



Regulations Engadin Ultra Trail 2024

Association Trail Sport Samedan

OK Engadin Ultra Trail

Promulins Arena

CH-7503 Samedan

1. GENERAL INFORMATIONS	3
2. RACE INFORMATION	3
2.1. Routes	3
2.2. Start times	3
2.3. Alternative routes	4
2.4. Short term changes	4
2.5. Course marking	4
3. PARTICIPATION REQUIREMENTS	4
3.1. Scoring system	4
3.2. Minimum age	4
3.3. Participation requirements	5
3.4. Partial autonomy	5
4. SCORING CATEGORIES	5
EUT102	5
EUT53	6
ET23	6
ET16	6
5. REGISTRATION	6
5.1. Registration fee	6
5.2. Limited number of participants	8
5.3. Change or cancellation of participation	8
5.3.1. Change of route selection/change of participants	8
5.3.2. Cancellation of the registration	8
5.3.3. Insurance	8
5.3.4. Cancellation of the race	9
5.3.5 Covid-19 regulation	9
5.4. Benefits	9
6. EQUIPMENT	9
6.1. Equipment/ Compulsory material	9
6.2. Sticks	10

6.3. Luggage	10
7. RACE RULES	11
7.1. Timing	11
7.2. Wearing the timing chip	11
7.3. Wearing the live tracker	11
7.4. Wearing the start number	11
7.5. Conduct on the course	11
7.6. Abandonment or disqualification	12
7.7. Fight against doping	12
7.8. Penalties	12
7.8.1. General	12
7.8.2. Consequences	13
7.9. Complaint	13
8. RESULTS AND PRIZE-GIVING	14
8.1. Results	14
8.2. Award Ceremonies	14
9. ORGANIZATION AND RACE COMMITTEE	14
9.1. Organisation	14
9.2. Race Committee	15
9.2.1. Composition	15
9.2.2. Competences	15
10. SUSTAINABILITY	15
11. LIABILITY AND INSURANCE	15
12. LEGAL REGULATIONS	16

1. GENERAL INFORMATIONS

The Engadin Ultra Trail is an annual trail running event in the Upper Engadine, which will take place for the fourth time in this form in 2024.

The sponsorship for the Engadin Ultra Trail 2024 is the Trail Sport Samedan association Samedan based in Samedan.

For the sake of simplicity and reader-friendliness, the masculine form is used in these regulations. Female participants are included.

By registering for the Engadin Ultra Trail, the participant unconditionally accepts these regulations and the ethics of the race and releases the organization from any responsibility or liability.

The organizers reserve the right to make changes to the regulations at any time.

2. RACE INFORMATION

At the Engadin Ultra Trail 2024, runners can choose from four different course variants.

The detailed plans and profiles of the different routes are available on the website www.engadinultratrail.ch.

The distances have been measured as accurately as possible. Nevertheless, it is possible that running watches show small differences in distance or altitude meters. Since running watches normally have a tolerance limit of up to 5%, in the case of the EUT53 this can be up to 2 km.

2.1. Routes

Route	EUT102	EUT53	ET23	ET16
Altitude difference	+5677m / -5677m	+2639m / -2603m	+1064m / -1051m	+789m / -789m
Start	Samedan	Zuoz	La Punt Chamues-ch	Samedan
Finish	Samedan	Samedan	Samedan	Samedan
ITRA / UTMB	5 Points	3 Points	1 Point	

Points will be awarded only to finishers of the respective original courses.

2.2. Start times

EUT102	July 19, 2024	11.00 p.m
EUT53	July 20, 2024	08.00 a.m
ET23	July 20, 2024	11.11 a.m
ET16	July 20, 2024	01.00 p.m

2.3. Alternative routes

Should the race not be possible on the planned routes due to weather conditions, alternative routes will be offered.

2.4. Short term changes

In case of bad weather and for safety reasons, the organizer reserves the right to cancel the race in progress, to adjust the routes and/or the checkpoints and to change the time limit. All decisions in this regard will be made by the Race Committee.

2.5. Course marking

The routes are marked with fluorescent flutter tapes, arrows and marking spray.

Information about the marking of the race courses of the Engadin Ultra Trail courses, can be found in good time before the event on the website www.engadinultratrail.ch.

3. PARTICIPATION REQUIREMENTS

3.1. Scoring system

The Engadin Ultra Trail is a race with individual classification.

