

TTCMM RACE REGULATIONS

TRAMUNTANA TRAVESSA

CINQUENA EDICIÓ
5
Aniversari

CURSA PER MUNTANYA
8 i 9 ABRIL 2022

UTMB WORLD SERIES
QUALIFIER M

TTCMM - POLLENÇA - ANDRATX
1/2 TTCMM - BUNYOLA - ANDRATX

HO PROMOU

MALLORCA A DALT DE TÓT

HO ORGANITZA

HI COL·LABORA

Logo of Club d'Andratx, Club d'Esporcs, Club d'Estellencs, Club d'Esportistes, Club d'Esportistes de Valldemossa, Club d'Esportistes de Bunyola, Club d'Esportistes de Escorca, Club d'Esportistes de Pollença, Club d'Esportistes d'Alaió, Esperts Mallorca Club, SA, Trotadors, Jahanis Mallorca, agromart, Font Teix, Elitechip, Serra de Tramuntana Mallorca, MEGA TRAM BAR, DECATHLON, Alcampo

WWW.TRAMUNTANATRAVESSA.ES

Joint Organization Mountain Clubs of the Balearic Mountaineering and Climbing Federation
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Introduction

The registration and participation in any of the distances of the “Tramuntana Travessa Cursa por Montaña en Mallorca” (TTCMM and 1/2 TTCMM) implies acceptance, without reservation of these regulations and at the time of the race as determined by the committee of security . The TTCMM is promoted by the Mallorca a Dalt de Tot mountain club and jointly organized by the mountain clubs, Club de Atletismo de Andratx, Ermassets Club de Montaña de Esporles, Es Pedal, Sa Milana - Alaró, Secció de Muntanya de Pollensa. The clubs Trotadors de Algaida, Sa Riba and Deportes Altura Club collaborate.

Everything not established, specifically in this regulation, will be regulated by the mountain racing regulations of the Balearic Mountain and Climbing Federation (<https://fbmweb.com/wp-content/uploads/2021/02/REGLAMENT-CURSES-PER-MUNTANYA-2021.pdf>).

One week before the race, there will be a briefing (to specify the site), with all the final indications, details of the route, situation of the aid stations, instructions for companions, etc ... and the timetables of passage corresponding to both races. However, some of this information is available on our website. <https://www.tramuntanatravessa.es>

In addition to these Regulations, the COVID-19 Protocol that is published on the race website must also be accepted. <https://www.tramuntanatravessa.es>

1 Participation conditions

To participate in any of the tests, it is essential:

Know and accept the conditions of this regulation.

Know and accept the decalogue of good practices for runners.

Be fully aware of the length, the unevenness and the type of terrain on which the test is carried out. You must be physically and mentally prepared to be able to face them. Previous experience in races of more than 20-30 km on the ½ TTCMM and 50-60 km on the TTCMM would be advisable.

Have real experience in the mountains that allows you to manage the problems and risks induced in this type of test.

Knowing how to face, without outside help, adverse weather conditions due to altitude, night, wind, cold, fog, rain or snow.

Know how to manage, in any situation, physical or mental problems that arise from great exhaustion, digestive problems, muscle or joint pain, small wounds, etc.

Be fully aware that the role of the organization is not to help participants manage their problems, and therefore it follows that in such a mountain activity safety depends on the ability of participants to adapt to the problems that arise or are foreseeable.

These races are open to any person, man or woman, exclusively over 23 years old for TTCMM participants and 21 years old for ½ TTCMM, as established by the FEDME health and cargo control guidelines.

The organization reserves the right to exclude from the TTCMM or ½ TTCMM, including before the start of it, those participants who with their conduct may cause alterations in the management and / or proper development of the same, likewise, admissions that do not meet some of the above requirements. In cases of exclusion that have paid the registration fee, it will be reimbursed by the organization.

