



OPEN WATER SWIM - CROSSING THE GULF OF TRIESTE

MARATHON 18KM

29.07.2023

PRESENTATION: DIVE INTO NATURE! THE WORLD OF SPORT MEETS NATURE!

The setting from Trieste towards Grado is a splendid natural landscape that reaches down to the Gulf of Trieste. To help preserve the treasure that these places represent there are 3 protected areas whose staff are dedicated to their upkeep. The Marina di Miramare Nature Reserve, The Falesie di Duino Nature Reserve and the Regional Foce dell'Isonzo Nature Reserve. With the 6th edition of the Swim across the Gulf the world of sport wants to dive in and support the amazing work done to maintain these stunning places. An 18km swim, undertaken either individually or as a relay team, that passes through this splendid seascape.

The Swim Across the Gulf is a sports event for both amateur and competitive racers alike. It takes place starting in Staranzano, near the mouth of the Isonzo, and finishing in Grignano - Miramare, Trieste. Swimmers can participate either individually or as a team with a maximum of 6 swimmers per safety boat. This iconic swim started in 2009 with the aim of promoting and inspiring ecological and sustainable tourism through a fun sporting event. Over the past 5 editions the race has seen hundreds of participants from Italy and abroad, including some noteworthy names from the national swimming scene. It is also a great day out for all the family.

From 10.00 on SATURDAY 29th JULY you can follow the race from the beaches along the coast of Trieste, from the Rilke Path in Duino or cheering at the finishing line in the port of Grignano.

ORGANIZATION:

- o UISP Friuli Venezia Giulia

With funding from Friuli Venezia Giulia Region

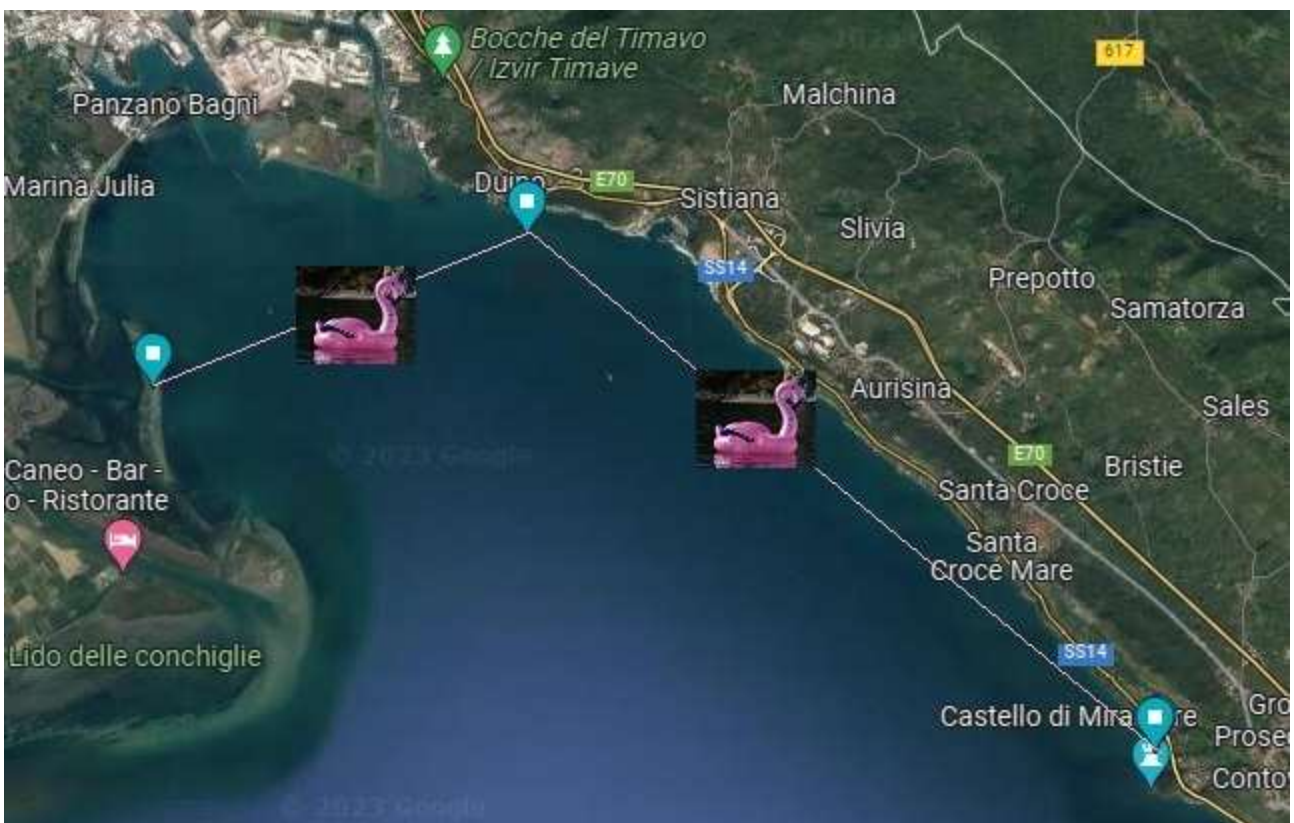
WITH THE INVOLVEMENT AND ORGANIZATIONAL SUPPORT OF:

- o WWF Protected Area of Miramare
- o Regional Nature Reserve Falesie di Duino
- o Port Captaincy Trieste
- o Port Captaincy Monfalcone
- o Local Council of Staranzano
- o Protection of Biodiversity for the region FVG
- o Boat club Grignano
- o ASD Punta Barene
- o G. Udine a.s.d.
- o Ecopark

OPEN WATER SWIM COURSE

The crossing of the gulf of Trieste is 18km (eighteen) /11,2 nautical miles, and is made up of a course situated entirely within the Gulf of Trieste.

