, Lagos, Kinshasa
- GMT +2 : Cape Town, Johannesburg
- GMT +3 : Moscow, Riyadh, Addis Abeba, Mogadishu, Nairobi, Antananarivo
- GMT +4 : Teheran
- GMT +5 : Karachi
- GMT +6 : New Dehli, Calcutta, Bombay, Madras
- GMT +7 : Dacca, Yangon, Bangkok, Kualalumpur, Singapore, Jakarta
- GMT +8 : Ulanbator, Beijing, Hong Kong, Taipei, Manila
- GMT +10 : Port Moresbi, Brisbane, Sydney, Melbourne, Adelaide
- GMT +11 : Okhotsk, Kamchatka Pen., Sakahalin I., Solomon Is.
- GMT +12 : Wellington, Fiji, Tunga, Marshall Is
- GMT -11 : Midway Is., Samoa Is., Phoenix Is.
- GMT -10 : Anchorage, Honolulu, Taiti Is.
- GMT -8 : Vancouver, Seattle, San Fransico, L.A.
- GMT -7 : Denver
- GMT -6 : Chicago, Dallas, Houston, Mexico City, San Jose
- GMT -5 : Montreal, New York, Detroit, Havana, Bogota, Lima
- GMT -4 : Caracas, La Paz, Santiago
- GMT -3 : Brasilia, Sao Paulo, Rio De Janeiro, Montevideo, Buenos Aires
- GMT -2 : South Geogia Island.

GENERAL RULES FOR THE REGISTRATION

By entering the Sign Up page you will have access to the link that will direct you to the official software to register in TNATURA ITALY race.

Race: ETU TNATURA CROSS TRIATHLON

€ 90,00 until December 31, 2013

€ 110,00 from January 1, 2014

€ 130,00 from April 1, 2014

The price includes: participation in the TNATURA ITALY race, presence at the Sunday night Fourth Stage Italy Party, a swim-cap, an event T-shirt and gadgets of TNATURA ITALY.

Registration will close without exceptions on May 16th, 2014

Registration Info:

Elite athletes

The registration for Elite athletes is made exclusively through the competent National Federation.

Age Group athletes

Age Group categories can register directly on TNatura Registration system, the registration allows to participate in the races 2014 ETU Cross Triathlon European Championship as well as in 2014 ETU TNatura Italy Cross Triathlon European Cup.

The National Federation shall have the exclusive task for accepting the Age Group athletes' participation in the race 2014 ETU Cross Triathlon European Championship, allowing them to compete for the Age Group European title.



ETU CROSS TRIATHLON
EUROPEAN CHAMPIONSHIP 2014

CROSEL

ITALY 2014 Race Manual

SARDEGNA

TNATURA ITALY

Race rules

1 GENERAL INFORMATION

Introduction

The purpose of the Athletes "Race Manual" is to ensure that all Elite Athletes and Team Leaders are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this "Race Manual" is correct and updated. However, Team Leaders are advised to check with the Race Secretariat any changes about the information included in this guide.

1.1 KEY DATE

Press Conference	Friday, May 30
Athletes Briefing ETU Race	Saturday, May 31
ETU Cross Triathlon European Championships	Sunday, June 1
ETU TNatura Cross Triathlon European Cup	Sunday, June 1
Award Ceremony	Sunday, June 1
TNatura Italy Fourth Stage Party	Sunday, June 1

1.2 KEY CONTACTS

GENERAL ORGANIZATION:

Island Group S.a.s

Galleria Emanuela Loi, 8
08100 Nuoro - Sardinia - Italy
Tel. +39 0784 30483 Fax: +39 0784 208885

TECHNICAL ORGANIZATOR:

Island Team ASD

Galleria Emanuela Loi, 8
08100 Nuoro - Sardinia - Italy
Tel. +39 0784 30483 Fax: +39 0784 208885

Sole Director & General Manager:

Sandro Salerno

Tel.Mob.: +39 393 3340717
Email:sandro.salerno@tnaturaevents.com

Race Director:

Sergio Oppo

Tel. Mob.: +39 335 6845869
Email: sergio.oppo@tnaturaevents.com

Assistant Manager:

Alessandra Fais

Email: office@tnaturaevents.com

Logistics Manager

Marina Clerici

Tel.Mob. +39 393 0642678

Technical Delegate

Sarah Taylor

Fitri Delegate

Patti Laura

Press Office:

press@tnaturaevents.com

1.3 CONTACT DETAILS

TNatura Italy Secretariat

Email: info@tnaturaitaly.com
Tel: +39 0784 30483 (until to Wednesday, May 28)
Mobile: +39 393 064 2678

Official Website:

www.tnaturaevents.com

Official Social:

Facebook: www.facebook.com/tnatura
Youtube: www.youtube.com/TNaturaEvents
Twitter: www.twitter.com/TNATURAEVENTS
Google Plus: www.plus.google.com/111064838500429453704/posts
Indoona: www.indoona.com/user/tnatura_events

1.4 VENUE

Orosei is one of the most important and prestigious seaside resorts in Italy. Thanks to the well-structured tourist's facilities and services, consisting of numerous hotels, campings, bed & breakfasts, and holiday homes, Orosei is going to be the center of TNATURA ITALY. In fact, its logistics system is capable to meet every need in terms of services, accommodations and holidays.

Cala Ginepro beach is the place where the Swim competition takes place. It's also the place where the finish line of the TNATURA ITALY race will appear as a white sea bed mixed up with thin, flat and smooth rocks, cherished by the sea and the time. The transparent waters continuously change into a blue iridescent because of a game of light reflections between the sun in the sky and the stones in the sea.

Biderosa Oasis is a natural oasis paradise! It's an area of about 530 hectares of Mediterranean vegetation with juniper, mastic, myrtle and pine trees. Inside the park there are 5 unique beaches, with crystalline water and rocks ranging from pink to red.

1.5 DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

1.6 ENVIRONMENT PROTECTION

The participant should respect the interests of the environment protection by his behavior and not load the nature more than inevitably by his behavior and the participation in the event. Garbage (gel packaging, empty bottles, etc.) may be decontaminated on the bike or be dumped only at the designed areas next to an aid station on the bike and run course.

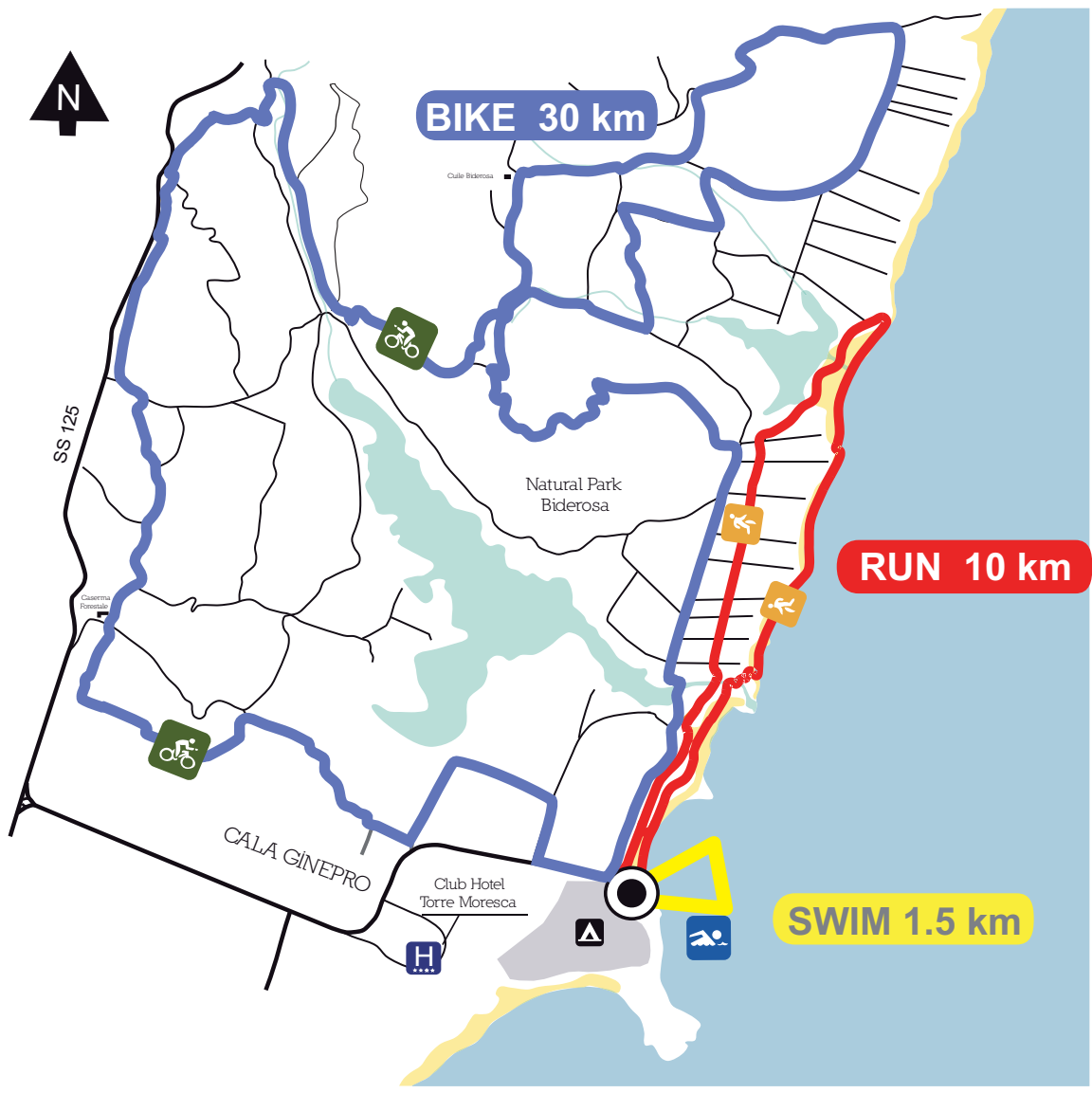
A violation of this rule will result in disqualification.

