

19
21

mai

2023

week-end de
l'Ascension

THP

TRAIL DE HAUTE PROVENCE

l'aventure grandeur nature

Montagne
de Lure

Forcalquier
(04300)

UTMB WORLD SERIES
QUALIFIER

iTRA INTERNATIONAL
TRAIL RUNNING
ASSOCIATION
MEMBER



#traildehauteprovence
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Trail de Haute Provence® 2023

Terms of Sales and Regulation

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Preliminary

The pedestrian event, which is the subject of these regulations, is forbidden to all wheeled vehicles, except those belonging to the organization or accepted by it, and to animals.

1. Organization

The association Outdoor Events In Provence, an association under the law of 1901, hereinafter referred to as "the organizer", is organizing the Trail de Haute Provence® event, hereinafter referred to as "the Event", with the help of the towns crossed by the routes of the Event.

The present document defines:

- The general terms and conditions of sale applicable to all orders for products or services relating to the races of the Event;
- The sporting regulations of the Event.

The terms "you", "your" and "yours" refer to you, as the participant or consumer or as his or her parent or legal guardian (over 18 years of age) if that participant or consumer is a minor in his or her country of residence. Participation in the event implies your express and unreserved acceptance of the Terms and Conditions and the Rules.

The Organizer may revise and update the Terms and Conditions and Regulations at any time; please check them regularly. Any changes that are made will apply immediately upon notification, by any means, including the publication of a revised version hereof on the Event website. In the event of a material change to the Terms and Conditions and/or the Regulations, the Organizer will endeavour to notify you by email.

The Organizer can be contacted by email at the following address: contact@mythp.fr Website: <https://mythp.fr/>

The present document, Terms of Sales and Regulation, apply to all the races of the Event.

2. Presentation of the races

The Event consists of eight adult races and four children's races.

The equipment required is in accordance with the administrative and technical rules specific to trails published by the FFA. Each participant undertakes to possess the compulsory equipment during the whole race and to present it at any requisition of the organizer during the whole event.

At any time during the race, controls can be made, the participant has the obligation to submit to these controls under penalty of disqualification.

These races take place on routes where the weather conditions can change very quickly, it is for this reason that it is mandatory to bring the equipment noted below to protect yourself against adverse weather conditions.

The organization reserves the right to complete and/or modify the lists below according to the weather conditions with in particular the implementation of a pack "**Heat wave**" and/or a pack "**Bad weather / Extreme cold**" whose detail is specified below. Once activated, these packs are **MANDATORY**.

Pack « Heat wave »	Pack « Bad weather / Extreme cold »
<ul style="list-style-type: none">• Sunglasses• Saharan cap or any combination that covers the entire head and neck• Sun cream• Water reserve minimum 2 liters	<ul style="list-style-type: none">• Warm spare layer (2nd layer) used between the 1st layer and the waterproof jacket with hood. Textile excluded: cotton.• Recommendation: polar or warm compressible jacket.• A pair of tights or long-legged running pants covering the entire leg or a combination of pants and high socks covering the entire leg.• Hat/pair of gloves• Sunglasses

2.1. Ultra de Provence

2.1.1. In brief

- Semi-autonomous trail, exclusively individual, including 10 complete supply stations on the trail, and 1 complete supply station at the finishing line
- Distance of 160 km with a positive and negative difference in altitude of 7,500 m, earning 6 ITRA points and having a 100 miles UTMB index
- Open from the Espoir category (20 years old and above)
- Limited to 500 participants
- Course on technical mountain trails between 500m and 1860m altitude
- **Start on Friday 19 May 2023 at 06:00 pm from Forcalquier**

2.1.2. Equipment

<u>Participant mandatory equipment</u>	<u>Recommended equipment</u>
<ul style="list-style-type: none">• Bib• A whistle / A cup / A survival blanket• A mobile phone (in working order) with a battery to recharge it• A water supply of at least 1.5 liters• A cap or neck lace• Working headlamp with spare battery (or spare batteries)• A waterproof and windproof jacket with hood• An approved mask against COVID• Light bag provided by the organization• Food reserve of at least 1000 Kcal (bars, energy gels...)• A warm change of clothing (1st warm layer)	<ul style="list-style-type: none">• A watch that reads GPX tracks to indicate the course (e.g. Garmin, Suunto, etc.) and/or a smartphone application that does the same (e.g. Trail Connect)• Wide adhesive tape that can be used as a strapping• Pack of tissues.• Trail poles: Be careful, it is forbidden to leave your trail poles once the race has started. You must finish the race with them. No sticks will be allowed in the light bags.