Start from Caregoni e arrivo al Grignano Bagni - Miramare (Riserva Naturale Marina di Miramare - 45°42'14.82"N 13°42'39.99"E).



Partenza: Caregoni	Svolta: Castello di Duino:	Arrivo: Grignano Bagni
45°45'02.8"N 13°32'27.9"E	45°46'08.00"N 13°36'18.68"E	45°42'25.9"N 13°42'47.9"E

Start Caregoni Council of Staranzano,

Swimmers will follow the last part of the canal and then reach the open water area near le Falesie di Duino keeping on the outside of the area dedicated to mussel farming.

On reaching the Castle of Duino a buoy will indicate the turning area.

From here the course is a straight line following the coast in the direction of Grignano.

Swimmers will maintain the distance from land that assures avoidance of the mussel farms.

Finish line in Grignano Bagni (Marina di Miramare Nature Reserve) which will be indicated with a finishing line banner.

Programme:

- o 9.30 – Caregoni – Briefing
- o h. 10.00 – Race starts
- o h. 18.00 – Race ends
- o h. 18.30 – Bagno Riviera Grignano - Buffet e prize giving

REGULATIONS:

- o The swim is not a competitive event and can be undertaken both individually or as a team. The teams can be of mixed genders and of members belonging to different swim clubs or federations.
- o A relay team can be made up of between 2 and 6 members taking it in turns to swim. The handover must take place in the water (no diving from the boat) with the swimmers touching, each turn 20-30 minutes long.
- o The event is open to members of UISP, FIN, FITRI and swimmers from abroad. When signing up please send a copy of your membership card and a copy of your Sports Health Certificate valid on the day of the event. Foreign swimmers are also asked to send in the declaration.
- o All teams must be accompanied by a fully equipped and registered safety boat. A mobile phone number must be registered with the organization. Moreover each boat must have a VHF radio system for any urgent communications from the organization or the Port Captaincy.
- o Each boat will have a coloured banner supplied by the organization.
- o Safety boats are not to help the swimmers by offering protection from waves or by allowing swimming in their wake. (Unless the swimmer is at risk or in danger.)
- o The total number of participants either as individuals or teams will be the equivalent of a maximum of 30 safety boats.
- o Every swimmer is to use a high visibility tow float
- o HEALTHY AND SAFETY-. The organization will provide a safety boat with a First Aid team.

The organization declines all and any responsibility for any damages that may occur to participants or third parties or to any effects before, during or after the event. Or indeed connected in any way to the event.

ENTRY:

- o Entries must be received before and not after **MONDAY 10 JULY 2023**
- o Entries are to be sent to:
traversatadelgolfoditrieste@gmail.com
Including;
 - Completed entry form.
 - Copy of payment.
 - Copy of swimming club or association membership card.
 - Copy of Sports Health Certificate valid on the day of the event. Foreign swimmers are also asked to send in the declaration.

COSTS:

before 01/06/23 € 20,00
from 02/06/2023 to 10/07/2023 € 25,00 per participant.
(cost includes insurance cover).

Payment must be made by bank transfer to
UISP COMITATO REGIONALE FRIULI VENEZIA GIULIA APS
Bank: Intesa Sanpaolo
IBAN IT92B 03069 09606 100000015829
ref.: "Traversata a nuoto del Golfo di Trieste 2023 + Team Name"

On reaching the maximum number of entries of 30 boats, all entries will be suspended. Please contact the organization to check availability.

- o Teams are to supply and pay for their own safety boats.
- o Team members can be changed until 12.00pm 12.00 on 28 July 2023 with an extra payment by bank transfer of 5,00 Euro for every modification. Copy of the payment and the modified entry form must be sent to the organization as soon as possible.
- o Each team will be assigned a number which must be transcribed on both the boat and all swimmers.
- o At the start of the race each team will be supplied with bottles of water. **Loss of the bottles at sea will lead to the IMMEDIATE DISQUALIFICATION of the entire team.**

RESULTS AND PRIZES:

- o All participants will receive at the moment of the event and entrance to the buffet.
- o Prizes will be given to the first classified team, to the first classified individual swimmer, to all individual swimmers and to the team with the highest average age.
- o The organization will take the times of all the teams and these will be published on the event boards or promotions dedicated to the race.

INFO:

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ORGANIZATION AND INFORMATION

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