

Short Distance 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 number 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, 1 cycle bottle 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:
5 km 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, hot tea at the end of the swim event, spice bread, raisins, dried apricots, and sugar, energy bars and energy gels.
- 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 at date of race) 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 100€ since 31th may
Then 110€ between 1th june to 30th june
Then 120€ 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 Short Distance on August 15th. We offer a discount of 50% of amount that he had paid in 2019 for short Distance 2020. So if one of parent or wife or child died during the week before august 15th 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 (300) 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:
14th August between 1:30 pm and 6.30 pm at Lake with your cycle

28) On 15th August entry of competitor with box only without cycle (cycle only on 14th) between 6.00 am and 8.00 am. With "Vigipirate" a control of identity will be on 15th before entry in cycle park between 6.00 and 8.00 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 8.20 am
- Men at 8.30 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 Cycle Park
 b) Bike: Cycle Park, Villars, Savines,
 c) Run: Cycle Park, Stadium, across under Roc Road and Chaffal Road

32) Awards Ceremonies:
 15 Aug. at 3 pm at Lake Podium.

33) Organisation is responsible for cycles only in cycle parc during the opening hours of the cycle parc between 6.00 am and 1.00 pm.
 For the others materials in the cycle parc or in others places, the organisation is not responsible.

34) **disqualified hours**

1)Bike

KM	Location	Last
0	PLAN D'EAU	9.10
19	ST APOLINAIRE	10.40
44	PLAN D'EAU	11.30

2)Run

KM	Location	last
10	FINISH LINE	12.40