

THE REGULATIONS

Any registration to the DALMATIAN ISLAND TRAIL 2024 implies the tacit acceptance of the following rules.

All competitors are also invited to carefully read the general terms and conditions and our privacy policy available at www.le-treg.com/en

1.1: TESTS

The DALMATIAN ISLAND TRAIL is a stage race on hilly Mediterranean trails. The start and finish of this race is in Croatia in the Dalmatian Islands.

The total distance of this event is about 125 km with about 1500 meters of positive difference in altitude. The stages are located each day on a different island, with transport from one island to another by a boat specially chartered for the event.

The DALMATIAN ISLAND TRAIL takes place in 5 stages of about 25km in semi-self-sufficiency at a free pace, each in a limited time with time barriers. The navigation is done with a GPS (provided by the organisation).

The start of the 1st stage will be given on Sunday 15 September at 07:30.

The DALMATIAN ISLAND TRAIL is organised by SAS TRAIL AFRICA ORGANIZATION.

PROGRAM :

D1 : Saturday 14 September - Meeting in Split

Meeting at the boat in Split harbour - Embarkation and sailing to Postira, island of Brac - Lunch on board. Technical briefing. Docking in Postira. GPS training - Dinner on the boat

D2: Sunday 15 September - Stage 1: Postira-Bol - 22 km 847m D+ - Ile de Brac

Departure of the first stage at 7.30 am. Sailing after the arrival of the last runners - Landing in Stari Grad on the island of Hvar (old town) - Dinner on board - Evening stroll in the old town.

D3 : Monday 16 September - Stage 2 : Stari Grad - Hvar 32 km 1350m D+ - Island of Hvar

Departure of the stage at 7.00 am - Free visit of the city - Sailing to Kuciste - Dinner and overnight on board

D4 : Tuesday 17 September - Stage 3 : Kučište-Kučište - 20 km 1300m D+ Pelješac peninsula

Departure of the stage at 7:00 am - Swimming on arrival - Lunch - Sailing to Polače - Docking - Dinner and night walk on the port - Night on board.

D5: Wednesday 18 September - Stage 4: Polače -Pomena - 26.4 km 930m D+ - Island of Mljet -

Departure at 7am - Lunch - Free visit of Pomena according to arrivals - Sailing to Korčula - Dinner - Night walk and night on board

D6: Thursday 19 September - Stage 5 Korčula - Korčula -20km 553m D+ - Korčula Island

Departure at 8 am - Buffet on board - Visit of the city - Navigation to Makarska

D7: Friday 20 September -

Morning at leisure in Makarska - Sailing to Split - Final evening on board with a band - Evening in Split

D8: Saturday 21 September

Free visit of Split - Lunch at the end of the trip

1.2: PARTICIPATION

The DALMATIAN ISLAND TRAIL is open to any person, male or female, born in 2005 or before, licensed or not, with a short trail experience (> 20 km) strongly advised.

As an exception, persons born between 2006 and 2007 will be authorised to participate in the event subject to the parents signing a waiver expressly stating that they take full responsibility for the minor's participation in the race and that they undertake to accompany the minor throughout the event.

1.3: FOOD SELF-SUFFICIENCY TRAIL

The principle of individual race in semi-sufficiency is the rule for all the stages of the DALMATIAN ISLAND TRAIL . On the course, refreshment zones positioned every 10 kilometres or so are supplied with water for filling water bottles or water bags up to a limit of 2 litres/person depending on the refreshment zone.

Each trailrunner must ensure that they have :

- at the start of each stage, the amount of food needed to reach the finish of the stage in self-sufficiency.
- at the start of each feed zone, the quantity of water required to reach the next feed point, with a minimum of 2 litres of water on board.

No personal assistance is allowed on the course.

It is strictly forbidden to be accompanied on the course by anyone other than a competitor who is regularly registered.

1.4 : CONDITIONS OF REGISTRATION

The climatic conditions of the event can be difficult (heat, wind...). Good training and a real capacity for personal autonomy are essential for the success of such a race.

