



LA FRECH

SFT E-Foil World Cup Menton 2026

Plage des Sablettes, Menton (06500), French Riviera, France

11 Registration, training & opening / 12-13 Competition days

11 - 13 September 2026

Official WhatsApp group for this event



chat.whatsapp.com/JK80rnkD4X37jCFAoEBw56

It is a pleasure to announce the 10th stop of the SFT SURF FOIL WORLD TOUR 2026, which will mark the 5th stop in the E-Foil discipline, held on the French Riviera in Menton, France.

The dates will be 11th, 12th and 13th of September 2026.

This is a SFT Surf Foil World Tour event.

The event will be held under the title **LA FRECH – SFT E-Foil World Cup Menton 2026**. The venue is Plage des Sablettes, Esplanade des Sablettes / Promenade de la Mer, 06500 Menton, France. The event is part of the Surf Foil World Tour (SFT) 2026 calendar. The local organizer and host is **PLUME TECH** (manufacturers of Plume e-foils), in coordination with the Surf Foil World Tour.

Nestled at the foot of the iconic colourful old town (Vieille Ville) of Menton, Plage des Sablettes offers a world-class natural arena for e-foil racing. The bay is sheltered by the historic harbour jetties, ensuring calm Mediterranean water conditions, optimal visibility and an amphitheatre view for spectators and media.

REGISTRATION

Entry procedure and Registration

All competitors planning to enter a SFT Surf Foil World Tour event shall register through the link on the respective event page on the SFT Surf Foil World Tour website, or under the following direct link:

<https://app.surffoilworldtour.com/>

or via email to carlos@surffoilworldtour.com or by other means to be specified by the SFT Sports Commission, no later than the published closing date for entries for that specific event.

The registration period and payment deadline will close on 8 September 2026.

Late registration can be accepted but will result in an additional late-entry fee of 20.- EUR more (total entry fee 100.- EUR).

Entry restrictions

The entry fee for this event is 80.- EUR and a SFT membership (one event 20.- EUR or full year membership 40.- EUR) will be required.

Payments must be made via credit card. For certain exceptions, late payments can be made in cash at the inscription at the respective event. Cash-payments will only be accepted in Euros or USD currency. In this case an amount of 30.- EUR processing fee will be added to the regular entry-fee.

In the case that the full amount of the inscription fee is not paid by the end of the announced inscription-time, the rider will not be allowed to compete.

Payment Links

SFT Menton E-Foil Entry Fee (80 Euro): <https://buy.stripe.com/14A28sgEZ4Vid9t0vr5EY1T>

SFT One event membership fee (20 Euro): <https://buy.stripe.com/28o6rw8HS6KOawo15t>

SFT Full Year membership fee (40 Euro): <https://buy.stripe.com/9AQaHM4rCglodlAeWk>

Eligibility

A competitor is eligible for any SFT event if he or she meets the following conditions:

- He or she has a personal medical insurance with worldwide coverage. A valid membership card or certificate, or other satisfactory evidence of worldwide medical coverage may be requested.
- The competitor cannot hold the SFT, Deep Ocean Consulting Ltd, PLUME TECH or the event-organizer responsible for any claims for damages as a consequence of the competitor not having sufficient personal medical insurance.
- The competitor cannot hold the SFT, Deep Ocean Consulting Ltd, PLUME TECH or the event-organizer responsible for any legal liabilities and/or any claims for damages by third parties caused by the competitor.
- He or she holds a valid competitor's membership with the SFT World Tour.

Entry allocation

There is an unlimited number of entries per division for this SFT E-Foil World Cup.

DISCIPLINES

There will be only one official discipline in this SFT World Tour event: E-Foil racing. We will have an "Open" comp and a "Pro" comp (both divisions will be defined in the time trials). Best amateurs in the open division (number to be determined) will get wild cards to the pro division. Awards categories: Pro Men / Pro Women / Open Men / Open Women / Youth (U19) and Masters (40 and above).

E-Foil

Divisions:

- Pro Men (minimum 16 years old in the year of competition)
- Pro Women (minimum 16 years old in the year of competition)
- Open Men
- Open Women

Categories:

- Pro Men, Pro Women
- Open Men, Open Women
- Youth (under 19)
- Masters (over 40)

Event Seeding

The seeding for this SFT E-Foil World Cup will be based on the current SFT E-Foil Ranking or on the time trial results. All competitors without ranking will be seeded by draw. Current top 3 ranked men and women have a secured spot in the pro division.

