



MDS

ALL YOU NEED TO KNOW FOR A SMOOTH RUN

timing

June 2011 Applications OPEN.

30 september 2011 Applications deadline.

31 january 2012 Closing date for fees.

06 april 2012 Departure* France/Morocco, transfer to first bivouac.

07 april 2012 Technical and administrative checks, acclimatisation day.

08 to 14 april 2012 **The event.**

14 april 2012 Transfer, dinner and night at hotel

15 april 2012 Relaxation, lunch (at participants' expense), awards, entertainment, dinner, night at hotel.

16 april 2012 Return* to France.

* Those not taking the charter flight to and from France are required to book their own flight arrangements. Contact your country representative for further details.

REGULATIONS

27th SULTAN MARATHON DES SABLES



During the race, none of the items in your backpack will be looked after by the organization.

ART. 1: ORGANISATION

The 27th SULTAN MARATHON DES SABLES is organised by ATLANTIDE ORGANISATION Internationale and will take place from 06 to 16 April 2012 in southern Morocco. This 27th annual event will take place under the aegis of the MOROCCAN MINISTRY OF TOURISM and will bring together around 1 000 French and foreign participants.

ART. 2: DEFINITION OF THE COMPETITION

The 27th SULTAN MARATHON DES SABLES is a foot race, open to runners and walkers, with several stages, free style, and with food self-sufficiency over a distance of about 240 Km. Each participant must carry his/her own backpack containing food, sleeping gear and other material.

ART. 3: GENERAL CONDITIONS

The 27th SULTAN MARATHON DES SABLES will be administered according to the general race regulations and their amendments, to which all participants agree when they register.

ART. 4: CONDITIONS OF ADMISSION FOR PARTICIPANTS

Anyone meeting the following conditions will be accepted: over 18, any citizenship. Competitors must hold a medical certificate issued by the organisation stating their ability to participate and a resting ECG report. The medical certificate and ECG must be dated no more than 30 days before the start of the race. Teenagers over 16 may participate in the 27th SULTAN MARATHON DES SABLES with written permission from a parent or guardian. They will have to meet the same requirements as adults.

ART. 5: CATEGORIES OF PARTICIPANTS

Category A: INDIVIDUAL

Every entrant will be ranked. In addition to the general ranking, there will be placing for :

- females,
- veteran M1 (aged 40 - 49),
- veteran M2 (aged 50 - 59),
- veteran M3 (aged 60 - 69),
- veteran M4 (aged 70 - 79),
- veteran F1 (aged 40 to 49),
- veteran F2 (aged 50 to 59),
- veteran F3 (aged 60 to 69),
- veteran F4 (aged 70 to 79).

Veteran classification is based on year of birth.

Category B: TEAM PARTICIPANT

A team is made up of at least three runners. To remain in the race, all three members of the team must complete the race. However each member is recorded as an individual in the general ranking.

ART. 6: PROGRAM OF THE RACE

06 April: Departure for Morocco*, arrival, transfer bivouac.

07 April: Administrative and technical formalities.

08 to 14 April: The race with food self sufficiency.

15 April: Free day. Prize giving ceremony.

16 April: Return to France.*

*Competitors not using the Paris flight may have to arrive a day earlier and return a day later depending on flight connections.

ATLANTIDE ORGANISATION Internationale reserves the right to modify:

- the regulations of the 27th SULTAN MARATHON DES SABLES,
- the aspect of the course (see ART. 21),
- the place and destination in case of forces beyond our control: weather, cataclysm, armed conflict, invasion in any form, lock-out...

ART. 7: TECHNICAL AND ADMINISTRATIVE VERIFICATIONS

These will take place on 07 April 2012. Participants must present themselves to the race administrators. Participants must meet the administrative and technical requirements (see ART. 24, 25, 27 and 28). At the control point, an exact list of each participant's equipment must be established (i.e., compulsory items, food, personal belongings...). The administrators are authorised at any time to check and supervise the participants' backpacks. Each element referring to the participant equipment list is strictly personal. In the case of a missing item whether it has been thrown away, lost or stolen, may be penalised. They must therefore inform the organisation of any missing item, failing which penalties could be levied (see ART. 27 and 28). Each competitor is responsible for his/her own equipment.

