



GO! 2025  
NOVA GORICA - GORIZIA



# **4TH TRIATHLON KIDS & YOUTH ENDURO "CITY OF GORIZIA"**

**3TH PARATRIATHLON KIDS "PANATHLON" TROPHY  
TRIATHLON SUPER SPRINT SENIOR MASTER  
RELAY RUN RACE 3X3000 "RUN WITH JOSPEH"  
RELAY RUN PROMO KIDS**

Gorizia 25/26 May 2024

Youth Stage of the North East CUP Circuit  
Stage Alpe Adria Triathlon CUP

With the patronage of the Municipality of Gorizia

*io sono*  
**FRIULI VENEZIA GIULIA**  
[www.turismofvg.it](http://www.turismofvg.it)



**Place:** Enzo Bearzot Stadium Via Capodistria - Gorizia

**Data:** 25/26 May 2024

**Organization:** Go Tri Team ASD (FITRI affiliate cod. 2284)

**Race director:** Cristiano Colombo 3485738960

## Race type

### **SATURDAY MAY 25**

Relay Run Race 3x3000 and Relay Promo Kids 3x1000 - 3x500

### **SUNDAY MAY 26**

#### **Kids (2018>2011)**

Triathlon with MTB for the cat. D to B with road and dirt tracks (gymkhana)

#### **Young (2010>2005)**

Triathlon with road bike "ENDURO" formula (swim-bike-run-swim-bike-run) cat. KIDS A ,YOUTH and JUNIOR.

Road and cycle routes.

#### **Senior Master (2024>)** Triathlon Super Sprint



# INDEX

- 1 SCHEDULE and LOGISTICS
- 2 RACE DISTANCES
- 3 TRIATHLON COURSES
- 4 TECHNICAL REGULATION
- 5 REGISTRATIONS
- 6 RANKINGS AND AWARDS
- 7 SERVICES TO ATHLETES
- 8 HOW TO GET TO GORIZIA
- 9 INFO AND TOURISM



# 1. SCHEDULE

## SATURDAY 25 MAY:

- 17.00 Opening race office sports field ([how to get there>](#))
- 18.30 Kids promotional races start
- 19.00 Competitive race start "Run with Joseph" (info>)
- 20.00 Party with Pasta Party kiosks and DJ Set

## SUNDAY 26 MAY:

- 08.00-11.00 race pack collection at the race office
- 08.45 opening transition area for KIDS E>B
- 09.30 closure transition area for KIDS E>B
- 09.45 start Kids E M/F
- 10.00 start Kids D M/F
- 10.15 start Kids C Female
- 10.30 start Kids C Male
- 10.45 start Kids B Female
- 11.15 start Kids B Male
- 11.45 emptying transition area Kids
- 12.00 kids awards and Pasta Party
- 12.00 opening Kids A/Youth/Junior transition zone
- 12.30 closure Kids A/Youth/Junior transition zone
- 12.45 start Kids A/F
- 13.15 start Kids A/M
- 13.45 start Youth and Junior F
- 14.30 start Youth and Junior M
- 15.15 emptying Kids A/Youth/Junior transition zone
- 15.30 awards and Pasta Party
- 15.30 opening Super Sprint transition zone
- 16.00 start Super Sprint race
- 17.00 awards and pasta party



\*times are indicative and may be subject to change, categories may be merged depending on the number of participants

# LOGISTICS







**P1 large car park recommended**

**P2 parking available with passage of athletes in the race section until 5pm**

**P3 parking available probably occupied by locals due to parking bans on other streets**

## 2. RACE DISTANCES

### DISTANCES KIDS E - 2018/2017

SWIM	BIKE	RUN
½ lane	1 lap	1 lap
<b>25m</b>	<b>600m</b>	<b>150m</b>

### DISTANCES KIDS D - 2016/2015

SWIM	BIKE	RUN
1 lane	1 lap	1 lap
<b>50m</b>	<b>1000m</b>	<b>300m</b>

### DISTANCES KIDS C - 2014/2013

SWIM	BIKE	RUN
2 lane	1 lap	1 lap
<b>100m</b>	<b>1500m</b>	<b>600m</b>

**DISTANCES KIDS B - 2012/2011**

<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
4 lane	Link + 3 gymkhana laps	1 lap
<b>200m</b>	<b>3000m</b>	<b>1000m</b>

**DISTANCES ENDURO KIDS A - 2010/2009 years (TO BE REPEAT TWICE)**

<b>SWIM 1 and SWIM 2</b>	<b>BIKE 1 and BIKE 2</b>	<b>RUN1 and RUN2</b>
2 lane + 2 lane	2 laps + 2 laps	1 lap + 1 lap
<b>100m+100m</b>	<b>3600m+3600m</b>	<b>1000m+1000m</b>

**DISTANCES ENDURO YOUTH JUNIOR - 2008/2005 (TO BE REPEAT TWICE)**

<b>SWIM 1 and SWIM 2</b>	<b>BIKE 1 and BIKE 2</b>	<b>RUN1 and RUN2</b>
4 lane + 2 lane	3 laps + 3 laps	2 laps + 1 lap
<b>200m+100m</b>	<b>5400m+5400m</b>	<b>2000m + 1000m</b>



**DISTANCES SUPER SPRINT - 2024>**

<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
8 lane	5 laps	2 laps
<b>400m</b>	<b>10K</b>	<b>2500m</b>



