

**WORLD SNOWSHOE
CHAMPIONSHIP 2022**
CAVIAHUE – COPAHUE, NEUQUÉN, ARGENTINA



WSSC 2022 SCHEDULE:

Thursday SEP 1ST:

12 PM - 8:00 PM. Check in/Kit pick up/Snowshoes control

Friday SEP 2nd:

06:00 PM - 7:30 PM. Opening Ceremony.

07:30 PM - 08:30 PM: Pre-Race Briefing

Saturday SEP 3rd:

10:30 AM - 1:00PM: Race

5:30 PM - 8:30 PM: Award Ceremony.

WSSC 2022 RULES:

- 1- **COMMUNICATION:** The official website is: www.copahueextremo.com.ar
Participants should check the website periodically, to be aware of the news and possible changes to the race course, race regulations, etc.
- 2- **RUNNERS' CHECK IN – OFFICIAL KIT PICKUP**
At the moment of check in and race official kit pickup, all participants must show their personal ID/passport.
All participants will sign the Race Rules at this moment.
The race official kit must be picked up personally.
- 3- **GENERAL RULES FOR PARTICIPANTS**
 - a) Each participant is compelled to have knowledge of and comply with the Race Regulations, running etiquette and the instructions provided by the staff members.
 - b) It is the athlete's responsibility to be appropriately trained for these kind of events, showing adequate physical condition. Registration by itself does NOT imply this requirement is met.
 - c) ID card or passport must be shown during the registration process.
 - d) The Organization and the authorized staff members have the right to request participants to stop taking part of the race if there is evidence that physical or mental well-being of the participants are at risk. If this is the case, refusal to follow these instructions will lead to disqualification.
 - e) The Organization will provide ambulances and medical staff for assistance. Each competitor has full knowledge of the possible difficulties and risks this kind of activity implies, being of their sole responsibility all medical assistance expenses exceeding those included in the race insurance. If it is necessary, runners will be taken to the nearest hospital.
 - f) During the registration process runners will be requested to provide health insurance coverage information. If they would not have one they can just inform this. During the registration process a contact telephone number will be requested in order to inform the family of any occurrences.
 - g) All participants must show commitment to respecting and protecting our environment. Littering or any other way of disrespect towards the natural environment will lead to disqualification.
 - h) Runners who decide to drop out of the race for whatever reason have the obligation to inform and hand out the race bib to the members of the staff.
 - i) At the Pre-race Briefing, the race course will be informed in detail. In the event of not following the trail marks and going off course, it is the runners' responsibility to return and find the marked trail. The Race Directors will NOT accept any claims regarding this situation.
 - j) The Organization reserve the right to modify the race course for safety reasons, unfavourable weather conditions or any other event beyond their control to one of the course option previously informed to the World Snowshoe Federation. The Race Directors will NOT accept any claims regarding this situation.
 - k) Acceptance of the Race Regulations implies the Race Directos' and sponsors' right to use, reproduce, distribute and/or publish any form of recording of the participants (namely photographs, videos, short films, etc.) without having to provide any type of financial compensation. By registering and taking part in this event, all participants agree to consent to these terms.
 - l) Liabilities: By registering, all participants agree and attest that the following conditions are met:

- to possess adequate physical conditions
- to be properly trained for this type of event
- to have general knowledge of the race course and its terrain characteristics.
- To be fully aware of the risks implied in this kind of activity.
- To be aware of the difficulty of search and rescue at some stretches of the course.
- To be aware that some stretches of the course are inaccessible by vehicle, therefore immediate assistance is limited.
- To know the terrain characteristics and the possible injuries implied, such as sprains and strains or even fractures. The Organization will prioritize assistance to most severe, life-threatening injuries first.
- Personal accidents, injuries and/or personal items loss before, during or after the event is the sole responsibility of each participant.

m) The organization, members of staff, World Snowshoe Federation, sponsors, municipality, governmental institutions, public entities and land owners (where the race takes place) are released from liabilities concerning the aforementioned situations

4- **CLASSIFICATION AND TIMING**

Chip timing. Real-time classification will be displayed on a screen at the Timing Booth.
A LED timer at the Finish Line area will show the on-going race time.

5- **ASSISTANCE, HYDRATION AND CONTROL**

At certain stages along the course of the race as well as at the Finishing Line there will be assistance and hydration stands. The Organization will make sure there are no participants lagging behind at any stage of the race course. There will be check points to guarantee the correct fulfillment of the race course by all the athletes.

6- **INSURANCE**

All participants are insured for personal accidents. Such coverage includes: coverage in the event of accidental death and partial/total invalidity caused by an accident as well as reimbursement of pharmaceutical costs in case of accident. The coverage scope extends to the duration of the event. Participants will bear any costs exceeding the amounts mentioned. Accidents occurring "in itinere" are not included in or covered by the insurance.

7- **TECHNICAL T-SHIRT AND BIBS**

Wearing the official T-shirt is optional. Wearing the Race Bib is compulsory. The latter must be placed on the abdomen or legs area so that it is fully visible throughout the whole race course.

8- **MANDATORY EQUIPMENT**

Mandatory equipment is required to take part in this event. It is important to consider that the equipment required can be adapted to each runner's needs and capacities, presenting in all cases proper protection against low temperatures, wind, rain and snow. During the Pre-race briefing (time and location to be confirmed), the Organization will announce if weather conditions allow for any of the mandatory equipment to turn to be optional.

MANDATORY equipment includes:

- Race bib must remain visible throughout the whole race.
 - Snowshoe Requirements:
 - Minimum Length: 53.34 cm (21 inches)
 - Minimum Width: 17.78 cm (7 inches)
 - The snowshoe has to be provided with at least 4 crampons.
 - Participants are free to choose the shoe styles they prefer.
 - Direct mounting of shoes to snowshoes is permitted.
- * The missing of any of these mandatory elements will be penalized with disqualification

Not compulsory but HIGHLY RECOMMENDED equipment:

- Sunglasses / goggles - thermal shirt / first skin
- Gloves
- Survival blanket (also known as space blanket)
- Waterproof/windbreaker pants
- Waterproof running shoes.
- Trail running gaiters
- One extra pair of socks.
- Sunscreen/sunblock

NOT allowed equipment:

- Trekking poles.

9- **WEATHER**

In the event of unfavorable weather conditions or any other situation beyond the Organization's control, where physical safety could be put at risk, the organization will implement another course option previously informed to the World Snowshoe Federation.

10- **CATEGORIES**

A) CATEGORIES WORLD SNOWSHOW CHAMPIONSHIP:

FEMALES 12K: 20 to 29 years of age; 30 to 39; 40 to 49; 50 to 59; 60 to 69, 70+. (age as 12/31/2022)

MALES 12K: 20 to 29 years of age; 30 to 39; 40 to 49; 50 to 59; 60 to 69, 70+. (age as 12/31/2022)

B) CATEGORIES JUNIOR WORLD SNOWSHOW CHAMPIONSHIP:

FEMALES 5K: 15 to 19 years of age as 12/31/2022.

MALES 5K: 15 to 19 years of age as 12/31/2022.

Race Format 12K: This sporting event is carried out in a single stage. Cut-off times are 2 and a half hours.

Race Format 5K: This sporting event is carried out in a single stage. Cut-off times are 1 hour.

11- **AWARDS WORLD SNOWSHOW CHAMPIONSHIP 12K**

a) Top 3 overall 12 km Men and Women (Medals: Gold, Silver, Bronze) and Platters.

b) Top 3 National Teams Men and Women: At least 3 athletes must compete per nation to qualify for this award. Awards are determined by the sum of the race times of the top 3 athletes of each country. The lowest times determine the podium winners. (Medals: Gold, Silver, Bronze)

c) Top 3 Masters Athletes, Men and Women (Medals: Gold, Silver, Bronze)

Master athletes are over the age of 40 as of December 31st, 2022.

d) Age Categories: a medal for the top 3 Male and Female finishers from each age category. (Medals: Gold, Silver, Bronze)

Trophies, medals and awards WILL NOT be delivered before the Awards Ceremony. They may be shipped under participants' particular circumstances, in which case the participant will bear all shipment costs.

AWARDS JUNIOR WORLD SNOWSHOW CHAMPIONSHIP 5K

Top 3 overall Junior 5km Men and Women (Medals: Gold, Silver, Bronze) and platters.

In addition, the First overall Junior athletes (male and female) receive the Mark Elmore plaque.

FINISHER MEDAL 5K AND 12K

All participants who complete the race course within the established time limits will receive a finisher medal.

12- **WARM-UP AND START**

From within 30 minutes before the start, no participants will be allowed to remain before the Starting Line. Not following this rule may lead to runner's disqualification. All runners must go past the Starting/Finishing Line and run all along the marked trails. If she/he takes shortcuts or goes off-course, she/he will not get their timing scored, releasing the Organization from all liability on this respect.

At the start line competitors snowshoes must be behind the start line.

13- **PENALTIES**

a) Participants cannot be accompanied by bicycles, cars, motorbikes, snow tracks or any other type of vehicle. Should this occur, the athlete will be immediately disqualified. Coaches and spectators must remain in the viewing area and off the trail.

b) The Race Bib provided by the Organization must not be modified or cut. It must remain fully visible throughout the whole race course. Personal sponsorship is NOT allowed to be present on the race official jersey and bib.

c) Taking shortcuts –therefore not completing the official race course- will lead to disqualification.

d) Assistance among participants is allowed in case of accident or injured, except if it includes pulling one another with ropes or any other gear, or any other form of facilitation.

e) The missing of any of these mandatory elements when crossing the finish line will be penalized with 90 minutes.

f) Should any competitor who is hindered, cut off, or touched by another competitor decide their finish time was altered, that person may submit a description of the offense in writing to the race director within 30 minutes of the offense. The Race Director or Jury of Appeals may later the hindered athletes time and/or place of finish.

g) The course will have to be covered with both snowshoes on and the competitor must cross the finish line with both snowshoes firmly attached to his/her feet. Should the competitor loose a shoe during the race, he/she must step off the track and re-attach the snowshoe in order to finish the race. An athlete who covers more than 3 meters of the race course without both snowshoes attached to their feet may be disqualified. Not following this will be penalized with DISQUALIFICATION.

h) If a competitor falls he/she may stand and finish the race. An athlete must retire from competition at once if ordered to do so by a member of the appointed medical staff, any certified and duly recognized course official and/or the race director.

14- DISQUALIFICATIONS OR SANCTIONS

The disqualification or sanctioning of a competitor is fixed by the race jury in case of:

a) Material not in compliance.

b) Anticipated departure (False Start).

c) Run without snowshoes outside the areas set out by the race director.

d) Run outside the passageway marked by the small flags; check-point Non-passage; unsporting behaviour and obstructionism; arrival at the finishing line without snowshoes on.

e) An athlete shall be disqualified if the untied or unfastened snowshoe interferes with another athlete competing in the same race.

f) An athlete shall be disqualified if, in the officials estimation, he/she purposefully jostles, obstructs, bumps or steps on another competitor's snowshoe.

g) If an athlete is disqualified in any WSSF sanctioned event, reference shall be made in the official results to the WSSF, and the rule which was broken shall be stated.

h) No established record can formally be considered broken or set unless the event is a WSSF sanctioned race with a certified race director and technical delegate, and the competitor holds a current WSSF Sporting License, if available.

15- COMPLAINTS/APPEALS

Possible claims will have to be given in written to the race jury within the 20 minutes following the results publication. The jury will provide to release a written decision within an hour.

The competitor will have the right to make an appeal to the decision as per the procedures of the discipline rules, of the internal rules of Federations or National Associations in charge with the discipline.

Upon claim notice a tax of €uro 100,00 will have to be paid. It will be returned in case the appeal is approved.

16- DOPING

Doping, as well as the denial of submitting yourself to the control, are severely forbidden as per the running National Association and World Federation rules.

RUNNER NAME AND

SURNAME: _____

ID CARD OR PASAPORTE: _____

RUNNERS SIGNATURE: _____