



Classic race

Day: Saturday May 25th

Type of race: ECA Junior Cup, international race, Swiss Championships 2019.

Course: from Grono (Golena Pascolet) to Roveredo (200 m after the old railway bridge). WW III.

How to get there: Swiss A2 highway till Bellinzona Nord (1h10' from Milano, 2h from Zürich). Then drive on the cantonal road in the direction of San Bernardino. You will encounter the village of Lumino, San Vittore, then Roveredo. On the cantonal road you will encounter signs to the start and finish lines.

Timetable: From 2 to 3 pm official training, from 3 to 5 pm race. *Please note that there might be variations to this schedule depending on the water level.*

Categories In this table the categories admitted to this race are the green ones.

Italian name	Ragazzi	Junior	Senior	Master
Swiss name	Jugend	Junioren	Allgemein	Senioren
Age	15/16	17/18	19/34	35+
K1 MEN				
K1 WOMEN				
C1 MEN				
C1 WOMEN				
C2 MEN				
OPEN				

Minimum Age is 12 years. Double race is also possible. Team race is open only to K1 Senior and K1 Junior, (unique category, men and women can compete in the same category).

Insurance Athletes not registered with a Club should have a personal insurance. For non-Swiss athletes, it is highly recommended to bring the European Health Insurance Card in order to receive the first medical Services if needed.

Registration Registrations must be done **within 11 pm of Wednesday, May 22** only on-line at the website: <https://gipsy.ws/Kanu/user/login> (username: kanu, password: Kanu) Note that category names are in German. For Italian names consider this table:

Swiss name	Jugend	Junioren	Allgemein	Senioren
Italian name	Ragazzi	Junior	Senior	Master

Participation fee: 10 CHF for each participant (payment can be done also in euro). For double race, additional 5 CHF. Registered athletes which will not be at the start will pay the regular participation fee. Team race costs 20.-CHF, but in order to favor international participation for non-Swiss teams the fee is reduced to 10.-CHF

Bib delivery: from 9:30 to 11:30 at the finish line. A deposit of 50 CHF (or 50 euro) will be requested. You can pay the participation fee together with the extras (lunch, dinner and dormitory) all together at the bib delivery.

Prizes Medals will be awarded to the first, second and third classified of each category. Prize ceremony will be at 6:30 pm at the Restaurant Grotto Stevenoni in San Vittore. All the participants are invited, wearing the uniform of the canoe club.

Dinner After the prize ceremony there will be a dinner at the Restaurant Grotto Stevenoni for 15.- CHF. Reservations are to be done through the Website of the race registrations.

Water level Real-time discharge measurements of the river Moesa are available at the website:
<http://www.hydrodaten.admin.ch/it/2420.html>

Experimental forecasts of discharge are performed by the Swiss Federal Institute for Forest, Snow and Landscape Research WSL, and are accessible here.

Information on river level and times of water release from the dam for trainings will be regularly given since 10 May on the website of the race.

Alternative course In case the level of the river Moesa will be too low, or in case of flooding conditions, the race will take place on the Ticino River (class 1 -2 with a rapid of class 3) or canceled. This will be decided as soon as possible.

**For the last minute information please follow the FB page of the races or the website
www.ticinomoesa.ch**

Sprint race

Day: Sunday May 26th

Type of race: international race

Course: River Ticino at Molinazzo Rapids. From 100 m before the rapids to the red bridge. The course is about 600-700 m long with class 3 rapids.

How to get there A2 highway, exit Bellinzona Nord (1 h 10' from Milano, 2 h from Zürich) . Then go towards Bellinzona on the cantonal road. After the village of Arbedo turn right (follow the signs)

Timetable: From 9 am to 10 am official training, from 10 am individual race, then team race.

Categories In this table the categories admitted to this race are the green ones. Double race is also possible.

Italian name	Ragazzi	Junior	Senior	Master
Swiss name	Jugend	Junioren	Allgemein	Senioren
Age	15/16	17/18	19/34	35+
K1 MEN				
K1 WOMEN				
C1 MEN				
C1 WOMEN				
C2 MEN				
OPEN				

Minimum Age is 12 years. Double race is also possible. Team race is open only to K1 Senior and K1 Junior (unique category, men and women can compete in the same category).

Insurance Athletes not registered with a Club should have a personal insurance. For non-Swiss athletes, it is highly recommended to bring the European Health Insurance Card in order to receive the first medical Services if needed.

Registration Registrations must be done **within 11 pm of Wednesday, May 22** only on-line at the website:

<https://gipsy.ws/Kanu/user/login> (username: kanu, password: Kanu)

Note that category names are in German. For Italian names consider this table:

Swiss name	Jugend	Junioren	Allgemein	Senioren
Italian name	Ragazzi	Junior	Senior	Master

Participation fee: 10 CHF for each participant (payment can be done also in euro). For double race, additional 5 CHF. Registered athletes which will not be at the start will pay the regular participation fee. Team race costs 20.-CHF, but in order to favor international participation for non-Swiss teams the fee is reduced to 10.-CHF

Bib delivery: if the bibs were not collected on Saturday for the classic race, from 9 to 10 at the race office located in Bellinzona, via al Maglio, 6500 Bellinzona (at the sprint course). A deposit of 50 CHF (or 50 euro) will be requested.

