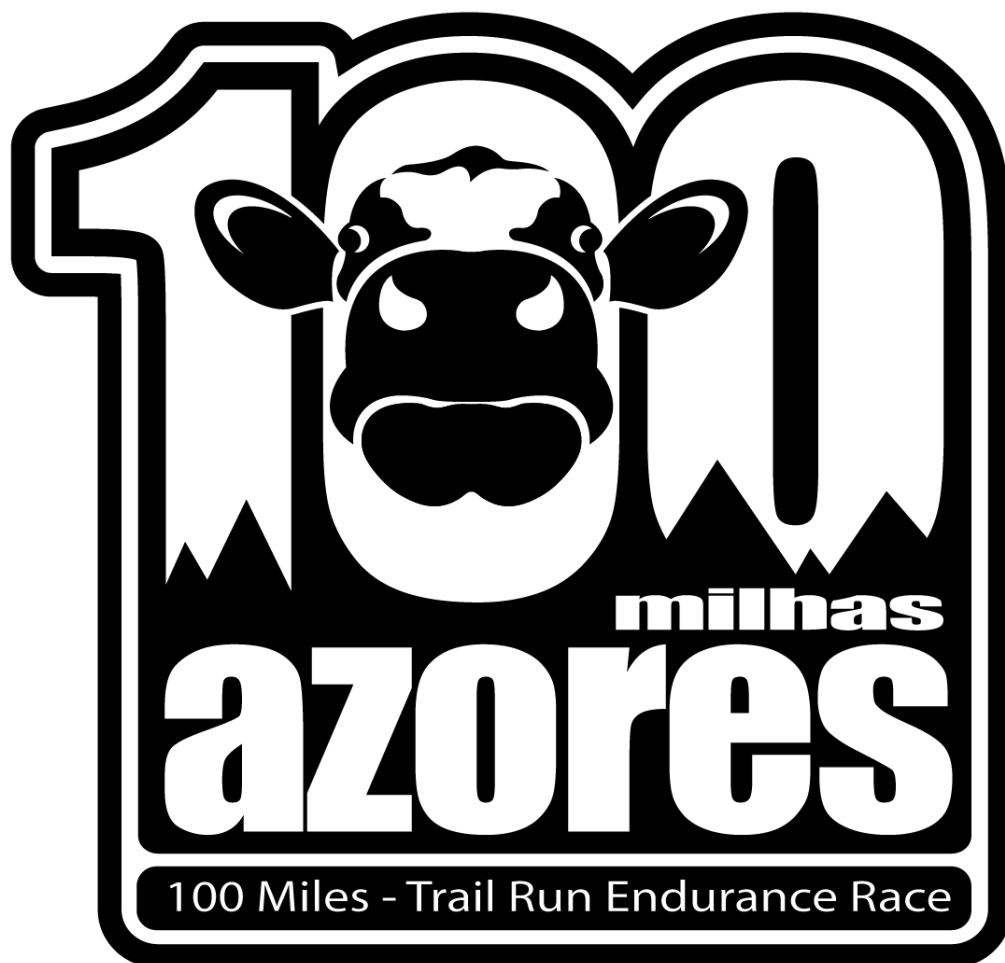

April, 07th to 10th - 2022
Água de Pau (Lagoa)
São Miguel - Azores – Portugal

Regulation

V6 07/07/2021



<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

INDEX

1. Conditions of participation

1.1. Characterization of the event

1.1. Minimum age required for participating in the events

1.2. Regularized registration

1.3. Physical conditions

1.4. External aid/personal assistance

1.5. Race Bibs

1.6. Sporting rules of conduct

2. The Event

2.1. Races/Organization

2.1.1 Organization

2.1.2 Event organizing Committee

2.1.3 The races

2.2. Program/timetable

2.3. Distance / altimetry / categorization ATRP / categorization ITRA

2.4. Route and navigation

2.5. Maximum authorised time

2.6. Timing system operation

2.7. Checkpoints and Supply Points (PAC)

2.8. Withdrawal

2.9. Mandatory equipment

2.10. Information about road traffic

2.11. Penalties/disqualification

2.12. Responsibilities to the athlete/participant

2.13. Sports insurance

2.14. Life Bases

2.15. Athletes bag

3. Registrations

3.1. Registration process (webpage, payment)

3.2. Fees and periods of registration

3.3. Change of race, registration transfer and registration refund conditions

3.5. Secretariat of the event (Check-In)/time and location

3.6. Services provided

3.6.1 – Services included in the registration fee

4. Categories and awards

4.1 - Awards:

