



ENGADIN  
SKIMARATHON

PRESENTED BY **helvetia** 

## Technical instructions and Regulations

### Engadin Skimarathon, Engadin Half Marathon, Engadin Women's Race, Engadin Night Race

If nothing specific is written, the instructions apply to both the Engadin Skimarathon, Engadin Half Marathon, Engadin Women's Race and Engadin Night Race.

#### **Skiing technique**

Skating and classic. A classic track is generally available along the entire route and is prepared whenever possible. However, in the event of heavy snowfall, wind etc., it is to be expected that no track will be available. Preparation during the race is not possible. It is forbidden to skate in the classic tracks. Anyone who violates this can be disqualified. ATTENTION: Only double poling until the start line, no skating!

#### *Freestyle*

Freestyle is permitted on the left side in the race direction. In bottlenecks where there is not enough space for differentiation, freestyle is permitted.

#### *Classic style*

The tracks for classical technique are on the right side in the race direction.

#### **Limitation of participants**

The organizer is allowed to limit the number of participants if necessary. Should the number of participants be limited due to official requirements, the starting places will be drawn by lot among all persons registered to date.

#### **Deadline**

The times of the registration deadline are valid only as long as there are still starting places available.

#### *Engadin Skimarathon/Half Marathon*

The online registration will be closed on the Thursday before the race day at midday. After this time registrations are only possible until the Saturday before the race day at 5 pm at the bib distribution in the Marathon-Village in Pontresina.

#### *Engadin Women's Race*

The online registration will be closed on the Friday before the race day at midnight. After this time registrations are only possible until Sunday (race day) at 9:15 am at the bib distribution in Samedan.

### *Engadin Night Race*

The online registration will be closed on the Thursday (race day) at midday. After this time registrations are possible until Thursday (race day) at 5 pm at the bib distribution in the Marathon-Village in Pontresina.

### **Entry fee**

The amount of the entry fee depends on the time of receipt of the payment.

#### *Engadin Skimarathon (42 km)*

until August 31 <sup>st</sup>	CHF 100.-
from September 1 <sup>st</sup>	CHF 120.-
from January 1 <sup>st</sup>	CHF 140.-
from February 1 <sup>st</sup>	CHF 160.-
from March 1 <sup>st</sup>	CHF 180.-

#### *Engadin Half Marathon (21 km)*

until August 31 <sup>st</sup>	CHF 75.-
from September 1 <sup>st</sup>	CHF 95.-
from January 1 <sup>st</sup>	CHF 115.-
from February 1 <sup>st</sup>	CHF 135.-
from March 1 <sup>st</sup>	CHF 155.-

#### *Engadin Women's Race*

until February 15 <sup>th</sup>	CHF 60.-
from February 16 <sup>th</sup>	CHF 80.-

#### *Engadin Night Race*

until February 15 <sup>th</sup>	CHF 55.-
from February 16 <sup>th</sup>	CHF 75.-

### **Notes**

- Juniors born in 2009/2010 participate in the Engadin Half Marathon for free.
- The entry fee is excluding any transaction costs (eg. credit card fees).

### **Start**

It is possible that the starting procedure has to be adjusted due to the COVID-19 requirements. These adjustments are in any case binding and do not entitle to a reclaim of the already paid entry fee.

#### *Engadin Skimarathon/Half Marathon*

The participants are divided into a total of 29 wave numbers (A0 to number H28). The assigned wave numbers (e.g. D17) can be seen on the start number.

In the starting area, the individual entrances to the starting fields are labeled with the respective wave number (e.g. D17). The wave number can be seen on the start number. Participants enter the starting field via the starting area. Skis may not be deposited, put on or placed on the ground in the starting area. It is only allowed to put on your skis within the starting field.

As soon as the front waves have started, the waiting participants move to the starting field. This is entered on foot, after which the skis can be put on. The start now takes place wave by wave according to the predefined starting time. From wave C2 the net time measurement applies. The time measurement is only triggered after the start line (by the lake) has been passed. For waves A0 and B1 the gross time applies.

