



CLUB DES SPORTS
DE VAL D'ISÈRE
DEPUIS 1935

Rules High Trail Vanoise 2020

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ORGANISATION

The Club des Sports of Val d'Isère, an organization created under the 1901 French law, organizes the Odlo High Trail Vanoise.

RACES

High trail Vanoise is a sport event offering several events deep in the countryside using paths and trails some of which being on a glacier

Each event is a one stage run, run at one's own speed but within a time limit.

- «Ultimate 5" a trail race which is about 92 k long with, 6502m of vertical fall, with 5-time checkpoints and a limited total time of 17 hours. Departure will be at 4:00 AM on the 10th of July 2020 and the 11th of July at 8:00 am.

- «High Trail Vanoise" a trail race which is about 70 k long with, 5400m of vertical fall, with 5-time checkpoints and a limited total time of 17 hours. Departure will be at 4:00 AM on the 11th of July 2020.

"High Trail Vanoise, the DUO", is about 70 k long with, 5400m of vertical fall, to be raced in DUO , all time checkpoints must be passed with both duo mates at the same time, if not time penalties will be added. Limited total time and time barriers are the same than the ones on "High Trail Vanoise".

Opened to any racer aged 20 (in the year of his birthday) or over that age.

600 being the limited number of registrations

"Trail of the 6 passes" is around 42 km long, 3500 meters of vertical fall, with 3-time checkpoints and a limited total time of 11h30 hours. Departure on the 11th of July at 7:30 AM

"Trail of the 6 passes, the DUO" identical race than the "Trail of the 6 paths" to be raced together. all time checkpoints must be passed with both duo mates at the same time, if not time penalties will be added

Opened to any racer aged 20 (in the year of his birthday) or over that age.

600 being the limited number of registrations

"The balconies of Val d'Isère" is a short trail race of around 20 k with a vertical fall of 1000 meters with 1-time checkpoint and a limited total time of 4 hours. Departure on the 12 th of July at 8:00 AM

Opened to any racer aged 18 (in the year of his birthday) or over that age.

500 being the limited number of registrations

"The vertical Kilometre" is 1000 meters long individually timed, race departure the 12th of July at 10:30 am

"Children Trail" race not timed 800 m long, opened to children in Athletic awakening French category (between 7 and 9 years old) born between the 31st of December 2004 and the 31st of December 2013
Race is on the 11th of July at 10am
Free registration

Mandatory Equipment

	HTV	6 passes	Balconies
a one litre water bottle full	Compulsory	Compulsory	Compulsory (half a litre)
Food supply	Compulsory	Compulsory	Compulsory
Survival blanket	Compulsory	Compulsory	Compulsory



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Water proof hoodie wind stopper jacket	Compulsory	Compulsory	Compulsory (simple wind stopper)
A pair of gloves	Compulsory	Compulsory	Optional
Sun glasses	Compulsory	Compulsory	Recommended
Cell phone (charged and able to use the French network)	Compulsory	Compulsory	Compulsory
Headlamp	Compulsory	Optional	
Hat or cap or Buff	Compulsory	Compulsory	Optional
Buff Yaktrack (or equivalent) for climbing the Grande Motte glacier and the glacier of Pisailas (if asked by the ski patrols)	Compulsory	Recommended	Optional
Re-usable glass	Compulsory	Compulsory	Compulsory
Spare changing clothes packed in a sealed bag with warm long sleeve T , long or ¾ tights with high warm socks	Compulsory	Compulsory	Compulsory
Whistle	Compulsory	Compulsory	Optional
Walking Sticks	Recommended	Recommended	Recommended
Adhesive elastic band for a bandage or a strapping	Recommended	Recommended	
Sunscreen	Recommended	Recommended	Recommended
cup	Compulsory	Compulsory	Compulsory
Harness, sling, carabiner			