To register for the DALMATIAN ISLAND TRAIL Trail, it is strongly recommended to have already completed at least one medium distance trail of 20 km.

A medical certificate less than one year old is required for all runners. It must be sent to Isabelle Paucot, last date 1^{er} September 2024, by e-mail to i.paucot@le-treg.com . After this date, the registration will be cancelled and the registration fee lost.

In addition, trailrunners must bring the originals, or a FULL copy of the documents in their luggage for presentation at the individual medical briefing.

1.5 : ACCEPTANCE OF THE REGULATION

Participation in the various races of the DALMATIAN ISLAND TRAIL implies the acceptance without reserve of the present rules published by the organisation, which can be consulted on the website www.le-treg.com .

1.6: MAXIMUM NUMBER OF PARTICIPANTS

For its 1st edition, the number of competitors engaged in the DALMATIAN ISLAND TRAIL is limited to 30 people, including runners and supporters.

1.7: REGISTRATION

Entries for individual runners are possible and entries for supporters are also possible.

The registration fee is indicated below and is expected to be paid from Split:

INDIVIDUAL REGISTRATION

Departure from SPLIT: TOTAL PRICE: 2 650 €

Timeline :

On registration :	900 € By cheque or bank transfer to Trail Africa Organization
As of 31 August 2023 :	900 € By cheque or bank transfer to Trail Africa Organization
As of 30 June 2024 :	850 € By cheque or bank transfer to Trail Africa Organization

NB: special payment conditions are available on request from the organisation at concurrents@le-treg.com for entries before 30 September 2023.

THE REGISTRATION FEE INCLUDES :

- participation in the DALMATIAN ISLAND TRAIL ;
- all meals during the week except for your food during the stages;
- Accommodation on the boat hired especially for the participants;
- Entrance to Mljet National Park;
- GPS for navigation;
- Civil liability insurance for the organisation;
- a special prize for all finishers of the DALMATIAN ISLAND TRAIL
- a souvenir prize for all participants in the event

THIS PRICE DOES NOT INCLUDE :

- the necessary COVID tests throughout the journey
- personal expenses ;
- transportation of the competitor to Split and to the hired boat;
- which is not included in the registration.

Entries for runners' companions are also possible under specific conditions.

The following pages present the fees and conditions of registration for supporters.

ACCOMPANYING REGISTRATION: Departure from SPLIT

TOTAL PRICE: 1 950 €

Timeline :

At registration :	600 € By cheque or bank transfer to Trail Africa Organization
As of 31 August 2023 :	600 € By cheque or bank transfer to Trail Africa Organization
As of 30 June 2024 :	750 € By cheque or bank transfer to Trail Africa Organization

THE REGISTRATION FEE INCLUDES :

- all meals during the week of the race;
- Accommodation on the boat hired especially for the participants;
- Entrance to Mljet National Park;

- Civil liability insurance for the organisation;
- a souvenir prize for all participants in the event

THIS PRICE DOES NOT INCLUDE :

- the necessary COVID tests throughout the journey
- personal expenses ;
- transportation of the competitor to Split and to the hired boat;
- which is not included in the registration.

Pre-registration will be possible from 1^{er} January 2023 on the event website www.le-treg.com and registration will close on 30 September 2023. If the minimum number of 30 participants is not reached by this date, the DALMATIAN ISLAND TRAIL will not take place.

The documents necessary for the registration you have chosen (runner and/or supporter) must be duly completed and sent by post to the address

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 RUEIL MALMAISON

They can be downloaded from www.le-treg.com

Payments can be made by bank transfer to the following bank details



CAISSE D'EPARGNE

CE ILE DE FRANCE

Relevé d'Identité Caisse d'Epargne

Ce relevé est destiné à être remis, sur leur demande, à vos créanciers ou débiteurs appelés à faire inscrire des opérations à votre compte (virement, paiement de quittance, etc.).

