SWIMRUN CÔTE SUD LANDES 2027

SWIMRUN RACE RULES

Updated October 16, 2026

GENERAL TERMS AND CONDITIONS

The event shall be conducted in accordance with the following rules.

- The 2027 Swimrun Côte Sud Landes is affiliated with the French Triathlon Federation (FFTRI), the governing federation for swimrun.
- Registration constitutes full and unconditional acceptance of these rules. Each participant acknowledges having read them and undertakes to comply with them.
- Participants must be physically fit to compete in swimrun, which involves sustained efforts alternating running and open-water swimming. The event takes place over one day and is intended for athletes capable of repeated intense exertion.
- Races are contested in teams of two: men's, women's or mixed pairs. Teammates must remain together throughout the event, except for the Kids races and the individual Dilettante race, which are contested solo.
- Each participant takes part under their own responsibility and may not hold the organisers liable for an accident occurring during the event.
- Bag storage, toilets and showers are located at Parc Rosny.
- Swimrun Côte Sud Landes takes place in a demanding ocean environment. Competitors entered in courses with sea-swimming sections must be prepared and capable of swimming in coastal waters (shorebreak, waves and currents).

ARTICLE 1 – EVENT OVERVIEW

Swimrun Côte Sud Landes is organised by the Ocean Life association, with the support of the municipalities of Soorts-Hossegor, Capbreton and Seignosse.

The event will take place on April 30 and May 1–2, 2027.

- Friday, April 30, 2027: 7:00 PM – Start of La Dilettante (2.5 km).
- Saturday, May 1, 2027: 8:45 AM – Start of L'Ambitieuse (40 km); 6:30 PM – Start of the Kids 10–11 race (1.6 km); 6:45 PM – Start of the Kids 8–9 race (1.6 km).
- Sunday, May 2, 2027: 11:30 AM – Start of L'Audacieuse (20 km); 12:30 PM – Start of La Sauvage (10 km); 2:15 PM – Start of La Rassurante (5 km).

ARTICLE 2 – COURSES AND DISTANCE BREAKDOWN

Six races are offered:

- LA KIDS – 1.6 km: SWIM: 1 section, 0.4 km total; RUN: 1 section, 1.2 km total.
- LA DILETTANTE – 2.5 km: SWIM: 2 sections, 0.5 km total; RUN: 2 sections, 2 km total.
- LA RASSURANTE – 5 km: SWIM: 3 sections, 1.5 km total; RUN: 3 sections, 3.5 km total.
- LA SAUVAGE – 10 km: SWIM: 4 sections, 2.9 km total; RUN: 3 sections, 7.1 km total.
- L'AUDACIEUSE – 20 km: SWIM: 6 sections, 3.7 km total; RUN: 6 sections, 16 km total.
- L'AMBITIEUSE – 40 km: SWIM: 7 sections, 7 km total; RUN: 7 sections, 33 km total.

ARTICLE 3 – ENTRY LIMITS AND CATEGORIES

The maximum number of two-person teams and the composition of each race are as follows:

- LA KIDS: 50 children aged 8–9 plus 50 children aged 10–11; individual races.
- LA DILETTANTE: maximum 30 teams plus 40 individual entrants.
- LA RASSURANTE: maximum 150 teams plus 15 Corporate Challenge teams.
- LA SAUVAGE: maximum 150 teams plus 15 Corporate Challenge teams.
- L'AUDACIEUSE: maximum 150 teams plus 15 Corporate Challenge teams.
- L'AMBITIEUSE: maximum 60 teams.

Minimum ages and team composition:

- LA KIDS: from age 8 (2019 birth year); boys and girls compete individually; two categories: 8–9 years (born 2019/2018) and 10–11 years (born 2017/2016).
- LA DILETTANTE: from age 12 (2015 birth year); men's, women's or mixed teams; child + child, child + adult, or adult + adult; boys and girls may also compete individually.
- LA RASSURANTE: from age 12 (2015 birth year); men's, women's or mixed teams; child + child, child + adult, or adult + adult; Corporate Challenge.
- LA SAUVAGE: from age 16 (2011 birth year); men's, women's or mixed teams; teenager + teenager, teenager + adult, or adult + adult; Corporate Challenge.
- L'AUDACIEUSE: must be at least 18 on race day (born on or before May 2, 2009); men's, women's or mixed teams; two adults; Corporate Challenge.
- L'AMBITIEUSE: must be at least 18 on race day (born on or before May 1, 2009); men's, women's or mixed teams; two adults.

