



# Useful information

<b>Type of race:</b>	Relay race with 4 participants or single athlete.
<b>Place:</b>	Bellinzona - Ticino – Switzerland.
<b>Organizer:</b>	Circolo Ufficiali di Bellinzona (Officers circle of Bellinzona).
<b>How to arrive:</b>	Highway A2, Exit Bellinzona Nord or Bellinzona Sud, then go to the following address: Via Francesco Chiesa 4, 6501 Bellinzona.
<b>Public transports:</b>	By train to Bellinzona. It is then a 15-minute walk to the Youth and Sports Centre (Centro Gioventù e Sport).
<b>Starting time:</b>	<b>14:30, staggered start according to the starting list</b> (will be communicated when the starting number are collected).
<b>Start location:</b>	Piazza del Sole, Bellinzona.
<b>Finish location:</b>	Piazza del Sole, Bellinzona.
<b>Access area:</b>	It is recommended to walk from the G+S centre to the starting point.
<b>Parking:</b>	There are car parks around the G+S centre. However, their number is limited. You can also park your vehicle at the car park on the Piazza del Sole (for a fee) and reach the Piazza del Sole using the lift.
<b>Categories:</b>	<b>A:</b> Military units and troops corps, recruits' and cadres' schools, military Security formations, military and paramilitary associations <b>B:</b> Associations and sporting groups <b>C:</b> Police, border guards, firemen, civil protection formations <b>D:</b> Individuals (men and women), without any tests to be attended <b>E:</b> Women team
<b>Ranking:</b>	By category. An overall ranking will also be drawn up.
<b>Awarding ceremony:</b>	At 18:15 at Piazza del Sole, Bellinzona In case of bad weather: Spazio Aperto, Via Gerretta 9A, 6500 Bellinzona The location of the prize-giving ceremony will be communicated to competitors before the start.
<b>Registration:</b>	Online on <a href="http://www.militarycross.ch">www.militarycross.ch</a>
<b>Registration closing:</b>	Online registration <b>Thursday 30 March at 00:00</b> . Is it possible to submit a registration on site (Centro G+S), from 10:00 to 12:00 with an extra fee of CHF 10.- pro person.
<b>Registration fees:</b>	Including gifts box and standing dinner after the awarding ceremony: Category A, B, C and E: 60.- for the whole team Category D: 25.-



**Starting number collection:**

At the race office at Centro Gioventù + Sport, **from 10:00 to 13:30**.

**Briefing:**

For international teams and for those who are interested at **10:00** at the Aula Magna of the Cantonal School of Commerce (adjacent to the G+S centre).

**Test training:**

You can try the tests (fake grenade throws and biathlon shooting) at the tracks locations (see map) **from 11:00 to 12:00 and from 13:15 to 14:00**.

**Equipment:**

Running shoes suitable for the tracks  
Bike in good conditions, helmet is mandatory.

**Drinks supplies:**

Water and isotonic drink are provided on the route.

**Changing rooms and showers:**

Centro G+S, Bellinzona

**Health service:**

Guaranteed by medical soldiers stationed on the route and in Piazza del Sole. Emergency numbers will be handed out with the bibs.

**Accommodation:**

For information and booking: [info@militarycross.ch](mailto:info@militarycross.ch)  
For hotel accommodation: <https://www.hotelunione.org/>  
Or: <https://www.bellinzone-se-altoticino.ch/>

**Saturday lunch:**

At Centro G+S, for booking [info@militarycross.ch](mailto:info@militarycross.ch) or with the registration form. Price: 15.- p.p.

**Insurance:**

Participants are personally responsible for their necessary individual insurance coverage.

**Spectators:**

The entire route is accessible to the public. Interesting scenic points for the public and media are:

- Piazza del Sole: Start, biathlon shooting, finish and award ceremony.
- Ponte della Torretta: Finish of the 1st leg, start and finish of the 2nd leg, start of the 3rd leg, throwing body
- Montebello Castle: Passage of the 3rd leg
- Sasso Corbaro Castle: Finish of the 3rd leg and start of the 4th

Version: 19.01.2023

**Please note: only preliminary information is provided in this version. Please check the updated information on the website one week before the race.**