ART. 8: IDENTIFICATION MARKS RESERVED BY THE ORGANISATION

During the administrative and technical registration, the organisation will provide each participant with:

- two breast plates bearing a number, one for upper part of the chest (approx. 18 cm x 16 cm) and one for the back (to be attached to the backpack),
- a check-in card.

These ID marks must be worn by the participants throughout the race and positioned according to the organisation's indications, failing which penalties will be issued. The race stewards may carry out checks at any time. It is formally forbidden to cover the organisation's race numbers with any other lettering.

Each participant must ensure his/her ID marking is clear, entirely visible, in good condition and in the proper place. The organisation will make spare ID markings available in the event of loss or damage. Each participant agrees to adhere strictly to this rule, subject to serious penalty in the case of violation (see ART. 27 and 28).



The upper part of the chest area is reserved exclusively by the organisation for positioning your race number. The race organizers will be very strict about where your ID is placed. Therefore, make sure right now that you think carefully where to position your advertising and publicity on your tee-shirts and backpacks.

ART. 9: SPACE RESERVED FOR INDIVIDUAL SPONSORS

In addition to official ID markings, participants may use other available clothing space for individual sponsors e.g. T-shirts (apart from the chest area exclusively reserved for race number) shorts, socks, caps, backpacks, etc. However, the organisation reserves the right to prohibit sponsorship considered to be oversized or in direct competition with the organisation's partners or for any other reasons and which the organisation does not have to justify.



ART. 10: STARTING ORDER

Stage starts are grouped, except for the non-stop stage, where the leaders of the general and women's classifications will start around 3 hours after the 1st start. For the last stage, the last on the list will be the first to leave. Participants must start at the time indicated by the organisation, subject to penalties (see ART. 28).

ART. 11: LIAISON STAGE

This stage must be completed in 10 hours or less. The marathon stage takes place within a maximum authorised time of 12 hours. During the marathon, check-point N°3 (approx. at km 31) will close 9 hours after the start of the stage. Anyone not having crossed this point before the 9 hour deadline will be disqualified (see ART. 27 and 28).

ART. 12: NON-STOP STAGE

Approx. 80 km stage to be held partly during the night and within a maximum authorised time of 34 hours. On this stage, CP3 and CP4 (around km 38 & 50) will close respectively 11 hours 30 mins and 16 hours after the start. During this stage, check-point N°4 (approx. at km 45) will close 16 hours after the start. Anyone not having crossed check-point N°4 within 16 hours will be disqualified. (see ART. 27 and 28). From CP4 onwards, competitors may set up bivouac where they like as long as they are on the route axis and clearly visible. Headlamp turned on from 7 p.m.

ART. 13: CHECK POINTS

The water distribution points at both the start and the finish line of each day's stage are compulsory check-points. Check-points are located throughout the course of each stage of the race. There are two to six check points depending on the length of the race and each competitor must go through them, if not penalties will be applied (see Art 27 and 28). This allows the race officials to record times and distribute water (see ART.16). Medical assistance will be available at each check-point.

ART. 14: AT EACH ARRIVAL POST

An official time-keeper will take down the daily order of arrival for each competitor. Check-point: water is distributed and check-in card must be punched.

ART. 15: RANKING

Each competitor's time is indicated in hours, minutes and seconds. Each competitor is given an electronic transponder which they must wear throughout the competition and give back at the race finish. Loss of this machine will result in a 70 euros fine (see Art 27 and 28).

CATEGORY A : Individual ranking

The daily race ranking is calculated by adding the time taken to run that stage of the race plus penalties, if applicable. General ranking is calculated by adding together times for each stage of the race.

CATEGORY B : Team ranking

For teams, the daily race ranking is calculated by adding the times for each member of the team plus penalties, if applicable. The average of the team's times (plus penalties for withdrawal if applicable) indicates the ranking of that team.

General ranking is calculated by adding the times obtained by the team at each stage. Any claims must be made in writing (see Art. 27).

Before the start of each stage, the water distribution point is a compulsory check-point. AOI will distribute the 1.5l of water needed to reach the next check-point (see ART. 13 and 16).

Never leave without water. Should you get lost in the desert, water reserves could be vital.

ART. 16: WATER SUPPLY

The organisation takes charge of supplying water to each competitor. Water is typically distributed as follows.

Liaison stage:

10.5 litres per person per day

- 1.5 litres before the start each morning,
- 2 or 3 x 1.5 litres during the race, at check points,
- 4.5 litres at arrival post.

Marathon stage:

12 litres per person per day :

- 1.5 litre before the start in the morning,
- 1.5 litres at check-points 1 and 3,
- 3 litres at check-point 2,
- 4.5 litres at arrival post.

Non-stop stage:

22.5 litres per person over 2 days :

- 1.5 litres before the start of the race in the morning,
- 1.5 litres at check-points 1, 3, 6,
- 1.5 or 3 litres at check-points 2, 4 and 5,
- 4.5 litres at arrival post,
- 4.5 litres at the bivouac.

Water will be distributed on the competitor's bivouac each morning before the start of the race. Distribution times will be posted up on the bivouac the night before (see Art. 13, 27 and 28). Stamping of the water card is obligatory and the competitor's sole responsibility.

Each participant must manage his/her daily water intake as and when water is distributed and cannot obtain further supplies at any other time.

Bivouac :

The bivouacs will be pitched each day on previously chosen sites transformed into camping grounds for the competitors; Numbered, 8-man tents attributed by registration office. Failure to adhere to these numbers will incur a penalty (see Art. 13, 27 and 28) Competitors may use their free time to prepare for the night and get medical care, if necessary.

ART. 17 : ASSISTANCE MEDICALE

A specially-chosen medical team, specializing in sports and tropical medicine will be present throughout the race with the use of assistance vehicles. It will be posted at check points and at the finish line each day and will ensure that any participants who are suffering from physical or mental exhaustion are brought back to the base camp. The medical team is allowed to remove ID plates and to eliminate any participant they feel physically unfit to continue the race and/or having received vital medical care. (See ART.27 and 28).

ART. 18: DROPPING OUT / ELIMINATION

In no circumstances (and at the risk of having to pay the search costs involved) must any competitor leave the race without informing the organisation and signing an official discharge provided by AOI.

If a competitor abandons the race, he/she must notify the organisation as soon as possible and give his/her identification marks to one of the course commissaries. If one member of a team of more than three individuals drops out, the team will incur one hour's penalty and the loss of the deposit cheque (see Art. 27 and 28).

Several options are available to participants who wish to withdraw from the race:

- in the case of a serious physical condition, repatriation may be arranged immediately.
- a participant who is in an adequate physical condition but wishes to withdraw may elect to:
 - be driven to the final finish line, having signed an official discharge issued by AOI, depending on the feasibility (lodging and meals being at his /her own expense),
 - be driven by the organisation every morning from the starting point to the evening's bivouac.

Competitors who abandon and who remain on the bivouac are automatically taken charge of by the organisation. Competitors must hand over their food to the organisation.

ART. 19: GROUND ASSISTANCE

The organisation reminds all participants that the 27th SULTAN MARATHON DES SABLES is a race through the Sahara where climatic and ground conditions can be extreme.

Any outside assistance is strictly prohibited. If a participant is supplied by persons during the race, he/she will be heavily penalised. If a competitor goes far off the race route, necessitating a lengthy search, he/she will lose the security deposit. (see ART. 27 and 28).

ART. 20: INSURANCE

An insurance policy covering medical evacuation is arranged by the organisation for all entrants.

The policy covers the following:

- evacuation on medical grounds and corpse repatriation in the event of death: real costs for all competitors to return to Morocco, mainland France, European Union member countries and Switzerland. Competitors residing in countries not included in the aforementioned list will bear the full costs of returning to home countries from the place of repatriation. They are therefore strongly advised to take out personal insurance.
- necessary fees required for transport in case of death: 1525 euros.
- payment of medical expenses in Morocco: 5600 euros.

All competitors take part in the full knowledge of the risks that may be incurred in this kind of competition. Since competitors participate of their own free will, the organisation is not responsible for any incident or accident. In accordance with the 1984 law on sport, the organizer is obliged to advise participants to take out their own accident and death insurance.

ART. 21: WEATHER AND TERRAIN CONDITIONS

Average temperature in March/April :

- daytime 30° C,
- night time 14° C.

The route (approx. 240 kms) covers a wide variety of terrain. In the event of sand storm lowering visibility to zero, competitors must stop in their tracks and wait for instructions by the organizers.

The organizers reserve the right to modify the route and the length of the various stages as a result of unfavourable weather conditions or regulations in certain areas.

ART. 22: MARKINGS

The participants in the 27th SULTAN MARATHON DES SABLES must follow the route as marked by the organizers, failing which penalties may be applied according to the particular stage. For liaison stages, the course will be marked approximately every 500 metres. There are several natural landmarks that will serve as additional points of reference.

In the non-stop stage, illuminated markers will be in position at night.

ART. 23: ROAD BOOK

A road book will be compiled from the survey reconnaissance missions. The exact course will remain secret and will only be revealed at the time of distributing the road books on 06 april. It will include various items of interest on the stages, support, etc...

You will be penalised if you do not have your roadbook during the race. (see ART. 28). Each morning a briefing will be held relating to that day's stage by the organizers in French and in English.

Special NON-STOP stage and MARATHON: light beacons from CP3 to the finish line.

ART. 24: COMPULSORY EQUIPMENT FOR PARTICIPANTS

All of the obligatory equipment and personal belongings for each competitor (food, survival equipment and kit, waist pouch...) should weigh between 6.5kg and 15 kg. This minimum/maximum weight does not include your daily water supply. Each participant will have to fulfil the above obligations during the administrative and technical checks in Morocco (see ART. 27 and 28).

Food :

Each entrant must provide his/her own food from 08 to 14 April inclusive. He/she must select the type of food best suited to his/her personal needs, health, weather conditions, weight and back-pack conditions. We remind you that airlines strictly forbid the carrying of gas (for cooking) on board either as hand luggage or otherwise. Each competitor must have 14 000 k/calories, that is to say a minimum of 2000 k/calories per day, otherwise he/she will be penalised (see ART. 27 and 28).

Gas stoves are strictly forbidden.

Survival gear:

- backpack or equivalent (best suited to each participant),
- sleeping bag,
- head torch with spare batteries,
- 10 safety pins,
- compass, with 1° or 2° precision,
- lighter,
- a whistle,
- knife with metal blade,
- tropical disinfectant,
- anti-venom pump,
- a signalling mirror,
- one aluminium survival sheet,
- 200 euros or equivalent in foreign currency.

Survival Kit:

It is supplied by the organisation and will include the following:

- a road-book issued on 06 april,
- a distress flare,
- salt tablets,
- a check-in card (CP and water),
- 8 sachets for the toilets.

This kit will be issued during the technical and administrative checks in Morocco. A luminous stick will be issued at CP3 of the non-stop stage. The distress flare must be handed in to the organisation at the finish of the marathon stage.

CALORIES (Kcal.)

Reminder of the minimum calories to be presented during the technical controls in Morocco.

DAY	Kcal.
Technical controls	14 000
1 st day	12 000
2 nd day	10 000
3 rd day	08 000
4 th day	06 000
5 th day	04 000
6 th day	02 000
7 th day	00 000



ART. 25: REGISTRATION, ENTRY FEES AND ADMINISTRATIVE OBLIGATIONS

The total cost of entry (as individual or team) is variable, depending on where you enrol: see registration file (contact your official rep.) Competitors should enrol in their own country if ATLANTIDE ORGANISATION Internationale has a representative in that country. The entry fee varies in these countries depending on what services are offered by our official representative. If the organisation is not represented in your country, you should enrol directly in France.

CATEGORY A: Individual entrant

The total cost of entry, leaving from Paris (France), includes:

- flight,
- bus transfers in Morocco,
- catering,
- bivouac,
- hotel (2 days 1/2 board),
- water for the duration of the race,
- repatriation insurance Europe,
- technical support,
- medical assistance,
- air and ground support,
- survival kit,
- finisher's medal,
- tee-shirt,
- the official film of the edition in PAL format (sent around 3 months after the race).

CATEGORY B: Team registration

Participants wishing to register as members of an official team and have team ranking pay an additional 100 euros. This fee covers the same provisions and obligations as in Category A. It also includes:

- listing of the name of the team in the official press pack,
- official team ranking,
- individual ranking for each team member.

To enroll, the name of the team and each of its members must reach AOI before 31 December 2011.

REGISTRATION

Since the total number of participants is limited, the organisation will take registrations in accordance with available places and only from applicants with complete administrative files.

After 30 September 2011, contact AOI or your representative for more information. Any delay in paying the registration fee due will incur an increase of 150 euros.

Two ways to enrol :

1. Registration in 2 instalments, before 30/09/11

- 1st instalment: 1000 euros, before 30/09/11 with complete administrative file (see Art. 27 and 28),
- remaining balance before 31/01/2012.

Participation fees vary according to registration office, see your official representative.

2. Definitive registration before 30/09/11

Pay the full participation fee accompanied by the complete administrative file (see Art. 27 and 28).

All amounts should be paid by bank cheque made payable to ATLANTIDE ORGANISATION Internationale.

Note: The organisation reserves the right to refuse a competitor's registration without having to give reasons.

ADMINISTRATIVE FILE

Compulsory documents to send to the organisation:

- entry form, completed, dated and signed - additional information form, completed, dated and signed,
- hotel form, completed and signed,
- photocopy of valid passport (including issue date),
- 2 identity-sized photos (with competitor's name on the back),
- a security deposit cheque of 200 euros (to be cashed only in the event of penalties or withdrawal),
- If you are receiving long term treatment for a chronic disease, attach a sealed letter addressed to the Medical Director,
- form for the press.

MEDICAL FILE

The organization's medical certificate, the resting electrocardiogram (ECG) report plus graph, dated less than 30 days before the start of the race (i.e. after 06 March 2012) are to be presented during the administrative and technical checks on 07 April 2012. Only the original documents, dated and signed, will be accepted (photocopies not valid). Failure to present these documents will incur penalties (see ART.27 et 28).

ART. 26: FORFEITURE CANCELLATIONS

Enrolment cancellations and requests for refunds must be made in writing by registered post in order to avoid any misunderstanding.

Cancellation refunds will be made on the following basis:

- 70 euros will be retained for processing dossiers in the event of cancellation before 30/06/11.
- 10% of the full enrolment fee will be retained by the organisation in the event of cancellation between 01/07/11 and 30/09/11.
- 20% of the full enrolment fee will be retained by the organisation in the event of cancellation between 01/10/11 and 30/11/11.
- 30% of the full enrolment fee will be retained by the organisation in the event of cancellation between 01/12/11 and 31/01/12.

Beyond 31/01/12 midnight no request for reimbursement will be honoured. **N.B.:** AOI strongly recommends that each competitor take out personal cancellation insurance. This is the competitor's choice. In the event that the competition is cancelled before the start, AOI undertakes to reimburse amounts received.

The organisation's medical certificate and the resting electrocardiogram (ECG) report plus graph dated less than 30 days before the race begins, must be presented in Morocco during the administrative and technical checks on 07 April 2012.

Penalties will be given to competitors who abandon empty water containers along the route. Facilities for handing in empty containers will be available at check points (see ART. 27 and 28).

Each administrative document missing from the registration file on 31 January 2012 will result in a penalty (see Art.28). Failure to present one of these documents at the administrative checks in Morocco will result in disqualification from the race (see Art. 28). Failure to respect the minimum or maximum weight of equipment will also result in a penalty (see ART. 28).

ART. 27: MISCONDUCT AND PENALTIES

Technical and administrative checks

If a participant is more than 30 minutes late for these checks on 07 April he/she will be penalised by the length of time of his/her lateness. If a participant does not submit proof of having all his/her mandatory equipment, he/she will be disqualified.

Medical file

Competitors unable to provide a medical certificate and/or resting ECG report plus graph, signed and dated less than 30 days before the start of the race (i.e. after 5th March 2012), during the medical checks of 07 April 2012, will be penalised and possibly disqualified from the race. In order to participate, and subject to the doctors' approval, such competitors may undergo the necessary medical examinations on site for a fee of 200 euros. Without the doctor's approval, the competitor will be disqualified (see Art. 28).