1.1 The races

The TTCMM is an event in which two races are proposed in the middle of nature, using existing paths with a self-sufficiency character using a large part of the GR-221. Each race will be carried out with a single stage, at a free pace, in a limited time. The route will be marked with marker tape and specific signage at the necessary points. Orientation is important and is part of the competition.

Cutting the track is prohibited and is grounds for disqualification.

In the race sections that cross or run on roads despite having the support of the organization's staff, the road safety regulations of the General Directorate of Traffic will have to be complied with and in no case will runners have preference over cars.

- TTCMM 120km D+4555 meters

Departing from Pollença at 10pm and arriving in Andratx with a time to complete it of 26 hours.

The cutoff time for each control point will be defined later.

- ½ TTCMM. 65km D+2205 meters

Departing from Bunyola, you will have a single departure on April 9 at 8 am with a maximum time of 14 hours to complete it.

Participation in any of the TTCMM races implies knowledge and acceptance of these regulations of a special nature towards the environment:

1.2 Environment

The races takes place in the Serra de Tramuntana Natural Park. This is the largest protected area in the Balearic Islands and is home to sensitive and vulnerable flora and fauna. The main objective of the declaration of a protected natural area is the conservation of its natural and cultural values, so the participants must act with knowledge and responsibility. Influence the education and awareness of athletes in this discipline, by showing the importance of the protection and conservation of our natural heritage. For this reason, informative and informative awareness-raising actions will be carried out for this purpose.

IT CAN NOT:

- Use any type of sound element that can produce shrill noises.
- Exit the marked path.
- Yelling or making loud sounds or noises.
- Throw away containers, wrappers and any type of garbage or debris. There will be special containers at each aid station. Each participant must mark their gels and bars with the bib number. If a package is found, the participant to which the no. number may be penalized.
- It is mandatory to follow the route as it has been marked, without shortening. Leaving a road causes harmful erosion in the soil and vegetation of the place where it occurs.

2 Semi autonomy

We have defined semi-autonomy in this test as the ability to be autonomous between two provisioning points, both in the food, clothing and safety aspects, allowing above all the adaptation and management of problems due to any cause, foreseeable or unpredictable (bad weather, fog, snow, gastric problems, physical problems, etc).

This principle implies, in particular, the following rules:

Each participant must have and transport their mandatory equipment during the entire test (see MANDATORY MATERIAL). During the test, the aforementioned material can be verified. Participants are obliged to submit to the checks cordially. Failure to do so may be grounds for exclusion from the test.

The refreshment stations (AV) will be stocked with drinks and food to consume in the AV itself. In other words, solid foods may not be consumed outside the AVs and the zone established as such. Personal assistance is allowed exclusively in AVs, in areas specifically reserved for this use and under the supervision of the AV manager. This assistance is allowed for one person only.

It will be forbidden to be accompanied or assisted by a person without a number, outside the tolerance zones clearly indicated in the AVs.

3 Enrollment conditions

3.1 Inscription

Registrations can only be made through the website www.elitechip.net with payment formalized by electronic platform.

There will be no face-to-face registrations on the day of the race.

Registrations can be made until April 7, 2022, or until places are exhausted. The places offered by the organization are:

(½ TTCMM) 400 places

(TTCMM:) 400 places

Prices:

- 1/2 TTCMM
 - January 65€
 - February 75€
 - March 85€
- TTCMM
 - January 90€

- February 100€
- March 120€

Participation can be done individually or in the new modality for couples.

In the couples mode, 3 categories are contemplated: male couples, female couples and mixed couples.

The couple must complete the entire journey together. At the different control points, the difference between the 2 participants will be measured, and cannot exceed 1 minute.

The registration fees include all the services described in these regulations.

It will be essential to be federated, in any Spanish autonomous community, in the modality of mountain races or pay a specific insurance to carry out the test. Foreign participants will have to have insurance that covers this type of activity.

