

  
**6° TRIATHLON  
CITTA' DI GORIZIA**

**6<sup>TH</sup> "CITY OF GORIZIA" TRIATHLON**

**2<sup>ND</sup> SPRINT TRIATHLON - AGE GROUP RANKING - KIDS & JUNIOR TRIATHLON**

**5<sup>TH</sup> "PANATHLON" TROPHY KIDS PARATRIATHLON**

**Gorizia, May 22-24, 2026**

**E. Fabretto Athletics Field, Campagnuzza - Gorizia**

## Location

E. Fabretto Sports Field, Via Capodistria 6 - Gorizia

## Date

May 22-24

## Organizer

Go Tri Team ASD (FITRI affiliate, code 2284)

## Contact Person

Cristiano Colombo 3485738960

## Medical Contact

Dr. Letizia Gianceselli 3450744811

## Event Type

### May 22 AQUATHLON

Classic Aquathlon 2500m/750m/2500m

Promo and Youth Aquathlon 1000m/400m/1000m

Kids Aquathlon

50m outdoor pool. Course marked with buoys. Info at: <https://www.gotriteam.it/aquathloncupfvg>

### May 23 RUNNING

Running race part of the COPPA GORIZIA circuit

### May 24 TRIATHLON

Kids

MTB Triathlon for the CUC, MINI CUC, ESO, and RAG categories, featuring routes on roads closed to traffic, dirt paths, a gymkhana course, and bike paths

Youth

Multi-lap road triathlon on road bikes for the YOUTH and JUNIOR categories. Running routes on roads, bike paths, and the track

Age group

Road Sprint Triathlon: 750m/20km/5km. Multi-lap road bike course (4 laps of 5km)

**TRANSITION AREA:** Located on Via Capodistria. For Cuccioli and Minicuccioli, the transition area will be located inside the track and field stadium at the entrance plaza

Sponsored by the City of Gorizia



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## FRIDAY, MAY 22

- 5:00 PM: Registration desk opens at the E. Fabretto Sports Field parking lot - Campagnuzza
- 6:30 PM: Transition area opens
- 7:00 PM: Start of the Kids and Promo Aquathlon
- 7:30 PM: Start of the Classic Aquathlon
- 9:00 PM: Awards ceremony, Aquathlon Party with food stands and music

## SATURDAY, MAY 23

- 5:00 PM: Registration desk opens at the E. Fabretto Sports Field parking lot - Campagnuzza
- 6:30 PM: Start of the running race
- 8:30 PM Awards ceremony, closing party with food stands and music

## SUNDAY, MAY 24

- 8:00–11:00 AM Race packet pickup at the registration desk
- 8:30 AM Youth transition area opens
- 9:15 AM Youth transition area closes
- 9:30 AM start of the KIDS E>B races
- 11:30 AM KIDS E>B transition area clears
- 11:45 AM KIDS E>B awards ceremony and Pasta Party, opening of the KIDS A/YOUTH/JUNIOR transition area
- 12:15 PM KIDS A/YOUTH/JUNIOR transition area closes
- 12:30 PM start of the Youth A F/M category
- 1:15 PM start of Youth B and Junior F/M
- 2:00 PM SPRINT race packet pickup
- 2:30 PM KIDS A/YOUTH/JUNIOR transition area cleared
- 3:00 PM KIDS A/YOUTH/JUNIOR awards ceremony and Pasta Party, and opening of the SPRINT transition area
- 3:45 PM SPRINT transition area closes
- 4:00 PM Start of first SPRINT heat
- 7:00 PM Pasta Party, awards ceremony, DJ set

\*Times are approximate and subject to change; categories may be combined depending on the number of participants

# LOGISTICS AND PARKING FOR THE TRIATHLON



P1 Large parking lot recommended

P2 City parking available

P3 Parking available with athlete access to the running course until 5:30 PM

## DISTANCES FOR THE KIDS E CATEGORY - 2020/2019

SWIM	BIKE	RUN
½ lap	1 lap	1 giro
25m	600m	150m

## DISTANCES FOR THE KIDS D CATEGORY - 2018/2017

SWIM	BIKE	RUN
1 lap	1 lap	1 lap
50m	1000m	300m

## DISTANCES FOR THE KIDS C CATEGORY - 2016/2015

SWIM	BIKE	RUN
2 laps	1 lap	1 lap
	1 lap slalom	
100m	2000m	1000m

## DISTANCES FOR THE KIDS B CATEGORY - 2014/2013

SWIM	BIKE	RUN
2 laps	1 lap	1 lap
	2 lap slalom	
200m	3000m	1500m

## DISTANCES KIDS A CATEGORY - 2012/2011

SWIM	BIKE	RUN
6 laps	3 laps of 2 km	1 lap + return to the track
300m	6000m	1700m

## DISTANCES YOUTH & JUNIOR CATEGORY - 2010/2007

SWIM	BIKE	RUN
8 laps	5 laps of 2 km	2 laps + return to the track
400m	10000m	2500m

## SPRINT DISTANCES - 2006>

SWIM	BIKE	RUN
15 laps	4 laps of 5 km	1 lap
750M	20K	5000m





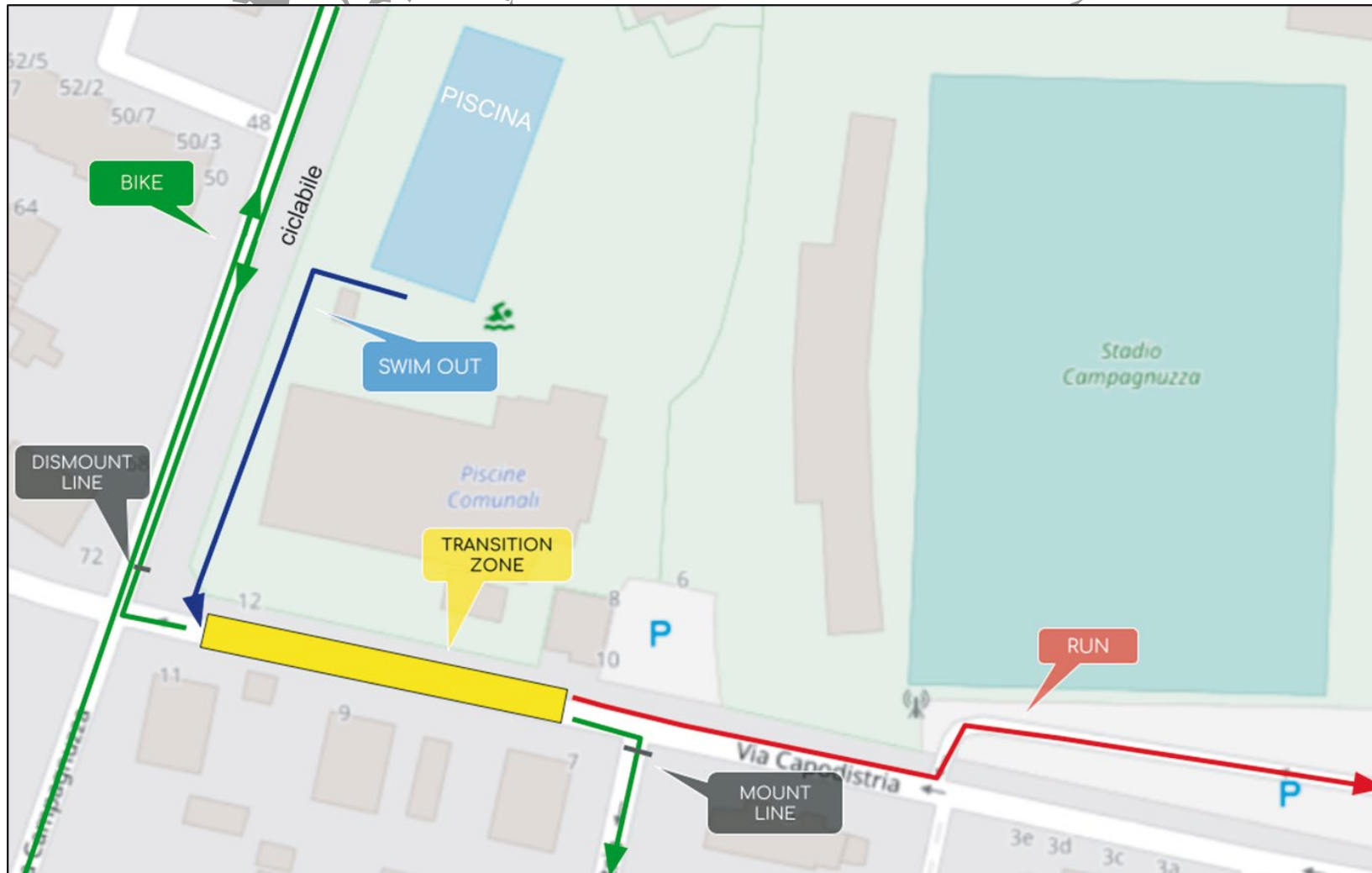
# TRIATHLON COURSES



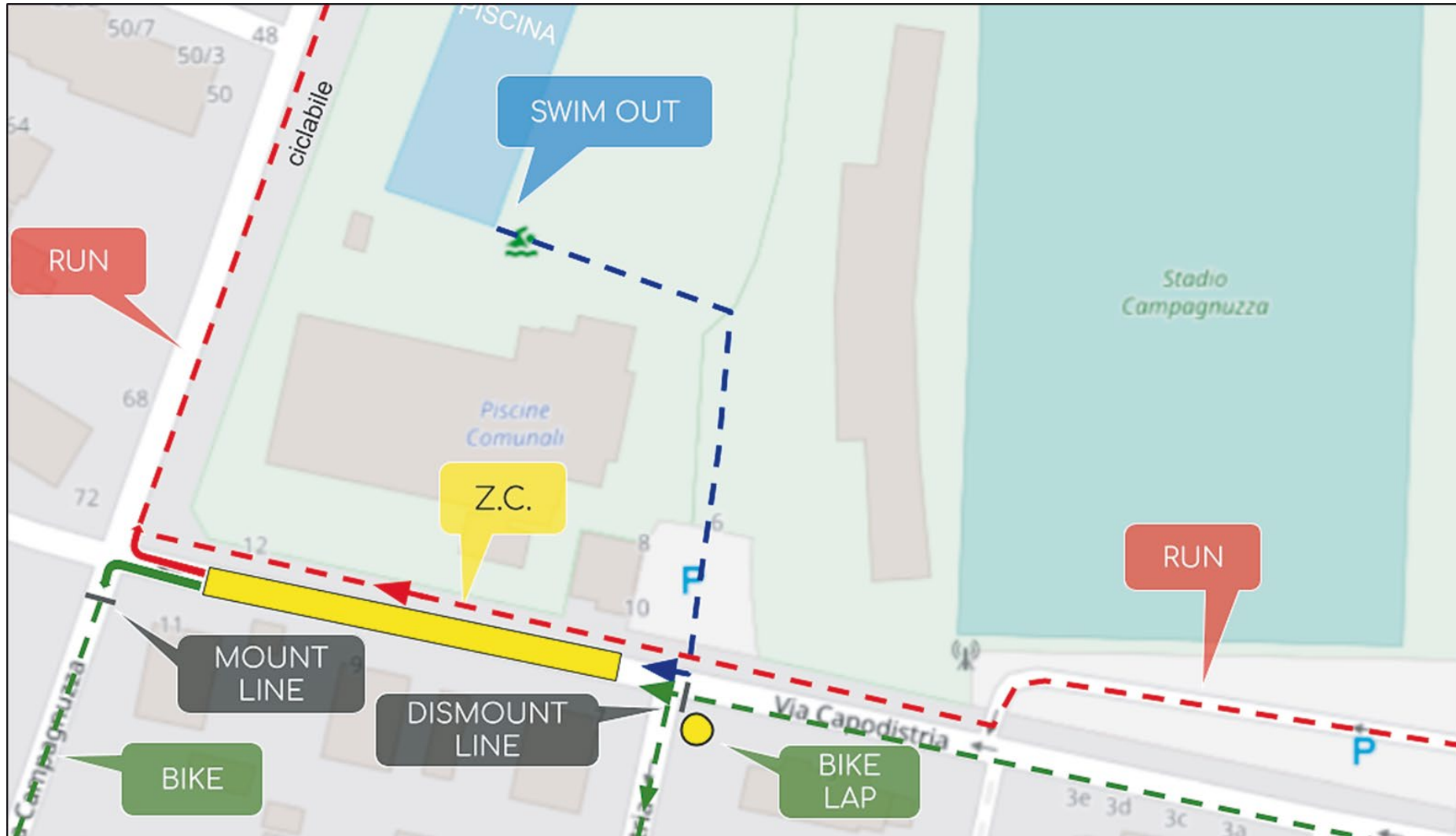
# TRIATHLON COURSES



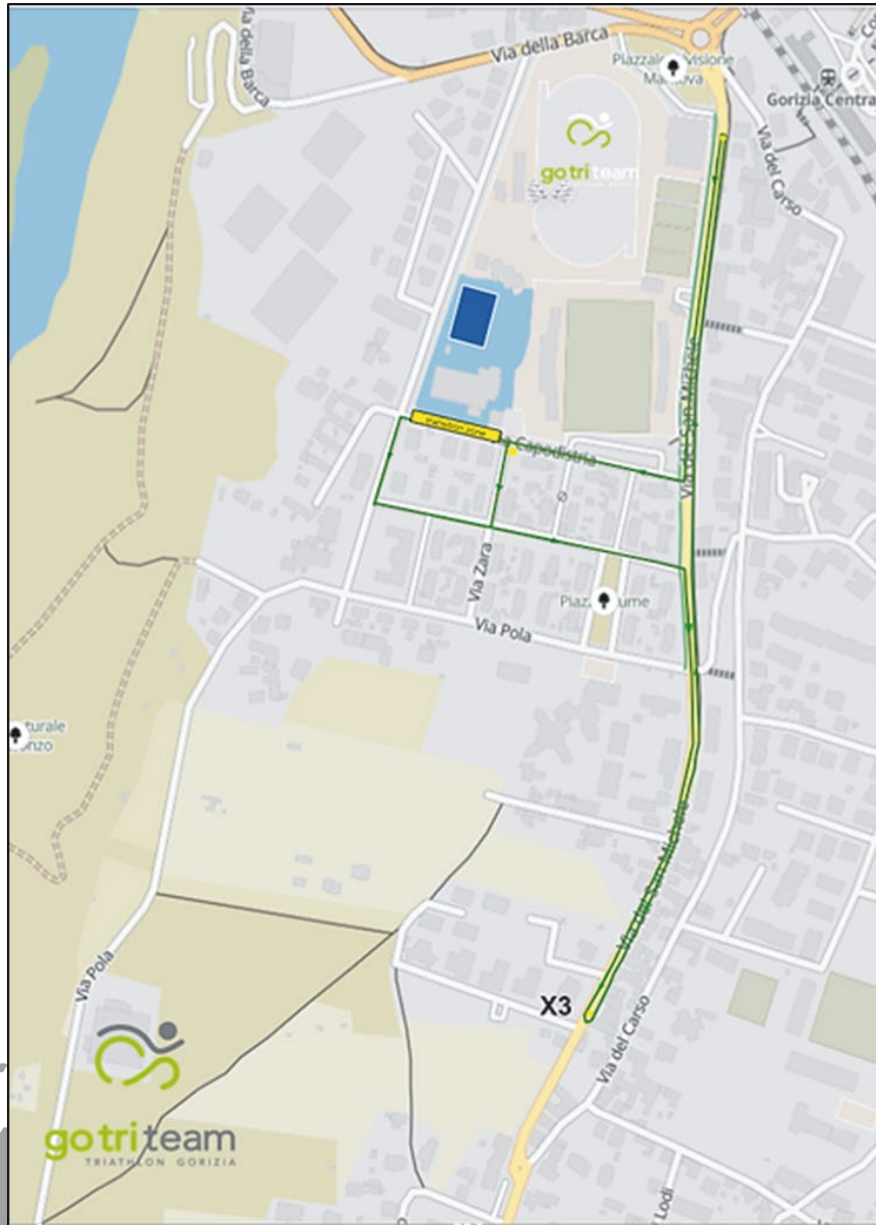
# KIDS D>B TRANSITION AREA FLOW



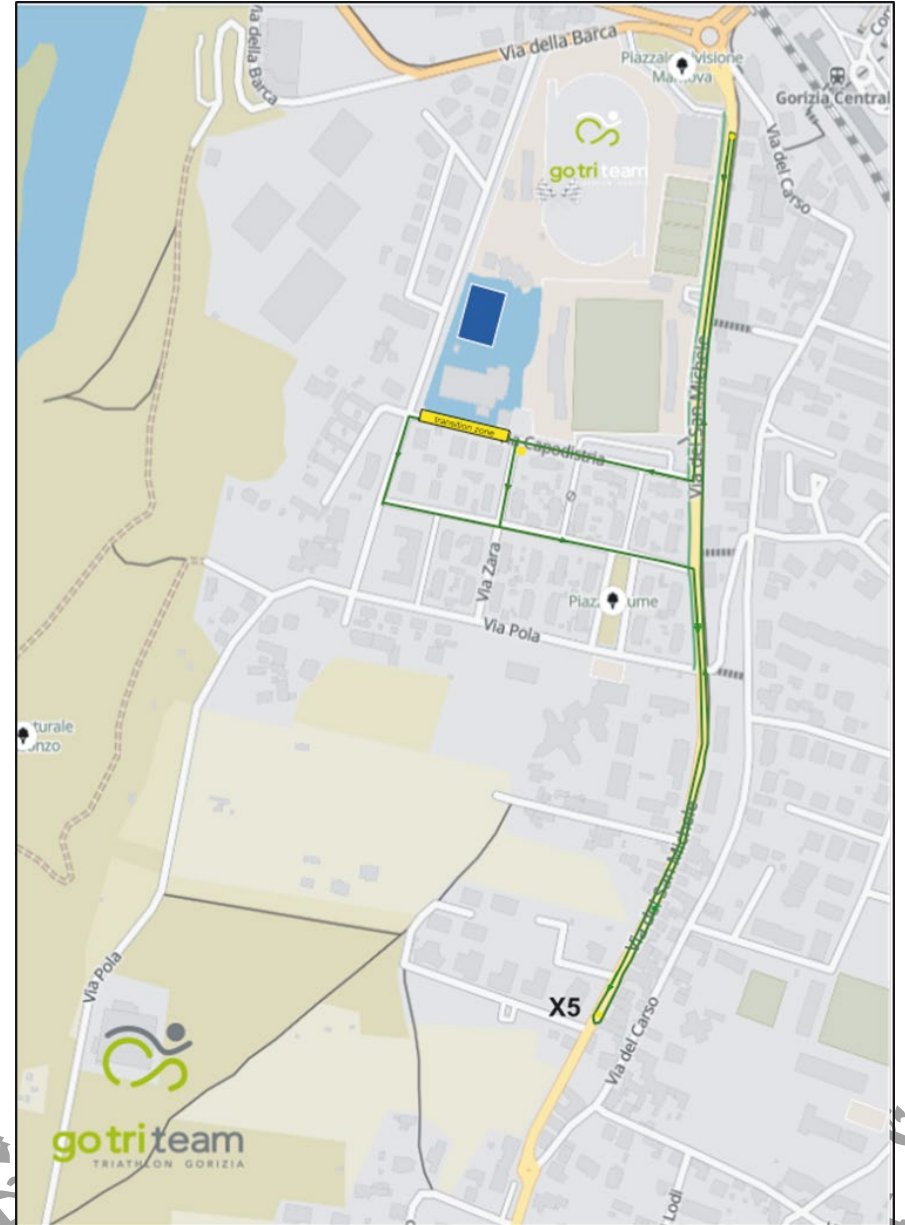
**PLEASE NOTE: THE ROUTES ARE REVERSED COMPARED TO THE KIDS D>B CATEGORY**



## BIKE KIDS A: 3 LAPS OF 2 KM



## BIKE YOUTH B/JUNIOR: 5 LAPS OF 2 KM



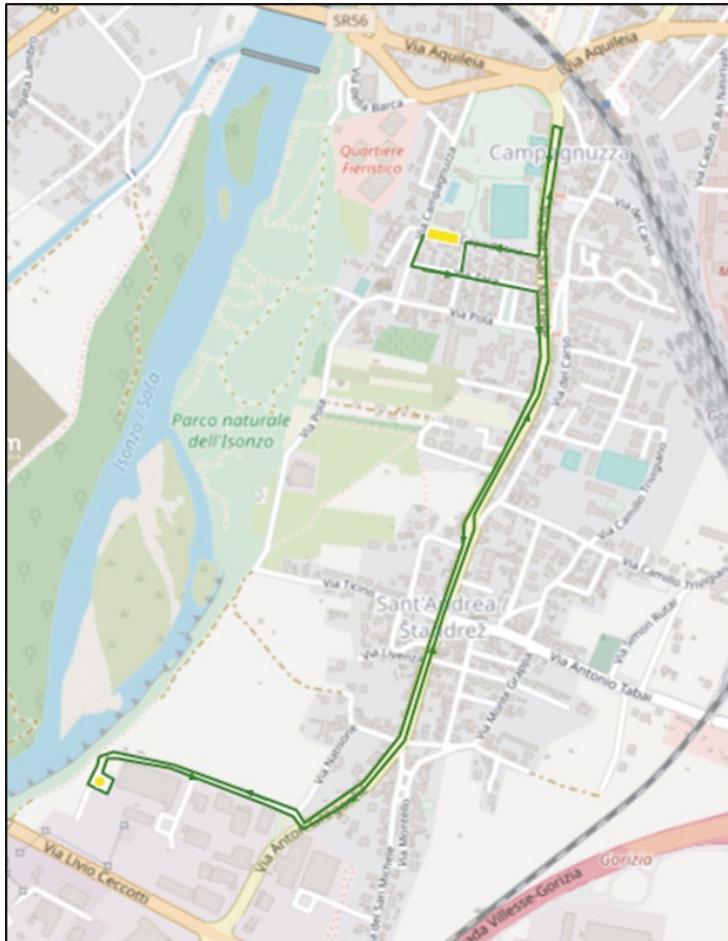
**RUN KIDS A: 1 LAP + TRACK CIRCUIT**



**RUN YOUTH/JUNIOR: 2 LAPS + TRACK CIRCUIT  
(PASSING THE TRANSITION ZONE TWICE)**



## BIKE SPRINT: 4 LAPS OF 5 KM EACH



## RUN SPRINT: 5 KM



## RUN SPRINT: 5 KM

DETTAGLI PERCORSO

### Percorso RUN SPRINT

17 Corsa

Indicazioni di guida

● Pubblico: disponibile a tutti

5,14 km	47 m	47 m
Distanza	Ascesa totale	Discesa totale

--- Passo medio --- Obiettivo di tempo

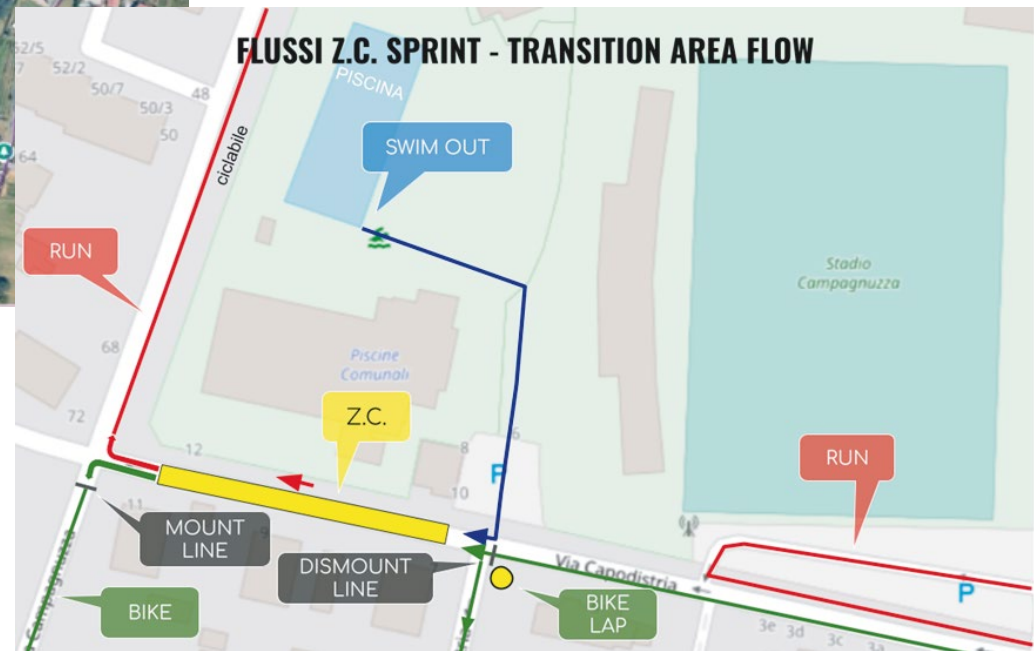
Quota Esporta

Punti percorso

Auto Lap tramite tramite i timing gate

In questo modo, Auto Lap sui dispositivi compatibili consente di contrassegnare i lap in base all'unità di misura preferita utilizzando i timing gate del percorso. Inoltre, genererà

Invia al dispositivo Crea una strategia PacePro



## SWIMMING:

- Gorizia Municipal Pool: 50-meter outdoor pool with a mass start in heats divided by category and gender
- Athletes must use their own swim caps or those provided by FITRI

## CYCLING:

- KIDS D>B: A predominantly dirt MTB course to be completed multiple times depending on the category. The use of fat tires (with treads) is mandatory for all.
- KIDS A: 2-km multi-lap city course to be completed 3 times counterclockwise using a road bike, to be repeated depending on the category
- YOUTH /JUNIOR: 2-km multi-lap city course to be completed 5 times counterclockwise using a road bike, to be repeated depending on the category
- SENIOR/MASTER: 5-km multi-lap city course to be completed 4 times counterclockwise using a road bike, to be repeated depending on the category

## RUN:

- KIDS D>B: road and bike path course
- KIDS A: bike path, road, and track
- SENIOR MASTER: bike path, road, and dirt road

## TRANSITION AREA:

Located on Via Capodistria. For the KIDS D&E categories, a transition area will be set up inside the athletic field adjacent to the swimming pool  
Foreign athletes must present their membership card

Competitors may compete shirtless only during the swimming segment.

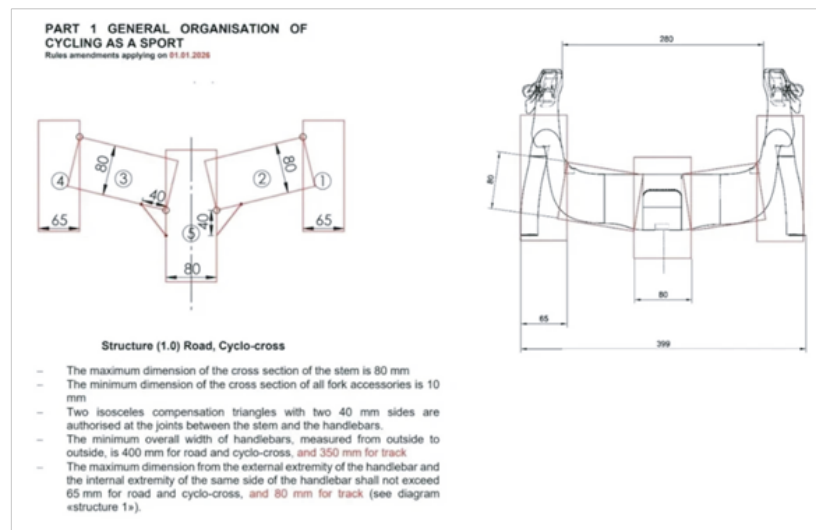
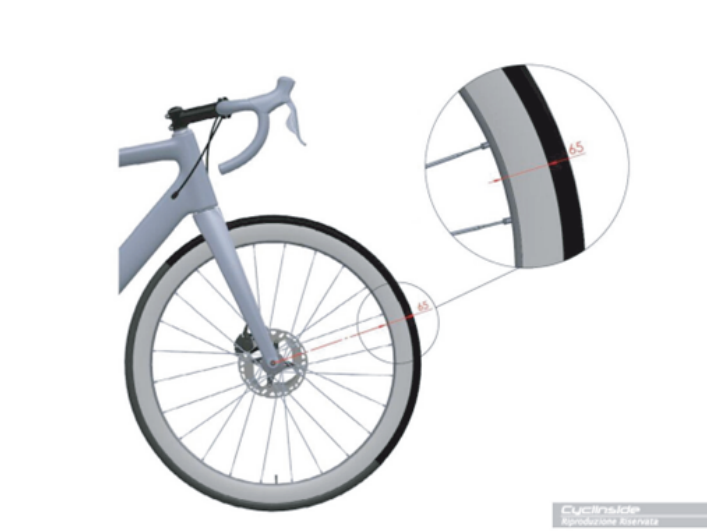
The GIOVANISSIMI race requires the use of a mountain bike (MTB) with knobby off-road tires. MTB tires must have knobs and must not be worn. Borderline cases will be evaluated and determined to be eligible or ineligible by the Referee on site. Any athlete using tires whose grip may be in question—because they are knobby but excessively worn or have a tread pattern that does not comply with the specifications—will be subject to the Chief Referee's assessment, who may bar them from entering the Transition Area and participating in the race.

In line with the World Triathlon Technical Regulations and those of most European national federations, starting with the 2022 competitive season, the limits on gear ratios permitted for youth categories and the resulting metric gear and wheel ratios are removed.

Athletes may not participate in two races within a 24-hour period whose combined distance exceeds the maximum distance allowed for their category.

Each athlete must wear a hard-shell helmet that is certified in accordance with the safety and protection standards set forth by applicable regulations. For further information, please refer to the FITRI Youth Activity Guidelines.

Effective January 1, 2026, UCI regulations impose a maximum limit of 65 mm for rim profile height in road races, to improve stability and safety, and require that the angle of the brake levers not exceed 10°.



## RACE OFFICE

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

tel. +39 338 906 4863

mail: info@gotriteam.it

website: www.gotriteam.it

The race office is located in the green area of the track and field stadium

**Register** on the website [www.nextrace.net](http://www.nextrace.net)

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

Note: The chip holder is not included in the race packet; you must purchase one or use your own.

## SPRINT AND YOUTH TRIATHLON

Registration opens: April 1, 2026

Registration closes: May 19, 2026, at 11:59 p.m.

### Registration fee:

- KIDS D>B Category (ages 6–13) €8.00
- KIDS A, Youth Category (ages 14–17) €8.00
- Junior Category (ages 18–20) €15.00
- UNDER 23 Category €25.00
- Senior Master Category €45.00
- April 1 to May 9: €35.00
- May 9 to May 19: €45.00

MAXIMUM NUMBER OF REGISTRANTS: 180 Youngest – 180 Youth – 180 Senior Master

**For one-day registration**, please visit [www.myfitri.it](http://www.myfitri.it) to complete all procedures independently

### Foreign Athletes

- Foreign athletes aged 12 and older (calendar year), who are not registered with the national federation of their home country, must complete the designated form with a self-certification from their physician, available at: [https://www.fitri.it/images/2025/Varie/MEDICAL\\_FORM.pdf](https://www.fitri.it/images/2025/Varie/MEDICAL_FORM.pdf)
- Foreign athletes in all categories who are registered with their home country's federation must submit a copy of their valid 2026 federation membership card or a membership certificate issued by their federation confirming registration for the year 2026.

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

The rankings will be compiled by NEXTRACE.NET and will be available online in real time.

All KIDS D&E CATEGORY will receive a medal, regardless of their ranking.

For the categories from KIDS C to Junior, the top 5 athletes in each M/F category will receive a medal.

In the Senior Master race, the top 3 overall athletes (M/F) will receive a prize pool of 500 euros, divided in a 50/30/20 ratio, and the top three finishers in each M/F category.

The Panathlon Trophy will award all participants in the paratriathlon race thanks to the collaboration of the Panathlon International Club of Gorizia and its motto "Ludis lungit" (sport unites) through the promotion of equal opportunities and fair play.

The top 3 overall regional male and female athletes will also be awarded prizes.

The regional awards ceremony will take place during the FVG Triathlon Festival.

## **TIMING**

Timing services provided by NEXTRACE.NET using individual chips supplied by the organizers.

Timing mats will be in place at the start and finish lines, as well as at the entrance and exit of the ZC and the multi-lap sections. Athletes must secure the chip to their ankle using the adjustable Velcro strap provided. Timing services will not be guaranteed for those who do not wear the chip correctly. Athletes who fail to return the chips in the post-finish area will incur a fine of 25.00 euros per chip, to be paid by their respective club

## **COURSE RECONNAISSANCE**

Junior and senior master athletes may conduct course reconnaissance on roads open to traffic, following all traffic laws and exercising due caution.

## **MECHANICAL ASSISTANCE**

A bike service station will be available to all competitors near the transition area.

## **MEDICAL ASSISTANCE**

Medical assistance will be provided by the Gorizia branch of the Italian Red Cross (C.R.I.), consisting of two ambulances, a doctor, and paramedical staff, as required by regulations. The Gorizia Hospital is located 300 meters from the race venue at Via Fatebenefratelli 34, tel. +39 0481 594819

Contact: Dr. Letizia Gianceselli 3450744811

## **REFRESHMENTS**

A quick refreshment station will be available at the finish line with water, cookies, or fruit.

## **PASTA PARTY**

Located at the athletics field, the Pasta Party will operate according to the schedule set for the two days and will be organized by volunteers from the Udine Alpine Section.

## **ENVIRONMENTALLY SUSTAINABLE**

Recycling bins will be available in the competition area. All participants, coaches, and accompanying persons are encouraged to actively cooperate in respecting the environment.

## **SHOWERS AND CHANGING ROOMS**

Showers and changing rooms will be available at the Sporting Field or Municipal Swimming Pool .

## **TEAM AREA**

The areas where teams can set up their club tents are marked on the logistics map.

Athletes are asked to respect the environment in all competition areas by using the trash bins and disposing of their trash properly.

## BY TRAIN

There are regular trains from Venice and Udine that take about 2 hours. There are also regular trains from Trieste that take about 45 minutes. If you're arriving from Slovenian trains, you'll arrive at the Nova Gorica train station, about 10 meters from the international border. Cross Piazza Italia and take bus number 1 (cost €1.00) to the center of Gorizia train station (10 minutes).

## BY PLANE

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

Flight schedule: 0481773224

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

- Marco Polo International Airport in Venice

Flight schedule: 0412609260

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

- Ljubljana Airport

Flight schedule: +38642061981

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

## BY CAR

- On the A4 "Venice-Trieste" motorway: exit at Villesse at junction 17, which leads directly to Gorizia.

- On the H4 expressway: after reaching Šempeter pri Gorici, take carriageway 103 to Nova Gorica; At the roundabout, follow the signs for Casa Rossa and cross the Slovenian/Italian border.

Gorizia is a municipality in northeastern Italy, in the autonomous region of Friuli-Venezia Giulia. It lies at the foot of the Julian Alps, on the border with Slovenia. It is the capital of the Province of Gorizia and a local hub for tourism, industry, and commerce. Since 1947, a twin city, Nova Gorica, has developed across the modern Italian-Slovenian border.

The entire region was the subject of a territorial dispute between Italy and Yugoslavia after World War II: after new borders were established in 1947 and the historic center was left in Italy, Nova Gorica was built on the Yugoslav side. 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 cross-border metropolitan area, administered by a joint board of directors.

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

The city's name derives from the Slovenian word gorica, meaning "small hill," which is a very common place name in Slovenian-speaking areas.

VISIT THE WEBSITE [WWW.TURISMOFVG.IT](http://WWW.TURISMOFVG.IT)

In Gorizia, you can feel the unique atmosphere of a border town: in Piazza Transalpina, which until 2004 was physically divided by a wall, you can walk with one foot in Italy and the other in Slovenia. Thanks to its unique geographical location, Gorizia has always been culturally influenced by the intersection of different civilizations: Latin, Slavic, and Germanic.

Situated on the eastern border, it has always played a central role in Central Europe. Today, its streets, architecture, and parks bear witness to the city's rich history.

The medieval castle is the heart and symbol of the city: from here, the view stretches across the rolling hills and over all of Gorizia, where medieval, Baroque, and 19th-century architecture coexist harmoniously. The Habsburg bourgeoisie loved to stroll through the streets of the city center; it is no coincidence that the city was called "Habsburg Nice." Among the many historic palaces, Palazzo della Torre, Palazzo Attems Petzenstein, and Palazzo Werdenberg—home to the Isontina State Library—stand out.

The history of Gorizia's Jewish community is chronicled at the Jerusalem Synagogue Museum on the Isonzo in Via Ascoli.

Amid enchanting parks, such as Parco Piuma on the Isonzo River, the Palazzo Coronini Cronberg Park (featuring trees from around the world), and the Giardino Viatori, there is also plenty of room for culture: many museums to visit, including unique and intriguing ones, such as the Provincial Museums with the Museum of Fashion and Applied Arts, the Great War Museum, and the Archaeological Collection, as well as the Museum of the Gorizia Middle Ages inside the castle.

On the hills above the city, in the Oslavia district, stands the imposing Oslavia Ossuary, which houses the remains of Italian and Austro-Hungarian soldiers who fell during World War I.

