



# REGULATION 2023

## **ARTICLE 1. GENERAL**

The Ocean Lava Lanzarote is a triathlon event with 3 modalities: Supersprint, Olympic and Medium Distance. It is organized by K3 Servicios Deportivos Integrales SL, with the collaboration of the Ayuntamiento de Tías, Cabildo de Lanzarote, the Government of the Canary Islands, and various private entities.

The test is sanctioned by the Canarian Triathlon Federation.

The Olympic distance will have a team modality, which will run the distance in relays. Each of the disciplines will be covered by a different athlete. One person will do the 1.5 km swim, another the 40 km bike ride and another the 10 km run. These teams may be made up of participants of different gender, age or physical condition who will compete in the same category. For further information, please refer to Annex III of these regulations.

## **ARTICLE 2. DATES OF DEVELOPMENT OF THE EVENT**

The date of the event will be October 21st, 2023.

## **ARTICLE 3. SPORTS BEHAVIOR AND RESPECT FOR THE ENVIRONMENT**

The Ocean Lava Lanzarote is celebrated with absolute respect for the environment. Even though, for safety reasons, the race will be held in a closed circuit, the participants will respect the rules of the road in towns and highways of use and of public domain. Participants who present paramilitary attitudes, apologize for terrorism, show violent or xenophobic attitudes, or litter in nature will be disqualified from the competition.

## **ARTICLE 4. REGISTRATION, CANCELLATIONS AND CHANGES OF OWNERSHIP**

### **4.1. INSCRIPTION**

Only registrations made through the website [www.oceanlavalanzarote.com](http://www.oceanlavalanzarote.com) will be accepted.



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Each participant must correctly fill in her personal data, since these will be collated by the organization during the withdrawal of dorsal.

The registration period will be from November 1st, 2022 at 12:00 until October 10th, 2023 at 23:59 or until all the places are filled.

The different price periods are as shown below:

### **SUPER SPRINT**

From 11/01/22 to 10/10/22 (€20)

### **OLYMPIC**

From 11/18/22 to 03/31/22 (€ 60,5)

From 04/01/22 to 04/30/21 (€ 71,5)

From 05/01/21 to 06/30/21 (€ 82,5)

From 07/01/21 to 10/01/21 (€ 88)

### **OLYMPIC (relays team)**

From 11/1/22 to 03/31/22 (€25/competitor; €75 team total)

From 04/01/22 to 04/30/21 ( 30/competitor; €90 team total)

From 05/01/21 to 06/30/21 (€ 35/competitor; €105 team total)

From 07/01/21 to 10/01/21 (€ 40/competitor; €120 team total)

### **HALF DISTANCE**

From 11/01/22 to 03/31/22 (€170,5)

From 04/01/22 to 04/30/21 (€181,5)

From 05/01/21 to 06/30/21 (€192,5)

From 07/01/21 to 10/01/21 (€198)

## **4.2. CANCELLATION OF REGISTRATION**

Participants in the Ocean Lava Lanzarote in 2023 will have two options to cancel their registration:

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### 4.2.1 CONTRACTING THE RETURN INSURANCE

The test will have a return insurance at a cost of:

SUPER SPRINT: € 10

OLYMPIC: € 20

HALF DISTANCE: € 30

Which will include the return of the registration (except the amount of insurance and contracted services). If the event is canceled by a health alert decree or that the participant is affected by a health alert both in the country of origin and in Spain, the organization will return the full amount of the registration (except the insurance amount and the contracted services) until the date of the race.

The refund will also be effective up to 30 days before the race (except the amount of insurance and contracted services) given the following duly justified cases via email [info@oceanlavalanzarote.com](mailto:info@oceanlavalanzarote.com):

- An injury or serious illness, accident, or death of the runner, his spouse or partner or his first-degree ascendants / descendants.
- A serious illness that requires hospitalization or the death of his spouse or partner or his or her first-degree ascendants or descendants up to thirty days before the event.

### 4.2.2 WITHOUT CONTRACTING THE RETURN INSURANCE

The participant who does not contract the return insurance at the time of registration may have a refund of a percentage of the registration amount (not counting the contracted services) according to the following dates:

- Until May 1, 2021: Refund of 60% of the registration.
- Until June 1, 2021: Refund of 50% of registration
- Until September 1, 2021: Refund of 40% of registration.

