

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 26 March . Is it possible to submit a registration on site (Centro G+S), from 10:00 to 12:00.
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:** You can stay at one of the local hotels.
For hotel accommodation: <https://hotel-internazionale.ch/>
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:
- Piazza del Sole, featuring the start, biathlon shooting, finish, and exhibition booths for the Bellinzona Fire Department, Chance Arme, Cantonal Police, Croce Verde Bellinzona, GTRD Ticino, and several sponsors;
 - Piazza Governo, featuring the awards ceremony accompanied by military music;
 - Castel Grande, where the 1st and 3rd legs pass through;
 - Ponte della Torretta, finish of the 1st leg, start and finish of the 2nd leg, start of the 3rd leg, and launch of the launch team;
 - Montebello Castle, with the passage of the 3rd leg;
 - Sasso Corbaro Castle, with the end of the 3rd leg and the start of the 4th leg.

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