### 3. COURSES





KIDS D

50m SWIM 1 LAP

1000m BIKE 1 LAP

300m RUN 1 LAP





KIDS C

100m SWIM 2 LANE

1500m BIKE 1 LAP

600m RUN 1 LAP



BIKE

TZ

START

2x

FINISH

RUN

**gotri team**  
TRIATHLON GORIZIA

Parco Naturale  
dell'Enzola



**KIDS B**

200m SWIM 4 LANE

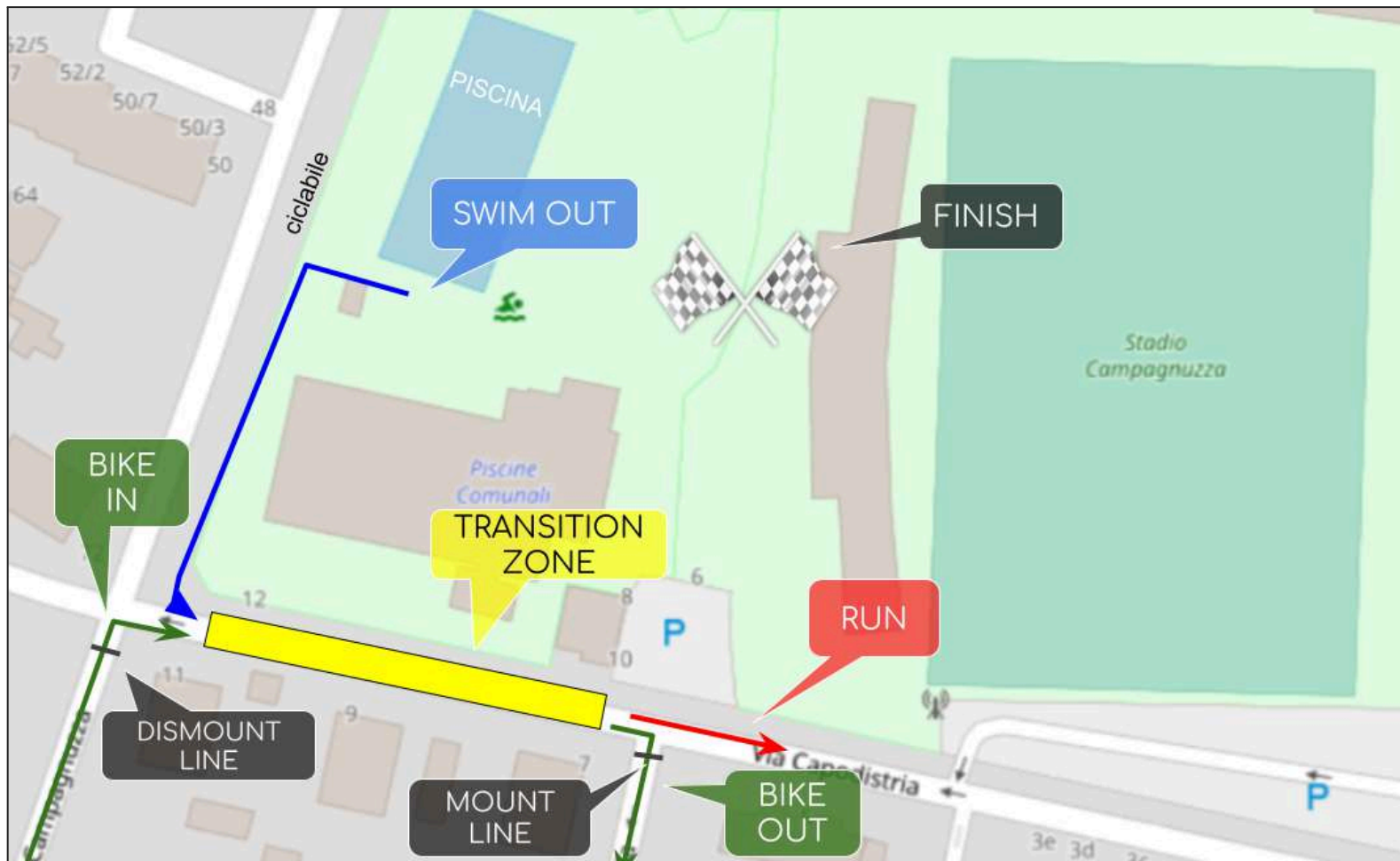
3000m BIKE  
(LINK + 3 GIMKANA LAPS)