3.2. Minimum age

For the 2024 event, the following age requirements will apply:

EUT102	from 2006 and older
EUT53	from 2006 and older
ET23	from 2006 and older
ET16	from 2010 and older

3.3. Participation requirements

Die Bewerbe im Rahmen des Engadin Ultra Trail sind anspruchsvolle Laufveranstaltungen (der EUT102 eine extreme Herausforderung), die zum Großteil in alpinem Gelände verlaufen, vielfach mit Passagen über 2.500 m. Schlechte Witterungsbedingungen (Kälte, Regen, Schnee) und die Nacht bilden zusätzliche Erschwernisse.

To participate in the Engadin Ultra Trail, it is therefore essential to know how to face the climatic conditions alone, in a partial autonomy (self-sufficiency) and without external help.

In addition, a very good physical condition and experience in trail running, are prerequisites for mastering the routes.

The organizer reserves the right to exclude persons from participation.

3.4. Partial autonomy

For the Ultra competitions EUT102 and EUT53 the partial autonomy applies. The number of aid stations is indicated in the course maps and altitude profiles. At the designated aid stations there are drinks and/or food, which must be taken on site. When leaving the aid stations, each participant is responsible for ensuring that he or she has enough liquid and food with him or her until the next aid station.

Personal assistance of the participants by third parties is only allowed at the refreshment points. It is forbidden to be accompanied during the race or even for a short time by a person who is not registered. Accompaniment is only allowed near the refreshment points, at the marked places.

4. SCORING CATEGORIES

EUT102

18+	women / men	1995 - 2006
30+	women / men	1985 - 1994
40+	women / men	1975 - 1984
50+	women / men	1965 - 1974
60+	women / men	1964 and older

EUT53

18+	women / men	1995 - 2006
30+	women / men	1985 - 1994
40+	women / men	1975 - 1984

50+	women / men	1965 - 1974
60+	women / men	1964 and older

ET23

18+	women / men	1995 - 2006
30+	women / men	1985 - 1994
40+	women / men	1975 - 1984
50+	women / men	1965 - 1974
60+	women / men	1964 and older

ET16

14+	juniors	2007 - 2010
18+	women / men	1995 - 2006
30+	women / men	1985 - 1994
40+	women / men	1975 - 1984
50+	women / men	1965 - 1974
60+	women / men	1964 and older

5. REGISTRATION

5.1. Registration fee

Price in Swiss Francs per person.

Early bird phase until January 31, 2024:

EUT102	CHF 150.00	
EUT53	CHF 110.00	
ET23	CHF 80.00	
ET16	CHF 40.00	Kategorie Junioren CHF 30

Normal booker phase Until June 30, 2024:

EUT102	CHF 160.00	
EUT53	CHF 120.00	
ET23	CHF 80.00	

Regulations Engadin Ultra Trail 2024



ET16	CHF 60.00	category juniors CHF 30
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Late booker phase until July 17, 2023:

EUT102	CHF 180.00	
EUT53	CHF 140.00	
ET23	CHF 110.00	
ET16	CHF 70.00	category juniors CHF 30

Walk in (during the race number distribution) + CHF 20

EUT102	CHF 200.00	
EUT53	CHF 160.00	
ET23	CHF 130.00	
ET16	CHF 90.00	category juniors CHF 30

The "Walk in" registration will take place at the following times:

Friday	July 19, 2024	18.00 - 22.00	Promulins Arena, Samedan
Saturday	July 20, 2024	06.30-07.30	Start, Zuoz
		09.30 - 10.30	Start, La Punt Chamues-ch
		11.30 - 12.30	Promulins Arena, Samedan

Registration during the early bird, normal and late booker phases can only be done online.

Please note that all registrations made after Sunday, July 14, 2024 at midnight will not have the runner's name on the start number.

5.2. Limited number of participants

The following maximum numbers of participants have been set for the four routes:

EUT102	200 participants
EUT53	200 participants

ET23	200 participants
ET16	200 participants

The organizer reserves the right to limit the number of registrations (per race or in total).

5.3. Change or cancellation of participation

5.3.1. Change of route selection / change of participants

The route selection can be changed by the participant until Sunday, July 14, 2024 at midnight or on site at the race number distribution. In the event of a change of route, the difference between the price at the time of initial registration and the registration fee currently in effect on the day of the change must be paid in arrears. The payment can only be made on the spot. If the price initially paid is higher than the registration fee for the new route after the change, the participant is not entitled to any refund.

