



## TERMS & CONDITIONS

### AGE LIMIT

All competitors must be at least 18 years old by the date of the event.

### REGISTRATION & REGISTRATION FEES

Each competitor / relay team must complete an online registration form and pay the appropriate registration fee in order to take part. The fees are outlined on the website.

Each competitor must also attend the event registration session between 1400 and 1700hrs on the Saturday of event weekend to collect their Race Pack. All registration items must be worn / carried at all times during the event, as per instructions from the event organisers.

### REFUNDS AND WITHDRAWALS

Competitors may withdraw from the event up to Thursday 31st March and we will refund 50% of the registration fee or transfer their place to the following year. They are also welcome to transfer their place to another person at no additional cost. Notification of withdrawals and transfers **MUST** be made by email.

If a competitor withdraws between 31st March and Friday 17th June, they will receive **NO** refund but they can transfer their place to another person or defer to the following year, if suitable (if not, **NO** refund will be given).

If a competitor withdraws after 17th June they will receive **NO** refund but they can transfer their place to another person. They can also defer to the following year **ONLY** upon receipt of a letter from a medical professional confirming a good medical reason for not taking part.

If the competitor does not turn up on event day their fee is non-refundable and cannot be transferred to the following year.

### TRANSFERRING PLACES

Please note that **WE MUST** be informed of any name changes by email and anyone taking part must have completed the online registration process.

### COMMS

All event information will be sent in email newsletters; the competitor must ensure that the event organiser's emails are received in their email inbox (add the email address to your contacts). If information is not being received, the competitor must let the event organisers know.



## **HEALTH**

In order to participate, competitors must be in good physical condition. Their health and welfare is of paramount importance. By starting in a race, the competitor declares they are in good health and are in appropriate physical condition to complete the race. It is the responsibility of all competitors to ensure they are able to complete the specific race distances entered comfortably.

## **RELEVANT EXPERIENCE**

All competitors must have the following experience in order to take part in the STARMAN event:

1. Competitors must have open water swimming experience.
2. Competitors must have experience of walking/running up hills of at least 2500ft.
3. Competitors should understand how extreme weather can affect performance and how to manage this.
4. Competitors should have experience running and moving safely over uneven terrain at night.
5. Competitors should know how to navigate in poor conditions.
6. Competitors should be able to take a bearing from one location to another, confirming which direction one would move off in.
2. Competitors should be able to use landmarks to confirm their location.
3. Competitors should be able to locate and use a grid reference.

## **TIMING CHIPS**

All solo entrants and relay teams will be provided with a timing chip at event registration. This must be worn at all times throughout the event and must be 'dibbed' in when required. Relay teams will have one timing chip worn on a lanyard which will be passed to the next member of the team and which must be looked after.

When the event is finished, the timing chip will be removed - please do not leave the event whilst still wearing the chip. If a competitor does not return the chip, they will be required to pay £40 to replace it.

## **GPS TRACKER**

All competitors will be provided with a tracker at event registration. This must be worn at all times EXCEPT during the swim. The same tracker will be used by relay teams for the Bike and Run Phases and must be handed over safely and appropriately. If the GPS tracker is not returned, the competitor must pay £150 to replace it.

## **SAFETY**

Prior to and during the event, competitors are responsible for their own safety and they must also take reasonable care to ensure the safety of others. They must comply with directions from the event officials (including marshals, volunteers, event officials, hill safety teams, medical teams).



The organisers reserve the right to terminate an individual's participation on health and safety grounds. In the event that a place is terminated, registration fees are non-refundable.

### **RISK**

Competitors are taking part in the STARMAN Night Triathlon at their own risk. The organisers will have no responsibility for any risk, loss or costs which are incurred in connection with the event unless caused by the organiser's negligence. Competitors will indemnify the organisers and any persons acting on their behalf for any risk, damages, loss or costs arising as a result of their participation in the event. The organisers will not carry insurance in relation to their participation in the event so it is the competitor's responsibility to obtain any necessary insurance. We highly recommend that competitors take out their own Personal Accident Insurance.

### **CUT-OFFS**

Swim - All participants to be out the water by 0110hrs (allowing 70mins swim time).

Bike - T1: No bikes allowed to leave after 0140hrs.

Run - T2: Cairn Gorm leg cut-off - 0645hrs; after this time, competitors WILL be permitted to continue but will NOT be permitted to attempt the Cairn Gorm summit (Short Course 1). Competitors will join runners returning from the summit and head down towards Glenmore Forest.

Run - Glenmore Forest, Green Loch - cut off 0845hrs. Competitors arriving at Green Loch after 0845hrs will not be permitted to attempt the Meall a' Bhuachaille summit but will take Short Course 2.

### **EVENT AMENDMENTS**

For safety reasons, due to the potential for severe weather conditions the event organisers retain the right to amend the event. This includes but is not limited to, all event timings, the event route(s), phase cut off locations, times and short course options. We will endeavour to keep all competitors updated with any changes as soon as possible and to keep all alterations to a minimum. The event organisers also reserve the right to cancel the event in its entirety. All registration fees will be non-refundable if the event is cancelled.

### **COMPULSORY KIT**

The following kit is COMPULSORY and must be worn/carried in the appropriate phases during the event.

All competitors will be required to hand over their Transition 2 kit bag when they register at the Ski Centre, where it will be checked by the Hill Safety Team. All kit bags will then be taken to Transition 2 and there may be kit checks at T2 before competitors start the Run Phase. The event organisers reserve the right to disqualify any competitor who is not carrying all compulsory kit.

Bicycles must be racked and T1 kit in place at Transition 1 (The Hayfield) by 2315hrs on event day.



**ALL ITEMS ARE 100% COMPULSORY - NO ITEM, NO RACE. YOU HAVE BEEN WARNED!**

The organisers reserve the right to change this kit list if it is appropriate for competitor safety.

**SWIM PHASE KIT**

- Full wetsuit
- Goggles
- Swim cap - this will be handed out at event registration
- 3 x cylumes - these will be handed out at event registration
- Timing chip - this will be handed out at registration and must be worn throughout all 3 phases of the event; if you are in a relay team, the chip will be worn on a lanyard and must be passed to the next member of the team after each phase.
- The tracker is NOT required to be carried during the swim

**BIKE PHASE KIT**

- Helmet - nationally accredited / CE stamped
- Full length hi-vis jacket/vest
- UK road legal bike
- Competitor number with emergency details completed on the reverse side (given out at event registration). This MUST be displayed on the competitor's BACK during the race.
- Timing chip - this will be handed out at event registration (worn on a lanyard by relay teams)
- GPS Tracker - this will be handed out at event registration - it must be passed on to the next team member in a relay team and NOT left on the bike
- Map of the Bike route
- Bike pump
- Tyre levers
- Spare inner tube
- 2 x bike lights - a white light on the front and a red light at the back. Competitors must be able to see and assess the condition of the road surface in front of them; we recommend a minimum of 600 lumens is used on the front light, with a suitable beam pattern.
- Mobile phone - fully charged
- Sufficient food and water (whilst there will be one feed station on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route)

**RUN PHASE KIT**

- Waterproof jacket with hood
- Waterproof trousers
- Hat & gloves
- Additional thermal layer (e.g. long sleeved microfleece, long sleeved base layer).
- Trail running shoes / boots



- Competitor number with emergency details completed on the reverse side (given out at event registration). This **MUST** be visible during the race.
- Timing chip - this will be handed out at event registration
- GPS Tracker - this will be handed out at event registration
- Rucksack / Race Vest / Race Belt - you may use whatever you like, as long as your compulsory kit fits in it
- Map (with run route on it) & compass
- Additional base layer top
- Mobile Phone and battery charge pack
- At least 1 litre of water
- Sufficient food (whilst there will be 2 feed stations on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route)
- Basic first aid kit (bandage, plasters)
- Emergency whistle
- Strong head torch and spare batteries (head torch must be capable of providing light for a minimum of 6 hours)
- Survival bag (note that a foil blanket or survival blanket will not suffice)

### **COMPULSORY SAFETY BRIEF**

All competitors must attend the compulsory Safety Brief at the Beach Hub at 2345hrs on event day.

### **GENERAL EVENT RULES**

1. Please respect the natural environment of the STARMAN Night Triathlon. We have been given permission to host this event in one of the country's most beautiful landscapes and we wish to leave it as we found it. To protect the environment all competitors must follow the official race route(s).
2. Anyone intentionally dropping litter will be instantly disqualified. There will be litter bins at all Transitions and feed stations on the route - use these for ALL litter - there will be no litter drop zones.
3. If a competitor encounters another competitor in trouble anywhere on the route, they **MUST** stop to give them assistance and should only continue when help is confirmed.
4. The STARMAN Night Triathlon is subject to cut-offs for safety reasons. If a competitor misses a cut-off then they must abide by the event rules and take the shorter route (where applicable) or stop as requested. The cut-off times may change on event day subject to severe weather and other conditions. All cut-off times are there for safety only and are non-negotiable. If competitors ignore a request to change route or stop, they will be immediately disqualified from the event.
5. MP3s, iPods or other similar audio devices are **NOT** allowed during any Transition or any phase.
6. If a competitor retires from the event, they must hand both the timing chip & GPS tracker to an event official and ensure that they understand that they are withdrawing. This is absolutely essential so that we know that they are no longer part of the event.



### SWIM PHASE RULES

1. All competitors must wear a full wetsuit, goggles and the swim cap provided.
2. The cylumes must be attached to the swim goggles (one each side) and the wetsuit (on the zip at the back) and must not be removed.
3. Non-webbed swim booties/socks and gloves are allowed. A neoprene vest and additional swim cap are recommended (the cap can be worn under the numbered event cap).
4. The swim phase will start in waves based on the competitor's expected completion time (as provided during online registration).
5. On entry to the Swim Start, each competitor will give their race number to an event official and they will 'dib' their timing chip before entering the water.
6. Once competitors have completed the swim phase, they will give their race number to an event official and confirm the number of circuits they have swim.
7. They will then exit the swim finish and make their way to collect their Swim Transition kit before running to T1 and the start of the Bike Phase.

### BIKE PHASE RULES

1. All competitors must be wearing / carrying all compulsory kit as outlined in the Compulsory Kit section of these Terms and Conditions. This kit list is for your safety and must be adhered to.
2. All bikes must be in safe and roadworthy condition. Unsafe cycles will not be allowed to start the race.
3. All competitors must wear a nationally accredited helmet. If you are not wearing a helmet, you will be removed from the event: this is non-negotiable.
4. As this event takes place during the night, front and rear lights must be switched on at all times: this is non-negotiable.
5. Competitors cannot change their bike or wheels except in the event of mechanical failure. Event Control must be informed if this happens (via the Emergency Contact number).
6. Please note that the marshals do not have the authority to stop motorists; they are there for the safety of all competitors and for the safety of other road users. Competitors must listen to and obey their instructions.
7. Competitors must obey all road traffic legislation and Highway Code Rules; failure to do so may lead to disqualification. Particular care should be taken on those sections of the route on single track roads and at road junctions.
8. Competitors **MUST NOT** take food or drink from a moving vehicle.
9. Competitors **MUST NOT** intentionally drop litter or they will be instantly disqualified.
10. Once the competitor has completed the bike phase, they must place their bike & helmet in the racking area provided at Transition 2 before starting the Run phase.

### RUN PHASE RULES

1. All competitors must be wearing / carrying all compulsory kit as outlined in the Compulsory Kit section of these Terms and Conditions. This kit list is for your safety and must be adhered to.



2. The Run phase is open to normal traffic on 2 short road crossings. Road traffic regulations must be strictly observed at all times and due care must be taken when crossing the road.
3. Competitors must not intentionally drop litter or they will be instantly disqualified.

### **RELAY TEAM RULES**

1. A relay team may comprise of 3 competitors of any gender; one for the swim, one for the cycle and one for the run.
2. A relay team may comprise of 2 competitors of any gender; one will complete any 2 phases of the route; one will complete the 3rd phase.
3. The total time for the team is from the start of the 1st team member to the finish of the 3rd team member. Time is continuous and timing does not stop between competitors.
4. Exchanges will be completed by the in-coming competitor using their hand to contact the body of the out-going competitor within the Transition area. Relay team members must also pass over the Sportident timing chip and the tracker to the next member of the team (these will not be carried during the swim phase). These must be carried appropriately and safely.
5. At the start of the cycle phase, cyclists must not put their helmet on until they have been tagged by their team mate.
6. At the end of the cycle phase, cyclists must only remove their helmet once their bicycle is racked; only when the helmet is removed in Transition can the competitor tag their team mate.

### **PERSONAL DATA**

In the course of registering and participating in the STARMAN Night Triathlon the event organisers will collect personal data from you. We may process and use the personal data collected for administrative, research and publicity purposes. By entering the event you give us permission to use your name, voice or picture in any broadcast, telecast, advertising material, or other accounts of the STARMAN Night Triathlon. The event organisers may also contact you for promotional purposes.

### **PHOTOS**

Photos taken during the event by our official photographer may be used in STARMAN Night Triathlon marketing literature. The event organiser may also use this information to send you information about future events which we think may be of interest to you. You are entitled to request access to, and correction of, all personal data collected by us, as well as requiring us to delete your data if you no longer wish us to process it after having taken part in the STARMAN Night Triathlon. To make such a request, please e-mail us at: [hello@truegritevents.com](mailto:hello@truegritevents.com)

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