

## 3H Xtreme - Rules & General Information

• The 3hrs Xtreme is nothing like the traditional obstacle races that you have been able to live. Please read the entire document and follow it.

### Required material

#### The Helmet



Mountain bike or Caving Helmet: These are the ones that are most used since the first edition of this race. Required in the underground of the fort, they will protect you from very low ceilings and therefore possible head injuries.

You are free to remove it once you are outside, but the non-wearing of the helmet in the underground passages will result in the elimination of your team.

#### The whistle



It should only be used to notify us of your presence in case of a problem.

If we find that a member of the team uses this accessory for a non-preventative purpose, we will eliminate the team.

#### Survival Blanket



Hopefully it won't serve you.

For safety, we nevertheless ask you to always wear it during the race.

#### The headlamp



Some passages in the fort are little or no enlightened: your headlamp will be necessary to evolve without risk.

The whole binomial in the race must have its lamp on. Be sure to expect it to be well-charged.

### Schedule of withdrawal of start numbers

3hrs Xtreme by day:  
Saturday the 15th February 2020, from 7.30 am

3hrs Xtreme by night:  
Saturday the 15th February 2020 from 8.00 pm

The entire team must be present with:

- Identity card

- Mandatory equipment



## Route & Markup

- The route will be close to **5 km**, this is the closest estimation to the reality, it is not possible to accurately measure the passages in the underground of the fort.
- **For the day race**, from the start, we will make you go around the ramparts of the fort (400m) before you actually get on the full course. Obstacles 1 and 2 on your first lap will be closed to avoid having waiting times at the beginning of the race.
- For the **3h Xtreme at night**, you will leave directly on the course and obstacles without avoiding anything.
- A white marking with black writing will be present throughout the course. At night, we will add light sticks that will serve as landmarks.
- We will obviously ask you **to respect the markup**, not try to cut through to avoid some obstacles and thus try to save time or save energy on your opponents.
- **The binomial in the race will always have to run together**, never more than 5 meters between you.

## Coaching

- Marshalls will be present on all the obstacles. Their task will not be simple, **we will ask you to respect them, to respect the rules put in place on each obstacle and to apply the penalties.**

## Safety & Medical Service

- **A medical post will be installed in one of the fort's rooms**, close to the finish line. You have a limp, a pain or an injury, do not hesitate to go find the medical service.
- **If an injury occurs on an obstacle, directly notify the Marshall.** The medical staff will assess the severity of the injury and you will have to respect his decision.

## Timing & Relay

- **Each duo in the race will have to wear the mandatory timing chip on the ankle** and present it to the timekeeping stand at each lap.
- A correct relay is carried out **by transferring the chrono chip to your relay** and it has **been attached to it before resuming the race.**
- In case of loss of the timing chip, do not panic, finish your turn and report it immediately to the timing stand. A new chip will be assigned to you.



## Disqualifying Cases

- Obligatory material not worn
- Failure to comply with the limits set by the markup
  - Cheating
- Failure to comply with the Marshalls
  - Avoid one or more obstacles
    - Non-compliant relay
  - Refusal to apply the penalties
    - Alcohol or drug use

## Supply

• We prefer to warn you that it will not be the orgy. The goal for us is to put you in the conditions of the **24h Xtreme** where the participants are in total autonomy. Nevertheless, we will offer some soup in the last hour of the race.

## End of the race

- Once the 3 hours of racing are reached, we will stop you in your order of arrival at several points of the course in order to establish a ranking close to the reality.
- We will indicate your team number and the distance where you were on the course, once this is done you can finish your lap but it will not be counted.

## Cleanliness

- Showers will only be accessible at the end of the test.
- Please respect the places, do not clean your clothes and shoes in showers or washbasins. Put your filthy things in a big bag and take it all home.

