



<https://www.trofeonasegocorsainmontagna.com/>

NASEGO MOUNTAIN RUNNING SEVEN NATIONS 2026

- **05/09/2026 - VERTICAL NASEGO**
 - **06/09/2026 - TROFEO NASEGO**
1. This regulation-appendix is valid only for the invited national teams.
 2. Each national team can bring to NASEGO MOUNTAIN RUNNING SEVEN NATIONS 2025 up to max. 4 female athletes and up to max. 4 male athletes + 2 managers.
 3. The races' timekeeper service will filter the general rankings of each race and extract the isolated ranking of the athletes of the seven national teams invited to the competition.
 4. The best TWO male athletes and the best TWO female athletes of each national team will be considered for the calculation of the team score in the competition VERTICAL NASEGO
 5. The best THREE male athletes and the best THREE female athletes of each national team will be considered for the calculation of the team score in the competition TROFEO NASEGO
 6. In case of a tie, the placement of the 3rd athlete in the VK Nasego and of the 4th in the TROFEO will be verified.
 7. In order to compete it is necessary that at least 2 male athletes and 2 female athletes complete the race in the VK and 3 and 3 in the TROFEO. All the athletes of your national teams will be registered by us for both races.
 8. You have time to decide and the deadline to communicate the names of the Athletes is fixed the day prior each race via a text-message on the special Whatsapp Chat that will be opened and will include the managers of each national team + the LOC representative.
 9. NEW!!! The best classified 3 nations will be awarded by a Team money-prize as follows:
1st Nation = 3'000 € ; 2nd Nation = 2'000 € ; 3rd Nation = 1'000 €
 10. Each athlete competing in the seven nations will also compete for the race general ranking like all other athletes and will have access to money prizes etc etc. the above regulation is just special for the invited national teams.
 11. The technical Race Regulation of the Races (Licensed by The Italian Federation and in compliance with the WMRA / WA protocols) will be valid in any points and will be applied also to the Seven Nations competition. The approved Regulation will be published on the event's website.

TROFEO NASEGO 2026 - nasego.vip@gmail.com

