

# Competition rules 2023

## ARTICLE 1

### Organisation

The non-profit association "SWISS CANYON TRAIL Val-de-Travers" – constituted under the official statutes and deposited according to the rules of use - organises the races of SWISS CANYON TRAIL.

## ARTICLE 2

### Events

Trail running races, following for the most part existing hiking trails. SWISS CANYON TRAIL offers the following courses:

- **Swiss Canyon Ultra Trail IIIK**  
115 km and 5'350m pe; 5 ITRA
- **Swiss Canyon Trail 8IK**  
83.5 km and 3'600 m pe; 4 ITRA
- **Swiss Canyon Trail 5IK**  
52.2km and 2'230m pe; 3 ITRA
- **Swiss Canyon Trail 3IK**  
32.2 km and 1'440m pe; 2 ITRA
- **Swiss Canyon Trail 3IK Nordic Walking**  
32.2 km and 1'440 m pe

## ARTICLE 3

### Environment

Because we love nature, let's respect it! It is imperative that runners respect the indicated routes. Indeed, ignoring the marked route of the race can cause significant disturbance to wildlife and irreversible erosion of the site. Do not throw away any packaging, tissues or cans, etc. A few extra grams in your pockets will not slow you down and will allow everyone to fully appreciate, and return to, this beautiful region. Each participant agrees to respect the attached Eco Trail Charter to these rules of the race. Any competitor found not to be respecting the Eco Trail Charter will be immediately disqualified.

## ARTICLE 4

### Conditions of participation

Minimum age:

IIIK: 18 years old

8IK: 18 years old

5IK: 16 years old

3IK: 10 years old (with parental authorisation for minors).

These races are open to any person, man or woman according to the official categories of SWISS CANYON TRAIL, licensed or not. Each participant commits to having sufficiently trained as well as to be in a state of health allowing him/her to participate in the event for which he/she is registered. Participation in SWISS CANYON TRAIL implies the unreserved acceptance of these rules and the ethics of the race.

**ARTICLE 5**

<b>Race Categories</b>	<b>Year of birth</b>	<b>Age (inclusive)</b>	<b>Distance</b>	<b>Start time</b>
Cadet Womens	2013 – 2008	10-15	31K	10.15
Juniors Womens	2007 – 2004	16-19	31K	10.15
Elite Womens	2003 – 1984	20 -39	31K	10.15
Senior Womens 1	1983 – 1974	40-49	31K	10.15
Senior Womens 2	1973 – 1964	50-59	31K	10.15
Veterant Womens	1963 – 1924	60-99	31K	10.15
Cadet Mens	2013 – 2008	10-15	31K	10.15
Juniors Mens	2007 – 2004	16-19	31K	10.15
Elite Mens	2003 – 1984	20-39	31K	10.15
Senior Mens 1	1983 – 1974	40-49	31K	10.15
Senior Mens 2	1973 – 1964	50-59	31K	10.15
Veterant Mens	1963 – 1924	60-99	31K	10.15
Nordic Walking	2013 – 1923	10-100	31K	10.15
Juniors Womens	2007 – 2004	16-19	51K	07.15
Elite Womens	2003 – 1984	20-39	51K	07.15
Senior Womens 1	1983 – 1974	40-49	51K	07.15
Senior Womens 2	1973 – 1964	50-59	51K	07.15
Veterant Womens	1963 – 1924	60-99	51K	07.15
Juniors Mens	2006 – 2004	16-19	51K	07.15
Elite Mens	2003 – 1984	20-39	51K	07.15
Senior Mens 1	1983 – 1974	40-49	51K	07.15
Senior Mens 2	1973 – 1964	50-59	51K	07.15
Veterant Mens	1963 – 1924	60-99	51K	07.15
Relay Mens	2013 – 1923	10-100	51K	07.15
Relay Womens	2013 – 1923	10-100	51K	07.15
Relay	2013 – 1923	10-100	51K	07.15
Juniors Womens	2007 – 2004	18-19	81K	06.00
Elite Womens	2003 – 1984	20-39	81K	06.00
Senior Womens 1	1983 – 1974	40-49	81K	06.00
Senior Womens 2	1973 – 1964	50-59	81K	06.00
Veterant Womens	1963 – 1924	60-99	81K	06.00
Juniors Mens	2005 – 2004	18-19	81K	06.00
Elite Mens	2003 – 1984	20-39	81K	06.00
Senior Mens 1	1983 – 1974	40-49	81K	06.00
Senior Mens 2	1973 – 1964	50-59	81K	06.00
Veterant Mens	1963 – 1924	60-99	81K	06.00
Elite Womens	2003 – 1984	20-39	111K	05.00
Senior Womens 1	1983 – 1974	40-49	111K	05.00
Senior Womens 2	1973 – 1964	50-59	111K	05.00
Veterant Womens	1963 – 1924	60-99	111K	05.00
Elite Mens	2003 – 1984	20-39	111K	05.00
Senior Mens 1	1983 – 1974	40-49	111K	05.00
Senior Mens 2	1973 – 1964	50-59	111K	05.00
Veterant Mens	1963 – 1924	60-99	111K	05.00
Animation Boys	2023 – 2018	0-5	0,3 km	18.30
Boys D	2017 – 2016	6-7	0,8 km	18.45
Boys C	2015 – 2014	8-9	1,3 km	19.00
Boys B	2013 – 2012	10-11	2,6 km	19.15
Boys A	2011 – 2010	12-13	2,6 km	19.35
Cadet B	2009 – 2008	14-15	3,0 km	19.55
Cadet A	2007 – 2006	16-17	3,0 km	19.55
Animation Girls	2023 – 2018	0-5	0,3 km	18.30
Girls D	2017 – 2016	6-7	0,8 km	18.45
Girls C	2015 – 2014	8-9	1,3 km	19.00
Girls B	2013 – 2012	10-11	2,6 km	19.15
Girls A	2011 – 2010	12-13	2,6 km	19.35
Cadet B	2009 – 2008	14-15	3,0 km	19.55
Cadet A	2007 – 2004	16-17	3,0 km	19.55

## ARTICLE 6

### Issuing of prizes

Runners will be rewarded only if there is a minimum of three (3) people in the given category. However, the results table will still be published.

No prize will be sent to the runners following the event.

Cash prizes will not be distributed to a third party.

Only runners present on the podium can receive their envelope with the cash amount.

Race-winners podium finishers prize-giving schedule: IIIK, 8IK, 5IK, 3IK

**3IK:** 16h00 – **5IK:** 16h00 – **8IK:** 20h00 – **IIIK:** 20h00

Top 3 podium finishers by category prize-giving schedule: IIIK, 8IK, 5IK, 3IK, 30min after the 3rd of the category crosses the finish line.

## ARTICLE 7

### Registrations

Registrations are to be carried out via secure payment by credit card by internet or by bank transfer until May 28, 2023. Entry fees include the services described in these Competition Rules.

There is the option of adding Cancellation Insurance to your registration.

## ARTICLE 8

### Cancellation of a registration

**Please note that if cancellation insurance cover has not been purchased with registration, no refund will be given.**

**Any cancellations must be made in writing to MSO.**

Refunding of the registration fees will only be made where the correct cancellation protection has been taken out "annulation garantie".

Refunds can be made in the following conditions:

- an accident, serious illness or death of a competitor,
- accident, serious illness or death in the immediate family of a competitor

Any of the reasons cited above must be justified by a medical certificate or official report. Any demand for refund must be immediately done in writing to MSO (support@mso-chrono.ch). Exchange of bib is not allowed and will result in disqualification of the participant.

## ARTICLE 9

### Equipment checks

IIIK et 8IK athletes can collect their race bibs after the obligatory equipment check has been carried out. (See article 10).

Bibs will be provided to runners following presentation of their photo ID or passport, and mandatory material check.

## ARTICLE 10

### Mandatory equipment

**For the IIIK and 8IK.** Race bibs can only be collected after the obligatory equipment check (race offices open Friday 3rd June from 16h00 to 22h00 and Saturday 4th June from 04h00 to 06h00). Checks will be carried out during the race.

- ID card
- ECO cup

- Minimum water reserve 1litre
- Headlamp
- Cell phone
- Survival blanket
- Safety whistle
- A long-sleeve shirt
- Trail backpack, capacity not important.
- 1 x adhesive elastic band to make a bandage or strapping
- Food reserves
- Sticks are allowed. Any runner who starts with sticks must finish the course with the same sticks.
- Waterproof jacket with a water column (hydrostatic head) rating of at least 10'000mm. Using Gore-Tex, Dry Q or other patented membranes. A simple windbreaker is insufficient.

### Strongly recommended:

- Warm clothing in the event of bad weather
- Hats
- Gloves
- Trousers or running tights
- Cap or bandana
- Sunglasses

ECO cups will be made available for purchase by race organisers at the event.

### For the 5IK and 3IK races. Mandatory equipment:

- ID card
- ECO cup
- Cell phone

## ARTICLE 11

### Bib collection

Bibs can be collected on Friday 2 June 2023 from 16h00 until 22h00 at the Centre sportif du Val-de-Travers (EspaceVal) in Couvet and Saturday morning 3 June 2023 from 04h00 until 30 minutes prior to the start of each race. Bibs must be worn on runner's chests or abdomen and must be clearly visible for the duration of the race.

NB. It must always be positioned visibly on runners clothing and cannot be attached to runner's bag. The name and logo of the race sponsors must in no case be modified or concealed. A prize will be presented to each runner at the collection of their bib.

**Race's briefing at the sports centre, 30 minutes before the race.**

## ARTICLE 12

### Runners bags

Runners can leave a bag with a change of clothing at the sports centre where the race start and finish is situated. This can be collected by the runner at the end of their race. The bags should be clearly marked with the name and address of the runner and will be stored in a secure locker during the race.

## ARTICLE 13

### ECO cup

For environmental reasons, all runners on the 3IK, 5IK, 8IK and IIIK must be equipped with an ECO cup. No plastic disposable cups will be distributed on the race course.

## **ARTICLE 14**

### **Race course**

The race organiser reserves the right to modify the race course at any moment, in the interest and security of the runners. Competitors must respect the instructions given by the race organisers and volunteers. Only devices specifically designed for running are accepted. The race must be run in its entirety. Participants who have not checked in at all the control posts will not be included in the race results.

## **ARTICLE 15**

### **Base Refreshment stop**

Runners have the possibility of leaving a bag at 76km (IIIK) and 45km (8IK) at the **Gorges de Noirvaux**. Runners can leave bags clearly marked with their bib number to be taken to this stop. The bags will be returned to the arrival zone between 21.00 and 24.00.

The principle of our race is not for runners to be completely autonomous - refreshment stops will be available every 10km. We place above all the wellbeing of the competitors, with an emphasis on recuperation and hydration to avoid any health issues linked to the race.

Refreshment stations will make hot and cold drinks, salted and sweet food available. **Please note**, no glass or plastic drink cups will be provided at refreshment posts. All runners, for every race distance, must be equipped with their personal ECO cup. The organisation will make ECO cups available for purchase prior to the race start.

Refreshments outside of these official refreshment stations is strictly forbidden. Anyone found throwing rubbish outside of the refreshment stations will be eligible for instant disqualification.

## **ARTICLE 16**

### **Support and animals**

Motorised vehicles are strictly prohibited on the racecourse. Personal assistance outside of the refreshment zones is not allowed, including accompanying athletes on the racecourse. It is not permitted to bring dogs on the race, even if kept on a lead.

## **ARTICLE 17**

### **Time restrictions – cut-off times**

The maximum race time for the IIIK is 28 hours and 27 hours for the 8IK.

The time restrictions (cut-off times) at the main control points on the course are the following:

#### **IIIK, TRANSIT TIMES**

Gorges de la Poeta Raisse Bifu - 34km –after 6.30 hours race time (11h30) (disqualifying).

Chasseron – 40.8 km –after 7.30 hours race time (12h30) (disqualifying).

Col des Etroits – 64.2 km – after 13 hours race time (18h00)

Noirvaux – 76 km – after 16.30 hours race time (21h30)

Chapeau de Napoléon – 99 km – after 21h45 hours race time (Sunday 02h45).

Runners still on the course after 28 hours (Sunday 09h00) following race departure will be stopped and picked up and returned to the race finish by car.

#### **8IK, TRANSIT TIMES**

Gorges de la Poeta Raisse Bifu - 34km – after 6.30 hours race

time (12.30) (disqualifying).

Chasseron – 40.8 km –after 7.30 hours race time (13h30)

Noirvaux – 45 km – after 15.30 hours race time (21h30)

Chapeau de Napoléon – 65 km – after 20h45 hours race time (Sunday 02h45).

Runners still on the course after 27 hours (Sunday 09h00) following race departure will be stopped and picked up and returned to the race finish by car.

#### **5IK, TIME LIMIT**

La Font - 39km - after 8 hours and 15 minutes of race, i.e. 15h30.

All runners will be stopped after 12 hours (19:15) of race and brought back by car.

#### **3IK, TIME LIMIT**

La Font - 19km - after 5 hours and 15 minutes of racing (3:30 pm).

All runners will be stopped after 9am (7:15pm) and transported back by car.

Any runner who wishes to complete the course following cut-off time or after the race course has been cleared by the race organisers, can only do so following the return of their bib, under their own responsibility and autonomous of the race organisation.

Race organisers do not exclude that they will not take future sanctions against any runner that completes the course in these conditions, not respecting the race rules.

In case of bad weather conditions or for other security reasons, the organisers reserve the right to stop or modify the race in course, and/or to modify the cut-off times.

## **ARTICLE 18**

### **Abandon and repatriation**

In case a runner quits the race, not related to injury, the competitor must inform a member of the race organisation team at the closest refreshment post and return his/her race bib. Runners will be invited to make their own way back to the race finish or it will be organized at the refreshment post. At the closure of that refreshment point, the organisers will, if possible, repatriate any runners having abandoned and still present at the post. In the case of unfavourable weather conditions which result in the partial or complete closure of the race, the race organisers ensure the repatriation of all runners still on the course.

## **ARTICLE 19**

### **Assistance – security**

Each participant accepts upon registration, the lifting of medical confidentiality according to the document on the MSO website, also available for consultation on the Swiss Canyon Trail website.

Security posts will be positioned at several locations during the race. These posts will be linked by radio with the Race Command Office. Teams of Samaritans will be present for the duration of the race. They will be able to intervene where necessary within a reasonable timeframe and if required, will call the REGA rescue services. Race health personnel will be entitled to request the return of the race bib and remove

any runner deemed unfit to continue the race.  
Each runner accepts to participate in the Swiss Canyon Trail at his own risk and is aware that the event could be dangerous.  
Medical emergency no: 144  
Race office: 079 968 31 87

## **ARTICLE 20**

### **Ranking and prizes**

Information related to prize money for race winners can be requested from the race organiser. Rankings will be established by age categories. Prizes will be awarded to the first three male and female winners from each category.

## **ARTICLE 21**

### **Disqualification**

Competitors refusing to conform to the present rules will be disqualified, notably for: Absence of race bib- falsification of race bib – Swapping race bib – Late departure – Not checking in at control posts – Arrival after cut-off time at control post – Polluting or causing degradation to the race site (not respecting the race route, throwing rubbish) -Refusal to be examined by race health personnel.

## **ARTICLE 22**

### **Pre and post-race meals**

A meal for all runners, included in the race registration fee, is organised on Friday from 18h, and Saturday from 11h30, for the duration of the race, in the Sports Centre. **The Pasta Party voucher** (obligatory) allows runners to redeem this meal. For non-runners/supporters, the Pasta Party meal can be purchased for CHF 13-+ drinks. Breakfast on Saturday from 4am and on Sunday from 6am to 11am for CHF 13.00 at the sports center restaurant (EspaceVal).

## **ARTICLE 23**

### **Image rights**

Any competitor of the SWISS CANYON TRAIL expressly waives their image rights during the event, and renounces all recourse against the organisers and its partners allowed to use the images.

## **ARTICLE 24**

### **Data protection**

By registering, you consent to the Privacy Policy of our data handler MSO Chronométrage and to the data transmission to our race partners et Championnats NE.

Each participant authorises the organiser to use his/her personal data for the purposes of the event as well as for event statistics.

The Swiss Canyon Trail Association reserves the right to use any personal data in the promotion of the event.

Participants allow the publication of their name, date of birth and registered locality in the results lists, published on the organisation's website and in any paper publications directly related to the race.

## **ARTICLE 25**

### **Insurance**

Public liability: the organiser holds personal liability insurance for the duration of the event. This public liability insurance guarantees cover of the consequences of the organiser and

its representatives responsibility during the event.

Individual accident insurance : Each competitor must have individual accident insurance to cover the eventual fees for search and rescue. Competitors are free to take out this cover with the agent of their choice.

**Please note:** helicopter evacuations are subject to payment in Switzerland, as are ambulance evacuations from Val-de-Travers.

## **ARTICLE 26**

### **Doping**

The SWISS CANYON TRAIL races are subject to 2016 Swiss Olympic doping statutes. Anti-doping controls can be carried out. By registering and/or participating in this competition, participants are subject to Swiss Olympic anti-doping rules and recognise the exclusive competence of the disciplinary chamber for anti-doping cases of Swiss Olympic and that of the Court of Arbitration for Sport in Lausanne, to the exclusion of all other tribunal courts.

They must also accept any resulting consequences (for example, suspension, denunciation, financial penalty).

## **ARTICLE 27**

### **Disputes**

Any disputes should be submitted in writing up to one (1) hour before the prizegiving.

Event Jury

Comprises:

The President of the Organisation, Race Director, race technical manager, the post leaders concerned, as well as persons competent in the decision making process, according to the request of the Organisation Committee. The jury is empowered to make decisions within the allocated time, taking into account the race needs, on all disputes and disqualifications arising during the event. Decisions are not subject to an appeal.

## **ARTICLE 28**

### **Modifications to the race and cut off times:**

#### **Race cancellation**

In the event of bad weather conditions, or for security reasons, the organisation reserves the right to stop or neutralise the event in course, to modify the cut-off times, the route, the security and refreshment posts. In the event of extreme weather conditions, (heavy rainfall, snow on the highest points of the course, risk of storms), race departure may be postponed for a few hours.

In the case of the event being cancelled, for whatever reason, decided more than 15 days before the start date, a partial refund on registrations will be made. The refundable amount will be fixed so that the organisation can commit to making the payment.

In the case of the event being cancelled less than 15 days before the start date, or in the event of the race being interrupted, for whatever reason, no refund will be given. Decisions will be taken by a jury comprising at least the Race Director and the security coordinator, as well as any person deemed competent to decide, by the President of the Organisation.

**ARTICLE 29****Race partners****Grand Raid Reunion**

The finishers of the SWISS CANYON TRAIL IIIK 2023 may be drafted to participate in the Diagonale des Fous 2023, in case they have not been drawn by the GRR organization. For this, it is imperative to register for the Diagonale des Fous 2023 in time and meet the requirements of the race. Beware of the quota: 50 people will benefit from this opportunity. Should there be more than 50 contenders, the first 50 registered will be the first served. As a consolation, if the number of pretenders to the repechage should exceed 50, the registrants 51 to 60 will be offered the registration to the SWISS CANYON TRAIL for the following year.

On the other hand, the first man and the first woman from Reunion on the Diagonale des Fous are invited to Switzerland to participate in the SWISS CANYON TRAIL: Free registration to the IIIK, 7 nights accommodation near the race site and the travel (Reunion - Paris). Same for the first man and woman of the SWISS CANYON TRAIL: Free registration to the Diagonale des Fous, 7 nights accommodation near the race site and travel (Paris - Reunion) .

**Quebec Mega Trail**

Draw of one woman and one man among the finishers of the SWISS CANYON TRAIL IIIK and draw of one woman and one man among the finishers of the QUEBEC MEGA TRAIL IIOK. They will benefit from a free registration to the SWISS CANYON TRAIL (8IK or IIIK) or to the QUEBEC MEGA TRAIL (8OK, IIOK or I6OK) - in both cases, for the following year's edition, 5 nights accommodation near the race site and the return airfare (Geneva or Lyon - Montreal or Toronto / Quebec - Geneva or Lyon).

**MIUT**

The two best Portuguese elites of the MIUT II5K (1st man and 1st woman) are invited to participate in the SWISS CANYON TRAIL: free registration, 7 nights accommodation in double room and plane ticket. The first two elites (1 man, 1 woman) of the SWISS CANYON TRAIL IIIK are invited to participate in the MIUT: free registration, 7 nights accommodation in a double room and plane ticket. Moreover, SWISS CANYON TRAIL offers three race numbers to be drawn among the finishers of the MIUT II5K. MIUT does the same by offering three race numbers to be drawn among the finishers of the SWISS CANYON TRAIL IIIK.

**Grand Raid des Pyrénées**

The first man and the first woman of the SWISS CANYON TRAIL 8IK are invited to participate in the Grand Raid des Pyrénées. Bib of the race of their choice and free accommodation. Same for the first man and the first woman of the Tour des Lacs 80km of the Grand Raid des Pyrénées who are invited to the SWISS CANYON TRAIL. Bib of the race of their choice and free accommodation.