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REGULATION



4th Edition – May, 10, 2025

7 Cidades Lagoon - Ponta Delgada – São Miguel island - Açores

V3 (03/03/25)



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GENERAL RACE REGULATION

The "Clube Açoriano de Triatlo, Trail e Turismo", in partnership with the Ponta Delgada City Council and the Parish Councils of the 7 Cities and Mosteiros, will hold on May 10, 2025, the 4th edition of the event called "7 Cities Ultimate Trail " (7CUT).

This is a "Trail Run" event, an outdoor race along trails, public and private roads that consists of several events and can be carried out in a competitive and/or recreational mode, with a defined time limit.

The 7CUT is part of the São Miguel Trail Circuit (CTSMI), is accredited by the International Trail Run Association (ITRA), is a UTMB.qualifier race and scores for the national circuit of the Associação Trail Running Portugal (ATRP).

1 CONDITIONS OF PARTICIPATION

The 7CUT takes place in the municipality of Ponta Delgada and runs along the best trails in the parishes of 7 Cidades, Feteiras and Mosteiros on the island of São Miguel in the Azores archipelago. It includes three competitive events: 7CUT40, 7CUT20, 7CUT10 (General and Youth 16-17 years old) and a non-competitive event, the 7CUT10 walk.

1.1 MINIMUM AGE TO PARTICIPATE IN THE RACES

- To participate in 7CUT40 and 7CUT20, participants must be at least 18 years old, by September 31, 2025 (end of the ATRP sports season).
- To participate in 7CUT10, participants must be at least 16 years old, until September 31, 2025.
- To participate in the walk (medium difficulty level), there is no age limit.
- All minors must be accompanied or tutored by an adult and submit the Term of Responsibility at the secretariat.

1.2 REGULARIZED REGISTRATION

Registering for 7CUT implies understanding and accepting, without reservation, the rules and regulations of the test. Is required:

- Complete the registration correctly, on the registration platform at: <https://7cut.cattt.pt/>
- Appear on the registration list published on the event's official website.

- It is not necessary to fill out a Term of Responsibility, (overage) registration in the race implies that the athlete is aware of the regulations and has the physical and psychological conditions to participate, and cannot demand any civil or criminal liability from the organization for any physical damage , moral or material damages that occur during the activity, in which you are directly or indirectly involved and that exceed the insurance coverage of the event.

– Athletes must pay their registration fee, using the Multibanco Reference, Mbay or Credit Cad (foreigner athletes) automatically generated by the registration platform.

1.3 PERSONAL ASSISTANCE

– Participants are allowed to receive personal assistance, only at the supply and control stations (PAC), previously defined by the organization.

– PACs are areas reserved exclusively for athletes, and personal assistance can be provided next to the PAC area, without interfering with the activity of the station or other athletes.

1.4 THE BIB

– The bib must be permanently visible throughout the race, that is, it must be positioned over clothing, in the chest or abdomen area.

– Only participants with visible chests will have access to the PACs.

2 RACES

2.1 PRESENTATION OF THE RACES

7CUT event consists of 3 races:

- The **7CUT40** is competitive in nature and is aimed at people over 18 years old and has a mileage of 41km and 2384m of positive and negative gradient. The start will take place at the church of 7 Cidades at 7 am on May 10, 2025.

- The **7CUT20** is competitive in nature and is aimed at people over 18 years old and has a distance of around 25kms with 1426m of positive gradient and negative gradient. The start will take place at the church of 7 Cidades at 8:30 am on May 10, 2025.

- The 7CUT10 is composed by three events: with a competitive nature, the 7CUT10 race and **7CUT10 Youth** (athletes aged 16 and 17) have a mileage of 11kms with 653m of positive/negative difference. Without a competitive nature, the **7CUTwalk** is 9k long with 477m of positive difference and 760m negative.

Barrier times will be defined at the PAC (Supply and Control Station). The athlete who arrives at the PAC outside the stipulated time will be considered DNF. The organization may remove an athlete from the race if it finds that they will not be able to meet the stipulated time. For various reasons, routes and times may be changed without prior notice.

2.2 PROGRAM

(may change, check updates on the event's official website)

Day/time/place

July, 2024

Opening online registrations - Website

May 4, 2025

11:59 pm - Online registration closes - Website

??? May 2025

Presentation of the event to the Media – Ponta Delgada City Council

May 09, 2025 – Friday

02 pm - Opening of the Secretariat - Ponta Delgada

07 pm - Closing of the secretariat

May 10, 2025 – Saturday (race day)

06:30 am - Opening of the Secretariat - 7 Cidades (São Nicolau church – finish area)

07:00 am – 7CUT40 Start – 7 Cidades (St. Nicholas Church)

08:30 am - 7CUT20 Start – 7 Cidades (São Nicolau church – finish area)

09:30 am - Closing of the secretariat - 7 Cidades (finish area)

09:30 am - 7CUT10 Start – 7 Cidades (São Nicolau church – finish area)

09:40 am – Bus transfer 7CUT_Caminhada – 7 Cidades (São Nicolau church) – Vista do Rei view point

10:00 am - 7CUT_Caminhada – 7 Cidades (Vista do Rei view point)

13:00 pm – Award Ceremony - 7 Cidades (São Nicolau Church)

14:45 pm – Time limit for finishers– 7 Cidades (São Nicolau Church)

Note: the briefing will be at the start, 10 minutes before the start of each race.

2.3 DISTANCE / ALTIMETRY

7CUT40 – 41km/2384d+/d-

7CUT20 – 25km/1426d+/d-

7CUT10 – 11km/653d+/d-

7CUT_Caminhada – 9km/477d+/760d-

2.4 TIME LIMIT

The organization reserves the right to neutralize the athlete, within the time limits defined in the PAC or, if the athlete is proven to be unable to reach the time limit for the next control/arrival at the goal or does not present reasonable physical conditions to continue in the race.

The target time limit will be: for 7CUT40, 07:45 hours (2:45 pm); for 7CUT20 5:30 hours (2 pm); for 7CUT10 4 hours (2 pm). Barrier times will be defined in the PACs (see the event's official website).

For reasons of force majeure (weather and/or security), the organization reserves the right to change time barriers.

2.5 CHECKPOINTS

The supply and control stations (PAC) are mandatory crossing areas and are located in locations mentioned by the organization.

Failure to pass the control zones will result in the participant being disqualified. There may be intermediate crossing controls.

Abandonments must be made solely and exclusively at PACs. In the event of an accident or injury in which the participant is immobilized and cannot reach a checkpoint, they must inform the organization.

The organization's contact number, for emergency purposes, will be printed on the participant's bib and must also be recorded in advance on the participant's cell phone. These numbers are on the official race website.

The organization reserves the right to change the route and position of control/supply points at any time, without prior notice. In case of adverse weather conditions, or any other reason, the departure may be delayed for a maximum of 1 hour, after which the race is cancelled. There will be no right to refund.

During the race, in the event of bad weather, and for safety reasons, the organization reserves the right to modify time barriers and/or suspend, reduce, neutralize or stop the race. There will be no right to refund.

2.6 LOCATIONS AND TYPE OF SUPPLY

The organization provides all athletes with liquid and solid supplies in order to satisfy all their needs depending on the distance they are going to cover.

There will be liquid and solid food in all supplies.

Four PACs are planned:

- PAC1 – Cumeeira Grande (7CUT40)
- PAC2 – Parque Aqueduto 9 Janelas (7CUT40)
- PAC3 – Lagoa do Canário (7CUT40, 7CUT20)
- PAC4 – Portal do Vento (7CUT40, 7CUT20, 7CUT10, 7CUT_Caminhada)

2.7 MANDATORY MATERIAL

– Cell phone with the organization's security number, keep the phone switched on throughout the race, keep the number identifiable, and start the test with the battery fully charged.

- Flashlight IMPORTANT (7CUT40 and 7CUT20 only)

– Cup (cups will not be provided in the supplies)

– Reservoir with water (minimum 0.5 liter).

– Survival blanket

- Raincoat

- Whistle

2.8 RECOMMENDED MATERIAL (depending on the weather conditions)

- It is highly recommended, for all races, to take a watch with the GPX track reading during the race. Or, at least, have an application with the GPX track on your smartphone. We recommend the OsmAnd app. Vandalism, weather conditions and other conditions can damage the race marking.
- Food reserve
- Hat
- Buff or something similar that protects your head from low temperatures.
- Second additional warm clothing: sweater with long sleeves or cuffs.
- Sticks.
- Sunscreen.

2.9 PENALTIES

Those responsible present in the control areas may, at any time, apply the following sanctions:

- All athletes must follow the route stipulated by the organization. Disqualification
- Do not provide assistance to a participant who is in need of help. 1 hour penalty
- Abandon the race without notifying the organization and that such action involves a search and rescue system. Eradication of future editions
- Sharing the bib with another person, during part or all of the route. Disqualification
- Use paths other than those marked for the race. Disqualification
- Using unauthorized transport (hitchhiking). Disqualification
- Remove signage from the route. Declassification and Eradication of future editions
- Disobey the security measures indicated by the organization and associated entities. 1 hour penalty or disqualification
- Absence of mandatory material and/or refusal to present it, if requested by the organization. Disqualification
- Exceeding the time limit. Disqualification
- No show at PAC. Disqualification
- Throwing garbage on the ground and/or damaging the surrounding environment. Declassification and Eradication of future editions
- Receive external help outside the areas defined by the organization. 1 hour penalty
- Breastplate not visible or affixed in a non-visible location. 15 minutes penalty

2.10 SPORTS INSURANCE

All athletes will be provided with race insurance. In the event of an accident that results in hospital treatment, the injured party must request a medical report to present to the insurance company. The

costs will be paid by the victim and later reimbursed by the insurance company (in the amount above the deductible). The organization declines any type of payment.

The injured athlete must, on the day of the race, notify the organization via email and/or telephone and report it to the insurance company the following day.

In all reports made to the insurance company, injured athletes must present the name of the entity organizing the event, the policy number, date and time of the occurrence.

ATTENTION, the insurance company will not assume expenses for claims that it was not aware of in a timely manner to activate the insurance, which, depending on the insurance company, must be within 24 hours.

Personal Accident Insurance Coverage and Deductible: (to be reported on the official page)

Death by Accident: (to be reported on the official page)

Permanent Disability due to Accident: (to be reported on the official page)

Accident Treatment Expenses: (to be reported on the official page)

Funeral Expenses: (to be reported on the official page)

3 REGISTRATIONS

3.1 REGISTRATION PROCESS

Only registrations made on the registration platform will be accepted.

Each participant must fill out the registration form and pay the registration amount within the deadline.

The participant, after registering, receives, by email, a payment order. You have 48 hours to make payment. The deadline for payment is May 8th (72 hours after the registration deadline).

It is not necessary to send proof of payment.

To confirm registration, the athlete must consult the list of registrants. Registration must be regularized within 48 hours.

Any clarification or request should be made to the event's official email:

7cidadesultimatetrail@gmail.com

3.2 REGISTRATION PERIODS AND FEES

- 7CUT40

1st Registration Phase – ????? to november 27th – €25

2nd Registration Phase – november 28th to february 28th - €30

3rd Registration Phase – march 1st to May 4th - €35

- 7CUT20

1st Registration Phase – ????? to november 27th – €15

2nd Registration Phase – november 28th to february 28th - €20

3rd Registration Phase – march 1st to May 4th - €30

- 7CUT10 (race and walk)

1st Registration Phase – ???? to november 27th – €15

2nd Registration Phase – november 28th to february 28th - €15

3rd Registration Phase – march 1st to May 4th - €20

- 7CUT10 Youth – 10€ (all phases)

Registration includes bib, personal accident insurance, transfer to the start, 1 drink + 1 beef sandwich at the end, finisher prize and finish line prize (if applicable).