1.7 SECURITY

The Organizing Committee, in accordance with agreements and obligations as required by Public Safety Authorities and in accordance with the laws of the FITRI Italian Triathlon Federation, provides a General Safety Plan, to ensure minimum standards of safety and first aid.

The Safety Plan and the Service Order will be delivered to the Race Marshals, the Race Director Assistants, the Radio Operators and the Timekeepers.

1.8 GENERAL MAP



1.9 LOGISTICS MAP



2 MEDICAL SERVICES

First Aid and Emergency Medical Service will be available during the official competition hours to anyone requiring medical assistance. Medical and paramedical personnel will be available throughout the competitions time. Medical Tents will be provided on site at the recovery zone.

Ambulances and off-road 4x4 ambulances, with on board a doctor expert in reanimation and first aid as well as the necessary equipment and medicaments, are foreseen in many sections along the course

2.1 TRANSITION AREA:

N° 1 L.C.U VEHICLE (LOCAL CRISIS UNIT) In the transition area there will be a L.C.U. vehicle used as crisis unit. The staff of the Fire Department and the Race Director will coordinate all relief activities and emergency.

- N°1 Ambulance
- N°2 Reanimation specialists
- N°4 Health-care Assistants
- N°20 Assistans for the control of race and Spectator Areas

2.2 SWIM COURSE

- N°2 Boats - Sea Rescue Association Arbatax- 6 Emergency assistants
- N°2 Reanimation specialists
- N°2 Boats - Fire Department of Nuoro - 2 Emergency assistants
- N°1 Watercraft Fire Department of Nuoro - 2 Emergency Assistants
- N°10 Beach Emergency Assistants
- N°2 Underwater emergency assistants
- N°4 Kayak
- N°10 Assistants for the control of race and Spectator Areas

2.3 MOUNTAIN BIKE COURSE

- N°3 Ambulances off road 4x4 each one with 3 health-care assistants
- N°2 Reanimation specialists
- N°30 Assistants for the control of race and Spectator areas

2.4 RUN COURSE

- N°1 Ambulance off road 4x4 with 3 health-care assistants
- N°1 Reanimation specialist
- N°15 Assistants for the control of race and Spectator Areas

2.5 FINISH LINE

- N° 1 Ambulance
- N° 3 Health-care Assistants
- N°15 Assistants for the control of race and Spectator Areas

In the finish area it will be a Field Hospital of the civil safeguard.

FIELD HOSPITAL -ADVANCED MEDICAL SITE

- N° 1 Reanimation specialist
- N° 4 Health-care Assistants
- MULTI-PARAMETER PATIENT MONITORS -(SpO2, P.A. ECG) DAE

2.6 EMERGENCY HELICOPTER

The helicopter based in Alghero in early warning will be able to reach the race area within 20 minutes.

2.7 VHF RADIOCOMMUNICATIONS

The race course will be covered by a VHF communication network, composed of n. 20 radio spots, located in strategic points of the course, constantly in touch with the Race Control, that will be ready to alert in a short time the rescue services in case of need.

2.8 HOSPITAL - MEDICAL AND HEALTH-CARE SERVICES:

NUORO:

SAN FRANCESCO HOSPITAL

Via Mannironi

Tel. +39 0784.240237

OLBIA:

GIOVANNI PAOLO II HOSPITAL

Località Tannaule, 07026 Olbia

Tel. +39 0789.552410 - 428

3 TRAINING

3.1 SWIM COURSE FAMILIARIZATION

It is allowed to swim in the sea at all times, so you can train whenever you want.

3.2 BIKE COURSE FAMILIARIZATION

The Mountain Bike course is opened from Friday morning 30 May until Saturday evening 31 May. The course is signed with blue arrows, it is not manned by the Staff members. There is not any guided session to familiarization.

3.3 RUN COURSE FAMILIARIZATION The Run course is opened from Friday morning May 30 until Saturday evening 31 May. The course is signed with red arrows, it is not manned by the Staff members. There is not any guided session to familiarization.

Nb: An "Off Road" ambulance will be present from Friday until Saturday at the "Cala Ginepro Camping" to intervene in case of emergency.

Emergency number is +39 393.0642678

4 COMPETITION INFORMATION

4.1 COMPETITION SCHEDULE

Friday, May 30

11:00 Press Conference
 15:00-17:30 Race Pack Delivery
 Race Secretariat-Hotel Torre Moresca

Saturday, May 31

10:00-12:00 Race Pack Delivery
 15:00-17:30 Race Secretariat-Hotel Torre Moresca
 18:00 Athletes Briefing - ETU Cross Triathlon European Championships
 ETU TNatura Cross Triathlon European Cup
 Hotel Torre Moresca

Sunday, June 1

7:30 Transition area Opening
 8:45 Transition area Closing
 9:00 Transition area Cut-off time
 7:30-9:30 Warm-Up
 9:40 Call for Elite, U23, Junior
 9:45 Call for Age Group, Para Tri
 10:00 Start -Elite, U23, Junior
 ETU Cross Triathlon European Championships
 ETU TNatura Cross Triathlon European Cup
 Cala Ginepro Beach
 10:03 Start -Age Group, Para Tri
 ETU Cross Triathlon European Championships
 ETU TNatura Cross Triathlon European Cup
 Cala Ginepro Beach
 13:40 T2 Cut-Off Time
 15:00 Overall Cut-Off Time
 20:00 TNatura Italy Fourth Stage Party
 Hotel Torre Moresca
 21:30 Award Ceremony - ETU Cross Triathlon European Championships
 ETU TNatura Cross Triathlon European Cup
 Hotel Torre Moresca

4.2 COMPETITION RULES

The ETU Cross Triathlon European Championships will follow the latest published Competition Rules of the International Triathlon Union.

4.3 INSURANCE

The LOC has insurance with a reputable insurance company, a standard public liability and property damage insurance policy to cover the risks of insurable nature under this Agreement and the staging of the Event and related events. The insurance policy has named, as insurance, LOC, ITU/ETU, the Global Partners, Global Sponsors, the ITU/ETU Executive Board and Staff, the ITU/ETU International Officials, and the respective LOC directors, officers, agents, volunteers, employees and contractors. All athletes and team support personal must carry their own medical insurance.

4.4 ATHLETES RACE PACKETS

The Race Packet will be delivered to all athletes of each category at the Torre Moresca Hotel, which is the race Headquarter, in the times below:

- Friday, May 30 from 15:00 to 17:30
- Saturday, May 31 from 10:00 to 12:00
- Saturday, May 31 from 15:00 to 17:30

With the Race Packet will be delivered: the swim- cap, the number to be applied on the mountain bike, the Run Bib, the athlete identification wristband, the "Timing Chip", the tatoos to be applied on the body, the ticket for "TNatura Italy Fourth Stage Party".

4.5 BRIEFING

The Compulsory briefing is held on Saturday 31 may at 18:00 in the Club Hotel Torre Moresca, in Cala Ginepro, Orosei. It is expected to only take 30 minutes to review each leg of the race and explain any last minute changes referring to the trail and the course rules.

4.6 COMPETITOR IDENTIFICATION

At Initial Registration, PHOTO ID (passport, driver licence) and your triathlon federation licence must be provided as you cannot be registered without this identification.