After 1 September 2023, the race organisers will under no circumstances reimburse the registration fee to participants who have not taken out a refund insurance.

### 4.3 CHANGES OF OWNERSHIP

They will be allowed up to 30 days before the race. Participants who want to give their number to another person must communicate it in a timely manner through the email [info@oceanlavalanzarote.com](mailto:info@oceanlavalanzarote.com). This management will cost € 5.



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## 4.4. DISCOUNTS

Members of the **Ocean Lava Club** will have a discount, to access it, they must write an email to [info@oceanlavalanzarote.com](mailto:info@oceanlavalanzarote.com), requesting it.

## ARTICLE 5. PARTICIPATION REQUIREMENTS

### 5.1. GENERALITIES

In general, all participants of the Ocean Lava Lanzarote must:

- Be of legal age. Except in the supersprint distance, where participation will be allowed to those over 12 years of age.
- Know and accept the conditions of these Regulations.
- Correctly carry out all the registration steps.

### 5.2. DISCLAIMER OF LIABILITY

All participants registered in the Ocean Lava Lanzarote, voluntarily declare, when registering that:

- He is in perfect physical condition to carry out the test.
- Participate in the competition voluntarily and under your responsibility.
- Exempts the organizers, clubs, competition committee, test judges, volunteers, and other personnel who participate in one way or another in the organization of the test from any responsibility, from physical or material damage that may occur before, during or after the Competition.
- They accept, at the time of registration, the text of the disclaimer document.
- All participants, by taking part in the event, responsibly accept that they are in good health, and are obliged to communicate any changes to the organisation.
- In the case of minors, this disclaimer of responsibility will be granted by the adult who represents them, by filling in the form designed for this purpose, which can be found at the end of these regulations. This form must be handed in to the organisers when collecting the race bib.

### 5.3. MEDICAL CERTIFICATE

It is not necessary to present a medical certificate for the Ocean Lava Lanzarote.

All participants declare that they are in perfect physical condition and are responsible for it, and exempt the organization from any responsibility, at the time of registration.



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### 5.4. ACCIDENT CERTIFICATE

All participants of the Ocean Lava Lanzarote must have accident insurance in accordance with the R.D. 849/1993.

For those participants who, at the time of registration, do not have their own accident insurance, must subscribe, at the time of registration, a valid insurance for the day of the test.

### ARTICLE 6. IMAGE, ADVERTISING AND DATA PROTECTION RIGHTS

#### 6.1 IMAGE RIGHTS

The organizing entity exclusively reserves the right to the image of Ocean Lava Lanzarote, as well as the audiovisual, photographic, and journalistic exploitation of the competition or for research purposes. Any media or advertising project must first have the express written consent of the organization. Otherwise, as many legal actions as deemed appropriate will be taken.

#### 6.2 ADVERTISING

It will be mandatory for runners to use and place the advertising material provided by the organization in the indicated space. Modifying, folding, or hiding the advertising material will be penalized. In addition, the maintenance of said material will be the responsibility of the participants.

#### 6.3 DATA PROTECTION

In accordance with Organic Law 15/1999, we inform you that your data will be incorporated into a data file under the responsibility of K3 SERVICIOS DEPORTIVOS INTEGRALES S. L. to comply with the commitments derived from the relationship that we maintain with you as a participant.

By registering for Ocean Lava Lanzarote, participants give their consent for the organization of the test to automatically process their personal data for sports, promotional or commercial purposes.

In accordance with Organic Law 3/2018, of December 5, on the Protection of Personal Data and guarantee of digital rights, the participant has the right to access these files to rectify or cancel all or part of their content. For this purpose, it must be requested in writing at the following address: [info@oceanlavalanzarote.com](mailto:info@oceanlavalanzarote.com)

Likewise, the registrants expressly assign to the organization the right to reproduce the name and surname, the classification obtained, the category and their image.



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Unless you inform us otherwise, we will understand that your data has not been modified and that you agree to notify us of any changes to them and that we have your consent for their treatment.

