

MEZZALAMA SKYCLIMB & VERTICAL RACE 2024 – 29 JUNE 2024
(postponed in the event of poor weather until: 30 JUNE)

SKYCLIMB REGULATIONS

SkyClimb Mezzalama is an international competition affiliated with F.I.Sky and open to teams of 2 athletes, not necessarily of the same nationality, who are over 18 years old as of the date of the event.

The competition takes place primarily on glacial terrain featuring crevasses, ice, snow and steep slopes which requires the use of harness, rope and crampons in compliance with CE regulations.

1. CONDITIONS OF PARTICIPATION

To take part in the SkyClimb Mezzalama, athletes must provide an appropriate **medical certificate** of suitability for competitive sports (B1) in the following disciplines: track and field, skyrunning, mountaineering, ski mountaineering.

All athletes must include with their application a mountaineering CV for the selection process.

In the days prior to the competition, we recommend that all athletes inspect the route - until at least the start of the glacial terrain - to ensure it is fully suitable for their ability and experience.

A **ranking** will be prepared on the basis of the following parameters:

1. ITRA score of at least 600 points for men and 450 points for women
2. Experience in Skyrace and Skymarathon competitions (as defined in the ISF classification): at least three skyrunning competitions entered and completed between 2019 and 2023, including at least one skymarathon over 35km
3. Athletes who do not have an ITRA score will be evaluated on the basis of their positioning in the principal competitions of "La Grande Course" and their mountaineering experience.

Each athlete's **curriculum vitae** will be essential to decide whether to admit the team. Applications in which athletes have not filled in the CV part of the form will not be taken into consideration.

The **athletes admitted** will receive a confirmation message at the email address indicated on the registration form, and must then promptly pay their **registration fees**.

If the registration fees are not paid, the team will be excluded from the list of participating teams and replaced by the next-highest ranking team on the waiting list.

2. SKYCLIMB REGISTRATION

The competition is open to a maximum of 100 teams for a total of **200** competitors. This number may vary according to the mountain conditions at the sole discretion of the race organisers.

Athletes must submit their registration to the Organising Committee, which, after having examined the requisites of each, will confirm participation.

Once 100 teams have been confirmed, additional teams with suitable characteristics will be added to a waiting list and selected in order in the event of other teams cancelling.

Individual participation fee: € 100.00 (€ 200 per team)

Individual participation fee for F.I.Sky member athletes: € 95.00 (€ 190.00 per team)

Aside from the organisation, the registration fee for each athlete covers safety and assistance services during the event, 1 starter gift, refreshments in the finish area and lunch on the day of the race.

Daily Fisky membership

To participate in Federal calendar races, F.I.SKY allows anyone without an annual membership to sign up for an individual daily membership card through the organiser of the competition they wish to take part in.

The daily membership has a cost of €5.00 (five) which athletes must pay along with the registration fee.
The membership comprises an individual insurance policy.

INFO

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REGISTRATION from 25 February to 26 June, exclusively online on www.skyclimb.it and www.trofeomezzalama.it

2.2 Categories

Female (single category)

Male (single category)

Mixed teams will fall under the male category

2.3 Results

The overall results, the female and the male results will be published

2.4 SkyClimb Prizes (to assess with the Board)

Male category

1st place team: 2000 euro

2nd place team: 1600 euro

3rd place team: 1000 euro

Female category

1st place team: 2000 euro

2nd place team: 1600 euro

3rd place team: 1000 euro

Prizes in kind for 4th, 5th, 6th, 7th, 8th, 9th and 10th place M and F teams

3. THE ROUTE (about 25km; 2,533 m elevation gain)

The route begins with a climb through larch woods to the village of Fiery (1878m). From here, the climb is less steep, heading diagonally to the right toward Pian di Verra (2050m).

After crossing a stretch of level ground, a path leads to the Blue Lake (2215m). The route then follows the steep line of the glacial moraine to Rifugio Mezzalama (3036m). Above this level, we encounter typical pre-glacial rocky terrain, with an easy, level strip of ice taking us to the foot of the steep rocks of Lambronecca, at the top of which is located the Rifugio delle Guide di Ayas (3400m).

At Rifugio Guide di Ayas, first FEED ZONE and GEAR CHANGE. Here participants will put on harness and crampons and rope up in preparation to face the glacier. Slopes are moderate until the Verra Pass (3848m).

The most technical and challenging part of the competition is the climb to the Castore (4226m) on the western wall, following the classic Mezzalama route. The descent will be down the eastern crest and Felik glacier to Rifugio Quintino Sella (3585m).

FEED ZONE and GEAR CHANGE. Ropes and crampons will be removed.

A high rocky crest properly fitted out quickly leads to the scree taking to Bettolina Pass (about 3000m). From here an easy trail leads to Colle della Bettaforca and then on to Rifugio Ferraro and Rifugio Guide Frachey (2060m) in Résy, before a final steep descent to the finish in Saint Jacques.

The entire route will be marked out with flags, ribbons and by volunteer staff.

It is compulsory to **follow the marked route**, and those who do not do so will be penalised or disqualified.

Bibs must remain visible at all times during the competition. In the event of poor weather, the bib must be worn over the jacket to ensure that it is visible.

The organisers reserve the right to temporarily suspend or definitively interrupt the competition for some or all competitors in the presence of situations that could seriously compromise the safety of the athletes or of other people along the route (such as helicopter rescue operations, falling rocks, etc.).

In the event of particularly adverse weather conditions, the organisers may decide to suspend the competition even once it is under way: in this case, the ranking will be drawn up on the basis of the last checkpoint's passage.

4. COMPULSORY INDIVIDUAL EQUIPMENT

Mountaineering equipment must have CE marking.

"DIY" amendments to equipment will not be permitted

- trail running shoes with gaiters. The shoes shall be fit for crampons and allow to fix them safely
- harness
- via ferrata set with energy absorbing system
- classic crampons (with a minimum of 10 points) with the 6 front points made of steel
- ice axe (45cm minimum)
- 1 carabiner with lock
- 1 pair of gloves + spare pair
- CE EN12492 approved helmet
- 1 thermal blanket
- mobile phone with the following emergency number stored in the memory:

+39 335299973

Required clothing:

- upper body undergarments
- thermal socks
- long leggings + thermal top or ski mountaineering skinsuit
- padded windproof jacket (min 250g)
- windproof overtrousers (these should ideally be slightly padded)
- gloves + spare pair
- hat

A few days before the start of the race, the organisers may announce any required additions to clothing based on weather conditions

4.1 COMPULSORY TEAM EQUIPMENT

- 1 12m rope, approved as a "full rope" with a min. diameter of 8mm

All compulsory equipment must be brought to the finish line. If an athlete is found to be without any of this material at any point during the route or at the finish, penalties will be applied in accordance with F.I.Sky – ISF regulations.

5. Refreshment points

Along the route there will be **1 water station (Pian di Verra Sup) and 2 refreshment points (Rifugio Guide di Ayas and Rifugio Quintino Sella) as well as the final refreshment point at the finish line.**

6 Time barriers

There will be a single maximum time barrier at the Rifugio Guide di Ayas at Lambronecca. 3h for male teams, 3h15 for female and mixed teams.

Athletes arriving beyond the deadline for the time barrier will be disqualified from the competition. Following disqualification – in the event of the delay not being attributable to physical issues – athletes are strictly required to head down the mountain using the same route in reverse, and in accordance with instructions they receive from the Guides in charge of safety.

Athletes who are unable to meet the deadline for the time barrier as a result of physical and/or health issues will be assisted by the Organisers.

At the time barrier and at any point along the route, the Organisers may – at the discretion of the healthcare staff – disqualify competitors deemed not to be in suitable physical conditions for continuing the race, even where the time barrier deadline was met.

The maximum time allowed for completing the race is 7 hours.

Following the expiry of the maximum period of time for completing the route, once the Guides have passed along the route, support will no longer be available.

7 Timekeeping

Timekeeping will take place with a chip. Each athlete will be given 2 chips along with the bib and starter gift.

8 Postponement

If adverse weather conditions prevent the competition from being held on Saturday 29 June the SkyClimb race may be scheduled on Sunday 30 June.

9 Withdrawals

If a team is unable to take part in the competition (eg because of injury, health or family issues) refunds of the registration fee will be made as follows:

- 1 80% if the withdrawal is made in writing before 1 May 2024
- 2 50% if the withdrawal is made in writing between 2 May and 15 June 2024
- 3 No refunds will be made from 16 June 2024 onwards. The team may choose to use the paid registration fee for registration in 2026. In such cases, in the event of an increase in the registration fee for 2026, the team will only have to be pay the resulting difference.

10 Cancellation

In the event of the race being cancelled due to force majeure, for reasons beyond the control of the Organisers (dangerous weather conditions, orders from the authorities, pandemic), the Mezzalama Trophy Foundation will refund 80% of the value of registration fees.

11 Accreditation of registered athletes

Athletes can collect the starter gift, timing chips and bib between 3 PM and 8 PM on Friday 28 June 2024. All details will be sent by email to athletes one week before the event.

11 Start and technical briefing

Start at 7 AM in the centre of Saint Jacques in Val d'AYas (AO). Athletes must report to the starting area at 6:30 AM for the technical briefing.

12 Controls

Checkpoints will be set up along the route and they will be announced during the technical briefing on the day of the competition. Failure to pass even a single one of these checkpoints will result in disqualification.

13 Abandoning the race

Competitors who abandon the race must report to a checkpoint, showing the bib assigned to them. If an athlete abandoning the race does not require medical assistance, he/she must return independently, along the marked route and notify the

nearest checkpoint. Following voluntary abandonment of the race - for reasons other than physical impairment - and notification of the abandonment to the route officials, athletes will have no further support from the Organisers.

IMPORTANT: the emergency medical services helicopter will intervene only if requested by the competition organisers.

14 Accidents

In the event of an accident, inform the nearest checkpoint or aid point along the route.

15 Complaints

Any complaints following the race must be filed with the judges within 30 minutes from the posting of the finishing order, with a deposit of €50.00, which will be refunded if the claim is accepted.

16 Penalties and disqualification

Loss of crampons, non-compliant use of the rope or any other conduct that jeopardises the safety of the roped team or of the other competitors in the race will result in immediate disqualification.

A penalty of ten minutes, or disqualification in the event of repeat offences, will be applied to athletes who discard litter along the route or fail to comply with the safety regulations or the instructions of staff members supervising particularly dangerous points on the route.

17 Extra supplies and external aid

No external aid is permitted for safety reasons, on pain of disqualification.

18 Assistance

The Organisers will provide assistance during the competition, with the support of Alpine Guides at the most difficult points along the route. The Organisers will call emergency services if it should be necessary.

All matters not specifically addressed in these regulations shall be subject to F.I.Sky-ISF regulations.

In the event of complaints, the Organisers will attest to the Italian version of the regulations