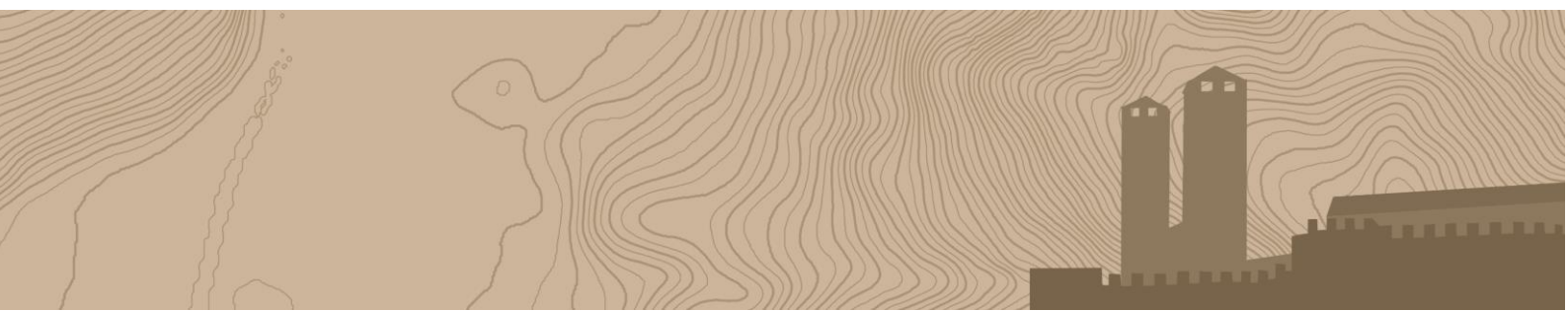


Useful information

- Type of race:** Relay race with 4 participants or single athlete.
- Place:** Bellinzona - Ticino – Switzerland.
- Organizer:** Circolo Ufficiali di Bellinzona (Officers circle of Bellinzona).
- How to arrive:** Highway A2, Exit Bellinzona Nord or Bellinzona Sud, then go to the following address: Via Francesco Chiesa 4, 6501 Bellinzona.
- Public transports:** By train to Bellinzona. It is then a 15-minute walk to the Youth and Sports Centre (Centro Gioventù e Sport).
- Starting time:** **14:30, staggered start according to the starting list** (will be communicated when the starting number are collected).
- Start location:** Piazza del Sole, Bellinzona.
- Finish location:** Piazza del Sole, Bellinzona.
- Access area:** It is recommended to walk from the G+S centre to the starting point.
- Parking:** 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.
- Categories:**
A: Military units and troops corps, recruits' and cadres' schools, military Security formations, military and paramilitary associations
B: Associations and sporting groups
C: Police, border guards, firemen, civil protection formations
D: Individuals (men and women), without any tests to be attended
E: Women team
- Ranking:** By category. An overall ranking will also be drawn up.
- Awarding ceremony:** At 18:15 at [Palazzo Civico, Piazza Nosetto 5, 6500 Bellinzona](#). The location of the prize-giving ceremony will be communicated to competitors before the start.
- Registration:** Online on www.militarycross.ch
- Registration closing:** Online registration **Thursday 21 March at 00:00**. 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.
- Registration fees:** 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:** [Stadio Comunale, Via Lucomagno, 6500 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
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 or on <https://militarycross.ch/en/contact>. Price: 15.- p.p., available upon request before 20.03.2024.
- 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: 15.03.2024

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