4.2. Categories

4.3. Deadline for complaints about the classifications

5. Notes and changes

5.1. Life Base Bags

5.1. Image and Advertising Rights

5.2. Data protection

5.3 Modifications

6. COVID-19

1. Conditions of participation

1.1. Characterization of the event

The Azores100Milhas (Azores100Miles) is a Trail Running event that takes place at São Miguel island – Azores. Departure and arrival at Vila de Água de Pau (in different locations). The event will take place between the 7th and 10th of April 2022.

It can be done in individual format - **AZ100M_Solo** - and by teams (relay) - **AZ100M_Relay** -. The course of the race is circular starting and ending at the same village, not the same local (Água de Pau – Lagoa county).

In AZ100M_R the teams are made up of 3 elements and the changes of athletes can be made only in the .Check and supply points (PACs), except PAC7.

1.1. Minimum age required for participating in the events

To participate in the event athletes must be over 18 years old by the day of the event.

1.2. Regularized registration

The registration in Azores100Milhas implies understanding and accepting unreservedly the rules and regulations of the event.

Participants must print and fill out the “Term of Responsibility” and handing it in at the check in desks. The document is available on the website of the event.

Registrations are only possible through the official website of the event (<https://azores100milhas.cattt.pt/>). Payment is made online; no receipt is necessary.

The list of the people registered may be consulted at our official website or at our registration enterprise (<https://stopandgo.com.pt/>).

1.3. Physical conditions

Participants must be aware of the distance and of the particularities of the race in which they will participate. This is a mountain race, with numerous passages in high altitude and difficult weather conditions (night, wind, cold, rain or fog), that needs a very good training, adapted equipment and personal autonomy capacity.

Each participant will have to draw from their strengths and push their mental and physical limits in order to cross the finishing line.

Runners will have to put up with fatigue, to overcome not only their fears and anxieties, but also usual physical problems. Some participants, having pushed their limits to the extreme, may have to deal with sickness, muscle and joint pains, injuries and other medical matters.

Runners should submit to a complete medical tests to certify their ability to participate in the race. Any occurring situation that compromises runner's health can result in the exclusion from the competition.

Be aware that it is not the organization's responsibility to help an athlete to overcome these problems and that this depends mainly on his ability to adapt to problems arising out of this type of event.

It is essential to drink from all supplies and eat properly. Stay on the track. Preserve the flora and avoid disturbing the fauna. Do not leave garbage or other traces of passage. Do not fire. Be friendly to the people you meet on site. In view of the imperative need to preserve a natural heritage of enormous wealth, we want that, in full communion with nature, enjoy it, respecting and protecting it.

1.4. External aid/personal assistance

External assistance is permitted at any point on the route. Participants are advised to have some money with them to face any contingency during the race.

Athletes are allowed to have a pacer (1) from PAC6 – Maia and until the end. At check in, each athlete is entitled to a pacer bib. Pacer can assist the athlete, cannot carry their material or give their own, must arrive at the PACs behind the athlete and leave with him.

1.5. Race Bibs

The race bib is personal. It must be worn on the chest or waist area and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot, for any reason, be fixed onto the back, a leg, or the bag. The name and logo of the sponsors must neither be modified, nor hidden.

Breaking these rules will lead to penalization according to the article 2.11

1.6. Sporting rules of conduct

Azores100Milhas is an event that promotes and privileges, above all, fair play.

Every athlete is obliged to help anybody in danger or seriously injured and alerts the first control post or contact immediately the organization.

