



GRANDE TRAIL SERRA D'ARGA  
**RULES**  
**2022**



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## Grande Trail Serra d'Arga 2022

### Race bib distribution

Race bib distribution GTSA		
Day	Hours	Place
28 <sup>th</sup> September	04:00 pm–08:00 pm	( Location yet to be defined )
30 <sup>th</sup> September	03:00 pm – 10:00 pm	Viana do Castelo
1 <sup>st</sup> October	06:30 am – 08:00 am	Dem Village centre
1 <sup>st</sup> October	03:00 pm – 07:00 pm	Dem (finish line)
2 <sup>nd</sup> October	07:00 am – 09:00 am	Montaria Village Centre (start line)

We call attention to the fact that thousands of people will participate in this competition; if you travel by car, you may not be able to find a place to park.

## VERY IMPORTANT

- It is essential to be in a good physical condition to participate in this race;
- Registration on this competition implies full acceptance of the rules;
- Each runner must drink and eat properly at the refreshment posts;
- The registration is personal, non-transferable, and will be accepted on a first-come-first-served basis;
- All the data information provided by participants is their own responsibility and must be legit;
- If a registered athlete can no longer participate in the event the organization has no obligation to reimburse the registration fee;
- During the month before the event is not permitted to change personal details in the registration and the organization has no obligation to reimburse the registration fee.
- In order to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, by respecting and protecting it. For this same reason, we inform you that **liquid refreshments will not be supplied in bottles or plastic cups. Athletes are responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also suitable for hot drinks);**
- **The Organization reserves the right to accept last minute registrations.**
- **For registrations made in the last month prior to the race, the organization does not guarantee t-shirt size and does not guarantee the event's official t-shirt.**
- The contents of this manual are subject to change without notice.
- **This race is part of the "Best Trail Series", organised by Carlos Sá Nature Events, and the ATRP (Trail Running Portuguese Association) Series.**

## **1. Terms of participation**

### **1.1. Age requirement**

The minimum age requirement for participation in Grande Trail Serra d'Arga is 18 years of age.

### **1.2. Confirmed registration**

To participate in the competition athletes must have their registration validated and agree to comply with the race regulations.

### **1.3. Physical condition**

- It is essential to be in a good physical condition to participate in this race;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;
- Athletes must know how to manage physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, etc;

### **1.4. External help**

External help is not allowed, except on refreshment posts. Athletes must know how to adapt to the problems encountered during the race.

### **1.5. Race bibs**

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

### **1.6. Sportsmanlike conduct rules**

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

## 2. The event

### 2.1. Presentation of the event / organization

The **Grande Trail Serra d'Arga** is organized by Carlos Sá Nature Events®. It has also the support of the Municipal Chambers of Caminha, Viana do Castelo and Vila Nova de Cerveira, the support of Dem, São Lourenço da Montaria, Estorãos, Arga de São João, Arga de Cima and Arga de Baixo, Amonde, Gondar, Orbacém, Afife e Covas.

#### Races:

On the **24<sup>th</sup> September** will take place the **GTSA Vertical**. It will start at 10h00am at Estorãos and it will finish at Alto da senhora do Minho, with a distance of 4Km with 800mD+.

On the **24<sup>th</sup> September** will take place the **GTSA Sunset** with a distance of 20km/800D+, starting at 07:00 pm and finishing in Covas.

On the **30<sup>th</sup> September** will take place the **GTSA Trail Ultra Endurance 110km** with 5530m D+ and 5290m D- , passes through the villages of Afife, Dem, Covas, Cerquido, Montaria, Pedrulhos, finishing at Dem.

On the **1<sup>st</sup> October**, it will take place the Main race of the event: the **GTSA Ultra Trail 45 km**. This race starts and finishes in Dem.

**Ultra Trail 45 km** - It starts at 8:00 am and it has a distance of 45 km and a D+ of 2500 m; it starts and finishes in Dem. This fantastic race passes through many preserved historic villages such as Mosteiro S. João de Arga, Arga de Baixo, Arga de Cima, Cerquido, S. Lourenço da Montaria (and its fantastic river, Âncora) and Dem, belonging to three different municipalities: Caminha, Ponte de Lima and Viana do Castelo.

