

NENDAZ TRAIL RACE REGULATIONS

ORGANISATION

The Nendaz Trail Association is organized according to formal statutes registered in accordance with current practice.

EVENTS

There are three different foot races through the great outdoors:

- **UNT**: 70 km with an altitude difference of 3590 metres
- **NT** : 30 km with an altitude difference of 1890 metres
- **AT** : 16 km with an altitude difference of 840 metres
- **Parcours Découverte**: 16 km with an altitude difference of 840 metres

The races are entered on an individual basis and take place in a single stage at the competitor's own pace, with a designated time limit (see page 5 of the Regulations)

TERMS OF PARTICIPATION

These races are open to any person, male or female, with or without a licence:

- **UNT** : Born in 2000 or before
- **NT** : Born in 2002 or before
- **AT** : Born between 2001 and 2006
- **Parcours Découverte**: Born in 2000 or before

The races have many stretches at altitude and the conditions can be very difficult (wind, cold, rain or snow). A very good level of training and self-reliance are indispensable to succeed in this kind of challenging personal adventure.

The UNT is an Alpine Route, for competitors who are used to training on this type of terrain.

In signing up for this race, the competitor must:

- Be aware of how long and how difficult the course is
- Be able to cope on their own, without outside help, with difficult climatic conditions at altitude (wind, cold, fog, rain or snow)
- Know how to manage physical or mental stress resulting from extreme fatigue, digestive problems, muscular or joint pain, minor injuries
- Be in good form physically and not suffer any contraindications to practicing an endurance sport
- Be aware that the organization cannot guarantee absolute safety during the race

Any good hiker, normally trained and equipped to navigate alpine trails can participate in the NT, AT and the Parcours Découverte.

In signing up for one of these races, the competitor must:

- Be aware of the length of the course
- Be able to cope on their own, without outside help, with difficult climatic conditions at altitude (wind, cold, fog, rain or snow)
- Know how to manage physical or mental stress resulting from extreme fatigue, digestive problems, muscular or joint pain, minor injuries
- Be in good form physically and not suffer any contraindications to practicing an endurance sport
- Be aware that the organization cannot guarantee absolute safety during the race

Participation in the Nendaz Trail assumes unqualified acceptance of race regulations and ethics.

CATEGORIES

	UNT	NT	
Senior Men (SE H)	2000 to 1979	2002 to 1979	
Senior Women (SE F)	2000 to 1979	2002 to 1979	
Veterans 1 Men (VH1)	1978 to 1969	1978 to 1969	
Veterans 1 Women (VF1)	1978 to 1969	1978 to 1969	
Veterans 2 Men (VH2)	1968 to 1959	1968 to 1959	
Veterans 2 Women (VF2)	1968 to 1959	1968 to 1959	
Veterans 3 Men (HT5)	1958 and before	1958 and before	
Veterans 3 Women (VF3)	1958 and before	1958 and before	
	AT		Parcours Découverte
Juniors 1 Boys (JR1 G)	2004 to 2006	All classes Women (PF)	2000 or before
Juniors 1 Girls (JR1 F)	2004 to 2006	All classes Men (PH)	2000 or before
Juniors 2 Boys (JR2 G)	2001 to 2003		
Juniors 2 Girls (JR2 F)	2001 to 2003		

PARTIAL SELF-SUPPORT

The individual race principle is the rule of partial self-support. Refreshment stations are set up to provide drinks and food along the course.

Still water and cordial only are provided for filling drink containers.

When leaving a refreshment station, each competitor must ensure that they have sufficient food and drink to reach the next supply point.

Personal assistance will be allowed **only at official refreshment stations** and in an area specifically reserved for this purpose. Competitors must follow the designated route inside the supply station, even if they do not want to stop there.

It is prohibited to accompany a competitor during all or any part of the race, with the exception of the first 500 metres after a checkpoint.

ENTRIES

Registrations via Internet only with secure payment by credit card or bank transfer with invoice.

- **UNT** : CHF 95.00 (from January 15 to June 30, 2018)
CHF 110.00 (from 1 July to 24 August 2018)
- **NT** : CHF 55.00 (from 15 January to 30 June 2018)
CHF 75.00 (from 1 July to 24 August 2018)
- **AT** : CHF 45.00 (from 15 January to 30 June 2018)
CHF 55.00 (from 1^{er} July to 24 August 2018)
- **Parcours Découverte** : CHF 45.00 (from 15 January to 30 June 2018)
CHF 55.00 (from 1 July to 24 August 2018)

It is possible to register on the spot up to the day before the race (limited number).

Registration limits:

- **UNT** : 300 competitors
- **NT** : 600 competitors
- **AT** : 100 competitors
- **Parcours Découverte**: 200 competitors

The entry fees include all the services described in these regulations. Any registration changes to a shorter or longer route must be carried out before 15 August 2018. No changes will be permitted after that date. A change

of race registration requires payment of the difference between the price paid at initial registration and the rate in effect for the new route on the day of the change. No refunds will be given for changes.

It is not possible to exchange start numbers.

DEPARTURE TIMES – THE PROGRAMME

Dates	Horaires	Grand Parcours UNT 70km	Petit Parcours NT 30km	Parcours Découverte 16km	AdoTrail AT 16km
Vendredi 24.08.2018	16h00 à 21h00	Contrôle du matériel selon le règlement et retrait des dossards au Centre Sportif de Haute-Nendaz Inscriptions sur place possible. ATTENTION: Places limitées!			
Samedi 25.08.2018	04h30	Briefing			
	05h00	Départ			
	20h00	Fin de course			
	06h00 à 07h30		Retrait des dossards et contrôle du matériel		
	08h00		Briefing		
	08h30		Départ		
	19h00		Fin de course		
	07h00 à 08h15			Retrait des dossards et contrôle du matériel	
	08h45			Briefing	
	09h00			Départ	
	14h00			Fin de course	
	07h00 à 08h15				Retrait des dossards et contrôle du matériel
	08h45				Briefing
	09h15				Départ
	14h00				Fin de course
	10h00	Ouverture des stands restaurations			
	11h00				Arrivée prévue des premiers coureurs
	11h30			Arrivée prévue des premiers coureurs	
	12h00		Arrivée prévue des premiers coureurs		
	13h00	Arrivée prévue des premiers coureurs			
	17h00			Remise des prix	Remise des prix
	19h00	Remise des prix	Remise des prix		

REGISTRATION CANCELLATION GUARANTEE

It is possible to subscribe to the cancellation guarantee at the time of registration as long as the payment is made by Internet with a bank transfer or credit card. The amount is to be added to the registration fee as a single payment.

The purpose of the guarantee is to allow reimbursement of the registration fee for one of the three races in case a competitor needs to cancel their inscription for one of the following reasons:

- accident, serious illness or death of the competitor
- serious illness requiring hospitalisation, or death of the competitor's life partner, parents or children within thirty days prior to the event.

In the event of an accident or serious illness affecting the competitor, it is necessary to provide a medical certificate attesting to the contraindication for participation in the race. Any other cause of cancellation must be justified by a certificate issued, signed and stamped by the competent authority.

Conditions of compensation: Any request for reimbursement must be received, accompanied by the medical certificate, no later than 10 days after the event. Applications are processed within two months after the event.

Applications for reimbursement are to be addressed to:

MSO

Orgerie 20 2742 Perrefitte CH

Phone: + 41 32 493 32 61 Fax: + 41 32 493 60 42

info@mso-chrono.ch

EQUIPMENT

UNT and NT:

Mandatory throughout the race (equipment check when start numbers are collected and possibly during the race)

- backpack, or waist belt of equivalent capacity. Banana bag bottle holders or bags that only allow a water pouch are inadequate
- water supply, minimum one litre
- survival blanket
- whistle
- headlamp (**only for UNT**)
- adhesive elastic bandage or strapping (minimum 80 cm x 3 cm)
- waterproof jacket capable of withstanding bad weather in the mountains
- T-shirt (to be worn by the competitor or carried in the bag)
- long sleeve sweater, at least 150 g (association T-shirt + sleeves not sufficient)
- trousers or leggings (at least three-quarter length trousers to below the knee)
- pair of gloves (latex, plastic or similar gloves are not allowed)
- own drinking cup for refreshment stations (minimum 2 dl)
- mobile phone in working condition and switched on
- the race route uploaded onto Google Earth, Suisse Mobile, on the website « Trace de Trail » (download possible using the QR-Code) or equivalent applications. Competitors without a smartphone must have a map with race route
- every participant must have downloaded the smartphone "echo112" application. Competitors without a smartphone must have registered the 144 emergency number in their phone

AT and Parcours Découverte:

Mandatory throughout the course (equipment check when start numbers are collected and possibly during the race)

- backpack or waist belt of equivalent capacity
- water supply, minimum one litre
- survival blanket
- whistle
- waterproof jacket capable of withstanding bad weather in the mountains
- own drinking cup for refreshment stations (min 2 dl)
- mobile phone in working condition and switched on
- every participant must have downloaded the smartphone "echo112" application. Competitors without a smartphone must have registered the 144 emergency number in their phone

Recommended (non-exhaustive list):

Walking poles, spare clothing in case of cold and/or wet conditions, knife, twine, sunscreen, Vaseline, sewing kit...

If you choose to take walking poles, you must keep them with you throughout the race.

Race officials reserve the right to control your bag at any location during the race.

EQUIPMENT CHECKS

Equipment checks must be carried out during the time slots defined for each race in the programme. Each competitor must present themselves with their own equipment complete. If the participant is not able to be present themselves, they may give their material to a person of their choice who will appear in their place **with complete equipment and the competitor's identity card**.

START NUMBERS

Each start number, chip and tracer is presented individually to each competitor on presentation of a photo ID, after the mandatory equipment check. In case of loss, the chip and tracer will be charged directly to the competitor by MSO.

The start number should be worn on the chest or abdomen and must be visible at all times throughout the race. It must therefore always be positioned on top of all garments and can in no case be fixed to the competitor's bag or leg. The name and logo of race sponsors must not be altered or concealed.

Except in case of refusal to comply with a decision made by a race official, the start number is never taken off, but in case of abandonment it is deactivated.

SAFETY AND MEDICAL ASSISTANCE

Rescue stations are located at different strategic sites along the route (please refer to the table indicating refreshment points on www.nendaztrail.ch). These positions are in telephone connection with the race organiser.

Rescue stations are intended to assist any person at risk using the race organisation's own resources or conventional means. Paramedics and doctors are entitled to pull out of the race any competitor they deem unfit to continue by deactivating their start number. Emergency staff are entitled to evacuate competitors they deem to be at risk using any means at their disposal.

If necessary, and in the best interests of the person at risk, official mountain rescue services will be called. They will take over direction of operations and implement all appropriate means, including helicopters. The costs resulting from the use of these exceptional measures will be borne by the person rescued who will also have to assure their own return from the point where they have been evacuated to. It is the sole responsibility of the competitor to establish and present a dossier to their insurance provider within the time limit.

A competitor who resorts to a doctor or a paramedic is subject to their authority and agrees to accept their decisions.

In addition to emergency procedures, medical staff will be present at designated positions to assist competitors in the event of a severe medical problem. At high altitudes on the route, medical care is reserved for competitors with a severe problem. Medical care for less serious conditions, resulting notably from race-induced injuries, may be provided at some lower stations given availability of medical staff. Access to care and the type of care administered are left to the discretion of the medical staff.

Please note that the **emergency telephone number in Valais/Switzerland is 144**.

CHECKPOINTS AND REFRESHMENT STATIONS

Only competitors with a visible and duly controlled start number have access to refreshment stations.
Any abandonment must be reported to a checkpoint.

A post-race meal is served in Nendaz in the tent on the *Plaine des Ecluses*.

Flying checkpoints are set up in places other than the emergency posts and refreshment stations. Their location is not communicated by the organiser.

MAXIMUM TIME ALLOWED AND TIME LIMITS

In order to be classified, the maximum race time is set at **15 hours for the UNT, 10.5 hours for the NT, 5 hours for the Parcours Découverte and 4.75 hours for the AT**, subject to compliance with certain interim time limits.

The departure time limits of the main checkpoints are defined in the table below:

<u>LOCATIONS</u>	<u>TIME LIMITS</u>
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Grand Parours – 70 km (UNT)

- Cabane Saint-Laurent	12h00
- Cabane des Esserts	16h00
- Siviez	18h30

Petit Parours – 30 km (NT)

- Siviez	17h00
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AdoTrail and Parours Découverte – 16 Km (AT)

- Cabane Balavaud	12h00
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These time limits are calculated to allow participants to reach the arrival in the maximum time imposed, while making possible stops (rests, meals ...). The time limits are generous to allow a good hiker to participate in the case of NT 30 Km, and the 16 km AT and Parours Découverte.

To be allowed to continue the race, **competitors must start out from the checkpoint before the time limit set** (regardless of the time of arrival at the checkpoint).

Any competitor taken out of the race and wanting to continue their journey will be able to do so only after having given back his start number, under his own responsibility and in full autonomy.

ABANDONMENT AND REPATRIATION

Unless injured, a competitor must not give up anywhere other than at a checkpoint. They must then notify the person in charge of the post, who permanently invalidates their start number. The competitor keeps their invalidated start number because it is their pass to access shuttles, buses, meals, medical rooms ...

Any person who has left the race before completing it and without notifying the organisation will be responsible for any costs incurred by their disappearance.

The need for repatriation is decided with the station head in function of the following general rules:

- Station locations: Cabane Balavaud – Siviez – Cabane Saint-Laurent– Grande Dixence – Thyon
- Competitors who give up the race at a rescue post or refreshment station but whose state of health does not require evacuation, must return as soon as possible, by their own means and at their own expense to the nearest repatriation point
- For all other refreshment or rescue stations accessible by car or 4WD
 - When the post is closed, the organisation may, as far as means allow and at the competitor's expense, repatriate any competitor who has abandoned the race and is still present at the post
 - In the event of adverse weather conditions justifying the partial or total stoppage of the race, the organisation ensures repatriation of stopped competitors as soon as possible from: Siviez – Cabane Saint-Laurent - Cabane Pra-Fleuri

PENALTIES – DISQUALIFICATION

Race officials present on the course, and heads of posts at the various checkpoints and refreshment stations are entitled to enforce the regulations and to apply (*) a penalty in the event of non-compliance, according to the following table:

DISREGARD OF REGULATION	PENALISATION – DISQUALIFICATION
Refreshment help from a companion without a start number (excluding official refreshment)	½ hour penalty
Short cuts	One hour penalty to disqualification
Absence of mandatory equipment	¼ hour penalty to immediate disqualification
Denial of mandatory equipment check	Immediate disqualification
Dropping rubbish (deliberate) by a competitor or a member of their entourage	One hour penalty
Lack of respect (for organisers or competitors)	One hour penalty
Non-Assistance to a person in difficulty	One hour penalty

Assistance outside authorised areas	One hour penalty
Cheating (e.g.: use of a means of transport, sharing start numbers, ...)	Immediate disqualification
Non-compliant wearing of a start number	Penalty ¼ Hour (during which the runner repositions their start number to be compliant)
Lack of an electronic chip	According to the race jury's decision
No transition at a checkpoint	According to the race jury's decision
Refusal to comply with an order of race directors, a race official, a head of post, a doctor or a paramedic	Disqualification
Refusing an anti-doping control	The competitor will be sanctioned as if they had been convicted of drug use
Departure from a checkpoint outside the time limit	Disqualification

Any other breach of regulations will be the subject of a sanction decided by the race jury.

ANTI-DOPING CONTROLS

Any competitor may be subjected to an anti-doping control during or upon the arrival at the event. In the event of refusal or abstention, the athlete will be sanctioned in the same way as if they had been convicted of drug use.

PROTESTS

Protests should be received in writing within 15 minutes after the preliminary results are displayed.

RACE JURY

Consists of:

- The organisation's presidents
- The race director
- The technical manager
- The heads of posts concerned
- ...as well as any competent person designated by the chairman of the organising committee.

The jury shall be entitled to rule within the time limit consistent with the requirements of the race on all disputes or disqualifications which occurred during the event. The decisions are without appeal.

MODIFICATIONS OF THE COURSE OR TIME LIMITS; RACE CANCELLATION

In the event of bad weather conditions, or for safety reasons, the organisation reserves the right to interrupt or cancel the current event, and to modify time barriers, routes, rescue posts and refreshment stations.

In the event of adverse weather conditions (heavy rain or snow at altitude, high risk of thunderstorms ..) the race start may be postponed for a few hours.

In case of cancellation of an event, for any reason, decided more than 15 days before the date of departure, a partial refund of the registration fees will be made. The amount of the reimbursement will be set in such a way as to allow the race organisers to cover all costs incurred up to the date of cancellation.

In case of cancellation decided less than 15 days before departure, or in case of interruption of the race, for any reason whatsoever, no reimbursement will be made.

All decisions shall be taken by a jury bringing together at least the race director, the coordinator responsible for security and any competent persons designated by the co-presidents of the organising committee.

INSURANCE

Third party

The Organisers subscribe to third part liability insurance for the duration of the event. This insurance guarantees the financial consequences of its liability, that of its officers and of the participants.

Individual accident

Each competitor must be in possession of personal accident insurance covering any search and evacuation costs. Such insurance can be purchased from any organisation at the choice of the competitor.

NB: Helicopter evacuations in Switzerland are chargeable.

RANKINGS AND PRIZES

All competitors registered for the UNT, the NT, the AT and the Parours Découverte will receive a souvenir prize during the delivery of start numbers and equipment control.

All competitors in UNT, NT, AT and Parours Découverte arriving in Nendaz are ranked and will receive a finisher diploma (to be downloaded from the OSM-Chrono website)

Ranking by category will be established and published on the timekeeper's website after the results announcement. They are then published next day on the Nendaz Trail site.

If the race is stopped prematurely, rankings are established according to the order and times at the last checkpoint.

No money prizes are given.

For each race, a general ranking will be established for men, women, junior boys and junior girls.

The first three men, the first three women (UNT and NT), the first three junior boys and the first three junior girls (AT) of the general rankings will receive a special prize. For the Parours Découverte, only the first woman and the first man will receive a special prize. **Only competitors present at the results announcement will receive their prize. (No mailings will be carried out)**

IMAGE RIGHTS

Competitors expressly waive their rights to images taken during the event, and to any right of appeal against the organisers and their authorised partners for the use made of such images.

Nendaz Trail is a legally registered trademark. Any communication about the event or use of images of the event must be done in accordance with the name of the event, the registered trademarks and the official agreement of the organisation, respectively its head of communication.

www.nendaztrail.ch