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RULES

Organization

The IRONMAN Group organizes the Trail 100 Andorra-Pyrenees® with the institutional support of the Government of Andorra and the Municipality of Ordino.

Competitions

The Trail 100 Andorra-Pyrenees® is a trail running event with 4 different distances designed to offer exceptional experiences for beginners, intermediate and expert trail runners who want to test themselves in the Ultra Trail distance. All 4 distances will be hosted exclusively in Andorra. The 2021 edition will be held on June 25, 26 and 27, and the town of Ordino will be the epicenter of the entire event. This beautiful town located in the Northern Valleys of Andorra, will also be the start and finish line for all 4 races.

The distances are as described below:

Trail 100 Andorra-Pyrenees 2021 - Trail 7.5 Km Andorra-Pyrenees

- Distance / elevation: 7.5Km / +650m

Trail 100 Andorra-Pyrenees 2021 - Trail 25 Km Andorra-Pyrenees

- ITRA Points: 2
- Mountain points: 12
- Distance / elevation: 24.4km / +2230m

Trail 100 Andorra-Pyrenees 2021 - Trail 55km Andorra-Pyrenees

- ITRA Points: 3
- Mountain points: 11
- Distance / elevation: 56.8km / +4640m

Trail 100 Andorra-Pyrenees 2021 - Ultra 125 Km Andorra-Pyrenees

- ITRA Points: 6
- Mountain points: 10
- Distance / elevation: 124.6km / +8660m

Race Start Times

- Ultra 125 Km Andorra-Pyrenees, Friday 25 June at 8:00 p.m..
- Trail 55km Andorra-Pyrenees, Saturday, June 26 at 7:00 a.m.
- Trail 25 Km Andorra-Pyrenees, Sunday, June 27 at 9:30 a.m.
- Trail 7.5 Km Andorra-Pyrenees, Sunday, June 27 at 10:00 a.m.

Men's and Women's Categories

- U12: Children who are 11 and 12 years old in the current year. Family Trail 7'5km
- U14: Children who are 13 and 14 years old in the current year. Family Trail 7'5km
- U16: Cadet who are 15 and 16 years old in the current year. Family Trail 7'5km
- U18: Youth who are 17 :Family Trail 7'5km. Those who are 18 years old in the current year: Trail 25km / Trail 55 km / Ultra 125 km
- O19: ABSOLUTE from 19 years old in the current year. Trail 25km / Trail 55 km / Ultra 125 km.
- U20: Junior who are 19 and 20 years old in the current year. Trail 25km / Trail 55 km / Ultra 125 km.
- O40: Veteran who are 40 to 49 years old in the current year. Trail 25km / Trail 55 km / Ultra 125 km.
- O50 Master who are 50 to 59 years old in the current year. Trail 25km / Trail 55 km / Ultra 125 km.
- Master: from 60 years old in the current year. Trail 25km / Trail 55 km / Ultra 125 km.

Terms of Participation

To participate in the race, the following requirements must be met:

- Know and accept the conditions of this Regulation.
- Minimum age:

The registration for the 25km, 55km and Ultra 125km is open to all trail runners who are 18 years old or will turn 18 within the current year.

The Family Trail 7.5 km is open to all participants who are at least 10 years old. All the under 18 years old athletes must present the signed parental consent. Participants under 14 years of age must be accompanied by an adult along the entire course.

- Every participant must know and be aware of the distances and toughness of the courses. Especially on the Trail 55km and on the Ultra 125km. Previous long distance trail running experience is required. Previous endurance training, good physical condition and mental strength are needed to participate and complete such events. Wearing the proper gear and equipment is mandatory for safety reasons and also necessary to complete the race in both good or adverse weather conditions.
- All participants must accept and submit a signed medical certificate. To validate the registration for the Trail 55km and the Ultra 125km, each athlete must submit a medical certificate issued by a doctor. In response to registration, each athlete will receive a confirmation email with the official medical certificate form.

NO BIB NUMBER WILL BE GRANTED WITHOUT MEDICAL CERTIFICATE.

- Participants must present a mountaineering license valid in Andorra or supported by the Andorran Mountaineering Federation. In the event of not having a license, the runner will have to purchase the event accident insurance.
- Should it be required, the decision regarding choice of means of evacuation rests exclusively on the organization and/or the rescue team. Expenses arising from evacuations, rescues and/or hospitalizations must be paid by the athlete. In case of having an insurance claim, the insurer may ask to the insurance company to cover the cost.

Registration

Thursday, June 24, 2021

9:00 - 19:00 Collection of bibs, Parc Central Andorra La Vella

9:00 - 19:00 Collection of presents, Sala La Buna, Ordino.

Friday, June 25, 2021

9:00 - 19:00 Collection of bibs, Parc Central Andorra La Vella

9:00 - 19:00 Collection of presents, Sala La Buna, Ordino.

Saturday, June 26, 2021

9:00 - 19:00 Collection of bibs, Trail 7.5km and 25km, Parc Central Andorra La Vella

9:00 - 19:00 Collection of presents, Sala La Buna, Ordino.

Registration includes:

- Race entry
- Event backpack.
- Event T-shirt
- Finisher Medal.
- Trophies and prizes by category.
- Wardrobe service at the finish line.
- Showers available at the Finish Line area.
- Access to aid stations during the course and after the race.
- Physiotherapy and podiatry station available at the Finish Line for the 125km, 55km and 25km runners. The 125km distance will also have provide physiotherapy and podiatry services at the 42 and 71,5km Aid Stations.
- Life bag, only for the Ultra 125km.

- Healthcare and ambulance service at the enabled areas.
- Pick-up in case of abandonment as long as the athlete is at one of the locations marked by the organization.

This list is based on the needs and distances of each race, since not all races require the same services.

In case of finishing the race, the Finisher Medal and a Certificate will be awarded. On the other hand, the Certificate can be obtained through the website.

The organization reserves the right to expand or reduce places for security reasons or reasons that may affect the good development of the Event.

Mandatory and recommended technical material

For safety reasons and the proper development of each race, each participant must wear or carry the complete list of mandatory material detailed below during the entire race. All participants will have to show the requested mandatory material and acknowledge the compromise of participating with it in order to collect their bib number.

Material	Ultra 125k	Trail 55k	Trail 25k	Family 8k
Water supply (full at the exit of each supply and at the exit)	O1l	O1l	O0.5l	O0.5l
Glass (For sustainability reasons, there are no glasses in the supplies)	Or	Or	Or	Or
Waterproof hooded jacket (min. 10,000mm water column)	Or	Or	Or	To
Food supply	Or	Or	Or	To
Head protection covering the ears (authorized tubular)	Or	Or	To	To
Thermal blanket (minimum 1.4x2.1m)	Or	Or	Or	
Whistle	Or	Or	Or	
Mobile phone (operating in Andorra)	Or	Or	Or	
First-aid kit	Or	Or		
waterproof pants	Or	Or		
Long-sleeved T-shirt (Can be replaced by a short-sleeved T-shirt with sleeves so that the arms are fully covered)	Or	To	To	
Gloves	Or	To		
??with spare batteries	Or			
Canes	To	To	To	To
Sunscreen	To	To	To	To
Long meshes (They can be replaced by with legs so that the legs are fully covered)	To	To	To	
Anti-heating cream	To	To	To	

Polar jacket	To			
Replacement for the front?	To			
Flashing red light	To			

Mandatory	Or
Advisable	To

Each athlete must carry the mandatory material throughout the race. At any time, the organization may request a check of this material. All athletes must undergo this check, under potential penalty of disqualification. Depending on the weather conditions, the organization will announce during the pre-race briefing if any mandatory material can become optional.

If you decide to carry canes, it must be for the whole race. It is forbidden to go out without canes and obtain and use ones during the race. Canes stored in material bags will not be accepted. The use of canes will be prohibited in some areas indicated by specific panels on the route for safety or environmental reasons.

It is important to remember that all races will take place on high mountain, at times away from inhabited nuclei and where the weather can change very quickly and become very adverse, this in addition to physical fatigue due to the hardness of the races, means that the material imposed by the organizer is a minimum requirement that every athlete must adapt according to his own capabilities. In particular, it is better not to choose the lightest possible items to save a few grams, but to opt for items that actually allow good mountain protection against cold, wind and snow and therefore provide greater safety and better performance.

Bibs and bracelet

The bib number is personal and non-transferable, you can never change it with a third party. Guests are required to show a photo identification to remove the bib number. For the entire duration of the race, it should always remain visible, glued to your chest, belly or leg, but imperatively in front of the athlete. The bib can not be modified, hidden or bent, allows any athlete to access supplies, life bases, buses, showers and all other enabled areas. The bib number is never sent to the participant's home.

- The bib number will be collected in the registration area of the Central Park of Andorra la Vella.

- The bib number will have:

- o Person's name
- o Number and color of the race.
- o Race profile

The Emergency procedure will be listed on the back. The emergency number can only be used in the event of an emergency, and not for other issues concerning volunteers.

Identification bracelet will be essential to access all areas reserved for athletes.

Checkpoints, supplies and assistance

Trail 100 Andorra-Pyrenees® tests take place almost exclusively on mountain roads, a part of which is located on the GRP of Andorra or on some GR. According to the race, athletes will cross the Comapedrosa Valley Communal Natural Park, Sorteny Valley and the Unesco World Heritage-listed Madriu Perafita Claror Valley. Participants are subject, like any other visitor, to the rules governing these parks.

In sections shared with vehicles, athletes must follow and respect the rules of the traffic code

It is always mandatory to follow the marked route and pass through all the checkpoints and supplies marked by the organization

At all times the athletes will have to follow the commands of the volunteers

There are several types of supplies to the exclusive use of the athletes distributed along the routes:

- Light (drinks, sweet foods),
- Consistent (drinks, sweet foods, salty foods)
- Very consistent (drinks, sweet foods, salty foods, feculents), ultra 125km life points

For sustainability reasons, there is no glass included in the supplies. The organization only supplies drinks in the vessels, drums or liquid bags of the participants. Each athletes must

be careful to dispose, at the exit of each aid station with the amounts of drink and food necessary to reach the next supply point.

The Athletes Guide details, as an indication, the composition of each supply point.

1. Aid stations have drink and food to consume on site. The organization only supplies mineral water or energy drink to fill the drums or bags of liquid. The athlete must ensure that at the exit of each aid station, they have the amount of drink and food necessary to reach the next aid station.
2. Assistance provided by professional teams or any medical or para-medical professional shall only be permitted at the aid station, provided with the permission of the person responsible for the supplies.
3. It is forbidden to be accompanied or agreed to be accompanied during all or part of the race by a person who is not registered, apart from the tolerance zones clearly indicated in the vicinity of the aid station.
4. It is totally forbidden to throw anything on the ground, To do so may lead to disqualification.
5. In aid stations participants must use the containers available. The organization advises having a bag to put your waste during the race and deposit it in the containers available in each supply.
6. To minimize litter and plastic use, disposable crockery is not permitted.
7. Respect the flora and fauna and strictly follow the marked route without using shortcuts.

Doping

The Trail 100 Andorra-Pyrenees® participates in anti-doping policy and promotes a healthy and respectful activity of the natural capacities, efforts, and trainings of each one. In order to translate these values into facts, your organization can perform random anti-doping controls before, during, or at the end of the test.

The athlete undertakes to accept the taking of urine or blood samples and the conduct of the consequent tests. The expenses inherent in extraction and analysis are charged to the participants.

Life bag and cloakroom

Wardrobe

The personal bags of the athlete can be deposited during the schedules established in a closed place where they are monitored and available on arrival.

Life bag for the Ultra 125 km

Each athlete will receive two 30-litre bags with their bib number. Once you have filled it with the needs of your choice and closed it, you can deposit it at the established times.

The two points of Special needs bag are km 42km and 71.5km.

In these bags, canes are not accepted.

There is no verification of the contents of the bags at the time of deposit, therefore the organization is not responsible for any loss. We recommend that you do not put value objects.

After the event, you will not be able to claim a bag that the athlete didn't go to get back.

The material will be kept for one week. It will not be posted after the event is over.

Accident and liability insurance

Participants must hold the Federal License of the Andorran Mountaineering Federation or a license recognized by it. In the event of not having a license the athlete will have to take out individual liability and accident insurance of the organization.

Abandonment and evacuation

Except in case of injury, it is only possible to leave the race at a checkpoint or aid station. If this point is not accessible by vehicle, the athlete must access by his/her own means at the nearest evacuation point. It is forbidden to leave the tour without having informed the organization and, therefore, without being duly authorized to do so. It is mandatory to sign if it is a timing checkpoint. Officials can keep athletes waiting in the aid station or bases of life until they think it is convenient to evacuate them.

Route modification, cut off times and race withdrawal

Throughout all the races the organization will put several cut off times that all athletes will always be obliged to know and respect. Those who do not pass this cut off times will stay with those responsible at the point where they are and waiting to march with those responsible all together to an evacuation point explained in the previous point.

In case of force majeure, the organization reserves the right to suspend, neutralize or modify time slots, travel and/or supplies. If the races had to be stopped at one point in the route, the classification will be determined by the arrival time, at the last signed checkpoint.

Awards

Trail 55km:

- 1st /1st qualifiers 600€ + trophies
- 2nd /2nd qualifiers 500€ + trophies
- 3rd /3rd qualifiers 400€+ trophies
- 4th /4th qualifiers 300€ + trophies
- 5th /5th qualifiers 200€ + trophies

Ultra 125km:

- 1st /1st qualifying 1,500€ + trophies
- 2nd /2nd qualifiers 1200€ + trophies
- 3rd /3rd qualifying 700€ + trophies
- 4th /4th qualifiers 600€ + trophies
- 5th /5th qualifiers 500€ + trophies

* In the case of the Andorran Cup, the categories and prizes according to the FAM will be established. To have prizes it is mandatory to attend the award ceremony personally.

Penalties and claims

Race Commissioners ensure compliance with the rules and are entitled to apply the penalties or disqualifications envisaged.

The race jury made up of the race director, the head of the controls and a career commissioner has responsibility for the claims.

1. For every missing piece of clothing: Trail 5min, Ultra 15 min.
2. Failure to carry bib number Trail 5min, Ultra 15 min.
3. Trim or bend the bib number Trail 5min, Ultra 15 min.
4. Failure to carry or lose chip trail 5min, Ultra 15 min.
5. Any infringement not provided by the regulation Trail 3min of disqualification Ultra 5 min of disqualification.
6. False Start - Trail 3 min, Ultra 15 min.
7. Do not go through a disqualification checkpoint.
8. Disobey any directives identified by the organization trail 5min, Ultra 15 min.
9. Do not respect the route marked Trail 3 min Ultra 5 min
10. Progress or advance by endangering - disqualification.
11. Push or voluntarily trip another athlete - disqualification.
12. Failure to assist persons who need it disqualification.
13. Receive unforeseen support or supplies Trail 5min, Ultra 15 min.
14. Throw away or leave garbage Trail 5min, Ultra 15 min.
15. If the athlete does not show up for the award ceremony without the authorization of the President of the Jury. If the ceremony is done at the scheduled time, the athlete will lose the prize in cash. If the scheduled time is not respected, the athlete is entitled to the cash prize ?

Lost and found

During the weekend, the lost items will be brought to the Info Point located near the exit.

Once the event is over, please contact andorra@ironman.com

Image rights and data protection

Image rights

Participants waive the prevailing image right and authorize the organization and its sponsors to freely use and publish photographs or recordings made or recorded within the framework of the race.

In compliance with the provisions of Law 15/2003 of December 18, on the protection of personal data, the organization informs that the personal data provided by the participants and the images obtained during the event will be stored in archives of the organization of trail 100 Andorra-Pyrenees®, in order to manage and promote the event. Without the authorization of the athlete. Your personal data will not be communicated, except the results.

Changing the regulation

In the event that the organization is obliged to modify part of this regulation, the amendments will be duly communicated in advance to the participants. The email communicated during the registration process will be used to send information to enrollees throughout the year. The athlete undertakes to consider the information communicated through this channel.

Anything that does not contemplate this regulation will be governed by the regulations of the Andorran Federation of Mountaineering

<https://www.fam.ad/img/web/estatuts-reglaments/Reglament-Curses-Muntanya-10-03-2017.pdf>