Participants who are not divided into the same wave and want to ski together are allowed to do so. Instead, the person who was assigned to an earlier wave moves back into the wave of the colleague. It is always possible to start in a later wave than the allocated one.

#### *Engadin Women's Race*

The participants of the starting block Elite (gross time measurement) start from the starting field. The start for the participants of the following starting blocks takes place from starting boxes. Participants first walk to waiting boxes next to the starting field. From there they are led in groups to the starting field to put on their skis and start independently. In the start boxes, the depositing, wearing or laying-on-the-ground of skis is not allowed.

**Important:** From Elite A, split times are measured by chip activation at the starting line (net time measurement).

#### *Engadin Night Race*

The start takes place for all from the starting field (gross time measurement). The participants line up in accordance with their category.

### **Starting wave / block**

#### *Engadin Skimarathon/Half Marathon,*

The start takes place in the assigned starting wave, the qualification for which results from the participation in the Engadin Skimarathon/Half Marathon in the past four years. If a qualification time from the Engadin Skimarathon/Half Marathon is available from the last two years, this is relevant and performance certificates of other cross-country races can not be considered for the classification in this case. First-time participants and participants, who have not taken part in the Engadin Skimarathon for more than 5 years, can arrange themselves due to their expected race time. First-time entrants who provide a certificate of performance can also be divided into another starting wave (with the start wave change form). The number of people per starting wave is limited. Should a starting wave be full, the next free starting block will be allocated.

#### *Engadin Women's Race*

The start takes place in the assigned starting block, the qualification for which results from the participation in the Engadin Women's Race in the past two years. Qualification for a starting block remains for all participants for two years. If a qualification from the Engadin Women's Race is available from the last two years, this is relevant and performance certificates of other cross-country races can not be considered for the classification in this case. First-time participants and participants, who have not taken part in the Engadin Women's Race for more than 5 years, can arrange themselves in the starting blocks Main Class A to General Class. First-time entrants who provide a certificate of performance can also be divided into the starting blocks Elite or Elite A (with the start block change form).

The number of people per starting block is limited. Should a starting block be full at the time of registration, the next free starting block will be allocated.

#### *Engadin Night Race*

The starting block can be chosen freely. For the starting block Elite a proof of achievement must be submitted.

### **Race distance**

#### *Engadin Skimarathon / Half Marathon*

Participants who have registered for the 42 km can finish the race in Pontresina after 21 km and will be listed in the Half Marathon ranking. Participants registered for the 21km race must finish the race at Pontresina, otherwise they will not be ranked for either 21km or 42km.

### **Climbs/descents**

The whole route must be covered on skis. It is prohibited, especially in ascents, to take off your skis. This limitation also applies to the climb at the Olympic hill in St. Moritz.

Participants who take off their skis will be disqualified. Exempted from this rule is the Stazerwald descent, whereby only the specially marked footpath may be used.

### **Ski equipment/change**

The skis and poles used must comply with the regulations of the FIS. Ski changes during the race are prohibited. In case of defects on skis or bindings, a maximum of one ski may be replaced.

### **Fluoride wax ban**

The fluoride wax ban is a rule of the International Ski and Snowboard Federation (FIS) and applies to all participants of the Engadin Skimarathon-Week. All ski wax must now be fluoro-free. Controls can be carried out by the organiser before the start and after the finish. If fluorine is detected, it will result in a starting ban or disqualification. Therefore, it's crucial to thoroughly clean your skis and other equipment. This also applies if a participant refuses to have his/her skis checked. More Information: <https://www.fis-ski.com/inside-fis/document-library/fluor-wax-information>

### **Responsibilities of the competitors**

Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from pace setters or pushing is not allowed (IWO Art. 343.7).