ARTICLE 4 – REGISTRATION FEES

The prices below exclude bank transaction fees and FFTRI EXPERIENCE LICENCE fees (one-day insurance).

- LA KIDS: €1 per child (excluding bank fees and FFTRI Experience Licence fees for each unlicensed competitor), from November 1, 2026 until midnight on April 25, 2027. Included: Event Village entertainment, timing, land and water safety arrangements, refreshments, official swim cap and Lycra race vest, and finisher medal.
- LA DILETTANTE: €40 per team, or €30 for an individual entrant (+ FFTRI Experience Licence fee for each unlicensed competitor), from November 1, 2026 until midnight on April 25, 2027. Included: Event Village entertainment, timing, land and water safety arrangements, refreshments, official swim cap and Lycra race vest, and finisher medal.
- LA RASSURANTE: €70 per team (+ FFTRI Experience Licence fee for each unlicensed competitor), from November 1, 2026 to March 31, 2027. Included: Event Village entertainment, timing, land and water safety arrangements, aid stations, official swim cap and Lycra race vest, and finisher medal.
- LA SAUVAGE: €110 per team (+ FFTRI Experience Licence fee for each unlicensed competitor), from November 1, 2026 to March 31, 2027. Included: Event Village entertainment, timing, land and water safety arrangements, aid stations, official swim cap and Lycra race vest, and finisher medal.
- L'AUDACIEUSE: €150 per team (+ FFTRI Experience Licence fee for each unlicensed competitor), from November 1, 2026 to March 31, 2027. Included: Event Village entertainment, timing, land and water safety arrangements, aid stations, official swim cap and Lycra race vest, and finisher medal.
- L'AMBITIEUSE: €300 per team (+ FFTRI Experience Licence fee for each unlicensed competitor), from November 1, 2026 to March 31, 2027. Included: Event Village entertainment, timing, live tracking, live race coverage, shuttle bus, land and water safety arrangements, aid stations, post-race buffet, official swim cap and Lycra race vest, welcome gift, and finisher medal.

The registration prices are stated above.

- If, after registering, you wish to switch to a shorter race (subject to availability), the initial amount paid will remain with the organisers.
- If, after registering, you wish to switch to a longer race (subject to availability), you must pay the difference to the organisers to confirm the change.

ARTICLE 5 – REGISTRATION PROCEDURES

Registration is open to FFTRI licence holders and non-licence holders. Registration takes place via www.swimrun-cote-sud-landes.fr. The registration link appears on the website's Home page and the page for the relevant race. By signing these rules, the team captain undertakes to inform their teammate or all team members of the procedures. Only teams whose registration files are complete by the registration deadline will be allowed to start.

During registration:

- Adult and minor licence holders: enter a valid FFTRI competition licence number that is current on the event date.
- Adults without a licence: purchase an FFTRI EXPERIENCE LICENCE (one-day insurance).
- Minors without a licence: purchase an FFTRI EXPERIENCE LICENCE (one-day insurance), complete and tick the parental authorisation.
- Holders of licences issued by foreign federations: an Experience Licence is now mandatory. However, it is free for licence holders from federations with an agreement with FFTRI (Germany, England, Belgium, Spain, Italy, Luxembourg, the Netherlands, Portugal and Switzerland).
- Kids races: purchase an FFTRI EXPERIENCE LICENCE (one-day insurance), complete and tick the parental authorisation.

Corporate Challenge: Teams wishing to register for the Corporate Challenge in L'Audacieuse, La Sauvage or La Rassurante must first contact the organisers at contact@swimrun-cote-sud-landes.fr. All team members must be adults. Both teammates must work for the same company. The team name must be the company's name. Evidence of a SIRET business registration number is requested when contacting the organisers. If the team meets the Corporate Challenge eligibility criteria, a direct registration link will be emailed to it.

ARTICLE 6 – RACE BIB COLLECTION AND BRIEFING

Race bib collection and the pre-race briefing are compulsory.

- Friday, April 30, 5:00–8:00 PM, Event Village at Parc Rosny: bib collection for L'Ambitieuse (40 km) and La Dilettante (2.5 km); mandatory L'Ambitieuse race briefing at 8:00 PM.
- Saturday, May 1, 4:00–8:00 PM, Event Village at Parc Rosny: bib collection for Kids / L'Audacieuse / La Sauvage / La Rassurante.
- Sunday, May 2, 9:30–10:30 AM, Event Village at Parc Rosny: bib collection for L'Audacieuse / La Sauvage / La Rassurante.

For all races:

- You MUST present the QR CODE received by email in order to collect your race bib on site.
- Identity documents for both teammates must be presented. Both teammates must attend bib collection together to validate the team's attendance, or one participant must be able to present their racing partner's ID document or a photocopy of it.
- One timing chip per team will be provided. It must be worn around the left ankle of one of the two swimrunners throughout the race and returned after crossing the finish line. An unreturned chip will be charged at €60 per team.

- Swimrunners must wear the organiser-provided swim cap and race vest, as well as the timing chip.

A competitor roadbook will be emailed before the event. Reading it is essential and compulsory.

Pre-race briefings will take place before the start of each race.

ARTICLE 7 – THE RACES

The race procedures are detailed below.

- L'Ambitieuse has three cut-off times. They are eliminatory. A race finish deadline applies.
- L'Audacieuse and La Sauvage have a final cut-off time. It is eliminatory. A race finish deadline applies.
- Teams that fail to comply with these rules (e.g. forcing their way through at the final water entry) will be automatically disqualified, their chip removed, and they will no longer be under the organisers' responsibility.

L'AMBITIEUSE

The race starts at Villa de l'Étang Blanc in Seignosse and finishes at Plage du Parc in Hossegor.

REQUIRED CRITERIA:

- Long-distance swimrun experience is compulsory.
- Ability to swim in the ocean in 1.5 m swell is essential (immediate disqualification and withdrawal of the team if either teammate does not complete an ocean swim).
- Start: Saturday, May 1, 2027, at 8:45 AM at Villa de l'Étang Blanc, Seignosse.
- Low tide: 8:14 PM; high tide: 2:16 PM; tidal coefficient: 42.

Cut-off times: Three disqualifying cut-offs apply (see the online route). A medical team will be stationed at each cut-off to assess the team's physical condition and may stop a team for medical reasons if necessary.

- Cut-off 1: Plage du Penon aid station, Seignosse – 10:00 AM.
- Cut-off 2: Plage Notre-Dame, Capbreton – 11:30 AM.
- Cut-off 3: Hossegor Canal (Stairway 29) – 1:15 PM.
- Race and teams stopped at 2:45 PM.

Shuttle bus to the start: The shuttle leaves Hossegor Tourist Office at 7:45 AM. All teams must use the organisers' shuttle departing from Parc Rosny. The departure time will be communicated later. Participants and spectators are prohibited from parking at Villa de l'Étang Blanc.

You MUST have your timing chip when boarding the shuttle. No team will be allowed to start without a chip.

Aid stations for L'Ambitieuse: The source states there are eight aid stations, and lists the following:

- First: Plage du Penon, Seignosse.
- Second: Notre-Dame, Capbreton.
- Third: exit of the Boudigau, Capbreton.
- Fourth: Hossegor Canal (Stairway 29), Hossegor.
- Fifth: Plage de l'Ancien Rey, Hossegor.
- Sixth: Le Trinquet, Soorts-Hossegor.

Trails and the areas around aid stations must be left as clean after competitors pass as they were beforehand.

Valid checkpoints:

- Checkpoints are distributed along the route and are mandatory check-in points. Competitors who do not pass through a checkpoint will be disqualified.
- Both swimrunners must pass through every checkpoint and cross the finish line together.
- The Lycra race vest must ALWAYS be visible from start to finish.

- The organiser-provided swim cap must be worn during swim sections.

The route:

- The organisers reserve the right to modify the routes.
- The entire course is marked and signposted using clearly visible means (marshals, buoys, arrows, barrier tape, flags and banners), particularly at water entry and exit points.
- Stairways leading to canal swimming areas must be used with caution. Jumping from the bank or stairs is strictly prohibited. Volunteers will assist swimrunners entering and exiting the water. Oysters are present near stairways and entry points, creating a risk of cuts; swimrunners must exercise caution.
- Teams must follow the entire prescribed route or face disqualification.
- Competitors are solely responsible for any course navigation errors.
- When registering online, L'Ambitieuse participants undertake to certify on their honour that they can swim in the ocean in swell of up to 1.5 m. All ocean-swimming sections are compulsory.
- In poor sea conditions, swim sections may be adapted and an alternative “B” race course offered.
- Live tracking of L'Ambitieuse teams will be available via the website.

Race safety: Throughout the course, the organisers reserve the right to stop a team if its safety can no longer be ensured (e.g. a team running late and an ebbing tide), or if a competitor's health is at risk (e.g. clinical signs assessed by the event doctor). These teams must report at the finish and will be classified separately. The organisers reserve the right to change the timetable to ensure the event runs smoothly.

ÖTILLÖ Merit Race rules: Each pair wishing to earn points for the ÖTILLÖ Merit Race ranking must have an ÖTILLÖ ID (free registration on the ÖTILLÖ website). Teams earn points according to their position in their category: 1st: 30 points; 2nd: 29 points; 3rd: 28 points; 4th: 27 points; … 30th: 1 point. Points decrease by one per place.

L'AUDACIEUSE, LA SAUVAGE, LA RASSURANTE AND KIDS

All four races start and finish at Plage du Parc, Hossegor.

L'AUDACIEUSE – REQUIRED CRITERIA: Swimrun experience required; ocean-swimming ability in 1.5 m swell is essential (immediate disqualification and team withdrawal if either teammate does not complete an ocean swim).

- Start: Sunday, May 2, 2027, 11:30 AM at Plage du Parc.
- Tide rising at the start; high tide at 2:59 PM; tidal coefficient: 53.
- Final cut-off: 2:20 PM at the entrance to Plage du Parc. Any team that has not crossed into the Plage du Parc finish area by 2:20 PM will be stopped. The organisers disclaim responsibility if a team refuses to comply with the rules; the team will then be automatically disqualified.

LA SAUVAGE – REQUIRED CRITERIA: Intermediate swimrun experience; ocean-swimming ability in 1.5 m swell is essential (immediate disqualification and team withdrawal if either teammate does not complete an ocean swim).

- Start: Sunday, May 2, 2027, 12:30 PM at Plage du Parc.
- Tide rising at the start; high tide at 2:59 PM; tidal coefficient: 53.
- Final cut-off: 2:20 PM at the entrance to Plage du Parc. Any team that has not crossed into the Plage du Parc finish area by 2:20 PM will be stopped. The organisers disclaim responsibility if a team refuses to comply with the rules; the team will then be automatically disqualified.

LA RASSURANTE – REQUIRED CRITERIA: Beginner-to-intermediate swimrun experience; ability to swim in open water in a lake.

- Start: Sunday, May 2, 2027, 2:15 PM at Plage du Parc.
- Tide rising at the start; high tide at 2:59 PM; tidal coefficient: 53.

LA DILETTANTE – REQUIRED CRITERIA: Running experience; ability to swim in open water in a lake.

- Start: Friday, April 30, 2027, 7:00 PM at Hossegor Town Hall.
- Tide ebbing at the start; low tide at 7:17 PM; tidal coefficient: 32.

LA KIDS – REQUIRED CRITERIA: Running experience; proof of swimming ability required.

- Starts: Saturday, May 1, 2027, at 6:30 PM and 6:45 PM at Plage du Parc.
- Tide ebbing at the start; low tide at 8:14 PM; tidal coefficient: 42.

Aid stations:

- Plage du Parc.
- Esplanade Notre-Dame for L'Audacieuse and La Sauvage.
- Plage des Chênes Lièges for L'Audacieuse and La Sauvage.
- Estagnots lifeguard station for L'Audacieuse.
- Super-Hossegor for L'Audacieuse.

Trails and areas around aid stations must be left as clean after competitors pass as before.

Valid checkpoints:

- Mandatory checkpoints are placed along the route. Competitors missing a checkpoint will be disqualified.
- Swimrunners must pass every checkpoint and cross the finish line together.
- The Lycra race vest must ALWAYS be visible. A competitor whose vest is not visible during the race and who crosses the finish line without it visibly displayed will not be ranked.
- The organiser-provided cap is mandatory during swimming sections.

Routes:

- The organisers reserve the right to modify routes.
- Courses are fully signposted with visible marshals, buoys, directional signs, barrier tape, flags and banners, particularly at water entries and exits.
- Stairways giving access to canal swims must be used carefully. Jumping from the bank or stairs is strictly prohibited. Volunteers will help with water entry and exit. Oysters near the stairs and entries pose a risk of cuts; proceed carefully.
- Teams must follow the entire route or face disqualification. Competitors are solely responsible for navigation errors.
- All ocean and lake swim sections are compulsory; participants knowingly accept the nature of the event. Failure to complete a swim section results in team disqualification. The organisers' rescue personnel may stop a team if its ocean-swimming ability is judged inadequate; this applies to all races.
- In poor sea conditions, swim sections may be adapted and an alternative “B” course offered for each race.

Race safety: For all races, the organisers may stop a team when its safety can no longer be ensured (e.g. a team falling behind as the tide ebbs), or if a competitor's health is at risk (e.g. clinical signs assessed by the event doctor). These teams must report at the finish and will be ranked separately. The organisers may adjust the schedule to ensure the event runs smoothly.

ARTICLE 8 – PRIZE-GIVING

Rankings for all races will be established as follows:

- LA KIDS: Girls 8–9, top 3 overall; Boys 8–9, top 3 overall; Girls 10–11, top 3 overall; Boys 10–11, top 3 overall.
- LA DILETTANTE: Overall team ranking, top 3 teams; Women's individual category, 1st overall; Men's individual category, 1st overall.
- LA RASSURANTE: Girls' teams, top 3 overall; Boys' teams, top 3 overall; Mixed teams, top 3 overall; Corporate Challenge, top 3 teams overall across all categories.

- LA SAUVAGE: Girls' teams, top 3 overall; Boys' teams, top 3 overall; Mixed teams, top 3 overall; Corporate Challenge, top 3 teams overall across all categories.
- L'AUDACIEUSE: Women's teams, top 3 overall; Men's teams, top 3 overall; Mixed teams, top 3 overall; Corporate Challenge, top 3 teams overall across all categories.
- L'AMBITIEUSE: Women's teams, top 3 overall; Men's teams, top 3 overall; Mixed teams, top 3 overall.

Awards are presented at the Event Village after each race. Attendance at the prize-giving ceremony is essential and compulsory in order to receive prizes.

ARTICLE 9 – EQUIPMENT

Swimrun races will be held subject to the following equipment requirements.

Mandatory equipment supplied by each swimrunner:

- One whistle per participant.
- One soft water bottle per participant for aid stations (available to purchase at the shop for €3).
- Sports shoes.

Mandatory equipment supplied by the organisers:

- Two Lycra race vests (note: wearing Lycra directly against the skin may cause irritation).
- Two swim caps.
- One timing chip per team.

Permitted equipment:

- Hand paddles.
- Flotation aids smaller than 40 × 30 × 20 cm (pull-buoy type).
- Swimming goggles.
- Personal food and drink supplies (see Article 11).
- Towline between teammates (except in La Rassurante and La Dilettante).

For L'Ambitieuse, L'Audacieuse and La Sauvage, towlines are prohibited during ocean swim sections and the first lake-swim section at the start. They are permitted during lake swims and running sections.

Prohibited equipment: All other equipment is strictly prohibited (fins, masks, snorkels, flotation devices other than pull buoys, etc.).

- Teammates must cross the start and finish lines together, wearing their caps and race vests, with the timing chip on the left ankle of one teammate.
- All equipment selected by a team at the start must be kept until the end of the race. Equipment checks may take place at the start or during the race. Each pair must be able to show that they have the required equipment, or they may be disqualified.
- Swimrunners are responsible for preparing adequately and carrying suitable equipment for their race.

IMPORTANT – Depending on weather and water temperature:

- Water below 18°C: wetsuits are mandatory for all swimrunners in all races.
- Water between 18°C and 24°C: wetsuits are optional for all swimrunners in all races, except minors entered in La Rassurante, La Sauvage and Kids.
- Water above 24°C: wetsuits are prohibited for all swimrunners in all races, except minors entered in La Rassurante and Kids.

ARTICLE 10 – TIMING

Each team will receive a timing chip, to be worn on the left ankle of one teammate.

Timing runs from when the first teammate crosses the start line until the second teammate crosses the finish line. Teammates may be no more than 10 m apart on land and 10 m apart in the water.

A team's result is recorded once both teammates have crossed the finish line together.

Timing chips must be returned immediately after the race.

Mandatory checkpoints are distributed along the course. Competitors who miss a checkpoint will be disqualified.

For L'Ambitieuse (40 km), live tracking showing teams' checkpoint passage times is available on the website.

ARTICLE 11 – WITHDRAWAL

The organisers remind competitors that the race is not finished until the final electronic timing chip has been recorded at the finish line.

If one teammate withdraws, the team is automatically out of the race and must report the withdrawal at the nearest checkpoint (marshal or aid station).

Withdrawal by one teammate results in the disqualification of both teammates.

- The withdrawing teammate must report to an organiser immediately and hand over their race vest.
- To avoid penalising a teammate who remains physically capable of continuing, that person may, if they wish, continue after taking the timing chip and turning their race bib vest inside out. After crossing the finish line, the runner will receive a finisher medal but will not be ranked.

ARTICLE 12 – GROUNDS FOR DISQUALIFICATION

If any of the following are established, the disqualification of one or more teams is final and not subject to appeal or discussion:

- Failure to wear the Lycra race vest (bib) and/or timing-chip wristband throughout the competition.
- Failure to wear the cap during swimming sections.
- Use of unfair means to gain an advantage (prohibited equipment, any means of transport during the event, etc.).
- Checking in after a checkpoint's closing time.
- Missing an item of compulsory equipment during the race.
- Failure to help a competitor in difficulty.
- Refusal to undergo a medical examination during the event.
- Dangerous behaviour by a competitor.
- Littering outside designated areas.
- Failure to follow the marked route or pass a checkpoint.
- Disrespect towards other competitors, organisers, spectators or local residents.
- Material or human assistance from outside the organisation.
- Failure to comply with the final cut-off rules (see Article 7).
- Failure to complete any lake or ocean swim section. A swim section means passing one or more buoys. Cheating on these sections results in team disqualification and immediate removal of the timing chip.

ARTICLE 13 – REGISTRATION TRANSFERS / WAITING LIST

A race entry may be transferred up until April 25 at 11:59 PM.

Registration transfer – Giving up your race entry: A participant wishing to transfer their registration to someone else must do so from their runner profile, in the transfer section of the Njuko registration platform.

- The participant enters the email address of the person to whom they wish to transfer the entry.
- The recipient automatically receives an email with a link to complete their own registration.
- Once the new registration is completed, the recipient replaces the original participant.

The financial arrangements for the transfer are agreed directly between the two participants. Any transfer administration fees charged by Njuko are payable by the participant taking over the entry and cannot be charged to the organiser.

Waiting list – Individual and team races: A waiting list is established as soon as a race is full. Anyone wishing to join must register on it; requests are handled in chronological order of registration. For team events, captains may join the dedicated waiting list individually. When a place becomes available, Njuko sends them a registration link so they can register their team.

ARTICLE 14 – SAFETY AND MEDICAL ASSISTANCE

Safety and medical assistance on swimrun courses and at the Event Village are provided by the Hossegor Sauvetage Côtier association, affiliated with the French Lifesaving and First Aid Federation, and AMUS (Association of Emergency Sports Medicine Physicians).

Volunteer water and land marshals will reinforce this safety system.

- A first-aid station is located at Plage du Parc / Parc Rosny throughout the event.
- Mobile first-aid teams, with a doctor and nurses, are deployed along all routes.
- Sweep teams follow the last team in every race.
- Water rescue personnel are deployed along the course.

When help is required during an open-water swimming section of a swimrun route, participants must raise one arm to signal their request to the water safety personnel positioned along the route.

The organisers reserve the right to stop a participant if safety can no longer be guaranteed (e.g. clinical symptoms assessed by the event doctor, excessively strong currents, insufficient swimming ability, etc.).

ARTICLE 15 – ENVIRONMENT

The event takes place partly in natural surroundings, including beaches, coastal paths, the ocean and the Hossegor marine lake. Organisers and competitors jointly undertake to respect and protect these areas. Littering will not be tolerated. Competitors carrying their own food under their wetsuit or swimwear, particularly gels or packaged bars, must take the packaging back to land and place it in designated bins. Any competitor seen dropping an object or waste in the natural environment will be immediately disqualified.

ARTICLE 16 – IMAGE RIGHTS

By registering, participants authorise the Swimrun Côte Sud Landes organisers to use images in which they may be identified for promotional and advertising purposes, without time limit. Participants who do not consent must notify the organisers in writing. In accordance with the French Data Protection Act of January 6, 1978, each participant has the right to access and rectify their personal data.

Photography and audiovisual professionals must obtain accreditation from the organisers. No image, photograph or video may be sold to private partners or television channels of any kind without the express consent of the Swimrun Côte Sud Landes organisers.

ARTICLE 17 – INSURANCE AND LIABILITY

Federal insurance covers the organisers and competitors. The organisers accept no liability for accidents causing property damage or bodily injury resulting from failure to comply with road traffic regulations or safety instructions issued by the Race Director or police/gendarmerie, or for illness or accidents arising from a participant's poor state of health.

The organisers' liability ends upon withdrawal, disqualification for missing a time cut-off, medical decision or any other decision by the Race Director.

Theft, loss or damage: The organisers accept no responsibility for accidents, damage to, theft of or loss of competitors' equipment and/or personal belongings, including team belongings left in bag storage.

Under no circumstances may a competitor bring a claim against the organisers for any reason whatsoever.

Registration constitutes acceptance of the rules.

ARTICLE 18 – CANCELLATION AND REFUNDS

Cancellation by the organisers due to force majeure: In the event of force majeure (weather, sea conditions, prefectural order, administrative ban, health crisis or any unforeseen event) or circumstances beyond their control, the organisers reserve the right to cancel the entire competition (event). No claim may be made against them, nor may liability be attributed to them. Participants may not claim a refund of their registration fees or damages from the organisers. Registration fees remain with the organisers.

Non-participation: If a participant does not take part for any reason, no refund of registration fees or FFTRI Experience Licence fees may be requested from the organisers or FFTRI, except by participants who purchased the optional cancellation insurance during registration, subject to the insurer's terms.

Withdrawal before the event: Participants who no longer wish to start may transfer their entry to a third party through Njuko within the period allowed by the organisers. The new participant must complete registration before April 25 and may purchase their own cancellation insurance if desired.

Cancellation insurance: Participants who purchase the cancellation insurance offered through Njuko may be eligible for a refund of 80% of their registration fee, without supporting documentation, subject to the insurance policy terms. For pairs or teams, each participant must take out insurance individually to benefit from this coverage; one teammate's insurance does not cover the other team members. Refund requests must be made directly to the insurer in accordance with the process and deadlines specified in the policy.

Please note: Transferring a registration cancels the insurance purchased by the original participant. The new participant may purchase their own insurance when registering through Njuko. Refund terms and procedures are governed exclusively by the insurance contract purchased.

ARTICLE 19 – RESPECT AND ASSISTANCE

- Every participant must respect other competitors, organisers, spectators and those living in the race area. Each participant undertakes to respect the environment and act as responsibly as possible towards it.
- A participant must provide assistance within their capabilities and/or report a competitor in difficulty to the organisers, even if doing so means taking a detour or losing time.

ARTICLE 20 – HEALTH CRISIS – COVID-19 – VIGIPIRATE

- The organisers reserve the right to adapt these rules according to the health or security measures in force at the time of the event. The organisers undertake to inform all competitors of health and safety measures and protocols that may change before the event.