Each racer will have to keep in his racing bag the entire equipment asked by the organisation as mentioned above. Unexpected controls will be organised at the departure by the organisation if any shadow of a doubt occurred concerning a participant missing to have the mentioned above equipment in his racing bag. Any missing equipment will be sanctioned by time penalties or the disqualification of racers

ATTENTION: the organisation recommends to start the race with long sleeve and long leg clothes until getting back down from glacier of La Grande Motte. In case of fall you might be severely burnt on a frozen ground if your limbs wouldn't be protected. After the glaciers you will be entirely free to get changed at the Panoramic food station and keep on racing in shorts and Ts if the weather condition allow it of course . However, starting the race in "long" or "Short" (loose or tight shorts) requires you to have in your "survival" waterproof bag with the dry clothes requested above!

Race briefing

The briefing before the race on Friday is compulsory for the "High Trail Vanoise", and highly recommended for the participants of the 6th path race.

It includes the latest information about snow and glacier conditions, as well as possible itinerary changes, forecast latest information and environmental compliance point.

Poles

Using walking poles is highly recommended on HTV and T6P. Racers who will use poles will have to keep them with them from the beginning to the end of the race. Penalties will be given to those who will cheat.

REGISTRATION

No registration will be taken on site for High Trail Vanoise and Trail of the 6th Passes and The Balconies. It will be possible to get registered on the day of the race until 12 o'clock only on the vertical K

All registrations will be made via INTERNET, until the 3th of July 2020 at midnight, via the secure payment on:

www.high-trail-vanoise.com

All registrations will be definitive only after the reception of the payment and the compulsory medical certificate or a sports license (see FFA regulations)



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Registration for the High Trail Vanoise or the Trail of the 6 passes entitles you to enjoy : the Friday's pasta party evening, a breakfast, a meal after the race, an entrance to the Aquasportif Center of Val d'Isère (until closing), food on the race and a gift to the finishers.

The registration to the Val d'Isère Balconies entitles you to food on the race, an entrance to the Center Aquasportif Val d'Isère (until closing) and a gift to the finishers.

Registration to the VK entitles you to food on arrival, access to the pasta party, entry to the aquasport center (until closed) and a finisher's gift

Conditions of participation for the 3 events

To participate, it is essential:

- To be fully aware of the length and mountainous specificity of the event and to be perfectly trained for that.
- To have acquired, before the race, a real personal autonomy capacity allowing to deal with any problem induced by this type of race, and in particular:
 - To know how to face, without external help, climatic conditions that can be very difficult in the altitude (wind, cold, rain, thunderstorm, hail or snow)
 - To be able to manage the physical or mental problems resulting from a great fatigue, digestive problems, muscle or joint pains, small wounds ...
- To be fully aware that the role of the organization is not to help a rider to manage these "Little problems".
- To be fully aware that for such an outdoor activity, security depends on the rider's ability to adapt to problems encountered or forecast.

NO REGISTRATION IS POSSIBLE WITHOUT MEDICAL CERTIFICATE OR PERSONAL SPORTS LICENSE

MEDICAL CERTIFICATE

FFA Rules Clear concerning Off-Stadium Races

The organization of the High Trail Vanoise being subject to the FFA regulations reserves the right to modify its rules in the event of a change on the part of the FFA

Any participation in a competition is subject to mandatory presentation by participants in the organizer:

- An Athlé Competition license , an Athlé Entreprise license, Athlé Running license issued by the FFA or a "Pass 'I like running', issued by the FFA and completed by the doctor, valid at the date of the event. (Attention: other licenses issued by the FFA (Health, Directing and Discovery are not accepted)



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- or a sports license, valid at the date of the event, issued only by a on federation, on which must appear, by any means, the non-cons indication for the practice of a sport in competition, Athletics in competition or the race on foot in competition;
- or a competition license issued by the FFCO, the SWOT or the FF Tri, valid at the date of the event;
- or a medical certificate stating the absence of contraindication to the practice of sport in competitions or Athletics in competition or running in competition, dating from less than one year on the date of the competition, or its copy.

No other document can be accepted to certify the possession of the medical certificate. Doctors are not allowed to make their own medical certificates, nor are they allowed to participate without a medical certificate

Foreign participants are required to provide a medical certificate of absence contraindication for the practice of a competitive sport, competitive athletics or running in competition, even if they are holders of a competition license issued by an IAAF affiliated federation. This certificate must be written in French, dated, signed and allow the physician's authentication, whether or not the latter is established on the National territory. If it is not written in French, a translation into French must be provided.

- Specificities of High Trail Vanoise (70km) and ultimate 5

Attention this course is for experienced and experienced trail runners, it takes place in part in high mountains (Glaciers of Grand Motte and Pissailas). Given the time of departure and distance a part of the race is done at night. The passage over the Grande Motte glacier, final part, is the subject of arrangements for your safety, signs and signallers will tell you what to do in order not to put you in danger, it is forbidden to pass on this part and you must follow the instructions of the ski patrols and trackers !

Different categories

Masters	VE	1986 et avant
Seniors	SE	1987 à 1998
Espoirs	ES	1999 à 2001
Juniors	JU	2002 et 2003
Masters H et F	M0	1986 - 1982
	M1	1981 - 1977
	M2	1976 - 1972
	M3	1971 - 1967

BIBS pickup:

For all the races the bibs pickup will take place at the registration tent, on the village, in front of the Sport Club on:

- Thursday, July 10th from noon to 7:15 PM
- Friday, July 11th from 9 AM to noon and from 2 PM to 6 PM
- Saturday, July 12th from 7:15 AM to 11:15 AM

The bib must be visible in all circumstances. It can be worn either on the chest or on the thigh.



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Possibility to collect the bibs of the Trail of 6 Cols on Saturday morning before 7:30 at the Club des Sports, we remind you that the presence at the briefing course of the HTV participants and T6C is very strongly recommended!

Each bib will be given individually on presentation of a piece of identification. This signing prove the runner's departure and the total acceptance of the rules. In case of a non-departure of the trailer, inform asap the organization and return as quickly possible the bib and the chip of the bag to a person of the organization.

BRING safety pins.

RESCUE, SECURITY, QUITTING

They will be provided by flagmen, first aiders and a medical team. There are 11 first aid stations on the HTV, 7 on the T6C and 2 on the Balconies, the stations are connected with radio or phone to the race to the headquarter. A medical regulatory team is present in the finish area in Val d'Isère. If the maximum-security measures are taken, the fact of being in a wild mountainous environment means that rescues can't be as easy and fast as they would be in an urban environment. Therefore, your safety will rely on the quality of the gears and clothes you had put in your bag. **Expenses resulting from the use of means of exceptional rescue or evacuation will be paid by the rescued person who will also ensure the return from where the person was evacuated.**

Rescue stations are intended to assist any person in danger with the means specific to the organization or agreements.

Except in the case where the racer's state of health requires an emergency evacuation, a runner must not abandon anywhere other than at a checkpoint offering a solution of repatriation.

It belongs to a runner in difficulty or seriously injured to call for help:

- showing up at a first aid station
- by calling the PC race: 07.81.18.47.73
- by asking another rider to notify the rescue
- by dialling 112

It is the responsibility of each rider to assist any person in danger and to call rescuers. In case of proven failure, the racer who has failed to give assistance to another runner in distress will be disqualified for life from Odlo High races Trail Vanoise!

Rescuers on medical advice and official doctors are in entitled to:

- To disqualify (invalidating the bib) any competitor unfit to keep on racing
- To evacuate by any means at their convenience the riders they think might be in danger.

If quitting the race, it is imperative and compulsory to report it to the closest aid post and give one's bib and chip on the bag.

The organization declines any responsibility in case of accident or failure resulting from a poor health.

Buses are available from Tignes Val Claret, La Daille, near the Sassièr, in Fornet and Iseran, for runners who have abandoned and / or who will not be on time.

