

# SWISSPEAKS TRAIL REGULATIONS EDITION 2023

## CONDITIONS OF PARTICIPATION

To participate, it is essential:

- To be totally aware of the length and the specificity of the event and to be perfectly prepared for it
- To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains (1) which permits the management of problems induced by this type of course, and notably:
  - To know how to face, without outside help, climatic conditions which can become very difficult due to the altitude (night, wind, cold, fog, rain or snow)
  - To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...

To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

The "SwissPeaks 360" race is open to everyone, man or woman, at least 20 years of age

These races are open to everyone, man or woman, at least 18 years of age on the day of the race (except kids race, see below)

**Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve**

## SELF AUTONOMY

The individual principle of racing in semi autonomy is the rule. Semi autonomy is defined as having the capacity to be autonomous between two refreshment posts, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...) This principle is implicated in the following rules:

- Each runner must have all his obligatory equipment with him at all times during the race (see paragraph EQUIPMENT). He carries this equipment in a pack tagged at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag, its weight and/or its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.
- Refreshment posts have been supplied with drinks and food to consume on the spot. Each runner must be sure to have, upon leaving each refreshment post, the quantity of water and food necessary for them to reach the next refreshment post.
- **It is forbidden to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled**, outside the tolerance zones indicated close to the refreshment posts.

- **Any form of personal assistance outside the authorized zones (see roadbook table) will be disqualified. Thank you for respecting the ethics of the race.**

## CONDITIONS OF REGISTRATION

Participation in the SwissPeaks Trail assumes the acceptance of the present regulations

## REGISTRATION, SELECTIONS, WAITING LISTS AND NON-ADMITTED RUNNERS

Registration will be open from November 1st 2022 on the website of the event [www.swisspeaks.ch](http://www.swisspeaks.ch)

Registration fees : Please note that the exchange rate of the euro is subject to change.

|                          | from 01/10/22       |
|--------------------------|---------------------|
| SwissPeaks Half-Marathon | - 65 CHF (65 €)     |
| SwissPeaks Marathon      | - 90 CHF (90 €)     |
| SwissPeaks 70            | - 135 CHF (135 €)   |
| SwissPeaks 100           | - 180 CHF (170 €)   |
| SwissPeaks 170           | - 250 CHF (235 €)   |
| SwissPeaks 360           | - 890 CHF (860 €)   |
| SwissPeaks 360 DUO       | - 1500 CHF (1400 €) |

The registration fee includes (for the “SwissPeaks 360”, “SwissPeaks 170”, “SwissPeaks 100” and SwissPeaks 70 races) participation to the race, gift before the race, the fueling stations, the meal at the lifebases, the follower bag, the after race meal, the finisher price and transport to the starting line.

The registration fee includes (for the Marathon race) participation in the race, gift before the race, the fueling stations, the after meal race, finisher award and transport to the starting line.

The registration fee includes (for the Half Marathon race) participation in the race, gift before the race, the fueling stations and the transport to the starting line.

There is no selection to register for the races. The registered runner is admitted.

The number of riders admitted to the races is as follows:

- 300 for the half marathon
- 500 For the Marathon

- 500 for the SwissPeaks 70
- 300 for the SwissPeaks 170
- 500 for the Swisspeaks 100
- 400 for the SwissPeaks 360

These quantities will be reduced if sanitary conditions require it (COVID-19).

A runner registered once these limits are reached is automatically on the waiting list.

The first runner on the waiting list replaces a runner who has cancelled his/her registration.

Once the registrations are definitively closed, all runners on the waiting list are fully refunded via the method of payment used.

## ELITE REGISTRATION

In order to ensure fair recognition of top athletes and fair registration management, we reserve places for elite athletes, who request them, according to specific criteria based on their overall ITRA performance index. Runners meeting the criteria listed below are eligible for free registration:

Women: > 710

Men: > 820

If you meet this criterion and wish to register, please write to [info@swisspeaks.ch](mailto:info@swisspeaks.ch) to finalise your registration.

