

## Embrunman Rules

- 1) All French federation rules for competition apply to this event except as described below.
- 2) Only official marshals can apply sanctions.
- 3) The highway code must be respected.
- 4) All outside (non-official) assistance is prohibited. This includes support vehicles, coaches and/or attendants. This may lead to entrant disqualification
- 5) Passing other competitors in all intersections and bridge crossings is strictly prohibited.
- 6) All entrants wishing to withdraw from the event must submit his/her race numbers to the nearest official stand.
- 7) In the event of disqualification, the competitor must return his race number and transponder to the Marshal. The marshal must give attestation about transponder that competitor must give it to cycle park in exchange for guarantee
- 8) 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.
- 9) Entrants must walk only in the cycle park.
- 10) 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 9.
- 11) About drafting when a first offence has been committed a penalty of 5 minutes will be applied, a penalty of 5 minutes for the second offence and disqualification after the third offence.
- 12) About it the French cycling federation rules are applied on Embrunman. Hardware specification topic, It is specified that only race bikes and time trial bike are allowed. Mountain bikes are not allowed as VTC and urban cycles.
- 13) 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 transponder will be lent and given back at bike park output. When competitor take his number in Salle des Fêtes, he must leave in guarantee original identity papers or 60€ which will be return in cycle park after race in exchange of transponder.
- 14) Swim replacement:  
10km of run
- 15) An anti-doping test may be requested at the end of the event in compliance with French regulations. So mechanical anti-doping control may be requested before, during and after race.
- 16) Other than the preceding points, the French federation regulations will apply in compliance with Article 1. Each entrant acknowledges having read and accepted these regulations; and in particular regulations in controlled substances.
- 17) 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 only after race
- 18) All competitors must have federal license or must take pass competition (10€) and joint medical certificate  
On entry form, each line must be completed.  
File of National Triathlon federation license 2019 must be attached if you have national license

If you have no license you must joint file of medical certificate (less one 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.

19) Amount of registration is 340€ since 31th may  
then 370€ between 1th june to 30th june  
then 400€ between 1th july to 31th july

20) No refund of registration fees in the event of defection of the competitor whatever the reason. Attention this point is important.

But If competitor cannot participate after physical problem and if has a medical certificate which precise that he cannot participate to Embrunman on August 15<sup>th</sup>. We offer a discount of 50% of amount that he had paid in 2019 for Embrunman 2020. So if one of parent or wife or child died during the week before august 15<sup>th</sup> and if he presents a certificate, he has same discount. In others situations registration will not be refund.

21) In the event of race cancellation, entry fees will be reduced 50% for the same race category for the 2020 event.

22) Caution you receive 2 e-mails after your registration. Keep them because we will not give other proof.

23) Once the total number (1400) of entrants specified on the entry form is reached, all further entry requests will be refused and their fees refunded.

24) Entry deadline is july 31th  
Caution entries will be increased in accordance with article 19 and the registration form.

25) **VERY IMPORTANT:** Race numbers will only be distributed at the Embrun Village Hall (Salle des Fêtes). No special dispensation will be accepted.  
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 presents his identity card and identity card of competitor

26) All entrants must attend race instructions briefing:  
August 14 at 5 pm at Lake Podium.

27) Bike drop-off times in cycle park:  
14<sup>th</sup> August. between 1:30 pm and 6.30 pm at Lake with your cycle

28) On 15<sup>th</sup> August entry of competitor with box only without cycle (cycle only on 14<sup>th</sup>) between 4.00 am and 5.45 am. With "Vigipirate" a control of identity will be on 15<sup>th</sup> 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 park and participate to race

29) Race Start Time:  
Long Distance Triathlon: 15 August Start swimming  
- women at 5:50 am  
- Men at 6 am at Lake.

30) Disqualifying Times:  
All competitors arriving at the specified locations after these times will be automatically disqualified. Look table at end of rules

31) Fresh Supplies Stands  
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

32) Awards Ceremonies:  
16 Aug. at 10:30 am at Lake Podium.

33) Organisation is responsible 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.

34) Time Estimates and disqualified hours

1)Bike

KM	Location	First	Last
0	PLAN D'EAU	6H50	<b>8H15*</b>
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	<b>13H10*</b>
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	<b>16H15 *</b>
171	EMBRUN	12H20	16H20
175,5	CHALVET	12H28	<b>16H30</b>
182	LES VIGNES	12H35	16H55
185,5	PLAN D'EAU	12H39	<b>17H15*</b>

2)Run

KM	Location	1 <sup>st</sup> lap last	2 <sup>n</sup> lap last	3 <sup>n</sup> lap last
0	CYCLE PARK	<b>17H15 *</b>		
14	FINISH LINE	<b>19H20 *</b>		
18	FINISH LINE		<b>21H30*</b>	
42,195	FINISH LINE			<b>23H15*</b>

\*: Disqualifying times write red