1000m RUN 2 LAPS



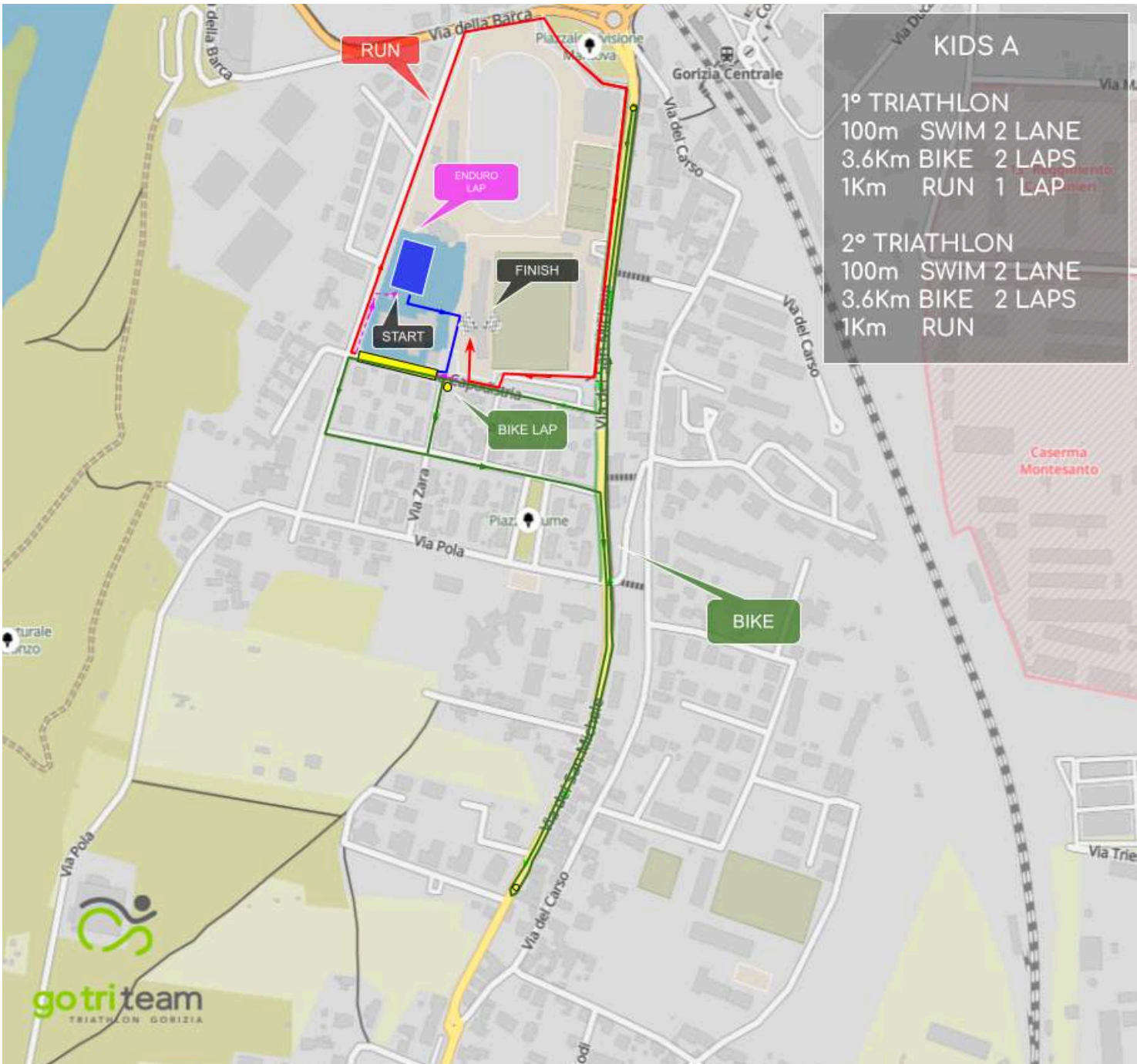
Parco Naturale del Carso

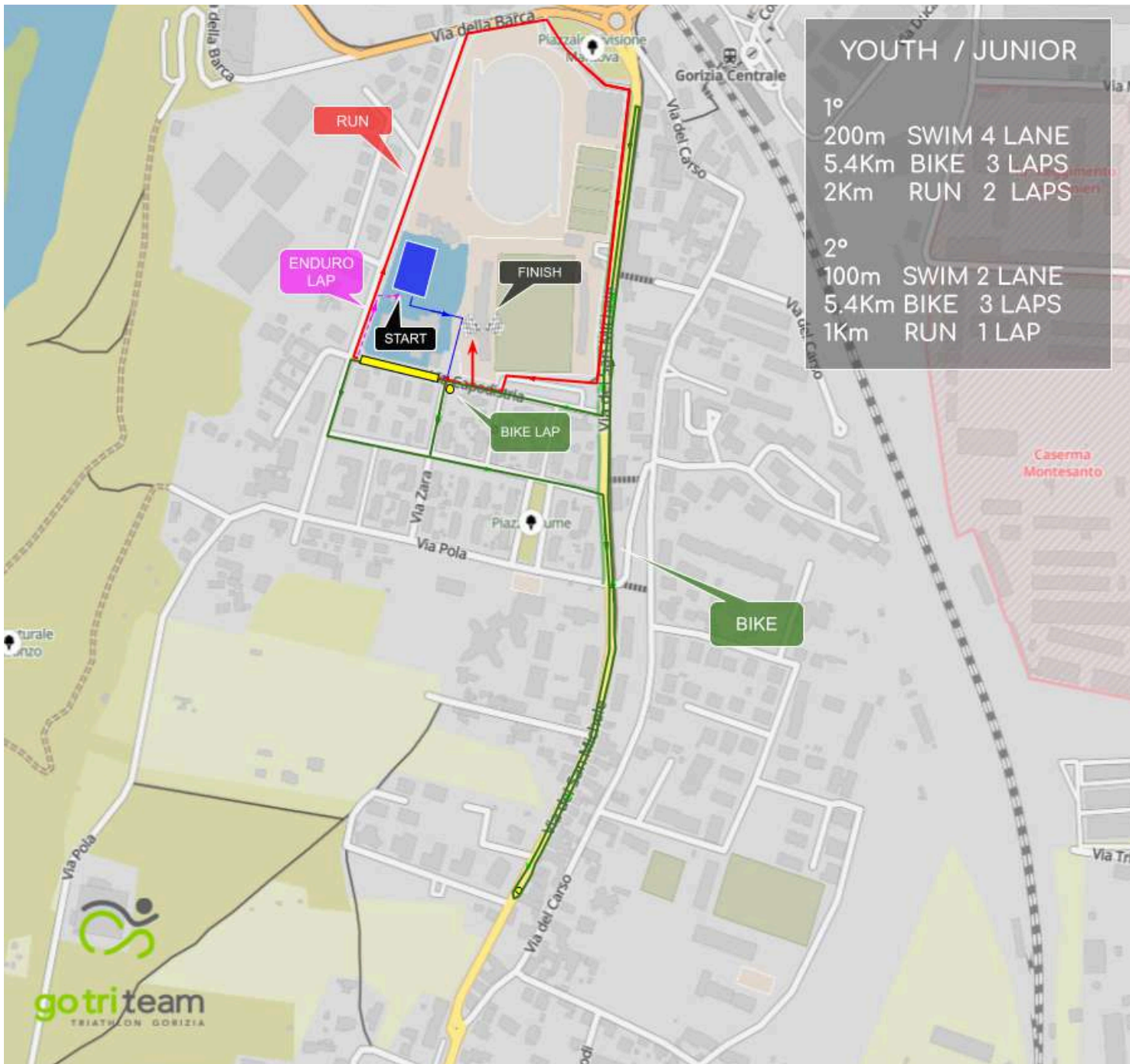
## KIDS E>B TRANSITION FLOWS



**!!ATTENTION!! THE TRANSITION AREA FLOWS ARE INVERTED IN ENDURO RACE**

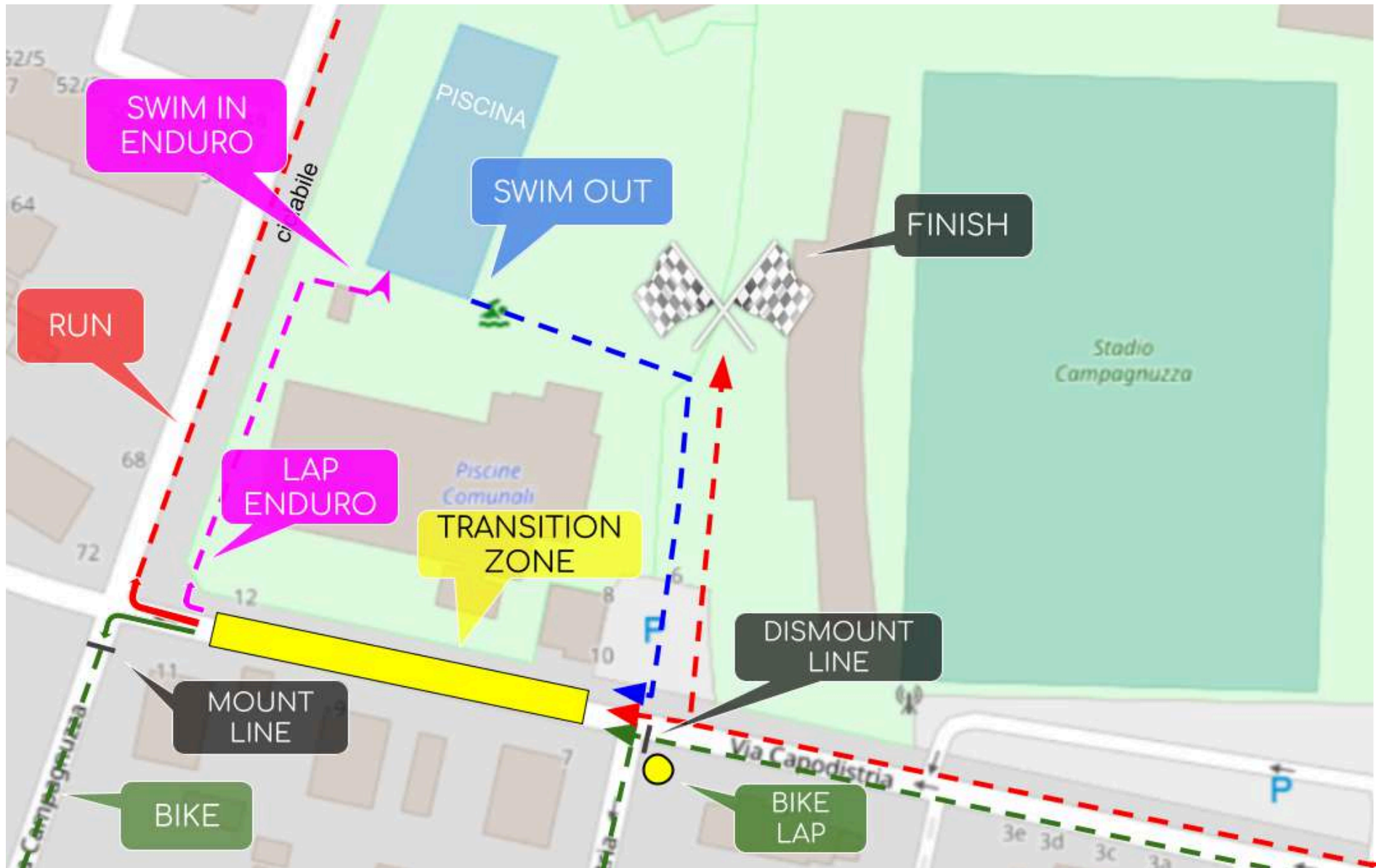




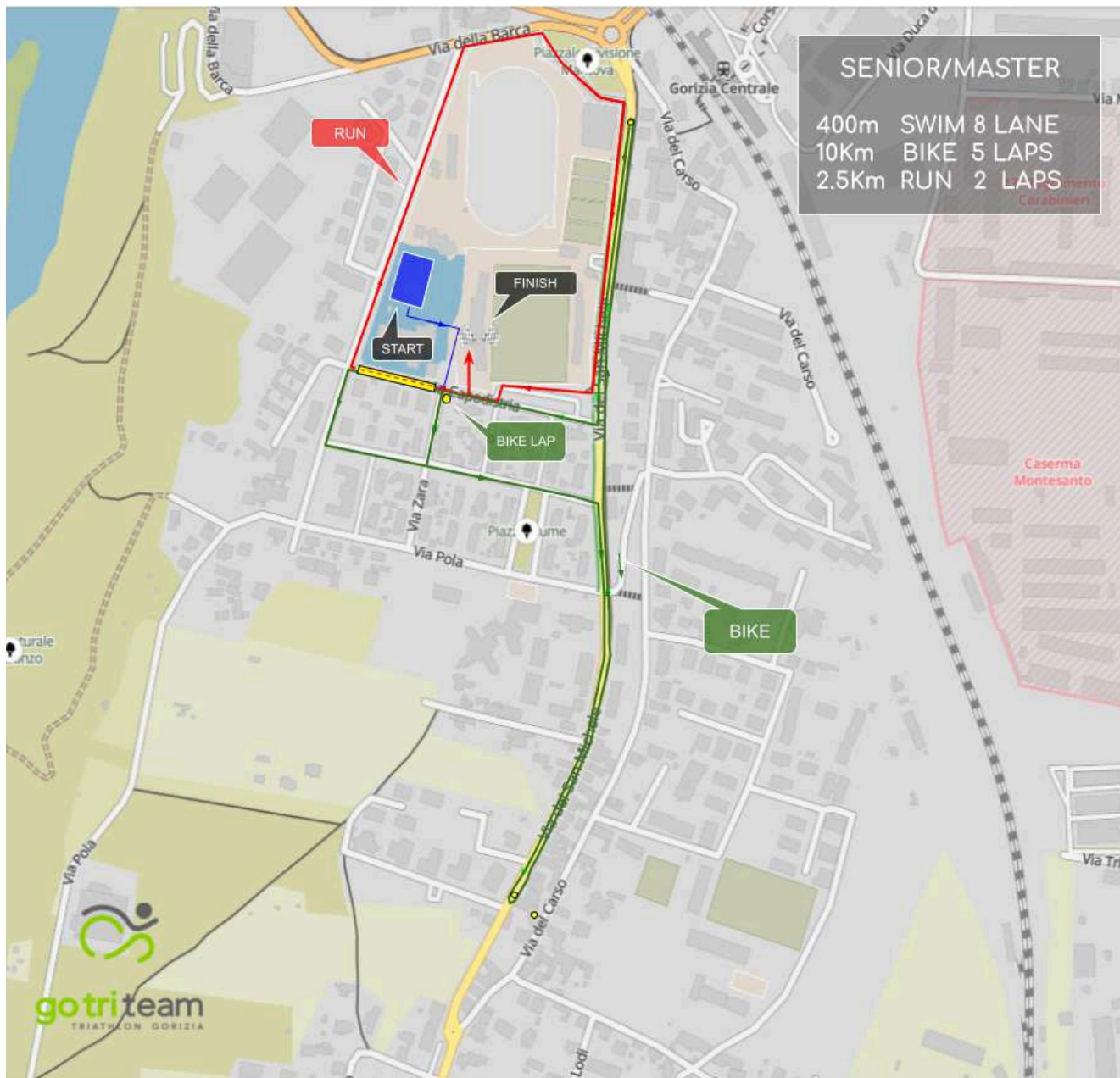


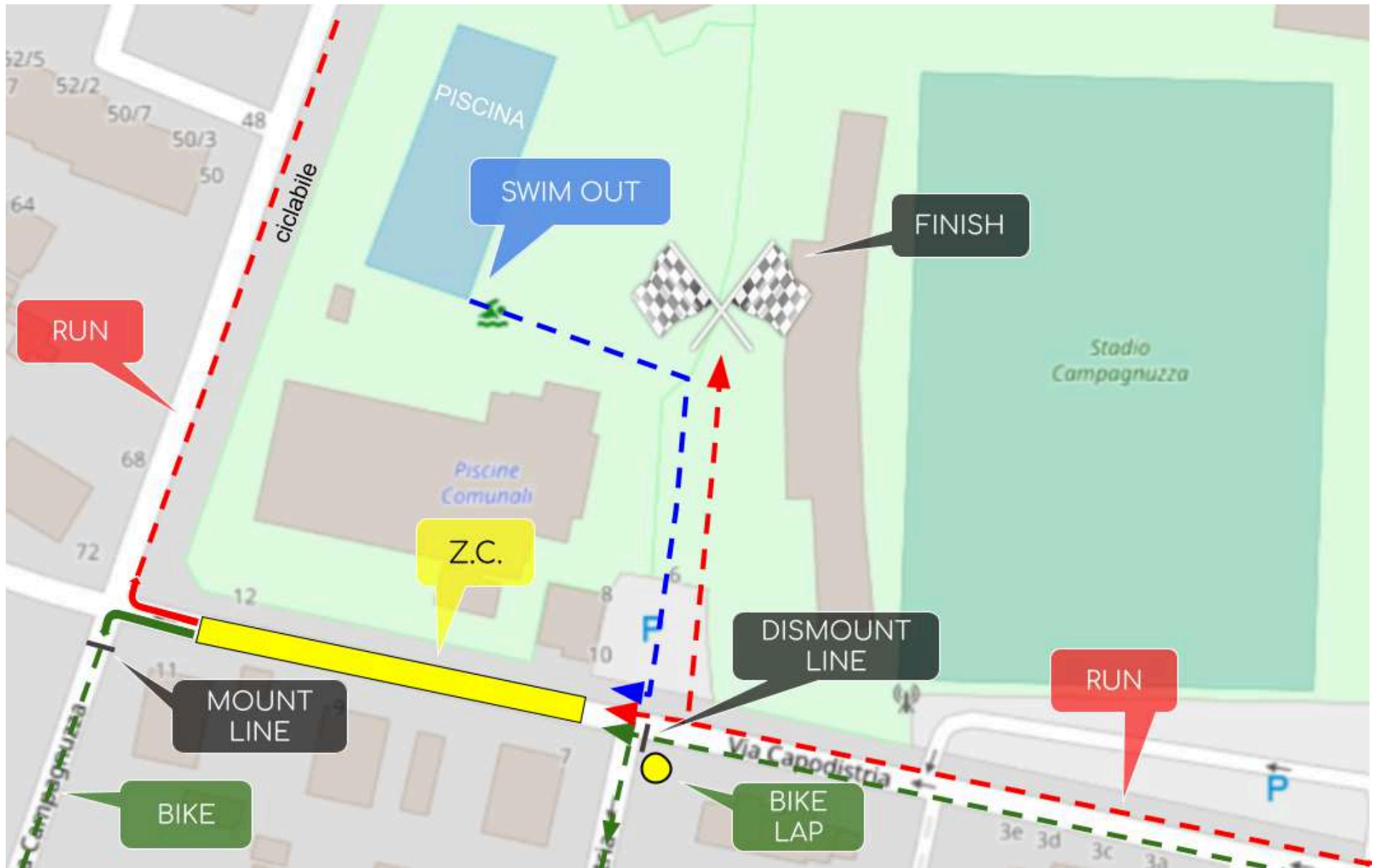


# ENDURO TRANSITION AREA FLOWS



# SUPER SPRINT





**SENIOR MASTER TRANSITION ZONE FLOWS**

## 4. TECHNICAL REGULATION

SWIM: municipal swimming pool of Gorizia outdoor pool 50m with mass start with batteries divided by cat. and gender

BIKE:

*KIDS D>B*:

MTB route on road and dirt path with gymkhana depending on the category. The use of fat (plugged of road) tires is mandatory for everyone.

*KIDS A / YOUTH / JUNIOR / MASTER*: multilap city road street of 1.8 KM to be covered in an anti-clockwise direction with the use of the street race bike to be repeated depending on the category

RUN:

*KIDS*: road and cycle route

*KIDS A / YOUTH / JUNIOR / MASTER*: road and cycle route

TRANSITION AREA:

Located on via Capodistria. **!!ATTENTION!!** The flows are reversed between **KIDS E>B** and **KIDS A/YOUTH/JUNIOR/SENIOR MASTER categories**