List of personal belongings

Competitors abandoning one or several elements of his or her personal equipment should inform the bivouac official. Competitors who cannot justify at any check point the absence of any personal item will be severely penalised (see ART. 28).

Food

14 000 compulsory k/calories. When spot-checks are made, any competitor unable to present the minimum 2000 k/calories per day during the race will receive a 2 hour penalty (see ART. 28).

ID markings

In the event of loss or damage to ID markings, race officials must be informed immediately, or a penalty will be applied. Competitors failing to wear their ID marking may risk disqualification from the race (see ART. 8, 9 and 28). Tampering with ID markings will result in the participant's immediate disqualification as well as the loss of the security deposit (see ART. 28).

Start of race

Competitors who fail to be present at the starting line when each stage begins will be penalised by the time equivalent to the delay. Exceeding 30 minutes, the competitor will be disqualified and his/her ID markings will be handed over to the steward (see ART. 28). At the non-stop stage, if the start order is not respected, a three-hour penalty will be given.

Check-points

There are check-points before the start of each stage, during the stage and at each arrival post. Stamping of the water card is obligatory and the competitor's sole responsibility. If a competitor arrives up to 30 minutes late at the check-point before the start he/she will receive a 30-minute penalty. If more than 30 minutes late, the competitor will no longer be registered and will be penalised for failure to check-in. The first infraction will result in a one hour penalty, the second infraction a two hour penalty and the third time elimination from the race (see ART. 28).

Maximum authorised time

Competitors who exceed the maximum time authorised for each stage will be disqualified and must return their ID to the steward. Competitors exceeding the authorised time for passing check point 3 during the "marathon" or check point 3 and 4 "nonstop" stages will be disqualified (see ART. 28).

Distress flares/ Torch/Luminous signal sticks

30 minutes' penalty will be given to anyone who does not respect the following during the stages (see ART. 28):

- use of a distress flare without a valid reason,
- headlamp not turned on after 7 pm,
- lack of luminous signal sticks after 7 pm.

Withdrawal / Elimination

Any participant withdrawing from the race must notify an organisation official as soon as possible. The participant loses his/her security deposit. Withdrawal by one team member in a team of more than 3 members will result in a one hour penalty for that team, provided of course that at least 3 people remain in the race (see ART. 28).

Doping

Any use of illicit drugs by a participant noted by the medical team will result in the elimination of that person from the race (see ART. 28).

Ground assistance

Any outside assistance is strictly prohibited. Fraudulently receiving outside assistance with food or water will result in a 3 hour penalty the first time, and elimination from the race on the second occasion. Vital medical assistance (i.v. rehydration, plaster cast etc.) will result in a two hour penalty the first time, and elimination from the race on the second occasion. The use of transportation, either with 2 or 4 wheels will result in elimination from the race. Any competitor who mistakenly wanders far off course, necessitating a lengthy search effort, will lose his/her security deposit (see ART. 28).

The receiving of extra water in particular instances (due to lack, loss or leaking bottle), and with the agreement of the race stewards or on the advice of the medical team, will result in a 30-minute penalty the first time, one hour the second time and disqualification from the race on the third occasion.

Behaviour

Any inappropriate or harmful behaviour may incur serious penalties (see ART. 28). Mobile phones must not be used in the bivouac or at the CPs (see ART. 28).

Water and environment

Any water container found on the race route will incur a penalty (see ART. 28). The throwing away of any food packaging or other items on the race route is strictly forbidden and will be penalised (see ART. 28).

Bivouac

Tents are numbered and attributed by the registration office. Competitors must, without fail, stay in the tents reserved for them. Failure to adhere to the numbers attributed will incur a penalty and loss of the deposit cheque (see ART. 28).

Transponder

An electronic device (30 g) is issued to each competitor to establish the classification. Loss of this machine will result in a 70 euros fine (see ART. 28).

Complaints

All complaints from competitors must be addressed to the Race Director in writing.

During the race

It should be handed over to the head of the competitors' bivouac. Replies issued within 48 hours.

After the race

- on 15 April, at Ouarzazate, to the competitors information point (see road-book)
- after 15 April and until 31 April, to AOI BP 20098 - 10002 TROYES Cedex - FRANCE.