If you quit before a checkpoint, it is imperative to return to the previous checkpoint and report to the people in charge. If during this return, the runner comes into the organizers closing the race, it is the latter who will invalidate the runner's bib. The runner is then not anymore under the control of the organization.

Any rider who has been put out of the race and wants to continue will not be able to do it unless his bib and his chip are given back. The person will stay on the race under his own responsibility and complete autonomy.



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FOOD SUPPLIES AND CONTROL POSTS

The principle of individual racing in semi-self-sufficiency is the rule. The semi-self-sufficiency is defined as the ability to be autonomous between 2 points of refuelling in terms of food. The rider will have acquired this necessary autonomy through his previous experiences.

A type of food supplies are offered:

- Complete refreshments: drinks, vermicelli soup, tea, cakes, sweet, chocolate, banana, orange, crackers, sausages, cheese, bread.

HTV 70km: there are on the course 6 complete food stations, as well as 6 check-up posts and 5 hourly barriers.
(*)

The Trail des 6 passes 42 km: there are 4 complete refreshments, as well as 2 checkpoints and 2-time barriers.
(*)

Balconies of Val d'Isère 20km: there is 1 complete refuelling and 1 refuelling for water only, one-time barrier and a time limit for filing.

(*) *subject to modifications indicated during the briefing*

ASSISTANCE OF RUNNERS

Assistance to runners on the ultimate 5, HTV and T6C is tolerated where there are points of full refuelling (6 refuelling posts on the HTV and 5 on the T6C). This assistance will have to be next to these supplies (maximum 20m before or after refuelling). The persons who will be in charge of these assistances will take care not to obstruct the good run of the race. Penalties will be applied in case of non-respect of this point to the riders concerned

CHANGING ROOMS AND SHOWERS

Showers for the runners will be open at the aqua sport centre (until closing time) by using the ticket provided when getting your bib. Tickets are not transferable and are only at the disposal of the runners of the HTV and 6 passes.

PRIZES

For each event, a general and category ranking is established. The Balcons de Val Awards will take place on Sunday 8th at noon. The awards ceremony will take place on Saturday 7 at 16:30 for the scratch of HTV and T6C. For the award of the prize, the presence of the rewarded riders is compulsory. A trophy and a prize money will be awarded to the first 10 of the scratch and the first 5 Women for the High Trail Vanoise, a trophy will be awarded to the first 5 scratch men and women for the Trail of the 6 Cols.

A gift will be given to the finishers of all races.

A present will be given to the first 3 Men and Women of the categories Junior, Hope, Senior, V1, V2, V3, V4 at the time of their arrival on all races.

ENVIRONMENT



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Participants and accompanying people or public are in protected natural areas where there is a specific regulation (PNV, RNN Gde Sassièrè and Bailletra). They can get information about the regulations of protected natural environment at the Tourist Office of Val d'Isère. They must respect the following rules:

* do not litter leave waste and rubbish.

* it is prohibited to use means or thing which by its noise, is likely to disturb the animals or to disturb the quietness or the tranquillity of the place.

Whistle or any other devices are allowed for a rescue.

* it is prohibited to use means or devices which by its light, is likely to disturb animals or to disturb the calm or tranquillity of the place. Individual lighting of competitors and the lights used during a rescue are authorized.

* bivouac and camping are prohibited

* absolute necessity to respect the defence and it is prohibited to cut the path of the trail to limit the risk of erosion.

* Sorting bins are arranged in large numbers on the departure / arrival area and must be used.