On the **2<sup>nd</sup> October** two competitive races will take place simultaneously: **Long Trail 27 km** and **Short Trail 17 km**. It will be also held the **Hiking 12km** and the **GTSA Kids**. All these activities start and finish in S. Lourenço da Montaria.

**Long Trail 27 km** starts at 09:00am and the **Short Trail 17 km** and the **Hiking 12km** it starts at 10:00 am. With a D+ of 2200m and 1050m respectively, it starts in the Village of S. Lourenço da Montaria, crossing trails of the Serra d'Arga with passage through the fantastic river Âncora and finishing at S. Lourenço da Montaria.

**GTSA Kids** – it will start at 12:30 pm in S. Lourenço da Montaria. Ranks and distances:

- **Until the age of 6** – 250 m
- **7 – 10 years of age** – 750 m
- **11 – 13 years of age** – 1500 m
- **14 – 15 years of age** – 2100 m

Once the race is finished, runners can have a light meal and the baths will be evaluated depending on the pandemic conditions on the days of the competitions.

## 2.2. Program

### 24<sup>th</sup> September (Saturday)

- 09:00 am – Race bib distribution **GTSA Vertical** – Estorãos
- 10:00 am – Start **GTSA Vertical** – Estorãos
- 12:00 noon – Prize Giving Ceremony **GTSA Vertical** – Sra. Do Minho
- 6:00 pm – Race bib distribution **GTSA Sunset** – Covas
- 7:00 pm – Start **GTSA Sunset** – Covas
- 9:30 pm – Prize Giving Ceremony **GTSA Sunset** – Covas

### 29<sup>th</sup> September (Wednesday)

- 04:00 pm – 08:00 pm – Race bib distribution (Location yet to be defined)

### 30<sup>th</sup> September (Friday)

- 3:00 pm – 10:00 pm – Race bib distribution Viana do Castelo
- 06:00 pm – Meeting point for the **GTSA Trail Ultra Endurance 110km** in Viana do Castelo
- 07:00 pm – Transfer to the athletes of **110km** from Dem to Viana do Castelo
- 08:00 pm – Start **GTSA Trail Ultra Endurance 110km** ( Viana do Castelo)

### 2<sup>nd</sup> October (Saturday)

- 06:30 am – 08:00 am – Race bib distribution (Dem)
- 08:00 am – Start **GTSA Ultra Trail 45 km** (Dem)
- 08:00 am – Expected arrival of the first athletes **GTSA Ultra Trail Endurance 110km**
- 12:00 noon – Expected arrival of the first athletes **GTSA Ultra Trail 45 km**
- 03:00 pm – Race bib distribution (Dem)
- 04:00 pm – Prize giving **GTSA Ultra Trail 45 km** and **GTSA Ultra Trail Endurance 110km**
- 07:00 pm – Secretariat closing
- 08:00 pm – Expected arrival of the last athlete. End of the activities.

### 1<sup>st</sup> October (Sunday)

- 07:00 am – 09:00 am – Race bib distribution (Near the start line in S. Lourenço da Montaria)
- 09:00 am – Start **Long Trail 27 km** (S. Lourenço da Montaria)
- 10:00 am - **Short Trail 17 km** and **Hiking 12km** (S. Lourenço da Montaria)
- 11:15 am – Expected arrival of the first athletes **Short Trail 17 km** (S. Lourenço da Montaria)
- 11:30 am – Expected arrival of the first athletes **Long Trail 27 km** (S. Lourenço da Montaria)
- 12:30 pm – Start **GTSA Kids**
- 02:00 pm – Prize giving **Long Trail 27 km** and **Short Trail 17 km** (S. Lourenço da Montaria)
- 04:00 pm – End of the event

