

61^ SCIALPINISTICA "MONTE CANIN"

Day: 03.04.2016

Place: Sella Nevea (UD) ITALY

Couple race: start 09:00
length: 18 km
ascent: 2160 mt
minimum age : 18
entry fee: 50 Euro

Individual race: start : 09:30
length: 9.5 km
ascent: 1200 mt.
minimum age: 16.
entry fee: 25 Euro (15 Euro from 16 to 18 years old)

Prize fee includes dinner and sport gadget.

Registrations: - online www.skialpraibl.it until 12.00 of 02.04.2016 (or e-mail to usraibl@gmail.com)
- race office from 07:00 to 08:30 of the 03.04.2016

Obligatory individual equipment

- skis: laminated for at least 90% of their total length. Minimum width: 80 mm in the front part, 60 mm under the boot and 70 mm in the rear part. Minimum height: 160 cm for men and 150 cm for women. The height and width declared by the manufacturer will be considered.
- bindings: ski mountaineering type with the possibility to block the boot in the rear part during descent and have front and lateral safety release. They may be equipped with security straps at the discretion of the competitor. "Mixed" bindings, i.e. front and rear of different make, are not allowed.
- poles: alpine or cross-country (carbon or other material) with maximum diameter of 25 mm excluding padding. Metal baskets are not allowed.
- sealskins:
- boots: must entirely cover the ankles, have adequate thermal characteristics and allow rapid and safe attachment of crampons.
- **Avalanche Transceiver (A.R.T.V.A.) device: set to the international frequency of 457 kHz, must be worn in contact with the body and under no circumstances must be visible.**
 - rucksack: with ski straps and sufficient capacity to hold all the equipment. Minimum capacity 20 litres.
 - lower body clothing: three layers. Underwear, a pair of trousers or ski suit in the competitor's size and a pair of wind breaker over-trousers with thermal padding (minimum weight 300 g).
 - upper body clothing: three long-sleeved layers in the competitor's size.

Underwear, a long-sleeved ski suit or second layer and a wind breaker jacket with thermal padding (synthetic or down, minimum weight 400 g).

- gloves: must cover the entire hand up to the wrist and be worn for the entire duration of the race
- UV-protection sunglasses
- 1 survival blanket with minimum dimensions of 1.00 x 1.80 metres;
- **UIAA standard helmet. It must be worn for the entire duration of the race**
- **a snow shovel with minimum dimensions of the scoop of 20 cm x 20 cm and minimum length with handle inserted of 50 cm, UIAA approved without any modifications.** The term "snow shovel" is defined by the manufacturer
- **a snow probe of minimum length 2.40 m and minimum diameter 10 mm, without any modifications.** The term "snow probe" is certified by the manufacturer.

Saturday 02.04.2016:

17.00 : briefing and race numbers
assignment

Sunday: 03.04.2016

07.00: opening race office

09.00: start couple race

9.30: start individual race

11.15: stop transit by Rif. Gilberti

12.30: stop transit Sella Ursich

13.00: dinner

14.00: classification exposure

15.00: prizegiving