
CAJAMAR TENERIFE BLUETRAIL 2019 REGULATIONS

Participation in the Cajamar Tenerife Bluetrail 2019 mountain race is open to all runners who meet the requirements set out in these regulations for each of the activities.

Whatever the activity enrolled in, the runners must be in good physical and mental shape and highly trained and prepared for this competition, being endowed with sufficient survival resources and technical skill to guarantee their own safety in accordance with the autonomous conditions under which the various trials are carried out.

The Ultra version of this competition is particularly tough: it involves considerable climbs and descents and a long stretch of it is run in a mountainous area at an altitude of over 2,000 metres and up to a maximum height of 3,555 metres but the other categories also involve difficulties and risks too inherent in the natural environment where they are performed and sometimes at extreme temperatures and at great heights and the length of the course in question.

These Regulations set out the inspiring principles and values promoted by Cajamar Tenerife Bluetrail (ethics), the rules and precepts governing the event and the rights and duties of the participants.

Enrolment in Cajamar Tenerife Bluetrail implies **being familiar with and fully accepting** the present Regulations and complying with the stipulations thereof.

Article 1 - Ethics and Values:

All participants in Cajamar Tenerife Bluetrail share a series of values which make this race a prominent event, highlighting:

1. **Fairness**: taken as meaning equality in applying for the race and complying with the rules.
2. **Respect for others**: the appropriate treatment of the other runners, the members of the Organising Entity, the general public and the local population.
3. **Solidarity**: helping anyone who is in danger or difficulties.
4. **Personal fulfilment**: boosting the development of personal autonomy.
5. **Eco-responsibility**: taken to mean the comprehensive promotion of environmental conservation, ensuring minimum environmental impact by solely using the marked paths and routes, strictly complying with the selective disposal of waste, keeping the course totally clean and respecting the flora and fauna.
6. **Adapted** (race for runners with disabilities), crossing the municipalities of Los Realejos and Puerto de la Cruz, with three different distances: 8km, 3.4 km, and 1,2 km. This modality is provided with its own Regulations.

Article 2 - The Organising Entity

Cajamar Tenerife Bluetrail is a mountain race promoted by the Tenerife Island Council and organised by IEDCO, S.A. which enjoys the support of the Government of the Canary Islands, the Army of the

Canary Islands, the State Security Forces and Corps, voluntary emergency groups and all the Cruz Town Councils of the island through which the race passes.

Article 3 - The Race

1. Cajamar Tenerife Bluetrail comprises five mountain races run on different routes along Tenerife's network of trails, the majority of which lie in Protected Natural Areas of the Natura 2000 Network.

Each race is run in a single stage, at the runner's own pace, but in accordance with a time limit.

The specific conditions of each race are approximately the following:

- a) Ultra, a 102 km course with a maximum altitude of 3,555 m and a minimum altitude of 1 m, an accumulated ascent/descent of 13,566 m and a positive altitude difference of 6,708 m.
 - b) Trail, a 67 km course with a maximum altitude of 2,520 m and a minimum altitude of 1 m, an accumulated ascent/descent of 7,830 m and a positive altitude difference of 3,170 m.
 - c) Marathon, a 43 km course with a maximum altitude of 1,186 m and a minimum altitude of 1 m, an accumulated ascent/descent of 5,891 m and a positive altitude difference of 2,536 m.
 - d) Half Marathon, a 20 km course with a maximum altitude of 1,092 m and a minimum altitude of 1 m, an accumulated ascent/descent of 2,734 m and a positive altitude difference of 1,242 m.
 - e) The Reto race, for disable people, will run through the town of Puerto de la Cruz along a 8 km course with an accumulated ascent/descent of 218 m. and a positive altitude difference of 98 m.
2. These distances and differences in altitudes have been calculated using digital maps. The accumulated ascent/descent is calculated by adding up the differences in altitude on 10m-long stretches. In any case, these data may be subject to changes for safety or logistical reasons though this will not entail any major change to the structure of the race. Any such alterations will be disclosed well in advance.

Article 4 - Terms of participation

On the conditions of the participation

All those aged over 18 at the date of the race and who have successfully completed the registration process shall be allowed to participate in the different modalities of the Cajamar Tenerife Bluetrail.