Son utilisation vous garantit le bon enregistrement des opérations en cause et vous évite ainsi des réclamations pour erreurs ou retards d'imputation.

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Intitulé du compte TAO

RUEIL MALMAISON CENTRE
8 BIS RUE DE MAUREPAS
92500 RUEIL MALMAISON
TEL : 01.71.09.61.21

5 AV MARMONTEL
92500 RUEIL MALMAISON

or by cheque, sent by post to the following address

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 Rueil Malmaison

The medical certificate must be sent to the organisation no later than 1^{er} September 2024 to the following e-mail address: i.paucot@le-treg.com

or to the postal address :

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 RUEIL MALMAISON

Incomplete entries will be rejected. The entry fee includes all the services described in these rules. A confirmation of your registration will be sent to you by e-mail as well as the final acceptance of your registration when you have paid all the fees.

We invite you to consult our general terms and conditions of sale available at www.le-treg.com.

1.8: SPONSORSHIP

It is possible to sponsor other competitors by getting them to register through you. For each confirmed sponsorship you initiate, a deduction of €100 will be applied to your next payment (or a refund of €100 will be given if you have paid everything at the time of sponsorship).

A confirmed sponsorship is acquired when the sponsored competitor has paid the first instalment of his/her registration. You can sponsor as many competitors as you wish and this deduction is cumulative. Each sponsorship must be formalised by a sponsorship form filled in and signed by the sponsored runner.

1.9 : CANCELLATION OF AN ENTRY

If you find yourself obliged to cancel your participation in the DALMATIAN ISLAND TRAIL, you must inform TRAIL AFRICA ORGANIZATION by registered letter with acknowledgement of receipt to the following address

TRAIL AFRICA ORGANIZATION
5 avenue Marmontel
92500 RUEIL MALMAISON

The date of receipt of the letter by TRAIL AFRICA ORGANIZATION will be taken as the date of cancellation for the calculation of the cancellation fee.

In case of cancellation, a cancellation fee will be charged according to the following scale:

- before 1^{er} September 2023, the cancellation fee will be €80
- between 2 September 2023 and 14 August 2024, the cancellation fee will be €1000
- between 30 and 21 days before departure, the cancellation fee will be 50% of the registration fee
- between 20 and 14 days before departure, the cancellation fee will be 75% of the registration fee
- between 13 and 5 days before departure, the cancellation fee will be 90% of the registration fee
- less than 5 days before departure, the cancellation fee will be 100% of the registration fee

Race numbers are personalised and non-transferable. No exchange of race numbers is possible.

1.10: TRAIL EQUIPMENT

1.10.a: FOR PARTICIPANTS IN THE DALMATIAN ISLAND TRAIL

THESE MATERIALS ARE TO BE PROVIDED BY THE TRAILRUNNER:

Compulsory (unannounced checks along the route) :

- backpack ;
- water bag and/or water bottle;
- sunglasses ;
- headgear (cap, bandana...)
- windbreaker in the rider's size ;
- a whistle ;
- headlamp and spare battery ;
- 1000 calories of food at the start of each stage.

As well as the compulsory competing medical pack consisting of :

- dressings (Mefix, or Elasto, or Urgo-type adhesive dressings);
- 1 elastic band for strapping of 1.50 meter by 6 or 8 cm;
- sun cream ;
- 1 survival blanket 2.20 m x 1.40 m ;

MATERIAL PROVIDED BY THE ORGANISATION :

- A portable GPS with spare batteries (to be returned after the event);
- water supplied on the PC's ;

1.10.b: FOR ALL TRAVEL PARTICIPANTS

THESE MATERIALS ARE TO BE PROVIDED BY THE TRAVELLER:

- headlamp ;
- sun cream ;
- sunglasses ;
- headgear (cap, bandana...)
- a fleece or equivalent.

1.11: MEDICAL CERTIFICATE

Participation in one of the events of the DALMATIAN ISLAND TRAIL, an event in an unusual environment, requires, in addition to suitable training, good health at the time of your participation.

