

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

## **VERTICAL RACE REGULATIONS**

As well as the SkyClimb race the Mezzalama Trophy Foundation organises a Vertical race, which starts from Saint Jacques (1670m) and finishes at Rifugio delle Guide di Ayas (3.400m), on the same uphill stretch as the main event.

THE ROUTE (about 9km; 1730m elevation gain)

The first steep stretch through larch woods leads to the village of Fiery (1878m). From here the climb is less steep as it heads to the right through woods towards 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). From this point onwards, the terrain is typically pre-glacial and rocky, as an easy strip of ice skirts around a meltwater lake, leading towards the foot of the steep rocks of Lambronecca, at the top of which is the finishing point, the Rifugio Guide di Ayas (3400m).

### 1. CONDITIONS OF PARTICIPATION

The **Vertical Mezzalama** race is open to athletes who are over 18 years of age as of the date of the event.

Athletes must have an appropriate **medical certificate** of suitability for competitive sports (B1) in the following disciplines: track and field, skyrunning, mountaineering, ski mountaineering.

### 2. VERTICAL RACE REGISTRATION

**From 25 February to 26 June**, exclusively online on [www.skyclimb.it](http://www.skyclimb.it) and [www.trofeomezzalama.it](http://www.trofeomezzalama.it)

**Individual participation fee: € 25.00 per person**

**Individual participation fee for F.I.Sky member athletes: € 20.00**

Aside from the organisation, the registration fee for each athlete covers safety and assistance services during the event, 1 starter gift and refreshments in the finish area at Rifugio delle Guide di Ayas.

### **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

e-mail: [mezzalama@trofeomezzalama.it](mailto:mezzalama@trofeomezzalama.it)

tel.: +39 3485252973

### 2.2 Categories

Female (single category)

Male (single category)

### 2.3 Results

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

### 2.4 Vertical Race Prizes

Prizes in kind for M and F athletes arriving in 1st -10th place

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 other people present 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 passage at the last checkpoint.

#### 4. COMPULSORY INDIVIDUAL EQUIPMENT

- trail running shoes
- shorts and t-shirt made of technical fabric
- backpack with two water bottles
- thermal blanket
- 1 pair of gloves
- jacket with a 20,000mm water column
- waterproof trousers
- mobile phone with the following emergency number stored in the memory:  
+39335299973

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

**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 1 refreshment point at Rifugio Guide di Ayas.**

**The maximum time allowed for completing the competition is 3 hours for males and 3h15 hours for females.**

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

#### 7 Timekeeping (request procedures from WEDO)

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 29 June, the Vertical race may be scheduled on Sunday 30 June.

## 9 Withdrawals

If an athlete is unable to take part in the competition (eg because of injury, health or family issues), he/she must inform the Mezzalama Trophy Foundation in writing to receive a refund of 70% of the fee that was paid.

## 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 100% of the value of the fees paid

## 11 Accreditation of registered athletes

Athletes can collect the competition kit, 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 7:15 AM in the centre of Saint Jacques in Val d'Ayas (AO). Athletes must report to the starting area at 6,30 for the technical briefing.

## 12 Controls

Checkpoints will be set up along the route. They will be announced in 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 of 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

Any behaviour that compromises the safety of the athlete or the other competitors in the race will lead to 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