

12 AVRIL  
2026

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DYNASTAR  
**X3**  
COURCHEVEL  
TRIATHLON HORS NORME - SOLO OU TRIO  
BIKE • RUN • SKI TOURING



## RULES 2026

The "DYNASTAR X3® COURCHEVEL" (DX3C) is organized by the association "COURCHEVEL SPORTS OUTDOOR MONTAGNE ET ESCALADE", affiliated with FFCAM and FFME, on Sunday, April 12, 2026 at 10:00 AM.

### Course format:

- Cycling section: 13.9 km with 930 m elevation gain
- Trail section: 6.3 km with  $\pm 180$  m elevation change
- Ski mountaineering section: 4.8 km with 950 m elevation gain

### Mandatory equipment:

The cycling jersey provided to all participants must be worn throughout the entire race, except in case of bad weather. Participants must carry: mobile phone, survival blanket (in case of bad weather), appropriate clothing depending on weather conditions, water supply, and food.

- Cycling section: Helmet mandatory. Road bikes and mountain bikes are allowed.
- Trail section: Poles are not allowed.
- Ski mountaineering section: Skis must be at least 1.50 m for women and 1.60 m for men. Certified ski mountaineering boots are mandatory (must lock in downhill mode). Helmet, avalanche transceiver (DVA), shovel, and probe are not mandatory.

### Disqualification:

- Any participant leaving the marked course will be disqualified.
- Any participant littering on the course will be disqualified.

### Penalties:

- 10-minute penalty for cyclists and skiers who mount their bike or put on skis inside the shared "bike/ski" transition area (skis must only be put on after exiting the area).
- 15-minute penalty for participants receiving assistance or refreshments from a third party during the race.
- 15-minute penalty for leaving the marked course.
- 20-minute penalty for not complying with mandatory equipment rules.
- conpovone: It is forbidden for support vehicles to follow cyclists on the course. Violations result in a 20-minute penalty.

### Start:

The race will start on Sunday, April 12, 2026 at 10:00 AM, at the *Carrey roundabout*.

**Restrictions:**

**Supporters are not allowed to be in vehicles on the cycling course during the race.** They may drop off cyclists but must return to the bike park before 10:00 AM.

**Bibs / timing chips:**

- "SOLO M" bib: white
- "SOLO F" bib: pink
- "TRIO M" bib: green
- "TRIO F" bib: purple
- "TRIO MIX" bib: orange

Each participant will receive an electronic timing chip, which must be returned at the finish in exchange for a welcome gift. Non-returned chips will be charged €60.

The chip must be worn on the left ankle throughout the race.

**Time cutoff:**

A cutoff time is set at 2:00 PM at the start of the Saulire cable car (ski mountaineering section). Participants arriving after this time will not be allowed to reach the official finish. They will be ranked based on their arrival time at the cable car, without a ski mountaineering time.

**Bike/ski transition area:**

Located at the Courchevel 1850 snow front, open and supervised from 7:00 AM on Sunday.

- Bring a waterproof bag or box for trail and ski gear in case of bad weather.
- Entry and exit are the same.
- It is forbidden to enter on a bike or leave with skis attached to boots (10-minute penalty).
- Relay zones for teams will be set up inside the area.

**Course marking:**

- Yellow: cycling
  - Red: trail
  - Green: ski mountaineering
- Red and white tape will also mark unclear sections and intersections.

**"TRIO" team composition:**

- TRIO Men: 3 men
- TRIO Women: 3 women
- TRIO Mixed: any combination (e.g., 1 man + 2 women or 2 men + 1 woman)

A DUO option is available (one participant completes two sections), but teams will still be ranked with TRIO teams, and the fee remains €150.

Cyclists cannot compete in both TRIO and SOLO formats simultaneously.

**Registration:**

- Managed by the organizing association
- Online registration available until April 2, 2026 at midnight (subject to availability)
- Bib pickup:
  - Saturday, April 11: 9:00 AM – 6:00 PM
  - Sunday, April 12: 7:00 AM – 9:00 AM
- Fees: €69 per person (Solo), €150 per team (Trio)

**Rankings:**

Categories: SOLO Men, SOLO Women, TRIO Men, TRIO Women, TRIO Mixed

- SOLO: One participant completes all three sections
- TRIO: Each team member completes one section in relay

**Awards:**

- Solo race: Men's and women's podiums receive DYNASTAR prizes.
  - Best overall time (M/F): *"Pierra Menta Factory"* skis worth €899.99
- Trio race: Top 3 teams (men, women, mixed) receive DYNASTAR prizes.
  - Best Trio time: €150 prize money + DYNASTAR prize
- Best times in each discipline (cycling / trail / ski mountaineering): €50 + prize

**Record bonuses:**

If records are broken:

- Solo (M/F): €800
- Trio (M/F/Mixed): €600
- Discipline records: €200

**Current records:**

- Solo F: 2h22m48s | Solo M: 1h56m12s
- Trio M: 1h45m43s | Trio F: 2h13m55s | Trio Mixed: 2h00m27s
- Cycling: M 36m32s / F 49m19s
- Trail: M 23m40s / F 28m23s
- Ski mountaineering: M 40m46s / F 49m25s

**Finisher gifts:**

- Finisher medal
- Closing meal
- Event cycling jersey

**Meals:**

A meal ticket will be provided at bib pickup. Participants must present it at the finish to access the meal at the Le Praz gym.

Supporters may join for €18.

**Showers:**

Free access at Le Praz gym upon presentation of bib.

**Insurance:**

Participants must provide:

- A valid sports license (FFCAM, FFA, FFC, FFTri), or
- A medical certificate (less than 1 year old) stating no contraindication to competitive running, cycling, and ski mountaineering
- The organization ensures safety measures throughout the event
- Participants under 18 are not allowed
- Personal accident insurance is required (optional FFCAM discovery license available for €6)

**Refund policy:**

In case of withdrawal before April 2 at midnight, registration will be refunded minus €5 (€64 for Solo, €145 for Trio). No refunds after this date.

By registering, participants declare they have read and accepted the rules and release the organizer from liability for any issues during the race.

**The Dynastar X3 Courchevel concept is registered and protected by Courchevel Sports Outdoor.**