

Event Regulations

- 1) All Fédération Française de Triathlon (FFTRI) rules and regulations apply to this event.
- 2) The highway code must be respected.
- 3) All outside (non-official) assistance is prohibited. This includes support vehicles, coaches and/or attendants. This may lead to entrant disqualification.
- 4) Only official FFTRI judges can apply sanctions or delegate power to organization commissioners.
- 5) Official judges will be clearly identified.
- 6) Passing other competitors in all intersections and bridge crossings is strictly prohibited.
- 7) Entry fees will not be refunded in the event of entrant withdrawal.
- 8) One swim cap, 2 jersey numbers, one bicycle number and one box to put all competitor things will be provided by the organization. That material stay the property of the competitor after race. A chlp will be lended
On finish line chips must be returned.
- 9) All entrants wishing to withdraw from the event must submit his/her race numbers to the nearest official race stand.
- 10) In the event of race cancellation, entry fees will be reduced 50% for the same race category for the 2019 event.
If competitor cannot participate after physical problem et if has a medical certificate which precise that he cannot participate to triathlon short distance on August 12th. We offer a discount of 50%of amount that he had paid in 2018 for triathlon short distance 2019. So if one of parent or wife or child died during the week before august 12th and if he present certificate he has same discount
In others situations registration will not be refund.
- 11) Once the total number of entrants specified on the entry form is reached, all further entry requests will be refused and their fees refunded. (1200 people)
- 12) **Fresh supplies available during race:** Spring water, energy food and drink, gels, soft drinks, apples, oranges, lemons, bananas, tomatoes, hot tea at the end of the swim event, spice bread, raisins, dried apricots, and sugar.
- 13) An anti-doping test may be requested at the end of the event in compliance with FFTRI regulations. An mechanical anti-doping may be request before, during or after race.
- 14) Entrants must wear their race numbers (front and back) without hiding or removing any part. Same for swim caps and bicycle number. All bicycles must be hung by their saddle in the bike lot.
- 15) Entrants must walk in the cycle park.
- 16) A line will be drawn at the cycle park exit and at the bike event finish line indicating the areas where entrants must follow the rules specified in Article 15 above.
- 17) **Sanctions:** Sanctions will be applied in compliance with FFTRI rules.
- 18) Entry deadline july 31th
- 19) Other than the preceding points, the FFTRI regulations will

apply in compliance with Article 1. Each entrant acknowledges having read and accepted these regulations; and in particular FFTRI regulations in regards to drafting and controlled substances. **About bike the FFTRI rules for Federal Great Races page 62 of Rule is applied on race**

20) **VERY IMPORTANT:** Race numbers will only be distributed at the Embrun Village Hall (Salle des Fêtes). No special dispensations will be accepted.

• **Short Distance Triathlon :**

Check-in in Salle des fêtes (Embrun near post office)

10 August from 9 AM to Noon and 2 to 6 PM,

11 August from 9 AM to Noon and 2 to 6 PM,

CAUTION

To have your bag with number it's necessary to present identity card.

If somebody take number of a competitor. It's necessary that he present his identity card and identity card of competitor

21) **All entrants must attend race instructions meeting:**

): August 10 at 5 PM at Lake Podium.

22) **Race Start Time:**

• **Short Distance Triathlon:** 12 August Start swimming at 6.20 AM for women, 6.30 AM for men at Lake.

23) **Disqualifying Times:**

All competitors arriving at the specified locations after these times will be automatically disqualified.

Cycle at end of swimming 7.10 AM

Cycle Saint Apollinaire 8.40 AM

Run at end of cycle 9.35 AM

End run: 10.45 PM

24) **Bike drop-off times in Cycle park:**

• **Short Distance Triathlon :** 11 Aug between 1:30 and 6 PM at Lake. Caution you cannot enter your cycle on 12th

25) **Fresh Supplies Stands**

Short Distance Triathlon:

a) **Swim:** Start and finish lines, and Cycle Park

b) **Bike:** Cycle park, Start, Finish, Villars, Savines

c) **Run:** cycle park, Start, Finish, Stadium,

26) **Awards Ceremonies:**

Short Distance Triathlon: 12th Aug. at 3:00 PM at Lake Podium.

27) **Loop of penalty:** It will be placed at the output of the bike lot, 300m go and back.

28) **Swim replacement:**

5 km of run.

29) Organisation is responsable of cycles only in cycle park during the opening hours of the cycle parc.

For the others materials in the cycle park or in others places, the organisation is not responsible. End control at noon on 12th

30) All competitors must have federal license or must take pass competition (20€) and joint medical certificate

On entry form, each line must be completed

File of National Triathlon Federation license 2018 must be attached if you have national license

If you have no license you must joint file of medical certificate (less 3 years old) which precise that you have no medical problems with sport in competition. In that case you must click in box pass competition.

Control your registration before payment.

Caution if your registration is not completed, organization cancel without refund it when we will control registration information

31) Registration price is 100€

32) With "Vigipirate", organization must control your identity

On 12th between 4 and 6am before your entry in cycle park you

must present your identity card or passport.

Caution if you cannot present it, you cannot enter and participate to race.

We propose you to arrive early on morning in cycle park because it's very long and after 6am the entry in cycle park is closed