## CANCELLATION OF REGISTRATION

### 1) WITH subscription to the cancellation insurance proposed by the organizer

Any person may subscribe to the cancellation insurance at the time of registration. This amount is to be added to the registration fee.

- SwissPeaks 360: 35 CHF (35 €)
- SwissPeaks 170 & 100: 20 CHF (20 €)
- SwissPeaks Marathon & Half-Marathon: 11 CHF (11€)

Cancellation insurance can only be taken out at the time of registration.

The purpose of the guarantee is to allow reimbursement of expenses incurred for registration in one of the races in the event that a runner requests to cancel his registration due to one of the following events:

- an accident, serious illness or death of the runner himself,
- a serious illness requiring hospitalization or death affecting his or her notorious spouse or partner, ascendants or descendants in the first degree.
- a pregnancy of the registered runner, or the birth of a child within a period of 15 days before or after the race

In the event of an accident or serious illness of the rider, it is necessary to provide a medical certificate signed and stamped by the doctor, attesting to the contraindication to participate in the race no later than 7 days before the start date of the race in question. **Please also complete the**

**following questionnaire: <https://forms.gle/r3xVyxPAAFziuXMt6>**

For late cancellations (starting from 15th July 2023), additional administrative fees (between 10 and 15%) may be charged in view of the many costs already incurred.

## **2) WITHOUT subscribing to the cancellation insurance proposed by the organizer**

In the event that you have not taken out cancellation insurance, the following rules apply:

- If a rider is unable to participate, he/she is allowed to give his/her bib to a person of his/her choice (modification possible until August 1st, 2023, after this date no further modification will be accepted)
- For those who have no one to whom to transfer their bib AND if one or more races have to be completed before the scheduled deadline, then a system of transfer of the bib will be set up by the organizer for the race(s) in question. Cancellations will be taken into consideration in the chronological order in which an email is received. A deduction equal to 15% of the price paid for the registration will be retained at the person giving up his bib in order to cover the administrative costs.
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- In the event that the race is not complete and you cannot find anyone to pick up your race number, the following rules apply: before 31 December 2022: 70% of the registration fees actually collected will be refunded. From 1 January to 30 June 2023: 40% of the registration fees actually collected will be refunded. Beyond July 1st, 2023: no refund will be made.

However, it is possible to change categories until August 1, 2023. No refund will be made in the event that a person downgrades into a category. Otherwise, the person will have to pay the additional amount to reach the registration fee for his new category.

**Beyond August 1, 2023: no change of category or name will be possible.**

## **3) COVID-19 Case**

If the regulations relating to sport events prohibit the organization of the race in 2023, all registrations will be postponed without charge to 2024

If the regulations relating to the exit from the country of residence and/or entry into Switzerland result in the inability to be present at the start of the race, registration may be postponed to 2024.

## **EQUIPMENT**

In order to participate in these events, a set of obligatory equipment is required. However it is important to note **it is the minimum necessary and that each trail-runner must adapt it according to their needs**. It is important, in particular, **not to choose clothing that is the lightest possible weight in order to gain a few grams, but to choose items which will give real protection against the cold, windy or snowy mountain weather, therefore giving a good level of security and performance**. Compulsory equipment:

### **Mandatory basic kit for 360 and 170K :**

A single bag to carry the required equipment and to keep throughout the race

Mobile phone in working order, allowing you to call abroad and always on to be reachable at all times

Personal cup 15cl minimum (cans or flanges with cap not accepted)

Minimum water supply 1 litre

2 lamps in good working order with batteries or spare battery for each lamp  
Survival blanket of 1.40 m x 2 m minimum  
Whistle  
Elastic adhesive tape for bandaging or strapping (min. 100 cm x 6 cm)  
Food reserve  
Cap or bandana  
Cap  
Jacket with hood to withstand bad weather in the mountains and made with a waterproof and breathable membrane  
Long leg running pants or tights OR combination of tights and socks fully covering the leg  
Additional long-sleeved warm second layer (minimum weight 180g) OR the combination of warm long-sleeved underwear (minimum weight 110g) and a windproof jacket with water-repellent protection. The windproof jacket does not replace the mandatory waterproof jacket with hood, and vice versa.  
Warm and waterproof gloves  
Identity document  
Personal bowl to place supply in by volunteers  
personal sleeping bag to sleep in the lifebase (COVID-19 norms) is mandatory in the follower bag  
Mandatory crampons in the follower bag for the SwissPeaks 360