**Athletes must go to the start line autonomously.**

### 2.3. Distance, altimetry and ATRP\* difficulty levels

**GTSA Ultra Trail Endurance 110km** – 110 Km – 5380m d+ (10000dac) Trail Ultra Endurance Grau 3

**GTSA Sunset Adventure** – 20 km – 450m d+ (800dac) Short Trail – level 3

**GTSA Ultra Trail** – 45 km – 2500m d+ (5000dac) Ultra Trail Medium – level 3

**GTSA Long Trail** – 27 km – 1100m d+ (2200dac) Long Trail – level 2

**GTSA Short Trail** – 17 km – 550m d+ (1100dac) Short Trail – level 2

\* ATRP – Portuguese Trail Running Association

### 2.4. Maps and route

Please see 2.1. More info at: <https://www.carlossanatureevents.com/en/gtsa>

### 2.5. Time barriers

- Any runner who abandons the race must inform the organisation and return his race bib.
- **GTSA Ultra Trail Endurance 110 km** has a time limit of **24 hours maximum**. Time Barriers for **Ultra Trail Endurance 110 km**:
  - At Dem, Km 37, at 05:00am 1/10, with 9h running
  - At Montaria, Km 88, at 03:00pm 1/10, with 19h running.
- **GTSA Ultra Trail 45 km** has a time limit of **12 hours maximum**. Time Barriers for **Ultra Trail 45km**:
  - At Montaria, Km 28 at 03:00pm, with 7h running.
- There are no time limits for the other races.

### 2.6. Time check

Time is controlled by chip that the athlete has in their bib.

### 2.7. Control posts

Intermediate time controls will be opportunely defined.



## 2.8. Refreshment posts

- **Ultra Trail Endurance 110 km**
  - **Refreshment 1** – 16Km (Afife)
  - **Refreshment 2** (Liquids) – 23Km (Chã-Afife)
  - **Aid Station** – 37Km (Dem)
  - **Refreshment 3** – 62Km (Covas)
  - **Refreshment 4** – 77Km (Cerquido)
  - **Refreshment 5** – 88Km (Montaria)
  - **Refreshment 6** – 97Km (Pedrulhos)
  
- **Ultra Trail 45 km**
  - **Refreshment 1** – 11 km (Arte na Leira)
  - **Refreshment 2** – 19 km (Cerquido)
  - **Refreshment 3** – 29 km (Montaria)
  - **Refreshment 4** – 38 km (Pedrulhos)
  
- **Long Trail 27 km**
  - **Refreshment 2** – 8,5 km (Viveiros)
  - **Refreshment 3** – 19,5km (Cerquido)
  
- **Short Trail 17 km**
  - **Refreshment 1** – 9 km (Viveiros)
  
- **Sunset Adventure 20km**
  - **Refreshment 1** – 11 km (Arte na Leira)
  - **Refreshment** at the finish line

**The organization staff will manage the good functioning of the Refreshment posts and the compliance with the safety rules always appealing to the reasonableness of all parties involved. Participants should always follow the organization guidelines.**

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between refreshment posts.

Please be advised that liquids will not be supplied in bottles or plastic cups. Each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration.

## 2.9. Mandatory and Recommended gear

RECOMMENDED Gear	110KM	45KM	27KM	17KM	GTSA Sunset
Waterproof jacket with hood	✓	✓	✓	✓	✓
Facial mask	✓	✓	✓	✓	✓

Mandatory Gear	110KM	45KM	27KM	17KM	GTSA Sunset
Mobile phone	✓	✓	✓	✓	✓
Survival blanket	✓	✓	✓	✓	✓
Whistel	✓	✓	✓	✓	✓
Water tank	✓	✓	✓	✓	✓
Head lamp	✓	✓	—	—	✓

**There may be Mandatory Material Control, having the athlete as a penalty, 1 hour in the final time, for each missing item.**

Regardless of the weather conditions, participants should consider this material as their Survival Kit, so it is advisable to always bring this gear on hard-to-reach mountainous terrain.

## 2.10. Information of places with car traffic

The organization will have a security system throughout the course. However, as it will be impossible to cut road traffic in some places, participants must comply with the traffic rules on public-use roads and must respect the surrounding environment.

## 2.11. Disqualifications

Disqualification, based on the following:

- No complying with the present rules;
- Not finishing the route;
- Throwing rubbish away;
- Race number not visible;
- Refusal to comply with the orders from the organization;

Anti-sporting behaviour.

**Participants who fall under the last two points won't be able to register in future editions.**

## 2.12. Disqualifications

Disqualification, based on the following:

- No complying with the present rules;
- Not finishing the route;
- Throwing rubbish away;
- Race number not visible;
- Refusal to comply with the orders from the organization;

Anti-sporting behaviour.

**Participants who fall under the last two points won't be able to register in future editions.**

## 2.13. Participation conditions

Registration on this competition implies full acceptance of the rules. Participants will be held accountable for all actions that may cause material or moral damages to themselves and/or to third parties. The organization declines all responsibility in case of accident, negligence, or theft of objects.

During the race, athletes will be able to overtake other athletes as long as they do not put their integrity and that of their competitors at risk, taking care to signal it, and they must always keep a distance of 2 meters from the athlete to be overtaken. Overtaken athletes should facilitate the overtaking maneuver, leaning as far as possible or stopping if necessary.

## 2.14. Insurance

The entry fee includes a personal accident insurance premium.

## 3. Registration

### 3.1. Registration process

*Online registration:* <http://www.carlossanatureevents.com/>

### 3.2. Registration prices and deadlines

Registrations open on the 1<sup>st</sup> January 2022.

Registrations close on the 18<sup>th</sup> September 2022.

- **GTSA Vertical**  
10 euros  
The registration fee includes: race bib, injury insurance, t-shirt, showers, light meal at the finish line, + other possible offers. The organization may replace some of these offers with similar ones.
- **GTSA Sunset Adventure**  
15 Euros (20€ from 1<sup>st</sup> August onward)  
The registration fee includes: race bib, injury insurance, t-shirt, finisher medal, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Ultra Trail Endurance 110 km**

85 Euros (95€ from 1<sup>st</sup> August onward)

The registration fee includes: race bib, injury insurance, t-shirt, finisher medal, race's vest, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Ultra Trail 45 km**

35 Euros (40€ from 1<sup>st</sup> August onward)

The registration fee includes: race bib, injury insurance, t-shirt, finisher medal, race's vest, refreshments, showers, light meal at the finish line, + other possible offers. The organization may replace some of these offers with similar ones.

- **Long Trail 27 km**

27 Euros (32€ from 1<sup>st</sup> August onward)

The registration fee includes: race bib, injury insurance, t-shirt, finisher medal, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Short Trail 17 km**

17 Euros (22€ from 1<sup>st</sup> August onward)

The registration fee includes: race bib, injury insurance, t-shirt, finisher medal, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Hiking 12 km**

15 Euros

The registration fee includes: injury insurance, t-shirt, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

### 3.3. Included gear

See 3.2.

### 3.4. Cancellations

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Cancellation Date	Refund Percentage
until 31 <sup>st</sup> May 2022	70% of the registration fee
From 1 <sup>st</sup> June to 31 <sup>st</sup> August 2022	40% of the registration fee
After 1 <sup>st</sup> September 2022	No refund

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2023 edition, if a return is requested by the participant 70% of the value will be refunded;

### 3.5. Secretariat (time and places)

The secretariat will be open on the following days and times:

- 24<sup>th</sup> September, 09:00 am – 10:00 am – Estorãos, for **GTSA Vertical** participants only
- 24<sup>th</sup> September, 06:00 pm – 07:00 pm – Covas, for **GTSA Sunset** participants only
- 28<sup>th</sup> September, 04:00 pm – 08:00 pm, **Location yet to be defined**
- 30<sup>th</sup> September, 03:00 pm – 10:00 pm, Viana do Castelo
- 1<sup>st</sup> October, 06:30 am - 08:00 am, Dem
- 1<sup>st</sup> October, 03:00 pm – 07:00 pm, next to the finish line in Dem
- 2<sup>nd</sup> October, 07:00 am – 09:00 am, next to the start line in Montaria





## 4. Rankings and prizes

### 4.1. Prize giving: times and places

See program.

### 4.2. Prizes and ranks

Regarding the overall ranking, the athletes will be awarded with trophy and monetary prizes according to the table bellow:

	 M/F	 Masc.	 Femin.
			