A change of starting place to another person is also possible until July 14, 2024. A fee of CHF 30.00 will be charged to the new runner for a transfer.

Upon written request, stating a valid reason, the organizer may carry over the starting place to the following year.

5.3.2. Cancellation of the registration

In case of cancellation of his registration, the participant has no right to any refund, regardless of the reason.

5.3.3. Insurance

Optionally, an insurance can be concluded during the online registration. This option covers exclusively the cancellation of the start due to medical reasons. If the participant wishes to make use of the cancellation option, he/she must submit a detailed medical certificate (incl. diagnosis and reasons for the cancellation) to info@engadinultratrail.ch at least 24 hours before the start of the competition.

In this case, the paid entry fee will be refunded, minus a processing fee of CHF 10. All other benefits are excluded.

5.3.4. Cancellation of the registration

If the race is canceled by the organizer for reasons other than safety or force majeure, a part of the registration fee (80%) will be refunded to the participant.

It is noted that in case of change of route or interruption for safety reasons (especially in case of bad weather conditions) or due to force majeure, no refund will be made.

5.3.5 Covid-19 regulation

Depending on the prevailing situation, the Engadin Ultra Trail will be carried out taking into account the required protection concepts. Due to the number of participants and the way of execution, direct contacts can be avoided and the distance rules can be respected. Should the Engadin Ultra Trail still not be able to take place in 2024 due to Covid-19, the entry fee will be transferred in full to 2025 or 80% of the entry fee will be refunded.

5.4. Benefits

Each registered participant is entitled to the following benefits

- Race bib
- Timing chip
- Live-Tracker (only for EUT102)
- Starter Bag
- Catering during and after the race
- Participant shirt
- Finisher medal
- Public transport between Zuoz and Samedan (RhB and Engadin Bus on Saturday and Sunday) on presentation of the start number.

Participants have to pay for all services not mentioned above (especially transport, accommodation and other catering).

6. EQUIPMENT

6.1. Equipment / Compulsory material

The obligatory material will be checked at the start number distribution. Each athlete must have it with him/her during the whole competition.

The obligatory material is in addition to the running clothes (worn running clothes and running shoes).

Pflichtmaterial:	EUT102	EUT53	ET23	ET16
Bagpack/Trailrunning vest	x	x	x	
Cell phone (save emergency numbers, keep it always on)	x	x	x	x
Rescue blanket of at least 1.40 x 2.00 m	x	x		
Pipe / whistle	x	x		

Elastic bandage for emergency dressing min. 200cm x 4cm	x	x	x	
Personal drinking cup at least 125ml (none available at posts)	x	x	x	x
Water bottle, water bag or bidon (at least 5 dl)	x	x	x	x
Personal individual catering	x	x	x	
Headlamp with full batteries, must be switched on from 9.30 p.m. onwards	x			
A jacket for bad weather in the mountains. Waterproof	x	x	x	x
Long overtrousers, long running pants or leg warmers (covering entire leg)	x	x		
Headband or cap	x	x	x	x
Gloves	x	x		
Sunglasses	x	x	x	x
Reflective tape	x			
Recommended:				
Sticks				
Spare clothes in case of bad and cold weather				
Sunscreen				

Due to weather conditions, the organizing committee may request additional spare clothes (against wet and cold) as additional obligatory material at short notice before the start. On the course or at the finish line the obligatory material can be checked with random samples.

6.2. Sticks

Sticks are allowed on all four courses.

Every athlete who decides to start with poles has to carry them during the whole competition and until the finish. It is forbidden to accept or give away poles on the course.

6.3. Luggage

In the start/finish area in the Promulins Arena a depot for the effects is offered.

The organizer does not provide luggage bags. Use your own bag / backpack. (marked with name + start number)

Luggage can only be handed in and returned on presentation of the start number.

In case of different start and finish locations, the organizer offers luggage transport.

For the EUT102 a bag drop will be offered at the aid station La Punt Chamuesch (Km 50). The effects will be transported regularly to the finish.

7. RACE RULES

7.1. Timing

The start of all categories/distances will take place by mass start. In case of a very high number of participants, the organizer reserves the right to start the race in a staggered manner.

The time measurement starts with the starting signal.

7.2. Wearing the timing chip

Each runner must wear the timing chip, which is given with the race number, as instructed, throughout the race.

The timing chip must be handed in immediately after the finish passage.

Runners who abandon the race must hand in the chip at the next post and report the abandonment of the race.

The runner will be charged CHF 80.00 for chips not returned or lost.

7.3. Wearing the live tracker

All runners of the EUT102 will receive a switched on live tracker before the start. This must be carried during the entire run. The tracker must not be switched off. The live tracker is part of the safety concept of the EUT102 and makes it possible to follow the runners live during the whole race.

Participants in EUT53 have the option to rent a live tracker as an option when registering online.

7.4. Wearing the start number

Each participant must wear his start number during the whole race clearly visible (number and sponsor) on the chest, on the belly or on the thigh.

With the race number, participants will receive food at the aid stations, medical care and access to the zones and facilities reserved for runners (baggage storage, showers, etc.).

7.5. Conduct on the course

Participants undertake to comply with all the rules and requirements arising from the provisions of these regulations and its annexes, as well as the guidelines and instructions of the Race Committee.

In particular, the following rules must be followed:

- All participants must follow the course markings consisting of flutter tapes and arrows. At particularly unclear places, additional arrows are sprayed on the ground. Attention: Go back if you do not see any more markings.
- Participants can also use the official signposts to find their way along the route.
- Public roads are only partially closed and secured. When using public roads and paths, the general road traffic regulations must be strictly observed.
- Closed pasture fences are to be closed again by the participants after the passage.
- In exceptional situations, the participants - regardless of rules or instructions - take the necessary precautions due to the track conditions and weather conditions in order not to endanger themselves, other participants, organization representatives or third parties on the track.
- The participants must help persons in danger or those who have had an accident and report any accident to the race committee or to an official helper on the track or an official helper on the course immediately by telephone.
- Participants must clear the way and allow others to overtake.
- Participants must protect the environment - no litter of any kind may be left on the course.
- Any form of physical support (pushing, pulling, carrying, ...) of a runner is prohibited.

7.6. Abandonment or disqualification

A runner who has problems during the race may give up of his own free will or be taken out of the race on the decision of the Race Committee.

A participant may only give up at a checkpoint, unless he is injured. In this case he has to follow the instructions of the race committee.

Any participant who does not respect the time limit will be disqualified and must follow the instructions of the Race Committee.

7.7. Fight against doping

The organizer requires the participants to maintain the integrity and ethical aspect of the sport. The participants are forbidden to use any form of doping. The current list of banned substances of the World Anti-Doping Agency WADA (banned substances and methods in competitions, see <http://www.wada-ama.org/en/>) at the time of the race serves as a reference.

The organizer reserves the right to carry out anti-doping controls. Participants agree to submit to these if necessary.

7.8. Penalties

7.8.1. General

In case of a rule violation by a participant, a penalty will be imposed.

All decisions regarding penalties are made by the Race Committee and cannot be appealed. and cannot be appealed.

7.8.2. Consequences

The race committee, jury and post chiefs can apply penalties according to the following table with immediate effect or after the competition:

Misdemeanor	Consequences
Care or catering by a person not participating in the competition (outside the authorized zones)	10 minutes to disqualification
Taking shortcuts or leaving the specified route	10 minutes to disqualification
Rejection of the obligatory material control (before, during and after the competition)	Disqualification
Absence of the mandatory material	10 minutes to disqualification
Throwing away (intentionally) waste by a runner or one of his companions	1 hour
Prohibition of any assistance to other persons in difficulty (runners and persons not participating in the competition) persons)	1 hour
Use of sticks which have not been taken from the start	1 hour
Not visibly attached start number	According to the decision of the jury
Incorrectly attached GPS tracker (EUT102 only)	According to the decision of the jury
Disrespect towards other persons (organizers or runners)	According to the decision of the jury
Unsportsmanlike conduct or fraud (use of means of transport, exchange of starting numbers, etc.)	Disqualification
Absence of an electronic chip or gps-tracker (EUT102)	According to the decision of the jury
Failure to pass a control item	According to the decision of the jury
Failure to comply with an instruction of the organizer, course chief, post chief, doctor or paramedic.	Disqualification
Refusal of a doping control	The runner will be penalized as in the case of a positive doping result
Leaving a control post after the time limit	Disqualification
Crossing the closed level crossing in La Punt (barrier)	Disqualification

7.9. Complaint

Any complaints must be made in writing to the Race Committee no later than 60 minutes after the participant has crossed the finish line. No appeal is possible after this time.

When filing a complaint, a deposit of CHF 100 must be paid. This will be refunded if the appeal is upheld. If the appeal is rejected, the organizer keeps the deposit.

The decision of the Race Committee regarding an appeal cannot be appealed.

8. RESULTS AND PRIZE-GIVING

8.1. Results

After the results have been announced, a classification by category will be drawn up and published on the race website.

If the race is stopped early, the classification will be drawn up according to the order and time of arrival of the participants at the last checkpoint.

8.2. Award Ceremonies

Siegerehrungen finden um folgende Zeiten statt:

EUT102	Saturday, 16.00
EUT53	Saturday, 16.00
ET23	Saturday, 16.00
ET16	Saturday, 16.00

Prizes for the three first place men & women all over scoring In-kind prizes for the winners of the 14+, 18+, 30+, 40+, 50+ men & women categories Special prize for the oldest finisher, oldest female finisher.

Prizes will be given to present winners only. Prizes will not be forwarded.

The finishers of the EUT102, EUT53, ET23 and ET16 will receive a finisher medal after finishing the race.

9. ORGANIZATION AND RACE COMMITTEE

9.1. Organisation

The Engadin Ultra Trail is organized by the association Trail Sport Samedan. In the OC organization chart, the distribution of departments and tasks is listed.

9.2. Race Committee

9.2.1. Composition

The race committee is appointed by the organizer and consists of four persons.

Official representatives such as mountain guides, doctors and volunteers on the race course are considered as representatives of the race committee.

9.2.2. Competences

Direction of the race, in particular modification or interruption of the program or the course.

Enforcement of the regulations.

Function as jury in case of an objection.

Decision on points not included in the present regulations, if circumstances require it.

10. SUSTAINABILITY

The Engadin Ultra Trail pays attention to sustainability in the planning, organization and implementation of the event and is affiliated with the platform "saubere-veranstaltung.ch".

Littering along the course is strictly prohibited and will be penalized with a time penalty.

The route runs exclusively on marked trails and paths. It is not allowed to leave the marked trails.

The organizer is a member of the International Trail Running Association (ITRA) and is committed to the "ITRA values and ethics".

11. LIABILITY AND INSURANCE

By registering for the Engadin Ultra Trail, the participant unconditionally accepts these regulations and the ethics of the race and releases the organization from any responsibility or liability.

Each participant must be personally insured against accidents and other damages. The organizer is not liable for the rescue costs in case of an accident.

If it is in the interest of the injured person and necessary, the official mountain rescue service will be alerted. The latter will take over the management of the rescue operation from that moment on, with the help of the necessary means, including helicopter. The rescued person must pay for the expenses incurred and must also take care of his/her own return from the place of evacuation. The participant is responsible for reporting the case to his insurance company in time and according to the rules.

If the organizer has to pay the costs of a rescue operation directly, the participant or his/her insurance company must reimburse the organizer.

The organizer takes out liability insurance for the duration of the event. This liability insurance covers the financial consequences of the event and its voluntaris.

12. LEGAL REGULATIONS

The Engadin Ultra Trail is organized by the association Trail Sport Samedan. The association has statutes, an elected board and organizes an annual general meeting.

Participation in the race is the sole responsibility of the runner. He/she renounces any claim against the organizer, regardless of the damage suffered or caused.

In the event of an accident, any liability of the organizer and all persons or entities involved in the organization is excluded. This applies in particular, but not limited, to organs and employees of the organizer, contractors, contractors, helpers (including volunteers), to the fullest extent permitted by applicable law.

Each participant grants the organizer as well as its authorized persons, partners and media the right to use pictures and audio-visual recordings of the race including the preparation phase and the time after the race, on which the participant can be seen and which were taken in the context of the Engadin Ultra Trail runs, in all media (including promotional and/or advertising material) worldwide and without time limit.

Participation in the race does not grant participants any rights to use the race for promotional or business purposes. Any communication regarding the event, as well as the use of images of the event are prohibited, subject to written permission from the organizer, who will set the conditions for the same.

The legal venue is Samedan.

"EngadinUltraTrail" is a registered trademark.

Samedan, 24. octobre, 2023

The organizer