What's included in the price:

- Accept to carry a GPS beacon, provided by the organization at the start of the race, throughout the event; At the end of the race it will be returned to the organization
- Right of participation.
- "Finisher" garment: Each event will have its exclusive garment for each distance. The garments will be delivered at the finish area. The size must be chosen when registering.
- Runner's bag with local products.
- The races will be timed with the Championship / MyLaps system, so if you do not have the yellow chip you will have to rent one at a cost of 3 euros. At the end of the test, it must be returned to the Elitechip orange tents.

3.2 Cancellation of an entry

Any cancellation of registration must be made by email addressed to tramuntanatravessa@gmail.com

Cancellation policy:

NO economic amount will be reimbursed for the cancellation of the inscriptions that are made unless the cancellation insurance is contracted and the reason for the same is one of those included in the insurance:

- Illness.
- Injury.
- Legal obligation.

4 Declaration of physical fitness

Enrollment in any of the races implies acceptance of these regulations and the mountain racing regulations of the Balearic Mountain and Climbing Federation. The medical certificate that proves their suitable state of health and the adequate preparation of the participants for the race will be a requirement for registration, being aware of the harshness of the geographical and meteorological conditions that may be found in the environment in which the event takes place. In this sense, the participants also declare that they are physically and psychologically prepared to take a test of these characteristics appropriate to their age and physical characteristics.

The runners registered in the race understand that they participate voluntarily and under their own responsibility in the event, and therefore, exonerate the organization of the test from all responsibility, and agree not to denounce the organizing entity, collaborators, sponsors and other participants, as well as initiating any civil liability claim towards the aforementioned parties.

In order to be able to offer a race where runners can complete the entire itinerary with quality and enjoy safely and without saturating the environment, the organization will demand the following requirements:

Over 23 years old (TTCMM), over 21 years old ($\frac{1}{2}$ TTCMM).

Federated / insured at the time of the test.

Medical certification with a maximum validity of one year. Own career model:

5 Mandatory material

To participate in either of the two tests, there is a minimum and mandatory material.

It is important to know that this is a vital minimum that each participant must adapt according to their own abilities.

All participants, by default and without exception, will have to make sure to have at least the material marked as mandatory in the following table and published on the website www.tramuntanatravessa.es in order to carry out the race. The day before the race, and as determined by the Safety Committee, based on the latest weather report, it will be communicated if finally any of the items on the list is not mandatory during the entire race or from the refreshment station where the bag of life is located.

The fact that an item is mandatory implies that participants must carry it with them, but not necessarily wear it, and therefore it can go inside the backpack.

The material control may be carried out at any time during the test.

5.1 Mandatory material list

ESSENTIAL / MANDATORY MATERIAL:

The lack of any of the following elements will be reason for the withdrawal of the number, with the exception of the water that will only be controlled at the beginning of the race.

- 2 Masks with the bib marked.
- Mobile with full battery.
- Head Lamp.
- Rear Lamp.
- Spare batteries with the number marked.
- Bowl.
- Whistle.
- Thermal blanket (1.40x2 m minimum)
- Jacket with a hood that withstands bad weather in the mountains and made with a waterproof membrane (recommended minimum 10 000 Schmerber) and breathable (recommended RET less than 13).
- Suitable containers to transport 1.5 liters of water in the TTCMM; for ½ TTCMM 1 liter of water.
- The necessary food to be able to face the sections between provisioning and solid provisioning. All the packaging will have to go with the marked number (type bars, gels or similar foods)
- Number always visible.
- Chip.
- Suitable shoes for mountain running.

IMPORTANT MATERIAL:

- Thermal clothing that covers the extremities
- Buff
- Thermal cap that protects head and neck.
- Gloves
- Anklet and / or elastic sales
- Hiking poles with rubber tips (**mandatory use of rubber tips in case of carrying poles as well as one set per spare**)

The organization reserves the right to expand or reduce the mandatory equipment depending on the weather conditions.