2.2. Cap à Lure

2.2.1. In brief

- Semi-autonomous trail, exclusively individual, including 6 complete supply stations on the trail, and 1 complete supply station at the finishing line
- Distance of 80 km with a positive and negative difference in altitude of 3,700 m, earning 4 ITRA points and having a 100 km UTMB index
- Open from the Espoir category (20 years old and above)
- Limited to 1,000 participants
- Course on technical mountain trails between 500 m and 1,860 m altitude
- **Start on Saturday 20 May 2023 at 05:00 am from Forcalquier**

2.2.2. Equipment

<u>Participant mandatory equipment</u>	<u>Recommended equipment</u>
<ul style="list-style-type: none">• Bib• A whistle / A cup / A survival blanket• A mobile phone (in working order) with a battery to recharge it• A water supply of at least 1.5 liters• A cap or neck lace• Working headlamp with spare battery (or spare batteries)• A waterproof and windproof jacket with hood• An approved mask against COVID• Food reserve of at least 800 Kcal (bars, energy gels...)• A warm change of clothing (1st warm layer)	<ul style="list-style-type: none">• A watch that reads GPX tracks to indicate the course (e.g. Garmin, Suunto, etc.) and/or a smartphone application that does the same (e.g. Trail Connect)• Wide adhesive tape that can be used as a strapping• Pack of tissues.• Trail poles: Be careful, it is forbidden to leave your trail poles once the race has started. You must finish the race with them. No sticks will be allowed in the light bags.

2.3. Marathon de Lure

2.3.1. In brief

- Semi-autonomous trail, exclusively individual, including 3 complete supply stations on the trail, and 1 complete supply station at the finishing line
- Distance of 50 km with a positive and negative difference in altitude of 2,400 m, earning 2 ITRA points and having a 50K UTMB index and counting towards the **Challenge des Trails de Provence** (long distance)
- Open from the Espoir category (20 years old and above)
- Limited to 1,000 participants
- Course on technical mountain trails located between 500 m and 1,860 m of altitude
- **Start on Saturday 20 May 2023 at 07:00 am from Lardiers**

2.3.2. Equipment

Participant mandatory equipment	Recommended equipment
<ul style="list-style-type: none"> • Bib • A whistle / A cup / A survival blanket • A mobile phone (in working order) with a battery to recharge it • A water supply of at least 1.5 liters • A cap or neck lace • A waterproof and windproof jacket with hood • An approved mask against COVID • Food reserve of at least 800 Kcal (bars, energy gels...) • A warm change of clothing (1st warm layer) 	<ul style="list-style-type: none"> • A watch that reads GPX tracks to indicate the course (e.g. Garmin, Suunto, etc.) and/or a smartphone application that does the same (e.g. Trail Connect) • Wide adhesive tape that can be used as a strapping • Pack of tissues. • Trail poles: Be careful, it is forbidden to leave your trail poles once the race has started. You must finish the race with them. No sticks will be allowed in the light bags.

2.4. Les Bories

2.4.1. In brief

- Semi-autonomous trail, exclusively individual, including 2 complete supply stations on the trail, and 1 complete supply station at the finishing line
- Distance of 30 km with a positive and negative difference in altitude of 1,500 m earning, 2 ITRA point, having a 20K UTMB index and counting for the **Challenge des Trails de Provence (short distance)**
- Open from the Espoir category (20 years old and above)
- Limited to 1,000 participants
- Course on technical mountain trails located between 500 m and 800 m of altitude
- **Start on Saturday 20 May 2023 at 09:00 am from Forcalquier.**

2.4.2. Equipment

Participant mandatory equipment	Recommended equipment
<ul style="list-style-type: none"> • Bib • A whistle / A cup / A survival blanket • A mobile phone (in working order) • A water supply of at least 1.0 liters • A cap or neck lace • A waterproof and windproof jacket with hood • An approved mask against COVID • Food reserve of at least 400 Kcal (bars, energy gels...) 	<ul style="list-style-type: none"> • Sunglasses • 1.5 l water supply • Wide adhesive tape that can be used as a strapping • Pack of tissues. • Trail poles: Be careful, it is forbidden to leave your trail poles once the race has started. You must finish the race with them. No sticks will be allowed in the light bags.

2.5. Marche Nordique 30

2.5.1. In brief

- Course reserved exclusively for semi-autonomous Nordic Walking, including 2 complete supply stations and 1 complete supply station at the finishing line
- Distance of 30 km with a positive and negative altitude difference of 1,500 m
- Open to participants in the Espoir category (20 years old and above)
- Limited to 200 participants
- Course on technical mountain trails between 500 m and 800 m altitude
- **Start on Saturday 20 May 2023 at 09:05 am from Forcalquier.**

2.5.2. Equipment

Participant mandatory equipment	Recommended equipment
<ul style="list-style-type: none"> • Bib • A whistle / A cup / A survival blanket • A mobile phone (in working order) • A water supply of at least 1.0 liters • A cap or neck lace • A waterproof and windproof jacket with hood • An approved mask against COVID • Food reserve of at least 400 Kcal (bars, energy gels...) • Nordic walking poles 	<ul style="list-style-type: none"> • Sunglasses • 1.5 l water supply • Wide adhesive tape that can be used as a strapping • Pack of tissues.