3.3 SECRETARIAT

The race Secretariat will be open for all races, on Friday, May 09th, Ponta Delgada (check website) and Saturday, May 10th (finish zone – São Nicolau church), from 6:30 am to 9:30 am.

It will be MANDATORY to present the following documents to collect the bib:

- Citizen Card

- Responsibility Term (only for minors under 18 years old) provided at secretariat.

It will be possible to pick another athlete's bib. The person must bring the athlete's Citizen Card, or copy, or photo.

4 AGE GROUP AND PRIZES

4.1 AGE GROUPS (Age reference is September 31, 2025)

7CUT40 and 7CUT20 (1st, 2nd, 3rd podium) - Men and Women

- overall classification

- Sub23 (18-22 years old)

- Seniors (23-34 years old)

- Vet 35 (35-39 years old)

- Vet40 (40-44 years old)

- Vet45 (45-49 years old)

- Vet50 (50-54 years old)

- Vet55 (55-59 years old)

- Vet60 (over 60)

- Teams - the team classification will be determined based on the three best individual overall classifications, regardless of gender. In case of a tie, the best result counts.

7CUT10 (podium 1st, 2nd, 3rd) - Men and Women

- only overall classification

7CUT10 Youth (16-17 years old) - Male and Female

- only overall classification

7CUT Walk

Without classification. Finalist prize included.

There will be a finalist prize for all participants. The presence of the winners at the awards ceremony is mandatory. Age groups will be automatically defined based on the data provided by participants at the time of registration.

Note: the age groups for the São Miguel Trail Circuit (CTSMI) and the ATRP may differ from the 7CUT and will be compiled by the respective entities.

4.2 – ACCEPTANCE OF REGULATIONS AND ETHICS IN COMPETITION

Registration for the event presupposes the athlete's acceptance of these regulations.

Any athlete must demonstrate exemplary and fair-play behavior towards everyone involved in the competition, not only opponents, but also members of the organization.

The athlete must refrain from using substances, pharmacological groups and methods intended to artificially increase their physical capabilities. In any case, any participant must undergo any anti-doping control, if requested.

4.3 – COMMUNICATION

The official means of communication and information of 7 Cidades Ultimate Trail are: official event website: 7cut.cattt.pt; the email 7cidadesultimatetrail@gmail.com and the Facebook page <https://www.facebook.com/7cidadesultimatetrail>.

The athlete must periodically consult the official media to stay informed about news or possible changes, as well as to consult and/or confirm registrations.

4.4 – IMAGE AND ADVERTISING RIGHTS

The organizing entity reserves the exclusive right to exploit the 7CUT image and photographic and journalistic audiovisuals of the event.

Any project or advertising media produced for publication must obtain the prior consent of the organization.

When registering, the athlete assumes that he or she authorizes the publication of his or her image during the event. Otherwise, you must inform the organization, via official email, that you do not authorize the use of your image.

4.5 – DATA PROTECTION

The data of the athletes indicated in the registration form will be registered by the organizing entity for exclusive processing purposes at the event, and will be published, namely, in the registration list, various news and classification. All participants can exercise their right to access, rectify or cancel their personal data by sending an email to 7cidadesultimatetrail@gmail.com

4.6 – MISCELLANEOUS

Completing and sending the registration form for the events implies that the athlete who registers is aware of and accepts these regulations without any reservations.

Cases omitted from this regulation will be resolved by the Trial Jury, whose decisions will not be appealed.

5 RACE DIRECTOR

The race direction is the responsibility of Mr. Luís Onça.

6 ACCEPTANCES OF THE REGULATIONS

The organization has the right to, for reasons of athlete safety, postpone or cancel the race and modify these regulations.

All participants, by registering, accept these regulations.

Ponta Delgada, february 3th, 2025