



COURSE LOGISTIC PLANNER

V3.7.4 20/08/2021

NE SERA PAS IMPRIMÉ POUR LA COURSE - WILL NOT BE PRINTED FOR RACE

	ROLLER
	TREK
	VTT MOUNTAINBIKE (MTB)
	KAYAK
	COURSE D'ORIENTATION ORIENTEERING
	SWIM-RUN
	EPREUVE DE CORDE CLIMBING
	SPELEOLOGIE POTHOLING - CAVING
	POINT D'EAU DISPONIBLE SUR LE PARCOURS (RIVIERE, FONTAINE, ...) WATER POINT AVAILABLE ON THE COURSE (RIVER, FOUNTAIN, ...)

	Maximum weight : 15 KG WITHOUT ROLLERS	SAC OU CAISSE A – BAG OR BOX A Dimensions : FREE AUCUN ELEMENT NE DOIT DEPASSER DU SAC A NO ITEM SHOULD BE OUTSIDE OF THE BAG/BOX A
	Maximum weight : 20 KG	SAC OU CAISSE B – BAG OR BOX B Dimensions : FREE AUCUN ELEMENT NE DOIT DEPASSER DU SAC B NO ITEM SHOULD BE OUTSIDE OF THE BAG/BOX B
	Maximum weight : 20 KG	SAC OU CAISSE C – BAG OR BOX C Dimensions : FREE AUTORISATION D'ATTACHER SOLIDEMENT UN SAC A PAGAIES AUTHORIZED TO SECURELY ATTACH A PADDLE BAG
	Maximum weight : 25 KG	CAISSE VTT - BOX MTB Dimensions : 55 "x 32" x 12 " (140 cm x 80 cm x 30 cm). AUCUN ELEMENT NE DOIT DEPASSER DE LA CAISSE VTT NO ITEM SHOULD BE OUTSIDE OF THE MTB BOX

	EAU POTABLE WATER DRINKABLE
	EAU CHAUDE HOT WATER
	AIRE DE REPOS EXTERIEURE OUTDOOR REST AREA
	ELECTRICITE
	WC
	SALE INTERIEURE INTERIOR ROOM

CP	Contrôle de passage à pointer (Balise) <i>Pointing passage control (Beacon)</i>
WP	Passage obligatoire <i>Mandatory passage</i>
AT	Zone de transition <i>Area Transition</i>

Comment Vallier les CP au prologue ? <i>How to validate the CP on leg 1?</i>	PUCES SI ET BALISES ÉLECTRONIQUE <i>SI CARDS AND ELECTRONIC BEACONS</i>
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LEG 0				3 KM 50 D+
		COURSE D'ORIENTATION SUR CARTE IOF, ORDRE IMPOSÉ IOF ORIENTEERING IMPOSED ORDER	ONLY 1 MAP PER TEAM	Best time : 0h15
				Time limit : no
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	RACE CHASUBLE + SPARE RUNNING SHOES		MISS WP : NO WP ON LEG 0 MISS CP : 10'	

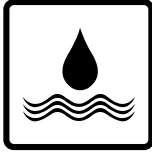
START
ORDRE DE DEPART EN FONCTION DE L'ORDRE DU CLASSEMENT DU PROLOGUE. <i>STARTING ORDER ACCORDING TO THE PROLOGUE'S RANKING CLASSIFICATION.</i>



Comment Vallier les CP pendant la course ? <i>How to validate the CP during the race?</i>	CARNET DE POINTAGE ET PINCES SUR LES BALISES AVEC TRACKEUR GPS TIME CARD AND CLIPS ON BEACONS WITH GPS TRACKING
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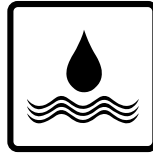
LEG 1				12 KM 300 D+
	Casque de montagne EN-12492 autorisé			Best time: 1h
	Mountain helmet EN-12492 allowed			Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : YES CP : NO	ALL SECTIONS + ROLLER		MISS WP : DISQUALIFIED MISS CP : NO CP ON LEG 1	

AT-1				
BAG - BOX A				
FACILITIES				

LEG 2				30 KM 2000 D+
		60' D'ARRET CHRONO PENDANT L'ATELIER CORDES 60' STOPWATCH DURING THE ROPES WORKSHOP		Best time : 8h + 60'
				Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS + ROPES		MISS WP : NO WP ON LEG 2 MISS CP : YES / SHORT COURSE	

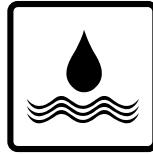
CP	DEFINITION	PENALTY
1	Arbre entre 2 falaises - Tree between 2 cliffs	Short course
2	Coude chemin - Bend path	Short course
3	Rentrant - Returning	Short course
4	Croisement sentier ruisseau - Crossing stream trail	Short course
5	croisement chemin arbre particulier - crossing path particular tree	Short course
6	Rappel - Abseil	Short course
7	Coude chemin - Bend path	Short course

AT-2				
				
FACILITIES				
				

LEG 3				75 KM 2500 D+
				Best time : 7h
				Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : YES CP : YES	ALL SECTIONS + MTB		MISS WP : DISQUALIFIED MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
8	Coude chemin - Bend path	Short course
9	Cour intérieure - courtyard	Short course
10	Sommet - Summit	Short course
11	Coude chemin - Bend path	Short course
12	Intersection chemin - Intersection path	Short course
13	Coude chemin - Bend path	Short course
14	Croisement chemin - Crossroads	Short course
15	Plus belle vue du monde - Most beautiful view in the world	Short course

AT-3				
				
FACILITIES				
				

LEG 4				58 KM 0 D+
				Best time : 10h
				Time limit : YES
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS + KAYAK		MISS WP : NO WP ON LEG 4 MISS CP : YES / SHORT COURSE	

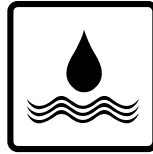
CP	DEFINITION	PENALTY
16	Pointe - Tip	60'
17	Au fond à gauche - Back left	120'
18	Au fond à droite - Back right	120'
19	Arbre village engloutie - Sunken village tree	240'
20	Au fond à gauche - Back left	120'
21	Arbre de rive - Shore tree	120'
22	Extrémité digue - End of dike	360'

AT-4				
	NO MTB BOX			
FACILITIES				
				

LEG 5				3 KM 100 D+
		COURSE D'ORIENTATION SUR CARTE IOF, ORDRE IMPOSÉ IOF ORIENTEERING IMPOSED ORDER		Best time : 1h30
				Time limit : YES
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS		MISS WP : NO WP ON LEG 5 MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
23	Butte - Mound	20'
24	Butte - Mound	20'
25	Rocher - Rock	20'
26	Clairière - Clearing	20'
27	Haut rentrant - Top fitting	20'
28	Rocher - Rock	20'
29	Dépression - Trough	20'
30	Avancée - Advanced	20'
31	Butte - Mound	20'
32	Coude chemin - Bend path	20'

AT-5				
	NO MTB BOX	DÉPART AVANT MERCREDI 15H00 2 MINUTES PAR MINUTE DE RETARD DANS UN MAXIMUM D'UNE HEURE. SI PLUS D'UNE HEURE, HORS COURSE. DEPARTURE BEFORE WEDNESDAY 3:00 P.M. 2 MINUTES PER MINUTE DELAY WITHIN A MAXIMUM OF ONE HOUR. IF MORE THAN ONE HOUR, OUT THE RACE.		
FACILITIES				
				

LEG 6				3 KM 50 D+
				Best time : 1h30
				Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS		MISS WP : DISQUALIFIED MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
33	Sommet île - Island summit	60'
34	Croisement chemin - Crossroads	20'
35	Île - Island	90'

AT-6				
				
FACILITIES				
				

LEG 7				30 KM 1900 D+
		90' D'ARRET CHRONO PENDANT L'ATELIER CORDES 90' STOPWATCH DURING THE ROPES WORKSHOP		Best time : 7h + 90'
				Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : YES CP : YES	ALL SECTIONS + ROPES		MISS WP : DISQUALIFIED MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
36	Pied falaise face nord-ouest / arbre - Northwest face cliff foot / tree	480'
37	pied falaise face nord-ouest - Northwest face cliff foot	60'
38	Entre 2 falaises - Between 2 cliffs	60'
39	Pied face nord-ouest falaise - Foot face north west cliff	60'
40	pied nord falaise - Foot face north cliff	60'
41	Sommet - Summit	60'
42	Bas rentrant - Stockings	120'
43	Croisement chemin - Crossroads	60'
44	Via Ferrata	120'

AT-7				
				
FACILITIES				
				

LEG 8				8 KM 90 D+
				Best time : 1h
				Time limit : YES
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS + ROLLER		MISS WP : NO WP ON LEG 8 MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
45	Pont - Bridge	30'
46	Croisement route / chemin - Road / path crossing	30'
47	Place village - Village square	30'
48	Croisement route - Road crossing	30'

AT-8				
BAG - BOX A	BAG - BOX MTB			
FACILITIES				
		WC		

LEG 9				8 KM 400 D+
		COURSE D'ORIENTATION SUR CARTE IOF, ORDRE IMPOSÉ IOF ORIENTEERING IMPOSED ORDER		Best time : 2h
				Time limit : YES
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS		MISS WP : NO WP ON LEG 9 MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
49	Rocher - Rock	40'
50	Rocher - Rock	40'
51	Fossé sec - Dry ditch	40'
52	Haut rentrant - Top fitting	40'
53	Sommet - Summit	40'
54	Haut fossé humide - High wet ditch	40'
55	Mangeoire - Bird table	40'

AT-9				
		DÉPART AVANT JEUDI 11H59 2 MINUTES PAR MINUTE DE RETARD DANS UN MAXIMUM D'UNE HEURE. SI PLUS D'UNE HEURE, HORS COURSE. DEPARTURE BEFORE THURSDAY 11:59 A.M. 2 MINUTES PER MINUTE DELAY WITHIN A MAXIMUM OF ONE HOUR. IF MORE THAN ONE HOUR, OUT THE RACE.		
FACILITIES				
				

LEG 10					50 KM 1700 D+
		120' ARRET CHRONO PENDANT L'ATELIER SPELEOLOGIE 120' STOPWATCH DURING THE CAVING WORKSHOP	 AVAILABLE BEFORE AND AFTER CAVING WORKSHOP		Best time : 8h + 120' Time limit : NO
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :		
WP : YES CP : YES	ALL SECTIONS + MTB + FULL CAVING FROM CP-60 TO CP-61		MISS WP : DISQUALIFIED MISS CP : YES / SHORT COURSE		

CP	DEFINITION	PENALTY
56	Pont coté Sud - South side bridge	60'
57	Croisement chemin - Crossroads	60'
58	Coude chemin - Bend path	120'
59	Chemin - Path	240'
60	Parking Spéléo - Caving parking	240'
61	Quelque part sous terre ! - Somewhere underground!	240'

AT-10				
BAG - BOX A	NO MTB BOX			
FACILITIES				
		WC		

LEG 11				40 KM 2500 D+
			90' ARRET CHRONO PENDANT L'ATELIER SPELEOLOGIE 90' STOPWATCH DURING THE CAVING WORKSHOP	Best time : 10h + 90' Time limit : YES
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : YES	ALL SECTIONS + LIGHT CAVING		MISS WP : NO WP ON LEG 11 MISS CP : YES / SHORT COURSE	

CP	DEFINITION	PENALTY
62	Clairière - Clearing	60'
63	Sommet - Summit	60'
64	Falaise côté Sud - Cliff south side	120'
65	Rentrant en bas - Stockings	240'
66	Côté nord fossé - North side ditch	240'
67	Face Sud falaise - South face of the cliff	240'
68	Grotte - Cave	240'
69	Sommet - Summit	240'
70	Coude chemin - Bend path	240'
71	Face Sud falaise - South face of the cliff	240'
72	Spéléologie - Caving	240'
73	Face nord rocher - North face rock	240'
74	Dépression - Trough	240'
75	Face Sud falaise - South face of the cliff	240'

AT-11				
	NO MTB BOX	DÉPART AVANT VENDREDI 11H 2 MINUTES PAR MINUTE DE RETARD DANS UN MAXIMUM D'UNE HEURE. SI PLUS D'UNE HEURE, HORS COURSE. DEPARTURE BEFORE FRIDAY 11 A.M. 2 MINUTES PER MINUTE DELAY WITHIN A MAXIMUM OF ONE HOUR. IF MORE THAN ONE HOUR, OUT THE RACE.		
FACILITIES				
				

LEG 12				26 KM 1100 D+
				Best time : 4h
				Time limit : 27th August 6pm
CHECKPOINT :	MANDATORY EQUIPEMENT :		PENALTY :	
WP : NO CP : NO	ALL SECTIONS + MTB		MISS WP : NO WP ON LEG 12 MISS CP : NO CP ON LEG 12	

FINISH