All athletes regularly registered with FITRI for the 2024 season in the KIDS A , B, C, D, E , YOUTH , JUNIOR, SENIOR, MASTER categories and athletes with a daily membership in possession of a competitive medical certificate valid for Triathlon can participate

- foreign athletes aged 12 and over (calendar year), not registered with the national federation of the country they belong to, must complete the dedicated document with the self-certification of their doctor available at the link:  
[https://www.fitri.it/images/2024/Miscellaneous/Regulations\\_and\\_documents/daily\\_license\\_and\\_foreign\\_medical\\_certificate/ITA\\_Daily\\_License\\_2024\\_.pdf](https://www.fitri.it/images/2024/Miscellaneous/Regulations_and_documents/daily_license_and_foreign_medical_certificate/ITA_Daily_License_2024_.pdf)
- foreign athletes belonging to the categories KIDS E,D,C, not registered with the national federation of the country of origin, must be in possession of a suitable medical certificate of fitness for non-competitive sporting practice, valid for one calendar year
- foreign athletes, all categories, registered for their country of origin are required to present a copy of the federal card valid for the year 2024 or a certificate of membership issued by their Federation certifying membership for the year 2024.



You can compete bare-chested only in the Swim section

**The KIDS race involves the use of the MTB with plugged off-road tyres. MTB wheel covers must be cleared and not worn. Limit cases will be evaluated and judged suitable or not by the Referee on the spot.** The athlete who mounts tires that could question the seal, because they are notched but excessively worn or with a profile that does not comply with what is indicated, is exposed to the evaluation of the Referee who can block his entry into the transition area and participation in the race.

In line with the World Triathlon Technical Regulations and with those of most of the European national federations, starting from the 2022 competitive season, the limits to the ratios that can be used by the youth categories and to the consequent metric developments of the gearbox and wheel are removed.

Athletes cannot participate in 2 races in 24 hours whose total exceeds the maximum distance allowed for the category

The **Enduro** race involves the execution of **2 consecutive triathlons without interruption (swim-bike-run-swim-bike-run)**

Each athlete must be equipped with a helmet with a rigid shell which must be approved according to the safety and protection standards dictated by the regulations in force on the matter.