### **ARTICLE 7. REMOVAL OF NUMBERS AND WARDROBE**

#### **7.1. USE OF CHIP AND NUMBER**

The use of chip and number given by the organization to the runner is mandatory throughout the test, except in the swimming segment, in which identification will be by other means. The number must be visibly always placed on the runner. It cannot be folded or trimmed. The manipulation or transfer of the bib number may be grounds for immediate penalty or disqualification.

#### **7.2. EXIT WARDROBE**

Participants who wish to do so may keep a bag that they can deliver with their personal items up to 30 minutes before departure at the place indicated by the organization for this purpose. The delivery and collection time for these bags will be established in the race program.

### **ARTICLE 8. REFRESHMENTS STATIONS**

The refreshment points are points established by the organization to stock up on liquid, solid or both.

### **ARTICLE 9. ABANDONMENTS**

Drop-outs for reasons other than accidents or injuries that prevent the athlete from moving by their own means, must be made at the refreshment points. If, due to an accident or injury, the participant is immobilised and cannot reach a refreshment point, he/she will activate the rescue operation by contacting the organisation by telephone via the Emergency Mobile Telephone provided for this purpose.

A runner may withdraw from the event whenever he wishes, but must do so in accordance with the following points:

1. He will retire at a refreshment station and hand over the bib number.
2. The competitor will assume all responsibility since he voluntarily leaves the event and may leave the area by his own means.
3. If the participant so wishes, the organization will facilitate the evacuation to the finish area of the runners who have decided to leave after the closure of the refreshment station where they are.

### **ARTICLE 10. REGULATIONS, SAFETY RULES AND GENERAL BEHAVIOR**

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- Every runner has the duty to provide relief to another participant who is in danger or injured, being obliged to notify the nearest control or emergency telephone immediately. The deprivation of assistance may be penalized with immediate disqualification.
- It is the obligation of each runner to carry with him any waste that he generates: containers, papers, organic waste, etc., to the places indicated and authorized by the organization.
- The food carried by the runner must be marked with the bib number.
- All runners must complete the route marked by the organization. Not respecting it or not going through any of the established controls will be a cause of penalty that will be determined by the race commissioners and that can range from the warning to the total disqualification, as the case may be.
- Participants must follow, always and throughout the tour, the instructions of the members of the organization.
- Competitors must always behave sportily and be respectful towards other athletes, stewards, and other members of the organization. In addition, they must be careful with the facilities enabled for the test.
- The competition is governed, in the aspects not included in this document, by the regulations of the Spanish Triathlon Federation.

### ARTICLE 11. PRIZES

#### 11.1. SUPER SPRINT

1st General male and female: trophy

2nd General male and female: trophy

3rd General male and female: trophy

Male and female first in the following categories: Trophy

- Infants (12 and 13 years old)
- Cadets (14 and 15 years old)
- Youth (16 and 17 years old)
- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54

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- AAGG 45-49
- AAGG 50-54
- AAGG 55-59
- AAGG 60-64
  
- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.

### 11.2. OLYMPIC

1st General male and female: € 150 + trophy

2nd General male and female: € 100 + trophy

3rd General male and female: € 50 + trophy

Male and female first in the following categories: Trophy

- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54
- AAGG 45-49
- AAGG 50-54
- AAGG 55-59
- AAGG 60-64
- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.



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### 11.3. OLYMPIC (RELAY TEAM)

1st General: trophy

2nd General: trophy

3rd General: trophy

### 11.4. HALF DISTANCE

1st General male and female: € 200 + trophy

2nd General male and female: € 150 + trophy

3rd General male and female: € 100 + trophy

Male and female first in the following categories: Trophy

- Junior (18 and 19 years old)
- AAGG20-24
- AAGG 25-29
- AAGG 30-34
- AAGG 35-39
- AAGG 40-44
- AAGG 45-49
- AAGG 50-54
- AAGG 45-49
- AAGG 50-54
- AAGG 55-59
- AAGG 60-64
- AAGG 65-69
- AAGG 70-74
- AAGG 75-79
- AAGG 80-84
- AAGG 85-89
- AAGG >90

Detail finisher to all participants who manage to finish the test in the minimum time required.