Important Info

- All riders need to wear a helmet and an impact vest during competition.
- Competitors have to wear the official vest/lycra at all times when proceeding to the water – also during training.
- Each rider will get one competition rider's vest at the registration. Each rider is responsible for his or her competition rider's vest. In case of loss, no replacement is possible.

- Competitors shall wear the event advertising vest/lycra supplied by the Event Organizer over all other clothing on the water at all times during the event, and one SFT board sticker to be placed on the top and on the bottom of the board.
- All competitors are required to abide by the advertising rules as laid out in the Rule Book. Competitors breaching these rules may be warned in writing for the first offence and may incur a fine at the second offence of not more than EUR 500 for each violation.
- All rider meetings and opening/closing ceremonies in the schedule are mandatory to all riders. Please be on time and ready.
- Riders are not permitted to publicly associate their names in non-authorized parties/autograph sessions.
- There will be a social event-calendar for each side event that all riders must join via social media and share.

Membership

- Every competitor needs to hold a valid SFT membership. The duration of SFT membership is from the first to the last event of the SFT season.
- Membership fees shall be determined by the SFT at the start of the year and may be changed at any notice during the year.
- Competitors are not fully covered by SFT membership. They must still prove that they have accident insurance and a civil liability. There may be a request for medical certificate.
- At the end of the inscription-time, the rider must be able to prove a valid SFT membership. Payments must be made via credit card. For certain exceptions, late payments can be made in cash at the inscription at the respective event. Cash-payments will only be accepted in Euros or USD currency.
- The cost of the SFT membership for this one event is 20.- EUR. Competitors competing for the whole year are advised to pay the standard 40 € per year to cover you for all remaining events in 2026.

TRAVEL INFO

By Plane

The closest international airport is Nice Côte d'Azur Airport (NCE), approximately 42 km from the venue, around 40 to 45 minutes by car or taxi via the A8 motorway. Nice Airport connects directly with major international and European hubs. Car rentals, airport taxis and direct train transfers (from Nice Saint-Augustin station, right next to the airport) are readily available.

By Car

- Take the A8 motorway (La Provençale) and exit at Exit 59 "Menton".
- Follow the signs down to Menton Centre / Port / Les Sablettes.
- Real-time traffic info: tune in to Radio VINCI Autoroutes on 107.7 FM for traffic updates, tunnel notices and border crossing status.

By Public Transport

- Gare de Menton-Garavan: approx. 10–12 minutes walk to Plage des Sablettes.
- Gare de Menton (main station): approx. 15–20 minutes walk, or a short local bus / taxi ride.
- Frequent coastal TER trains connect Ventimiglia (Italy) – Menton – Monaco – Nice – Cannes.

Parking

- Quai Napoléon III (port pier): dedicated parking spaces on the harbour quay for event staff and designated participants. (Contact the event organizer for securing a parking spot if needed).
- Parking Triangle (Stade Rondelli): located on the northern side of Sablettes beach, adjacent to Stade Rondelli, reserved for event participants.
- Public paid parking is also available in the town centre; please check on-site signage for tariffs and time limits.

Travel documents and Visa

France is part of the Schengen Area. Participants travelling from outside the Schengen Area should check their entry and visa requirements well in advance. If an invitation letter is needed for riders, please email carlos@surffoilworldtour.com and he will issue you the document.

The event address

Location:

Plage des Sablettes, Esplanade des Sablettes / Promenade de la Mer, 06500 Menton, France

Event site: [Plage des Sablettes, Menton – Google Maps](#)

Organiser Contact:

PLUME TECH – Local Organizer & Host | Contact: Loic Deltour +33 661576057 / Pascal Raoust +33 606665558

Accommodation for competitors

Tourist season, limited availability:

September is high tourist season on the French Riviera. Hotels, guest houses and Airbnb accommodations in Menton fill up very quickly and have high occupancy rates. All riders, team crews and companions are strongly urged to book their lodging as early as possible.

