



# ATHLETE GUIDE

COVID-19 REQUIREMENTS

#SPARTANFRANCE

AUGUST 21-22, 2021



## 2.HEALTH PASS

All participants have to present the Health PASS to be able to race in Morzine.  
This Health Pass is absolutely MANDATORY, without it, you are not allowed to take the start  
Download [TOUSANTICOVID](#) on your phone

- PCR or TMA taken no more than 48 hours in advance.
- COVID-19 official vaccination certificate.
- Antigen test taken on site at the event. No other antigen test will be accepted.
- [MORE INFORMATION HERE](#)

Some pharmacy will offer the possibility to make a TMA test onsite but keep in mind the number is very limited.  
Answer our special form [HERE](#)



# PROTOCOL



## READ CARREFULLY

- **Mask Wearing** in all areas where sport is not being practiced, that is: all areas within the festival grounds, during registration, at the start and finish of a race, at our merch shop...
- At the starting line at the beginning of the race, until participants have naturally grown further apart.
- **Heat Reduction** The sizes of the heat have been reduced and the course has been extended to ensure social distance.
- Bag Check for **little items** ONLY (ID – Phone – Keys)
- Adpated aid station: **bring our own hydration system** (bag or retractable cup)
- Spectators : not allowed in close area (registration, bag check, start and finish line) – Allowed on festival area. Heath Pass not required



# LOCATION

## 6.COMING TO MORZINE



502 ROUTE DU PALAIS DES SPORTS  
74110 MORZINE-AVORIAZ

- By car, plane or train, find the access information [HERE](#)
- You can use all the city parking to park your car, free shuttle will bring you to the Festival area!



# SCHEDULE

## VENDREDI

14:00 - 18:00	SPARTAN FESTIVAL + VILLAGE PARTENAIRES / SPARTAN FESTIVAL + EXPOS
14:00 - 18:00	RETRAIT DES DOSSARDS ULTRA (OBLIGATOIRE) / RACE PACKET PICK UP ULTRA (MANDATORY)
14:00 - 18:00	RETRAIT DES DOSSARDS TRIFECTA WEEKEND / RACE PACKET PICK UP TRIFECTA WEEKEND RACERS
14:00 - 18:00	RETRAIT DES DOSSARDS BEAST (NON OBLIGATOIRE) / RACE PACKET PICK UP BEAST (NOT MANDATORY)
20:00 -	DÉPART HURRICANE HEAT 12H / START HH12HR

## SAMEDI

05:45-18:30	SPARTAN FESTIVAL
05:45-18:30	MERCHANDISING
05:45 - 12:00	RETRAIT DES DOSSARDS (BEAST ET ULTRA POUR LES COUREURS NON DISPONIBLES LE VENDREDI) / RACE PACKET PICK UP BEAST AND ULTRA FOR THE NON COMMING RACERS ON FRIDAY
05:45 - 21:30	CONSIGNES (PETITS OBJETS UNIQUEMENT !) / BAG CHECK (ONLY FOR LITTLE ITEMS)
07:00	SPARTAN ULTRA ELITE HOMMES ET FEMMES / START ELITE ULTRA MEN AND WOMEN
07:15	SPARTAN ULTRA AGE GROUP HEATS PAR CATÉGORIE 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
07:30	SPARTAN ULTRA VAGUE OPEN (SEULE ET UNIQUE VAGUE OPEN)
08:00	SPARTAN BEAST (ELITES HOMMES ET FEMMES) (COMPTANT POUR LES FRANCE NATIONAL SERIES 2021)
08:15 - 09:15	SPARTAN BEAST (AGE GROUP) PAR CATÉGORIE 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ (COMPTANT POUR LES FRANCE NATIONAL SERIES 2021)
9:00	OUVERTURE DU RETRAIT DES DOSSARDS KIDS / RACE PACKET PICK UP KIDS
09:30	SPARTAN TRIFECTA WEEKEND HEAT RACERS BEAST
09:45	SPARTAN BEAST OPEN (TOUTES LES 15 MINUTES)
13:00	PREMIER DÉPART SPARTAN KIDS
12:15	DERNIER DÉPART BEAST OPEN
13:00 - 17:00	RETRAIT DES DOSSARDS (SUPER UNIQUEMENT) / RACE PACKET PICK UP SUPER ONLY
18:30	PODIUM ET RÉCOMPENSES ELITE ET AG BEAST (+ ULTRA À CONFIRMER)