4.7 TIMING CHIP

The athletes will receive a Timing Chip with the Race Packet to be worn on the ankle during all race legs. Prior to leaving the secured compound of the Finish Line the athletes are required to return their timing chip to volunteers

4.8 COMPETITOR IDENTIFICATION WRISTBAND

Each competitor will receive his/her ID wristband at Registration. Please ensure you keep this wristband on until after the Rolldown process/Awards presentation after the race. The wristband will allow you access to secured areas and to the bike compound, allow you to race.

4.9 BODY MARKINGS

The athletes will receive 2 tatoos and their race number with the Race Packet. They must apply both them on arm and leg before the check- in on Sunday morning.

4.10 UNIFORM RULES

To compete in ETU CROSS TRIATHLON EUROPEAN CHAMPIONSHIPS, the athletes Elite, Junior and U23 must wear National Federation Uniforms complying with the ITU Uniform Standards. For Age Group athletes is not mandatory to wear National Federation Uniforms.

4.11 COMPETITOR RACE NUMBER BIBS

The race number must be visible at all times during the Event. Numbers must not be altered in any way and must be displayed on upper clothing. It is mandatory display the run number at the front.

4.12 OUTSIDE ASSISTANCE

A competitor will be disqualified if either they accept any form of outside assistance (food, drink, clothing, equipment) from non-authorized race personnel i.e. spectators, family, friends, coaches, or if they leave items at secret spots on the course for collection while competing in TNATURA ITALY

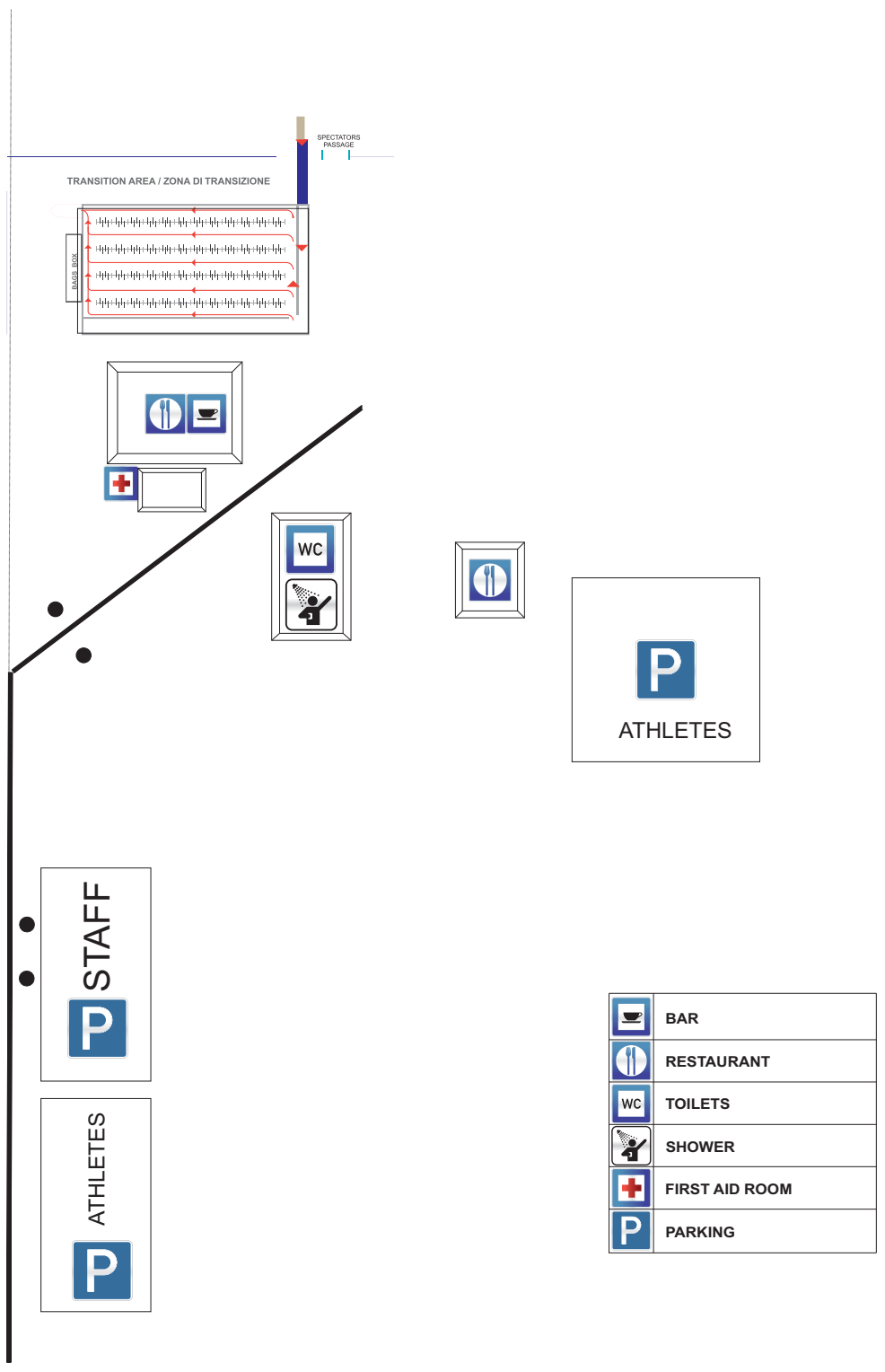
4.13 BIKE MECHANIC

A bike mechanic support and parts shop will be present near the Transition Area in the “Cala Ginepro Camping”

- Friday, May 30 13:00-20:00
- Saturday, May 31 08:00-20:00
- Sunday, June 1 07:00-09:00

4.14 SERVICES

The race location is situated inside the Cala Ginepro Camping. This area is structured and well equipped to provide logistics and a full range of services able to satisfy any need for a great number of users, such as athletes, companions and spectators.



5 PRIZE MONEY

5.1 PRIZE MONEY

The top 10 athletes of the Elite rankings of the race ETU Cross Triathlon European Championships will receive a prize money that will be distributed as indicated in the table below and as reported in the series regulations.

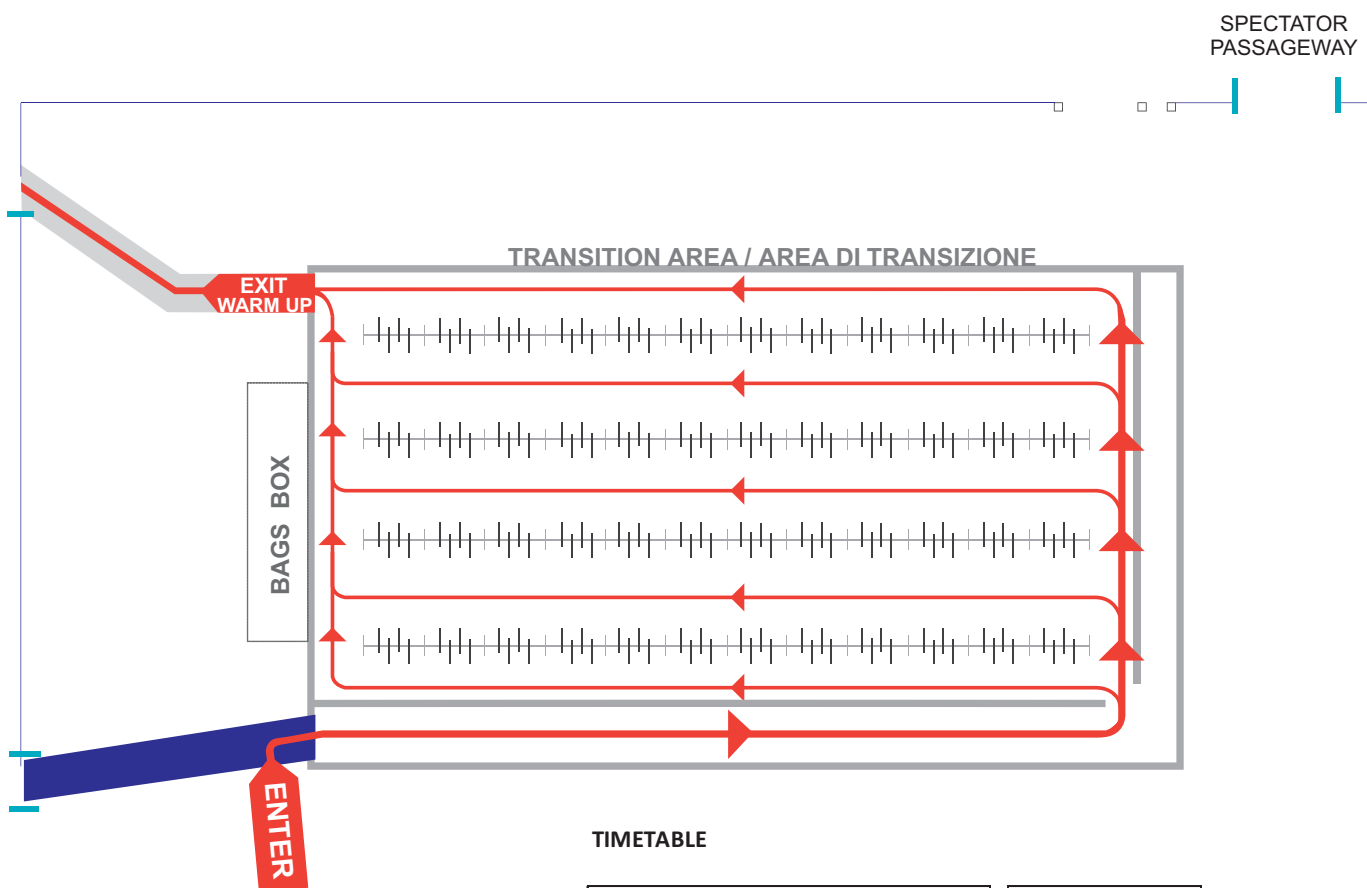
Pos	Men	Women
1	€ 1.250,00	€ 1.250,00
2	€ 1.000,00	€ 1.000,00
3	€ 750,00	€ 750,00
4	€ 500,00	€ 500,00
5	€ 400,00	€ 400,00
6	€ 350,00	€ 350,00
7	€ 300,00	€ 300,00
8	€ 200,00	€ 200,00
9	€ 150,00	€ 150,00
10	€ 100,00	€ 100,00
TOT	€ 5.000,00	€ 5.000,00

