

TARN WATER RACE



RULES



1- Date of the races : 2023, 10-11th of june

2- City : La Malène (Lozère / France)

3- Departure times :

- X-Cross
Departure : 2023, 10th of june at 2 PM at La Malène
- Run n°Paddle / 5 km
Departure 2023, 10h of june at 5.30 PM at La Malène
Run 2,5 km : From La Malène to Camping Le Gabitou by a trail
Paddle 2,5 km : From Camping Le Gabitou to La Malène by the river
- Endurance Race / 80 km
Departure : 2023, 11th of june at 8.30 AM at St-Chély-du-Tarn (beach)

4- Registration

- By internet : until the 2023, 9th of june midnight (in the limit of the places)

5- Conditions of registration

- Age : To be 18 years old minimum before the start of the race.
- Provide during the registration, a medical certificate. Please, use the present model <https://www.tarnwaterrace.com/inscription/>
- For the minor participants in date the event, the parental consent is compulsory.
- I certified to know how to swim.

6- Validation of the registration

- Only the complete files (payment + medical certificate or license) and parental consent, will be validated

7- Bib / Retreat of the bib

- The retreat of your bib will be do in La Malène, the 2023, 10th of june from 9 am till 8 pm. The bib is compulsory during the race on the athlete.

8- Equipment

- Inflatable SUP is advised but not compulsory
- Helmet is compulsory
- Life jacket is compulsory, marked ISO 12402-5 or IT with the standard IN 393
- Shoes
- Swim suit
- Whistle
- Leash prohibited

9- Pas de Soucy Portage

- Outside assistance is not allowed.
- Accompanying / assistants / spectators are not authorized to park in the Pas de Soucy sector, between the place called Cirque des Baumes and the village of Les Vignes, for security reasons.
- Only assistance between competitors is authorized
- If you use carrying equipment (trolley, strap, etc), this equipment must be taken care of by you and cannot, under any circumstances, be taken over by the organization or abandoned after its use. You can leave your cart with assistance from the village of Les Vignes.

10- Right to one's image

- By the acceptance of the regulation you give your agreement to the organization of the TAWARA for the use of your one's image (photos / Videos) and your e-mail for its promotion.

11- Cancellation by the competitor or by the organization, and refund

- Only the participants having signed the cancellation option during the registration can claim to be paid off the amount of the registration.
- The threshold of riverworthiness of the Tarn is 1,10 meters to Montbrun (www.vigicrues.gouv.fr). In case of water level upper, the organization will be in the legal obligation to cancel the competition. In case of cancellation by the organization, a repayment registrations will be realized, all or part, according to expenses committed by the organization.

12- Accessibility

EMBARCATION / CRAFT	CANOE-KAYAK			SUP		
	Solo	Duo	Relais	Solo	Duo	Relais
ENDURANCE RACE – 80 km	x	x	x	x	x	x
RUN N'PADDLE – 5 km	x			x		
X-CROSS (tournament)	x			x		

For the Relay :

- The number of partners is free
- All change of partner during the race will put your boat in relay.
- The number of changing is free
- The relay must be made at the end of the sections.
- The relay is mixed when one man and one woman are in the same team
- Relay mixed : all the people of the team must do minimum one section
- Sections :
 - Saint-Chély-du-Tarn / La Malène 9 km
 - La Malène / Les Vignes 11,6 km
 - Les Vignes / Saint-Pal-La-Muse 10,7 km
 - Saint-Pal-la-Muse / Rivière-sur-Tarn (St-Hilarin) 6,7 km
 - Rivière-sur-Tarn (St-Hilarin) / Creissels (Evolution 2) 17,3 km
 - Millau (Stade d'eaux-vives) / Comprégnac (Le Katalpa) 11,1 km
 - Comprégnac (Le Katalpa) / Saint-Rome-de-Tarn 11,8 km

13- Rewards

- Endurance Race : 3 first M, W, Mixed by class
- Run n'Paddle : 3 first M, W, Mixed by class
- X-Cross : 3 first by class

14- By the acceptance of this regulation and my registration, I certify to know to swim.

15- Supplies

- Le Pas de Soucy (km 18,1)
- Rivière-sur-Tarn (km 38)
- Creissels (km 50)
- Comprégnac (km 66,4)

- The assistance of a third person is authorized only in the refreshment and relay areas

16- Timing

- Your time will be take between the start and the end of the race. The time will be not stop during the portage.

17- Time limits for Endurance Race

- La Malène : 10h15
- Le Pas de Soucy (km 17,8) : 12h00
- Rivière-sur-Tarn (km 37,5) : 15h15
- Creissels (km 52,8) : 18h20
- Comprégnac (km 66) : 19h30
- Saint-Rome-de-Tarn (78 km) : 21h30

18- Cost of registration for one people (without the registration bank tax)

- Endurance Race : 95 € (solo) / 80 € (relay and craft)
- Run n'Paddle : 20 €
- X-Cross : 15 €

19- Shuttle to Saint-Chély-du-Tarn, site of the Endurance Race (66 km) and the Sprint Race (18 km) departure

- Departure from Saint-Rome-de-Tarn (Base nautique) Sunday, 11th of June at 5.30 – The book when registering (10 €)
- Departure from La Malène (Parking of the bridge) Sunday, 11th of June at 7.30 - The book when registering (10 €).

WARNING, NO SHUTTLE RETURN ARRIVING AT SAINT-ROME-DE-TARN GOING TO THE DEPARTURE