Lunch: you can buy a sandwich e ½ litre of water for 5.- CHF and take it after 12 at the Gruppo Canoisti Ticinesi House. The reservation has to be done at the time of the registration on the dedicated website, as for the dinner of Saturday and the accommodation in the dormitory.

Prizes Medals will be awarded to the first, second and third classified of each category. The prize ceremony will be at 3 pm at the Gruppo Canoisti Ticinesi house. All the participants are invited, wearing the uniform of their canoe club.

Water level The race will be done with any water level. The race will be canceled just in case of flooding conditions.

For the last minute information please follow the FB page of the races or the website
www.ticinomoesa.ch

Extreme kayak race

Day: Saturday May 25th

Type of race: international race.

Course: River Moesa, from Sorte (bridge) to Cama (bridge). WW IV+

How to get there: Swiss A2 highway till Bellinzona Nord (1h10' from Milano, 2h from Zürich). Then drive on the cantonal road in the direction of San Bernardino. You will encounter the village of Lumino, San Vittore, Roveredo, Grono then Cama. On the cantonal road you will encounter signs to the start and finish lines.

Parking: the day of the race, the athletes must park their car in the official parking located in Cama near the finish line. From there to the start there will be a shuttle bus to the start of the race riding from 10 to 12.

Timetable: From 11 am to 12 am official training, from 12 am to 1 pm race.

Categories The categories admitted to this race are K1 men and K1 women. Minimum age is 18.

Insurance Athletes not registered with a Club should have a personal insurance. For non-Swiss athletes, it is highly recommended to bring the European Health Insurance Card in order to receive the first medical Services if needed.

Registration Registrations must be done **within 11 pm of Friday, May 17h** only on-line at the website: <https://gipsy.ws/Kanu/user/login> (username: kanu, password: Kanu)The category to select is K1 Allgemein.

Participation fee: 10 CHF for each participant (payment can be done also in euro). Registered athletes which will not be at the start will pay the regular participation fee.

Bib delivery: from 9:30 to 11:30 at the finish line of the classic race in Roveredo. A deposit of 50 CHF (or 50 euro) will be requested. You can pay the participation fee together with the extras (lunch, dinner and dormitory) all together at the bib delivery.

Prizes Medals will be awarded to the first, second and third classified of each category. Prize ceremony will be at 6:30 pm at the Restaurant Grotto Stevenoni in San Vittore. All the participants are invited, wearing the uniform of the canoe club.

Dinner After the prize ceremony there will be a dinner at the Restaurant Grotto Stevenoni in San Vittore for 15.- CHF. Reservations are to be done through the Website of the race registrations.

Water level Real-time discharge measurements of the river Moesa are available at the website: <http://www.hydrodaten.admin.ch/it/2420.html>

Experimental forecasts of discharge are performed by the Swiss Federal Institute for Forest, Snow and Landscape Research WSL, and are accessible here.

Information on river level and times of water release from the dam for trainings will be regularly given since 10 May on the website of the race.

Alternative course In case the level of the river Moesa will be too low, or in case of flooding conditions, the race will take place on the Ticino River (class 1 -2 with a rapid of class 3) or canceled. This will be decided as soon as possible.

**For the last minute information please follow the FB page of the races or the website
www.ticinomoesa.ch**

Accommodation

Dormitory

A big dormitory is available in Roveredo for 10.- CHF per person per night. The reservation should be done on the same website for the registration to the race (together with the dinner of Saturday).

Hotel

The Santana hotel in Roveredo offers special rates for the race participants: night and breakfast for 65.- CHF per person. To reserve please directly contact the hotel.

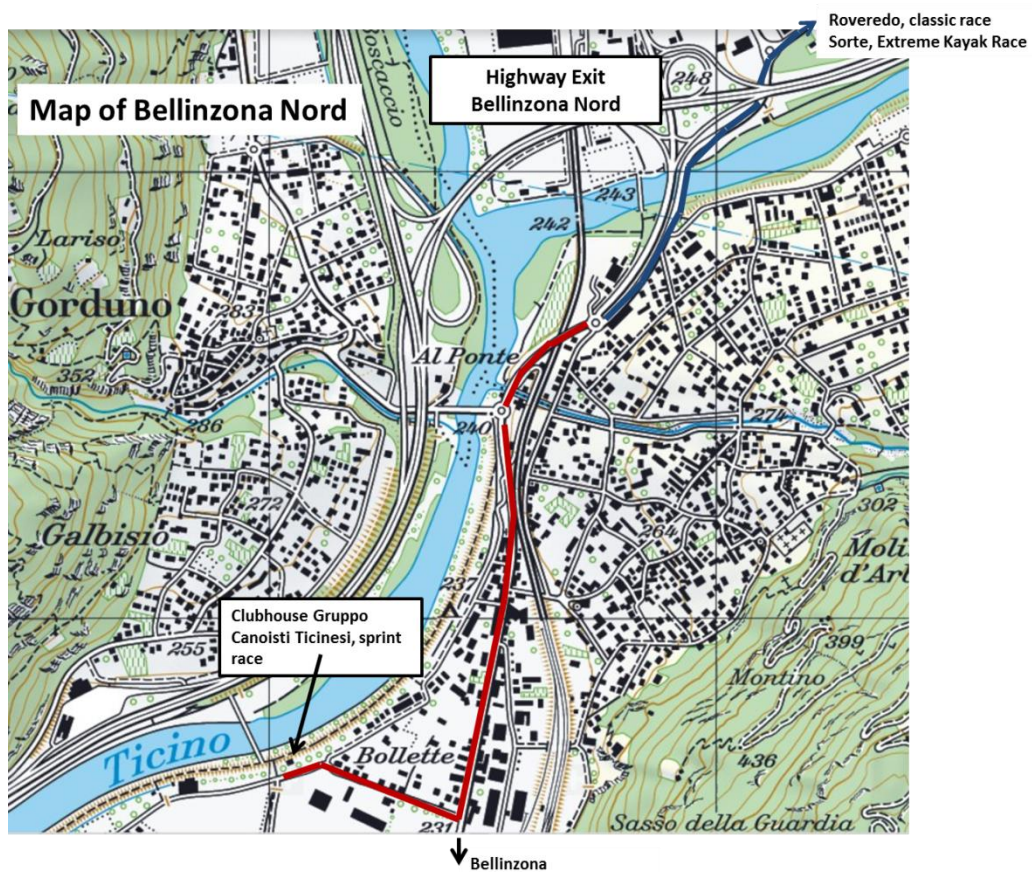
Restaurant

During the week of the race the Restaurant Grotto Stevenoni in San Vittore offers the menu of kayaker: first and second dish (to choose) and ½ liter of water for only 20.- CHF per person. The restaurant accepts also payments in euro (change in Swiss Francs).

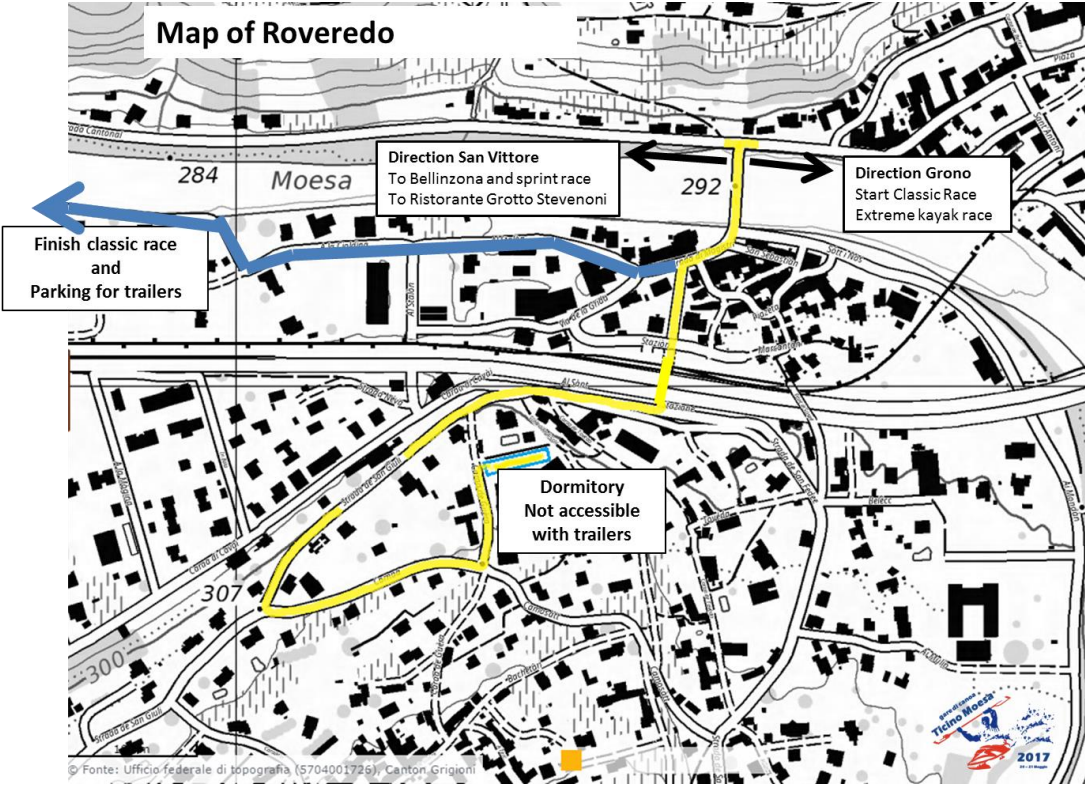


Via Cantonale, 174 - 6534 San Vittore GR

Cell. 076 296 63 08
Tel. 091 827 49 49
toni.lombardi71@gmail.com



Map of Roveredo



© Fonte: Ufficio federale di topografia (5704001726), Canton Grigioni