## DIMANCHE

06:45-18:30	SPARTAN FESTIVAL
06:45-18:30	MERCHANDISING + VILLAGE PARTENAIRES
07:45 - 18:00	CONSIGNES (PETITS OBJETS UNIQUEMENT!) / BAG CHECK (ONLY FOR LITTLE ITEMS)
07:45 - 12:00	RETRAIT DES DOSSARDS (SUPER UNIQUEMENT) / RACE PACKET PICK UP SUPER ONLY
10:00 - 16:00	RETRAIT DES DOSSARDS (SPRINT) / RACE PACKET PICK UP SPRINT ONLY
9.00	DÉPART VAGUE ELITE HOMMES SUPER / START ELITE SUPER MEN
9.10	DÉPART VAGUE ELITE FEMMES SUPER / START ELITE SUPER WOMEN
9.20 - 9.45	DÉPART VAGUE AGE GROUP SUPER PAR CATÉGORIE 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
10:00	SPARTAN SUPER OPEN (TOUTES LES 15 MIN)
12:30	DERNIER DÉPART SUPER OPEN
13:00	START SPRINT OPEN (TOUTES LES 15 MIN)
15:00	PODIUM ET RÉCOMPENSES SUPER ELITE ET AG
16:30	DERNIER DÉPART SPRINT OPEN
19:00	FERMETURE DU VILLAGE SPARTAN / CLOSING VILLAGE



# PRE RACE



1.

## FACEMASK

Don't forget to bring your own facemask!!!



2.

## BARCODE, ID & COVID DOCUMENT

To pick up your bib number you will need:

- A valid ID (with photo)
- Your confirmation email either on your phone or printed with the barcode on it for registration. You can also find the barcode in your MaxFun account. [how to find the barcode.](#)
- Your Medical Certificate [\(more information HERE\)](#)
- Your **HEALTH PASS** (in the APP TOUSANTICOVID)
- **PICK UP MANDATORY ON FRDAI FOR ULTRA RACER**



3.

## EAT/HYDRATE

Eat. Hydrate. Eat. Hydrate. It is important to get yourself race ready in the days leading up to your event.



4.

## NO SENTIMENTAL ITEMS

We suggest leaving sentimental items at home (rings, jewelry, etc.)





# PRE RACE



5.

## BRING HYDRATION PACK

Bring a hydration pack. Don't forget it in **SUPER/BEAST/ULTRA** category.

Fill it up before you leave the house. You can never have enough water.

**Number of aid stations and products are limited due to COVID-19 restrictions- make sure to bring a camelbak (that you can refill on the course also).**



6.

## GELS AND BARS

Keep your energy up. Specially in the **SUPER/BEAST/ULTRA** category, gels and bars will give you a boost and help to prevent cramps.

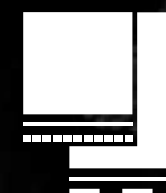
**Number of aid stations and products are limited due to COVID-19 restrictions- make sure to have your nutrition plan.**



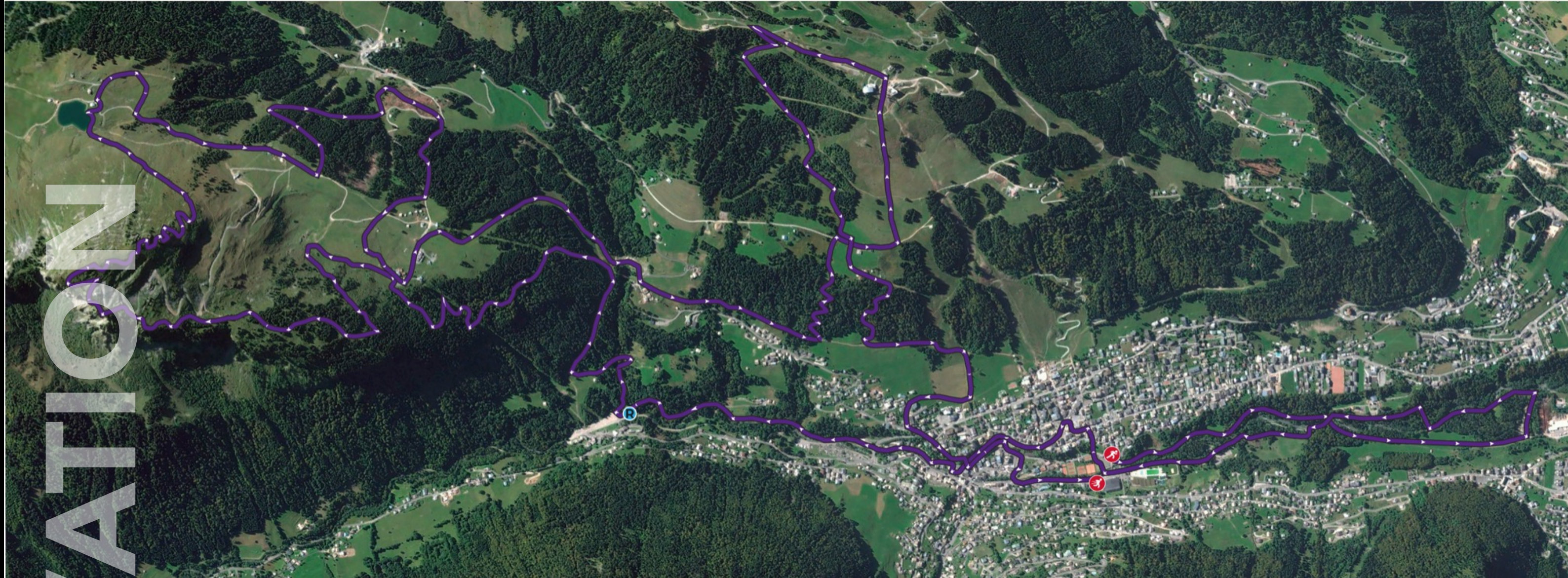
7.

## BRING EXTRA CLOTHING

Due to COVID-19 restrictions there will be NO Bagcheck, NO changing and NO showers on the festival area. Bring some extra clothes to change yourself after your race- and let that into your car.



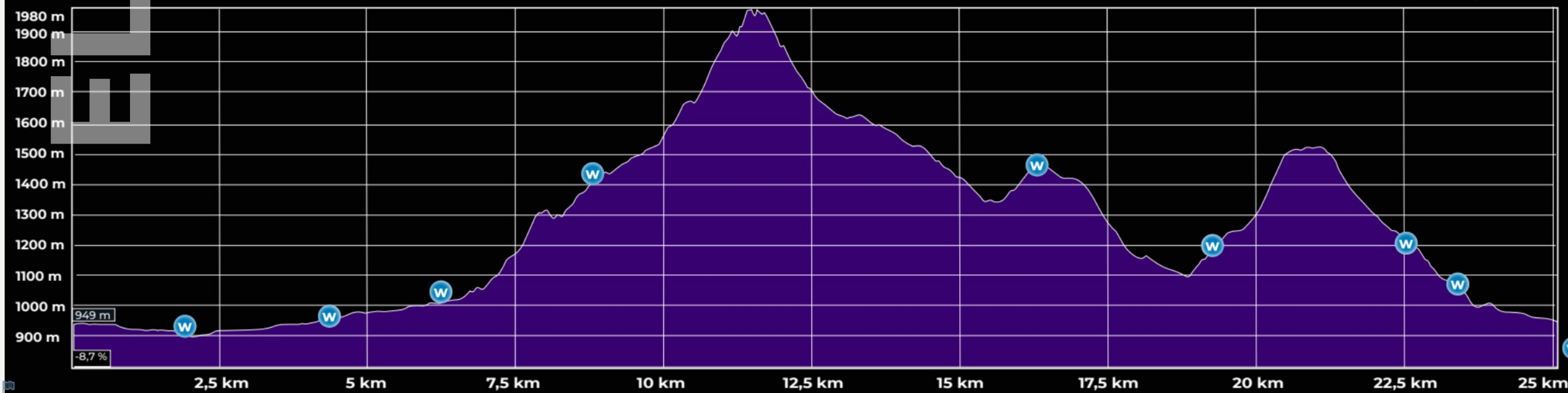




## RACE ELEVATION ULTRA MORZINE

Distance: TOTAL 50 km / LOOP 25 km

GainElevation : 3728 m, -3730 m

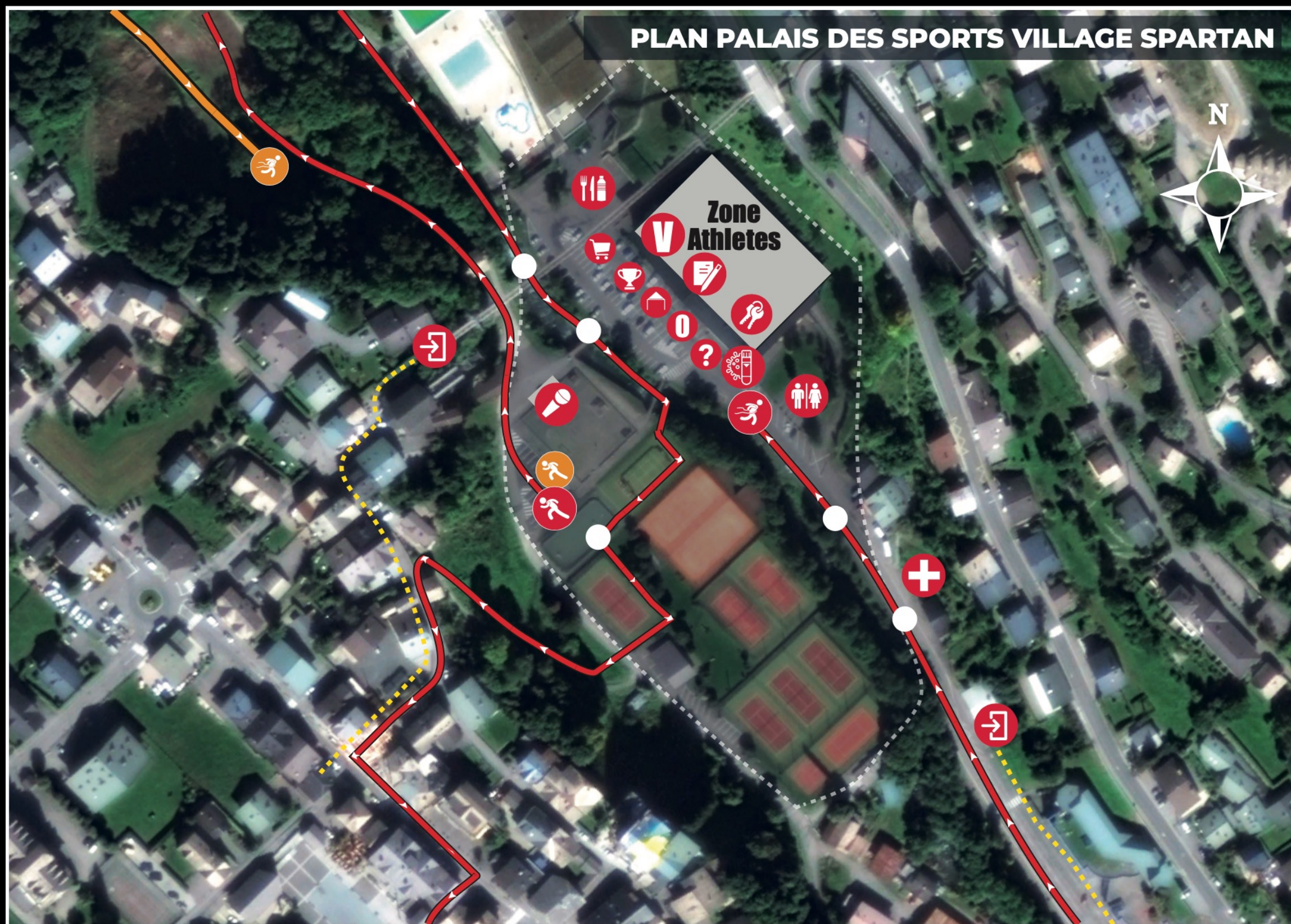


ULTRA

W AIDSTATION



# FESTIVAL AREA



## INFORMATION COVID! PORT DU MASQUE OBLIGATOIRE ET ZONE D'ACCÈS! COMPULSORY MASK AND ACCESS ZONE !



**IL EST OBLIGATOIRE DE PORTER UN MASQUE POUR LES PARTICIPANTS, SPECTATEURS, VOLONTAIRES, PARTENAIRES, STAFF :**

- Dans toutes les zones de rassemblement, c'est-à-dire : toutes les zones situées dans l'enceinte du festival, durant les inscriptions, au départ et à l'arrivée d'une course, dans le palais des sports, à la boutique Spartan...
- Sur la ligne de départ puis au début de la course, jusqu'à ce que les participants se soient naturellement éloignés les uns des autres. La taille des vagues a été réduite et le parcours adapté pour assurer la distanciation sociale
- Le palais des sports est interdit aux personnes ne disposant pas d'un pass sanitaire à jour.

**IT IS MANDATORY TO WEAR A MASK FOR PARTICIPANTS, SPECTATORS, VOLUNTEERS, PARTNERS, STAFF:**

- In all gathering areas, i.e.: all areas within the festival grounds, during registration, at the start and finish of a race, in the sports hall, in the Spartan store...
- At the start line and then at the beginning of the race, until the participants have naturally moved away from each other. The size of the waves has been reduced and the course adapted to ensure social distancing
- Le Palais des Sports de Morzine is forbidden to people without a valid health pass.



# GEAR LIST

## MANDATORY GEAR LIST – CONTROL WILL BE DONE BEFORE, DURING AND AFTER THE RACE.

- 1 Backpack, running vest, or other device available to carry all mandatory equipment
- 1 Hydration system with the ability to carry a minimum of 30 oz (1 liter) of fluids in any type of containers
- 1 survival blanket or bivvy
- 1 emergency whistle
- 1 flashlight or headlamp with backup batteries (waterproof)(you can also find one at the merch tent)
- 1 red flashing light, to be attached to the back of the pack/vest or headlamp strap and be turned on at all times when when dark, and when instructed to do so by race staff. Solid flowing light and lights of colors other than red are not acceptable OR cyalume glow stick red - at least 12 hours autonomy





# EFFECTIVE CUT OFF

CUT OFF	LOCATION	CUT OFF*	KM
CUT OFF 1	VERTICAL NET ULTRA	07:00	KM 26
CUT OFF 2	AID STATION 4	09:00	KM 36
CUT OFF 3	AID STATION 5	11:00	KM 44
CUT OFF 4	AID STATION 6	12:00	KM 47
CUT OFF 5	FINISH LINE	14:00	KM 53

\*Effective time of race after the last Start (07:30am). Last Cut OFF will be applied after 14 hours of race so at 9:30pm



# TRANSITION AREA



- Transition area is dedicated to ULTRA racers at– KM 25.  
(On the Village Area – front of Palais des Sports)
- You can change your clothes, and enjoy a nice aid station

## PICK UP YOU TRANSITION BAG

1.

During your bib pick up on Friday, our Staff will give you a special bag for the transition area

## PREPARE YOUR TRANSITION BAG

2.

Prepare your bag with the equipment you will need at the transition area (clothes – aid station...)

## LEAVE YOUR BAG AT THE TRANSITION AREA

3.

On Saturday morning, before the Start, leave your bag at the transition area (close to the start), you will find him back during your race !



# ETHEPOTIE



Environmental rules along the course:

- It is forbidden to abandon the path that's been signalled out by the organisation. Runners that step out of the marked areas, lakes, or rivers that are not part of the circuit will be penalised.
- It is forbidden to break, hide, or erase any of the beacons or indication signs in sensitive areas.
- It is forbidden to cross rivers or streams outside of the path enabled by the organisation.
- It is forbidden to throw any kind of waste or residue into the environment, including personal technical equipment such as backpacks, clothes, food wrappings, etc.
- It is absolutely forbidden to start any kind of fire.
- Feeding the local fauna is not allowed.
- Leaving refreshment stops with the drinking cups is not allowed.
- It is forbidden to damage or destroy trees or bushes in wooded areas (such as breaking twigs or branches off of trees).





# JOINS US



# SPARTAN<sup>TM</sup>

Consult our [FAQs](#)

- Transfert
- Start time
- Equipment

And more...

Need more help ? [Contact us](#)