For further information consult [YOUTH ACTIVITY GUIDELINES](#).

#### RACE OFFICE

A.S.D. GO TRI TEAM (COD.2284)

tel. +39 338 906 4863

mail:[info@gotriteam.it](mailto:info@gotriteam.it)

website:[www.gotriteam.it](http://www.gotriteam.it)



## 5. REGISTRATION

Registrations open on April 1st and can be done on the website [www.nextrace.net](http://www.nextrace.net) by filling out the appropriate online form

For information on registration, contact [iscrizioni@nextrace.net](mailto:iscrizioni@nextrace.net) or [info@nextrace.net](mailto:info@nextrace.net)

Registration opens: 1 April 2024

Registration deadline: 20 May 2024 at 11.59pm

Registration fee **MEMBERSHIPS ATHLETES:**

Category KIDS E>A (6-15 years) €8.00

Category: Youth (16-17 years) €8.00

Category: Junior (18-19 years) €15.00

Category: Senior Master (20 years >) €30.00

Registration fee **NOT MEMBERSHIPS ATHLETES**

Category KIDS E>A (6-15 years) €8.00+€5.00

Category: Youth (16-17 years) €8.00+€5.00

Category: Junior (18-19 years) €15.00+€8.00

Category: Senior Master (20 years >) €30.00+€8.00

**INFO AND CONTACTS** available on the site [www.gotriteam.it](http://www.gotriteam.it) (secretary [info@gotriteam.it](mailto:info@gotriteam.it), tel +39 338 906 4863, +393485738960)



