



1. GENERAL INFORMATION

The NIRVANA RAID is a team Trail race, where you have to reach control points following a specific order established by the organization before departure. The teams can choose the route from one control point to another and navigation is done using only a topographic map and possibly a compass. Any external help and the use of topographic GPS is forbidden, under penalty of disqualification. It is possible and recommended to have a wristwatch GPS to be able to superimpose your track to the route in the post-race.

2. ACCEPTANCE OF THE REGULATION

Participation in the Nirvana Raid implies acceptance by the registered competitors in all its parts and without reservation of these regulations. By registering, each competitor agrees to comply with these rules and releases the organizers from any civil or criminal liability for any accident or incident, for damage to persons or property derived from him or himself caused, which may occur during the event.

Nirvana Raid - Trail in Orientation will be held in accordance with these regulations and for all that is not specified, reference is made to the RFT of the Italian Federation of Sport Orientation (www.fiso.it).

Routes and categories

Two routes are planned for 2019:

- Short (approx. 15km and 800D+ easy orientation)
- Long (approx 25km and 2000D+ difficult orientation)

There are 2 classes:

- Male
- Female / Mixed

The length and height difference of the routes have been calculated, considering the choice of route considered best by the planner: they are therefore to be considered purely indicative. A team is made up of two people, who must remain together (i.e. on sight) for the entire duration of the

competition. At the time of registration, athletes will be enrolled in the Italian Federation of Sport Orientation (Tessera Green) which allows participation in all races included in the calendar in non-competitive categories. The minimum age to participate is 16 years old. Participation is allowed as long as under 18 are in possession of permission from a parent and their teammate is an adult.

3. RACE CENTRE/ARRIVAL

The race office, the start, the finish, the changing rooms, the showers, the health services and the station dedicated to the awards ceremony (CHECK THE PAGE RELATING TO THE PROGRAMME)

4. COMPETITION - PROCEDURE

Registration: Sunday morning from 6.45 a.m. to 8.15 a.m., at the meeting point.

At the time of registration, the electronic chip SI (in case of rental) and the bib number are delivered. The card with the race track is given to each team before the start.

Departure: Sunday 23 June at 8:00 a.m. (Long) and 9:00 a.m. (short).

The members of the team must remain together for the entire duration of the competition: they must not be more than 30 metres apart. The control points must be reached by both competitors in the given numerical order and the required equipment must be carried throughout the competition.

The competition is self-sufficient in water and food: there will be no refreshment points organized along the route. A single refreshment point will be set up at the finish.

The roads will be open to traffic. Teams are required to comply with the Highway Code (where routes cross roads open to traffic). The withdrawal of a team member is equivalent to the disqualification of the entire team. All withdrawals must be reported to one member of the organization.

The team's time will only be confirmed and entered in the standings after the data on the electronic chip has been downloaded.

Maximum time: 7 hours. An intermediate time gate is provided. The barrier is calculated to allow participants to reach the finish line in the maximum time set. The organization reserves the right to suspend the current race, delay the start, change the route or modify the time barriers. In case of reduced route there is no right to any refund.

Any complaints regarding penalties or disqualifications must reach the race office within one hour of publication of the official classification, accompanied by Euro 50.00 which will be returned only in case of acceptance of the same.

5. EQUIPMENT (MANDATORY)

During the race the team must always have the following material:

- 2 windproof jackets (one per competitor)
- first aid kit (MINIMUM content: disinfectant solution, sterile gauze 10cm x 10cm; 1 pack of medium sized elastic net; 1 roll of plaster)
- 1 mobile phone with a charged battery (please provide the number when registering)
- 2 thermal emergency sheets (2m x 1.4m silvered)
- 1 whistle
- 1 SI card for control points (you can rent it at the meeting)
- Water reserve of at least 500ml per competitor (at the start)

It is also recommended to have:

- backpack/marsupium
- shoes with good grip (mountain running shoes or boots)
- headgear
- food
- compass

The bib must always be in sight. At least 1 of the two bibs must be placed frontally. The bib is the necessary pass for access to refreshments and showers. The obligatory material may be subject to variations according to the weather conditions expected during the days of the race and will be communicated in the bulletin.

6. DISQUALIFICATIONS

Roadside inspectors are empowered to check the mandatory material and, in general, the compliance with the entire regulation. All competitors not found in possession of even one element of their mandatory material will be immediately disqualified, without any possibility of appeal on this penalty. The competition jury may disqualify a competitor in the event of serious failure to comply with the regulations, in particular:

- bib worn in a non-compliant manner or with the logos of the sponsors not visible
- failure to get to a control post
- lack of part or all of the compulsory material
- use of a means of transport
- departure from a checkpoint after the time barrier
- lack of assistance to another competitor in case of difficulties
- abandonment of one's own material along the way
- abandonment of waste on the way
- pollution or degradation of the site by a competitor or a member of its staff
- insults, rudeness or threats against members of the organization or volunteers

7. MAP

The topographic map of the route, in its most recent edition, will be delivered to participants at the time of departure. Competitors must take it with them during the competition. In addition to the points to be reached, there will be practical information such as the closing times of the checkpoints and the numbers to call in case of need.

8. EFFECTS OF BAD WEATHER / INSURANCE

The ASD Nirvana Verde will organize the competition with any weather condition. In case of bad weather or for reasons of force majeure, the organization reserves the right to make changes to the tracks or the program of the event, in order to ensure the safety of competitors. The suspension or cancellation of the race will not entitle the competitors to any refund of the entry fee.

9. PRIZES

Only competitors who reach the finish line and have reached all checkpoints will be included in the ranking. Those who do not pass the time gate will be classified in the reduced route. The first three teams in each category will be awarded. The official awards ceremony will take place at 14.00 in the meeting area.

10. ENTRIES / FEES / DEADLINES

Registrations will open by December, 8th, 2018 and will close on Thursday June, 20th, 2018. Registrations must be made online with payment by bank transfer by filling out the form on the official website of the race (www.nirvanaraid.it). For non FISO members is required to send a copy of the current medical certificate for competitive or non-competitive sports. In case of lack of the required documents you can not take part in the race and the competitor will not be entitled to any refund of the registration fee.

REGISTRATION FEES (the date of crediting of the transfer will be taken as proof of this):

- 15 €/competitor by MONDAY December 24th 2018 (Christmas Pack)
- 25 €/competitor by SUNDAY June 9th 2019
- 35 €/competitor by SUNDAY June 16th 2019
- 35 €/competitor by THURSDAY June 20th 2019 (without finisher shirt)

SI Card: those who do not have it will be provided by the organization (will be required a document or 30 € as a deposit that will be returned entirely upon return)

Registration gives the right to 1 map per competitor, bib, race pack, refreshments on arrival, use of changing rooms and health services. Non-FISO members must then subscribe to the federal

insurance at a cost of €3. All those who register online on the website will receive an email confirming their registration.

A team is considered registered only after sending the required documentation and the payment of the fee by bank transfer IBAN: IT17B05216512000000000001150 in the name of Asd Nirvana Verde.

11. REFUND OF REGISTRATION FEES

There is no refund of the registration fee.

12. IMAGE RIGHTS

The organization may use any filmed or photographic image of the event without any competitor having the right to use the image. Any film or photographic image of the organization or event may be used by athletes for private use only. Public use is prohibited