## ARTICLE 12. SCHEDULES, TRANSITION ZONE AND ROUTES

### 12.1 SCHEDULES

Friday, October 21

COLLECTING BIB NUMBERS- 10:00-13:00 and 16:00-19:00



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**Saturday, October 22**

COLLECTING BIB NUMBERS AND CHECK-IN- 05:30-07:30

OLYMPIC AND OLYMPIC RELAYS- to be determined

ADECCO OLYMPIC - to be determined

HALF - to be determined

AWARDS CEREMONY - to be determined

## **12.2 TRANSITION ZONE**

- To access the transition zone, you must present a valid one-day licence (obtained at the time of registration) or a valid triathlon ID. At the entrance to this area, the referees will carry out a check, especially of your bike and protective equipment.

-Equipment must be placed in the designated bicycle corral and on the assigned bicycle rack.

- Only equipment used for the competition may be left in the transition area, all used equipment must be deposited in the box provided by the organisation, all other belongings must be removed before the start of the race. The organisation will provide a cloakroom for participants to deposit their belongings.

- Bicycle equipment such as shoes, glasses, helmet, bottles, energy bars, etc. they can be placed on the bicycle.

- It is forbidden to carry any glass container inside the transition zone.

## **12.3. OLYMPIC AND HALF COURSES**

### **GENERALITIES**

The rules governing the regulations of the Spanish Triathlon Federation for the current season shall apply.

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### 12.3.1. SWIMMING COURSE

#### **COURSE DESCRIPTION SUPERSPRINT DISTANCE SWIMMING**

Departure from and arrival at the coast of Puerto del Carmen. There will be a distance of 500 meters in a single lap circuit.

#### **COURSE DESCRIPTION OLYMPIC DISTANCE SWIMMING**

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance of 1500 meters in a single lap circuit.

#### **COURSE DESCRIPTION HALF DISTANCE SWIMMING**

Departure from and arrival at the big beach of Puerto del Carmen. There will be a distance of 1900 meters in a single lap circuit.

**There will be a liquid refreshment (water only) in the transition area to bike for both distances.**

### **CUT-OFF TIMES FOR SWIMMING**

SUPERSPRINT - 00:30 H

OLÍMPICO Y RELEVOS – 01:15 h

OLÍMPICO ADECCO - 01:15 h

HALF –01:20 h

### 13.3.2. BICYCLE ROUTE

#### **DESCRIPTION OF THE SUPERSPRINT DISTANCE CYCLING COURSE**

With Drafting (it is allowed to ride on wheels)

Departure from the transition park along the Avenida de las Playas in the direction of the Calle Noruega, up the Calle Noruega until we join the LZ - 40. Once we join the LZ - 40 in the direction of the airport until the turning point. Once we have made the turn, we go in the direction of the Toro roundabout and turn at the second turning point. When we reach the exit to the Rancho Texas roundabout (Calle Noruega) we will make a complete circuit. We make another complete circuit on the LZ - 40 and we will have the second lap. We start the last lap of the circuit on the LZ - 40 and when we reach the exit to the Rancho



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Texas roundabout (Calle Noruega), we will take the exit to return via Calle Noruega and Avenida de Las Playas to the transition park.

**1 lap of the LZ - 40 circuit.**

**There are no refreshments on the bike course for the Supersprint distance.**

### **DESCRIPTION OF THE OLYMPIC DISTANCE CYCLING COURSE**

**With Drafting (wheel riding is allowed).**

Departure from the transition park along the Avenida de las Playas in the direction of Calle Noruega, uphill along Calle Noruega until joining the LZ - 40. Once on the LZ - 40 towards the airport until the turning point. Once we have made the turn, we go in the direction of the Toro roundabout and turn at the second turning point. When we reach the exit to the Rancho Texas roundabout (Calle Noruega) we will make a complete circuit. We do another complete circuit on the LZ - 40 and we will have the second lap. We start the last lap of the circuit on the LZ - 40 and when we reach the exit to the Rancho Texas roundabout (Calle Noruega), we will take the exit to return via Calle Noruega and Avenida de Las Playas to the transition park.

**3 laps of the LZ - 40 circuit.**

**There are no refreshments on the bike course for the Olympic distance**

### **DESCRIPTION OF THE HALF DISTANCE CYCLING COURSE**

**No Drafting (NO wheeling allowed).**

Departure from the transition park along Avenida de las Playas in the direction of calle Noruega, uphill along calle Noruega until joining the LZ - 40. Once on the LZ - 40 in the direction of the airport until the turning point. Once you have made the turn, go in the direction of the Toro roundabout and pass the turning point until you join the Hoya Limpia road. Follow the signs until you join the LZ - 501. We pass Conil, Tegoyo and arrive at the junction with the LZ - 30. Once we join the LZ - 30 in the direction of Masdache we are inside the circuit. At the Bodega Testeina we find the first refreshment point. We continue in the direction of La Florida until we arrive just before the exit at Calle Calderetas in San Bartolomé, where the turning point is located. We return on the LZ - 30 in the direction of Masdache until we reach the junction with the LZ - 56 in the direction of Tinguatón. Before entering Tinguatón we have the next turning point and the second refreshment post. We return along the LZ - 56 until we reach the junction with the LZ - 30 and join it in the direction of La Geria. Before the Bodega Stratus we find the third turning point. Continue along the LZ - 30 in the direction of Masdache. When we reach the junction with the LZ -

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501 we will have completed the first lap of the circuit. We do the same route to complete the second lap. When we pass the third turning point we continue to the junction of the LZ - 30 with the LZ - 501 and exit in the direction of Conil. We do the return route until we reach the exit to the Rancho Texas roundabout (Calle Noruega), we will take the exit to return along Calle Noruega and Avenida de Las Playas to the transition park.

**2 laps of the circuit of the LZ - 30 and LZ - 56.**

**2 refreshment posts on the bike course for the Half distance, passing through them twice.**

1st 24,7 kilometer

3rd 54,0 kilometer

2nd 39,3 kilometer

4th 68,7 kilometer

### **CYCLING CUTTING TIMES**

SUPERSPRINT - 01:00

OLÍMPICO Y RELEVOS – 02:00 horas

OLÍMPICO ADECCO - 02:00 horas

HALF –04:10 horas

### **12.3.3 RUNNING COURSE**

#### **DESCRIPTION OF THE SUPERSPRINT DISTANCE RUNNING COURSE**

Starting from the transition park, heading north, we will walk 1.25 km in that direction, take the turning point and return to the transition park, completing the circuit on foot for a total of 2.50 km.

#### **DESCRIPTION OF THE OLYMPIC DISTANCE RUNNING COURSE**

Departure from the transition park along Avenida de las Playas in the direction of Calle Noruega along the bike lane (the lane on our left). Once you have passed the junction of Norway Street, run along the asphalt (in the lane on your left) until you reach the turning point located on Avenida de las Playas in front of the Costa Mar shopping centre. We return in the same way along the opposite lane to the one we came from until we reach the turning point located before the finish line. We make the turn and start the second lap. Once we have completed the second lap we do not make the turn and enter the finish line.

**2 laps of the Avenida de Las Playas circuit.**



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There will be 2 refreshment posts along the running route, and refreshments will be available on both the outward and return legs of the circuit. In total there will be 8 refreshment posts to complete the 10 kilometer..

### **DESCRIPTION OF THE HALF DISTANCE RUNNING COURSE**

Departure from the transition park along Avenida de las Playas in the direction of Calle Noruega along the bike lane (the lane on our left). Once you have passed the junction of Norway Street, run along the asphalt (in the lane on your left) until you reach the turning point located on Avenida de las Playas in front of the Costa Mar shopping centre. We return in the same way along the opposite lane to the one we came from until we reach the turning point located before the finish line. We make the turn and start the second lap. Once we have completed the second lap we make the turn and start the third lap. Once we have completed the third lap we make the turn and start the fourth lap. Once we have completed the fourth lap we do not make the turn and enter the finish line.

**4 laps of the Avenida de Las Playas circuit.**

There will be 2 refreshment posts along the running course, and refreshments will be available on both the outward and return legs of the circuit. In total there will be 16 refreshment posts to complete the 20 kilometers.

### **RUNNING CUTTING TIMES**

SUPERSPRINT - 00:30

OLÍMPICO Y RELEVOS – 1:30

OLÍMPICO ADECCO - 1:30

HALF – 3:00

### **12.4 KIDS MODALITY COURSE**

### **GENERAL**

The rules governing the regulations of the Spanish Triathlon Federation for the current season shall apply to Triathlon for the current season.

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## **KIDS CATEGORIES AND DISTANCES**

To be determined, they will be published sufficiently in advance, as well as the registration form and specific regulations.

## **12.5. BRIEFING**

A technical meeting will be held on Friday, October 20th 2023 with the characteristics of the different modalities. The place and time of this technical meeting will be announced through the organisations usual means of communication.

## **ARTICLE 13. COMPLAINTS**

All claims will be accepted upon payment of a € 30 deposit. This deposit will only be refunded if the organization considers that the complaint is justified. Claims will be made in writing and must comply with a type of minimum format, which will include the following:

- Name and surname of the person who performs it.
- DNI.
- Name and surname of the affected athletes.
- Bib number.
- Alleged facts.

Claims regarding the provisional classifications may be submitted up to 30 minutes after the finish line of the modality in question.

## **ARTICLE 14. SUSPENSION OR CANCELLATION OF THE TEST**

The organisers reserve the right to suspend or cancel the race due to force majeure, as prescribed by the competent authorities and/or adverse weather conditions. In such a case, registration fees will not be refunded and participants' expenses will not be covered.

Likewise, the persons in charge of the race management may suspend, shorten, modify, neutralise or stop the race due to safety or force majeure beyond their control and not attributable to the organisation (weather, adverse sea conditions, alerts decreed by the authorities, etc.).

## **ARTICLE 15. ACCEPTANCE OF THE TERMS OF THE REGULATION**

The formalisation of registration in the Ocean Lava Lanzarote implies acceptance of the provisions contained in these regulations. These regulations may be corrected, modified or improved at any time by the organisation, as well as any data, rule or section for an optimal execution of the race. The fact of registering shows the participant's agreement with these regulations.



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## **ARTICLE 16. WAIVER OF LIABILITY**

- The organization of the Ocean Lava Lanzarote declines all responsibility for damage, breakage, loss, or theft of any type of material used for the race.
- No refunds will be made of the amount paid in the event of cancellation, alteration, modification, or suppression of the published schedules due to force majeure or other exceptional circumstances.
- Ocean Lava Lanzarote reserves the right to modify or make changes without prior notice.
- Ocean Lava Lanzarote reserves the right of admission.

## **ANNEX I. DISCLAIMER OF LIABILITY**

1. I am aware of and fully accept the Rules and Regulations, published on the website [www.oceanlavalanzarote.com](http://www.oceanlavalanzarote.com).
2. I participate voluntarily and solely on my own responsibility in this sporting event. I hereby release the Organization, collaborators, sponsors or other participants from any liability and agree to collaborators, sponsors or other participants and I agree not to report them in case of any physical or material damage. I agree not to denounce them in case of any physical or material damage. Likewise, for security reasons and only in the case that the race organization deems it appropriate, I agree to install in my mobile device a geolocation application during the course of the race to know my exact location.
3. I am a physical, mental and sufficiently prepared person for the realization of this sport competition without suffering from any illness, physical defect or injury that would prevent my participation in this event or that may be aggravated as a result of the celebration of the same.
4. I undertake to maintain a responsible behavior that does not increase the risks to my physical or psychological integrity, so that if during the competition I suffer any type of injury or any other circumstance that could harm my health, I will immediately contact the Organization.
5. I am aware of the additional risk involved in the fact that this sporting competition is held outdoors. Therefore, I attend of my own free will and initiative, assuming all risks and the consequences of my participation.
6. I accept with my participation, that in case of any eventuality medical assistance may take time to reach the point where it is located, since the route is closed to traffic and





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includes areas difficult to access for rescue vehicles. These conditions make it difficult for medical assistance teams to operate.

7. I agree to follow the general guidelines of respect for the environment contained in the official regulations of this event.

8. I have all the sports equipment required by the Organization, and I guarantee that it is in good condition. I know how to use it properly and I will wear it the entire course, regardless of the type of competition in which I participate.

9. Likewise, I admit that I am the only person responsible for my possessions and sporting equipment during the race, as well as for its parallel activities.

10. I will follow all the instructions and abide by all the decisions of the persons responsible for the organization (referees, medical staff, etc.) concerning safety and organizational aspects of the race.

11. I authorize the health services of the race to perform the diagnostic tests I may need. Likewise, I agree to leave the competition at the same moment in which these health services deem it necessary for my physical integrity.

12. I accept that the sporting measures set out above are without prejudice to other responsibilities that could be assumed before the competent authorities as a result of conduct or behavior of non-observance or non-compliance of the orders and instructions that are applicable, either in the sporting field, or in other different fields.

13. I authorize the free use of my personal data and any image of my person by the race organizers and insurance companies, sponsors and collaborators obtained during my registration and participation in the race in any support for logistical, journalistic or promotional purposes of the event, in the media, web pages or social networks.



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## ANNEX II. AUTHORIZATION OF MINORS

TO BE FILLED IN BY THE FATHER, MOTHER OR GUARDIAN OF THE MINOR) AND SIGNED (TO BE HANDED IN WHEN PICKING UP THE BIB).

Mr./Ms./Mrs./..... with ID Card/Passport number ..... in my capacity as father / mother/guardian/tutor/tutor of Mr./Mrs./Mrs./.....with date of birth..... with ID Card/Passport number.....

I AUTHORIZE:

1. To participate in the sporting event called Ocean Lava Lanzarote, which will take place on October 21, 2023
2. To the Organization of the Event, to take photographs and/or recordings during the activity mentioned in the previous point, in which the person represented may appear, for the memory and dissemination of the activity.

IN TURN, I DECLARE:

a) That the authorized person knows that he/she must accept the safety and behavior rules indicated by those responsible for the activity to be carried out.

b) That he/she does not suffer from illness, allergies, or any other limitation that prevents him/her from participating normally in the scheduled activity. If you suffer from any kind of illness or allergy, they must be specified here:  
.....  
.....

c) That I acknowledge having read, understood and accepted in its entirety the Regulations of the sporting event called Ocean Lava Lanzarote, that I know the characteristics and rules of the same and thereby accept the risks inherent in the participation of the person represented in the test, while excluding the organization of all liability for any incident or accident arising from the participation of the same.

Name of the responsible person, signature, place and date.

## ANNEX III. RELAY TEST - SPECIFICATIONS

In the Ocean Lava Lanzarote relay event, up to a maximum of 20 teams may participate, as long as they register as a team of 2 or 3 members. The team event will only be held in the Olympic distance, with each of the team members having to cover one, or two in the case of teams made up of two people, of the modalities. Each of the members shall finish the competition in the established distance. The time shall not stop from the start of the first person to the finish of the last.

To do so, they must register on the website [www.oceanlavalanzarote.com](http://www.oceanlavalanzarote.com).

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Teams made up of three people must each complete one of the modalities. In other words, one person will swim 1.5km, another will do the bike circuit (40km) and the other will run 10km.

In the event that the team is made up of two people, one of them will carry out two modalities and the second, the remaining modality. This team must inform the organisation by e-mail to [info@oceanlavalanzarote.com](mailto:info@oceanlavalanzarote.com) a maximum of 15 days before the event of the distribution of the relays.

- There will be a specific relay area set up for this competition which will be approximately 15 metres long. Any relay carried out outside this area will be considered a serious fault and will result in the disqualification of the team.
- The relay will be completed when the finishing athlete contacts with his/her hand, or places the chip to the next relay runner within the Relay Zone.
- If the contact (or chip change) occurs outside the relay zone the team shall be disqualified.
- If the relay does not take place the team will be disqualified.
- Before the relay takes place the athletes wait in the relay zone under the orders of the Officials.
- Only the last person in the team is allowed to cross the finish line.

For all matters not covered in this annex, the official regulations of the Spanish Triathlon Federation 2023 shall apply.