

REGULATION



5th Edition – May 23, 2026

Sete Cidades Lagoon - Ponta Delgada – São Miguel - Açores

V2 (17/12/25)



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SHORT DESCRIPTION

The Clube Açoriano de Triatlo, Trail e Turismo in partnership with the Municipality of Ponta Delgada and Sete Cidades and Mosteiros Parish Councils, will host the 5th edition of the event called “7 Cidades Ultimate Trail” (7CUT) on May 23, 2026. It is a trail running event consisting of outdoor running along trails, public roads and private paths. It includes several races that may be completed in either a competitive or recreational format, all with defined time limits. It includes four competitive races called 7CUT40, 7CUT20, 7CUT10 and 7CUT Kids and one non-competitive race called 7CUT Hike.

The 7CUT40 is classified as ITRA 2, UTMB 50K and will contribute points for the ATRP Trail Circuit (Series 150) and for the São Miguel Island Trail Circuit - Trail, while the 7CUT20 is categorized as ITRA 1, UTMB 20K, will score points for the ATRP Trail Sprint Circuit (Series 150) and for the São Miguel Island Trail Circuit - Trail Sprint. Finally, 7CUT10 is categorized as ITRA 0 and will score points for the ATRP Youth Circuit (Series 150).

1. PARTICIPATION CONDITIONS

1.1 MINIMUM AGE FOR PARTICIPATION IN EACH COMPETITION

To participate in the 7CUT40 and 7CUT20, participants must be, at least, 18 years old on September 30, 2026 (end of the athletics season according to the FPA – Portuguese Athletics Federation).

To participate in the 7CUT10, participants must be, at least, 16 years old on September 30, 2026.

There is no age limit for participation in the 7CUT Hike.

To participate in the 7CUT Kids, participants must be between 6-15 years old on September 30, 2026.

All minors must be accompanied or tutored by an adult and must submit the liability waiver in check-in.

1.2 REGULARIZED REGISTRATION

Registration for the 7CUT implies understanding and accepting, without reservation, the rules and the race regulation. It is necessary that the athlete must complete the following steps:

- Correctly register on the registration platform at: <https://7cut.cattt.pt/>;
- Proceed with payment of the corresponding registration fee, using the reference automatically generated by the registration platform;
- Appear on the registration list published and verify that the personal information is correct;
- It is not necessary to fill out a liability waiver (for adults) because the registration for the event implies that the athlete knows the regulation and has the physical and psychological conditions to participate, and cannot hold the organization civilly or criminally responsible for any physical, moral, or material damages occurring during the activity, in which they are directly or indirectly involved and with exceed the coverage of the event's insurance.

1.3 PERSONAL ASSISTANCE

Participants are allowed to receive personal assistance only at the supply and control stations (PAC), previously designated by the organization. The supply stations are reserved exclusively for athletes so the personal assistance may be provided adjacent to the area, without interfering with the operation of the station or with other athletes.

1.4 RACE BIB PLACEMENT

The race bib must be permanently visible during the entire race, namely, it must be positioned over the clothing, in the chest or abdomen area and only participants with a visible bib will have access to the supply stations.

2. RACE

2.1 RACES OVERVIEW

The “7 Cidades Ultimate Trail” (7CUT) event consists of 5 races:

- The **7CUT40** is a competitive race for participants over 18 years of age and has a distance of 42,4 km with 2390 m of positive and negative elevation gain. The start will take place at 07:00 am on May 23, 2026 at the Sete Cidades Camping Park;
- The **7CUT20** is a competitive race for participants over 18 years of age and has a distance of 24,9 km with 1380 m of positive and negative elevation gain. The start will take place at 08:30 am on May 23, 2026 at the Sete Cidades Camping Park;
- The **7CUT10** is a competitive race for participants over 16 years of age and has a distance of 9,3 km with 610 m of positive and negative elevation gain. The start will take place at 09:30 am on May 23, 2026 at the Sete Cidades Camping Park;
- The **7CUT Hike** is a non-competitive race for participants of all ages and has a distance of 8,5 km with 200 m of positive and negative elevation gain. The start will take place at 10:00 am on May 23, 2026 at the Sete Cidades Camping Park;
- The **7CUT Kids** is a competitive race for children between 6-15 years of age and has a distance of 2,0 km with 80 m of positive and negative elevation gain. The start will take place at 10:00 am on May 23, 2026 at the Sete Cidades Camping Park;

For various reasons, routes and schedules may be changed without prior notice.