We want to remember that all the material that the runners carry and is susceptible to dirtying the environment, must be marked with the number of the race number.

6 Control de salida

The startcontrol will be carried out in order to access the closed start area, where the numbers and mandatory equipment will be checked. Participants who do not bring the mandatory equipment, or who present it unusable or defective, will not be able to leave. You must arrive well in advance of departure.

7 Bib

The collection of numbers will be announced on its day, as well as the place and time.

The documentation necessary to obtain the runner's number and bag will be:

- ID or signed passport or authorization for collection and copy of ID for third party collections.
- Federation card and copy for third party pickups.

The bib must be permanently visible throughout the event. It must be worn, therefore always over clothing in the front area of the body. In no case will the name and logo of the sponsors be modified or hidden.

The number provided by the organization is the necessary step to access the services offered by the organization.

7.1 Life bags

Each participant, exclusively from the TTCMM, can carry a life bag that will be transferred to the aid station located in Bunyola. They will be able to deposit it in the delivery of numbers. In Bunyola the participants will have the bags and can leave them again for their transfer to the finish line.

Recovery of the bags: The bags will be delivered either to the participant or to any person, exclusively with the presentation of the ID. The bags must be retrieved no later than 4 hours after the closing of the event.

8 Safety and medical assistance

There will be checkpoints at various points along the route.

It is the obligation of all participants to communicate any dangerous situation. Also help any seriously injured person:

- Presenting yourself at a checkpoint or refreshment station (AV)
- by calling the numbers provided by the organization.
- requesting another participant to prevent the aid.

It must be taken into account that circumstances of all kinds, linked to the weather and the race itself, can make you wait for help much longer than expected.

The judges, the responsible for the controls, the members of the broom team and the health care services, in agreement with the race director, have the power to remove the number from any participant who they believe is not in a position to continue in the race. test, and therefore exclude it from it.

If it is impossible to contact the means provided by the organization, the following aid agencies may be called directly:

- 112 Emergencies
- 091 police
- 062 Guardia Civil

A first aid base will be open in the finish area for the duration of the events. Also in the aid stations considered BASE DE VIDA (Bunyola) there will be medical services. These points can be accessed by vehicle. Participants who have a medical problem can go there.

9 Control points (PC) and refreshment stations (AV)

Each participant must carry the chip of the Elitechip platform. Participants who do not permanently carry the chip will be penalized.

Control points will be placed that will not be communicated to the participants. Only participants with a visible and properly controlled number have access to the refreshment stations.

There will be three types of aid stations. Its composition will be described in a specific section on the web:

- Water point (water only, to fill drums)
- Liquid: water, isotonic
- Solids: liquids and food.

9.1 Maximum authorized time and closing barriers

The runners will have a time limit for each of the distances described and updated to a specific tab on the web, canceling any other publication. Any participant who arrives out of time at a checkpoint will be disqualified.

- TTCMM: 26 hours.
- ½ TTCMM: 14 hours.

Participants who are disqualified from the event will not be able to continue the course of the event. The organization of the test will not be responsible for the safety of the runners who continue the test route once they have been disqualified.

In the event of adverse weather conditions and / or for safety reasons, the organization reserves the right to stop the race in progress, modify the time barriers, or activate any of the alternative routes.

9.2 Abandonment and return to departure

Except for serious injury, a participant cannot leave the event in a place other than one of those provided by the organization.

The participant must immediately notify the organization of their abandonment.

The return to the starting line will be in function and conditioned by the vehicles available at the different evacuation points.

Participants who leave at another point or PC but who do not need to be evacuated due to their health status, will have to reach the point indicated by the organization by their own means.

In the event of unfavorable weather conditions that justify the partial or total interruption of the race, the organization ensures the return of the retained participants in the shortest possible time.

In case of abandonment before a CP, it is imperative to return to the nearest checkpoint and indicate the abandonment. On this PC, you will have to wait for instructions from the person responsible for the PC.

At the time of this return back, if the participant finds the race closing staff (brooms), they invalidate their number and the participant will no longer be under the control of the organization if they decide to continue the path in the opposite direction to the closing staff .

10 Marking

There will be different means of signaling: marking tapes, flags and signposts.

As far as possible, the markings will be distributed at a regular distance, being necessary to display the following signposting from the present one (except for cases of road or trail that are sufficiently evident so as not to have crossroads and / or the existing signposting) and in cases of technical terrain, difficult orientation or limited rocky terrain, the following 2 signals or beacons must be identified at all times, from here on.

Always, if possible, the ribbons, arrows, banners or any other brand must be with biodegradable material or components, and once the race is over it will be easily recovered by the organizers; It will be ensured that the colors of these marks are not confused with the surroundings, with the preference of alternating the colors of the markings and previously informing the participant of the color of the route. In particular, the marking of crossroads and other conflictive places will be taken care of. Whenever necessary, the organization will physically locate someone in these places, whatever their nature. The marking of the entire route has a mandatory condition to be fulfilled by all the organizers, and the race judges will ensure compliance with this condition.

It is mandatory to follow the marked routes. The effect of shortcut a path causes a detrimental erosion of the area and is penalized. Each participant must follow the marked route. All participants who voluntarily leave the beacon will be outside the responsibility of the organization.

At each control, there will be a person responsible for taking note of the incidents that may occur, who will communicate to the race director and will be the person who determines all aspects of the race. His decisions are executive.

11 Arbitration of the race

The provisions of the Mountain Racing Regulations of the Balearic Mountaineering and Climbing Federation will be complied with.

11.1 Claims

All claims must be made in writing and deposited in the Finish area, no later than 2 hours after the arrival of the affected participant or the penalty applied.

12 Modifications of the route, time barriers, cancellation of the races.

The organization reserves the right to postpone the start of the race for a few hours, modify the route, the locations of the aid and refreshment points, without prior notice, in the event of unfavorable weather conditions.

There will be an alternative route, less exposed, that the organization will activate 24 hours before the start of the race in case of very unfavorable weather conditions. It will be reported on the website, Twitter and Facebook.

In the event of force majeure (in particular, in the event of very adverse weather conditions and for security reasons), the organization reserves the right to stop the race in progress or modify the time barriers and run the alternative route or not.

The organization reserves the right to cancel the race if there are objective risk situations that endanger the safety and integrity of the participants (weather alerts, forest fires, landslides, etc.).

If the race is canceled before its start for any of the reasons stated in the previous paragraph, the registration price will NOT be returned to the participants.

If it is necessary to interrupt and suspend the test at a point along the route, the classification will be determined according to the order and time of arrival at the interruption point or, where appropriate, at the last control carried out.

13 Rankings and awards

Categories:

TTCMM i 1/2 TTCMM

- Absolute women and men: for participants from 23 years old.
- Subcategory Promise women and men: for participants between 21 and 23 years old ($\frac{1}{2}$ TTCMM).
- Subcategory Senior women and men: for participants between 24 and 39 years old.
- Veteran Subcategory A women and men: for participants between 40 and 50 years old.
- Veteran Subcategory B women and men: for participants between 51 and 54 years old.
- Subcategory Master 55 women and men: for participants between 55 and 59 years old.
- Subcategory Master 60 women and men: for participants over 60 years of age.
- Male couples
- Couples women
- Mixed couples

14 Image rights

All participants expressly waive the prevalence of the right to their image during the test, waiving all recourse against the organization for the use of their image. Only the organization can transmit this right to all the media, via an accreditation or an adapted permit.

15 Modifications

The organization reserves the right to revise, modify or improve this regulation at any time. The fact of registering shows the participant's agreement with this document.

All issues not provided for in these regulations or in the mountain racing regulations of the Balearic Mountain and Climbing Federation, will be resolved by the organization.

Good luck to everyone and forward !!!