2.6.Les Mourres

2.6.1. In brief

- Short Semi-autonomous trail, including 1 liquid supply station and 1 complete supply station at the finishing line
- Distance of 16 km with a positive and negative altitude difference of 660 m having a 20K UTMB index
- Open to participants in the Junior category (18 years old and above)
- Limited to 500 participants
- Course on technical mountain trails between 500 m and 800 m altitude
- **Start on Sunday 21 May 2023 at 08:00 from Forcalquier.**

2.6.2. Equipment

Participant mandatory equipment	Recommended equipment
<ul style="list-style-type: none">• Bib• A whistle / A cup / A survival blanket• A mobile phone (in working order)• A water supply of at least 1.0 liters• A cap or neck lace• A waterproof and windproof jacket with hood• An approved mask against COVID	<ul style="list-style-type: none">• Sunglasses• 1.5 l water supply• Wide adhesive tape that can be used as a strapping• Pack of tissues• Food reserve of at least 200 Kcal (bars, energy gels...)

2.7.Marche Nordique I6

2.7.1. In brief

- Course reserved exclusively for semi-autonomous Nordic Walking, including 1 liquid supply station and 1 complete supply station at the finishing line
- Distance of 16 km with a positive and negative altitude difference of 660 m
- Open to participants in the Junior category (18 years old and above)
- Limited to 200 participants
- Course on technical mountain trails between 500 m and 800 m altitude
- **Start on Sunday 21 May 2023 at 08:05 am from Forcalquier.**

2.7.2. Equipment

Participant mandatory equipment	Recommended equipment
<ul style="list-style-type: none">• Bib• A whistle / A cup / A survival blanket• A mobile phone (in working order)• A water supply of at least 1.0 liters• A waterproof and windproof jacket with hood• An approved mask against COVID• Nordic walking poles	<ul style="list-style-type: none">• Sunglasses• 1.5 l water supply• Wide adhesive tape that can be used as a strapping• Pack of tissues• Food reserve of at least 200 Kcal (bars, energy gels...)

2.8.THP solidaire

2.8.1. In brief

- Short Semi-autonomous trail, including 1 complete supply station at the finishing line;
- Distance of 8 km with a positive and negative altitude difference of 250 m;
- Charity race;
- Open to participants in the Cadet category (16 years old and above)
- Limited to 500 participants;
- The course is on technical mountain trails between 500 m and 700 m altitude;
- **Start on Sunday 21 May 2023 at 09:00 am from Forcalquier.**

2.8.2. Equipment

Mandatory equipment per racer	Recommended equipment
<ul style="list-style-type: none">• Bib• A whistle / A cup / A survival blanket• A mobile phone (in working order)• A water supply of at least 1.0 liters• An approved mask against COVID	<ul style="list-style-type: none">• A cap or neck lace• Sunglasses• 1.5 l water supply• A waterproof and windproof jacket• Pack of tissues

2.9.THP junior

- 4 races for children (categories athletics school to minime) taking place in the town of Forcalquier;
- Parental authorization is required;
- **Start on Friday 19 May 2023 at 06:00 pm from Forcalquier.**

Category	Distance
Less than 10 years old	700 m
From 10 to 11	1 200 m
From 12 to 13	3 300 m
From 14 to 15	3 300 m

3. Participation conditions

3.1. Age categories and maximum distances

The ages indicated below are those reached during the period from 1 January to 31 December. The change of category takes place on 1 November of each year.

Category	Code	Age	Maximum distance
Eveil athlétique	EA	Less than 9	Endurance during 8 mn
Poussin	PO	10 and 11	1,5 km
Benjamin	BE	12 and 13	3 km
Minime	MI	14 and 15	5 km
Cadet	CA	16 and 17	15 km
Junior	JU	18 and 19	25 km
Espoir	ES	20 to 22	Unlimited
Senior (1) (2)	SE	23 to 34	Unlimited
Master (1) (2)	MA	35 and more	Unlimited

(1) At the international level, the IAAF classifies women as senior from 23 to 34 years old, veteran from 35 years old. The transition to the veteran category for the IAAF is on the birthday.

(2) For Masters events, age groups of 10 years may be provided by the organizer.

It should be noted that the mountain races are open to all participants in the Cadet category at least (16 years and over), subject to the maximum distances.

3.2. Supporting documents

The event is open to licensed and non-licensed runners of all nationalities, whose age corresponds to the FFA category/distance criteria.

To be valid, all registrations **must be** accompanied by either :

- an Athlé Compétition, Athlé Entreprise, Athlé Running license issued by the FFA or a "Pass' J'aime Courir", issued by the FFA and completed by the doctor, valid on the date of the event. (Warning: other licenses issued by the FFA (Health, Management and Discovery) are not accepted).
- or a sports license, valid on the date of the event, on which must appear, by any means, the non-contraindication to the practice of sport in competition, athletics in competition or running in competition and issued by one of the following federations:
- Fédération des clubs de la défense (FCD), Fédération française du sport adapté (FFSA), Fédération française handisport (FFH), Fédération sportive de la police nationale (FSPN), Fédération sportive des ASPTT, Fédération sportive et culturelle de France (FSCF), Fédération sportive et gymnique du travail (FSGT), Union française des œuvres laïques d'éducation physique (UFOLEP);
- or a medical certificate of absence of contraindication to **the practice of sport in competition or athletics in competition or running in competition**, dating less than one year at the date of the competition, or its copy. No other document can be accepted as proof of possession of the medical certificate.

One of these documents must be uploaded by you on your runner's form, any document sent by mail or post will not be considered.

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

Since 2022, the Trail de Haute Provence has delegated to Dokeop the management of the supporting documents. Indeed, Dokeop is a platform for the management of supporting documents (medical certificates, sports licenses, parental certificates...) designed to increase the security, the efficiency of the event. Dokeop will also take responsibility for the completeness and conformity of the files.

You can download **[the only model of medical certificate accepted by the Organizer](#)** by following the link below **[Health certificate template](#)**

For all races, a medical certificate or a copy of the licence must be uploaded on your runner's form by clicking [HERE](#) within one month of your registration and at least one month before the date of the concerned race. Otherwise, the runner will not be able to collect his number at the race number collection and therefore will not be able to take the start of the race.

3.3.Registration fees

The registration fees described below do not include bank charges, cancellation fees or any other paid options (shuttle, pasta party, accompanying meal, personalised photograph, etc.).

The registration fee for the race includes

- The race pack (race number, timing chip, timer)
- Complete supply stations throughout the race
- Access to the complete supply station at the finishing line
- Professional medical assistance
- THP runner's bag with gifts from the event's partners
- 1 meal for participants in the Ultra de Provence / Cap à Lure / Marathon de Lure races served in the THP village facilities
- Finisher gift
- Access to the THP village activities during the whole event.

Races	Distance / Elevation	Minimum age required	Price from 01/09/2022 to 31/12/2022*	Price from 01/01/2023 to 31/03/2023*	Price from 01/04/2023 to 14/05/2023*	Price On site*
Ultra de Provence	160 km / 7 500 m+	From 20 years old	160 €	180 €	200 €	220 €
Cap à Lure	80 km / 3 850 m+	From 20 years old	80 €	90 €	100 €	110 €
Marathon de Lure	50 km / 2 400 m+	From 20 years old	50 €	60 €	70 €	80 €
Les Bories	30 km / 1 500 m+	From 20 years old	30 €	35 €	40 €	45 €
Marche Nordique 30	30 km / 1 500 m+	From 20 years old	30 €	35 €	40 €	45 €
Les Mourres	16 km / 660 m+	From 18 years old	15 €	20 €	25 €	30 €
Marche Nordique 16	16 km / 660 m+	From 18 years old	15 €	20 €	25 €	30 €
THP solidaire	8 km / 300 m+	From 16 years old	20 €**	20 €**	20 €**	20 €**
THP junior	4 races from 0.7 to 3.3 km	To 15 years old included	0 €	0 €	0 €	5 €

*Depending on the number of bibs available

**10€ will be donated to the Fondation Maladies Rares

3.4.Closing of registrations

Registrations can only be made online on the event's website <https://mythp.fr/inscription-trail-de-haute-provence/> with secure payment by credit card until **14 May 2023** at the latest, or earlier, depending on the number of race numbers available.

On-site registrations will be possible depending on the number of bibs available and sanitary restrictions at the date of the Event.

3.5.Handisports athletes

The course is not suitable for wheelchair athletes.

3.6.Elite race bibs

Places are reserved for elite athletes who request them.

Registration for elite athletes is not automatic, each person must finalize their own registration and all applications must be received at contact@mythp.fr by 1st March of the year of the event.

If you have an elite number, you agree to be present at the prize-giving ceremony and any other invitation that the organization may send you (press conference, official presentation).

3.6.1. Criteria for the allocation of elite race bibs

In order to determine eligibility for an Elite race number, the organization has decided to use the ITRA performance index of the rider on the day of the request. This index is available at any time on the website www.i-tra.org

Ranking	Cote ITRA (points)	
	Men	Women
Regional Elites	750-800	600-650
National Elites	800-850	650-700
International Elites	850 and more	700 and more

3.6.2. Allocation of elite race bibs

Elite athletes might be eligible for an Elite race number for all the Event races, except for the THP Solidaire, as per below table:

	Cote ITRA (points)	
	Men	Women
Guaranteed and free bib	850 and more	700 and more
Guaranteed and paid bib	750 - 849	600 - 699

3.7. Juveniles

Underage athletes must be in possession of a parental authorization to participate to download [HERE](#).

3.8. Race bib number

The race bib number must be fully legible during the race.

3.9. Withdrawal

All registrations are personal, firm and final and cannot be reimbursed, regardless of the reason for non-participation.

3.10. Registration cancellation option

For participants who wish to do so, a "cancellation of registration" option is offered at **the time of registration** for one of the Event races on the registration platform.

The registration cancellation option allows participants who have subscribed to it to be reimbursed without reason, without exclusion, without justification.

The option can be activated upon written request to the Organization, at the following address: traildehauteprovence@mythp.fr

In the event of postponement of the event for reasons beyond the control of the organization, the option allows participants who have subscribed to it to be reimbursed 100% (excluding the costs of the registration cancellation option and excluding bank charges) if the proposed postponement date does not suit them.

