

2023

TRAIL

D' SANTIAGO

Trail d'Santiago (TdS) 2023 will take place on December 8 and 9, on the island of Santiago.

Previous Note

By registering for the Trail d'Santiago 2023 (TS) the participant declares to be aware of 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. Participation Terms

- 1.1. **Age** - Participation in Short Trail and Long Trail races/activities must occur, necessarily, according to the legal ages in force. Participants aged 16 and 17 (juniors), can only compete in 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** – Will be made at the place and time to be indicated and upon presentation of identification and/or proof of registration and/or payment and a term of responsibility for delivery of 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 injuries, stomach ailments, among other normal situations arising from mountain activities.
- 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. **Sport 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, congruent 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 rules of "World Athletics" adapted to Trail Running through rule 57) and the decisions of the Jury of the event, which are sovereign and on which there is no appeal.

2. The Event

TdS 2023 is a sport/tourism event of leisure and adventure, punctuating for the Cabo Verde Trail Series circuit. The TdS 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 (provisional)

TdS will take place on December 8th and 9th on Santiago Island, according to the following program:

December 8th | 09h30 - National Stadium | **KIDS TRAIL**

December 9th | 09:30am - São Jorge dos Órgãos

- **08h00 – Long Trail**
- **09h00 – Short Trail**
- **09h05 – Walk and Youth Trophy**
- **18:00 – GALA CVTS**

The final program of activities will be posted in due course on the event's website, Facebook and Instagram.

2.2 Long Trail (Serie 150 CVTS)

The Long Trail starts and ends in São Jorge dos Órgãos. This race is punctuated for the CNTR Serie 150, being limited to 75 participants.

2.3 Short Trail (Serie 150 CVTS)

The Long Trail starts and ends in São Jorge dos Órgãos. This race is punctuated for the CNTR Serie 150, being limited to 100 participants.

2.4 Walk and Youth Trophy

The walk begins and ends in São Jorge dos Órgãos with an approximate distance of 7km, and is limited to 150 participants.

2.5 Kids Run

Limited to 300 participants and consists of complete courses of 200, 300, 400, 500 and 800 meters according to age groups. Note: Trail Kids (children aged 4 to 12 years)

3. Routes / Altimetry / Supplies

All distances are approximate and there may be divergences from the data shown on the participants' devices.

3.1 Long Trail > Scores for CVTSeries

26km | 1740m D+ (<https://tracedetrail.fr/fr/trace/trace/195738>)

3 gas stations: Longueira: 6km; Pico Leão: 12km; President's house 20 km

3.2 Short Curto > Scores for CVTSeries

17km | 1220m D- (<https://tracedetrail.fr/fr/trace/trace/195737>)

2 supplies: Longueira: 6km | President's house 11,4km

4. Limit Times:

Short Trail and Walk	Long Trail
4h time limit	5h time limit

4.1 Time control

The time control of the participants will be done by chip placed in the dorsal and by visual monitoring at the supply points.

5. RECOMMENDED Material

5.1 Long Trail, Short Trail and Walking material:

- 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 event is reached. Registration will close at 23:59 on November 30, 2023. The registration fees are:

ATIVIDADE	30/set		Após 30/09/2023	
TRAIL LONGO	50,00 €	5 500,00 ECV	75,00 €	8 250,00 ECV
TRAIL CURTO	40,00 €	4 400,00 ECV	60,00 €	6 600,00 ECV
CAMINHADA	25,00 €	2 750,00 ECV	35,00 €	3 850,00 ECV
TRAIL JOVEM	0,00 €			
KIDS TRAIL				

Note:

- In the case of athletes residing in Cape Verde and provided that they are registered with the Cape Verdean Athletics Federation, registration may be free of charge.
- Partners and sponsors of the event may eventually carry out promotional activities that include the offer of registration.

7.2 Refund of registration fee

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 December 3 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 Items included in the registration

- Participation in activities;
- Event T-shirt
- Solid and liquid supplies;
- Dorsal;
- Finisher award

8. Ratings

In the competitive distances/activities of Short Trail and Long Trail there will be classification of all participants who complete the courses in a validated way. With the general classification of the Short Trail and Long Trail, trophies will be awarded until the third place and financial prizes until the fifth place overall (male and female). There will be no prizes or classification for the Walk.

9. Categories and Prizes - General Classifications

In case of prizes, the amounts will be delivered by the Cape Verdean Athletics Federation or its designee, in cash or by bank transfer, within 90 days, or after delivery of the report by the National Anti-Doping Organization of Cape Verde (ONAD-CV).

		TRAIL D' SANTIAGO			
		MASCULINOS		FEMININOS	
TRAIL LONGO	1 LUGAR	200,00 €	22 051,20 ECV	200,00 €	22 051,20 ECV
	2 LUGAR	150,00 €	16 538,40 ECV	150,00 €	16 538,40 ECV
	3 LUGAR	125,00 €	13 782,00 ECV	125,00 €	13 782,00 ECV
	4 LUGAR	100,00 €	11 025,60 ECV	100,00 €	11 025,60 ECV
	5 LUGAR	75,00 €	8 269,20 ECV	75,00 €	8 269,20 ECV
TRAIL CURTO	1 LUGAR	125,00 €	13 782,00 ECV	125,00 €	13 782,00 ECV
	2 LUGAR	100,00 €	11 025,60 ECV	100,00 €	11 025,60 ECV
	3 LUGAR	75,00 €	8 269,20 ECV	75,00 €	8 269,20 ECV
	4 LUGAR	50,00 €	5 512,80 ECV	50,00 €	5 512,80 ECV
	5 LUGAR	40,00 €	4 410,24 ECV	40,00 €	4 410,24 ECV
TROFÉU JOVEM	1 LUGAR	TROFÉUS			
	2 LUGAR				
	3 LUGAR				

10. Personal data

In Totum Lda, the Institute of Sports and Youth and the event partners, 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 it does not disclose its data to the above mentioned entities.

11. Additional Information

For information regarding travel, accommodation, transport and others, we recommend that you contact the Qualitur agency, through the e-mail qualitursf@gmail.com.

About the event - In case of doubt or need for further clarification, please contact the Organization through the e-mail: rui.marques@intotum.pt.

12. Sports insurance

According to the legislation in force, personal accident insurance is not mandatory 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 withdrawal from the race, the participant must choose to do so preferably in one of the supply stations, mandatorily communicating the abandonment to the elements of the organization. If he is unable to do so, he must contact the organization. The dorsal must be delivered 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

TdS 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. TdS 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 marked with tapes, arrows, guidelines, and horizontal markings.

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.

All omitted cases will be solved by the Organization. There will be no appeal from its decisions.