## 6. RANKINGS and AWARDS

The rankings will be drawn up by [NEXTRACE.NET](http://NEXTRACE.NET) and will be available online in real time

Category KIDS E and D will be rewarded with a gadget without ranking order

From Category KIDS C onwards, the first 5 athletes of each category will be awarded. M/F

In Super Sprint race will be rewarded all 5 top athletes M/F and the first M/F of each category

The Panathlon Trophy will reward all the kids in the paratriathlon competition thanks to the collaboration of the Panathlon International Club of Gorizia and its slang "Ludis lungit" (sport unites) through the promotion of equal opportunities and fairplay.

### TIMING

Chronometric surveys edited by [NEXTRACE.NET](http://NEXTRACE.NET) via individual chip provided by the organization

Mats are foreseen at the start and finish, ZC entrance and exit and multilap. The athlete will have to place the chip on the ankle thanks to the adjustable Velcro band supplied. The timing service is not guaranteed for those who do not wear the Chip correctly. Athletes who fail to deliver the Chips in the post-Finish Area will incur a fine of 25.00 euros for each chip to be paid by the Club they belong to.



## **7. SERVICES TO ATHLETES**

### **ROUTES RECOGNITION**

Young and senior master athletes will be able to carry out the reconnaissance on the road open to traffic following the highway code and paying due attention

### **MECHANICAL ASSISTANCE**

A bike assistance stand will be present and available to all competitors near the transition area.

### **HEALTH CARE**

Healthcare will be provided by the C.R.I section of Gorizia consisting of two ambulances, a doctor and paramedical staff as per regulation.

The Gorizia Hospital is 300m from the competition field in Via Fatebenefratelli 34 tel+39 0481 594819

### **REFRESHMENT**

A quick refreshment is provided upon arrival with water and biscuits or fruit

### **PASTA PARTY**

Positioned at the athletics field, the Pasta Party will function as scheduled in the two-day program and will be organized by volunteers from the Alpini Section of Udine

### **ECO FRIENDLY**

In the competition area there will be bins for differentiated waste. All participants, technicians and companions are sensitized to actively collaborate in respect of the environment

### **SHOWERS AND CHANGING ROOMS**

The use of showers and changing rooms at the municipal swimming pool is foreseen



## AREA TEAM

The area where the teams can position themselves with their company gazebo is indicated on the logistics map. *Athletes are requested in all competition areas to respect the environment by using waste bins and throwing them into the appropriate reference containers.*

## ROAD SAFETY

The entire area of the sports center and surrounding streets will be closed to traffic.

## HOTEL ACCOMMODATION AND AGREEMENTS

Favorable conditions are provided for athletes and families at farmhouses in the province of Gorizia located in suggestive places immersed in nature such as the [Collio](#) and the [Gorizia Karst](#). For info Marco 3346748795

## PARKING LOTS

There are 2 areas where you can park your vehicles:

P1 large square in via della Barca fair area 200m from the entrance to the competition field

P2 piazzale Divisione Mantova 200m from the entrance to the competition field



## 8. HOW TO GET TO GORIZIA

### ON THE TRAIN

There are regular trains from Venice and Udine which take around 2 hours. There are also regular trains from Trieste which take around 45 minutes. If you are arriving from Slovenian trains you will arrive at the Nova Gorica railway station about 10 meters from the international border. Cross the square into Italy and take bus number 1 (cost 1€ 3 cents) to the center of Gorizia train station (10 minutes)

### BY PLANE

• Ronchi dei Legionari International Airport  
(20 km from Gorizia)

Flight timetable: 0481773224

[www.aeroporto.fvg.it](http://www.aeroporto.fvg.it)

• Marco Polo International Airport of Venice

Flight timetable: 0412609260

[www.veniceairport.it](http://www.veniceairport.it)

• Ljubljana Airport

Flight timetable: +38642061981

[www.lju-airport.si/eng](http://www.lju-airport.si/eng)

### BY CAR

Along the A4 "Venezia-Trieste" motorway: exit at Villesse at junction no. 17 which leads directly to Gorizia

- Along the H4 highway: after reaching Šempeter pri Gorici, take the carriageway no. 103 in Nova Gorica; at the roundabout, follow the signs for Casa Rossa and cross the Slovenia/Italy border



## 9. INFO AND TOURISM

Gorizia is a town in northeastern Italy, in the autonomous region of Friuli Venezia Giulia. It is located at the foot of the Julian Alps, on the border with Slovenia. It is the capital of the province of Gorizia and a local center of tourism, industry and commerce. Since 1947, a twin city of Nova Gorica has developed beyond the modern Italian-Slovenian border.

The whole region was the subject of a territorial dispute between Italy and Yugoslavia after the Second World War: after the new borders were established in 1947 and the historic center was left in Italy, Nova Gorica was built on the Yugoslav side. Taken together, the two cities form an urban agglomeration, which also includes the Slovenian municipality of Šempeter-Vrtojba. Since May 2011, these three cities have been united in a trans-border metropolitan area, administered by a joint Board of Directors.

Gorizia is located at the confluence of the Isonzo and the Vipacco valleys. It is located on a plain overlooked by the hills of Gorizia. Sheltered from the north by a mountain ridge, Gorizia is protected from the cold Bora wind which affects most of the neighboring areas. The city thus enjoys a mild Mediterranean climate throughout the year, making it a popular resort.

The name of the city comes from the Slovenian word *gorica* which means "*small hill*", which is a very common toponym in Slovenian inhabited areas.

GO TO THE SITE [WWW.TURISMOFVG.IT](http://WWW.TURISMOFVG.IT)

In Gorizia one breathes the suspended atmosphere typical of a border town: in Transalpina square, until 2004 physically divided by a wall, one walks with one foot in Italy and the other in Slovenia. Thanks to its particular geographical position, Gorizia has always been culturally influenced by the intersection of different civilizations: the Latin, the Slavic and the Germanic. Located on the eastern border, it has always played a central role in Central Europe. Today, its streets, architecture and parks bear witness to the great history of this city.

The medieval castle is the heart and symbol of the city: from here the view extends over the gentle expanses of hills and over all of Gorizia, where medieval, baroque and nineteenth-century architecture coexist in a harmonious way. The Habsburg bourgeoisie loved to stroll through the streets of the centre, it is no coincidence that the city was called "Habsburg Nice".

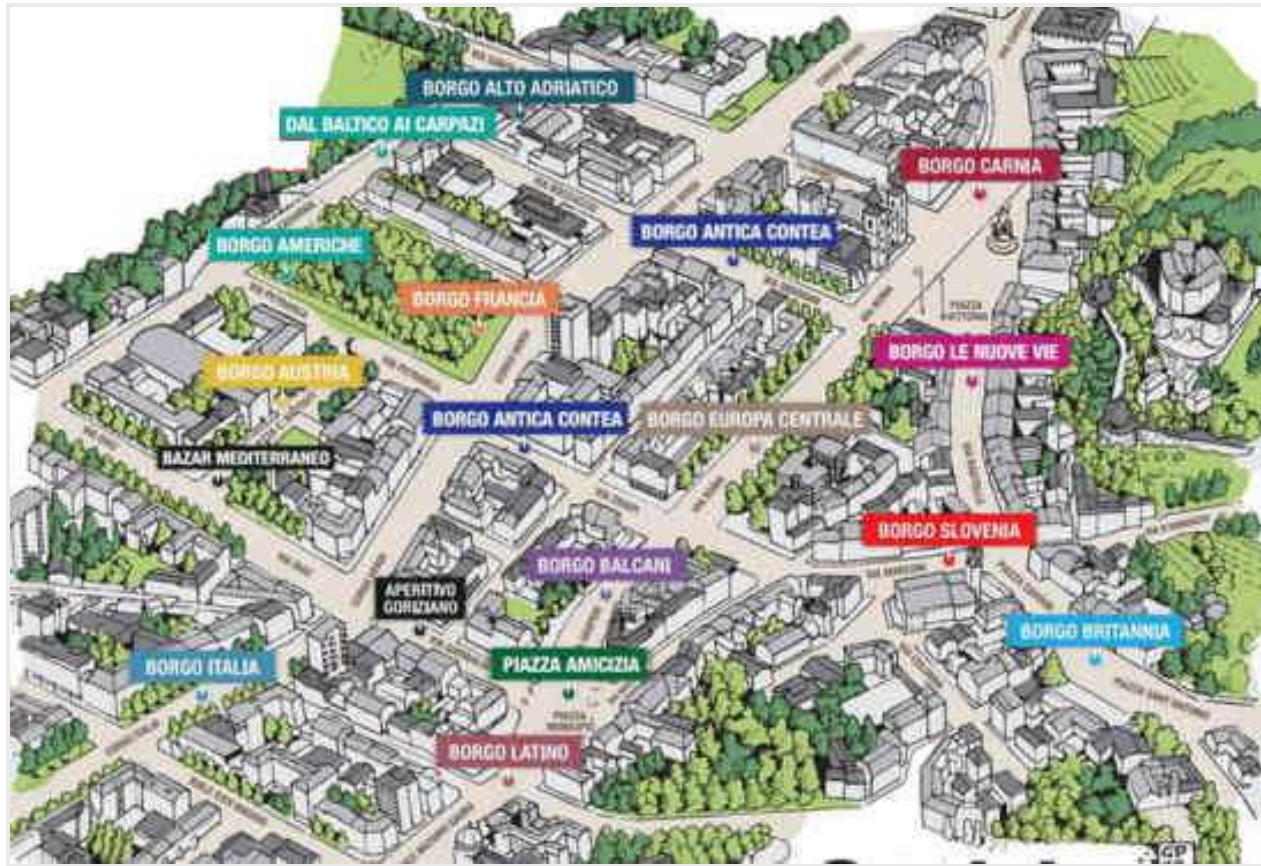
Among the many historic buildings stand out Palazzo della Torre, Palazzo Attems Petzenstein and Palazzo Werdenberg, seat of the Isontina State Library. The history of the Jewish community of Gorizia is instead told in the Museum of the Jerusalem Synagogue on the Isonzo in via Ascoli.

Among enchanting parks, such as the Piuma Park on the Isonzo river, the Park of Palazzo Coronini Cronberg (with trees from all over the world) and the Viatori Garden, culture also has a lot of space: there are many museums to visit, even particular and curious ones, such as the Provincial Museums with the Museum of Fashion and Applied Arts, the Museum of the Great War and the Archaeological Collection, the Museum of the Middle Ages in Gorizia inside the castle.

On the heights of the city, in the locality of Oslavia, is the imposing Ossuary of Oslavia, which collects the remains of Italian and Austro-Hungarian soldiers who fell during the First World War.

*io sono*  
FRIULI VENEZIA GIULIA  
www.turismofvg.it





[Download the accessible itinerary of the city](#)