* When crossing nature reserves, appropriate signage is set

SANCTIONS

The people in charge of aid posts of the various control and supply points are authorized to comply with the rules and immediately apply a disqualification in case of infringement regulations of the heart of the Vanoise National Park and / or the nature reserves of Grande Sassièrè or Bailletra, according to the following rules:

- Refusal of passage at a checkpoint
- Cheating on a section of the race with an important shortcut
- Littering (voluntary act) by a competitor and / or a member of his entourage
- Non-respect of persons (organization or runner)
- Non-assistance to a person in difficulty
- Cheating (example: use of a means of transport, bib sharing ...)
- Absence of passage to a checkpoint
- Refusal to obey an order from the race director, a head of post, a doctor or rescuer
- Refusal of an anti-doping control
- Departure from a checkpoint beyond the time limit
- Non-respect of the instructions of races.
- Non-respect of the charter of the "National Park of Vanoise"
- Missing of compulsory material
- Any other breaking of the rules will be sanctioned by the jury of the race

INSURANCE



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Public liability:

The organizer subscribes to a civil liability insurance at AXA Insurance N ° 6460543104 for the duration of the event. This liability insurance guarantees the monetary consequences of his responsibility, the one of his attendants and the participants.

Individual accident:

Each competitor must be in possession of an individual accident insurance covering possible search and evacuation costs in France. Such an insurance can be purchased from any organization of the competitor's choice.

Helicopter evacuations have to be paid. The choice of evacuation depends exclusively on the organization, which will systematically give priority to the safety of runners.

CANCELLATION OF A REGISTRATION

Any cancellation of registration must be made by e-mail or by post. No withdrawal will be accepted by telephone or fax.

In case of cancellation for a cause described in the paragraph above, the competitor may, if subscribed at the time of registration, operate its cancellation guarantee by sending us with your letter of withdrawal the supporting document needed (see paragraph above).

If a registered competitor has not taken out the cancellation of registration guarantee or wishes to cancel his registration for a cause not covered by this warranty, refund fees paid for registration will be made by a partial re-credit of the payment on the bank account associated with the credit card used for the registration, under the following conditions:



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Date of dispatch Amount re-credited

Date of sending	Amount credited
Before the 15 th of February	60%
From the 16 th of February to the 15 th of April	50%
From the 16 th of April to the 15 th of June	40%
After the 15 th of June no refund will be given	

No exchange, session or resale of a bib is possible, neither before nor during the race. The withdrawal of a runner does not give the right to exchange, to sell or resell the bib to anyone. Registered riders do not have the right to be replaced or represented by another person.

CANCELLATION OF A REGISTRATION IN CASE OF INJURY

In case of injury of the racer, and only in that case, occurred after registration and not completely curable for the day of the race, the organization recommends to the injured racer not to put himself unnecessarily in danger, to cancel his registration and to request a postponement of his race to the following year. In order to do this, the rider must submit a request to the Medical Committee of the organization. This request must be accompanied by a detailed medical file. If the Medical Committee gives a favorable advice, the rider will then benefit from a registration priority for the following year, on the same race.

The Medical Committee is the sole judge regarding the requests for postponement and its decision is final. Any request for postponement must reach the organization, accompanied by the medical file, no later than 10 days after the event. Applications are processed within two months of the event.

COMPLAINTS

Any complaint must be written only by the runner concerned.

The runner must give his protest to the PC race within a maximum of 1 hour after his arrival. No complaint will be accepted from a friend of the runner, or a spectator.

CHANGING / CANCELLATION OF THE RACE

The organization reserves the right to change at any time the departure times and the time barriers, the course, the locations of the emergency stations and refueling, without any notice.

In case of bad weather conditions or for security reasons, the organization may have to switch all the competitors of the HTV to a replacement route or to the T6C without compensation for the runners.

In case of extreme conditions, the organization reserves the right to stop an event in progress. It also reserves the right to cancel all events without any notice.

The organizing committee reserves the right to modify the rules before the race, in which case the changes will be transmitted at the race briefing and before the start.

IMAGE RIGHT

Any competitor gives image right fully, to the organizers and no complains can be made whatsoever.

Any communication about the event or use of images of the event must be done in the respect of the name of the event, registered trademarks and with the official agreement of the organization.

PUBLICATION OF RESULTS

The results of the various races may be published on the trail site (www.high-trail-vanoise.com) or on the website of the French Athletics Federation. If a participant objects to this publication, he / she must inform the organizer and, if applicable, the FFA at the following address: cil@athle.fr