## Evaluation by age group

### *Engadin Skimarathon/Half Marathon*

<b>Category</b>	<b>Year</b>
Boys / Girls U16	2009 – 2010*
Men / Women Youth U18	2007 – 2008
Men / Women Youth U20	2005 – 2006
Men / Women	1995 – 2004
Men / Women Masters 1	1990 – 1994
Men / Women Masters 2	1985 – 1989
Men / Women Masters 3	1980 – 1984
Men / Women Masters 4	1975 – 1979
Men / Women Masters 5	1970 – 1974
Men / Women Masters 6	1965 – 1969
Men / Women Masters 7	1960 – 1964
Men / Women Masters 8	1955 – 1959
Men / Women Masters 9	1950 – 1954
Men / Women Masters 10	1945 – 1949
Men / Women Masters 11	1944 and older

\*only Engadin Half Marathon

### *Engadin Women's Race and Engadin Night Race*

<b>Category</b>	<b>Year</b>
Boys / Girls U16	2009 – 2010
Men / Women Youth U18	2007 – 2008
Men / Women Youth U20	2005 – 2006
Men / Women	1994 – 2004
Men / Women Masters 1+2	1985 – 1994
Men / Women Masters 3+4	1975 – 1984
Men / Women Masters 5+6	1965 – 1974
Men / Women Masters 7+8	1955 – 1964
Men / Women Masters 9-11	1954 and older

## Distance and finish line

- The official race end is clearly communicated and the track is controlled by a race control vehicle.
- Skiers who arrive at the finish after the official race end will not be ranked.
- If you are overtaken by the race control vehicle, you are only allowed to continue the race at your own risk. The start number bib and time chip must be handed over to the race control vehicle.
- The jury reserves the right to extend the last checkpoint times as well as the official race end in difficult conditions.

### *Engadin Skimarathon/Half Marathon*

- The finish will be closed at 3:45 pm (42 km) / 2:30 pm (21 km). Participants who arrive at the finish after the official race end will not be ranked.
- Last checkpoint times for 42 km: Pontresina 01:00 pm, La Punt Chamues-ch 2:15 pm and Zuoz 3 pm.
- There is an official bus in Pontresina, La Punt Chamues-ch and Zuoz. This brings the late participants to the finish where they can collect their effects.
- Marathon participants who arrive in Pontresina after 01:00 pm will be pulled out of the Marathon and ranked for the Half Marathon.

### *Engadin Women's Race*

- Finish at 1:00 pm

### *Engadin Night Race*

- Finish at 9:30 pm

## **Rating for classic style**

### *Engadin Skimarathon/Half Marathon, Engadin Women's Race*

In addition to the general rating, a separate classic-style rating is maintained (alphabetical list, no ranking). Participants must enter their skiing style when registering online.

### *Engadin Night Race*

No classic rating

## **Timing chip**

The timekeeping chip is attached to the inside of the start number bib and must be worn at the front. It must be returned to the designated place after the finish. Not returned chips will be charged with CHF 40.00. If you do not start or withdraw from the race, you can return the chip to the marathon office of the Engadin Skimarathon at the latest by the end of March (please use a padded envelope; the Engadin Skimarathon is not responsible for the chips lost due to shipping).

## **Protests**

### *Engadin Skimarathon/Half Marathon*

Protests must be submitted in writing to the jury, in the jury room of the finish area building. This requires a CHF 100.00 deposit. For elite men skiers, the protest period is within 15 minutes after the finish of the 100th placed mens skier. For the elite women skiers the protest period is within 15 minutes after the finish of the 20th placed womens skier. For all other participants, the protest period ends 15 minutes after the official race end.

### *Engadin Women's Race*

Protests by elite skiers must be submitted within 15 minutes of the 20th placed skier's finish. For all other participants, the protest period ends 15 minutes after the official race end.

### *Engadin Night Race*

Protests by elite skiers must be submitted within 15 minutes of the 20th placed skier's finish for men and 10th placed skier's finish for women. For all other participants, the protest period ends 15 minutes after the official race end.

### **Disqualification**

The following infractions will result in a disqualification and a two-year ban;

- runs with a different starting number than the one assigned.
- runs under a wrong name.
- giving your starting number to another person.
- starting from a higher than the assigned start block.
- causing a false start.
- covering part of the route in another way other than on skis (exception: Stazerwald descent on foot on the specially marked path).
- skiing with fluorid wax.
- skating in the tracks reserved for classic style.
- behaving in a unsporting manner towards participants, officials or spectators.

In case of a two-year ban, the original start qualification is automatically lost.

### **Doping controls**

#### *Engadin Skimarathon*

Doping controls are conducted in accordance with the regulations of Antidoping Switzerland and must be completed by the participants. In the event of a refusal of control, this will be equated to a positive doping test and referred to the disciplinary body. Any prize money will not be paid out in this case.

### **Prize money**

#### *Engadin Skimarathon*

for ladies and gentlemen, each:

1st place	CHF 10'000.-
2nd place	CHF 5'000.-
3rd place	CHF 2'500.-
4th place	CHF 1'250.-
5th place	CHF 750.-
6th place	CHF 500.-

#### *Engadin Women's Race*

1st place	CHF 1'000.-
2nd place	CHF 500.-
3rd place	CHF 250.-

### **Trail grooming**

Participants are requested to refrain from entering newly groomed trails before the race, starting at the times listed below.

- Engadin Skimarathon: From saturday, 4:00 pm
- Engadin Women's Race: From saturday, 8:00 pm
- Engadin Night Race: From thursday, 5:00 pm

### **Cancellation**

If no cancellation insurance has been taken out and you cancel before the December 31<sup>st</sup>, the paid starting fee will be credited to the next year's race (no refund and the starting

place can be postponed only two times). If you cancel after December 31st, no credit will be given. We recommend taking out cancellation insurance (eg. directly with online registration). The start authorization can be transferred to a replacement person until February 16th for a fee of CHF 40.00. The organization reserves the right not to consider any applications after 16 February.

If participants who enter Switzerland from abroad have to remain in quarantine for at least 5 days due to official instructions and therefore cannot start the Engadin Skimarathon, Engadin Women's Race or Engadin Night Race, the entry fee will be carried over to the next year.

### **Data protection**

During the run participant photos and participant videos are produced, which can then be obtained from the participants. The publication of the participant photos and participant videos must be approved in the online registration. Main and co-sponsors of the Engadin Skimarathon have the right to send a one-time mailing to the participants. The dispatch of the mailing must also be approved during the online registration.

With the approval of the competition regulations, the [privacy policy](#) of Datasport is also approved. The names and results of the participants are published on the official ranking list of the time keeping company. Participants have the right to demand the deletion and restriction of the use of personal data from Datasport and to object in writing to such processing of personal data.

### **Information of doubtful conditions**

In case of doubtful conditions the organizer informs over the website.

### **Cancellation of the competition**

Should the competition be cancelled due to COVID-19, the entry fee will be carried over to the next year. If the competition can not be held for any other reason, a refund of 80% of the registration fee will be made (registration entry fee: Engadin Skimarathon CHF 20.00, Engadin Frauenlauf and Engadin Nachtlauf CHF 15.00 according to IWO / Service fee: difference between entry fee and paid entry fee). Only the part that has not yet been claimed by the organization can be repaid from the service contribution.

### **Insurance / Liability**

Each participant must be accident insured and fully responsible for his / her state of health. The organizer assumes no liability for accidents, lost items, theft and other damages of any kind. Also, the organizer rejects all liability towards spectators and third-parties.

### **FIS rules**

Along with our rules and regulations and [rules of the FIS](#) are to be followed.

### **Acceptance Technical instructions and regulations**

With the payment of the entry fee the participants accept without reservation these technical instructions and these regulations of the Engadin Skimarathon.



In case of doubt the German version of the regulations is valid.