The organization reserves itself the right to exclude from the race, even before its start, any participant who, through his/her behaviour, compromises the management and/or the proper functioning of the event. The athlete will not be reimbursed.

Unsportsmanlike conduct will be penalized as stipulated in article 2.11. Sanctions will be based on the situation's seriousness.

Any other issue not mentioned in this document and brought up during the process of this event, will be carefully discussed and solved by the organization, that will provide the involved parts with, information through the official site (www.azores100milhas.cattt.pt/), email (azores100milhas@gmail.com) or facebook page.

2. The Event

2.1. Races/Organization

Azores100Milhas is certified by Internacional Trail Run Association (ITRA) and Associação Trail Running Portugal (ATRP) (in the process of certification). In 2022 it will take place in April,

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

between 07 and 10, in the island of São Miguel - Azores. The race crosses the Lagoa, Vila Franca do Campo, Nordeste, Ribeira Grande and Povoação counties.

The name “Azores100Milhas” is a registered trademark.

2.1.1 Organization

Azores100Milhas is a “Clube Açoriano de Triatlo Trail e Turismo” (CATTT) organization, and it will be technically supported by “Morcegos Trail Clube” in absolute harmony with nature.

2.1.2 Event organizing Committee

The Race director is Mr. Luís Onça.

2.1.3 The races

Azores 100 Milhas

The departure will be given at 09h00, on April, 08, 2022 (Friday) at Caloura Port – Vila de Água de Pau – Lagoa county, with the finish line at the Escola Básica Integrada de Água de Pau (Basic School).

The race format is circular and non-stop.

Azores 100 Milhas Relay

The match will be simultaneous with Azores 100 Miles. The team consists of 3 athletes. The exchange of athletes will be carried out only in the PAC (with the exception of PAC7 Lombadas, where there can be no exchange) and informed the PAC chief.

The registered athlete must carry the GPS tracking location device at all times.

At a certain point in the course, more than 1 element may be in the race, but for classification purposes the athlete defined in the previous PAC counts.

The team is responsible for their own transport between PACs.

Of the 7 courses between PACS each athlete will have to do at least 2 courses between PACs.

2.2. Program/timetable

The program and timetable can be consulted on race book or at the official site of this event - <http://www.azores100milhas.cattt.pt/>

Due to external reasons, schedules and locations may have to be changed.

2.3. Distance / altimetry / categorization ATRP / categorization ITRA

Distance	Slope (D+)	Time limit	Categorization ATRP	ITRA/UTMB
167.7 Km	9060	48h	Trail Ultra Endurance XL	6 points

ATRP – Association Trail Running Portugal/ITRA – International Trail Running Association/UTMB – Ultra Trail du Mont Blanc

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

2.4. Route and navigation

The routes of Azores 100 Milhas are mostly composed of paths, trails, footpaths, paved forest roads and small stretches of asphalt. Courses include public roads either on-road or off-road, go across farms and villages and use service roads that pass through private properties. Therefore, routes will not be closed to the race and participants must take into account the fact that there may be cars, people, electrified and non electrified wires, and animals moving in both directions on the trails.

Courses sometimes follow some roads and sometimes cross them perpendicularly. Participants must take precautions crossing those fields.

There will be locations on the paths that will have gates, electric fences and cattle limiting wires that participants will have to open and close or simply pass underneath or over them. Whenever a participant finds such an obstacle, it must be left the way it was found.

The Azores 100 Miles route will only be marked at turns or in places where orientation is difficult. It is mandatory to have a GPS to follow the track. GPX/KML file will be provided by the organization.

The organization will signal the route with signaling tapes with a reflective band (for better night vision), signs and marks on the pavement. It is imperative to follow the marked paths and GPS track without taking shortcuts.

2.5. Maximum authorised time

The time limit for finishing the event is 48 hours since departure. Time limits will be defined in the PACs. These times can be consulted on the official website of the event and the test book.