6 INFORMATION ABOUT THE RACE

6.1 DISTANCES

Category	Swim	Mountain Bike	Run
Elite	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
U23	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
Junior	750 m: 1 lap	15 km: 1 lap	5 km: 1 lap
Age Group	1,5 km: 2 laps 750 m	30 km: 2 laps 15 km	10 km: 2 laps 5 km
Para Tri	750 m: 1 lap	15 km: 1 lap	5 km: 1 lap

6.2 TRANSITION AREA

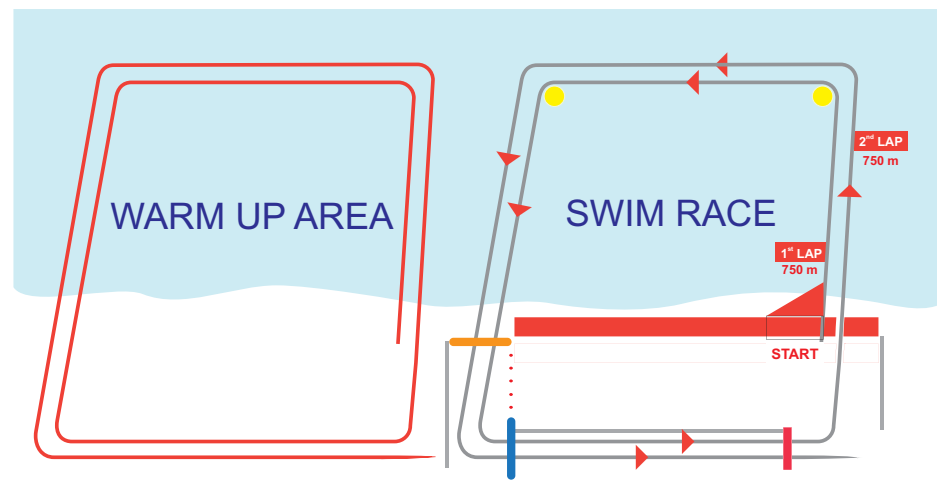


TIMETABLE

TNATURA ITALY	Time
Transition area Opening	7.30
Transition area Closing	8.45
Transition area Cut-off time	9.00
Warm-Up	7.30 - 9.30
Call for Elite, U23, Junior	9.40
Call for Age Group, Para Tri	9.45
START CROSS TRIATHLON RACE (Elite, U23, Junior)	10.00
START CROSS TRIATHLON RACE (AG, ParaTri)	10.03

6.3 WARM UP

From 7:30 to 9:30 it is possible to carry out the warm-up in the sea to the left side of the race field. It is forbidden to use the race area inside the buoys.



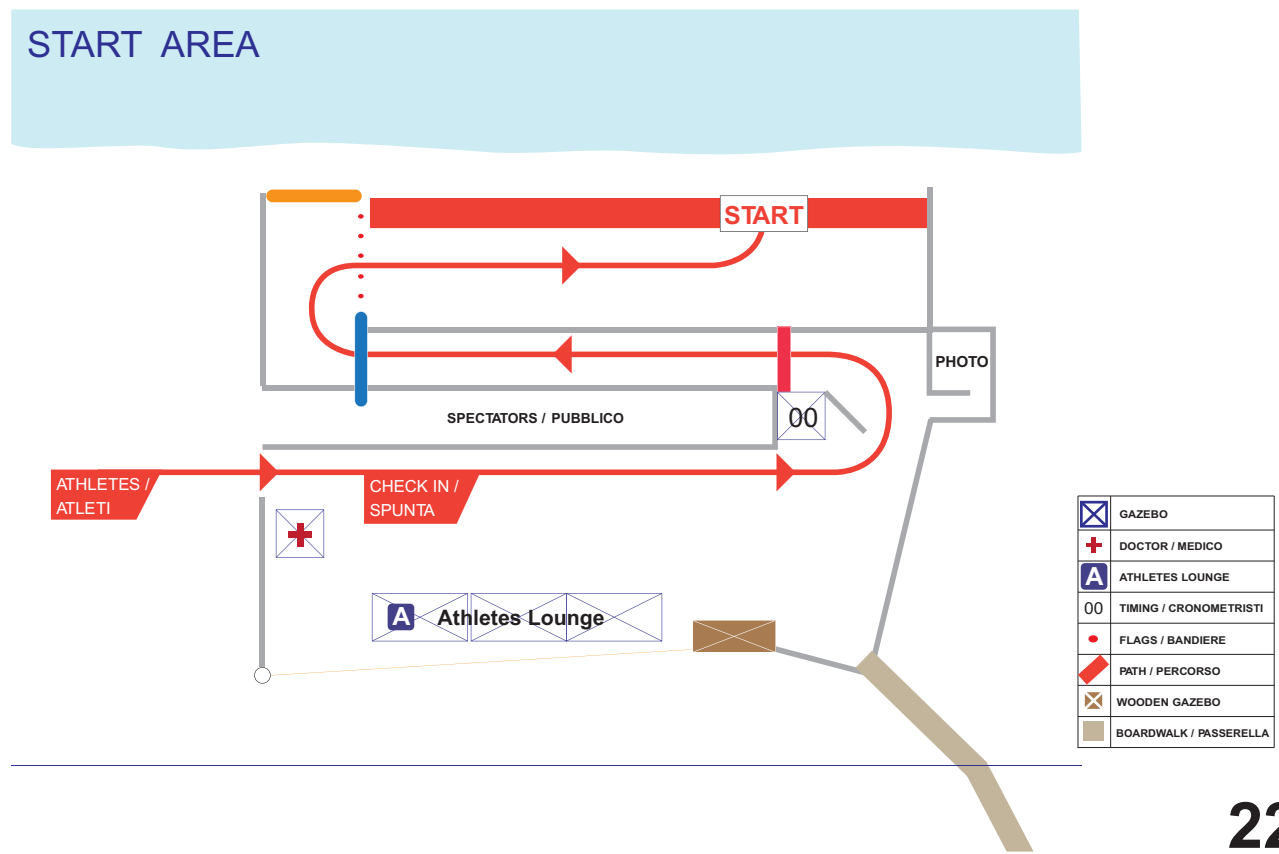
6.4 RACE START PROCEDURE

The race starts from the beach of Cala Ginepro, just a few meters from the transition area.

