



THE CARUGGI TRIPTYCH RELAY SWIM REGULATIONS

1. The Caruggi Triptych consists of 3 stages: Genoa, Camogli and Noli.
2. The races to get access to the RELAY ranking are the relays of the 3 stages.
3. Only the sum of the scores of at least 2 stages allows inclusion in the final general classification.
4. It is also possible to register for a single stage of the Triptych by competing only for the rankings of the day.
5. The registrations of each member of the team regarding the state of good health, swimming ability, discharge of responsibility, personal data, alternative route, registration fee and signature, must be filled out. Registration can only be done through the www.italianopenwatertour.com website .
6. The final acceptance of the registration is at the sole discretion of the Organization and is to be considered confirmed only with the publication of one's name in the starting list published on www.italianopenwatertour.com .
7. A valid certificate of fitness for NON-COMPETITIVE sports is mandatory. Also, those for any competitive sport are also accepted.
8. Athletes from the age of 10 are accepted after filling out the appropriate form for minors to be downloaded at the time of registration.
9. In addition to the use of a swim cap and goggles, the use of swimsuits, wetsuits, long john wetsuits, jammers and racing swimsuits is also allowed. Everything else is forbidden.
10. In order to compete in the Caruggi Triptych Relay Challenge 2025, the name of the Team and its members must coincide for each stage.
11. Each team, consisting of three athletes, has the possibility of replacing those unavailable in the following stages up to a maximum of 2 (for a total of 5 athletes team). Each team, therefore, to compete for the ranking of the Triptych Relay 2025 will consist of a minimum of 3 people up to a maximum of 5 people throughout the entire circuit.
12. Athletes who swim in multiple stages of the circuit in different teams will cause the exclusion of each team in which they took part from the 2025 Caruggi Triptych Relay ranking but not from the day's rankings.
13. It is at the total discretion of the organization that all athletes will be made to use or not to use a wetsuit if it is considered a necessary condition due to the temperature of the water. Temperatures that require an assessment by the Organization are those below 18°C and those above 24°C.
14. Participants may be forced to leave the event at any time at the sole discretion of the organizers or doctors. Participants will be required to follow any additional security measures declared by the organization.
15. The cancelled or suspended stage is considered without valid time, therefore without points, for the purposes of the final ranking of the Lakes Challenge.
16. Once the registration has been made, the fee cannot be refunded (see conditions accepted at the time of registration).
17. The organization reserves the right to modify the event at its sole discretion for reasons or conditions that cannot guarantee safety conditions. For the purposes of the Challenge ranking, reference is made according to the registered race.
18. Disqualification for unsportsmanlike behavior is at the sole discretion of the Organization
19. The first three teams of the general ranking are awarded, in addition to the stage prizes, during the final evening event that will be convened at the end of 2025.
20. The ranking planned for the 2025 Caruggi Triptych Relay Challenge is the general one.
21. In the event of an equal score in the final ranking, the criteria for proclaiming the winner will be, in this order: the number of stages in which you participated, the total number of races, the lowest number of relay athletes used.
22. In case of non-attendance at the stage award ceremonies, the winners lose the acquired right to Trophies and Prizes, as collection by proxy is not allowed



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