



# SUPERTRAIL DU BARLATAY

## Rules and regulations of the races organised by the association

### « SuperTrail du Barlatay » – 2019 Edition

**IMPORTANT INFORMATION** : A briefing is organised for all runners **on Friday August 16th at 6 pm at the « Maison de l'Etivaz »**. It is not mandatory but highly recommended due to the various difficulties that all of the trails contain.

#### **RC1 : Organisation**

The association « SuperTrail du Barlatay » is constituted of official statutes, according to the rules in use.

#### **RC2 : Races**

The association « SuperTrail du Barlatay » proposes four different mountain trails, in the categories T2/T3.

The Barlatay Ultra-Trail®: **87 km / 5'400 m** of difference in height

The Barlatay Trail : **46 km / 2'700 m** of difference in height

The Discovery Barlatay trail : **24 km / 1'350 m** of difference in height

The Barlatay Junior Challenge : **5,5 km / 130 m** of difference in height

The four races must be accomplished in one stage, at the runners' own pace, but in a limited time period.

#### **RC3 : Environment**

Because respect for nature is important to us, please remember to respect the trails! It is imperative to follow the marked trails, without taking any short cuts. Every participant must agree to respect the Eco Chart as presented on our internet site. Any competitor caught cheating will be disqualified immediately.

#### **RC4 : Conditions of Participation**

The races are open to both men and women. An age requirement of at least 18 years old for the Barlatay Ultra-Trail® and the Barlatay Trail, 16 years old for the Discovery Bartalay Trail and 12 years old for the Junior Challenge. Each participant must be in good physical condition to participate in the race which he/she has chosen.

The participation in « SuperTrail du Barlatay » means that you accept the terms and conditions along with the ethics of the race.

#### **RC4 bis : Image Rights**

Participants agree to allow the organization to use both photos and videos taken before, during and following the races for promotional purposes related to the « SuperTrail du Barlatay ».

#### **RC5 : Categories**

##### The Junior Challenge :

Girls	from 12 to 16	2007 / 2003
Boys	from 12 to 16	2007 / 2003

The Patrol category doesn't exist for the Junior Challenge.

##### The Discovery Trail :

Women Elites	from 16 to 39	2003 / 1980
Men Elites	from 16 to 39	2003 / 1980
Women I	from 40 to 49	1979 / 1970
Men I	from 40 to 49	1979 / 1970
Women II	from 50 plus	1969 and before
Men II	from 50 plus	1969 and before
Patrol (free)	from 16 plus, one ranking	

##### The Barlatay Ultra-Trail® and Barlatay Trail :

Women Elites	from 18 to 39	2001 / 1980
Men Elites	from 18 to 39	2001 / 1980

Women I	from 40 to 49	1979 / 1970
Men I	from 40 to 49	1979 / 1970
Women II	from 50 plus	1969 and before
Men II	from 50 plus	1969 and before
Patrol (free)	from 18 plus, one ranking	

For each race, a ranking will be established according to the category.

The « patrol » categories are composed of 2 runners. Inscriptions are possible on the three sporting events. Both runners are obligated to pass each control post at a maximal distance of 10 meters. Only after the arrival of the two members will the entire patrol be classified !

Attention : the use of a rope or an elastic binding the teammates together is forbidden.

### **RC6 : Inscriptions**

Inscriptions must be made via internet – <http://www.bartalay.ch> – or directly via the timekeeper's site - <http://www.mso-chrono.ch>. Payments can be made with bank cards from February 1st 2019.

For the Junior Challenge, inscriptions are made by writing directly to [barlakids@barlatay.ch](mailto:barlakids@barlatay.ch) or by filling the form at <http://barlatay.ch/barlakids/> until Wednesday the 14th of August.

Races are limited to 600 racers, on the entire timed courses. Inscriptions will be closed, when the total number of inscriptions is obtained.

### **Fees:**

- The Barlatay Ultra-Trail®:                   **100.- Swiss francs**  
(Frs 20.- more for registrations on the day of the race).
- The Barlatay Trail :                               **80.- Swiss francs**  
(Frs 20.- more for registrations on the day of the race).
- The Discovery Barlatay Trail :               **60.- Swiss francs**  
(Frs 20.- more for registrations on the day of the race).
- The Junior Challenge :                         **20.- Swiss francs**  
(Frs 5.- more for registrations on the day of the race).

A discount of Frs 10.- Swiss francs per competitor for those registering for the patrol category.

(For example : The Barlatay Ultra-Trail®: Frs 180.- for a team instead of Frs 200.-)

### **RC7 : Conditions of Cancellation**

All cancellations must be sent by writing. Refunds are made, under the following conditions :

- Before the 1st of July 2019: 90% of the registration fee will be refunded.
- Before the 1st of August 2019 : 50% of the registration fee will be refunded.
- After the 1st of August 2019 : no refund possible

Numbers are not to be exchanged !

### **RC8 : The Distribution of Numbers**

Numbers can be collected on Friday the 16th of August 2019 from 2 pm to 7 :30 pm under the tent in l'Etivaz or on Saturday the 17th of August 2019, **at least 1 hour before the race begins.**

Numbers must be worn on the chest or the abdomen and be visible at all times during the entire race. They must be worn over clothes and cannot be fixed on a bag or a leg. The name and logo of the partners cannot be changed or hidden.

Each runner will receive a present, at the same time as his/her number.

### **RC9 : Equipment**

The following are obligatory on the trails and will be checked 30 minutes before each group starts the race, in a closed area. Controls will also be made during the race, according to the demands of the race leader.

- A cup of a minimum of 15 cl (no cans allowed).
- A minimum of 1 liter of water.
- A Food reserve (energetic food, etc).
- A functioning mobile phone during the whole race. You must save the security number of the organisation, given to you with your number.

- A survival cover (210 x 130).
- A raincoat protecting from changing mountain weather.
- A track suit covering your **entire legs** (you can also wear  $\frac{3}{4}$  length pants with long socks).
- A working headband lamp (except for the Discovery Trail).

#### **Advised equipment :**

- Running sticks are authorised. The participants who take their sticks, must keep them during the whole race.
- A Cap or bandana.
- For the Barlatay Ultra-Trail®: an extra headband lamp (the nights are long).

Participants who want to leave their supply bag (not more than 30 liters) can do so, when they collect their number. These bags will be taken by the organiser to the 4 official supply posts. Every bag must be clearly marked : the number and the destination (les Diablerets – les Mosses – La Marnèche – La Rechargère). Every participant is responsible to mark his bag. If one is not marked, it will not be transported.

#### **RC10 Semi Autonomous Supplies**

The rule is semi-autosufficiency for individual races.

4 supply posts with food and drink will be in :

- Aux Diablerets
- A la Marnèche
- Aux Mosses
- A la Rechargère

At these 4 posts, you will find water, broth, coca-cola, tea, energy drinks, bars, fruit, chocolate, cheese, dried meat and bread.

If necessary, the organisation committee can provide water in more places (in case of a heat wave).

**No glass or cups will be given at the supply posts.** You must have your own cup for the whole race. Any supply outside of the official post is strictly forbidden and will cause runners to be eliminated.

#### **RC11 : Companions and Animals :**

Bikes, VTT or motorised engines are forbidden on the trails. Any personal individual assistance (team, trainer, doctor, etc) is also forbidden.

It is forbidden to run with a dog, even on a lead.

It is forbidden to be accompanied during the race by someone who isn't registered, except in the tolerance zones, about 50 meters before and after the supply posts (Les Diablerets, La Marnèche, Les Mosses, La Rechargère).

Persons who are disabled, must be accompanied by a guide, as long as this has been signaled to the direction of the race, before registration and has been accepted. ([team@barlatay.ch](mailto:team@barlatay.ch)).

## **RC12 : Time Barriers and Interruption of the Races**

The maximal times for the races are :

- The Barlatay Ultra-Trail® (starting at 9 pm) : **23 hours.**
- The Barlatay Ultra-Trail® (starting at 11 pm) : **21 hours.**

! Time barriers are identical for the 2 starts of the Barlatay Ultra-Trail® !

- Barlatay Trail : **15 hours.**
- Discovery Barlatay Trail : **11 hours.**
- The Junior Challenge : **2 hours 30.**

Time limits for passages (time barriers) at the principal control posts will be given before the departures (you can also find them on the site). A possibility will be given to runners who have run out of time in the Barlatay Ultra-Trail®, to finish their race on the Barlatay Trail, without being classified. All runners wishing to pursue the race but have run out of time, will have to hand in their numbers at a check point and then continue the race under their own responsibility. All participants must know the trail well, even though the marking has been done by the organisers, according to usual norms.

### **The departures of the Barlatay Ultra-Trail® will be given at 9 pm and 11 pm**

On Friday the 16th of August 2019, by the head of the race, from the Place des Fêtes in l'Étivaz. Be careful with the time barriers, which will be the same for both departures of the Barlatay Ultra-Trail® !

### **The departure of the Barlatay Trail will be given at 5 am**

On Saturday the 17th of August 2019, by the head of the race, from the Place des Fêtes in l'Étivaz.

### **The departure of the Discovery Barlatay Trail will be given at 9 :30 am**

On Saturday the 17th of August 2019, by the head of the race, from the Place des Fêtes in l'Étivaz.

### **The departure of the Junior Challenge will be given at 1h30 pm**

On Saturday the 17th of August 2019, by the head of the race, from the Place des Casernes in La Lécherette.

All runners must be there for the departure briefing, 15 minutes before the beginning of the race.

### **RC13 : Withdrawal and Repatriation**

In case of withdrawal not caused by a wound, the participant must tell the person responsible of the nearest supply post or control post and hand in his/her number. He/she will have to get back to l'Etivaz by his own means. When the supply posts are closed, the organisation can, if possible, repatriate the participants having withdrawn and still at the post. For the Junior Challenge, in case of withdrawal, the participant has to stop at the nearest control post.

If there is bad weather justifying the partial or complete interruption of the race, the organisation repatriates the participants in the best delays, from the supply posts.

### **RC14 : Assistance-Security**

Security posts will be installed at many points of the trails. These posts will be connected by radio with the PC of the race. Medical teams will be present during the races at the supply posts. They will intervene as soon as possible, with a helicopter if needed. If there is need of medical assistance outside of supply posts, one must call **the security number of the organisation.**

The organisation organizes all necessary dispositions for any interventions. The medical staff will be able to withdraw any participant unable to continue the race and take his number off. The 3 races are supervised by professional emergency doctors and specially trained staff.

All participants must help other participants, if need be.

### **RC15 : Ranking and rewards**

No monetary prizes are given. A souvenir prize will be distributed to each participant, as well as an invitation to a pasta-party after the race.

### **RC16 : Marking of the Trails**

Each trail has a different colour :

- The Barlatay Ultra-Trail®:

- **Yellow and black** for the arrows and numbers.
- The Barlatay Trail :
  - **Red and white** for the arrows and numbers.
- The Discovery Trail/Junior Challenge :
  - **Blue and white** for the arrows and numbers.

All the trails are identically marked by wooden fluorescent orange signposts.

### **RC17 : Disqualification from the Race and Penalties**

Any participants who refuse to conform to the present rules and regulations will be eliminated in the following cases :

- |  |              |
|--|--------------|
| • No number :  | disqualified |
| • Falsified number :   | disqualified |
| • Non reporting to the control posts :                                       | disqualified |
| • Cheating (use of a means of transport, sharing of number) :                | disqualified |
| • Pollution or damage to the environment<br>(taking short cuts, littering) : | disqualified |
| • Refusal to be examined by the medical staff :                              | disqualified |
| • Doping :   | disqualified |
| • Refusal to comply to an order of the direction :                           | disqualified |
| • Non assistance to a person in danger :                                     | disqualified |
| • Missing personal equipment by control on the tracks :                      | 1h penalty   |
| • Dangerous attitude :   | 1h penalty   |

**Penalties are directly executed during the race.**

### **Claims :**

Anybody wishing to make a claim, must do so in writing, maximum 2 hours after the arrival and give it to the race committee and payment of CHF 100.-.

### **RC18 : Insurance**

#### **Civil Liability**

The organiser abides to civil liability insurance for the duration of the race. This civil liability insurance guarantees the financial consequences of its responsibility, as well as the responsibility of its agents and participants.

#### **Individual Accident Insurance**



Each participant must be covered by individual accident insurance covering the costs of research and evacuation. Such an insurance is freely chosen by the participants.

**! Evacuation by helicopter in Switzerland is at a charge !**

### **RC19 : Modification of the Course**

The organisation reserves the right to :

- Modify at any moment the trails, without notice, for security reasons.
- The time barriers can also be modified for the security of the participants and of the race officials.
- The races can be cancelled, due to a bad weather forecast.

All these decisions are made by the head official of the race and the head of security. The decisions cannot be contested, when they concern the security of the participants and that of the race officials.

### **RC20 : Refunds**

If the conditions are not up to standard, the organization has the right to interrupt or cancel the race. Such a decision does not entail the refund of the registration fee.

### **RC21 : ITRA (International Trail Running Association)**

Any participants having done the whole trail within the limit of the time barriers, will receive ITRA points :

- 4 ITRA points for the Barlatay Ultra-Trail®
- 2 ITRA points for the Barlatay Trail
- 1 ITRA points for the Discovery Barlatay Trail

Rules and Regulations updated : 13 January 2019