These time barriers are calculated to enable participants to reach the finish line in the maximum time imposed, while making possible stops (rest, meal...) **To be authorised to continue the event, runners must set off again from the control post before the fixed time limit** (whatever their arrival hour at the control post). Any competitor excluded from the race and wishing to continue his race can only do so at his own responsibility and in complete autonomy.

Any participant excluded from the race will not be allowed to continue. If this happens, competitors will be at their own responsibility will not have any kind of support by the organization committee.

Due to several reasons (meteorological and / or security), the organization reserves the right to cancel or suspend the event, as well as to change time limits and postponement of departure.

2.6. Timing system operation

An electronic time-tracking system will be used and each athlete / team will carry a GPS tracking device (tracker).

The start area will be delimited with metal barriers. Competitors must enter this area using the indicated entrance for checking. They must not enter the start zone without their chips checked.

At the starting area, there will be a clock that will begin the count at the established time, with or without the presence of the participants. Participants who are not present until 10 minutes after the departure time or that are beyond this period, won't be able to be in the race and, therefore, will not be classified.

The organization can choose to control times with antennas or rackets if the tracker is not effective.

2.7. Checkpoints and Supply Points (PAC)

Checkpoints (PC) are mandatory crossing points and are in locations outlined by the organization. In each of these controls will be a organization responsible. Failure to control one or more control points will lead to disqualification of the athlete or team.

During the race there may be “surprise controls” in order to ensure full compliance with the route. Your position, obviously, will not be communicated by the organization.

The organization reserves the right to change, at any time, the route and the position of the PAC, without prior notice. In the event of severe adverse weather conditions, the race may be delayed by a maximum of two hours, after that period will be canceled. There will be no refund. During the race, in case of bad weather, and for safety reasons, the organization reserves the right to modify the time limits and, suspend, reduce, neutralize or stop the race. There will be no refund.

PACs will offer food and drink to participants. Each participant must make sure, when leaving each filling station, that they have the quantity of food and drink necessary to reach the next filling.

There will be first aid in the PAC. It is essential that athletes help any participant in danger and / or alert the nearest checkpoint and / or contact the organization.

There are 2 types of PAC: Life Bases (BV) or Simple Supplies (PA). In BV the athlete has access to his athlete's bag and there will be reinforced food and drinks. PAs are simple with light foods such as bars, fruit and liquids.

2.8. Withdrawal

Triggering a rescue action to an athlete with an inability to continue in a remote and difficult-to-reach location can put at risk both the athlete concerned, other athletes who can help him, as well as search and rescue elements, in addition reduce the organization's ability to intervene in other points of the race.

Withdrawals must be made in the PAC. The athlete must have the capacity and discernment to assess his physical condition in order to reach the next PAC, under penalty of compromising his health and that of others.

In the event of an accident or injury in which the participant is immobilized and cannot reach a checkpoint, he / she must activate the regrowth operation by contacting the organization through the number on the bib.

Athletes must abide by the decisions of specialized medical personnel, disobedience to medical orders may be putting their lives at risk, so the organization reserves the right to force the athlete to abandon the race.

If the athlete does not have the means to do so, the organization will provide transportation to the Finish, which may have some delay.

2.9. Mandatory equipment

In order to participate in these events, a set of obligatory equipment is required. At any time during the race, the director of the race or individuals responsible for the control posts have the right to check competitors' material. The participant will have to accept these inspections peacefully,

without question, under penalty of being excluded from the race, according to the list of penalties in article 2.11.

Mandatory equipment	Az100M_S	Az100M_R
Race bib visible during the entire race	X	X
Backpack or similar equipment	X	X
Deposit of liquids with, up to 1 liter, of minimum capacity.	X	X
Survival blanket	X	X
Elastic band or bandage	X	X
Waterproof jacket	X	X
Operational phone (with credit and enough battery	X	X
Food reserve	X	X
Whistle	X	X
Personal portable cup (the organization will not supply cups)	X	X
2 Flashlights/Headlamps, with replacement batteries	X	X
Flashlights/Headlamp, with replacement batteries		X
Red tail light (flasher) during the night	X	X

Other recommended material (optional)
Walking poles; Long running trousers which cover the knees completely; Cap (Buff); Change of clothing; Sun cream; Cash amount (to deal with any complications), medicines, gloves.

