

SKYCLIMB MEZZALAMA by DYNAFIT 1° Edition – 9 July 2022
(alternative date in case of bad weather: 10 July 2022)

REGULATIONS

The SkyClimb Mezzalama by Dynafit is an international competition affiliated with the Italian Skyrunning Federation (F.I.Sky) and open to teams of 2 athletes - not necessarily of the same nationality - who are at least 18 years of age on the date of the event.

The competition takes place largely in a glacial environment and therefore in the presence of crevasses, ice, snow and steep slopes requiring the use of CE certified ("*Conformité Européenne*") safety harness, rope and crampons.

1. CONDITIONS OF PARTICIPATION

To take part in the SkyClimb Mezzalama, athletes must be in possession of a valid **medical certificate** (B1) attesting to their fitness to take part in the following competitive sports: athletics, skyrunning, mountaineering, ski-mountaineering.

The competition is open ONLY to athletes in possession of a "basic green pass": Covid-19 certification issued following vaccination/ or recovery from Covid/ or a negative molecular or antigen test.

Together with their application, athletes are required to submit a brief mountaineering and skyrunning curriculum for the vetting process.

In the days prior to the competition, athletes are invited to inspect the route, at least as far as the start of the glacial terrain, to ensure that it is suited to their abilities and experience.

A **ranking list** will be drawn up on the basis of the following parameters:

1. ITRA score of no less than 600 points for men, 450 points for women
2. Experience in SkyRace and SkyMarathon competitions (ISF classification): at least three skyrunning races entered and completed between 2017 and 2022, including at least one SkyMarathon over 35km long
3. Athletes who do not have an ITRA score will be assessed on the basis of their placings in the most important race stages of "La Grande Course", and on their mountaineering experience

The **curriculum** of each athlete is a crucial factor in deciding whether or not a team will be admitted. Applications in which athletes have not filled in the CV part of the form will not be taken into consideration.

Accredited athletes will receive a confirmation message at the email address/es indicated on the application form; they must then ensure **the entry fee** is paid promptly in order to complete registration and confirm their participation.

Failure to pay the entry fee will result in teams being removed from the start-list and replaced by teams on the waiting list.

2. 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, and in any case at the sole discretion of the race organisers.

Athletes are required to submit their entry applications to the Organising Committee, which will confirm participation after checking each athlete's eligibility.

Once the first 100 teams have been confirmed, other teams with the necessary pre-requisites for taking part in the race will be added to a waiting list and will be selected in the case of withdrawals.

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

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

In addition to the organisational, safety and technical assistance services provided during the event, the fee for each athlete includes 1 starter gift offered by the technical sponsor Dynafit, refreshments in the finish area and a packed lunch for the day of the competition.

FI Sky One-day membership

In order to take part in races on the Federal calendar, F.I. SKY allows all those who do not have an annual membership card to obtain an individual day pass from the organizer of the competition they intend to participate in.

The cost of daily membership is € 5.00 (five / 00) per athlete: it must be paid together with the entry fee and includes the individual accident insurance.

INFO

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REGISTRATION from 1° May to 7 July 2022, exclusively via internet at www.trofeomezzalama.it

2.2 Categories

Female (single category)

Male (single category)

Mixed teams will fall under the male category

2.3 Results

Overall results and the women's race results will be drawn up

2.4 Team prizes

Men's category

1st place: 2000 euro

2nd place: 1600 euro

3rd place: 1000 euro

Women's category

1st place: 2000 euro

2nd place: 1600 euro

3rd place: 1000 euro

In-kind (non-cash) prizes for men's and women's teams in 4th, 5th, 6th, 7th, 8th, 9th and 10th place.

3. THE ROUTE (approx. 25km; 2,533m 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 obliquely up to the right towards Pian di Verra (2050m).

After crossing this stretch of level ground, a path leads to the Blue Lake (2215m). The route then follows the steep line of the glacial moraine leading up to the Mezzalama Hut (3036m). Above this level, we encounter typical pre-glacial rocky terrain and an easily navigable flat sheet of ice taking us to the foot of the Lambronecca's steep rocky slopes, at the top of which is the Ayas Guides Hut/ Rifugio Guide di Ayas (3400m).

Here we find the first FEED ZONE (organised in compliance with anti-COVID19 regulations in force at the time that the race is held). It is also a TRANSITION ZONE where the competitors will put on a harness and crampons and rope up in preparation

to face the dangers of the glacier. Slopes are moderate until we come to the Verra Pass (3848m).

The most challenging, technical part of the race is the climb to the Castore (4226m) up the West face, following the classic Mezzalama route. The descent will be down the East crest and Felik glacier to the Quintino Sella Hut (3585m).

FEED and TRANSITION ZONE. Ropes and crampons are removed.

An exposed rocky crest equipped with fixed ropes leads to the screes that bring us quickly to the Bettolina Pass (about 3000m). Here, we leave the easier, well-trodden path to Colle della Bettaforca and descend down a steep track to Pian di Verra Inferiore, a thousand metres lower down.

A stand of larch trees provides shelter for an easy path to the Ferraro and Frachey Guides Hut (2060) in Résy, followed by a final steep descent to Saint Jacques.

The entire route will be clearly marked with flags and tape and lined with volunteers.

It is obligatory to **follow the marked route**, and those failing to do so will be penalised or disqualified.

Bibs must remain visible at all times during the competition. In the event of bad 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 stop the race for some or all competitors in the event of situations that could seriously compromise the safety of the athletes or other persons present along the route (e.g., helicopter rescue operations, falling rocks, etc.).

In the event of particularly bad weather conditions, the organisers may decide to suspend the race even if it is already under way: in this case, ranking will be decided on the basis of times taken at the last checkpoint.

4. OBLIGATORY PERSONAL EQUIPMENT

Mountaineering equipment must be CE-certified and comply with European standards "Do-it-yourself" modifications are not permitted.

- - trail running shoes with integrated gaiters that enable crampons to be attached quickly and securely
- harness
- a "via ferrata" set with energy absorber
- classic crampons (min. 10 spikes) with the 6 front spikes made of steel

- 1 ice axe: min length 45 cm
- 1 screw-lock carabiner
- 1 pair of gloves + 1 spare pair
- CE EN12492 approved helmet
- mobile phone with the following emergency number stored in memory:
+393483111535

Required clothing*:

- baselayer top
- thermal socks
- leggings + thermal long sleeve top or/ skimo race suit
- insulated jacket: min weight 250g
- windproof overtrousers (preferably slightly padded)
- 1 pair of gloves + 1 spare pair
- hat
- + thermal blanket

* Based on the weather forecast, the Organizers may modify the list of required clothing in the days immediately prior to the race.

4.1 OBLIGATORY TEAM EQUIPMENT

- One 12m, min. 8mm wide long rope: approved single (or “whole”) rope

All mandatory 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 stations

There will be **1 drinks station (Pian di Verra Sup)** and **2 refreshment points (Ayas Guides and Sella Huts)** along the route plus the final refreshment point at the finish line.

6 Checkpoints

The only cut-off point is at the Ayas Guides Hut on the Lambronecca. The cut-off time here is 3h for the men’s teams, and 3h15 for the women’s and mixed teams.

Athletes who do not make the cutoff time are obliged to abandon the competition. Unless they failed to meet the cutoff time due to a physical indisposition, excluded

competitors must return to the starting point by retracing their steps, following the instructions of the mountain guides in charge of safety.

Athletes who do not make the cutoff time at the checkpoint due to physical/health problems, will be assisted by the Organisers and re-accompanied down to the valley.

At the time checkpoint, or at any point along the way, the Organisers may decide, at the sole discretion of the medical staff, to exclude competitors who are not deemed to be physically capable of continuing to race even if they reach the checkpoint in time.

The race must be completed within a max. of 7 hours.

On expiry of the maximum time allowed for completing the race, the Guides will travel the entire route, after which no further assistance will be available along the route.

7 Timing

Timing will take place with a chip. Each athlete will be given a chip to be applied to the helmet along with the bib and race pack.

8 Postponement

If adverse weather conditions prevent the competition from being held on 9 July, the SkyClimb may be rescheduled to Sunday, 10 July.

9 Withdrawals

In the event of a team having to withdraw from the competition for various reasons (injury, health or family problems) the entry fee will be reimbursed in the following terms:

- 1 80% if notice is given in writing before 9 June 2022
- 2 50% if notice is given between 10 and 30 June 2022
- 3 Fees will not be reimbursed in the event of withdrawals after 1 July 2022.

However, if the team so wishes, their registration will remain valid/be carried over to the 2024 edition: in this case, should there be a rise in entry fees, they need only pay the difference.

10 Cancellation

If the competition is cancelled for reasons of force majeure beyond the Organisers' control (e.g. adverse weather conditions, reasons of law enforcement, pandemic), entry fees will be reimbursed as follows:

- 1 100% if cancellation is announced before 9 June 2022
- 2 70% if cancellation is announced on or after 10 June

Alternatively, athletes may decide to waive the reimbursement and carry over their registration to the 2024 event

11 Accreditation of registered athletes

Race packs, timing chips and bibs can be picked up between 3 p.m. – 8 p.m. on Friday 8 July 2022. Athletes will be sent detailed information via e-mail one week prior to the event.

12 Start and technical briefing

The race will start at 7 a.m. in the centre of Saint Jacques in Val d'Ayas (AO). Athletes must gather in the starting area between 6.15 and 6.45 a.m.

The time and place of the technical briefing will be announced prior to the event.

13 Checkpoints

Checkpoints will be set up along the route and announced at the technical briefing prior to the race. Failure to pass even one of these checkpoints will result in disqualification.

14 Abandoning the race

Competitors who withdraw from the race are obliged to report to a checkpoint, showing the bib assigned to them. If the competitor abandoning the race does not require medical assistance, the athlete must return autonomously, along the marked route, notifying the nearest checkpoint. Athletes who abandon the race voluntarily and not for reasons of physical impediment shall, after notifying race officials along the route, no longer be provided with assistance by the Organisers. Athletes who abandon the race for reasons other than physical difficulties will therefore return to base on their own without any liability on the part of the Organisers.

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

15 Accidents

In the event of an accident, inform the nearest checkpoint or first-aid station along the route.

16 Complaints

Any complaints must be submitted to the judges after the race within 30 minutes of publication of the order of arrival, together with a €50.00 deposit which will be refunded if the claim is accepted.

17 Penalties and disqualification

Loss of crampons, non-compliant use of rope or any other conduct that jeopardises the safety of the team or of 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 waste along the route or fail to comply with the safety regulations or the instructions of officials supervising particularly dangerous points on the route.

18 Extra supplies and external aid

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

19 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.

For all matters not specifically provided for hereunder, the F.I.Sky-ISF 2021 regulations shall apply.