The race foresees 2 waves:

- Elite, U23 and Juniors starting
- Age Groupers and Para Tri starting, after 3 minutes

START AREA



7 SWIM COURSE

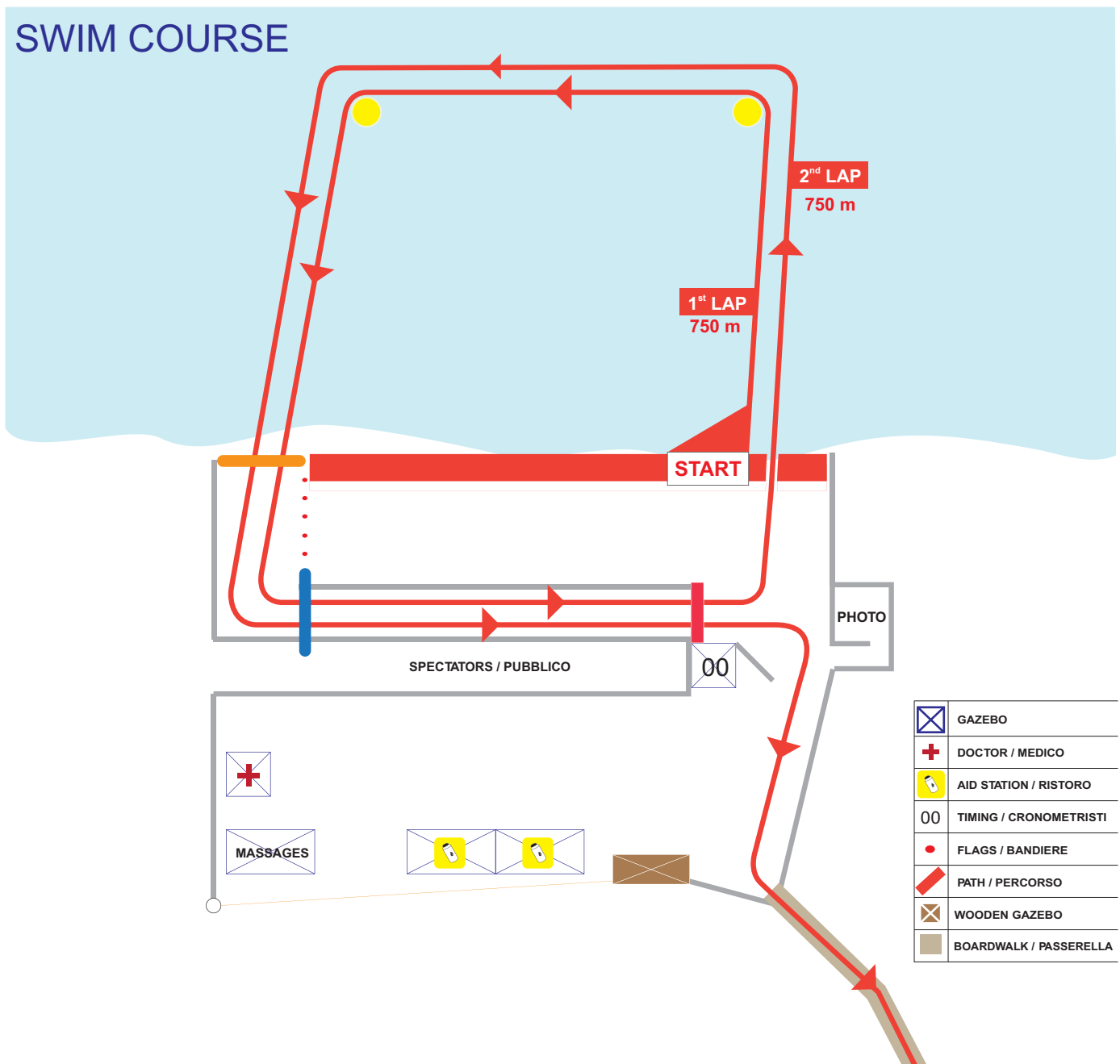
SWIM: 2 laps of 750 m - 1,5 km TOTAL

7.1 SWIM COURSE

The swim leg consists of 2 laps, each of 750 meters, that athletes will make in a counter-clockwise direction. At the end of the first lap there is a small stretch run of 50 meters on the beach and then the athletes will return in the water for the second lap.

The Junior and Para Tri athletes will make only one lap.

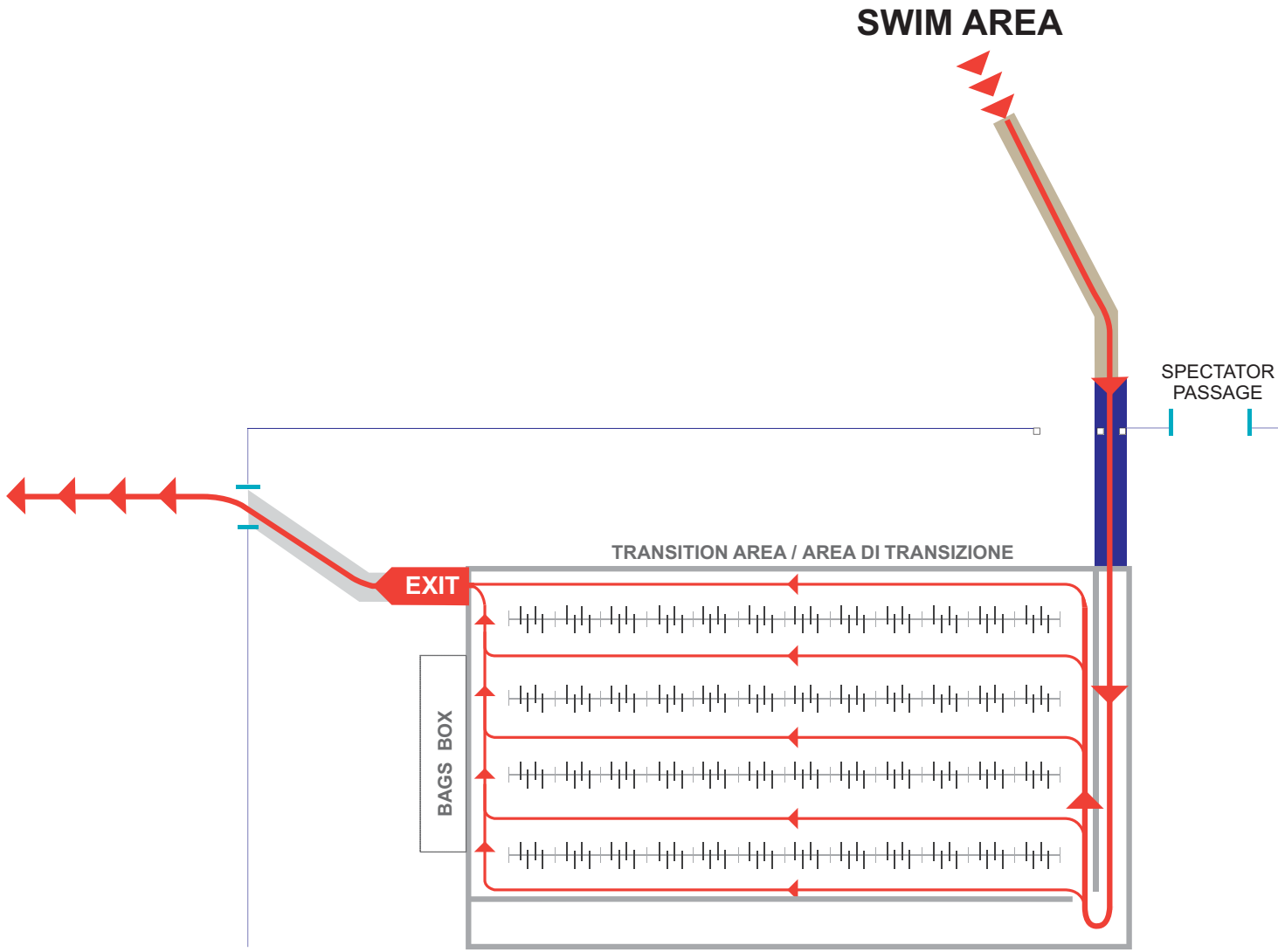
The direction changes are marked by yellow buoys.



8 TRANSITION T1

8.1 TRANSITION T1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

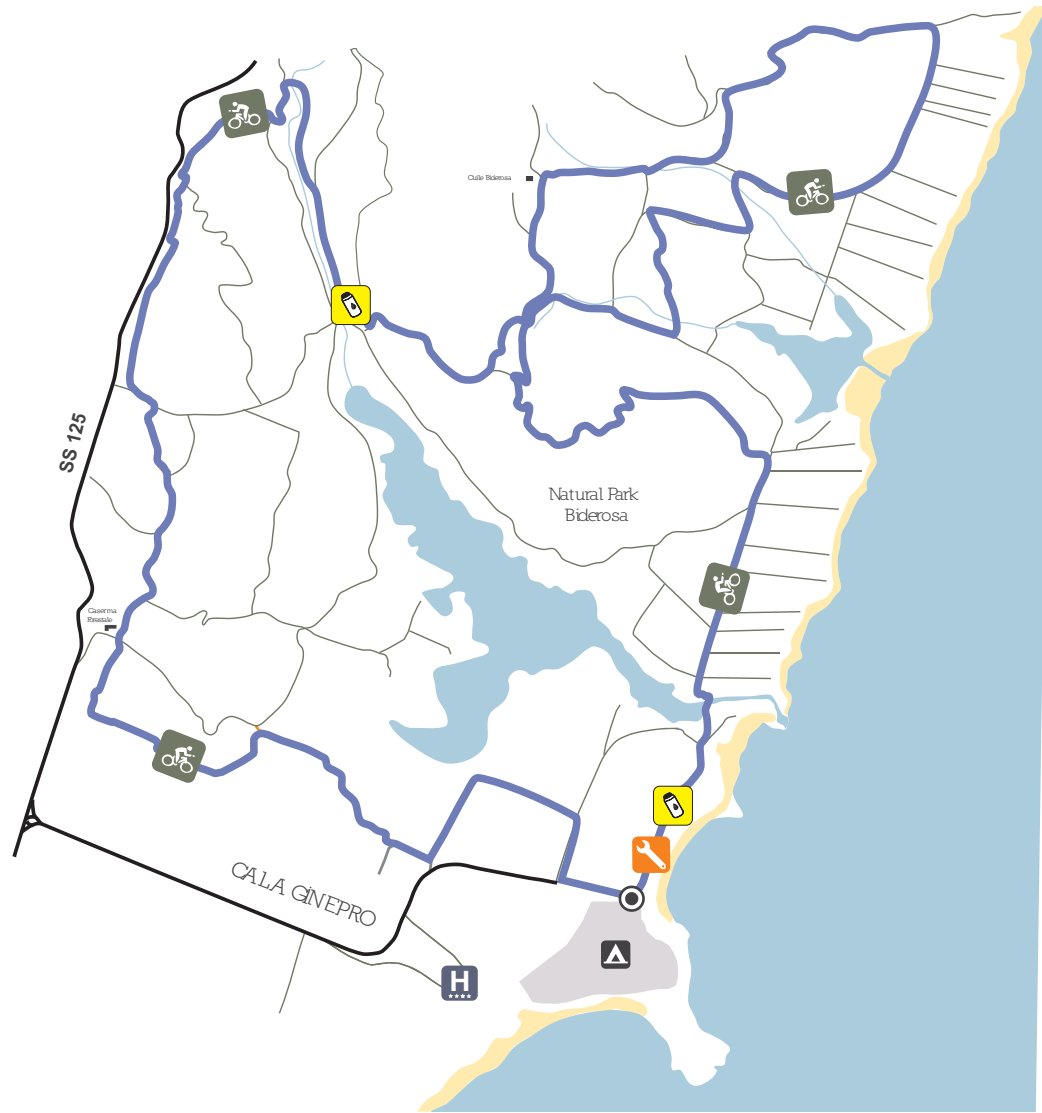








9 MOUNTAIN BIKE COURSE

BIKE: 2 laps of 15 Km - 30 Km TOTAL

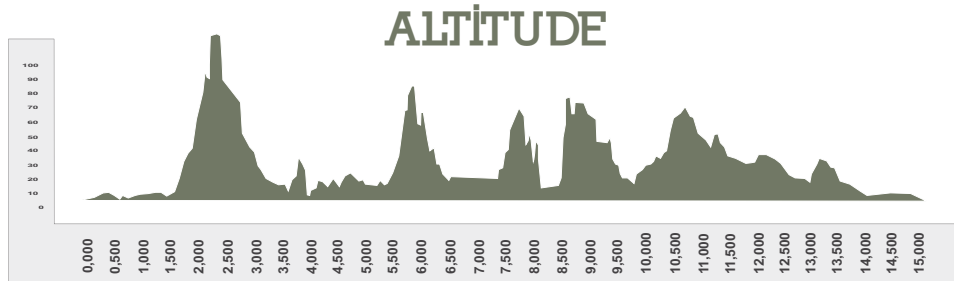
9.1 MTB COURSE

The Mountain Bike leg consists of 2 identical laps, each of 15 km, that Elite, U23 and Age Group athletes will make in a counter-clockwise direction, while the Junior and Para Tri athletes will make only 1 lap. The race context presents very suggestive settings, which are connected to the enchanting frame of the Orosei Gulf. The track offers technical crossings on hard and sandy lengths. The test is suitable for different driving techniques and for the fun of each one of you, so that you can get to face the competition with confidence and bring out all your sporty qualities together with physical preparation.



-  Arrival zone
-  Racequarter
Hotel Torre Moresca
-  Camping "Cala Ginepro"
-  Aid station
-  Wheel Station
-  Race

BIKE 30 km



10 MOUNTAIN BIKE AID STATIONS

BIKE: 2 laps of 15 Km - 30 Km TOTAL

10.1 MTB AID STATION

On the bike course there are 2 recovery stations, the first is located on the right side of the route at the exit of the transition area (0,2 km 1°lap 15,2 km 2°lap), the second one is located inside the Biderosa park (8 km 1°lap 23 km 2°lap) . There will be a sign showing the presence of the recovery station 100 meters before.

The recovery stations will provide bidons and only those located at the exit of the transition area will provide isotonic drinks too.

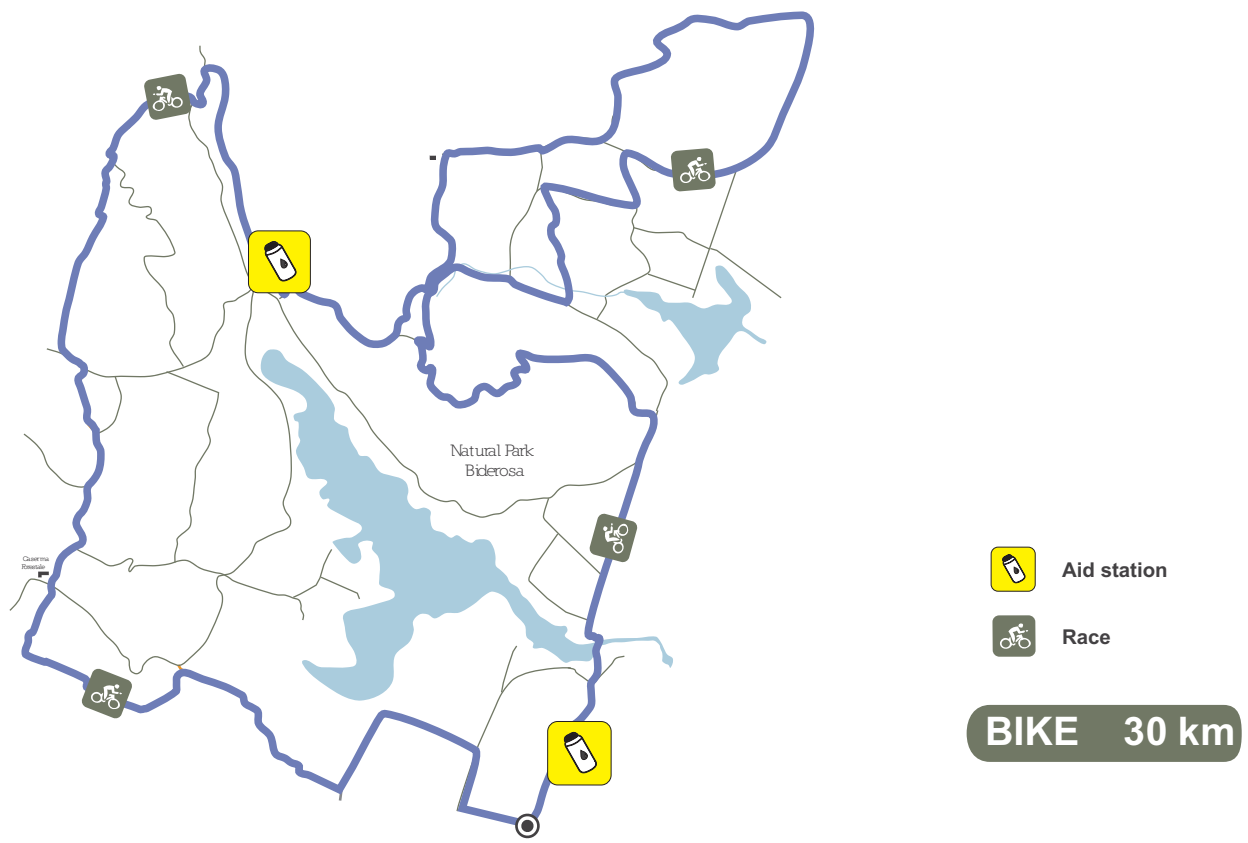
The capacity of a standard bidon is 500 cc, you must provide a suitable bidon cage.

The full bidon will be provided only to the athletes who will have left the empty bidon at the recovery station.

The athletes found to have left the bidons on the course instead of in the provided recovery stations, will get a penalty.

We recommend to ask in time the bidon or the isotonic drink to the volunteers.

Near the recovery stations the greatest attention should be paid to the volunteers and the athletes who are following. It is your responsibility to slow down and firmly grasp the bidon. You can stop at each recovery station, not in the middle but only after having overcome it for 10 meters. If you decide to stop be sure that there aren't any athletes following.



11 COACH ZONE & BIKE WHEEL STATION

BIKE: 2 laps of 15 Km - 30 Km TOTAL

11.1 COACH ZONE

The coaches have a provided area near the Recovery station, immediately after the exit of the transition area.

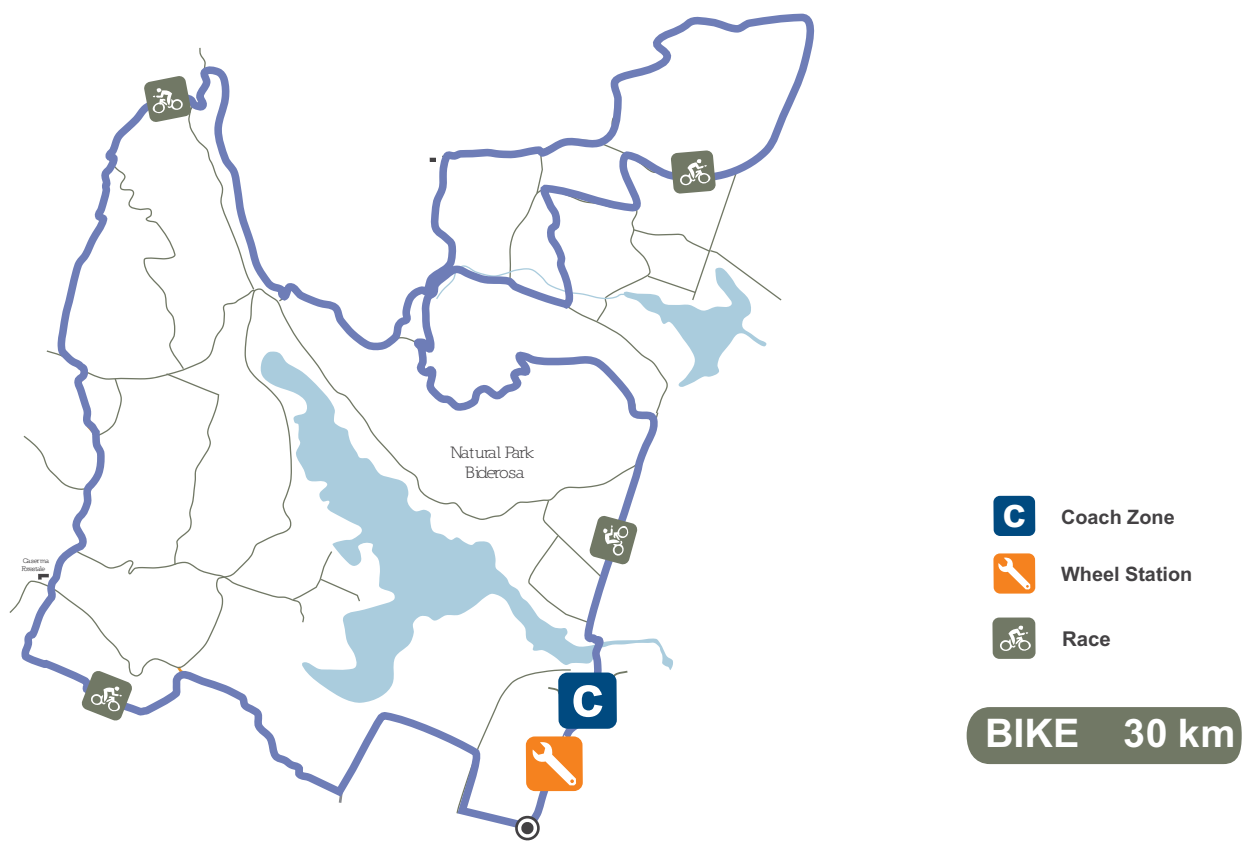
11.2 WHEEL STATION

There is a wheel station on the Mountain bike course, located on the right side of the route at the exit of the transition area, the same wheel station can be used at the beginning of the first lap as well as at the beginning of the second one.

In the wheel station there will be only the wheels provided by athletes, as the LOC won't provide any wheel.

The wheels should be delivered at the wheel station 30 minutes prior the race starting. The wheels should be marked with the Athlete's home Country or with the race number.

The athletes and the coaches will take care of picking up the wheels at the end of the race. The wheels that are not collected will be moved to the transition area.



12 TRANSITION T2

12.1 TRANSITION T2

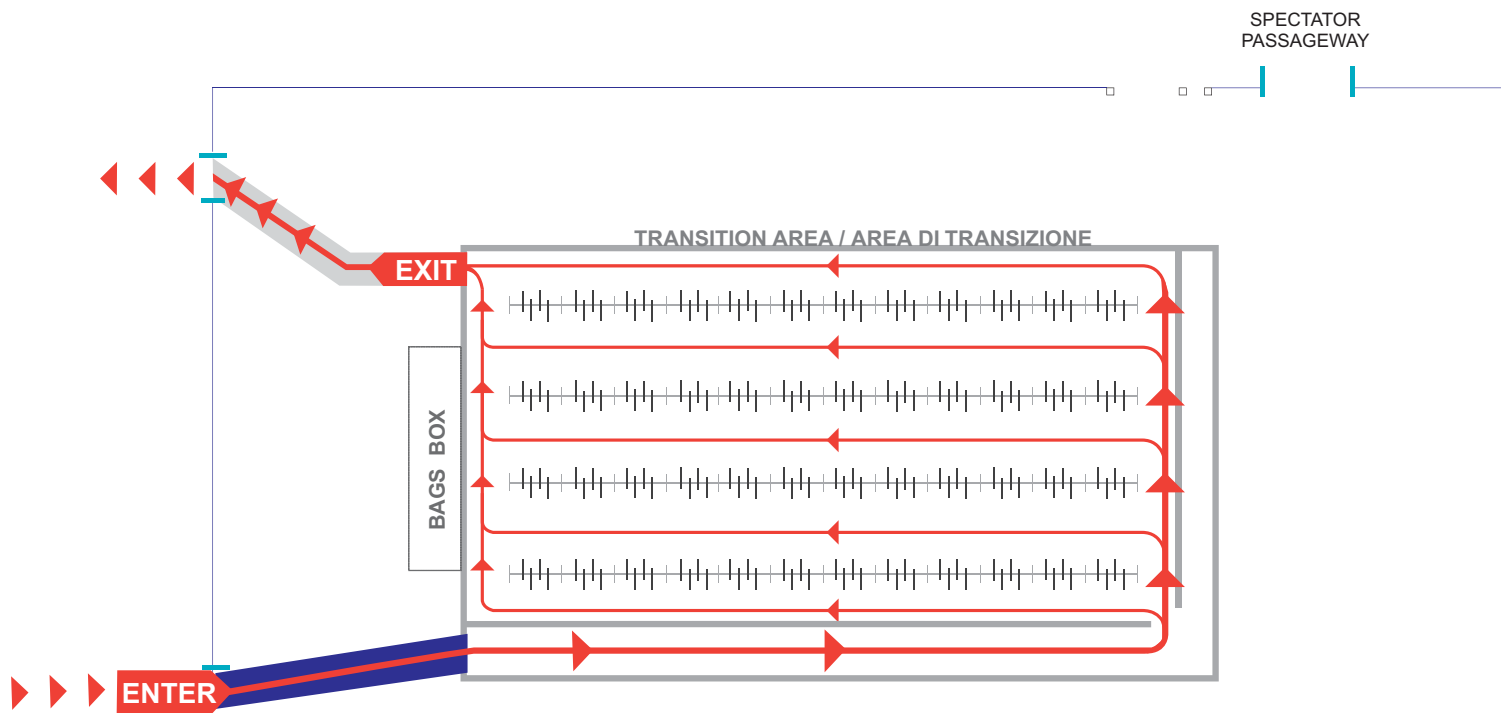
From the dismount line, athletes run in the centre lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin. After putting on their shoes, athletes will run forward in the outer run lane.

