

2023 *SANTO ANTÃO*
TRIANGLE TRAIL

The Santo Antão Triangle Trail (SATT) will take place on September 23, 24 and 25, 2023.

Previous note

By registering in the Santo Antão Triangle Trail (SATT) the participant declares to have knowledge and fully agree with all the conditions of this Regulation.

The organization may, in case of extraordinary events/situations, suspend and/or cancel any of the activities, classifications, or the entire event.

1. Conditions of Participation:

- 1.1. **Age** - participation in Short Trail and Long Trail races/activities must occur, obligatorily, according to the legal ages in force. Participants with ages between 16 and 17 (juniors), can only compete in the races whose distance does not exceed 15 km. Participants aged 18 and 19 (juniors) may only take part in races whose distance does not exceed 25 km. In the walk, a non-competitive activity, children and minors are allowed to participate, provided they are accompanied by their guardian or with written authorization.
- 1.2. **Regularized Registration** - To participate in the event, the participant must have his/her registration duly regularized by the established deadlines and accept all the rules contained in these Regulations.
- 1.3. **Dorsal/kit pick up** - identification, proof of registration and/or payment, and a statement of responsibility will be required to deliver the dorsal.
- 1.4. **Physical conditions** - Participants must, at the time of their participation in the event, be in the appropriate physical condition for the characteristics and demands of the extremely tough activity(s), in which several factors are combined, namely high mileage, extremely technical and mountainous terrain and large gradients. During the courses, participants may be exposed to adverse weather situations such as heat, cold, strong wind, dense fog and heavy rain. It is suggested that the participant has the mental and physical conditions to make a self-management of effort, appropriate to the situations they may face, bearing in mind that it may not be possible to get immediate help/rescue in case of injury or incident. It is also suggested that participants know how to act in case of minor.
- 1.5. **Dorsal** - The participant number is personal and non-transferable and must be placed on the front of the t-shirt in a visible way, and it is not allowed to cover or fold any graphic element of it. The chip is placed in the dorsal. In case of withdrawal, disqualification or time barring, the athlete is obliged to deliver the dorsal to the organization, without prejudice to its return at the end of the race (at the finish line or secretariat).
- 1.6. **Sporting conduct** - All participants, whether organizers and/or collaborators, accept and expressly agree that during the event they must conduct themselves in a fair-play manner, consistent with the ethic of challenge, mutual aid and respect for others, as well as the preservation of the natural environment in which the activities take place, seeking to reduce as much as possible the environmental footprint. The act of registration implies full acceptance of these rules (adapted from the IAAF rules adapted to Trail Running), of the decisions of the Jury, which are sovereign and on which there is no appeal.

2. The Event

O SATT is a sport/tourism event of leisure and adventure, punctuating for the Cabo Verde Trail Series circuit. The FVT is organized by [IDJ CV](#) and [ITCV](#), with the sponsorship of [CV Move!](#), [Caixa Económica](#), [Enapor](#), [NAVEX](#), [ASA](#), [Cabo Verde Airlines](#), [Direção Nacional do Ambiente](#), [PNUD](#),

with support from [FCA](#), da [Emicela CV](#) and the High Sponsorship of [Governo de Cabo Verde](#).

2.1 Program

It will take place between September 23rd, 24th and 25th in the Municipalities of Ribeira Grande, Paul and Porto Novo, in Santo Antão, according to the following schedule:

September 23rd - Paul Stage

- Trail Run with a distance of 11km with 1 climbing sector of 8.6km 1484mD+
- KIDS TRAIL
- WALKING
- TRAIL JOVEM

September 24th | Stage Ribeira das Patas - Porto Novo

- Trail Run with a distance of 16km with 2 climbing sectors:
 - 1st uphill between km 4 and 8 with 4km and 533m D+ (uphill to the north plateau)
 - 2nd downhill between km 11,7 and 15,8 with 4,1km and 759m D-
- KIDS TRAIL
- WALKING
- TRAIL JOVEM

September 25th - Ribeira Grande (Ponta do Sol) Stage

- Trail race with a distance of 39km (1)
- KIDS TRAIL
- WALKING
- TRAIL JOVEM

(1) All races score for CVTS.

Outside Help: NOT ALLOWED.

3. Routes / Altimetry / Supplies

All distances are approximate and may differ from the data shown on the participants' devices.

4. Limit Times: limite

Races up to 20km and Walks	Races over 20 km
4h time limit	7h time limit

4.1 Time control

The time control of the participants will be made by chip placed in the dorsal and visual control in the passages in the Support/Control/Supply Posts (PACA). (PACA).

5. Material

Material other activities (RECOMMENDED)

- Water backpack or bottle holder with a minimum capacity of 1 000 ml;
- Container for liquid consumption;
- Cell phone with charged battery;
- Thermal blanket;
- It is recommended to wear a hat.

6. Penalties / Disqualification

Disqualification	Penalties
Do not complete the entire route	Not carrying your dorsal clearly visible (Penalty up to 10min.)
Determine or pollute the environment	Do not follow the signaled route (1h penalty)
Ignores the Organization's instructions	Loss of dorsal (will be penalized by 30min.)
Behaves in an unsportsmanlike manner	
Failure to comply with the time limits	

7. Registration

The registration process is personal and non-transferable and will be accepted on a first-come, first-served basis. Registrations will only be accepted on the [stopandgo](#). By registering, participants accept these Rules, and in case of doubt, or if a situation arises that is not covered in these Rules, they should consult the Organization.

7.1 Values and Deadlines

Entries will automatically be sold out when the maximum capacity for the course/stage is reached. Registration will close at 10am on September 22, 2023.

ATIVIDADE	30/ago		Após 30/08/2023	
EXTREME 3X TRAIL	75,00 €	8 269,20 ECV	100,00 €	11 025,60 ECV
3 X TRAIL JOVEM	GRATUITO			
SMALL ADVENTURE 3 X CAMINHADA	30,00 €	30,00 ECV	50,00 €	30,00 ECV
CAMINHADA PAUL	15,00 €	1 653,84 ECV	25,00 €	2 756,40 ECV
CAMINHADA PORTO NOVO	15,00 €	1 653,84 ECV	25,00 €	2 756,40 ECV
CAMINHADA RIBEIRA GRANDE	15,00 €	1 653,84 ECV	25,00 €	2 756,40 ECV
TRAIL PAUL	30,00 €	3 307,68 ECV	45,00 €	4 961,52 ECV
TRAIL PORTO NOVO	30,00 €	3 307,68 ECV	45,00 €	4 961,52 ECV
TRAIL RIBEIRA GRANDE	30,00 €	3 307,68 ECV	45,00 €	4 961,52 ECV
TRAIL JOVEM	0,00 €			
KIDS TRAIL				

NOTES: For athletes who are residents of Cape Verde and are registered with the Cape Verdean Athletics Federation, registration may be free of charge.

7.2 Refund conditions

There will be no refund of the registration payment, except if the race is previously cancelled for reasons attributable to the Organization. Entries are personal and non-transferable. Until September 23 the Organization allows the transfer of registration data to another competitor if requested by the competitor with confirmed registration. In case there are vacancies available, will also allow the change of race.

7.3 Itens incluídos na inscrição

- Participation in activities
- Personal accident insurance
- Event T-shirt
- Solid and liquid supplies
- Identification Tags

- Dorsal
- Finisher Awardsfinisher

8. Ratings

In the Trail distances/competitive activities, there will be classification of all participants who complete the courses in a validated way.

General classification, there will be prizes (trophies and financial awards) for the first three overall classified in the male and female classes. The attribution of the general classification results from the sum of the time made by each athlete in each of the stages, being mandatory to participate and complete the three stages to be classified in the modality. There will be no prizes or classification for the Walk.

9. Prizes

		SANTO ANTÃO TRIANGLE TRAIL									
		PAUL (SERIE 100)		PORTO NOVO (SERIE 100)		RIBEIRA GRANDE (SERIE 200)		GERAL			
		FEM	MAS	FEM	MAS	FEM	MAS	FEM	MAS		
TRAIL	1 LUGAR	100,00 €	100,00 €	100,00 €	100,00 €	100,00 €	100,00 €	150,00 €	150,00 €		
	2 LUGAR	75,00 €	75,00 €	75,00 €	75,00 €	75,00 €	75,00 €	125,00 €	125,00 €		
	3 LUGAR	60,00 €	60,00 €	60,00 €	60,00 €	60,00 €	60,00 €	100,00 €	100,00 €		
	4 LUGAR	50,00 €	50,00 €	50,00 €	50,00 €	50,00 €	50,00 €	75,00 €	75,00 €		
	5 LUGAR	30,00 €	30,00 €	30,00 €	30,00 €	30,00 €	30,00 €	50,00 €	50,00 €		
UPHILL	1 LUGAR	50,00 €	50,00 €	50,00 €	50,00 €	NA		NA	NA		
	2 LUGAR	40,00 €	40,00 €	40,00 €	40,00 €			NA	NA		
	3 LUGAR	30,00 €	30,00 €	30,00 €	30,00 €			NA	NA		
DOWNHILL	1 LUGAR	NA		50,00 €	50,00 €	NA		NA	NA		
	2 LUGAR			40,00 €	40,00 €			NA	NA		
	3 LUGAR			25,00 €	25,00 €			NA	NA		
TROFÉU JOVEM	1 LUGAR	TROFÉUS						NA	NA		
	2 LUGAR							NA	NA		
	3 LUGAR							NA	NA		

Prizes will be awarded at the time and place that will be announced in due course. Prizes will be paid by the Cape Verdean Athletics Federation or the Regional Athletics Association of Santo Antão, by bank transfer, within 90 days after the end of the event.

10. Dados pessoais

In Totum Lda, the Institute of Sports and Youth of Santo Antão and its partners in the event, reserve the right to use the database with elements filled by the participants in their promotional activities. It is granted to the participant / guardian the chance to not authorize the transfer of personal data collected at the time of registration, and should send an email to geral@intotum.pt, informing that does not give their data to the above mentioned entities.

11. Informations

- **How to arrive** - If you want solutions for Inter-island transportation, accommodation, ferry between São Vicente - Santo Antão - São Vicente and others, please contact Atlantur, the official operator of the Santo Antão Triangle Trail, by phone +238 2221991 or e-mail: sandra.pereira@atlantur.com.
- **About the event** - In case of doubt or need for further clarification, please contact the Organization through the e-mail: ruim Marques@intotum.pt.

12. Sports insurance

According to the legislation in place, it is not mandatory to have personal accident insurance for participation. However, the Organization encourages participants to acquire/subscribe to the insurance that they consider most appropriate to their case.

13. Dropouts

In case of abandonment the participant must choose to do it preferably in one of the PACA, communicating the abandonment to the elements of the Organization. If this is not possible, the

participant must contact the Organization. The dorsal must be presented to a member of the Organization, so that it can be destroyed.

14. Environmental Responsibility

The participant is solely responsible for transporting all natural (even if biodegradable), or non-natural wrappers and waste from gels, bars and/or others. He/she must deposit the waste in the nearest supply, or carry it to the finish line.

15. Image Rights

The Event Organization, respective sponsors and entities that collaborate with the Organization of this sporting event reserve the right to use freely in all countries and in all forms, images related to the participation of the athletes, as well as the results obtained by them. The race may be recorded on video and/or photographed by the Organization of the event and journalists for later use for publicity purposes. Participants who have any restrictions on the use of their image must notify the Organization in writing beforehand. Otherwise, they will automatically authorize its use at any time, without the right to receive financial compensation from the Organization.

16. Emergency support

The Organization will provide assistance services and medical help through the competent entities for this purpose in Cape Verde: Civil Protection, Ministry of Health and Fire Departments. We alert for the fact that some areas/points of the courses are of difficult access, existing the possibility of the assistance being delayed.

17. Complaints and omissions

Complaints and cases not covered by these regulations will be evaluated and decided upon by the event director. In the case of sports-related situations, they may be forwarded to the technical coordinator.

18. Partners and Sponsors

SATT is a sport/tourism leisure and adventure event in a trekking/ trail circuit format, registered with the ITRA (International Trail Run Association), and eligible for the UTMB. SATT is organized by In Totum and [IDJ CV](#) and [ITCV](#), with the sponsorship of [CV Move!](#), [Caixa Económica](#), [Enapor](#), [NAVEX](#), [ASA](#), [Cabo Verde Airlines](#), [Direção Nacional do Ambiente](#), [PNUD](#), with support from [FCA](#), [Emicela CV](#) and the High Sponsorship of the [Governo de Cabo Verde](#).

19. Marking

All routes will be signaled with tapes, arrows, guidelines and horizontal markings. The Organization may request the delivery of the registration file of the activity. Failure to deliver the information will result in disqualification of the participant.

20. Final Provisions

- a) The Organization reserves the right to change the Regulation in benefit of the good functioning of the event, being the participants advised of any changes, through publications on the site/page of the [Facebook](#), [Instagram](#) or on the day of the event.
- b) For safety reasons, the Organization reserves the right to modify the routes and/or distances, or even cancel the event. During the event, the refueling stations will be the privileged information stations to communicate to the competitors the technical decisions concerning the event.
- c) The Organization has no responsibility for services and/or products marketed by other entities, namely accommodation, flights, transport and other items that are not identified in this document.
- d) All omitted cases will be solved by the Organization. There will be no appeal from its decisions.