2.2 PROGRAMME

December 1, 2025 – Saturday

Opening of online registrations – Official event website

May 15, 2026 – Friday

Closing of online registrations – Official event website

May 22, 2026 – Friday

02:00 pm - Opening of the Check-in – Ponta Delgada (Location to be announced)

07:00 pm - Closing of the Check-in

May 23, 2026 – Saturday

06:30 am - Opening of the late Check-in - Sete Cidades (Camping Park)
07:00 am - 7CUT40 START – Sete Cidades (Camping Park)
08:30 am - 7CUT20 START – Sete Cidades (Camping Park)
09:30 am - 7CUT10 START – Sete Cidades (Camping Park)
09:45 am - Closing of the late Check-in – Sete Cidades (Camping Park)
10:00 am - 7CUT Hike START – Sete Cidades (Camping Park)
10:00 am - 7CUT Kids START – Sete Cidades (Camping Park)
01:00 pm - Awards Ceremony – Sete Cidades (Camping Park)
03:00 pm - Finish Line and Event Closure – Sete Cidades (Camping Park)

The race briefing will take place at the start line, 10 minutes before the beginning of each event.

2.3 DISTANCE AND ELEVATION

The races present the following data:

- **7CUT40** – 42,4 km, 2390 m of d+ and 2390 m of d-;
- **7CUT20** – 24,9 km, 1380 m of d+ and 1380 m of d-;
- **7CUT10** – 9,3 km, 610 m of d+ and 610 m of d-;
- **7CUT Hike** – 8,5 km, 200 m of d+ and 200 m of d-;
- **7CUT Kids** – 2,0 km, 80 m of d+ and 80 m of d-.

2.4 CUT-OFF TIMES

The organization reserves the right to neutralize any athlete who reaches the cut-off times established in the supply and control station (PAC) or if it is proven that the athlete are not unable to reach the next control/arrival within the time limit or does not present reasonable physical conditions to continue in the race.

The final time limit at the finish line will be:

- **7CUT40** – 8 hours to complete the entire course (03:00 pm);
- **7CUT20** – 5 hours and 30 minutes to complete the entire course (02:00 pm);
- **7CUT10** – 4 hours and 30 minutes to complete the entire course (02:00 pm);

Intermediate barrier times will be established at the supply and control stations (consult the official event website). To be allowed to continue in the race, participants must leave the supply and control station before the designated barrier time.

For meteorological or safety reasons, the organization reserves the right to adjust the cut-off times.

2.5 SUPPLY AND CONTROL STATIONS

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

Failure to pass through any control zone will result in the participant's disqualification. Intermediate timing or control points may also be implemented.

Withdrawals must take place exclusively at the supply and control stations. In case of an accident or injury which the participant is immobilized and unable to reach a control station, the organization must be notified.

The organization's emergency contact numbers will be printed on the participant's race bib and must also be saved on the participant's mobile phone. These numbers are also available on the official race website.

The organization reserves the right to modify the course and the location of the supply and control stations at any time, without prior notice. In case of adverse weather conditions, or for any other reason, the start may be delayed for up to 1 hour. After this period, the race will be cancelled, with no right to a refund.

During the race, in case of severe weather or for safety reasons, the organization reserves the right to adjust the cut-off times and/or to suspend, shorten, neutralize, or stop the race. In all cases, no refunds will be issued.

2.6 LOCATIONS AND TYPE OF SUPPLY STATIONS

The organization provides to all athletes solid and liquid nutrition to adequately meet their fueling needs according to the distance covered. All stations will be stocked with solid and liquid supplies.

For 7CUT40 are planned three supply stations:

- **PAC1** – Cumeeira Grande (15,0 km);
- **PAC2** – Parque do Aqueduto das 9 Janelas (23,9 km);
- **PAC3** – Lagoa do Canário (32,6 km)

For 7CUT20 are planned two supply stations:

- **PAC1** – Cumeeira Grande (6,2 km);
- **PAC3** – Lagoa do Canário (15,2 km)

For 7CUT10, 7CUT Hike and 7CUT Kids are not planned any supply station.

2.7 MANDATORY EQUIPMENT

The mandatory equipment for the 7CUT40 and 7CUT20 includes the following items:

- **Headlamp or handheld torch (IMPORTANT);**
- Race bib visible at all times;
- Mobile phone with sufficient credit and battery for the entire duration of the race;
- Whistle;
- Reservoir(s) with a minimum capacity of 0,5 L filled with water or isotonic drink;
- Survival blanket.

Although not mandatory, the organization strongly recommends that all athletes participating in the 7CUT40 and 7CUT20 carry the following equipment:

- Waterproof jacket and/or windbreaker;
- Hat, beanie or buff;
- Spare Nutrition;
- Long-sleeve shirt or arm sleeves;

- Poles;
- Sunscreen;
- Cup (no cups will be provided at supply stations).

The mandatory equipment for the 7CUT10 and 7CUT Hike includes the following items:

- Race bib visible at all times;
- Mobile phone with sufficient credit and battery for the entire duration of the race;
- Whistle;
- Survival blanket.

Although not mandatory, the organization strongly recommends that all athletes participating in the 7CUT10 and 7CUT Hike carry the following equipment:

- Spare Nutrition;
- Reservoir(s) with a minimum capacity of 0,5 L filled with water or isotonic drink.

The mandatory equipment for the 7CUT Kids includes the following item:

- Race bib visible at all times.

2.8 PENALTIES

Race officials stationed at control zones may apply the following sanctions at any point during the event:

- Failure to follow the course marked by the organization – **Disqualification**;
- Failure to assist a participant who need help – **Time penalty**;
- Abandoning the race without notifying the organization – **Exclusion from future editions**;
- Sharing or transferring the race bib with another person, in part or throughout the course – **Disqualification**;
- Using paths other than the ones signposted for the race to gain advantage – **Time penalty or Disqualification**;
- Using unauthorized transportation – **Disqualification**;
- Removing course markings or signage – **Disqualification and Exclusion from future editions**;
- Ignoring safety measures indicated by the organization or associated entities – **Time penalty or Disqualification**;
- Absence of mandatory equipment and/or refusal to present it when requested by the organization – **Disqualification**;
- Exceeding the time limit – **Disqualification**;
- Missing a supply and control station (PAC) – **Disqualification**;
- Littering or causing environmental damage – **Disqualification and Exclusion from future editions**;
- Receiving external assistance outside the areas designated by the organization – **Time penalty**;
- Race bib not visible or positioned in a non-visible location – **Time penalty**.

2.9 SPORTS INSURANCE

In accordance with Decree-Law No. 146/93 of 26 April, the organization provides sports insurance covering all participants. In case of an accident that requires hospital treatment, the injured athlete must request a medical report

to submit to the insurance company. The costs must initially be paid by the injured athlete and will subsequently be refunded by the insurance company (for the amount exceeding the deductible). The organization declines any responsibility for payment.

The injured athlete must notify the organization on the day of the event, via email and telephone, and report to the insurance company on the following day. For all claims submitted to the insurer, injured athletes must provide the name of the event organizer, the insurance policy number, and the date and time of the incident.

The insurance company will not cover expenses related to incidents that were not reported within the appropriate timeframe for the insurance to be activated (typically within 24 hours, depending on the insurer).

Information regarding the insurance coverages and deductible (including personal accident insurance, accidental death, permanent disability due to accident, medical treatment expenses, and funeral expenses) will be available on the event website.

3. REGISTRATIONS

3.1 REGISTRATION PROCESS

Interested participants may register through the registration platform, accessible via the address <https://7cut.cattt.pt/>. Each participant must complete the registration form and pay the fee during the stipulated deadline. The registration includes: race bib, personal accident insurance, 2 drinks + meal and dessert at the finish, finisher prize, and finish line prize (if applicable).

Registrations will only be considered valid after payment and confirmation sent by the registration platform to the email address provided by the athlete. Any clarification or request should be directed to the official event email: 7cidadesulmatetrail@gmail.com.

3.2 REGISTRATION FEES AND PERIODS

Registration fees are different according to the race that will be disputed and also according to the date on which the athlete do the registration:

7CUT40

- 1st Registration Phase – December 1, 2025 to December 31, 2025 - 25€
- 2nd Registration Phase – January 1, 2026 to February 28, 2026 - 30€
- 3rd Registration Phase – March 1, 2026 to May 15, 2026 - 35€

7CUT20

- 1st Registration Phase – December 1, 2025 to December 31, 2025 - 15€
- 2nd Registration Phase – January 1, 2026 to February 28, 2026 - 20€
- 3rd Registration Phase – March 1, 2026 to May 15, 2026 - 30€

7CUT10 e 7CUT Hike

- 1st Registration Phase – December 1, 2025 to December 31, 2025 - 10€
- 2nd Registration Phase – January 1, 2026 to February 28, 2026 - 15€
- 3rd Registration Phase – March 1, 2026 to May 15, 2026 - 20€

7CUT Kids

- 1st Registration Phase – December 1, 2025 to December 31, 2025 - 5€
- 2nd Registration Phase – January 1, 2026 to February 28, 2026 - 10€
- 3rd Registration Phase – March 1, 2026 to May 15, 2026 - 10€

The organization reserves the right not to refund the registration fee once payment has been made and does not allow the transfer or deferral of registrations to future events organized by the club.

3.3 CHECK-IN

The check-in will operate for all races on Friday, May 22, 2026, at a location to be announced, from 02:00 pm to 07:00 pm, and on Saturday, May 23, 2026, at the Sete Cidades Camping Park, from 06:30 am to 09:45 am.

To collect the race bib, the following documents must be presented:

- Citizen ID card;
- Liability waiver (required only for participants under 18 years of age);
- It is permitted to collect another athlete's race bib, provided the person collecting it presents the athlete's citizen ID card (or a copy).

4. AGE CATEGORIES, ETHICS AND COMMUNICATION

4.1 7CUT40, 7CUT20, 7CUT10 E 7CUT KIDS CATEGORIES

The **7CUT40** and **7CUT20** races will include the following categories (age calculated as of the end of the sports season), with awards for the top three finishers:

- Overall Classification Male and Female;
- Under-23 Category (18-22 years) Male and Female;
- Seniors Category (23-34 years) Male and Female;
- Veterans 35 Category (35-39 years) Male and Female;
- Veterans 40 Category (40-44 years) Male and Female;
- Veterans 45 Category (45-49 years) Male and Female;
- Veterans 50 Category (50-54 years) Male and Female;
- Veterans 55 Category (55-59 years) Male and Female;
- Veterans 60 Category (over 60 years) Male and Female;
- Teams.

For the team classification, the results of the **three best-placed athletes** from each team in the overall standings will be considered, regardless of gender or age category. The team ranking will be determined by the **sum of the overall positions** of the three fastest athletes from each team, with the winning team being the one with the **lowest total score**. In the event of a tie in points, the tiebreaker will be the **sum of the finish times** of the three athletes who contributed to the team classification. The team with the **lowest combined time** will be declared the winner.

The **7CUT10** will include only the following category (age calculated as of the end of the sports season), with awards for the top three finishers:

- Overall Classification Male and Female;

The **7CUT Kids** race will include the following categories (age calculated as of the end of the sports season), with awards for the top three finishers:

- Benjamins A Category (6-8 years) Male and Female;
- Benjamins B Category (9-11 years) Male and Female;
- Infantis Category (12-13 years) Male and Female;
- Iniciados Category (14-15 years) Male and Female.

Category	Years of Birth*	Age	Laps	Distance
Benjamins A Category	2020/2019/2018	6-8 years	1 lap	2 km
Benjamins B Category	2017/2016/2015	9-11 years	1 lap	2 km
Infantis Category	2014/2013	12-13 years	1 lap	2 km
Iniciados Category	2012/2011	14-15 years	2 laps	4 km
The age category is determined according to the calendar year, calculated as of 31 September (end of the season)				
Example: A child who is 8 years old but turns 9 before 31 September will be classified as Benjamins B Category				

The presence of an awarded is mandatory to the awards ceremony.

As the **7CUT Hike** is a non-competitive event, it will not be timed and no trophies will be awarded to the fastest participants.

All athletes who finish the event will receive a commemorative gift.

4.2 ETHICAL STANDARDS IN COMPETITION

All athletes must demonstrate exemplary behaviour and fair play towards everyone involved in the competition, including both opponents and members of the organization.

Athletes must refrain from using substances, pharmacological groups, or methods intended to artificially enhance their physical abilities. All participants are required to undergo any anti-doping control if requested to do so.

4.3 OFFICIAL COMMUNICATION CHANNELS

The following are considered the official information and communication channels of the event:

- Official event website – <https://7cut.cattt.pt/>;
- Email – 7cidadesulmatetrail@gmail.com;
- Facebook page – <https://www.facebook.com/7cidadesulmatetrail>.

Athletes must consult the official communication channels regularly to stay informed about updates or possible changes, as well as to check and/or confirm their registrations.

4.4 IMAGE RIGHTS AND ADVERTISING

The organizing entity holds the exclusive right to use all images of the event, including photographic, audiovisual, and journalistic materials.

Any advertising projects or promotional materials produced for publication must obtain prior authorization from the organization.

By registering, the athlete acknowledges and accepts the use of their image during the event. Otherwise, they must inform the organization via the official email address that they do not authorize the use of their image.

4.5 DATA PROTECTION

The personal data provided by athletes in the registration form will be recorded by the organizing entity exclusively for the purpose of processing the event and may be published, namely in the list of registered participants, news, and race results. All participants may exercise their right to access, rectify, or delete their personal data by sending an email to 7cidadesultimatetrail@gmail.com.

4.6 MISCELLANEOUS

Completing and submitting the registration form for the races implies that the athlete has read, understood, and unreservedly accepted the present regulations.

Any omissions or situations not covered by these regulations will be resolved by the Race Jury, and its decisions shall be final and not subject to appeal.

5. RACE MANAGEMENT

The race management is under the responsibility of Gonalo Raposo.

6. ACCEPTANCE OF THE REGULATIONS

By registering for the event, the athlete fully accepts the present regulations. The organisation reserves the right, for safety-related reasons, to postpone or cancel the race, as well as to modify these regulations.