<b>GTSA - 110k</b>			
1º Place	✓	300€	300€
2º Place	✓	200€	200€
3º Place	✓	100€	100€
<b>GTSA - 45k</b>			
1º Place	✓	700€	700€
2º Place	✓	500€	500€
3º Place	✓	300€	300€
4º Place	✓	150€	150€
5º Place	✓	75€	75€
<b>GTSA 27k</b>			
1º Place	✓	200€	200€
2º Place	✓	100€	100€
3º Place	✓	75€	75€
<b>GTSA Sunset</b>			
<b>GTSA Vertical</b>			
<b>GTSA 17k</b>			
1º Place	✓		
2º Place	✓		
3º Place	✓		



As for team classifications, the times of the 3 best athletes in the general classification will be considered, (regardless of sex or age).

There will be rankings by categories to the races of 110km, 45km, 27km, 17km:

- M/F Juniors – 18 and 19 years old
- M/F Sub 23 - 20 to 22 years old
- M/F Seniors - 23 to 39 years old
- M/F40 – 40 to 49 years old
- M/F50 – 50 to 59 years old
- M/F60 - over 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank.

## 5. Information

### 5.1. How to get to Serra d'Arga

Highway A28, exit 28 (Dem)

### 5.2. Where to stay

Runners can camp on the competition place or in Dem's Football field. Participants must bring sleeping bags.

## 6. Marks and controls

The route is marked with bright tapes and flags. All participants must pass through the established control posts.

## 7. Environmental responsibility

Athletes can't throw down their litter (whether it's biodegradable or not) along the course. They must deposit their litter either in the nearest refreshment post, or at the finish line.

For 2022 Carlos Sá Nature Events wants to suggest, to all who decide to register for its events, a small contribution of 5 € (optional) for the purchase of native trees, choosing the EXTRA Carbon Compensation at the registration. In partnership with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events, commits itself, with the funds raised, to develop tree planting actions and reforestation of burnt areas in the geographic areas where it develops its activity. These actions will be scheduled and carried out by CSNE following the knowledge of these local partners who, better than anyone, know the region, the species and the right time to make the plantations.

## 8. Image rights

Each participant authorizes the organizers to use any images or recordings taken during the event. Those images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).

## 9. Support and emergency

There will be support, help and emergency teams to provide care to the participants who need it.

## 10. Omissions

Omissions in this regulation shall be resolved by the organizing committee.

## 11. Others

Participants are required to assist the injured and to respect the traffic rules in road crossings.

The organization reserves the right to make changes it deems necessary depending on different conditions, such as the cancelation of the race due to weather conditions/reasons of force majeure.

## 12. Best Trail Series Rules

### 12.1. Best Trail Series Presentation

The Best Trail Series (BTS) is organized by Carlos Sá Nature Events. It will be held during the year 2022, consisting of 5 Trail Running events according to the calendar below. If, for reasons of force majeure, one or some of the competitions do not take place or their dates have to be changed, these regulations may be altered, in which case the organisation is sovereign.

The participants of the Best Trail Series are committed to fully comply and respect the regulations of the events that compose it.

### 12.2 Calendar Presentation

- 23 to 25 April – Foz Côa Douro Trail Adventure (13k, 23k, 45k, 3 Days )
- 26 to 29 May – Trans Peneda-Gerês ( 27k, 42k, 60k, 105k, 165k and 4\_Days)
- 18 and 19 June – Serra Amarela Sky Marathon ( Trail Sunset, 9k, 15k, 34k, 48k)
- 3 and 4 September - Penacova Trail do Centro (Prologue 3.5k, 17k, 30k, 43k)
- 24 September and 30 September to 2 October - Grande Trail Serra D'Arga (GTSA Vertical, 15k\_Sunset, 17k, 27k, 45k, 110k)

### 12.3. Goals

- 12.3.1** – Promote and reward participation in the competitions organised by Carlos Sá Nature Events;
- 12.3.2** - Promote a series of high quality races, with variable distances, for both trail and road athletes;
- 12.3.3** - Give greater spotlight to elite athletes and to athletes in the squad;
- 12.3.4** - Give greater value to the effort of elite athletes and athletes from the squad;
- 12.3.5** - Give greater spotlight to Carlos Sá Nature Events sponsors and partners.

## 12.4. Characteristics

**12.4.1** - All the distances in each race will give points for the Best trail Series.

**12.4.2** - Each distance contributes to the Best trail Series with its overall ranking and categories' ranking.

**12.4.3**- By registering for one of the BTS races, the athlete is immediately qualified to obtain points on the series.

**12.4.4** - Only those athletes who are finishers in, at least, 3 of the 5 races of the Best Trail Series will be considered Finisher of the BTS. The finisher prize will be a BTS vest.

**12.4.5** - The GTSA Vertical and Sunset's are races that contribute with bonus points for the athletes' final classification. They cannot be individually considered as qualifying races i.e., it is not enough to be a finisher in 3 of these races to be considered a finisher of the Best Trail Series.

**12.4.6** - There will be no team classification in the BTS.

## 12.5. Registrations

**12.5.1** - Registrations are made through [www.carlossanatureevents.com](http://www.carlossanatureevents.com)

## 12.6. Scores for the Best Trail Series

The events for the Best Trail Series and their scores can be checked here:

[https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021\\_EN.pdf](https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf)

## 12.7. Final Awards of Best Trail Series

**12.7.1** - At the end of the Series there will be an overall F/M ranking and by categories with excellent prizes, as shown below.



Geral	
	M/F
<b>FINAL</b>	
1º Place	700€
2º Place	500€
3º Place	300€
4º Place	250€
5º Place	150€
6º Place	125€
7º Place	100€
8º Place	75€
9º Place	50€
10º Place	50€

**12.7.2** - All Finishers will be entitled to a vest regarding the Best Trail Series. For Finishers in the 5 races of the BTS there will be an extra prize.

**12.7.3** - Other prizes may be distributed by lot if the organization manage to collect some more.



**12.7.4** - The BTS final Prize giving ceremony will be held in the Weekend of 28<sup>th</sup> to 30<sup>th</sup> October 2022, during the Alto Douro Trail Tour. Whoever does not attend the ceremony and wants the finalist prize, it will be sent by post with the postage paid by the athlete.

**12.7.5** – Athletes who are entitled to money prizes will have to present to the organization a receipt of equivalent value (issued by the athlete’s club or other). Otherwise, the organization will have to deduct 23% of VAT.

## 12.8. Categories

### 12.8.1 - Female:

- F Junior – 18 and 19 years
- F Sub 23 - from 20 to 22 years
- F Senior - from 23 to 39 anos
- F40 – from 40 to 49 years
- F50 – from 50 to 59 years
- F60 - over 60 years

### 12.8.2 - Male:

- M Junior – 18 and 19 years
- M Sub 23 - from 20 to 22 years
- M Senior - from 23 to 39 years
- M40 – from 40 to 49 years
- M50 – from 50 to 59 years
- M60 - over 60 years

	VOUCHERS CSNE	
	Masculino	Feminino
<b>Junior- 18/19 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€
<b>Sub 23_ 20-22 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€
<b>Senior_ 23/39 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€
<b>M/F 40_ 40-49 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€
<b>M/F 50_ 50-59 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€
<b>M/F 60_ mais 60 anos</b>		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

**12.8.3** - For athletes who change their age categorie during the year, will be considered the age until 31st October, acording to ATRP recommendations.

**12.8.4** - Vouchers awarded to the winners in the age categories must be used in the next year season and for any CSNE events: races, trail tours, hiking tours, or merchandising.

### **12.9. Tiebreaker between athletes**

**12.9.1** - In case of a tie, the athlete with the more participations in the BTS events has the advantage;

**12.9.2** – Continuing the tie, the money prizes of that and the following places will be divided equally for the two athletes.

### **12.10. Ranking Update**

**12.10.1** - The BTS organisation will have the responsability to update the classification tables for overall and age categories ranking.

**12.10.2** - All the information related to the BTS and the events that are part of it , as well as the classification tables , will be available at [www.carlossanatureevents.com](http://www.carlossanatureevents.com)

### **12.11. Omissions**

Omissions in this Regulation will be resolved sovereignly by the organisation.

### **12.12. Prizes in each race that are part of the Best Trail Series**

All information available here:

[https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021\\_EN.pdf](https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf)