

**Three Nations Crossing**  
**3rd International Long Distance Swimming Race**  
Sunday, May 31, 2026 Punta Salvore (HR) Trieste (IT)

**REGISTRATION FORM WITH SIMULTANEOUS RELEASE OF RESPOSABILITIES**

Surmane: ..... Name: .....

Place and date of birth: ..... Sex:  M  F

Address: .....

City ..... ZIP code ..... Country: .....

Identity card or passport: .....

e-mail: ..... phone: .....

In case of emergency, contact: .....  
(Name & phone number)

**I DECLARE**

1. To be in possession of a valid medical certificate for the suitability of swimming activities;
2. To be in suitable psychophysical conditions for the activity, to have not taken and will not take in the 48 hours prior to the activity narcotic and/or psychotropic substances, to not be under the influence of drugs, to not have consumed excessive amounts of alcoholic beverages and food;
3. To respect the provisions given by the Organization in terms of safety, management and travel times, established in the briefing prior to the race;
4. To be aware of the foreseeable and unforeseeable risks associated with the practice of the activity even though it cannot be considered a potentially dangerous activity.

**I FURTHER DECLARE**

- a. To assume from now any and all liability regarding my person, for personal damage and/or damage caused to others (and/or to things) due to my behavior not in compliance with the rules;
- b. For me, as well as for my heirs and/or assignees, to relieve Mare Nordest SSD a r.l. its collaborators and/or employees, as well as their heirs and/or assignees from any liability for injuries, death and/or any damage (even caused by third parties), that may arise to my person on the occasion and due to the activity carried out during the entire event/race of May 25, 2025;

- c. To undertake to pay the registration fee of € 150.00 in favor of Mare Nordest SSD a r.l., aware that:

The registration fee consists of €30.00 for membership and insurance, and €20.00 for the technical support contribution for the race. Payment must be made by bank transfer using the following coordinates:

*IBAN: IT54X 02008 02242 000105 605951*

*In the name of Mare Nordest SSD a r. l.*

- d. To have carefully read and evaluated the content of this document and to have clearly understood the meaning of each individual point before signing it. I fully understand and share the purposes of these rules established for my safety and that not respecting them may put both me and my companions in a dangerous situation. For the purposes of articles 1341 and 1342 of the Civil Code, I declare that I specifically approve points 1, 2, 3, 4, a), b) and c) of this document.

#### **I ALSO AUTHORIZE**

- e. Mare Nordest SSD a r.l., the organizers and collaborators of the event to publish my photos, taken during the event, on their website and social networks for exclusively informative use
- f. I grant the organization Mare Nordest SSD a r.l. the right to use the images for promotional and enhancement activities of the Gulf of Trieste. The use will be free of charge and may include, but not be limited to, publications, promotional material, exhibitions and conferences, websites and social media.

#### **DISCLAIMER OF RESPONSIBILITY OF THE ORGANISERS**

- I. The Participant, undertakes to assume, under penalty of exclusion from the event, a behavior in accordance with the principles of loyalty and sporting correctness during the swim and not to assume, in no case, conduct contrary to the law and that may endanger their own or the safety of others;
- II. The Participant shall relieve the Organization of any liability, direct and indirect, for any material and non-material damages and/or expenses (including legal fees) that may result from its participation in the sporting event, also as a result of their behavior;
- III. Finally, by signing this form, the Participant assumes all responsibilities that may arise from his/her participation and relieves the Organizers from all civil and criminal liability, whether or not objective, as a result of accidents caused to oneself or to third parties and illness occurring during the entire duration of the event.

The Participant declares that he/she has carefully examined all clauses contained in the Organisers' disclaimer points I,II,III, and that he/she specifically approves all the points listed.

#### **AUTHORIZATION FOR THE PROCESSING OF PERSONAL DATA**

Legislative Decree 30 June 2003, no. 196 - Personal data protection code. I authorize, in accordance with Legislative Decree no. 196/03, the processing of my personal data by Mare

Nordest SSD a r.l. I also declare that I know that I will be guaranteed all the rights as better specified in art. 7 ("Right to access personal data and other rights") Legislative Decree no. 196/03. That pursuant to article 4 letter "g" Ms. Tiziana Tassan, Legal Representative of the Company, is appointed as "data controller". That my personal data will be stored on electronic and/or paper media and that the data will be processed in a manner suitable to guarantee security and confidentiality and may also be carried out through automated tools that allow the storage, management and transmission of the same always within the limits and for the purposes of the correct performance of the *Company's activities*.

This statement must be read and signed by all participants

Signature ..... Place and date .....

Attachments:

- Copy of identity card or passport;
- Copy of bank transfer of euro 50.00

This form with required attachments, should be sent to

segreteria@marenordest.it