A medical certificate less than one year old is required for all runners.

The medical certificate must be sent to Isabelle Paucot, last date 1st September 2024, by email to i.paucot@le-treg.com . After this date, the registration will be cancelled and the registration fee lost.

In addition, trailrunners must bring the originals, or a FULL copy of the documents in their luggage.

It is important that you take the start of the DALMATIAN ISLAND TRAIL in perfect physical condition because a latent ailment can become much worse in the specific conditions of the event, and make it even more difficult to get help. The competitor commits himself to inform the medical team of any health problem, even benign, that he has encountered.

1.12: TECHNICAL AND MEDICAL CHECKS

The technical and medical checks will take place on Saturday 14th September on the privatized boat. Each competitor will have to present his compulsory equipment to the organisation, i.e. his race material and his medical kit.

Any rider who is not in possession of all his compulsory equipment will be immediately disqualified, without any possibility of appealing against this decision and without reimbursement of the costs incurred.

1.13: BIBS

The number must be worn on the chest or stomach and must be visible at all times and in its entirety throughout the race. It must therefore always be worn above any clothing and may not be attached to a bag or a leg under any circumstances. The name and logo of the partners must not be modified or hidden.

1.14: TRAILRUNNERS' LUGGAGE

Each competitor must bring his or her own travel bag for personal items (change of clothes, toiletries, etc.) and, if necessary, a bag for the race. The total weight of your luggage may not exceed 20 kg for your travel bag. It is recommended that you do not put any valuables in it. Luggage is the responsibility of the participants for the duration of the trip. It is advised not to leave anything visible in your luggage, in particular mobile phones.

1.15: CHECKPOINTS

On the course, trailrunners must pass through the control points (PC's) located on the course of each stage. These checkpoints will allow competitors to refuel with water (up to 2 litres/person).

1.16: SAFETY AND MEDICAL ASSISTANCE

A doctor and an IADE nurse specialised in this type of event will be present throughout the event. A flying vehicle will follow the race with the doctor on board in telephone contact with the PC's and will be able to intervene as soon as possible.

The rescue personnel are intended to provide assistance to any person in danger using the organisation's own resources. The official doctors are authorised to withdraw from the race (by invalidating the number) any competitor who is unfit to continue the event. The first aiders are authorised to evacuate any runner they deem to be in danger by any means at their disposal.

In case of necessity, for reasons which are always in the interest of the rescued person, the management of the operation will use all appropriate means for the evacuation. The costs resulting from the use of these exceptional means will be borne by the rescued person. The rescued person may then submit a file to his/her personal accident insurance.

Any trailrunner who calls upon the services of a doctor, nurse or paramedic submits to their authority and agrees to accept their decisions.

The competitor is aware that in the case of extreme fatigue, his/her behaviour and decisions may be altered. It is the competitor's responsibility not to reach this state. The organisation cannot be held responsible for the consequences of absurd or inconsequential decisions by the competitor.

1.17: CLIMATIC CONDITIONS

Average temperatures in September: 25°C during the day, 15°C at night.

1.18: MAXIMUM TIME ALLOWED AND TIME BARRIERS

A maximum time for completing the entire course is set for each stage of the DALMATIAN ISLAND TRAIL and will be communicated in the event road book.

These maximum times will be set so that a hardy walker can complete each stage.

Start times for the PC's (time barriers) will also be defined and communicated in the RoadBook.

These time limits are calculated to allow participants to reach the finish within the maximum time limit, while making any stops (rest, treatment, etc.). To be authorised to continue the event, competitors must leave a PC before the set time limit (regardless of the time of arrival at the PC).

The organiser reserves the right to derogate from these rules in exceptional cases (delay of a competitor due to assistance given to another competitor, specific race conditions, etc.).

Any competitor who abandons a stage or who is disqualified from the race will be repatriated by vehicle or minibus to the finish bivouac of the stage within a time limit that the organisation cannot guarantee. They will be given a time penalty and will be able to start again on the following stages of the DALMATIAN ISLAND TRAIL.

In the event of bad weather conditions and/or for safety reasons, the organisation reserves the right to cancel and/or stop the event in progress, or to modify the time limits.

1.19: ABANDONMENT AND REPATRIATION

Except in the case of injury, a trailrunner must not abandon anywhere other than a PC. In this case, he must inform the person in charge of the PC, who will be responsible for organising his return by vehicle to the base camp when possible.

In the event of unfavourable weather conditions justifying the partial or total stoppage of the race, the organisation will ensure the repatriation of the stopped runners as soon as possible.

In the event of an imperative withdrawal between 2 PC's necessitated by the competitor's physical or mental condition, the competitor (or another competitor assisting him/her) will have to use his/her mobile phone, which will have been configured beforehand to allow him/her to make or receive calls in Croatia.

1.20: PENALIZATION - DISQUALIFICATION

Controllers on the course are authorised to check the compulsory equipment and, more generally, compliance with the regulations (respect for the sites, ethics, illegal assistance or accompaniment, number not visible on the front at all times, etc.).

Any trailrunner who is not in possession of all his compulsory equipment at a checkpoint on the course will be immediately disqualified, without any possibility of appealing against this decision.

A minimum penalty of 6 hours will be applied for any other breach of the rules.

The controller shall inform the race headquarters and may request, depending on the seriousness of the act and the behaviour of the trailrunner, the disqualification of the competitor. The race jury may disqualify a competitor for any serious breach of the regulations, in particular in the event of :

- wearing the wrong number ;
- no identity document ;
- GPS not turned on ;
- voluntary shutdown of the GPS ;
- failure to comply with the instructions given by the PC ;
- use of a means of transport ;
- departure of a PC after the deadline ;
- non-scoring at the PC's ;
- failure to assist a competitor in difficulty ;
- personal assistance outside the official supply areas;
- failure to comply with the ban on being accompanied on the course;
- pollution or degradation of the sites by the competitor or a member of his/her entourage;
- insults, rudeness or threats against members of the organisation or local residents;
- refusal to be examined by a doctor of the organisation at any time during the event;
- doping or refusal to submit to doping control.

1.21: COMPLAINTS

Any complaint by a competitor must be made in writing and addressed to the Race Director within 12 hours of the posting of the provisional results.

1.22: DOPING CONTROL

Any competitor may be subject to a doping control during or at the finish of one of the events of the DALMATIAN ISLAND TRAIL. Refusal to submit to this test will result in immediate disqualification.

1.23: TEST PANEL

CONSISTS OF :

- of the organiser ;
- of the race director ;
- the head of the medical team;
- of those responsible for the PC's concerned;
- as well as any competent person at the discretion of the Organising Committee.

The jury is empowered to rule within a time limit compatible with the requirements of the race on all disputes or disqualifications arising during the event. Decisions are final.

1.24: CHANGES TO THE COURSE OR TIME LIMITS - CANCELLATION OF THE RACE

The organisation reserves the right to change the course and the location of checkpoints, aid stations and refreshment posts at any time without prior notice.

In the event of excessively unfavourable weather conditions (wind, storm, etc.), the starts may or may not be postponed depending on the race concerned. The organisation will do its utmost to organise the starts of each event, even if it is shortened, in order to ensure the safety of the competitors, even if it means moving the runners from one event to another. If no solution is found, the races may be cancelled.

In the event of bad weather conditions, and for safety reasons, the organisation reserves the right to cancel and/or stop the events in progress, or to modify the time limits.

Cancellation, postponement or modification of the race does not entitle the participant to a refund.

Any decision will be taken by a jury comprising at least the race director, the organiser and the safety coordinator as well as any other competent person at the discretion of the Organising Committee.

1.25: INSURANCE

The organiser has taken out civil liability insurance with an insurance company to cover the financial consequences of his responsibility, that of his employees and participants in the context of his events.

The above-mentioned insurance agreement will be provided to each competitor upon request once registration has been confirmed.

1.26 : ROADBOOK AND ORIENTATION ON THE COURSE

A detailed description of the course is given at the time of the race number collection.

It includes practical information such as the cut-off times, the PC's (refreshment points, rest areas, first aid posts)... Only one copy of this booklet will be given to each participant.

A portable GPS (with spare batteries) will be provided to each racer with the integrated waypoints of the course to be followed. Training in the use of this GPS will be given on Saturday 14 September on land around the boat privatised for the event. The competitor acknowledges that he/she knows the principles of using a GPS navigation system adapted to trekking and undertakes to take part in the training session given before the race. Competitors must switch on their GPS before the start of the race and undertake not to switch it off during the race. The competitor undertakes not to voluntarily leave the race course integrated in the GPS and in particular not to take short cuts. This could jeopardize his safety.

Similarly, the runner undertakes to switch on his GPS and not to rely on other competitors to guide him.

The portable GPS must be returned to the organiser at the end of the event.

1.27: RANKING AND AWARDS

A general classification for men and women and a classification for each category for men and women will be established for the race. The male and female winners will receive a trophy and/or a prize.

The categories classified are :

- Espoir M & F
- Senior M & F
- Master 1 to 10 M & F

Details of the prizes can be provided on request at the time of the race number distribution.

A "Finisher" is defined as all participants who are in the general classification at the end of the last stage. The classification of each stage will be based on the time taken by the competitor to complete the stage. The general classification will be based on the total time taken on each stage and the winner will be the one with the lowest total time. A competitor who does not finish (or who is out of time) will be allowed to start the next stage but will be given the maximum time allowed to complete the stage plus a penalty for each stage not completed.

1.28: IMAGE RIGHTS

By participating in the DALMATIAN ISLAND TRAIL , each competitor authorizes the organization (or its assignees) to use or have used or reproduce or have reproduced :

- its name,
- its image,
- his voice
- and its sports performance

in the context of the race with a view to any direct or derivative exploitation of the event, including but not limited to

- paper (prints of photographs),
- catalogues and various editions, CDROM/DVDROM and other known and unknown digital media,
- any audiovisual medium, in particular cinema, TV and by all means inherent to this mode of communication, internet (including Intranet, Extranet, Blogs, social networks), all reception vectors combined (smartphones, tablets, etc.),
- press media (TV commercials, film commercials),
- internal communication materials,
- promotional materials (POS, ILV, display campaigns in all places, all sizes and on all media (urban, airports, stations, public transport, etc.),
- sales aids (merchandising products: postcards, posters, T-shirts, etc.),
- integration into another work / multimedia work.

This authorisation is valid for the entire duration of the protection currently granted to these direct or derivative works by the legislative or regulatory provisions, the judicial and/or arbitration decisions of any country, as well as by current or future international conventions, including for any extensions that may be made to this duration.

Each competitor guarantees that he/she is not bound by any agreement with a third party, of any nature whatsoever, the purpose or effect of which is to limit or prevent the implementation of this authorisation.

The present authorisation to use the image rights is granted free of charge by each competitor who has duly registered.

Each competitor who does not wish to grant the organisation the above-mentioned right to the image, may express his refusal by simple letter to the address :

TRAIL AFRICA ORGANIZATION
5 Avenue Marmontel
92500 RUEIL MALMAISON

or e-mail to: jph.allaire@le-treg.com .

1.29: C.N.I.L.

The information you provide is necessary for your participation in the DALMATIAN ISLAND TRAIL event (registration).

They are subject to computer processing and are intended for the secretariat of SAS TRAIL AFRICA ORGANIZATION and its providers.

In accordance with article 34 of law 78-17 of 6 January 1978 relating to information technology, files and freedoms, you have the right to access and rectify any personal data concerning you.

If you wish to exercise this right and obtain information about yourself, please contact

SAS TRAIL AFRICA ORGANIZATION

5 avenue Marmontel

92500 RUEIL MALMAISON