For the Bluetrail challenge modality, a proper regulation shall be adopted which will regulate the specific conditions of participation in this modality.

Participants must also:

1. Be familiar with and accept these Regulations, respecting the conditions set out therein.
2. Fully comply with the enrolment procedure, filling in the form and paying the attendant tariff.

3. Participants in the ULTRA activity must also provide a report issued in 2019 which states that they do not have any contraindication forbidding them from taking part in the long-distance race on foot through the mountains and from participating in the race.
4. Said participants (Ultra activity) must prove they have completed a mountain race after January 1st 2017 involving a single stage of at least 70 kilometres and with a minimum positive altitude difference of 1,900 m.
5. In any case, the Organising entity reserves the right to assess the sporting record of the participants in particular in races involving three or more stages as well as races completed with a toughness factor exceeding 133 (the result of multiplying distance by positive altitude difference divided by one thousand), the altitude at which they ran or any other circumstances determining a major objective effort.
6. Be aware of the length, different altitudes, technical difficulty, nocturnal factors, weather conditions and other characteristics of the race, in addition to being physically and mentally prepared and individually capable of dealing with any potential difficulties arising from the aforementioned conditions.
7. Be physically and mentally fit, sufficiently trained and prepared for the competition, equipped with the technical skills and survival resources required to guarantee their own safety in line with the autonomous conditions under which the different races are staged.
8. Carry all the mandatory material with them during the course of the race.
9. Know where the refreshment posts are located and what is available at each (liquids, solids or both).
10. Dispose of waste in the containers provided for the purpose in the vicinity of the aforementioned refreshment posts.
11. Not receive support from people from outside the Organising entity except at the refreshment posts, nor may they be accompanied by third parties not involved in all or part of the race.
12. Not to be accompanied by any kind of animal.
13. Not to use this sports' event as a platform for making any claims of whatsoever nature. Hence, it is forbidden to bear or state any kind of allegations or manifestations not related with the purpose of this race.
14. Not to use any substances which may be regarded as doping in nature by any of the sports' entities or administrations holding competence in this regard, being required to submit to any doping controls laid down by the Organising entity.
15. Provide help to other participants who are in danger or who have had an accident, notifying said circumstances to the Organising entity immediately.
16. Respect the environment, not purposely disposing of any kind of waste or material and not harming the environment he/she passes either in training or during the race.
17. Respect the other sportsmen and women, referees, supervisors, controls and resources of the Organising entity and the general public.
18. Follow the route marked by the Organising entity.
19. Follow, at all times, the indications of the members of the Organising entity.

Article 5. The material required

1. In order to participate in Cajamar Tenerife Bluetrail each runner should always be wearing clothing and footwear which is suitable for mountain sports, including a race number and an electronic chip.

The electronic will be used in their shoe or wherever the technology of the monitoring device used requires. The race number is to be worn on the abdomen, chest or in the number holder and in any case it must always be visible on the front of the runner's body.

Race numbers and chips will be collected upon display of the participant's ID card.

2. The use of telescopic mountaineering poles is allowed although the Organising Entity may limit their use at the start of the race for safety reasons. If they are broken, they must be handed in at the next refreshment post. Poles must be identified by a sticker which include the race number.
3. Each participant must bear in mind the following list of material which is mandatory or recommended depending on the activity:

MATERIAL	Ultra	Trail	Marathon	Half-marathon
Backpack or belt	Obligatory	Obligatory	Obligatory	Recommended
Waterproof breathable hooded jacket designed to withstand bad weather conditions in the mountains (1)	Obligatory	Obligatory	Obligatory	Recommended
Survival blanket (Minimum 1.20 x 2,10)	Obligatory	Obligatory	Obligatory	Obligatory
Mobile phone (the same number as that given in the registration process, with enough credit and battery fully charged)	Obligatory	Obligatory	Obligatory	Obligatory
Cap, peak, bandana or neckie	Obligatory	Obligatory	Obligatory	Obligatory
Bag-like container or water bottle	Obligatory (1 litre)	Obligatory (1 litre)	Obligatory (1 litre)	Obligatory (0,5 litre)
Whistle	Obligatory	Obligatory	Obligatory	Obligatory
Food reserve	Obligatory	Obligatory	Recommended	Recommended
Head Light	Obligatory	Obligatory	Recommended	
Red rear light	Obligatory	Obligatory	Recommended	
Spare battery	Obligatory	Obligatory	Recommended	
Plastic glass	Obligatory	Obligatory	Obligatory	Obligatory
Telescopic poles (2)	Recommended			
Sun cream, lip balm and sunglasses	Recommended	Recommended	Recommended	Recommended
Trousers or leggings, under the knees	Recommended	Recommended		
Money for unforeseen circumstances	Recommended	Recommended	Recommended	Recommended
First aid kit	Recommended	Recommended	Recommended	
Gloves	Recommended			
Spare clothings	Recommended			
Sunglasses	Recommended	Recommended	Recommended	Recommended

(1) This requirement is met by those made from a membrane (Gore-Tex or similar), waterproof as from 10 000 Schmerber and breathable (recommended RET of no lower than 13). It is up to the runner to decide whether his/her windcheater adapts to the regulations; if in doubt, the discretion of the Organising entity shall prevail.

(2) See point 2 of this article

4. The intrinsic characteristics of the race and the unpredictable weather conditions which may occur during the race require all runners to carry certain kit on them throughout the race which is **OBLIGATORY** as set out in the table above.
5. The Organising entity may monitor the mandatory safety material at the starting points of each category or at the checkpoints set up along the route or at the finishing line and this may be conducted on a random basis amongst the participants. Refusal to undergo a kit check will result in disqualification and the obligation to leave the race. The same sanction will be imposed if it is detected that all or part of the aforementioned safety material has not been brought.
6. The Cajamar Tenerife Bluetrail Organising Entity, in line with weather forecasts, may change the mandatory material for the safety of the runners. Participants will be notified of any such change at the e-mail address provided on the enrolment form if they agreed to receive news in this way and it will be published on the social networks. Prior to the start of the race information will be provided about the weather forecast as well as any last minute news and a reminder of the importance of preserving the environment along the route.
7. If nutritional products are used, they must be identified with the race number and they may be disqualified during the material check if said identification is not provided.

Article 6. Categories

1.- The age categories set out for Cajamar Tenerife Bluetrail are the following:

- Senior (From 18 to 39 years' old)
- Veteran A (over 40's). Not yet 51 in the year of the race.
- Veteran B (over 50's) Not yet 61 in the year of the race.
- Platinum Category (over 60's)

Article 7 - Enrolment

1. Participants will be able to register for any of the modalities until 19th May 2019 (24.00 h).

In any case, the deadline to submit applications shall be understood as finished when the places available are fully covered.

- Ultra: 500 vacancies
- Trail: 600 vacancies
- Marathon: 800 vacancies
- Half Marathon: 900 vacancies
- Adapted: 100 vacancies

Once enrolments have been filled, a reserve list will be drawn up to cover any participants who drop out.

All those interested in participating should take the following steps to confirm enrolment:

- a) Read, fill in and send the enrolment form in the Enrolments section of www.tenerifebluetrail.com
- b) Read and sign the Disclaimer in the enrolment section of the same website. By signing this document participants are stating that they are taking part under their own liability and of their own free will, and that they exonerate, waive and exempt the organising entity, employees, sponsors and other runners from any third-party liability, and personally assuming the risks inherent in this sport. Upload your document to Bluetrailer Space due date, May 17th
- c) Those participating in the Ultra modality must send a medical report -issued in 2019- to inscripciones@tenerifebluetrail.com, stating that the person concerned has no contraindications to take part in the long-distance mountain race.
- d) Enrolment in the Ultra activity will not become effective until the participant has submitted the medical report requested and a link has been verified proving completion after January 1st 2017, and before 12th May 2019, of a single-stage mountain race of at least 70 kilometres in length and a minimum of 1.900 m of positive altitude.
- e) Pay the attendant enrolment amount by bank card in accordance with that stated on the enrolment form.

A list of the participants enrolled will be published at the website and updated on a regular basis as from the start of the enrolment period. This list will only include those who have completed the form correctly, paid the corresponding fee for the category selected and, for the ULTRA category, sent the medical report and validated their reference race.

1. Proper enrolment will entitle the runner to the following services:

- a) To take part in the race.
- b) To receive their race number and chip or other timekeeping system.
- c) A transport service to the starting point of each category at the times and from the locations laid down by the Organising Entity at a cost of 2€ (including IGIC-General Indirect Canaries' Tax). If this service is hired outside the registration period, an extra cost of 5€ (IGIC incl) will be payable with card when collecting the bib number (only if there are vacancies available)
- d) Transfer of their personal effects bag to the finishing line.
- e) Participants in the Ultra race will have their bag delivered to the special refreshments post located halfway along the route.
- f) Liquid and solid refreshments during the race.
- g) Use of the safety device.
- h) Showers at the finishing post.
- i) Liquid and solid refreshments at the finishing post.
- j) All officially enrolled participants, whether registered with the federation or not, will be covered by an insurance policy taken out by the organising entity to cover any accidents which occur as a direct result of the organisation of the race, but never those arising from any ailment, disease or latent defect, recklessness, negligence, failure to comply with these regulations or any higher level requirements applicable to them. Accidents

suffered while travelling to and/or from the race location are not covered under this insurance policy.

k) Third Party Liability Insurance.

2. Enrolment is personal and non-transferable and implies the acceptance of these Regulations.

Article 8 - Specific authorisation to use data and images and the right to access, cancel and rectify

Enrolment in any of the race categories implies the specific consent of the participant as regards the unrestricted use and reproduction, via any device, of the personal data provided, the sporting brand involved in the race and the personal images obtained thereat for the purposes of promoting

Participants' data and e-mail addresses are filed on the IDECO, S.A. database whose purpose is to manage the business, economic, accounting, fiscal and administrative relationship with said entity. In any case participants may exercise their right to access, rectify, cancel and object to their personal data held in our files under the terms of Act 15 enacted on December 13th 1999 which should be submitted in writing to IDECO, S.A. at Data Protection, C/ Mercedes s/n, Los Majuelos 38108, La Laguna. IDECO, S.A. should be notified of any alterations to the data provided as a means of ensuring this data is accurate and up-to-date and is consistent with the current situation.

Article 9. Protection of personal data

1. The personal data (name, ID, address, date of birth and email) are incorporated into the database of IDECO, SA, whose purpose is to manage the commercial relationship with said entity, in any case expressly and within the registration process you will have to give your consent, being at your disposal all the data protection rights required by European regulations.

2. Expressly authorizes to receive commercial information by email, although automatically and by the same way may revoke the consent at any time.

Article 10. Fees

1. The enrolment fee should be paid at the payment platform available for this purpose at www.tenerifebluetrail.com.
2. Once enrolled and having paid the attendant amount, if the participant specifically requests the refund of the amount as it is impossible to compete, said request will solely be accepted in the following eventualities:
 - a) Whenever requested before 1/02/2019 and accompanying said request by a report proving the existence of medical reasons which prevents the staging of the race and with an entitlement to the refund of the whole enrolment amount.
 - b) Whenever requested between 02/02/2019 and 02/04/2019 and accompanying said request by a report proving the existence of medical reasons which prevents the staging of the race and with an entitlement to the refund of 50% of the enrolment amount.
3. Any changes in activity will be subject to a 5€ surcharge (inc. IGIC) for administrative expenses and they may only be made by 30/04/2019 provided that there are places available in the

selected activity. This extra charge shall be added to the difference of the registration fee, taking into account the date when the change is requested.

Article 11. Checkpoints

Checkpoints are places which are located periodically along the route which each runner is obliged to pass by. Hence, they serve to account for the runners and to record times.

The checkpoints will be manned by personnel from the Organising Entity who may give participants mandatory instructions.

In the event a runner fails to pass through a checkpoint, it will be assumed he/she has failed to follow the respective route of the activity in question. Consequently, whatever the reason (evacuation, withdrawal, voluntary failure to comply with the rules etc.), the runner in question will be disqualified from the race.

The checkpoints for each activity will be published at www.tenerifebluetrail.com.

The Organising Entity may set up additional checkpoints along the route to ensure the enhanced monitoring and registering of the race, with no need for their publication and disclosure. The mandatory material may be monitored at any of the checkpoints.

Article 12. Safety

Participants are required to comply with the highway code and take the necessary precautions when the route passes along or crosses streets and roads or reaches a crossroads. Irrespective of whether the Organising entity, with the resources available, especially supports and monitors these points, runners should pay particular attention and caution with regard to becoming closed in by traffic and sharing the road with vehicles.

The Organising Entity will place officials along the route to intervene where necessary. This personnel will be empowered to remove the official race number from any runner who is considered to have reduced his/her physical or technical capacities as a result of fatigue and exhaustion in order to guarantee their health. If the runner disobeys this order the Organising Entity shall not be held liable for any personal risks arising from said breach.

The checkpoints will be manned by authorised and trained personnel who will provide participants with guidance in the event of danger, a change of route, accident or withdrawal.

Participants who withdraw from the race at any point thereof must inform the nearest checkpoint and they will be evacuated by the Organising entity as quickly as possible. Any participant who has voluntarily withdrawn from the race and who fails to notify the checkpoint will require the safety teams to start an unwarranted search and he/she will be required to pay any expenses defrayed by the safety teams owing to his failure to notify.

Article 13. Refreshment posts

1. Refreshment areas will be set up at the following specific points along the route at which participants will have access to food and drink and where outside assistance may be provided.
 - Arona
 - Ifonche
 - Albergue de Vilaflor

- Madre del Agua
- El Filo
- Parador
- Portillo Alto
- Rambleta
- Los Picachos
- Recibo Quemado
- Asomadero
- La Corona
- Hotel Maritim

The refreshments by activity and content thereof will be specified in detail well beforehand at the official race website (www.tenerifebluetrail.com), including the checkpoint kilometre mark thereof.

2. Water will only be provided in the recipient each runner carries for the purpose. Glasses will not be provided at the refreshment posts. Each runner should carry and use his/her own glass for consuming drinks.
3. Any waste generated must be disposed of in the containers provided for this purpose at these refreshment posts. Whenever the terrain or the surrounding area so allows, there will be a sign indicating the start and end of the refreshment post. The packaging of nutritional products and broken poles will be regarded as waste. Failure to comply with this requirement (littering the environment) will result in disqualification from the race.
4. The person responsible for refreshments may restrict or prohibit access to any accompanying parties in order to facilitate organisation.

Article 14 – Official race numbers and electronic devices

1. The race number and kit will be given to participants at the place and time published at the official race website sufficiently in advance.

In order to obtain these items runners should show the Organising Entity personnel a national identity card, passport or an official document which provides reliable evidence of the participant's identity and age.

This material may also be collected by someone else provided that they submit authorisation duly completed and signed by the runner, together with a copy of the document bearing the personal data of the represented party.

2. Each race number will be personalised and will bear the colour of the race category in question. It will also feature the contact telephone numbers of the Organising Centre and the Emergency Services.
3. The race number must not be folded, cut or altered. When handing over the race number runners must fill in the back of it with relevant medical data (such as blood group and allergies to medications). The habitual taking of pharmacological or medical treatments must also be notified).
4. Runners should wear their race number in a visible location at all times throughout the race: on the chest, abdomen or in the race number holder. The race number is personal and non-transferrable and its transfer will result in the immediate disqualification of the holder.

5. The race will be monitored by means of a chip or electronic device at shoe level. The Organising Entity will set up checkpoints to ensure all the runners complete the course and record their interim times, whereby all runners are required to pass through all the checkpoints the Organising Entity has set up along the route.
6. Prior to entering the starting area a race number check will be conducted which should be kept until the definitive final classification.

Article 15. Backpack collection and delivery service (runner's bag)

The Organising Entity will provide participants in the Ultra, Trail, Marathon and Half Marathon races with a backpack collection service (this must be the official race bag supplied by the Organising Entity) before the start.

Each backpack must be identified by the runner's race number.

Participants in the Ultra race will have an additional bag in a different colour transferred to the special refreshments post located halfway along the course at El Parador.

Backpacks will be removed in the finishing area upon submission of the official race number during the race timetable.

Any backpacks which are not collected will be available at the Tenerife Santiago Martín Sports' Centre for 10 days subsequent to the event.

In the event that it has to be sent to their personal address, the participants will assume the postage costs whatever the means of transport used to this end.

Article 16. Change in race route

The Organising Entity reserves the right to change the route or the time intervals owing to safety or organisation-related reasons or other cases of force majeure.

For Ultra and Trail activities alternatives routes are foreseen by dint of the special characteristics the routes have in Parque Nacional del Teide. The staging of both activities will be subject to the weather report issued by AEMET on the day prior to the race and to any indications in this regard issued by the Directorate-General for Safety and Emergencies in its alerts' notification system.

Within the limits of Parque Nacional del Teide the competition may be suspended or undergo the following changes in its routes:

Ultra Activity: If the ascent to Rambleta is suspended but it is possible to pass via the Las Cañadas ridge, the route will partially follow the Trail Activity route. As from Degollada de Guajara, taking the Ridge path (Path no.8) to Portillo Alto, then reaching the Montaña Blanca base (path nos.24 and 6) and deviation to Fortaleza (Path no.22) and continuing along the envisaged route.

In the event that it has been suspended too, passage via El Filo will be carried out via the following route: From Degollada de Guajara, descending to the crossroads with the Siete Cañadas path (path no.4), following it to the right and, after completing the route of this historic path, leaving it to reach Portillo Alto. There the participants must cross highway TF-21 and then successively follow path nos.24 and 1 as far as La Fortaleza before continuing along the envisaged route.

Trail Activity: If it is recommended not to go via El Filo, the route described in the previous paragraph above will be followed.

Article 17. Time limits

1. Each race should be completed within a pre-determined time. Interim time limits will be established in accordance with the activities, to be published at the official race website (www.tenerifebluetrail.com). Said time limits are calculated so runners finish the race within the maximum time established for each activity.
2. These timetables may be changed at any time by the Cajamar Tenerife Bluetrail Organising Entity for safety reasons.
3. Participants who fail to reach a checkpoint within the set time will be required by the race controller to withdraw. If they decide to continue, their race number will be removed and they will do so at their own responsibility, not being regarded as runners in the race.

Article 18. - Voluntary and mandatory withdrawal

1. In the event that a participant decides to withdraw from the race, he/she should notify the Organising Entity officials based at the nearest checkpoint. Any participant who owing to physical or health-related reasons is unable to reach the next refreshment post without assistance should immediately call the number of the Organising Entity printed on the race number.
2. Provided the participant withdraws from the race voluntarily or is disqualified, it will be assumed he/she is out of the competition and is solely liable for his/her actions. If he/she decides to continue, he/she must, in any case, hand in the race number to the Organising Entity.
3. The Organising Entity may temporarily detain a runner or force him/her to abandon the race if it is thought that his/her condition is putting his/her physical integrity or safety in danger.

Article 19. Suspension, postponement of Tenerife Bluetrail

1. The Cajamar Tenerife Bluetrail might be cancelled or postponed. This decision shall fall exclusively on the Organization.

The reasons leading to the cancellation or postponement of the race are the following:

- a) In situations of objective risk that could compromise the security and safety of the participants (weather alerts, forest fires, landslides, etc.)
 - b) Following a decision of the organization, for reasons other than the foregoing.
2. If the race is postponed before it starts for any of the reasons mentioned above, the Organization will try to hold it within the next 24 hours. The maximum deadline to hold the postponed race will be one year, i.e. until December 31, 2019. If it is impossible to hold the postponed race, the cancellation thereof shall be communicated immediately.
 3. In the same terms, in case of adverse weather conditions or serious events, affecting the security of the race, or other events of force majeure, the organization reserves the right to

modify the cut off points or the starting time, having also the right to neutralize it or to cancel a race which has already started.

In case of suspension or postponement of a race, once this has started, the runners shall be ranked according to their respective positions and times, taking as reference the last checkpoint they went through, after which the race will be considered as completed.

4. The organization will determine, in each case, whether the cancellation or postponement of the race shall give rise to a reimbursement (in part or in full) of the registration fees. This information shall be published on the official website of the race, timely and in due form.

Article 20. Classification and trophies

This mountain race will include a general classification for each modality. Also, there will be an independent classification for each category and modality.

The rules on the awarding of trophies to the first classified will be published on the official page of the race.

Article 21. Competition Committee

A Competition Committee is formed and the people set out below will be on said Committee, recognised by the Organising entity for resolving any queries, suggestions and complaints arising during the staging of Cajamar Tenerife Bluetrail and for taking any decisions which, generally speaking, concern it, including the imposing of sanctions and dealing with any violations by participants in Tenerife Bluetrail.

Each of the members of the Competition Committee will be competent in a given area regardless of decision-making which will be carried out in consensual fashion when all the Committee members are present.

The competition committee shall be comprised by:

- Person responsible for the organization (strategic and economic management of the race).
- Director of the race (overall management of the race)
- Technical Director of the race (manager in the field of sports)
- Director of General Security (manager of all security matters regarding the race)
- Technical Secretary of the Race

At the first meeting staged of the Competition Committee plenary session the modus operando of said body will be set, the manner of adopting resolutions and of notifying them as well as the staff who will act to support said Competition Committee.

Article 22. How to lodge complaints with the Competition Committee:

1. Claims will only be considered if, in the opinion of the Competition Committee, it has been duly justified and documented and has been submitted to the Organising Entity in writing and containing the following data:

- a) The name and DNI (Spanish national identity card number) of the person lodging the complaint.
 - b) Names of the participants in Cajamar Tenerife Bluetrail concerned
 - c) Race number
 - d) Alleged facts
 - e) Signature
2. The complaint may be of a general nature pertaining to Cajamar Tenerife Bluetrailer of a sporting nature. In the former case, it may be lodged by anyone who believes they have been affected, and at any time, since enrolments in the race were opened and until the five business days subsequent to its completion.
Any complaint of a sporting nature may only be lodged by a runner at any of the points of the finishing line, always before the prize-giving.
3. The Competition Committee's resolution of the complaint will be specifically notified to the complainant.

Article 23. Sanctions and offences

The competition committee shall be empowered to impose sanctions on those participating in the Tenerife Bluetrail, in case that they fail to comply with that foreseen in these current regulations or higher regulations –of obligatory compliance.

Failure to comply with these Regulations or Higher Regulations shall comply with the following:

Minor Offences

- a) Failure to respect an order given by the members of the organization of the race.
- b) Lack of visibility of the number assigned, or failure to place it in the front of the runner.
- c) Voluntary obstruct the passing of other runners, without prejudice that this might be considered a serious offence if happening more than once.
- d) Getting aid or provisioning out of permitted areas (except in case of assistance).
- e) Any other incident which might be considered a minor offence by the commissioners of the race.
- f) Two minor offences shall correspond to one serious offence, translating this in the runner being disqualified from the race.

Serious offences

- a) Failure to provide aid to a participant who needs it.
- b) Voluntarily attempt against the natural environment; this means, dumping litter or packages out of the containers destined to such purpose.
- c) Remove or change the runway markers established by the Organization.
- d) Total or partial absence of the compulsory safety items established for each modality.
- e) Failure to complete on foot the circuit the runner registered for. This implies taking short-cuts, avoiding control areas or failure to cross the finish line.
- f) Actively and voluntarily impeding the passing of other runner.
- g) Failure to undergo anti-doping controls as established.

- h) Failure to wear the number assigned or cutting it.
- i) Entering the podium with a flag or symbol which is not the official of the Autonomous Community.
- j) Any other incident which might be considered a minor offence by the commissioners of the race.

Very serious offences

- a) To voluntarily attempt against the natural environment, causing a great harm to the flora and fauna, and causing harm to the natural environment of the race.

Article 24. Sanctions

The sanctions regarding the actions foreseen in the previous paragraph are as follows:

For minor offences:

- Penalization of 3 up to 10 additional minutes regarding the finish time

For serious offences:

- Penalization of 11 up to 60 additional minutes regarding the finish time, or disqualification from the race, depending on the seriousness of the offence.

Very serious offences:

- Disqualification from the race, immediate abandonment of the race. The person concerned shall not participate again in any edition.

Article 25. Alterations The present Regulations may be corrected, extended or improved at any time by the Organising entity. Enrolment in the race implies the participant's acceptance of the present Regulations and of any changes that may be made to it which will be published forthwith at the Cajamar Tenerife Bluetrail official website.

La Laguna, 26th June 2018.