

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: SBB train to Bellinzona. Then walking 15 minutes to Centro Gioventù e Sport (Centro G+S).
- Starting time:** **14:15, 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:** To go to the starting location, we recommend walking (10-15 minutes).
- Parking:** Limited parking at Centro G+S. It is possible to park at the Piazza del Sole parking garage (it is not free).
- 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:** For each category and general ranking
- Awarding ceremony:** At 18:00 at Piazza Governo, then standing dinner at Municipio Bellinzona
- Registration:** Online on www.militarycross.ch
- Registration closing:** online registration **Thursday 10 April**. 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.-.
- Registration fees:** Including gifts box and standing dinner after the:
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 13:15**.
- Briefing:** For international teams and for those who are interested at **10:00** at Centro G+S, Bellinzona.
- 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 14:15**.



- Equipment:** Running shoes suitable for the tracks
Bike in good conditions, helmet is mandatory.
- Bike pick-up:** At the G+S Center, from 10:00 a.m. to 12:00 p.m. Only for teams from abroad, upon agreement with the organizers.
- Bike return:** At the G+S Center, by 5:00 p.m.
- Informative video:** A video of the entire course is available on the race website
- Drinks supplies:** at the start/finish of the race and at each changeover zone.
- Changing rooms and showers:** At Palasport, Bellinzona (near Centro G+S)
- Health service:** Guaranteed by medical soldiers along the tracks and at Piazza del Sole (start and finish location).
- Accommodation:** If needed you can overnight at Centro G+S Bellinzona.
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 with the registration form (price 15.-/person).
- Insurance:** Participants are personally responsible for their necessary individual insurance coverage.
- Spectators:** The entire route is accessible by spectators. Interesting scenic spots for spectators and media are:
- Castelgrande for start, 3° track, finish, biathlon shooting, awarding ceremony.
 - Ponte della Torretta, finish of the 1° track, start and finish of 2° track, start of 3° track, test with fake grenade
 - Montebello Castel for 3° track
 - Sasso Corbaro Castle, finish for 3° track and start for 4° track

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