12.2 CUT-OFF TIMES

For the safety of competitors and event officials the following cut off times will apply:

Swim + Transition 1 + Bike + Transition 2 (at T2 exit point): Total of 3 hours and 40 minutes

Overall Cut-Off: 5 hours








13 RUN COURSE

RUN: 2 laps of 5 Km - 10 Km TOTAL

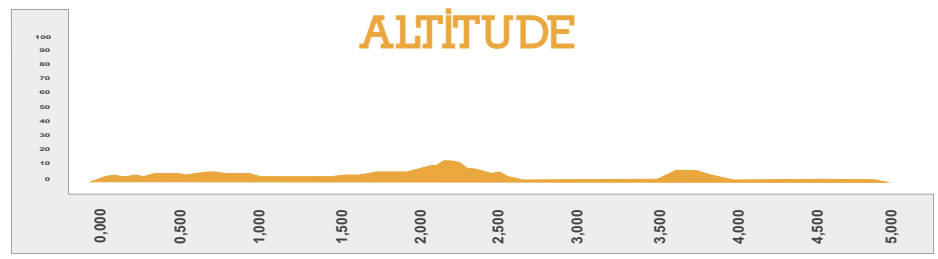
13.1 RUN COURSE

The Run leg consists of 2 identical laps, each of 5 km, that Elite, U23 and Age Group athletes will run in a clockwise direction, while the Junior and Para Tri athletes will run only 1 lap. This event will take place mainly along the white sandy beaches of Cala Ginepro and Biderosa, through small paths and dirt roads where the scents and colors of the Mediterranean will take you to the finish line of this important challenge.



-  Arrival zone
-  Racequarter
Hotel Torre Moresca
-  Camping "Cala Ginepro"
-  Aid station
-  Race

RUN 10 km



14 RUN AID STATIONS & COACH ZONE

RUN: 2 laps of 5 Km - 10 Km TOTAL

14.1 AID STATIONS

On the run course there are 2 recovery stations, the first is located at the exit of the transition area (0,2 km 1°lap 5,2 km 2°lap), the second one inside the Biderosa Park near the turning buoy (2,5 km 1°lap 7,5 km 2°lap). There will be a sign showing the presence of the recovery station 100 meters before. The recovery stations will provide water bottles of 500 cc., cola and fruit, only that located at the exit of the transition area will provide isotonic drinks too.

When you are near the recovery station ask what you prefer.

The bidons must be only left near the recovery stations, in the case you prefer keep the bottle during the course, you must leave it at the next recovery station and you must absolutely leave it on the course.

14.2 COACH ZONE

The coaches have a provided area near the recovery station, immediately after the exit of the transition area, to deliver food and beverage to the athletes.



15 FINISH LINE

15.1 TIMING CHIP

Prior to leaving the secured compound of the Finish Line the athletes are required to return their timing chip to volunteers

15.2 SPORT MASSAGE SERVICE

Some therapists and masseurs will be available for massage service. It will be located a booking massage center adjacent to the Race Office. Athletes who will make a booking after the race, will be equipped with an identification bracelet. Massages booking are compulsory and the massage won't be made to the athletes without an identification bracelet.

15.3 MEDICAL TREATMENT

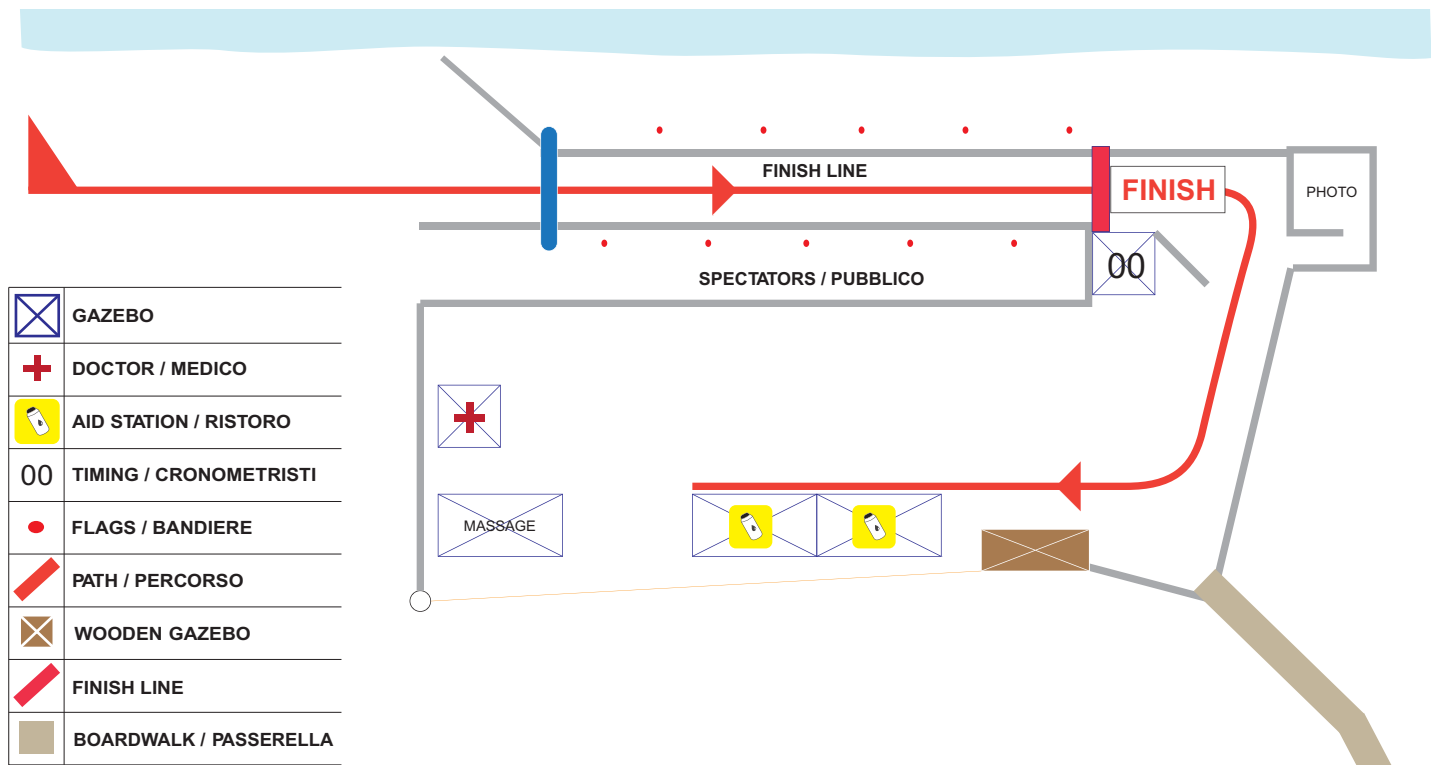
The medical staff will verify health conditions of each athlete who needs medical assistance, so that to provide the proper treatment.

15.4 RETURN OF THE BIKE

The athletes should pick up their bike from the transition area when the last athlete is going through the T2. The bikes that are not collected will be guarded until 4 p.m. To allow the identification of the athlete collecting the bike, he must show the identification bracelet and the bib run.

15.5 RESULTS

The results will be published by the Race Information Office, in the TNatura race field within few minutes after the end of the race and then they will be available on TNatura Events website as well as on ITU/ETU web site.



16 IMAGE & PRIVACY

16.1 PHOTOGRAPHS

On the course there will be six Official Photographers for the TNATURA ITALY Triathlon. Photographers will endeavour to take a photo of each competitor as they finish the swim, bike and run as well as some on course action shots so remember to remove any headwear that may be covering your face, especially in the Finish Chute. Photographs will be identified by Race Number so ensure they are displayed on your front and above the waist when finishing.

16.2 USE RIGHTS

With registration to TNATURA ITALY 2014, the athlete expressly authorizes the company Island Group s.a.s, the association Island Team a.s.d. and third involved, with sponsors and media partners, to the acquisition of rights and to use images or moving on which he will appears The athlete grants to Island Group s.a.s. and to Island Team a.s.d. and third associated the right to full use of his image without limit of time, place, renouncing to advance any claim, including economics..

16.3 PROTECTION OF PRIVACY AND RESPONSABILITY

With registration to TNATURA ITALY 2014 the athlete declares to acknowledge in entirety and to accept these official rules. Pursuant to the D.Lgs. No. 196 dated 30/6/2003, is required that the athlete reviews the documentation regarding protection of privacy and express their consent to the processing of personal data.

16.4 VARIOUS

For everything not provided in this regulation you can refer specific regulations and current Italian laws.

The organiser reserve to themselves the right to change at any time any rule of this regulation for reasons of force majeure.

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