

COMPETITION

The SIMM (Swiss International Mountain Marathon) is THE unique outdoor event for orienteers, trail- mountain- endurance- and adventure runners, walkers and hikers, in pairs, as a couple or even with the family: **FOR MOUNTAIN LOVERS WITH BRAINS**

You are free to choose your own route between the prescribed checkpoints and this must be navigated with the help of only map and compass while carrying everything you need to be self-sufficient at the overnight camp and during the 2 days of competition.

There is a minimal equipment list comprising essential emergency equipment that must be carried at all times by competitors. The 3 Orienteering-Marathon courses require navigation expertise and are for experienced mountain navigators and orienteers.

The 2 Trail-Marathon courses, on the other hand, follow hiking trails and require only basic knowledge of map reading.

The SIMM is (since 1976) the Swiss daughter of the Karrimor International Mountain Marathon and similar to The OMM nowadays ...



EVENT CENTRE

The competition centre is located at Schwarzsee / FR and is open on Friday evening from 18:00 to 20:00 and Saturday morning from 08:00 to 9:30. All necessary documentation should be handed in there. For further details, please visit our website: www.thesimm.ch.

GETTING THERE / ACCOMMODATION

We recommend arriving on Friday or even earlier. Schwarzsee / FR is easily accessible by public transport. Accommodation can be booked directly with the online entry on our website.

COURSES / CATEGORIES

Orienteering-Marathon (for experienced map readers)

- 1 Strong** 48 km / 4300 m for elite athletes
- 3 Light** 34 km / 2800 m for adventure runners
- 5 Score** max. 5 hours / day with own item selection / order

Trail-Marathon (for those with less map experience)

- 7 Strong** 52 km / 4000 m physically demanding, along paths/trails
- 9 Light** 32 km / 2600 m for adventure runners, along paths/trails

- The effective distances and climbing are now measured on a theoretically ideal route (and not on linear as in the past).
- A team consists of 2 persons who must stay together for the whole competition.
- On each course you may start as Women, Men or Couples. Women, Men and Couples will specially be mentioned in each course ranking.
- On the courses 3, 5 and 9 there is also a Family class which allows more than 2 participants, they will also be mentioned in the course ranking list.
- There will not be a challenge / handicap formula this year.
- Age of 16 (born 2003 and younger) may only be accompanied by adults.
- Dependent on our possibilities we will assign prizes to the first teams on all the courses as well as the first in the categories Women, Men, Couples and Families.
- After ambiguities in the 5 Score class last year we have fixed clear rules which can be read on our website.

FURTHER INFORMATIONS

- Mass start is on Saturday morning at 10:30 (Score at 10:45) – the competition preparations must be concluded at an early stage!
- After the start, each team will receive either the map with the courses printed (Trail-Marathon), controls printed (Score) or a control sheet with the grid references and control descriptions (Orienteering-Marathon) to draw their own course on their maps.
- The team must pass all control points together and carry the required equipment with them at all times.

- Some controls are manned and are equipped with radio.
- At the finish of the first day each team must camp with their own tent and other equipment. Water and toilets will be provided at the overnight camp, but not food or fuel. Open fires are forbidden.
- Chasing start for leading teams is on Sunday morning from 07:00. Teams who are more than 1 hour behind will instead start at 08:00 in a mass start (including Score).
- At the finish of both days rucksacks will be randomly checked and any teams with incomplete equipment will be disqualified!
- There will be a Price Giving Ceremony on Sunday afternoon.
- Further information will be published on our website shortly before the event weekend.
- We try to translate all the rules and information in ENGLISH / FRENCH and ITALIAN – but the GERMAN version is always valid!



EVENT AREA / MAP

The event area is at an altitude of between 1000m and 2200m in predominantly pre Alpine terrain. The 1:25'000 / 20m Swiss national map sheet no. 1226 / Boltigen will be used. One map will be issued per team, you are also allowed to bring your own maps. GPS is prohibited!

IMPLEMENTATION / INSURANCE

The race can also take place in bad weather, but in the event of storms, thunderstorms, snow or other unforeseeable events, the competition may be shortened or cancelled.

Insurance is the responsibility of the participants.

The compulsory equipment list will be at registration and on the website.

REGISTRATION / ENTRY FEE (closing date 29.7.2019)

You can register online: www.thesimm.ch

Entry fee by 28.02.2019 = CHF 120 per Team for both days

Entry fee by 29.07.2019 = CHF 140 per Team for both days

CLUB DISCOUNT

For each 6 teams from the same club you enter you get one of them free! For more details see your website.

EXCLUSION OF LIABILITY

The organisers don't accept any liability. Participants have to confirm with their signature to be in possession of a valid accident insurance and to accept all the rules of the Organisers of this event.

WWW.THESIMM.CH

You can find much more information on our website as online registration, rules, start lists, results, impressions of previous years, equipment list, medical tips etc. – we are working on this item to translate into other languages, maybe have a look to the German version!

CONTACT

Swiss International Mountain Marathon
Gérard Baumgartner
Brunnmattstrasse 11
CH – 3266 Wiler

Phone: +41 32 392 30 71
Mobile : +41 79 580 54 53
E-mail : info@thesimm.ch

FRANCAIS–DEUTSCH–ITALIANO -> www.thesimm.ch



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