



38th PIERRA MENTA
From 13th to 16th march 2024
Rules, Gear and Enrolment



1 – Description of the race

- 1.1 4 days race with 2 people by team
- 1.2 2.000 to 3.000 m of height difference per day.
- 1.3 With an upward or downward gradient of about 45°.
- 1.4 For safety reasons, organizers can require the use of ropes, crampons, and harness in some sections.
- 1.5 In case of abandonment due to equipment brake, the team will be allowed to participate in the next steps after equipment change. The team will have to advertise the organizers to get a new bib. It will start in the third departure line, will be timed but not ranked.
- 1.6 In case of abandonment due to health problem, the healthy teammate will be allowed to participate in the next steps with an other competitor having the same problem. At 5 pm, at Salle de la Chaudanne, a permanence will be held to recreate a new team. It will start in the third departure line, it will be timed but not ranked..

2 - Rules

- 2.1 Male, female or mixed teams. Each team will consist of two skiers.
- 2.2 Starting time is decided by the organizers for each stage.
- 2.3 At any time, whenever it seems necessary, the organizers can alter the program for safety reasons. If the whole race, or just a part of it, is cancelled, there will be no refunds of registration fees.
- 2.4 The organization committee is discharged from any participant claims.
- 2.5 If necessary a time “allowance” may be given for each stage.
- 2.6 According to snow conditions, time blocks can be set on certain places.
- 2.7 The team cannot leave the checkpoints if the skiers are not together.
- 2.8 For each stage of the race the time will only be recorded when both competitors have crossed the finishing line together. The clock is stopped when the last competitor of the team crosses the finishing line.
- 2.9 Wearing a helmet and a race number are obligatory during the whole race: a race number on the rucksack and the other one on the upper part of the right thigh.
- 2.10 Whether a team gives up because of physical or technical difficulty, or because they arrived too late at a checkpoint, the “number” must be given back to the nearest organizers who will arrange the repatriation. If the safety instructions are not observed, it will be at the competitors’ own peril.
- 2.11 A daily unofficial podium will be organized on the arrival area for the 3 first teams of each category.
- 2.12 The competition will consist of 2 categories:
 - 1/ women’s teams
 - 2/ men’s and mixed teams

Espoir teams are classified with Senior and “Espoir” will be mentioned.

- 2.13 Any claim about the day race must be written to the organization, within 1 hour following the posting of the unofficial results in the Salle de la Chaudanne of Arêches at 4 pm.
- 2.14 Decisions, as regards any claims, will be taken according to the French translation of the rules.
- 2.15 The organizing committee has purchased liability insurance for the event. It does not insure the competitors who must get their own ski mountaineering insurance (insuring rescue fees, search and medical transport by helicopter). In case of accident, the injured person must do declaration to his own insurance.
- 2.16 The participants in the Pierra Menta ski mountaineering competition allow the organizers and eligible third parties such as sponsors and media to make use of photos and audiovisual material produced during the competition, on which they may appear. This also applies to publicity and advertising documents, worldwide and for the length of time foreseen in the legislation.
- 2.17 Organizers cannot be held responsible for the theft or loss of the racers belongings.
- 2.18 Only clothes packed in bags supplied by the organization can be put in the bungalow on the finish area.
- 2.19 Under no circumstance will the organizers be held liable for damages caused by the non-compliance of the participants’ equipment, which would not have been detected during the conformity checking operations. Teams will be checked (Numbers and DVA) at the entrance of their departure line inside your closed pocket.
- 2.20 The racers must follow instructions about parking and must have winter equipment for their car.
- 2.21 The organizers cannot be held responsible for an accident due to bad health or insufficient training.

- 2.22 Broken material (ski and stick) may be changed only at check or feeding points with the permission of the chief controller or his assistant. Pierra Menta organization is not due to replace any broken equipment.
- 2.23 Antidoping controls are planned.
- 2.24 It is forbidden to pull teammate with either a rope or an elastic band within the first 15 minutes of the race as well as in corridors, on ridges or while skiing down.
- 2.25 One member of the team must produce his own family third-party insurance with policy number.
- 2.26 Briefing in Salle de la Chaudanne: on Tuesday, it will stand à 6.00 pm and the other days at 6 pm
- 2.27 Because of the Covid 19, briefing can be produced on Facebook

3 - Eating areas

On each daily route, we will provide eating areas where competitors can be fed by their friends or coaches. Outside these areas, competitors will be disqualified.

4 - Obligatory gear per head (in agreement with ISMF and FFME Rules)

- 4.1 Skis must be at least 60 mm wide at the rail base, 80 mm at the ski tip and 70 mm at the tail with steel edges on 90% of the length. Length of skis must be more than 160 cm for men and 150 cm for women.
 - 4.2 The bindings with stop ski (front and back made by same constructor) will allow free heels for climbing and their locking down for the downhill with a lateral and frontal release system. 750 gr for men, 730 gr for women.
 - 4.3 1 pair of climbing skins for the race and 1 spare one in the rucksack
 - 4.4 Boots must be high enough to cover the ankles, with a Vibram sole and 2 efficient tightening devices. (one round the tibia and one on the foot) The notches must cover 75 % of the soles and be deep enough (more than 4 mm). The boots must be compatible with crampons.
 - 4.5 Each team member must have two straps on his rucksack, to be able to carry the two pairs of skis if necessary. For safety reasons, each member of the team must hold his own rucksack with the safety materiel.
 - 4.6 Poles maximum 25 mm diameter sticks with plastic rings.
 - 4.7 Survival blanket (more than 1.80 m²): no modification allowed.
 - 4.8 1 liter water full bottle.
 - 4.9 Long sleeves upper body cloths fitting the racer. A minimum of three layers, one of them must be waterproof. A fourth warm long sleeves layer for high altitudes depending of the weather forecast.
 - 4.10 Lower body clothing: minimum 2 full length layers, correctly fitting, one of them must be windproof.
 - 4.11 A pair of goggles, gloves, a ski hat, a whistle and a cap lamp in working order.
 - 4.12 A snow shovel without any modification to the original design (ISMF).
 - 4.13 An avalanche detector positioned directly on the body, DVA frequency 457 kHz (EN 300718) (UIAA or CE). Tri antennas obligatory, inside your underwear in a closed pocket.
 - 4.14 Ten spikes crampons (minimum): two at the front with safety straps (norm UIAA 153) and fitted to the racers shoes.
 - 4.15 A harness normed UIAA105, 2 usable slings (via ferrata type) normed UIAA128, 2 swivels hooks (UIAA 121).
 - 4.16 A 2.4 m length pole, 10 mm large as diameter.
 - 4.17 Mountain helmet (UIAA 106 or EN 1077 B class) compulsory.
 - 4.18 Copy of identity card and telephone number to call in case of an accident.
- The gear can be checked on Tuesday the 12th of March 2024 from 10 am to 4 pm in the Salle de la Chaudanne.

5 - Penalties

Penalties according to ISMF rules, will be assigned in case of:

- 5.1 Any missing objects required by the organizers at the gear control stand
- 5.2 Race numbers wearing not respected
- 5.3 Incomplete team for departure at controls
- 5.4 Outside assistance during competition
- 5.5 Abandoning equipment or dropping trash
- 5.6 Competitor not carrying his own rucksack
- 5.7 If the second racer crosses the finish line more than 5 seconds after the first one, penalty will be twice the difference in time of this time lag.

- 5.8 Absence of the winners of the general ranking to get their yellow race number during the briefing in the evening in the Salle de la Chaudanne: 100€/racer
- 5.9 If the winners do not assist to the briefing in Salle de la Chaudanne at 6.00 pm.
- 5.10 Failure to respect route markings

The organizers give penalties from 20 sec up to disqualification

6 - Disqualification

- 6.1 Leaving before starting time. No checking at a checkpoint.
- 6.2 Reckless attitude or serious mistake,
- 6.3 In case of positive drug testing results.
- 6.4 For any missing security material or not conformed material.
- 6.5 Each competitor must respect everyone on the race (organizers, volunteers and other racers).
- 6.6 In the event of absence (unless justified) at the controls on Tuesday, 12th March 2024, the team will not be allowed to start the next day.
- 6.7 Passing the arrival more than 100 % plus the first team of any categories.
- 6.8 The organization gives itself the right to place intermediate time barriers on the course. In the event of exceeding the set time, the team will be disqualified. The organization will give instructions on how to reach the arrival area.

7 - Reward

Men/Mixt:	Ladies
1 st team: 3.600 €	1 st team: 3.600 €
2 nd team: 2.400 €	2 nd team: 2.400 €
3 th team: 1.800 €	3 th team: 1.800 €
4 th team: 1.200 €	
5 th team: 600 €	

Overall: 17.400 € + many other prizes.

8 - Enrolment

Enrolment only on website www.grandecourse.com/la-grande-course.fr

- 8.1 Grande course card is obligatory to get registered
- 8.2 Number of teams is limited to 210
- 8.3 Fees: 1 300 € per team. It includes the race and the accommodation and full boarding from Tuesday, 12th March 2024 evening to Saturday, 16th March after lunch meal
- 8.4 Each team must bring bath towels
- 8.5 No animals in your accommodation
- 8.6 Rations needed during the race must be provided by the competitors.
- 8.7 Competitors must arrive on Tuesday, 12th March 2024, from 10 am to 4 pm for registration controls in the Salle de La Chaudanne.
- 8.8 At 6.30 pm a parade with all competitors will start from Salle de la Chaudanne up to the Arêches' church square for "racers numbers" delivery.
- 8.9 Ranking will take place down in Beaufort at 2.30 pm on Saturday afternoon, salle polyvalente
- 8.10 Withdrawal
In case of withdrawal, the organization will keep
Before 20.02.24: 30 €
Before 28.02.24: 100 €
After 28.02.24: 1 300 €
- 8.11 Teammate changing
After 28th February, no changing of a teammate, before starting, is allowed without a cash of 100 €. After starting the race no change will be possible
- 8.12 Electronic ranking

Your Chrono Competition ship stuck on your helmet (and another one in your rucksack) detects you before the departure, as well as at the different lap points and at the finish line. No Chrono Competition ship, No ranking!

www.chronocompetition.com

8.13 Cancellation of the race

If the organizers are ordered to cancel because of pandemic or bad meteorologic conditions, the organizers will study the re-payment

9 – Registration

9.1 On www.grandecourse.com/la-grande-course.fr from 1st December 2023 to 31st January 2024

9.2 Three stages:

A – Each racer gets registered on the website, completing each space and attaching ordered documents

- Grande Course card
- Insurance for ski alpinism competition
- Medical certificate (less one year)
- Results of ski mountaineering races of a good level (at least 2 races in the last 3 years), specifying the year, the rank and the route (if several routes offered).
- Photo
- Home Insurance with holidays clause

No complete file will be accepted

B – Controls of the files

Each dossier will be controlled until 31st January 2024. You'll receive an e-mail between 31st January to 15th February, telling you if your registration is accepted, on waiting list or refused.

C – Payment

If your registration is accepted, you'll receive an e-mail telling you how to pay by credit card.

If you are on waiting list, you might be called again. Consult regularly, your e-mails.

V 3-2024