For safety reasons, it is recommended that participants check their equipment, in order to make sure it is in perfect conditions for the race.

2.10. Information about road traffic

Since road traffic will not be closed for the event, participants must comply with the traffic regulations in cities and public roads, as well as respect agricultural areas and private houses, under penalty of having to assume potential damages and damages resulting from their failure to comply with this rules.

2.11. Penalties/disqualification

Race officers and those in charge of different control and supply points are authorised to uphold regulations and to immediately impose a penalty.

Breach of Rules	SANCTION
Not assisting a person in difficulty	Disqualification
Abandoning the race without notifying the organization	Disqualification
Sharing the race bib with someone else	Disqualification and eradication of future events
Short-cutting the route	Disqualification and eradication of future events
Using unauthorized transportation (ride)	Disqualification and eradication of future events
Serious miss respect towards the organization or other participant (assault or insult)	Disqualification
Removal of signs marking the route	Disqualification and eradication of future events

Breach of Rules	SANCTION
Doping	Disqualification and eradication of future events
Disobeying safety measures indicated by the organization and associated entities	Disqualification
Refusal to submit to medical examinations/evaluations	Disqualification
Lacking obligatory safety material and/or refusing showing it when requested by the organization	Disqualification
Exceeding the time limit at check points with a time barrier	Disqualification
Not passing through a control point	Disqualification
Losing the control chip and/or of the tag on the backpack or similar	Disqualification
Asking for help without substantiated need	Disqualification
Making animals accompany a participant	Disqualification
Throwing away rubbish	1 hour penalty
Use of paths other than those indicated for the race as long as they do not represent intentional shortcuts	1 hour penalty (1st warning); Disqualification (2nd warning)
Modifying, bend or hide the advertising materials	1 hour penalty
Change teammate in an unauthorized location	Disqualification

2.12. Responsibilities to the athlete/participant

Registered participants accept to participate voluntarily and under their own responsibility in the competition. Therefore they agree not to claim or require the organization, employees, officials, sponsors and other participants of any responsibility to them and their heirs, in everything that exceeds the coverage of their responsibilities.

2.13. Sports insurance

For the time of the event, the organizer subscribes an insurance that covers individual accidents and civil responsibility for the participants, according to Portuguese law Dec Lei 10/2009.

Athletes can consult the insurance conditions at the race book.

Death

Permanent disability

Treatment and Repatriation Expenses

Funeral Expenses

Insurance franchise

In case of accident, the participant must, firstly, contact the organization, which will provide transportation to the most appropriate medical institution, along with the insurance claim form with the respective policy number, stamped and signed by the organization (insurance holder). Sometimes, in view of the urgency/severity of some accidents, it becomes impossible to conclude the process of the insurance claim form. In those circumstances, the participation of the sinister can be made after first aid is completed.

Any document related to an expense whose insurance claim was already participated, will be paid in advance by the respective victim and its originals sent to the insurer for later reimbursement, if applicable.

In case of accident, the participant must contact organization within 24 hours, prior the race finish. The organization will not assume expense claims of which it did not become aware in a timely manner to activate the insurance.

2.14. Life Bases

Life Bases are considered PACs where athletes have access to the athlete's bag, hot meal, assorted beverages. In the race book features of each Base Life will be indicated.

2.15. Athlete's Bag

Each Az100M athlete can deliver, before departure, 1 athlete bag (not supplied by the organization) properly labeled (provided by the organization). This service will only be available for the Az100M race. The athlete's bag will be available on the marked 4 Life Bases (Furnas, Madeira Velha, Achada e Maia) and at finish.

It is not allowed to place poles in the bag, so any participant who starts the competition with them will have to transport them to the finish line.

The organization does not assume any responsibility for the content of the bag.