Recommended areas and options: <https://www.giotto.fr/fr/> It's a local website and it seems they have a few relatively affordable apartments available in Menton during the event.

- Menton City Centre & Garavan: walking distance to the event site, but limited availability.
- Roquebrune-Cap-Martin / Carnolès: adjacent towns, 5–10 minutes west by car or train.
- Ventimiglia (Italy): just across the Italian border, 10–15 minutes by car or a direct 10-minute train ride from Menton-Garavan station. Extensive hotel and Airbnb availability, great Italian gastronomy and very convenient proximity.
- Monaco & Nice: direct and frequent train connections via the SNCF TER line (Monaco approx. 15 min, Nice approx. 35 min).

Camping and van life

- Campsite "Saint Michel" is about 15–20 minutes walk from the event site.
- Some car parks allow vans to stay overnight free of charge, please check [park4night.com](https://www.park4night.com) for up-to-date spots and restrictions.
- Please respect local parking regulations; fines are issued for violations.

Equipment storage and security

Daytime beach staging:

- Riders' boards and quivers can be stationed during the daytime in the designated, marshalled event paddock on Plage des Sablettes.

Overnight indoor storage:

- A dedicated, fully secure and lockable indoor Storage Room (Salle de stockage) is provided on-site, immediately on the beach promenade.
- Friday 11 September: open for check-in; locked at 9:00 PM.
- Saturday 12 September: open from 8:30 AM; locked at 9:00 PM.
- Sunday 13 September: open from 8:30 AM until final teardown at 11:00 PM.
- Some carts will be available to transport machines from the beach to the storage room.

Battery charging and lithium battery policy

Charging stations available on site:

- Brands Village (Village des Marques): high-capacity charging hub available throughout the competition day on Quai de l'Impératrice Eugénie.
- Storage Room: additional power connections available.

Lithium battery transport policy (SFT standard):

- As per standard SFT guidelines, competitors are responsible for the transport and personal logistics of their e-foil batteries.
- SFT, PLUME TECH and local brand partners will assist with local coordination, brand partner support and equipment access where feasible. Riders are encouraged to contact their brand/equipment sponsors early.

Weather

September Weather – Menton, French Riviera

Menton benefits from a famous microclimate protected by the amphitheatre of the Southern Alps. Mid-September offers ideal Mediterranean conditions: daytime highs between 25 °C and 28 °C, with night lows around 18–20 °C. Water temperature is warm and comfortable at 23 °C to 25 °C, suitable for foiling in lycra, impact vest or a light shorty wetsuit. Mornings are typically calm with glassy, flat water; afternoons bring a mild thermal sea breeze of approximately 6 to 12 knots, providing smooth and predictable conditions inside the bay. Sunshine probability is high, though occasional short coastal showers are possible. Riders should bring both sun protection and light wind/rain outerwear.

EVENT AREA

The map below shows the race area, the Brands Village, the rider staging and beach zone, the storage room and the designated parking areas.



- Race Area: marked marine course in the protected bay facing Sablettes beach and the harbour breakwater.
- Brands Village (Village des Marques): along Quai de l'Impératrice Eugénie, directly overlooking the race zone.
- Rider Staging & Beach Zone: designated secured beach sector on Plage des Sablettes for daily board handling and water entry.
- Secure Storage Room: dedicated locked facility on the beach promenade.

EVENT SCHEDULE

Friday 11th September 2026 – Registration, training & opening

- 14:30–15:00 – Registration
- 15:00 – First riders briefing
- 16:00–19:00 – Training
- 18:00–18:30 – Registration (second window)
- 20:00 – Welcome drink

Saturday 12th September 2026 – Time trials & elimination races

- 08:30–09:00 – Registration
- 09:00 – Riders briefing
- 09:30 – Training
- 10:30 – Official Opening Ceremony
- 11:00–13:00 – Time Trials
- 13:00–14:00 – Pump foil session
- 14:00–15:00 – Time Trials
- 15:30 – Elimination briefing
- 16:00–20:00 – Elimination races

Sunday 13th September 2026 – Eliminations, finals & awards

- 09:00–11:00 – Training
- 11:30 – Riders briefing
- 12:00–13:00 – Elimination race
- 13:00–14:00 – Pump foil demo
- 14:00–17:00 – Finals
- 18:30 – Awards and closing ceremony

All rider briefings are mandatory for all competitors. The schedule may be adjusted by the Race Director according to weather and sea conditions; any change will be communicated at the riders briefing and through the official event channels.

Event logistics: vehicle entry via Menton harbour (Quai Napoléon III) for unloading and setup on Quai de l'Impératrice Eugénie is scheduled for Friday 11th at 08:00, with mandatory exit of all vehicles by 11:00. Vehicle access for dismantling on Sunday 13th from 20:00, with end of dismantling and event closure at 23:00.

EQUIPMENT

- Helmets and impact vests are mandatory.
- Participants must bring their own E-Foil board. Demo boards might be available for racing, but this is not guaranteed.
- Only hydrofoils are eligible for use in competition. There are no restrictions on the size, length and width of the quiver.
- There are no restrictions on dimensions or constructions of the boards.
- Foot-straps, pads and wax are allowed.
- Riders are responsible for the condition and safety of their own batteries and electronics.

PRIZE MONEY

The total prize money for LA FRECH – SFT E-Foil World Cup Menton 2026 will be **10.000 EUR** for the E-Foil discipline. There must be a minimum of 3 competitors to run a valid division, otherwise men and women run together in one division.

1. General Structure

The total prize pool is always fully distributed. It is split equally between the Men's and Women's divisions, each division receiving 5.000 EUR. In both divisions the top 6 finishers receive prize money.

The pool is built from two funds:

- Fund A (80% of the total, 8.000 EUR): reserved for the Top 3 finishers (1st, 2nd, 3rd), split equally between the two divisions (4.000 EUR each). Within each division: 1st place 50%, 2nd place 30%, 3rd place 20%.
- Fund B (20% of the total, 2.000 EUR): reserved for 4th, 5th and 6th place finishers, split equally between the two divisions (1.000 EUR each). Within each division: 4th place 37%, 5th place 33%, 6th place 30%.

These percentages ensure that 3rd place always earns more than 4th place.

2. Prize money breakdown

Position	% of division share	Men's Division	Women's Division
1st place	40%	2.000 EUR	2.000 EUR
2nd place	24%	1.200 EUR	1.200 EUR
3rd place	16%	800 EUR	800 EUR
4th place	7,4%	370 EUR	370 EUR
5th place	6,6%	330 EUR	330 EUR
6th place	6%	300 EUR	300 EUR
Total	100%	5.000 EUR	5.000 EUR

SFT WORLD TOUR

As a competitor, I agree to respect the racing rules and in particular:

- to display visibly the competitor-number attributed to me.
- to always wear the official event-competition-lycra when proceeding to the water (also during training) as well as during interviews, official presentations and on podium.
- to wear a safety helmet and impact vest during the competition.
- to follow the recommendations and/or instructions provided by the crew.
- to place board stickers (SFT Surf Foil World Tour & event sponsor) on the top and on the bottom of the board at all times during the event (competitions, interviews, media conferences, award ceremony...).
- to take note that all rider meetings, opening/closing ceremonies and media conferences requested by the Event Organizer are mandatory to all riders. I assure that I'll be on time and ready.

I'm aware that a non-observance of this rule will incur a fine of up to 500 EUR. Any competitor finishing in the top 3 positions who fails to attend the awards ceremony on time (without being justified by a force of major circumstance) will incur a fine equal to their earned prize money for the event. Furthermore, fine can incur an additional penalty of up to 1.000 EUR and suspension for the next event.

E-FOIL COMPETITION

Format

LA FRECH – SFT E-Foil World Cup Menton 2026 will consist of various distinctive courses, designed to test different aspects of foiling skills. There will be 2 days of competition, Saturday 12th and Sunday 13th of September 2026, preceded by a registration, training and opening day on Friday 11th of September.

Time Trials – Qualification Series

The time trials will be run on Saturday 12th September, from 11:00 to 13:00 and from 14:00 to 15:00. They count as qualification and seeding for the elimination series. If a competitor is missing the time trial race, the athlete can still compete in the elimination series, but will be entering the first elimination race with a seeding lower than those who have participated in the time trials.

Elimination Series

The elimination series starts on Saturday 12th September from 16:00 to 20:00 and continues on Sunday 13th September, with the finals from 14:00 to 17:00. The elimination series will run one or multiple races. If multiple races are run, the results of each race count together towards the event ranking. One race is run in an elimination ladder format, where each heat has 2 athletes or more competing against each other at the same time on the course, and the best athlete or athletes advance into the next round until the final of the race.

RACE COURSE

The course diagram will be shown at the riders' briefing and drawn according to what is most suitable regarding weather and spot conditions. Slight changes may be applied.

Saturday 12th September – Time Trials – Sprint race (individual race format).

Saturday 12th and Sunday 13th September – Elimination series (group race format, man to man).

Principles of the race:

- The E-Foil competition is a timed race on a marked course.
- Start procedure to be communicated at the riders briefing.
- The best time of the two heats determines the ranking and the winner.
- Each participant is entitled to 2 falls. The 3rd fall is eliminatory.
- If a participant interrupts his or her race for any reason, he or she must immediately leave the race area.

Timed trial phase:

- The running order will be communicated.
- The results of the time trials determine the competition ladder for the main races.

Elimination ladder

In an elimination ladder (knock-out format), multiple athletes compete against each other in different heats, where the best competitors of a single heat advance into the next round until the final. Different elimination ladder systems can be applied depending on the total number of participants and the number of competitors per heat.

Depending on the ladder system, all athletes have the chance to compete in multiple heats, which guarantees more competition time and opportunities for every rider. This format is especially suitable when participation numbers are lower, or when the focus is on maximizing rider experience and fairness.

The ladder system to be used will be announced by the SFT race director at the riders' briefing, and will be decided according to time, weather and the number of participants registered.

Seeding in Elimination ladder

For the first race of the elimination series, all competitors get seeded into the elimination ladder according to their result from the time trials. If multiple competitors have the same result from the time trials because they did not start in the time trials or crashed at the start:

- those competitors who crashed at the start will be seeded below those who have a ranking from the time trials, and a draw will determine the positions between those who do not have a ranking.
- those competitors who did not start at all in the time trials will be seeded below those who participated in the time trials, and a draw will determine the positions between those who have not participated.

For the second and any following race of the elimination series, the result of the previous elimination race counts for the seeding of the next race. Shared positions are split for the allocation in the elimination ladder by the result from the time trials.

Event Ranking

If the Elimination Series runs one race only, the result of that one elimination stands as the final event ranking. All heats need to be completed to have a valid result.

If the Elimination Series runs multiple races, the results of each race count towards the final event ranking. A competitor collects points for every result of a single race according to the position the athlete finishes within that race.

Event ranking points

- The winner receives 0,7 points, second place receives 2 points, third place receives 3 points, 4th place receives 4 points, and after that the athletes being knocked out receive the average points of all other competitors also being knocked out in the same round in the same finishing position.
- The competitor with the lowest accumulated points is in first position of the event ranking, the competitor with the second lowest accumulated points is in second position of the event ranking, and so on.

Discards

- If four or more races are completed in the elimination series, every competitor can discard one result of all races. This means the highest points collected in a single race will not count towards the event ranking.
- If seven or more races are completed in the elimination series, every competitor can discard two results of all races.
- If ten or more races are completed in the elimination series, every competitor can discard three results of all races.

Tie Breaks

If multiple competitors end up with the same total points in the event ranking, a competitor is ranked on top of another competitor by the following order of rules:

- In favour of the competitor with the better result from the time trials.
- In favour of the competitor with lower points discarded, if any discard(s) have been effected.
- In favour of the competitor who has finished more often on top of the other one throughout all races including discarded races.
- In favour of the competitor with the higher number of first, second, third, etc. place finishes throughout all races including discarded races.
- In favour of the competitor who finished better in the last race.
- If all of the above rules miss to determine who is finishing on top of the other competitor, then the final event ranking shall stand with a shared position between these competitors.

SFT MENTON – TEAM 2026

- Tour Manager: Tom Hartmann
- Race Director / Contest Director: Carlos Saez
- Media Director: Zuzanna Pavelkova

Local Organizer & Host: PLUME TECH : Loic Deltour +33 661576057 / Pascal Raoust +33 606665558

Any question please contact our Sports Director at carlos@surffoilworldtour.com

We look forward to seeing you very soon!

The SFT Team