

Embrunman Rules

- 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 organizing 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, 2 cycle bottles and one box to put all competitor things will be provided by the organization.
- This material stay the property of the competitor after race.
A chlp will be lent and given back at bike park output.
- 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 Embrunman on August 15th. We offer a discount of 50%of amount that he had paid in 2018 for Embrunman 2019. So if one of parent or wife or child died during the week before august 15th and if he present certificate he has same discount
- In others situations registration will not be refund.
- 11) Once the total number (1800) of entrants specified on the entry form is reached, all further entry requests will be refused and their fees refunded.
 - 12) **Fresh supplies available during race:** Spring water, natural energy drink, soft drinks, apples, oranges, lemons, bananas, rice cakes, hot tea at the end of the swim event, spice bread, raisins, dried apricots, and sugar, energy bars and energy gels. Sandwiches, draft beer and fries potatoes after race
 - 13) An anti-doping test may be requested at the end of the event in compliance with FFTRI regulations. So mechanical anti-doping control may be requested before, during and 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 cycle park.
 - 15) Entrants must walk in the cycle park.
 - 16) A line will be drawn at the bike lot 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 is 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 Embrunman**

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

• Long Distance Triathlon :

Check-in 12 August from 2 to 6 pm; 13 August from 9 am to Noon and 2 to 6 PM; and August 14 from 9am 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 14 at 5 am at Lake Podium. It's necessary to present identity card

22) Race Start Time:

• **Long Distance Triathlon:** 15 August Start swimming

- women at 5:50 am

- Men at 6 am at Lake.

23) Disqualifying Times:

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

24) Bike drop-off times in cycle park:

• **Long Distance Triathlon** :14 Aug.between 1:30 and 6 pm at Lake.

On 15th Aug with box only without cycle (cycle only on 14th)between 4.00 AM and 5.45 AM.

CAUTION

So with "Vigipirate" a control of identity will be on 15th before entry in cycle park between 4 and 5.45 am; All competitors will must present ID card or passport. Without ID card or passport competitor cannot enter in cycle pak and participate to race

25) Fresh Supplies Stands

Long Distance Triathlon:

a) **Swim:** Start and finish lines, and Bike Lot

b) **Bike:** Bike Lot, Start, Finish, Villars, Savines, Pont neuf, Saint Clément, Maison du Roy, Arvieux, Isoard Pass, Briançon, Vigneaux, Pallon, Saint Clément, Pont neuf, and Chalvet.

c) **Run:** Bike Lot, Start, Finish, Bridge before climb" les Moulineaux", gendarmerie, bridge before climb les Moulineaux, Stadium and start of each lap

26) Awards Ceremonies:

Long Distance Triathlon: 16 Aug. at 10:30 am at Lake Podium.

27) **Prison for penalty** : It will be placed in cycle park.

28)Swim replacement :

10km of run.

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

For the others materials in the cycle parc or in others places, the organisation is not responsible.

30) All competitors must have federal license or must take pass competition (45€) 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 tree year 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) Amount of registration is 340€ since 31th may then 370€ between 1th june to 30th june and 400€ between 1th july to 31th july

Time Estimates and disqualified hours Embrunman

1)Bike

KM	Location	First	Last
0	PLAN D'EAU	6H50	8H15*
8	ST EUSEBE	7H10	9H02
15	LES MEANS	7H26	9H14
19	ST APOLINAIRE	7H32	9H33
31	PRUNIERES	7H42	9H38
35,4	SAVINES	8H12	9H57
41,1	CROTS	8H21	10H10
43	ROND POINT LES ORRES	8H25	10H15
47,5	PONT NEUF	8H29	10H20
50	SAINT ANDRE	8H36	10H38
54	SIGURET	8H44	10H49
60	SAINT CLEMENT	8H55	10H56
66,2	GUILLESTRE	9H07	11H15
74,2	MAISON DU ROI	9H23	11H40
85,2	CARREFOUR ARVIEUX	9H45	12H14
96,6	CASSE DESERTE	10H05	13H02
98,4	COL DE L'ISOARD	10H15	13H10*
116	BRIANCON	10H44	13H34
124,9	PRELLES	10H52	13H50
131,6	LES VIGNAUX	11H18	14H25
137	CHAMPCELLA	11H26	14H55
155,5	ST CLEMENT	12H00	15H20
161,5	SIGURET	12H06	15H30
165,5	SAINT ANDRE	12H12	15H50
169	PONT NEUF	12H15	16H15 *
171	EMBRUN	12H20	16H20
175,5	CHALVET	12H28	16H30
182	LES VIGNES	12H35	16H55
185,5	PLAN D'EAU	12H39	17H15*

• : Disqualifying times **write red**

2)Run

KM	Location	1 st lap last	2 ⁿ lap last	3 ⁿ lap last
0	CYCLE PARK	5.15pm		
14	FINISH LINE	7.20 pm		
18	FINISH LINE		9.30pm	
42,195	FINISH LINE			11.15 pm

* : Disqualifying times **write red**