If the participant has not subscribed to a cancellation option, he/she will not be able to request any reimbursement from the Organization.

The price and terms of application of the registration cancellation option are described in the table below:

		Percentage of the registration fee refunded, excluding cancellation fees and bank charges, if the request to activate the cancellation option is sent by email to: traildehauteprovence@mythp.fr		
Cancellation option available at the time of registration only	Price for racer and by race	no later than 60 days before the date of the event	Less than 60 days before the date of the event	Less than 30 days before the date of the event
		Or If the Event is postponed to a later date		
Ultra de Provence	30 €	100%	50%	No registration fee refunded
Cap à Lure	15 €			
Marathon de Lure	10 €			
Les Bories / Marche Nordique 30	7 €			
Les Mourres / Marche Nordique 16	5 €			

3.11. Transport

In order to limit its carbon footprint, the organizer offers participants of the Marathon de Lure the opportunity to use buses from Forcalquier to the starting line of the race which is located in the town of Lardières. We recommend that you reserve your place on the shuttle bus when you register, at the time of your choice (2 possible times depending on the places available).

3.12. Acceptance of this regulation

By registering, each participant personally undertakes the following:

- I declare that I have registered of my own free will;
- I declare that I am fully aware of the current health problems linked to the pandemic;
- I declare that I am aware of the risks that this pandemic poses for the authorization to organize the event on the day planned;
- I declare that I am fully aware of the rules and ethics of the race;
- I understand and agree with the conditions of participation set out in these rules.
- I undertake to comply with the rules in all respects.
- I declare that I have personal accident insurance covering the costs of rescue, search and evacuation in France.
- I declare that I have informed myself of any medical contraindications that may concern me and, consequently, I release the organization from any medical problem that may arise during the event due to negligence on my part.
- I declare that I have complied with the obligation to undergo a prior medical consultation, which is evidenced by the provision of a medical certificate stating that I have no contraindications to running, and that I have informed myself of any medical contraindications that may concern me and, consequently, I release the organization from any medical problems that may arise during the event concerning me.

4. Transfer of race bib number

All entries are personal. **No transfer of registration is authorized for any reason whatsoever.** Any person who transfers his or her race bib number to a third party will be held responsible in the event of an accident occurring or caused by the latter during the event. **Any person with a number acquired in violation of these rules will be disqualified without refund.** Any runner caught in the act of reselling a number will have his registration cancelled without refund.

5. Insurances

5.1. Public liability

The organizer shall take out civil liability insurance for the duration of the event. This liability insurance covers the financial consequences of its liability, that of its employees and of the participants.

5.2. Personal accident

Licensees benefit from the guarantees granted by the insurance linked to their license. The organization declines all responsibility in case of accident or failure due to poor health.

The organizer invites participants who do not hold an FFA licence to take out individual accident insurance covering the risks incurred during the event. The French Athletics Federation offers the Pass Running which is a participation certificate including the medical certificate and a complete insurance for a period of one year from date to date (To subscribe a pass running go www.athle.org).

5.3. Property damage

The Organizer declines all responsibility for damage (theft, breakage, loss, etc.) to participants' personal property, even if it is in the Organizer's custody. Participants will not be able to claim against the Organizer for any damage caused to their equipment. It is the responsibility of each participant to take out insurance to cover these risks.

6. Sport rules

The competition takes place according to the sporting rules of the FFA.

6.1. Jury

An Official Jury will be appointed. Its power of decision is final. It may be required to take decisions concerning the postponement or cancellation of the race depending on the weather conditions.

The jury will be finalized one week before the event at the latest.

6.2. Assistance to competitors

Any external assistance, including refreshment outside the feed zone, is forbidden and will result in disqualification.

6.3. Walking poles

Sticks are allowed on all adult races of the Event, except on the non-authorized areas (respect of Natura 2000 areas) which will be marked with signs, if necessary.

If you choose to take poles, it is for the entire duration of the race. It is forbidden to take them back or to leave them along the way.

6.4.Assistance

The list of the official feed zones is available on the dedicated website with the course outlines: <https://thp.tracedetrail.fr/> . Access to the refreshment area is strictly forbidden to runners' followers.

Any individual assistance outside the feed zones is forbidden, as is accompanying the runners during the race (see [le paragraphe Sanction](#)).

6.5.Time limit and time barrier

6.5.1. Time limit

	Ultra de Provence	Cap à Lure	Marathon de Lure	Les Bories	Marche Nordique 30	Les Mourres	Marche Nordique 16	THP solidaire
Time barrier	44 h	18h	11h	7h00	08h00	3h	4h	2h30

6.5.2. Time barrier

The organization wishes to allow as many people as possible, whatever their pace, to reach the finish. Nevertheless, time barriers are set up so that the presence of volunteers and the security system is not maintained for an unreasonably long time.

The time limits indicated below are given as an indication. The organization reserves the right to modify them if necessary for the safety of the participants. The times indicated correspond to the starting times of the feeder point. In case of bad weather conditions, and for safety reasons, the organization reserves the right to stop the race in progress or to modify the time limits. All decisions will be taken by the Jury.

In the case of a wave start, the time barriers are applied from the start time of the last wave.

The maximum race time is calculated according to the start time of the rider.

Ultra de Provence

- Saumane (38 km) 03h00 (J2) soit 09h00 of racing
- Station de Lure (100 km) 21h00 (J2) soit 27h00 of racing
- Saint-Etienne-les-Orgues (111 km) 00h00 (J3) soit 30h00 of racing
- Montlaur (123 km) 04h00 (J3) soit 34h00 of racing
- Lurs (139 km) 08h00 (J3) soit 38h00 of racing

Cap à Lure

- Lardiers (30 km) 11h soit 6h00 of racing
- Saint-Etienne-les-Orgues (62 km) : 18h00 soit 13h00 of racing

Marathon de Lure

- Saint-Etienne-les-Orgues (34 km) 14h00 soit 7h00 of racing

Les Bories

- Limans (13 km) 12h30 soit 3h30 of racing

Marche Nordique 30

- Limans (13 km) 13h00 soit 3h55 of racing

The time barriers are imperative, and the procedure is non-negotiable. The departure of a runner from a time barrier outside the time limit implies his disqualification. The lower right corner of the number will be "cut out" by the head of the post, the runner will be invited to use public transport and/or the vehicles provided by the organization to return to Forcalquier.

If the participant wishes to continue the race, his/her number will be collected by the head of the post and the participant will no longer be considered as a participant in one of the races of the Event and will therefore no longer be under the responsibility of the organizer.

Any person disrespecting the volunteers in charge of this function will be permanently banned from running in all events organized by the Organizer.

6.6.Rankings and awards

6.6.1. Rankings

On every adult race of the Event, every category will be ranked.

6.6.2. Awards

Please note that due to health measures applicable at the time of the event, changes may be made to the prize-giving.

On all the races of the Event, the first 3 men and the first 3 women of the scratch race will be rewarded according to the reward tables below:

	Ultra de Provence	Cap à Lure	Marathon de Lure	Les Bories	Les Mourres	Prize Money
Prize Money	Male/Female	Male/Female	Male/Female	Male/Female	Male/Female	Total
1er	800 €	400 €	200 €	100 €	100 €	3 200 €
2ème	400 €	200 €	100 €	50 €	50 €	1 600 €
3ème	200 €	100 €	50 €	25 €	25 €	800 €
Total	2 800 €	1 400 €	700 €	350 €	350 €	5 600 €

	THP nordic	THP solidaire	CitaTrail	THP junior
Récompense	Male/Female	Male/Female	Male/Female	Male/Female
1er	Trophy + Endowment	Trophy + Endowment	Trophy + Endowment	Trophy + Endowment
2ème	Endowment	Endowment	Endowment	Trophy + Endowment
3ème	Endowment	Endowment	Endowment	Trophy + Endowment

6.7. Publication of results

The results will be published on the following website: <https://mythp.fr/trail-de-haute-provence/>. In accordance with the law known as "Informatique et Libertés", participants may object to the publication of their results on these sites if there is a legitimate reason (for the FFA, please send a request directly to dpo@athle.fr).

6.8. Route modification

In the event of excessively unfavourable weather conditions (large quantities of rain and snow at high altitude, high risk of thunderstorms, etc.), the organization reserves the right to modify the start times, courses, and time limits. Runners will be informed of these changes by posting information at the key points of the race (race start, number collection, feed stations) and/or on the event website (<https://mythp.fr/trail-de-haute-provence/>) and/or on the event Facebook page (<https://www.facebook.com/TraildeHauteProvence>).

6.9. Checks / dropouts

- In order to be scored and timed, each rider must cross the start line.
- Fixed and random controls will be carried out during the event to ensure perfect conditions for the regularity of the race, in case of refusal on the part of a runner to be controlled, he will be disqualified.
- In the event of withdrawal, the competitor must inform the person in charge of the nearest refreshment post or checkpoint and specify his race number. The number of the runner will be communicated to the race headquarters in order to avoid unnecessary searches. The timing chips will be removed from the number by the head of the post. The number will be removed and can be collected after the race, and the runner will be invited to use the available transport to return to Forcalquier. Any person disrespecting the volunteers in charge of this function will be permanently banned from the race on all the events of the Event.

6.10. Sanctions

The heads of the various checkpoints and refreshment posts are empowered to enforce the rules and to immediately apply (*) a sanction in case of non-compliance, according to the following table:

Failure* to comply with regulations	Time penalty and/or Disqualification
No compulsory safety equipment (depending on the race):	
<ul style="list-style-type: none"> • A mobile phone (in working order) with a battery to recharge it (Ultra de Provence, Cap à Lure and Marathon de Lure) • Headlamp in working order with spare battery (Ultra de Provence) • Headlamp in working order (Cap à Lure) • Spare batteries for the headlamp • A water reserve of at least 1.5 liter (Ultra de Provence, Cap à Lure and Marathon de Lure) • A water reserve of at least 1.0 liter (Les Bories, MN 30, les Mourres, MN 16, THP solidaire) • A survival blanket • A waterproof and windproof jacket with hood • A whistle (all races) • A Hat / gloves / changing clothes • A cup (all races) 	No start/Disqualification No start/Disqualification Disqualification 60 minutes Disqualification Disqualification Disqualification 30 minutes 15 minutes 15 minutes 15 minutes
No approved mask or refusal to wear one in the compulsory areas	Disqualification

Absence of the " Pack " imposed by the organization according to the weather conditions	Disqualification
Solid food outside the supply station areas	Disqualification
Refusal of a mandatory equipment check	Disqualification
Throwing of rubbish by a competitor or a member of his/her entourage	Disqualification
Non-respect of persons (organization or runners)	Disqualification
Failure to assist a person in difficulty	Disqualification
Assistance outside authorized areas	Disqualification
Cheating (e.g. use of a means of transport, sharing a bib number, etc.)	Disqualification
Refusal to obey an order from the race management, a race commissioner, a station chief, a doctor or a first-aid worker	Disqualification

(*) Any other breach of the rules will be subject to a penalty decided by the Race Jury.

6.11. Fight against doping

The organizer draws the attention of participants to the respect of the rules of sporting integrity and sporting ethics, particularly those relating to the fight against doping.

Any person who is subject to a provisional or definitive sanction by an anti-doping organization governed by the WADA Code (a "sanctioned person") is prohibited from participating in the event, whether as a participant, team manager or official.

As stipulated in the race regulations, the Organizer reserves the right to test all participants with the relevant authorities. Therefore, in accordance with the WADA code, it is the responsibility of the participant to check that the substances or methods used are not on the current list of prohibited substances and methods. You can check by clicking on one of these two links: <http://www.wada-ama.org/fr/ressources> ; <https://www.afld.fr> .

7. Supply station and semi-autonomy

The Event races are semi-autonomous races. Semi-autonomy is defined as the ability to be autonomous between two supply stations, both in terms of food (solid and liquid), clothing and safety equipment, allowing for adaptation to any problems encountered or foreseeable (bad weather, physical problems, injuries, etc.).

Only participants wearing a visible number and duly checked have access to the refreshment posts.

Two types of supplies are available at the supply stations:

- Liquid supply: still water, sparkling water, cola;
- Complete supply: drinks (as above), hot meal (on the life bases for the Ultra de Provence), fresh fruit, dried fruit, cheese, ham, salted cakes, biscuits, sweet cakes, bread, (may change depending on health conditions)

The above list of items available at the refreshment posts is neither contractual nor exhaustive. It is subject to change depending on the availability of these items from suppliers.

Waste bins are available at each feed station and must be used. Any participant seen throwing waste on the course will be disqualified.

8. Safety and care

A medical team will be present throughout the event. It will be able to intervene on the course by any appropriate means (4x4, motorbike, quad) in case of necessity.

There will also be a life base installed on the course of the Ultra de Provence.

It is up to a participant in difficulty or seriously injured to call for help:

- By going to a first aid post;
- By calling the race headquarters (emergency number written on the race number);
- By asking another runner to call for help.

It is the responsibility of each participant to assist any other participant in danger and to call for help. Any problem or accident must be reported immediately to the nearest control post and/or by calling the race emergency number (PC course).

Do not forget that all kinds of hazards, linked to the environment and the race, can make you wait longer than expected for help (between 5 and 30 minutes in normal circumstances - which can go up to 40 minutes in certain cases = FFA recommendation). Your safety will then depend on the quality of the equipment you have put in your bag.

All medical, paramedical, first aid and official guide personnel, as well as any person designated by the race management are empowered to:

- remove from the race any competitor deemed unfit to continue the event;
- force any competitor to use any compulsory equipment;
- evacuate by any means any riders they consider to be in danger;

- direct patients to the most appropriate care structure.

A rider who calls on a doctor or a first-aid attendant submits to his authority and undertakes to accept his decisions. The costs resulting from the use of exceptional means of rescue or evacuation (e.g. heliport) will be borne by the rescued participant who will also have to ensure his/her return from the place where he/she has been evacuated. It is the sole responsibility of the participant to constitute and present a file to his/her personal insurance within the time limit. If you are unable to reach the race headquarters, you can call the emergency services directly (especially if you are in an "emergency only" zone) **112 from France**.

We invite you to contact two organizations by clicking on the following links (<http://www.assurance-multi-sports.com/> or <https://assur-connect.com/>) in order to take out insurance covering mountain rescue, search costs, death, permanent disability and repatriation.

9. Delivery of race bibs

Please note that, in the context of the health measures applicable at the time of the event, changes may be made to the distribution of race bibs.

At the time of registration, runners must present their race bag with all the compulsory equipment for the installation of a timing chip and the control of the equipment. The number will not be given to participants who do not present the compulsory equipment for the race for which they are registered.

Each race number will be handed over to the participant on presentation of an identity document with photo, without this document the number will not be handed over. The collection of race bibs takes place in Forcalquier, in the heart of the "village" dedicated to the event.

The times and dates of the bib collection will be communicated later according to the evolution of the sanitary measures.

10. Cancellation in case of force majeure of part or all of the races

Force majeure is defined as declared or undeclared war, general labour strike, epidemic diseases, quarantine, fire, exceptional floods, accidents or other events beyond the control of the organization forcing the latter to cancel the event, or forcing the administrative authorities not to authorize the event.

10.1. Before the start of the races

In the event of "force majeure", several options will be available to registrants of the Event:

1) Registration fees will be carried over as is for an edition of **The Event 2024** to be held **from 10 to 12 May 2024**;

2) The registration fees will be refunded up to 60%, excluding bank charges, excluding personalized paying options (photography, race profile) and excluding donations to the Rare Diseases Foundation;

3) The registration fee will be donated to the organization.

For participants who have subscribed to the registration cancellation option at the time of their registration, the registration fee will be reimbursed at 100%, excluding bank charges, excluding the registration cancellation option and excluding donations to the Fondations Maladies Rares.

To benefit from the refund, participants must make a choice on the registration platform by returning their runner's form before **June 30th 2023** to the following address : <https://mythp.fr/inscription-trail-de-haute-provence/>

This reimbursement will be made by crediting the bank card used at the time of registration.

For participants who have changed their bank details since their registration, and only for them, and who wish to be reimbursed, it will be necessary to send their new bank details by email to the following address: contact@mythp.fr

10.2. During the event

In the event of "force majeure" occurring after the event has started, the organizer may stop the event at any time. In this case, if this happens while runners are running, they must follow the instructions given by the volunteers when they arrive at a feed point or checkpoint and must respect them. No refunds or compensation can be claimed.

11. Sustainable approach and respect for the environment

The organizing team of the Event is reasoning the event according to the precepts of sustainable development and aims to illustrate the know-how and exemplary nature of the sports movement in this field. We are counting on your commitment to help us achieve our goal.

The route of the event is an incentive to [discover the territory](#) and crosses sensitive and protected areas ([Natura 2000 zones](#)), as well as private property.

As a runner, you commit yourself to :

- Be particularly attentive to the respect of the natural environment and the life it shelters;
- To have the constant concern to live harmoniously with other users;
- To honour the eco gestures of the code of good conduct "[I adopt the Luberon attitude](#)";
- Not to return to run on the sections of private road that the Event has been authorized to cross.

12. Right of publicity

Each participant expressly authorizes the organizers of the Event, as well as their beneficiaries such as partners and the media, to use the still or audiovisual images in which he or she may appear, taken on the occasion of his or her participation in the Event (adult races, children's races, animations, shows, etc.) on all media, including promotional and/or advertising documents, throughout the world and for the longest period of time provided for by the law, regulations, and treaties in force, including any possible extensions that may be made.

13. Right to photography

All photos and videos taken personally by participants during the event, as well as by their companions, may not be published and/or used for commercial purposes in any form (press, magazine, website, etc.). The Event Organizer is the owner of all photo and video rights and must give its express written agreement before any form of exploitation.

14. Data Protection Act

In accordance with the French Data Protection Act of 6 January 1978, each participant has the right to access and rectify personal data concerning him or her.

In accordance with the law n°78-17 of 6 January 1978 relating to data processing, files and freedoms, known as the "Data Processing and Freedoms" law, and with the EU General Data Protection Regulation (2016/679) of 27 April 2016, known as the "RGPD", you have the right to access, rectify, portability and deletion of your personal data. You may also object, on legitimate grounds, to the processing of your data, and have the right to withdraw your consent at any time. Finally, you may object to the use of your data for commercial prospecting purposes. To exercise these rights, you can send your request, free of charge and at any time, along with proof of identity by post to Outdoor Events In Provence - Service données personnelles, 8 avenue Eugène Bernard, 04300 FORCALQUIER, or by e-mail to: contact@mythp.fr .

15. Regulation modification

These rules may be modified at any time and without prior notice by the Organizer of The Event until the day before The Event. Any new version of the rules will be posted on the website of The Event : <https://mythp.fr/trail-de-haute-provence/>

Annex

Annex I : Medical certificate agreed by the organisation

It must be dated, signed and stamped by the doctor.

Sport Medical certificate

I, the undersigned Doctor

Have examined,

SURNAME :.....

Firstname :

And conclude that he / she is not suffering from illness or debilitating condition that would prevent him / her from sport and running in competition.

Date :

Doctor's signature:

Adress and Doctor's stamp here

Annex 2 : Parental consent accepted by the organisation

Parental authorisation for minors

I, the undersigned

residing in

authorise my child

I declare that I have informed myself about the medical contraindications that could concern my child and, consequently, I release the organisation from any medical problem that could occur during the event due to my negligence.

I acknowledge that I have read the regulations of the Trail de Haute Provence available on <https://mythp.fr/trail-de-haute-provence/> and accept the terms.

The participants undertake not to take any legal action against the organizers for any incident that may result from their participation in the Event.

Done on:/...../20..... at.....

Signature of legal representative: