



TEAM MANUAL

19th INTERNATIONAL U18 MOUNTAIN RUNNING CUP

21 June 2025
Gagliano del Capo (Lecce), Italy



1. GENERAL INFORMATION

GAGLIANO DEL CAPO: Gagliano del Capo is in the Province of Lecce, in the Apulia region of south-eastern Italy. It is known for its annual contemporary art festival, Capo d'Arte. The town has approximately 4,700 inhabitants. Gagliano del Capo is located at the southern tip of the Salento peninsula.

Territory

The town is situated at 144 m above sea level and lies in a valley between the peaks "Monte Tumasi" and "Monticelli." The municipality extends down to the coast and includes the villages of Arigliano, San Dana and Ciolo an area characterized by high rocky cliffs and a scenic inlet, as well as several caves of significant historical and artistic value.

Since October 2006, part of the municipality has been included in the Otranto–Santa Maria di Leuca and Tricase Coast and Forest Regional Natural Park, established by the Apulia Region to protect the eastern coast of Salento, an area rich in valuable architectural heritage and important animal and plant species.

OFFICIAL TOWNSHIP WEBSITE: www.comune.gaglianodelcapo.le.it

OFFICIAL LANGUAGE: Italian

MONEY: Euro

MONEY EXCHANGE: Currency exchange services are available at Brindisi Airport and at local bank branches in Gagliano del Capo.

ELECTRICITY SPECIFICATIONS: 220V - 50 Hz

TELEPHONE CODE: International country code for Italia: +39

SHOP OPENING HOURS: Most shops are open from 8:00 to 13:00/16:00 to 20:00.

BANK OPENING HOURS: 9:00 – 16:00

2. ORGANISATIONAL STRUCTURE

World Athletics

President:	Sebastian COE (GBR)
CEO:	Jon RIDGEON (GBR)
Competition Commission:	Raul CHAPADO (ESP) - chair

WMRA Council

President:	Sarah ROWELL
Secretary:	Tito TIBERTI
Treasurer:	Stéphane SCLAVO
Council Member:	John BOWDEN
Council Member:	Jason BRYANT
Council Member:	Omar HERNANDEZ
Council Member:	Marcel MATANIN

WMRA Delegate

WMRA Delegate: Stéphane SCLAVO
Jury of Appeal will be appointed at the Technical Meeting.

Federazione Italiana di Atletica Leggera - Italian Athletics

President: Stefano MEI
General Secretary: Alessandro LONDI

Local Organizing Committee

Loc President: Eusebio HALITI
Loc Director: Gianluca SCARCIA
Race Director: Tito TIBERTI
Transportation Manager: Eleonora d'AMORE
Accommodation Manager: Eleonora d'AMORE
Medical Director: Maurizio ORLANDO
Media Director: Antonio LEUZZI
Accreditation Director: FIDAL - TBD
Medical Services: CROCE ROSSA ITALIANA

3. GENERAL PROGRAMME

Friday 19 June 2026	
all day	Arrival of delegations, transfer to Gagliano del Capo, hotel accommodation and accreditation
09:30 - 11:30	Training at the competition venue / on the course
17:30 - 18:30	Training at the competition venue / on the course
Saturday 20 June 2026	
all day	Arrival of delegations, transfer to Gagliano del Capo, hotel accommodation and accreditation
09:30 - 11:30	Course Inspection
16:30	Technical Meeting
18:00	Opening Ceremony
20:00	Welcome dinner
Sunday 21 June 2026	
08:30	Mass Race (open) - Trofeo Ciolo
10:00	National U16 Trophy races
11:00	U18 Girls
11:30	U18 Boys
12:15	Medal Ceremonies
20:00	Closing Ceremony and Party
Monday 22 June 2026	
all day	Departure of the Delegations

4. ARRIVALS

Arrival by Air

The official airport is Brindisi Airport, located approximately 90 km from Gagliano del Capo. Upon arrival, teams will be welcomed by volunteers. After collecting their luggage, team members will be escorted to the official buses and transferred to Gagliano del Capo. The journey time is approximately 1 hour. The Local Organising Committee (LOC) will organise transfers to ensure that waiting time at the airport does not exceed 30 minutes.

Arrival by Train

Transfers can also be arranged from the main railway station in Lecce.

Arrival by Road

Teams arriving by road are kindly requested to proceed directly to their assigned accommodation in Santa Maria di Leuca, where representatives of the LOC will welcome them.

Visa Requirements

Countries NOT requiring a visa:

ALB (Albania) – AND (Andorra) – AUS (Australia) – AUT (Austria) – BEL (Belgium) – BUL (Bulgaria) – CAN (Canada) – COL (Colombia) – CRO (Croatia) – CZE (Czech Republic) – DEN (Denmark) – ESP (Spain) – FIN (Finland) – FRA (France) – GBR (United Kingdom) – GER (Germany) – GRE (Greece) – HUN (Hungary) – IRL (Ireland) – LTU (Lithuania) – MEX (Mexico) – MLT (Malta) – MON (Monaco) – NED (Netherlands) – NOR (Norway) – NZL (New Zealand) – PAR (Paraguay) – POL (Poland) – POR (Portugal) – ROU (Romania) – SLO (Slovenia) – SMR (San Marino) – SRB (Serbia) – SUI (Switzerland) – SVK (Slovakia) – SWE (Sweden) – UKR (Ukraine) – USA (United States of America)

Countries requiring a visa and having an Italian embassy in the country:

KEN (Kenya) – TUR (Turkey) – UGA (Uganda)

Other Countries:

In case of need, see §16. Contact Details

Athletes and officials from the above-mentioned countries must obtain a visa from the Italian Embassy or Consulate in their country of residence prior to travelling to Italy.

Should the respective federations require assistance in obtaining visas, they are kindly requested to contact FIDAL at ***mauro.decarli@fidal.it***, providing the following details for each applicant: full name, date of birth, gender, passport number, passport expiry date, and role (athlete or official).

Holders of a valid multiple-entry Schengen visa may enter Italy without the need to obtain an additional Italian visa.

5. ACCREDITATION

General

The Accreditation Centre will be located at the Messapia Hotel & Resort in Santa Maria di Leuca. Each team member will receive an accreditation card, which must be worn at all times and clearly visible during the event. Photographs will not be required for the accreditation card

system.

Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federations in the final entries. The Team Leader will be responsible for collecting the accreditation cards for all team members upon arrival. Team Leaders are requested to present the athletes' passports or identity documents at the Accreditation Centre in order to allow verification of the participants' age.

Access Areas for Teams

All team accreditation cards will grant access to the warm-up area, changing facilities and shuttle bus service. Only athletes directly involved in the competition will have access to the Call Room and to the competition course. The Head of Delegation of each team will be invited to the VIP Hospitality area and will be granted the appropriate access through the accreditation card. Separate accreditation cards will be issued to Team Leaders, granting access to the Technical Information Centre (TIC).

Loss of Accreditation

Any lost or damaged accreditation card must be reported immediately to the LOC or to the Accreditation Centre. Duplicate cards may be issued upon presentation of a valid proof of identity.

6. INFO POINT

The Info Point will be located at the Messapia Hotel & Resort in Santa Maria di Leuca, together with the Accreditation Centre. Qualified staff of the LOC will be available to assist with all aspects of the event.

Contact:

trofeociolo@gmail.com

Mob: +39 393 924 1065

7. ACCOMMODATION

General Information

All teams will be accommodated at the Messapia Hotel & Resort in Santa Maria di Leuca, located approximately 3 km from Gagliano del Capo and the competition venue.

Messapia Hotel & Resort

C.da Masseria Li Turchi 73040 Santa Maria di Leuca

info@messapia.com

www.messapia.com

The athletes will be accommodated primarily in bungalows (mini-apartments accommodating up to four persons each). Twin and single rooms are also available and will be allocated according to the needs of the teams.

Costs and WMRA Quota

The LOC will cover the costs of three (3) nights of full board accommodation (four (4) nights in case the flight duration exceeds four hours) for:

- one team in each category;
- one official per country for delegations with up to three (3) competitors;
- two officials per country for delegations with four (4) or more competitors.

For additional team members, accompanying persons and/or additional nights, the following rates will apply:

Full board accommodation	Single room (per person/per day)	Twin room (per person/per day)
Quota athletes and officials Boys: three (3) athletes per team Girls: three (3) athletes per team Officials: two (2) officials per team	Covered by LOC	
Athletes and officials outside the quota Additional nights	110 €	95 €

Prices are set per person, per night, including full board accommodation. VAT is included. All participants must be listed in the Final Entry Form in order to secure appropriate accommodation for all team members.

The final accommodation invoice for each Member Federation will be based on the numbers declared in the Final Entries and must be paid in full. No reduction will be made for any subsequent decrease in the actual number of athletes and/or officials

Payment Procedures

An invoice will be sent to each Federation detailing the amount due based on the Final Entries submitted. Federations may make an advance payment in EUR by bank transfer to the following account:

Beneficiary: A.S.D. ATLETICA CAPO DI LEUCA

Address: Via G. Bruno, 2 - 73059 Ugento (LE)

Bank: BANCA POPOLARE PUGLIESE

Bank address: Via Provinciale per Matino, 5 - 73052 Parabita (LE)

IBAN: IT52L0526280130CC0472271977

BIC/SWIFT: BPPUIT3

Note:

A copy of the bank transfer confirmation must be presented upon arrival.

The outstanding balance must be paid on site by the Team Leader upon arrival at the Accreditation Centre. Payment may be made by credit card or in cash (EUR), in compliance with Italian law. Cash payments are permitted up to a maximum of €4,999.99 per transaction; amounts exceeding this limit must be paid by traceable means (e.g. credit card or bank transfer).

The Team Leader must settle any additional charges (e.g. bar, laundry, telephone, etc.) directly at the hotel reception prior to departure. The hotel may request a credit card upon check-in to cover incidental expenses.

All payments must be made in EUR.

Meals

All meals will be served in the hotel's main restaurant during the official opening hours.

On competition day, Sunday 21 June 2026, meals will be served as follows:

Breakfast 07:00 – 09:00

Lunch 13:00 – 15:00

Dinner will be served at the Final Party

Bottled water will be available to team members free of charge in the hotel bar and restaurant. All other beverages must be paid for by the respective team members.

8. TRANSPORT

Bus Shuttle Service

A shuttle bus service will operate between the Team Hotel and the competition venue (approximately 10–15 minutes' drive). Details of the timetable will be displayed on the information board in the Team Hotel.

Return to Airport / Train stations

Return transport will be arranged according to the flight and train schedules provided by the teams. Further information will be available on the information board in the Team Hotel.

9. TECHNICAL INFORMATION

The Course

The 19th International U18 Mountain Running Cup will be contested on an uphill and downhill course in the Ciolo area, located near the town. The transfer time from the hotel to the venue is approximately 15 minutes by bus.

The course consists of a single loop of 4,600m with the start and finish located in the same place.

The surface is mainly dirt road and grass with a hilly section on asphalt.

The distances and elevation gain/loss for each race are as follows:

Category	Distance	Ascent/Descent
U18 Girls / Boys	4600m	+/- 191

Asphalted road: 1500m - 4WD road: 500m - Meadow: 500 m - Mountain path: 2100 m

Technical Information Centre (TIC)

The main function of the Technical Information Centre (TIC) is to ensure smooth communication between the Team Leaders, the Local Organising Committee (LOC), the WMRA Delegate and

the Competition Management regarding technical matters.

The TIC will be located in the Start/Finish area and will be open on Sunday, 21 June 2026, from 09:30 to 12:30.

Technical Meeting

The Technical Meeting will be held on Saturday, 20 June 2026, at 16:30 in the Team Hotel.

Each team may be represented by a maximum of two (2) delegates and, if necessary, one interpreter. It is essential that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be submitted in writing, preferably in English, to the Accreditation Centre no later than 18:00 on 20 June 2026.

The Technical Meeting will be conducted in English.

The Technical Meeting will be attended by:

- The WMRA Delegate
- Representatives of the LOC
- National Competition Officials

Teams that are unable to attend the Technical Meeting due to exceptional circumstances may collect the relevant information material from the LOC office after the conclusion of the meeting.

Technical Meeting Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome address by the President of the Local Organising Committee
- Welcome address by the WMRA President
- Presentation of the members of the Jury of Appeal
- Presentation of the Competition Officials
- Presentation of the competition and warm-up venues
- Ceremonies
- Responses to questions submitted in writing by the federations

Course inspection

Athletes and team members will have free access to the competition venue and race course for training in the days preceding the competition.

The course will be fully marked and accessible as follows:

- Friday, 19 June 2026: 09:30–11:30 and 17:30–18:30
- Saturday, 20 June 2026: 09:30–11:30

Shuttle services may be arranged on Friday if necessary and will be provided on Saturday morning.

10. COMPETITION REGULATIONS

Entries

In each of the two (2) race categories, each Federation may enter one (1) team composed of up to five (5) athletes, including one reserve. A maximum of four (4) athletes will be permitted to compete. Only the host country may enter two (2) teams.

The WMRA International U18 Mountain Running Cup is open to athletes who are 16 or 17 years of age on 31 December 2026. Athletes younger than 16 or older than 17 years of age on 31 December 2026 are not eligible to compete.

Accordingly, the 19th International U18 Mountain Running Cup is open to athletes born in 2009 and 2010.

Entries Deadlines

Preliminary and Final Entries must be submitted by WMRA Member Federations using the respective forms provided in Appendices 4 and 5.

- **Deadline for Preliminary Entries:** 20 April 2026
- **Deadline for Final Entries:** 8 June 2026

Final Confirmation

Final confirmation of entries must be completed upon arrival at the Accreditation Centre.

No new entries or substitutions of athletes compared to the Final Entry Form (FEF) will be accepted. The final start lists will be available for collection, together with the bib numbers, after the Technical Meeting.

Scoring

Each race shall be scored separately.

Team results shall be determined by the aggregate of the finishing positions recorded by the scoring athletes of each team. The team with the lowest total of points shall be declared the winner. In the event of a tie, the higher placing shall be awarded to the team whose last scoring athlete finishes in the better position.

In calculating the aggregate, no adjustment shall be made to the finishing positions of the scoring teams with regard to non-scoring team members or individual entrants.

If a team does not finish with the required number of scoring athletes, those who finish shall be classified as individuals in the race results and shall remain eligible for the individual awards.

Competition Bibs

Each competitor will receive two (2) competition bib numbers.

The bib numbers shall be worn in accordance with World Athletics (WA) Rules and must not be cut, folded or covered in any way.

The competition bib numbers will be distributed immediately after the Technical Meeting.

Competition Clothing

Competitors must wear their Federation's official team clothing.

World Athletics Advertising Rules and Regulations shall be strictly applied.

Clothing and other items not compliant with the applicable Rules and Regulations will be removed or taped over in the Call Room.

Team clothing must be uniform.

Any competitor not wearing the official team clothing will not be granted access to the competition area and will not be permitted to compete.

This rule applies to all competition clothing (vest, shorts and tights) as well as to tracksuits.

11. COMPETITION PROCEDURE

Timetable

The competition timetable will be as follows:

Start time	Event
11:00	U18 Girls
11:30	U18 Boys

Warm-Up Before Events

The warm-up will take place in the area surrounding the Start/Finish zone.

At the conclusion of the warm-up, athletes shall prepare for the race and place any removed clothing in the designated bags identified with the respective country code (one bag per Federation). These bags will be transported to the post-event area, where athletes may collect their belongings after the race.

Call Room Procedures

It is the responsibility of the Team Leaders to ensure that their athletes are aware of the final check-in times for entry to the Call Room. Athletes who fail to report on time may be excluded from participation in the event.

All athletes must report to the Call Room no earlier than 20 minutes and no later than 10 minutes before the scheduled start of their respective event.

Starter Commands

All instructions will be given in English.

The command will be: "On your marks!", followed by the firing of the starter's gun.

Refreshment Stations

There will be two (2) refreshment stations providing water and sponges, located along the race loop, and one refreshment point near the start line. Water, fruit and light snacks will also be available in the post-event area. Personal refreshments may be handed to athletes by their coaches or other team members only at the official refreshment stations.

An athlete who receives refreshments at any place other than the official refreshment stations shall be liable to disqualification by the Referee.

Protests and Appeals

Protests will be processed in accordance with WA Rules. In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event. Any written appeal to the Jury of Appeal must be signed by a responsible official on behalf of the athlete and submitted to the TIC within 30 minutes of the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of EUR 100 must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

12. MEDICAL SERVICES

The LOC will provide medical assistance to teams, the competition organisation, personnel, honorary guests and, during the competition, to spectators. A medical tent with a first aid team will be active near the Finish line.

13. SECURITY

Instructions given by the LOC, security personnel and the police must be followed in all areas, as well as during transport from one location to another.

The accreditation card must be worn at all times. If an accreditation card is lost, this must be reported immediately to any LOC information desk.

The emergency phone number is 112 (police, ambulance and fire brigade). If necessary, the

police may also be contacted via the TIC or the Information Desk in the Team Hotel.

14. CEREMONIES AND PROTOCOL

Welcome Dinner

A welcome dinner will be hosted by the LOC at 20:00 on Saturday, 20 June 2026, in the swimming pool area located at the hotel. Invitation cards will be included in the welcome bags.

Opening Ceremony

The Opening Ceremony will take place at 18:00 on Saturday, 20 June 2026, in the monumental area of Santa Maria di Leuca.

Medal Ceremonies

The official Medal Ceremonies for the individual winners and team standings will take place after the finish of the races in the finish area.

The flower ceremony for the 3 medalists will take place immediately after the finish of each race.

Closing Party

A closing party will be hosted at Messapia Resort, where dinner will be served. Everyone with accreditation or an invitation is welcome to attend.

A short farewell ceremony will be held and will consist of the WMRA flag handover to the next host of the WMRA International U18 Mountain Running Cup.

15. DEPARTURE

Teams will be asked to provide full travel details on the Final Entry Form. The Team Leader must inform the LOC of any change in the departure schedule.

Departure times of the shuttle buses from the hotel will be provided and displayed on the Information Board.

All outstanding fees, charges and any other expenses must be settled with the Hotel reception before departure.

16. CONTACT DETAILS

For further details about the WMRA International U18 Mountain Running Cup please contact:

Mr. Luca Scarcia

Event Coordinator trofeociolo@gmail.com

17. APPENDICES

Appendix 1 – General Programme

Appendix 2 – Competition timetable with Call Room reporting times

Appendix 3 – Course Map & Profile

Appendix 4 – Preliminary Entry Form

Appendix 5 – Final Entry Form

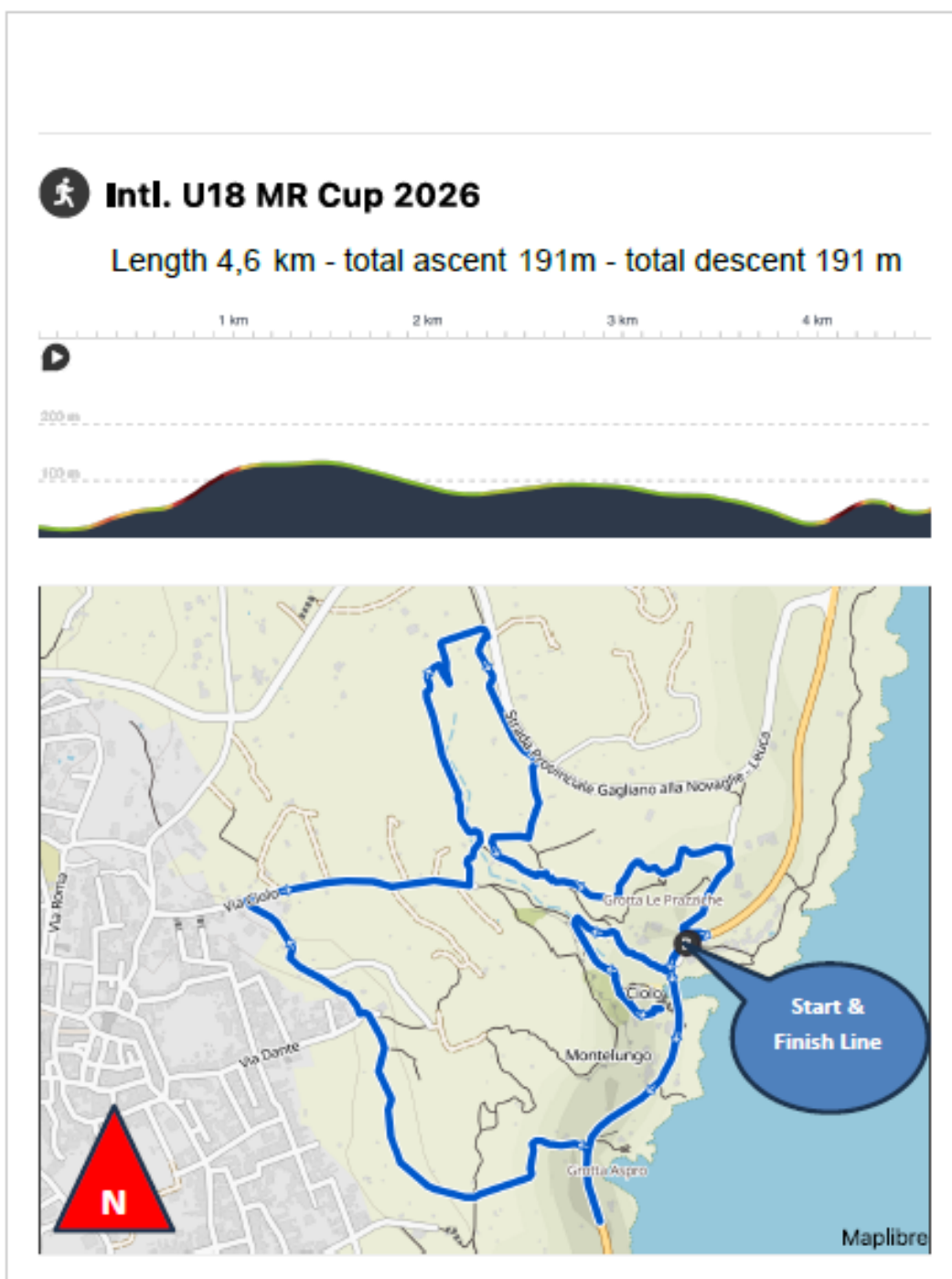
App. 1 - GENERAL PROGRAMME

Friday 19 June 2026	
All day	Arrival of the delegations and transfer to Gagliano del Capo, hotel accommodation and accreditation
09:30 - 11:30	Training at the venue/on the course
17:30 - 18:30	Training at the venue/on the course
Saturday 20 June 2026	
All day	Arrival of the delegations and transfer to Gagliano del Capo, hotel accommodation and accreditation
09:30 - 11:30	Course Inspection
16:30	Technical Meeting
18:00	Opening Ceremony
20:00	Welcome dinner
Sunday 21 June 2026	
08:30	Mass Race (open) - Trofeo Ciolo
10:00	National U16 Trophy races
11:00	U18 Girls
11:30	U18 Boys
12:15	Medal Ceremonies
20:00	Closing Ceremony and Party
Monday 22 June 2026	
All day	Departure of the delegations

App. 2 - COMPETITION TIMETABLE WITH CALL ROOM REPORTING TIMES**Sunday 21 June**

Call Room open	Call Room close	Start time	Category	Distance	Ascent/Descent
10:40	10:50	11:00	U18 Girls	4600m	+/-191m
11:10	11:20	11:30	U18 Boys	4600m	+/-191m

App. 3 – COURSE MAP AND PROFILE



App. 4 – PRELIMINARY ENTRIES FORM



19. INTERNATIONAL U18 MOUNTAIN RUNNING CUP

Gagliano del Capo - ITALY

Sunday, 21 June 2026



PRELIMINARY ENTRY FORM

Please fill in the shaded boxes by computer

To be sent before 20. April 2026 to:

- **LOC** E-mail: trofeociolo@gmail.com
- **WMRA Secretary** E-mail: tito.tiberti@wmra.info

Country:

Name of Member Federation:

Delegation - our delegation will be composed of:

- ⇒ **Boys *** (maximum of 5*; include 1 alternate)
- ⇒ **Girls *** (maximum of 5*; include 1 alternate)
- ⇒ **Officials**

* Only the host country may enter 2 teams → up to 9 runners

International transport: We expect to come (tick one box)

- ⇒ **By plane** Airport:
- ⇒ **By train** Railway station:
- ⇒ **By car** (directly to the venue)

Anticipated arrival date: 2026

Anticipated departure date: 2026

WMRA travel grant will be wired to the Member Federations after the event.

Date:

Name:

Position in the Federation:

Signature:

App. 5 – FINAL ENTRIES FORM



19. INTERNATIONAL U18 MOUNTAIN RUNNING CUP

Gagliano del Capo - ITALY

Sunday, 21 June 2026



FINAL ENTRY FORM

Please fill in the shaded boxes by computer

To be sent before 8. June 2026 to:

- **LOC** E-mail: trofeociolo@gmail.com
- **WMRA Secretary** E-mail: tito.tiberti@wmra.info

Country:

Name of Federation:

Tel:

e-mail:

Delegation - our delegation will be composed of:

	Women	Men	TOTAL
⇒ Athletes			
⇒ Team Officials			
⇒ TOTAL			

Number of vegetarians in the team:

Number of persons with food allergies:

Proposed allocation of rooms

Single:

Double:

International transport – arrival to:

No.of persons Date: time: Flight/train No. Remarks (airport...)

International transport – departure from:

No.of persons Date: time: Flight/train No. Remarks (airport...)

Team colours:	Vest:	Shorts:
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List of Athletes

⇒ max. **5** athletes can be entered, **4** to compete and **3** per team will score;

⇒ * only the host country may enter 2 teams → up to 9 runners; Team A and Team B

⇒ final confirmation should be done upon arrival

BOYS	Family name	First name	YOB	Team A/B
1				Team A
2				Team A
3				Team A
4				Team A
5				reserve
(6)				Team B*
(7)				Team B*
(8)				Team B*
(9)				Team B*
GIRLS	Family name	First name	YOB	Team A/B
1				Team A
2				Team A
3				Team A
4				Team A
5				reserve
(6)				Team B*
(7)				Team B*
(8)				Team B*
(9)				Team B*

List of Team Officials				
	Family name	First name	Gender	Position
1				
2				
3				
4				
5				

We confirm that all the athletes will respect and abide by the WA Anti-Doping Rules and Regulations.

*The promised **travel grant** will not be paid if the final entries arrive after the set deadline (8. June).*

The grant shall be wired to the MF bank account:

Bank:

IBAN:

SWIFT-BIC:

Date:

Name:

Position in the Federation:

Signature: