

# Oman by UTMB®



Oman by UTMB is a difficult and challenging ultra endurance trail event which takes participants into remote areas. The event is based on the principal of semi autonomy as defined in these regulations.

The courses for each of the races within this event include long climbs and exposed sections which require participants to be confident running at altitude and in remote areas.

Temperatures along the route could vary greatly over the day with daytime temperatures reaching over 25°C in the valleys and dropping to around 10°C in the mountains. Night time temperatures could drop below freezing so participants will need to equip accordingly.

The majority of the trails are in the mountains and given the trail's remote, and difficult to access sections, participants are expected to be self-sufficient in all aspects relating to their safety and ability to complete the race without outside support.

## 2019 Regulations

### PRESENTATION OF THE EVENT

#### ORGANISER

The company Omansail LLC (The Organiser) stages Oman by UTMB® (The Event) with the assistance of UTMB® International. (UTMBI)

### ACCEPTANCE OF THE REGULATIONS OF THE RACE

Participation in The Event implies the total acceptance, without reservation, of these regulations and any instructions sent by The Organiser to the participants. The Organiser reserves the right to update or amend these regulations at their sole discretion at any time. It is the obligation of the participant to stay up to date with any changes to these Regulations at all times.

### DEFINITION OF THE EVENT AND RACES

The Event, is an event within which there are a certain number of races in open country, using the great hiking routes of the Jebel Akdhar and Jebel Shams areas. Each race takes place in one single stage, at an undefined pace and within a time limit. The time limit will be set by The Organiser and will be communicated to the participants in The Event a minimum of one month prior to The Event taking place.

- JBS : Around 170KM with 10000+ metres of height gain, starts from Birkat al Mouz, in semi-autonomy.
- JBA : Around 130KM for 7000+ metres of height gain, starts from Birkat al Mouz, in semi-autonomy.
- AHM: Around 50KM for 2300+ metres of height gain, starts from Al Hamra, in semi-autonomy.

# CONDITIONS OF PARTICIPATION AND REGISTRATION

## REGISTRATION CONDITIONS

The Organiser of The Event has established a list of qualifying races for the Event. Each race listed has a value of between 1 and 6 points, you need to have acquired the minimum number of points by having finished, **exclusively between 01/01/2017 and the 01/11/2019\*** some of the races on the list :

- JBS : minimum of 5 points in 1 race maximum
- JBA : minimum of 4 points in 1 race maximum

You can consult the complete regulations for the qualifying races at [www.utmbmontblanc.com](http://www.utmbmontblanc.com).

Please note that :

- In the case of a qualifying race having been shortened, the premature termination of a race or its cancellation, the qualifying points will be recalculated in relation to the actual race characteristics ;
- In the case of a faulse declaration, non-conformity to the regulations or an outright lie, the Organiser reserves the right to cancel a participants registration without reimbursing any entry fees paid.

The races are open to any person, male or female, born in or before 29 November 1999 licensed, or not under the following categories :

### Participant Categories (Male and Female categories for all races)

Category	Age on 29 November 2019
Senior	20-39
Masters 1	40-49
Masters 2	50-59
Masters 3	60-69
Masters 4	70+

To validate a registration, each participant must supply a MEDICAL CERTIFICATE \*\*. Medical Certificates must :

- Be uploaded via the registration portal, either during registration or afterward, **before October the 31th 2019**. (The Organiser will not accept medical certificates sent by email or post).
- If no medical certificate is received by the due date, the registration will be cancelled without reimbursement of any entry fees paid by the participant.

\* Participation in other races in order to have the required number of points (see paragraph REGISTRATION CONDITIONS) is useful for acquiring this experience, but not necessarily sufficient.

\*\*The Medical Certificate template is available on the race registration website.

## REGISTRATION FEE

Registration is only accepted on the online entry system, with secure payments being made by credit card. The fee covers all of the services as included in these regulations and are as follows for each race :

- |         |                                 |      |                  |      |
|---------|---------------------------------|------|------------------|------|
| • JBS : | Early Entry (First 30 entries)  | €225 | Standard Entry : | €250 |
| • JBA : | Early Entry (First 135 entries) | €199 | Standard Entry : | €220 |
| • AHM : | Early Entry (First 280 entries) | €100 | Standard Entry : | €120 |

Registration is specific to the Oman By UTMB for that specific year and may not be transferred to another UTMB event or to another person.

## PARTICIPANT'S COMMITMENT

To participate in the Event, it is essential that participants :

- Are completely aware of, and prepared for, the length and characteristics of the race that they entered ;
- Are totally aware that their safety while taking part in such activities in the mountains depends on their capacity to adapt and manage any problems that may occur during their participation ;
- Have acquired the capacity for self sufficiency in the mountains, prior to the race, allowing for the management of problems that could result through participating in this type of event, including :
  - Knowing how to manage, without outside assistance, climatic conditions which could be difficult to deal with at altitude. These conditions could include mild to extreme heat and cold, wind, rain, fog, darkness and dehydration ;
  - Knowing how to manage, including when one is isolated, physical or mental problems arising from fatigue, heat, digestive problems, muscle or articular pains, wounds or injuries ;
- Fully accept that the Organiser's role is not to help a participant manage the problems as listed above.

In addition to this participants agree to :

- Inform and educate the members of their support teams with regards to the respect of nature, people and the regulations of the race.
- To accept to receive newsletters providing information about the event.

## SEMI AUTONOMY

Each of the Event races will take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each race. The principal of an individual race in semi-autonomy applies to this event and participants must understand and accept this.

Semi-autonomy is defined as having the capacity to be self sufficient between two, aid stations, including, food and water, clothing, safety and having the ability to adapt to problems encountered or unforeseen circumstances.

This principal implies, in particular, the following rules :

- Each participant must :
  - Carry their mandatory equipment, as indicated within these regulations, with them at all times.
  - The mandatory equipment must be carried in the pack which was tagged during the bib distribution prior to the start of the race. This pack may not be changed during the race and is subject to checking by a by a race official at anytime during the race. The participant is obliged to submit to these checks and any resistance to an official check could result in the participant being removed from the race.
- Aid stations along the route will supply drinks and food to be consumed on site at each aid station or to sustain the participant to the next aid station. Still water and energy drinks will be supplied for the filling of water bottles or hydration packs and participants must ensure they have, when leaving each aid station, the quantity of drink and food which is necessary to keep them going until the following aid station. For slower participants, the longest sections without refreshments can be more than 4hrs.
- For 170KM and 130KM races, personal assistance is permitted exclusively at specific aid stations, at the discretion of the aid station team leader, and in the zone specifically reserved for this use. These aid stations will be specified in the Participant's Guide.
- Assistance can only be given by one person, without specific equipment other than a bag with a maximum volume of 30 litres.
- Assistance given by a team of professionals, or any medical personnel, is strictly forbidden in this area. The rest of the aid station is strictly reserved for the participants.
- No outside assistance is allowed, at any point along the race route, during the 50KM.
- It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race outside of the designated areas which are clearly marked at the specified aid stations.

Note : A participant who accepts being filmed, and therefore accompanied, outside of the expressly designated zones contravenes the principle of semi-autonomy. Any race officials witnessing irregularities are authorised to penalise the participants in order to guarantee the spirit of trail-running events.

Any media, film crew, photographer must received a full briefing of the etiquette and rules of The Event and autorisation from the Event Director or Race Director should they wish to be active on the route moving with participants.

Personal assistance will only be permitted at the following points for the following races:

- JBA : Alila Hotel (TBC)  
JBS : (TBC)

## EQUIPMENT

In order to ensure their safety each participant must carry all of the mandatory equipment with them for the entire duration of the race that they are participating in.

Participants must present their compulsory equipment at bib collection before they will be issued with their race bibs.

It is important to note that the mandatory equipment required within these regulations must be suitable for the conditions expected during the race and participant safety must not be compromised in favour of saving weight by choosing unsuitable / light weight clothing or equipment.

### **Mandatory Equipment : 170KM and 130KM**

- 1 x Pack for the carrying of the mandatory equipment ;
- A minimum water carrying capacity of 2 litres ;
- Food reserve ;  
(Recommendation : 800kcal = 2 gels + 2 energy bars each of 65g each)
- 1 x Mobile / cellular smartphone :
  - With international roaming allowing for its use in Oman or with a local sim card ;
  - Has the number visible and not masked ;
  - Has the event emergency number programmed into its memory ;
  - Kept the phone on at all times ;
  - Kept fully charged with a spare battery and/or charging pack ;
- 1 x Personal cup 15 cl minimum ; (Bottles or flasks with lids will not be accepted)
- A minimum water carrying capacity of 2 litres ;
- 2 x Torches in proper working order with spare cells/batteries for each torch ;  
(Recommendation : 200 lumens or more for the main torch)
- 1 x Survival blanket of 1.40m x 2m minimum ;
- 1 x Whistle ;
- 1 x Self adhesive elasticated bandage which can serve as a bandage or strapping ; (Minimum 100 cm x 6 cm)
- 1 x Warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 110g ; (Men's size medium (M))
- 1 x durable water repellent (DWR protection) windproof jacket ;
- 1 x Sun glasses ;
- 1 x Saharan cap / hat or any combination which completely protect the head and nape of the neck ;
- High Factor sun cream ;
- Trail running shoes appropriate to abrasive terrain ;

- ID – passport/ID card ;
- Proof of Personal Accident Insurance.  
(Insurance card or document with insurance details)

**Please note :**

- **All clothing must be the correct size for the participant and in good working condition, without having been modified in any way after leaving the factory ;**
- **All equipment must be carried in the back pack tagged during race-bib distribution and which is not interchangeable during the race.**

**Recommended equipment : (Not mandatory or limited)**

- Spare clothing ; (Temperature by night can be as cold as 0° C at altitude)
- Vaseline or anti-heat cream ;
- A cash sum of a minimum of 25 Omani Rial (for contingencies) ;
- Reusable bowl ;
- GPS watch ;
- Knife or scissors for cutting elasticated bandage ;
- Emergency sewing kit ;
- Hiking poles ; (If participants choose to make use of poles it must be for the duration of the race. Poles may not be collected or dropped off along the route and no poles may be placed in the participant drop bags.)

**Mandatory Equipment : 50KM**

- 1 x Pack for the carrying of the mandatory equipment ;
- A minimum water carrying capacity of 2 litres ;
- Food reserve ;  
(Recommendation : 800kcal = 2 gels + 2 energy bars each of 65g each)
- 1 x Mobile / cellular smartphone :
  - With international roaming allowing for its use in Oman or with a local sim card ;
  - Has the number visible and not masked ;
  - Has the event emergency number programmed into its memory ;
  - Kept the phone on at all times ;
  - Kept fully charged with a spare battery and/or charging pack ;
- 1 x Personal cup 15 cl minimum ; (Bottles or flasks with lids will not be accepted)
- A minimum water carrying capacity of 2 litres ;

- 2 x Torches in proper working order with spare cells/batteries for each torch ;  
(Recommendation : 200 lumens or more for the main torch)
- 1 x Survival blanket of 1.40m x 2m minimum ;
- 1 x Whistle ;
- 1 x Self adhesive elasticated bandage which can serve as a bandage or strapping ; (Minimum 100 cm x 6 cm)
- 1 x Warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 110g ; (Men's size medium (M))
- 1 x durable water repellent (DWR protection) windproof jacket ;
- 1 x Sun glasses ;
- 1 x Saharan cap / hat or any combination which completely protect the head and nape of the neck ;
- High Factor sun cream ;
- Trail running shoes appropriate to abrasive terrain ;
- ID – passport/ID card.
- Proof of Personal Accident Insurance.  
(Insurance card or document with insurance details)

**Please note :**

- **All clothing must be the correct size for the participant and in good working condition, without having been modified in any way after leaving the factory ;**
- **All equipment must be carried in the back pack tagged during race-bib distribution and which is not interchangeable during the race.**

**Recommended equipment (Not mandatory or limited)**

- Spare clothing ; (Temperature by night can be as cold as 0° C at altitude)
- Vaseline or anti-heat cream ;
- A cash sum of a minimum of 25 Omani Rial ; (for contingencies).
- Reusable bowl ;
- GPS watch ;
- Knife or scissors for cutting elasticated bandage ;
- Emergency sewing kit ;
- Hiking poles ; (If participants choose to make use of poles it must be for the duration of the race. Poles may not be collected or dropped off along the route and no poles may be placed in the participant drop bags.)

## QUARTZ EVENT PROGRAM

The Organiser has decided to implement the QUARTZ Event program to protect participants health and contribute to doping-free sport. This program is open to all participants and has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before and during the competition.

QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes For Transparency association (AFT) and Ultra Sports Science Foundation (USS) ; it is managed by a Health Commission solely composed of doctors.

This Health Commission can take advice from experts of its choice and specifically gives consultative advice to the race management on the medical condition of participants. This Health Commission can go as far as to suggest to the race management that a participant should be excluded from competition for health reasons.

Each participant agrees to :

- Declare to the Health Commission the following medical information :
  - Any medical history and/or pathology, in particular those which may increase risks during the practice of a sport ;
  - The use of regular treatments or medication during the period 30 days prior to the start of the competition ;
  - Request or use of a substance or method subject to a Therapeutic Use Exemption. (TUE)
- Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 7 days after the competition. He/she also consents to the associated analysis of these samples, on the understanding that the costs for the sampling and analyses are covered directly by the Organiser ;
- Accept not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol ;
- Accept to answer any meeting request on site or remotely (phone or videoconference) that the Health Commission may ask for in order to discuss their ability or not, to participate in the competition ;
- Submit any doping control form completed within 30 days before the start of the competition and up to 15 days after the competition. Each form must be legible ;
- Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him. The Health Commission is the authority with which the participant can exercise this right ;

The declaration of medical information to the Health Commission is done through the ITRA health space that each participant can activate after having created a free participant account on the ITRA website : [itra.run](https://itra.run). The declared medical information is only accessible by the doctors of the Health Commission or in the event of medical care being carried out during the competition the declared medical information will also be made available to the medical team.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with QUARTZ Event program can result in the exclusion of the participant from the competition.



## **ANTI-DOPING CONTROL**

Any participant could be subjected to anti-doping control before, during or at the finish of the event. In the case of a refusal or abstention, the participant will be sanctioned in the same manner as if convicted of doping.

## **PERSONAL ACCIDENT INSURANCE**

**It is mandatory for each participant to be in possession of personal accident insurance which covers the full cost of search, rescue, evacuation and medical treatment in Oman.**

Such insurance can be taken out with any Organiser of the participant's choice.

For members of the ITRA (International Trail Running Association) it is possible to subscribe to an Assistance – Repatriation insurance which covers the cost of search and rescue world-wide. For more information go to [www.itra.run](http://www.itra.run)

**NB : Participants will be responsible for the cost of any helicopter evacuation if required. The choice of evacuation method depends exclusively on the Organiser, who will always act in the best interests of the participants safety.**

The method of evacuation and choice of hospital is at the discretion of the event medical management team, including the search and rescue teams, under the leadership of the Event Medical Director.

Any expenses arising from, or related to, the rescue or evacuation of a participant will be for the account of the participant, including any costs of returning to their accommodation or the race village once they are released from treatment.

It is the participants responsibility to maintain records and present it to their insurance company for payment within the stated time limit.

## **RESPECT FOR THE ENVIRONMENT**

By registering for the Event participants agree to respect the environment and the natural areas they pass through. In particular :

- It is strictly forbidden to dispose of your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route or in surrounding areas other than in a trash/rubbish bin. Trash/rubbish bins are available at each aid station and it is imperative that they are used. The race stewards conduct random checks all along the race route and any participant found to be disposing of rubbish illegally will be subject to a race penalty ;
- Bio degradable bags for soiled paper will be handed out with the race-bibs and the. The OOrganiserer encourages participants to equip themselves with a bag or pouch in which to transport their waste to the next bin. It is imperative that participants follow the marked paths at all times as deviation from the paths can have a negative impact on the environment ;
- No disposable dishes (cutlery, cups, bowls) will be distributed in life bases and aid stationaid stations. This is to reduce the single use plastic usage by participantparticipants, as well as by the volunteers of the Event. Participants must bring your own utensils if you wish to eat hot meals in the aid stations.

## ELITE PARTICIPANTS

Having the status of an international elite creates rights and duties for the athletes concerned, including but not limited to :

### Rights

- In recognition of athletes of a high calibre, and for fair management of registration, the event reserves places for elite athletes, who request a place, according to precise criteria based on their general ITRA performance index data ;
- Free registration without the draw could apply to participants as follows : Men >800 / Women > 700.

Participants matching the criteria to qualify may benefit from the free registration opportunity on the condition that they have the required number of qualifying points for 2019.

Elite participants must register between April 17th 2019 and June 30th 2019. To register for free Elite participants meeting the above criteria should contact the Organiser on [info@OmanbyUTMB.com](mailto:info@OmanbyUTMB.com) in order to obtain a discount code which can then be entered when registering in the normal way.

At the start of the races, elite athletes are invited to position themselves at the front of pack according to the following race-bib numbers:

- JBS : Elite start box 1: bibs 1 to 30
- JBA : Elite start box 1: bibs 1000 to 1200
- AHM : Elite start box 1: bibs 2000 to 2200

### Duties

In return, the elite participants agree to :

- Be present at any press conferences and official ceremonies to which they are invited ;
- Promote their participation in the Event through their social media accounts ;
  - A minimum of 3 posts per account in advance of the event ;
  - A minimum of 1 post per account post event.
- Be present at prize-giving ceremonies if it concerns them ;
- Accept to carry a GPS tracker, supplied by the Organiser at the start of the race, throughout the totality of the race ; then to return this tag at the end of their race;
- Be present at the start line no later than 20 minutes before the start of the event.

## RIGHTS FOR PHOTOGRAPHIC IMAGES AND VIDEO FOOTAGE

Every participant expressly foregoes the rights on any images/video footage taken during the event, just as they renounce any right of appeal to the Organiser and their partners for the use of their image/video footage. Only the Organiser can transfer this right for images/video footage to any media, via an accreditation or relevant license. Ultra-Trail® and UTMB®, are legally registered names. All communication about the event

or the use of images/video footage from the event must respect the name of the Event, the registered trade marks and have official approval from the Organiser.

## **INDIVIDUAL SPONSORS**

Participants who are sponsored can only display their sponsor's logos on their clothing and equipment used during the race. All other sponsor publicity accessories (flags, banners ect.) are forbidden at all points of the race route including the start and finish areas. Should unauthorised sponor materials be diplayed the related participant may be subject to a penalty given by the discretion of the Organisers.

## **DATA PROTECTION**

The Organiser follows best practice in data protection.

All personal infomartion supplied by participants during the registration process is strictly used for internal purposes with regards to the management of participants involvement in the Event where such information includes, but is not limited to, name, phone number and email address's.

Personal information will not be used for any other purpose unless the express permission of the participants is provided in writing to the Organiser.

Each participant has a right of access to their information as supplied to the Organiser in order to make changes or corrections. Should a participant want to have access to their personal information they are to email the Organiser at [info@omanbyutmb.com](mailto:info@omanbyutmb.com) including the their surname, first name and race-bib number.

## **GENERAL EVENT INFORMATION**

### **RACE-BIB COLLECTION**

Participants must collect their own race bibs during race bib collection and race bibs will not be given to any third party acting on behalf of the participant. At race bib collection participants must provide the following in order to recieve thier race bibs :

- A piece of photographic identity ; (Eg : Passport / Identity Document / Drivers Licence) ;
- Your race pack and all the mandatory equipment.

**The race-bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race.**

The following regulations must be adhered to with regards to the race bibs :

- Bibs must be placed on top of all clothing and can in no case be positioned on a leg or pack ;
- The name and event partner's logos may not be modified or hidden in any way ;
- The race-bib is the pass necessary for accessing the shuttle buses, buses, aid stations, infirmary, rest areas, showers, drop-off or pick-up areas for drop bags.

**Except in the case of a refusal to comply with a decision taken by a race official, the bib is never taken away but in the case of an abandonment the bib is deactivated.**

## **DROP BAGS**

Only the official bags supplied by the Organiser may be used by participants as their drop bags and no other bags will be accepted for storage and transportation by the Organiser. The following regulations apply to the drop bags :

- Poles may not be placed drop bags.
- The Organiser will not be responsible for the safety of the contents of the drop bags and it is not recommended that any valuable items are placed in these bags.
- It is recommended that the drop bags include a change of clothing and toiletries for use after participants cross the finish line in Al Hamra.

### **Handing in of Drop Bags**

#### **JBS (170KM) and JBA (130KM) :**

Each participant will receive a 30 litre drop bag with their race bib. These bags can be filled by the participants with items of their choice and dropped off at the designated drop point, at the start line in Birkat Al Mouz, prior to the start of the Event.

These bags will be taken to the designated aid station by the Organiser, where it is mandatory that the participant collects their bag, from the designated area, on arrival at the aid station. On departing the participant is to hand the bag back, in the allocated area, after which bags will be transported to the finish line in Al Hamra by the Organiser for collection by the participants.

#### **AHM (50KM) :**

Each participant receives a 30 litre drop bag with their race-bib. These bags can be filled with their personal belongings and dropped off at the designated drop point, at the start in Al Hamra, prior to the start of their race and for collection after the participant finishes.

**Drop bags for the 50KM race will not be delivered to any aid station on the route.**

### **Collection of Drop Bags**

Drop bags must be collected from the designated area within 2 hours after the final barrier time for the finish line of a race in Al Hamra.

Bag collection must be done on presentation of the race bib and can be done by a third party, family or supporters or friends, if the participant is not able to collect the bag themselves. Any third party must be in possession of the participants bib in order to collect their bag.

The Organiser will ensure that the drop bags for any participants who have had to abandon the race, providing the participant has registered the abandonment with the Organiser, are taken to Al Hamra.

The delivery of the bags to Al Hamra will depend on the logistic operations of the race and therefore it is not guaranteed that all bags will be delivered to Al Hamra before the final cutoff time of a specific race.

## **AID STATIONS**

The Organiser will provide aid stations at specific locations along the route for each race. The aid stations will provide specific food and beverages, the exact content of which will depend on the location of the aid station on the route. Designated aid stations will also offer rest facilities for participants.

Personal cups/mugs are mandatory for each participant.

Food at the aid station is for consumption at the aid station while water and energy drinks are provided for the consuming on site as well as filling of water bottles and/or hydration packs.

The participant must ensure that, when leaving each refreshment post, that they have had sufficient food and have taken sufficient liquids to last until they get to the next aid station.

For more information concerning the food and beverages available at aid stations please consult the "[Aid Stations](http://www.omanbyutmb.com)" information on [www.omanbyutmb.com](http://www.omanbyutmb.com).

**Only participants wearing a visible race-bib who have been duly checked have access to the aid stations.**

## **CHECK POINTS**

Check Points are put in place to ensure the safety of the participants and to keep track of the timing of the participants as they complete the route. Check Points may be set up :

- At Aid Stations.
- Selected positions on the course for additional participant safety and timing.
- Random locations on the route for each race.

The location of Check Points will not be made public by the Organiser.

## **WAY-MARKING**

The route for each individual race will be clearly marked for both day and night conditions. Markers are placed within view of each other and will include the following :

- Daytime :           Green dots painted onto rocks and cairns along trails.  
                          Green flags on stakes along roads.
- Nighttime :         Green reflective markers placed on rocks and cairns.  
                          Green flags with reflective markers on stakes along roads.

Red reflective markers placed on rocks and cairns indicating dangerous areas.

### **IMPORTANT:**

**It is the responsibility of the participant to know the route for each race and the markers are placed as a guideline to assist the participants.**

**Any participant who voluntarily deviates from the way-marked route are no longer under the responsibility of the Organiser.**

**IF YOU HAVE NOT SEEN A MARKER FOR SOME TIME TURN BACK AND LOOK FOR THE LAST VISIBLE MARKER.**

## MAXIMUM RACE TIME AND TIME BARRIERS

The maximum race time for each race is as follows :

- 170KM : 50H30
- 130KM : 42H00
- 50KM : 12H00

The time limits (time barriers) at the Check Points will be defined and published on the event web-site ahead of the start of each race. This information will also be printed in the Runner's Guide.

The event Organiser reserves the right to change the published time barriers in which case the new time barriers will be published and communicated to the participants. (Eg : Changes in the route due to weather and in the best interest of participant safety.)

These time barriers are calculated to allow participants to arrive at the finish within the allowed maximum race time, taking sufficient rest stops by the participants into account.

**In order to avoid being eliminated from the race, participants must leave a check point before the time barrier for that check point, irrespective of what time they arrived at that check point.**

### IMPORTANT

**Any participant eliminated due to not making a time barrier may not continue along the route and will be repatriated off the route by the Organiser.**

## SAFETY AND MEDICAL ASSISTANCE

Safety and medical teams will be positioned at various points along the route. These locations will be pre-defined by the Organiser and will have the required support personnel and infrastructure to assist with safety and medical incidents should they occur. The safety and medical teams will be in direct contact with the event command center in order to best coordinate any efforts relating to safety and medical support.

It is the responsibility of a participant in need of safety or medical support to alert the safety and medical teams via the one of the following methods :

- By calling the EVENT EMERGENCY NUMBER: **+968 7195 5500**
- By proceeding to the nearest aid station or safety/medical position. (Note that, depending on your location, this could be a position you have already passed.)
- By asking another participant to alert the safety/ medical teams or call the event emergency number.

All participants in the event are required to assist any other participant should they require support relating to a safety or medical incident.

Should a participant find themselves in an area where only emergency calls are possible from a mobile phone then they are to call the Oman National Emergency Services number : **9999**.

## **IMPORTANT**

**Do not forget that hazards of all kinds, linked to the environment and the race, may require you to wait for assistance for a longer time than expected. Your safety therefore depends upon the quality of the equipment and materials which you have put in your pack.**

Further to this all participants agree that :

- Should they contact race safety, search and rescue, medical personnel or race officials that they submit themselves to their authority and agree to accept their decisions ;
- As from the moment where the state of a participant's health justifies treatment via an intravenous drip, they are automatically eliminated from the race.

All race safety, search and rescue, medical personnel and race officials, as well as any person so designated by the Organiser have the authority to :

- Remove any participant from the race who is judged to be unable to continue the event ;
- Insist that any participant make use of an item of their mandatory equipment ;
- Evacuate, by any means necessary, any participants who are judged to be in danger;
- Evacuate patients to treatment centres which are best equipped to their needs.

All participants in the JBS will undergo a medical check-up at the "Col trail Split" check-point.

If the doctor considers that a runner is unable to continue on the JBS route, he may be redirected and classified on the JBA route.

A field medical facility (medical tent) will be accessible to all participants at the finish line throughout the duration of the Event. Participants may make use of this facility where they will be managed by members of the event medical team. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

## **RACE WITHDRAWALS AND REPATRIATION – NON SAFETY/MEDICAL REASONS**

Should a participant choose to withdraw from the race while on the route they are to report to the closest Aid Station, safety/medical point or race official, submit themselves to their authority and accept their decisions relating to the participants repatriation from the route.

(Note that, depending on your location, this could be a position you have already passed).

Repatriation off the route will be arranged by the Organiser and participants must accept that :

- They must keep their bib numbers in order to access other event elements such as shuttle buses, meals and medical areas ;
- Every effort will be to repatriate participants within an acceptable time frame but, depending on where they withdraw, participants may be required to wait for long periods of time before they are transported off the route ;
- Depending on where they withdraw participants may be required to walk lengthy distances to a point of repatriation accessible by vehicles ;

- Depending on where they withdraw participants will either be repatriated to the official race hotel or the finish line in Al Hamra. It is the participant's responsibility to make further transport arrangements if they are staying in alternative accommodation ;
- In the case of unfavourable weather conditions, which justify the partial or total stoppage of the race, the Organiser will ensure the repatriation of the participants as quickly as possible ;

Further information regarding abandonment and repatriation will be given in the Runner's Guide.

## FINISH LINE

Finishers of all races in the Event will receive the following if they cross the finish line within the official barrier time for the finish line or the race they are participating in :

- A finisher's medal.
- Recovery meal in the designated participants area.

## PARTICIPANT AREA

There will be a dedicated Participants Area in the Race Village in Al Hamra which is an area exclusively for the use of the participants and will include :

- An eating area for the recovery meal ;
- A rest area in which participants can relax and recover ;
- Shower facilities.

The Participants Area in no way constitutes a solution for accommodation for the entire night. Participants who require overnight accommodation must have booked and confirmed this accommodation prior to the event.

## RANKING AND PRIZE GIVING

The general ranking, for both male and female, for each race will be as per the categories below :

Category	Age on 29 November 2019
Senior	20-39
Master 1	40-49
Masters 2	50-59
Masters 3	60-69
Masters 4	70+

Prizes will be awarded in each race as follows :

- JBS : (170KM)
  - General Ranking : First 3 Male and First 3 Female Trophy and Prize
  - Category : First 3 Male and First 3 Female Trophy and Prize



- JBA : (130KM)
  - General Ranking : First 5 Male and First 5 Female Trophy and Prize
  - Category : First 3 Male and First 3 Female Trophy and Prize
  
- AHM : (50KM)
  - General Ranking : First 3 Male and First 3 Female Trophy and Prize
  - Category : First 3 Male and First 3 Female Trophy and Prize

Participants must be present at the official prize giving in order to collect their trophies and prizes. No trophies or prizes will be distributed to participants after this prize giving and will automatically be forfeited by those participants not present.

Results for all races will be available online at [www.omanbyutmb.com](http://www.omanbyutmb.com), with the Finisher's Certificates available on the participant's page under registration history.

## **PENALTIES - DISQUALIFICATION**

Race officials present along the race route, and those responsible for the aid stations, safety and medical points are authorised to enforce the race regulations and will inform the Race Director in the case of non-respect for these regulations.

Penalties\* could be awarded to participants not respecting the races regulations, according to the following chart :

### **JBS and JBA :**

<b>BREACH OF REGULATION</b>	<b>PENALTIES* / DISQUALIFICATION</b>
Short-cutting the route	At the Race Director's discretion.
Absence of the following mandatory equipment : - Minimum of 2lt of water ; - No torch ; - No survival blanket ; - No mobile / cellular smartphone.	Immediate disqualification.
Absence of other mandatory equipment other than that listed above. (See list of mandatory kit.)	1 hour penalty.
Refusal to have mandatory equipment checked.	Disqualification.
Phone turned off or in airplane mode	10 minute penalty
Discarding of rubbish (voluntary act) by a participant or a member of their entourage.	1 hour penalty.
Lack of respect for others (Organiser or participants) Note : a participant whose supporters are uncivil and/or refuse to respect the Organiser's instructions will be penalised.	Disqualification.
Not assisting a person in difficulty. (In need of care)	Disqualification.
Assistance outside of authorised zones.	1 hour penalty.

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the Aid Stations.	15 minute penalty.
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life.
Lack of visible race bib.	15 minute penalty
The wearing of a non-conforming race bib	15 minute penalty (During which time the participant places their race-bib in a manner which conforms to the rules.)
Attitude deemed dangerous. (Eg. : poles with unprotected points orientated towards participants or spectators.)	15 minute penalty
Absence of an electronic chip.	At the Race Director's discretion*.
Absence of passage through a control point	At the Race Director's discretion.
Refusal to comply with an order from the Race Directors, race officials, Aid Station Managers, medical personnel including safety and search and rescue personnel.	Disqualification
Refusal of anti-doping control	The participant will be sanctioned in the same manner as they would be for drug taking.
Departure from a check point after the time barrier.	Disqualification
Pack not tagged.	1 hour penalty
Use of poles not carried with you from the beginning of the race.	1 hour penalty

#### 50KM :

<b>BREACH OF REGULATION</b>	<b>PENALTIES* / DISQUALIFICATION</b>
Short-cutting the route	At the race director's discretion
Absence of the following mandatory equipment : - Minimum of 2lt of water ; - No torch ; - No survival blanket ; - No mobile / cellular smartphone.	Immediate disqualification
Absence of other mandatory equipment other than that listed above. (See list of mandatory kit.)	30 minute penalty
Refusal to have mandatory equipment checked.	Disqualification
Phone turned off or in airplane mode	10 minute penalty
Discarding of rubbish (voluntary act) by a participant or a member of their entourage	30 minute penalty
Lack of respect for others (Organiser or participants) Note : a participant whose supporters are uncivil and/or refuse to respect the Organiser's instructions will be penalised.	Disqualification
Not assisting a person in difficulty ( in need of care)	Disqualification
Assistance outside of authorised zones	30 minute penalty

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	10 minute penalty
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
The wearing of a non-conforming race-bib	10 minute penalty (during which time the participant places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg. : poles with unprotected points orientated towards participants or spectators)	10 minute penalty
Absence of an electronic chip	According to the race Committee* decision
Absence of passage through a control point	According to the race Committee* decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification
Refusal of anti-doping control	The participant will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	30 minute penalty
Use of poles not carried with you from the beginning of the race	30 minute penalty

\* The time penalties are immediately applicable, that's to say that the participant has to interrupt their race for the duration of the penalty time.

All other lack of respect for the regulations will be subject a sanction at the Race Director's discretion.

If the breach of regulation is found after the race, the Race Committee\*\* can decide to add the penalty time to the final race time of the participant in question.

All other lack of respect for the regulations will be subject a sanction at the Race Committee discretion.

\*\* The Race Committee shall consist of the Event Director, the Race Director, one UTMB® International representative and the Medical Safety Director (when it comes to medical matters).

## **Race Protests**

Any race protests, claims that have a direct impact on the race results and are made by a participant/s against another participant, must be lodged with the event Organiser within 24 hours of the participant crossing the finish line.

Once a protest has been lodged it will be handed to the Race Committee who will make a finding and report back to the people involved in the race protest. Participants who are subject to the negative findings of a race protest will have 10 days in which to contest the findings of the Race Committee.

Any other claim must be made to us by email, within a delay 10 days after the end of the event.

## **EXCEPTIONAL CONDITIONS**

If the circumstances require it, the Organiser reserves the right to, at any moment, modify the route, start times, time barriers, position of aid stations and or safety and medical posts, and any other aspect related to the effective and safe delivery of the races.

In the case of a force majeure, weather conditions which are too unfavourable or any other circumstance which puts the safety of the participants at risk, the Organiser reserves the right to :

- Defer the start of a race by a maximum of 36 hours ;
- Modify the time barriers of a race prior to the start or already in progress ;
- Cancel a race prior to starting ;
- Neutralise a race after the start ;
- Stop a race already in progress.

## **EVENT OR RACE CANCELLATION**

In the case of the cancellation of the event or a specific race, for whatever reason, the following regulations will apply :

- Cancellation more than 15 days before the date of the start, partial reimbursement of the registration fee will be made. The amount of this reimbursement will be established so as to allow the Organiser to cover the irremediable expenses committed to at the date of the cancellation.
- In case of cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever reason, no refund of registration fees will be made.

## **CANCELLATION OF A REGISTRATION**

A participant wishing to cancel a registration must do so in writing either by email or post. No cancellation of a registration will be accepted by telephone.

The reimbursement of registration fees will be made by partial re-credit to the bank account associated to the credit card used at the time of registering, as follows :

Before 15 June 2019	60% Refund of registration fee
16 June 2019 - 15 July 2019	50% Refund of registration fee
16 July 2019 - 31 October 2019	40% Refund of registration fee
No reimbursement of registration fees will be made for any cancellations made after 31 October 2019.	

## **REGISTRATION CANCELLATION GUARANTEE**

A cancellation guarantee is available to any person at the time of registration for any of the races. Should a participant wish to take the cancellation guarantee this will be added to the cost of the registration at the time of registration.

**JBS and JBA :** Cost of Cancellation Guarantee : 15€ Per registration

**AHM :** Cost of Cancellation Guarantee : 9€ Per registration

The objective of the guarantee is to completely refund the expenses of registration, in the case where a participant requests to cancel his registration because of one of the following reasons :

- An accident, a serious illness or the death of the participant themselves ;

- A serious illness necessitating hospitalisation or the death of a spouse or common law partner, or close relative in the thirty days preceding the event ;
- The pregnancy of a registered participant, or the birth of a child in the 15 days before or after the race.

In the case of an accident or serious illness of the participant, it is necessary to supply **a medical certificate signed and stamped by the doctor** giving evidence of the participant's incapacity to participate in the race. Any other cause of cancellation must be justified by a signed and stamped certificate supplied by the relevant and legal authority.

The request for reimbursement should be sent with all supporting documentation to [info@omanbyutmb.com](mailto:info@omanbyutmb.com).

Indemnity conditions :

- All requests for reimbursement must be sent to to the Organiser, accompanied by a medical certificate, **no later than 10 days after the end of the event**. The request will be processed in the two months following the event ;
- Reimbursement will be made for the registration fee only and does not include any additional packages purchased.

The cancellation of a registration or the non-participation in the race to which one is registered does not entitle the participant to benefit from a priority registration a subsequent year.

## **RUNNER'S GUIDE**

The official Runner's Guide will be downloadable from [www.omanbyutmb.com](http://www.omanbyutmb.com) no later than one month prior to the Event.

The Runner's Guide will contain all the information relating to the participants participation in each race including route maps, profiles, aid station positions, barrier times, safety information and general event and associated participation information.