3. Registrations

3.1. Registration process (webpage, payment)

Only Registrations on the website <http://www.azores100milhas.cattt.pt> are valid.

Each participant must correctly fill the registration form and pay the corresponding value within the time limit set, being the participant responsible for the accuracy of his data.

When registering, the participant has the option to activate the "Return Fee" (10€ for all races). This option allows the full refund of the registration fee if, for some reason, you cannot be at the race. No additional questions will be asked.

The organization is not responsible in the case of eventual liability refusals by the insurance company due to incorrect information introduced on the registration form by the participant.

Means of payment available are: MB (only for Portuguese citizens), Bank Transfer (foreigner and Portuguese athletes), and Credit Card (foreigner athletes).

It is not necessary to send the proof of payment.

After confirmation of payment, the name of the athlete will appear on the entry list.

Entries from athletes who are punished by their respective federations due to sanctions imposed in the wake of anti-doping controls will not be accepted.

The payment of the registration fee involves a reservation.

Any further clarification should be requested by email to geral@stopandgo.com.pt

3.2. Fees and periods of registration

The registration period will take place between September 01st to March 25th, 2022.

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

Registration fees are as follows:

Races	01/09/2021 31/12/2021	01/01/2022 28/02/2022	01/03/2022 25/03/2022
Az100M_Solo	110€	130€	150€
Az100M_Relay (each athlete)	50€	60€	70€

For the Az100M_Relay event, athletes must register individually. The first athlete to register will have to "Create Team" and the other members will register for that team. When 3 athletes register, the team is closed automatically.

3.3. Change of race, registration transfer and registration refund conditions

After february 28th, 2021, changes are not permitted.

If the change is for a race with a higher registration fee, the change will be subject to the payment of the difference in values at the date of the change. If the change is to a race with a lower registration fee, there will be no refund of the difference.

A refund or the transfer of the registration to another person can be requested when a participant has a proven impediment to be in the race, if it is associated with an accident or a disease diagnosed after registering for the race.

Cancellation or transfer of the registration must be requested by email to geral@stopandgo.com.pt, using the same email used in the registration form. This request must be accompanied by the medical certificate stating the impediment.

Cancellations will not be accepted by phone.

The amounts reimbursed to participants that meet the above conditions, will vary according to the date on which the refund is requested.

The organization will not 'freeze' registrations for future events.

The reimbursement of fees paid will be made only under special conditions.

After the end of the payment period and the end of registration, the athlete has up to 72 hours to make the payment.

If the event is cancelled for reasons beyond the control of the organization before the deadline of registration, participants will be entitled to reimbursement at a certain percentage calculated by the organization to cover expenses supported on the event.

3.5. Secretariat of the event (Check-In)/time and location

The event secretariat will be at Sport Center Escola Básica Integrada (Basic School) Água de Pau, and will be open for check-in during following hours:

Secretariat (Check-in)

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

April 07th, 2022		
17h00	Check in opening	EBI Água de Pau
19h00	Check in closing	EBI Água de Pau
April 08th, 2022		
06h30	Check in opening	EBI Água de Pau
08h00	Check in closing	EBI Água de Pau

For Check-In, participants must present the following documents/material:

- Identification card or passport.
- Term of responsibility (in paper form, completed and signed by the participant).

Check in must be done exclusively by the athlete.

3.6. Services provided

3.6.1 – Services included in the registration fee

Custom race bib with integrated chip or similar.

GPS tracking device.

Official souvenir of the event.

Organization will provide a race book of the event that will be made available only online and 15 days prior the event. The guide includes practical information, such as: route, slopes, time barriers, check, supply points, and other information.

Finishers award.

Solid and liquid supplies, while in competition at PAC.

First Aid and Medical Assistance, in the posts marked as such and at finish line.

Transport to the finish line, in case of retirement or being stopped by the organization from continuing on the race.

A soft meal at the finish line.

Shower.

Classification trophy, if applicable.

Hard Ground at EBI Água de Pau, April 08 and 09 nights.

4. Categories and awards

Trophy ceremony will take place on Sunday, April 10th, 10h00 at Sport Center Escola Básica Integrada (Basic School) Água de Pau

4.1 - Awards:

The winner will be the competitors who has the lowest time at the end of the race, added the penalties, if any. Only those participants who pass through all check points and cut the finish line within the stipulated time shall be classified.

There will be no prize money.

In order to receive the prize, the athlete must be present at the award ceremony. Except for exceptions.

The organization will not send trophies, prizes for arrival, or any other elements by postal mail or any other means of distribution.

For each race there will be an individual female and male classification, a classification by category, and a team classification, as follows:

Az100M_Solo	Masculino	Feminino
General	Trophies for the first 3	Trophies for the first 3
Categories	Trophies for the first 3	Trophies for the first 3
Team	Trophies for the first 3	

Az100M_Solo	Masculino	Feminino	Mista
General	Troféu 3 primeiros	Troféu 3 primeiros	Troféu 3 primeiros

4.2. Categories

The categories will be set automatically according to the data provided by the participants at the time of registration, and with reference to their age on the 31st of October 2022 (end of the ATRP season and without prejudice to Article 1.1).

For the team classification, a team must have, at least, 3 finisher athletes.

Seniors M/F – between 18 and 29 years old

Vet. M30/F30 – between 30 and 39 years old

Vet. M40/F40 – between 40 and 49 years old

Vet. M50/F50 – over 50 years old

4.3. Deadline for complaints about the classifications

Any and all claims must be placed in writing and forwarded to the Race Director, with a deposit of € 50,00 (non-refundable if the complaint is rejected) until two hours after the arrival of the participant in question. The complaint must include the name of the complainant, their

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

Identification card or Passport number, name(s) of participant(s) affected, race bib number(s) and alleged motives. Provisional classifications can also be the target of a complaint, up to 30 minutes after their publication.

The jury, which will consider the complaint, is composed of the Race Director, presiding, by the President or Vice-President of the organizing club and by a person of recognized merit in Trail Running.

The jury shall decide on the complaints before posting the official results.

Participants will have a 24 hours deadline (after the deadline to finish your run) for the submission of complaints about the classifications.

Classifications will be sent off to the Internacional Trail Run Association (ITRA) within the valid period of 72 hours after the deadline for complaints.

5. Notes and changes

5.1. Image and Advertising Rights

The organization reserves the exclusive right of exploitation of image, photo, journalistic and audio-visual materials of the event. Any design or advertising media produced for publication must obtain the prior consent of the organization.

By registered in the event, athletes authorize the use of photos and videos in the race.

There will be an accreditation process for journalists, photographers and videographers, giving them access to restricted locations. This accreditation must be done on the official mail of the event - azores100milhas@gmail.com

It is obligatory the use of the advertising material provided by the organization, (race bib, stickers, etc.). Modifying, bending or hiding the advertising material will be subject to penalty.

5.2. Data protection

The data of the participants listed on the registration form shall be registered by the organization for the purposes of the event in particular processing of insurance, registration lists, news and standings. All participants may exercise their right of access, rectification or cancellation of their personal data by sending to the official mail of the event - azores100milhas@gmail.com

In the case of a participant being associated with ATRP – Trail Running Association of Portugal, the registration process requires the permission that his data be transmitted for the purpose of drawing up the standings, statistics and event evaluation, procedures which will be carried out by that Association.

5.3 Modifications

These rules can be edited, changed or improved by the organization at any time, without notice. The fact that you perform your registration implies acceptance of these regulations.

6. COVID-19

Due to the global pandemic situation of the Covid-19 outbreak, the organization will have to adapt the event. These measures will be transmitted to the participants in a timely manner and should

<http://www.azores100milhas.cattt.pt/>
azores100milhas@gmail.com

focus on the secretariat, post-race meal, delivery of prizes, baths, Mass Start, PACs and transporte of athletes.

If the race is canceled for reasons related to the pandemic, athletes will be reimbursed for the registration fee, minus the expenses inherent in the registration process and transfer of payments.