**Basic kit required for the 100 & 70K :**

A single bag to carry the required equipment and to keep throughout the race  
Mobile phone in working order, allowing you to call abroad and always on to be reachable at all times  
Personal cup 15cl minimum (cans or flanges with cap not accepted)  
Minimum water supply 1 liter  
1 lamp in good working order with batteries or spare battery  
Survival blanket of 1.40 m x 2 m minimum  
Whistle  
Elastic adhesive tape for bandaging or strapping (min. 100 cm x 6 cm)  
Food reserve  
Cap or bandana  
Jacket with hood to withstand bad weather in the mountains and made with a waterproof and breathable membrane  
Long leg running pants or tights OR combination of tights and socks fully covering the leg  
Additional long-sleeved warm second layer (minimum weight 180g) OR the combination of warm long-sleeved underwear (minimum weight 110g) and a windproof jacket with water-repellent protection. The windproof jacket does not replace the mandatory waterproof jacket with hood, and vice versa.  
Warm and waterproof gloves  
Identity document  
Personal bowl to place supply in by volunteers

**Basic kit required for the Marathon:**

A single bag to carry the required equipment and to keep throughout the race  
Mobile phone in working order, allowing you to call abroad and always on to be reachable at all times  
Personal cup 15cl minimum (cans or flanges with cap not accepted)  
Minimum water supply 1 liter  
Survival blanket of 1.40 m x 2 m minimum  
Whistle  
Elastic adhesive tape for bandaging or strapping (min. 100 cm x 6 cm)

Food reserve  
Cap or bandana  
Jacket with hood to withstand bad weather in the mountains and made with a waterproof and breathable membrane  
Identity document  
Personal bowl to place supply in by volunteers

**Basic kit required for the Half Marathon:**

Mobile phone in working order, allowing you to call abroad and always on to be reachable at all times  
Personal cup 15cl minimum (cans or flanges with cap not accepted)  
Minimum water reserve 0.5 liter  
Food reserve  
Identity document  
Personal bowl to place supply in by volunteers

It is difficult to predict mountain weather accurately for early September. This is why the organization has set up **three kits that are in addition to the mandatory equipment** in order to be equipped in the best possible way. It is therefore advisable to be prepared to need one of these additional kits to the basic kit. The information will be given to the riders by e-mail a few days before the start of their race.

**Heatwave Kit For all races (may be required by the organization depending on weather conditions):**

Sunglasses  
Sunscreen cream  
Minimum water supply 2 liters

**Cold Weather Kit For SwissPeaks 360, SwissPeaks 170 and SwissPeaks 100 & 70 races (may be required by the organization depending on weather conditions) MANDATORY to have in the following bag and potentially in the racer bag if weather conditions change during the race:**

An additional warm jacket with a feather jacket hood  
A waterproof overpants

**Bad weather kit for marathon and half marathon (may be required by the organization depending on weather conditions):**

Jacket with hood to withstand bad weather in the mountains and made with a waterproof and breathable membrane  
Long leg running pants or tights OR combination of tights and socks fully covering the leg  
Additional long-sleeved warm second layer (minimum weight 180g) OR the combination of warm long-sleeved underwear (minimum weight 110g) and a windproof jacket with water-repellent protection. The windproof jacket does not replace the mandatory waterproof jacket with hood, and vice versa.  
Warm and waterproof gloves

## **FOLLOWER BAG**

The "SwissPeaks 360" race followers bag will have a capacity of 50L and will be resistant (in 2023) to hold a maximum of 10kg. The SwissPeaks 170 and SwissPeaks 100 races followers bag

will have a capacity of 30L. This bag will follow you from base of life to base of life. Be careful, it is your duty to put this bag in the area provided when you leave the base of life.

Only bags provided by the organization will be transported to the lifebase. The repatriation time depends on logistical constraints. A bag may lag behind the runner, especially in the event of a withdrawal. Thank you for being patient and respecting the work of volunteers. The bags will be collected in the tent dedicated for this purpose. A list of incoming bags will be updated regularly

These bags must be collected no later than Sunday, September 10th at 6 p.m. at Le Bouveret.

**After this date, the bags will be destroyed.**

Please do not deposit valuables such as car keys, airline tickets or wallets in it.

The following bag must be dropped off (even if there is nothing in it) at the start of the race to be transported by the organization to the different bases of life. If necessary, a penalty will be given to the rider.

## NUMBERS

Every bib is individually handed to each runner on production of:

- a photographic identity,
- your race pack and all you obligatory equipment

**The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race.** It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified, nor hidden. The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags...Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

## SAFETY AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the event. The rescue posts are aimed at bringing help to any person in danger with the means particular to the organization or registered. If it appears that a runner is in difficulty or seriously injured to call for assistance :

- go in person to a first aid point
- telephone the course controller
- ask another runner to alert the first aiders

It is essential that each runner helps anybody in danger and alerts the first aid point.

**Do not forget that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.** A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. From the moment where the health of a runner necessitates treatment via an intravenous drip, the runner will be, obligatorily, excluded from the race. The first-aiders and doctors have the right to :

- exclude from a race (by invalidating the race-bib) all competitors deemed unfit to continue the event.
- to evacuate by any means a runner judged to be in danger
- to hospitalize any runners whose state of health necessitates doing so

**The choice of the means of evacuation and of hospital is the decision of the official first-aiders and doctors.**

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given. If for any reason it is impossible to make contact with the course controller, you can call the rescue services direct (especially if you find yourselves in a zone « urgences/sos only »)

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Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organization.

## POSITION CONTROL AND FUELING STATIONS

Each runner will be supplied with electronic chips fixed to their race-bibs. Runners who do not have their chips permanently with them will be penalized. A control is carried out on the arrival of any rescue or refreshment post. **Unexpected control posts are set up in places other than the rescue and refreshment posts.** Their position is not communicated by the organization. **Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.**

**Every runner seen throwing down their litter along the route will be penalized.** Trash cans are provided in large numbers at every refreshment post and must be used.

## MAXIMUM TIME ALLOWED AND TIME BARRIERS

The maximum time for the event, for the totality of the course, is fixed at:

“SwissPeaks 360” race : 156 hours

“SwissPeaks 170” race : 58 hours

“SwissPeaks 100” race : 29 hours

“SwissPeaks 70” race: 20 hours

“Marathon” race : 12 hours

“Half-Marathon” race : 6 hours

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course guide. These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed, while making possible stops (rest, meal...) **To be authorized to continue the event, runners must set off again from the control post before the fixed time limit** (whatever their arrival hour at the control post). Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy. **In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.**

## ARRIVAL

Upon arrival, you will receive a voucher to receive your finisher gift (SwissPeaks 170, SwissPeaks 100, SwissPeaks 70, Marathon and Half Marathon). For the SwissPeaks 360, a finishers ceremony will be held on Sunday. Finisher prizes will therefore only be given out at the prize-giving ceremony. Those who cannot stay until the ceremony for professional and/or personal reasons will have to fill in a form and pay the postage costs at the information stand. The finisher's prize will be sent within 2 months after the race at the latest.



Access to showers at the arrival is strictly limited to runners (a bag is given to you at the entrance for your shoes).

A meal is also offered to all participants on the site of arrival.

## RANKINGS AND AWARDS

For each race, a general classification man and woman and a classification for each category man and woman are established:

The first 3 in each category receive a prize podium.

Attendance at the prize-giving ceremony is mandatory to receive your prize. No prize will be given to a third party or even sent later by post.

|                      | SwissPeaks 360     | other races        |
|----------------------|--------------------|--------------------|
| Seniors Men (SEH)    | 20 to 39 years old | 18 to 39 years old |
| Seniors Women (SEF)  | 20 to 39 years old | 18 to 39 years old |
| Master 1 Men (MH1)   | 40 to 49 years old | 40 to 49 years old |
| Master 1 Women (MF1) | 40 to 49 years old | 40 to 49 years old |
| Master 2 Men (MH2)   | 50 to 59 years old | 50 to 59 years old |
| Master 2 Women (MF2) | 50 to 59 years old | 50 to 59 years old |
| Master 3 Men (MH3)   | 60 years and more  | 60 years and more  |
| Master 3 Women (MF3) | 60 years and more  | 60 years and more  |

## ABANDONMENT AND REPATRIATION

Except for injury, a runner must only abandon at a control post. **They must alert the head of post, who will invalidate their race-bib.** The runner keeps his invalidated race bib because it is still his pass for shuttles, buses, meals, care rooms... Repatriation will be decided on by the post leader, based on the following general rules :

- Runners who abandon at a refreshment post but whose state of health does not necessitate being evacuated must get back as quickly as possible and by their own means to the closest repatriation point.
- Concerning the refreshment or rescue posts accessible to cars or four-wheel drive
  - During the closure of the post, the organization can, in the measure of means available, repatriate the runners having retired and still present at the post

- in the case of unfavorable weather conditions justifying partial or total closure of the race, the organization ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment. If, during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organization's control.

Any rider who leaves the competition without informing the organization must pay any research costs incurred.

Our runner repatriation system is largely carried out through our RegionAlps partnership. If the head of the post office takes you to the nearest station to repatriate you, you must take a regional train (not SBB) and be in possession of your race number.

## ANTIDOPAGE

Any competitor may be subject to a doping control during or at the finish of the event. In case of refusal or abstention, the athlete will be sanctioned in the same way as if he or she were found to be doping.

## MODIFICATIONS OF THE RACE OR TIME GATES; CANCELLATION OF THE RACE

The organization reserves the right to modify at any moment the route (distance and track) and the positioning of the rescue and refreshment posts, without warning. In the case of unfavorable weather conditions (important quantities of rain or snow at altitude, strong risk of storms....) the start may only be postponed by a maximum several hours, after that time the race is canceled. **In the case of poor meteorological conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.**

In case of cancellation of an event decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organization to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, no refund of the registration fee will be made.

COVID-19 Exception: If the regulations relating to sports events prohibit the organization of the race in 2023, all registrations will be postponed to 2024. The organizer will endeavor to do this if possible at no cost, as in 2021.

## RACE DIRECTION SKILLS

Runner's participation acceptance

Wildcard assignment. The race director has the right to invite a runner..

Disqualification of a rider who does not respect the race rules.

Modification of the routes (Example: reduction or modification of the limit crossing time).

Interruption or suppression of the event if the conditions require it. Such a decision does not result in the refund of the registration fee.

Protests: to be submitted no later than 30 minutes after the arrival of the racer. After hearing the parties, the race management decides without appeal.

Decisions to be taken on a matter not provided for in this by-law and imposed by the circumstances.

## PENALTIES AND DISQUALIFICATIONS

the race director reserves the right to disqualify any runner who doesn't respect the present rules. Any racer seen throwing his trash on the course will be disqualified.

Switching off the GPS beacon, uncoupling it or moving it from its bag will result in immediate disqualification of the runner.

It is strictly forbidden to use any means of transport during the race. Any rider who is an exception to this rule is not allowed to cross the finish line, will not receive a finisher prize and will not be ranked.

Any rider seen being personally assisted outside the authorized zones will be disqualified.

## INSURANCE

**Civil responsibility:** The organizer has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

**Individual accident:** Each competitor must, obligatorily, have their own accident insurance which will cover any costs of search and rescue

## RULES CHANGES

The organization reserves the right to modify these rules at any time and without notice.