



ELITE ATHLETES' GUIDE

ITU TRIATHLON WORLD CUP

Lausanne 2018

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Lausanne
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Table of contents

1.	Welcome message.....	4
1.1.	ITU.....	4
1.2.	Swiss Triathlon.....	5
1.3.	LOC	5
1.4.	Ville de Lausanne	6
2.	Event schedule.....	8
2.1.	Elite competition.....	8
2.2.	Open competitions	9
3.	General Information.....	9
3.1.	Contact information.....	9
3.2.	Accommodation.....	10
3.3.	Visas.....	10
3.4.	Access to Lausanne	11
3.5.	Transfers from Geneva airport.....	11
3.6.	Free city transportation	12
3.7.	City of Lausanne	12
4.	Venue.....	13
4.1.	Venue map.....	13
4.2.	Elite Athletes lounge.....	15
5.	Athletes services	15
5.1.	Bike mechanical services.....	15
5.2.	Doping control.....	15
5.3.	Medical assistance.....	15
5.4.	Massage.....	16
6.	Training & familiarisation.....	16
6.1.	Course familiarisation.....	16
6.2.	Training options	16
6.3.	Swim warm up.....	18
7.	Race registration	18
7.1.	Athletes briefing and Pasta Party	18
7.2.	Timing chip	19
8.	Elite competition	20
8.1.	Course description and maps (field of play).....	20

8.2.	Transition zone	21
8.3.	Swim course	21
8.4.	Bike course	21
8.5.	Run course	21
8.6.	Results.....	22
9.	Rules and appeals	22
9.1.	Competition rules.....	22
10.	Appeals and protests	22
11.	Medal ceremonies.....	22

1. Welcome message

1.1.ITU

Greetings and welcome to the 2018 Lausanne ITU World Cup,

It brings me great pleasure to be returning to a city so rich in sporting culture and tradition for the first elite race since 2011. Lausanne has a long association with triathlon stretching back to 1994, since when it has hosted some of the biggest names in our sport. Now it becomes the 10th stop on the 2018 ITU World Cup circuit, and ready to write a new chapter in its great history as Lausanne prepares to host the 2019 ITU World Triathlon Grand Final.

It was at the Sprint World Championships seven years ago that Britain's Jonathan Brownlee and Chile's Barbara Riveros were crowned champions, and we have two strong line ups full of talent here again this weekend.



This year's Olympic-distance course begins in the beautiful Lake Geneva, before a fast, 40km bike through the city combines rapid downhill sections with some testing long climbs. That will leave the athletes with a 10km run through the city-centre streets to determine the podium.

The Paralympic World Cup events will once again shine a light on our superb paratriathletes in a range of categories. The event will be the sixth of eight Paratriathlon World Cups held in 2018, and the quality of racing continues to be incredibly high.

It is cities and venues like this that offer our athletes the best stage on which to perform to the very best of their abilities, and I would like to thank Swiss Triathlon, the Local Organising Committee and the city of Lausanne for their hard work in putting together an excellent weekend of events for all levels of our sport. As well as the elite and age-group races there will be opportunities for kids from the age of 7 to get involved, and it is truly at these occasions that we can highlight the broad appeal and accessibility of triathlon.

Finally, for newcomers to Lausanne, you are in for an incredible experience in this stunning Swiss city, and I urge you to explore and enjoy everything it offers as it hosts the spectacle of an ITU Triathlon World Cup.

I hope you have a wonderful weekend.

Sincerely,

*Marisol Casado
President, International Triathlon Union
IOC Member*

1.2.Swiss Triathlon

Un événement majeur !

La Suisse est une référence dans le monde du triathlon et nous sommes fiers d'accueillir de grandes manifestations internationales. L'histoire du triathlon suisse est jalonnée de succès sportifs, mais aussi d'événements qui ont contribué à façonner notre sport tant nationalement qu'internationalement. La Suisse a organisé de magnifiques événements par le passé, elle le fait en ce moment et continuera à la faire dans le futur !

Pour cette année et la suivante, notre regard se tourne vers Lausanne. Lausanne avec un professionnalisme qui lui est cher nous propose cette année une répétition générale du grand final de 2019, une année 2019 où Lausanne sera la capitale du triathlon international !



Courses individuelles ou par équipe, courses élites ou populaires, courses adultes ou enfants, toutes les facettes du triathlon se dévoilent sur un week-end. Une multitude d'athlètes et de paratriathlètes de toute nationalité seront accueillis à bras ouverts par une municipalité et un comité d'organisation qui ont à cœur de faire de leurs manifestations des événements inoubliables !

Pascal Salamin, Président de Swiss Triathlon

1.3.LOC

Chers amis triathlètes,

Une fois encore, la belle équipe du triathlon de Lausanne est heureuse et honorée de pouvoir organiser une épreuve internationale. Cette dernière sera un test pour la grande finale des championnats du monde de 2019.



Mon Comité, ainsi que tous les bénévoles œuvrent depuis de longs mois pour vous offrir de belles joutes sportives et c'est bien naturellement que je leur tire un coup de chapeau.

Dans un site idyllique, où le lac touche les coteaux et les montagnes, vous pourrez exercer votre sport de prédilection sur des parcours sécurisés, techniques, sinuieux avec des montées et de belles descentes aussi.

Nous nous réjouissons de vous accueillir, vous les Paratriathlètes, les élites et tous les populaires pour cette grande fête sportive. Que celle-ci se déroule avec fair-play et respect sont mes souhaits.

Alors, venez nombreux les 18 et 19 août prochains et très, très nombreux à la Grande finale de 2019.

Vive le sport, vive le triathlon.

*Claude Thomas
Directeur du Comité d'organisation*

1.4.Ville de Lausanne

Bienvenue à Lausanne !

Chères et chers triathlètes,

J'aimerais, au nom de la Municipalité, vous souhaiter une très chaleureuse et cordiale bienvenue à Lausanne, pour cette édition 2018 du Triathlon de Lausanne.

Comme vous pouvez ou vous pourrez le voir, notre ville bénéficie d'un cadre exceptionnel, située au bord du lac Léman, aux portes des Alpes, et dans une région viticole réputée, inscrite au patrimoine mondial de l'UNESCO.

Siège du Comité international olympique, le CIO, et donc capitale olympique, Lausanne est une ville de sport à plus d'un titre. Outre les nombreuses manifestations qu'elle organise (internationales, nationales ou régionales), elle accueille 57 fédérations et associations sportives internationales.



Mais Lausanne est aussi une ville de recherche, de formation et de culture, avec des institutions reconnues au-delà de nos frontières, comme le Béjart Ballet ou le Théâtre de Vidy (non loin d'ici). Peut-être aurez-vous le loisir de découvrir l'un ou l'autre de nos nombreux musées, comme la Collection de l'Art brut, unique au monde.

Si la ville participe à l'essor de toute la région lémanique, l'une des plus dynamiques de Suisse, Lausanne est elle-même en plein développement urbanistique. Elle offrira, dans les années à venir, des réalisations exemplaires dans le domaine de la mobilité, du logement et des équipements sportifs, qui permettront d'accroître son attractivité et sa qualité de vie.

Je vous souhaite d'ores et déjà un excellent séjour en nos murs et serai heureux de vous revoir, à d'autres occasions, à d'autres périodes de l'année : vous y découvrirez ainsi une ville aux multiples facettes, toujours accueillante.

*Grégoire Junod
Syndic de Lausanne*

Le monde du triathlon se réunit à Lausanne

Chères et chers triathlètes,

C'est une grande fierté de vous accueillir à Lausanne pour un week-end entièrement dédié à votre discipline. En effet, le Triathlon de Lausanne a la chance d'organiser, à côté de la course populaire, une manche de la World Cup Elites et les épreuves de Paratriathlon. Celles-ci seront le préambule à la Grande finale du Tour mondial que nous accueillerons en 2019.

Pour vous, chères et chers athlètes, le décor est prêt : le lac, les rues en pentes et le parcours sillonnant vignobles et forêts. Tous les ingrédients sont présents pour vous offrir une expérience exceptionnelle, non seulement en termes de performance, mais aussi humaine. Rassembler en un même week-end, 130 athlètes de renommée internationale, près de 80 paratriathlètes et 2'000 participants à la course populaire, résume la place du sport dans notre ville : chacune et chacun, quel que soit son âge et ses capacités, se retrouve autour d'une même passion et de valeurs communes, telles que la participation, le respect et le dépassement de soi.



La population lausannoise manifeste, elle aussi, un engouement remarquable pour la pratique sportive. Imaginez que sur une population de 145'000 habitants, elle compte plus de 30'000 licenciés dans plus de 70 disciplines proposées au sein de 285 clubs et associations. Ces chiffres sont aussi le résultat du soutien actif que la Ville accorde consacré au sport depuis de nombreuses années. Vous accueillir participe de cette volonté.

Je me réjouis de vous retrouver et vous souhaite, à chacune et chacun d'entre vous, mes meilleurs vœux de réussite !

*Oscar Tosato,
municipal en charge des sports et de la cohésion sociale,
président de l'Association du Triathlon de Lausanne*

2. Event schedule

2.1. Elite competition

Time	Activity	Location
Wednesday 15 August		
09h30 – 20h00	Public opening Bellerive Swimming pool	Bellerive
Thursday 16 August		
09h30 – 20h00	Public opening Bellerive Swimming pool	Bellerive
18h00 – 18h30	Elite athletes' briefing	Olympic Museum
18h45 – 20h15	Pasta Party	Olympic Museum
Friday 17 August		
09h30 – 20h00	Public opening Bellerive Swimming pool	Bellerive
09h00	Elite bike course familiarisation	Ouchy
10h00	Elite swim course familiarisation	Ouchy
Saturday 18 August		
11h00	Elite Women athletes lounge check-in	Ouchy
12h00	Elite Women Transition Area check-in	Ouchy
12h00	Elite Women swim course warm up	Ouchy
12h30	Elite Women athletes lounge close	Ouchy
12h45	Elite Women transition and swim course close	Ouchy
12h50	Elite Women Pre-start line-up & athletes presentation	Ouchy
13h00	Elite Women World Cup start	Ouchy
15h05	Elite Women Medal Ceremony	Tri Expo – Place de la Navigation
14h00	Elite Men athletes lounge check-in	Ouchy
15h00	Elite Men Transition Area check in	Ouchy
15h00	Elite Men swim course warm up	Ouchy
15h30	Elite Men Athletes lounge close	Ouchy
15h45	Elite Men Transition and swim course Close	Ouchy
15h50	Elite Men Pre-start line-up & athletes presentation	Ouchy
16h00	Elite Men World Cup start	Ouchy
18h10	Elite Men Medal Ceremony	Tri Expo – Place de la Navigation

2.2. Open competitions

Time	Activity	Location
Saturday 18 August		
07h30	Elite Paratriathlon World Cup	Bellerive
09h00 – 19h00	Tri Expo Village	Place de la Navigation
10h15	Swiss Championships – Mixed Team Relay	Ouchy
13h00	Elite Women World Cup	Ouchy
16h00	Elite Men World Cup	Ouchy
Sunday 19 August		
08h00 – 18h00	Tri Expo Village	Place de la Navigation
08h00	Open race – Standard	Bellerive
09h00	Open race – Sprint	Bellerive
09h35	Open race – Relay	Bellerive
13h00	Open race – Ecoliers 10-11	Ouchy
13h30	Open race – Ecoliers 12-13	Ouchy
15h30	Open race – Kids	Ouchy

The Tri Expo Village will be at the Place de la Navigation, next to the finish line. There you can find food and beverages, info point, animation, shops, etc.

3. General Information

3.1. Contact information

3.1.1. LOC Office / Event Organizer

Annual office:

Triathlon de Lausanne

Ch. Des Grandes-Roches 10, CP 245, 1000 Lausanne 18
+41 21 315 14 27 – info@trilausanne.ch - www.trilausanne.ch

On site office:

The LOC on site office is located at the venue and is open daily from Wednesday August 15th until Sunday August 19th, phone number: +41 21 315 14 27.

Opening hours:

Wednesday August 15th, 09:00 – 17:00
Thursday August 16th, 09:00 – 15:00
Friday August 17th, 08:00 – 15:00
Saturday August 18th, 08:00 – 20:00
Sunday August 19th, 08:00 – 18:00

Address:

Avenue de Rhodanie 2
1001 Lausanne
Building of Lausanne Tourism, next to the
Mövenpick Hotel

3.1.2. Key contacts

Title	Name	Email
ITU Team Leader	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org
ITU Technical Delegate	Hugh McAtamney	hugh.mcata mney@dit.ie
ITU Medical Delegate	Raphaël Weinguni	raphael.weinguni@gmail.com
LOC Race Director	Claude Thomas	claude.thomas@netplus.ch
LOC Event Manager	Aline Kellerhals	aline.kellerhals@lausanne.ch
LOC Technical Manager	Bernard Vulliamy	bernardvulliamy@bluewin.ch
LOC Medical coordinator	TBC	TBC
LOC Travel Management & Hotels	Aline Kellerhals	info@trilausanne.ch

3.1.3. Host national federation

Swiss Triathlon

Haus des Sports, Talgutzentrum 27, 3063 Ittigen b. Bern
+41 31 359 72 80 – info@swisstriathlon.ch - www.swisstriathlon.ch

3.2. Accommodation

From youth hostel to palace, Lausanne's hotels offer a whole range of categories, styles and ambiances. You can book your hotel directly through [the website of the Lausanne tourism office](#).

Contact for groups

Lausanne Tourism
Mirjam KIENER
Head of the Congress and Events Department
+41 21 613 73 10
[kien
er@lausanne-tourisme.ch](mailto:kien
er@lausanne-tourisme.ch)

3.3. Visas

If you are a citizen of the European Union (EU) or the European Free Trade Association (EFTA) and in possession of a valid recognized identity document you may enter Swiss territory without a visa.

If you are not a citizen of Switzerland or of a country in the EU or EFTA, the conditions for entry to Switzerland will vary in relation to your nationality, the reasons for your proposed stay (tourism, visit, employment, studies, family reunification, etc.) and the length of your stay (short or long duration). All the information is detailed on the website of [the Swiss Confederation](#).

The website of the State Secretariat for Migration (SEM) will inform you whether or not you require a visa to enter Switzerland and on the travel documents that are recognized. More information about ID and visa provisions according to nationality can be download on the website of the Swiss Confederation.

[https://www.sem.admin.ch/sem/en/home/publiservice/weisungen-kreisschreiben/visa/liste1_staa
tsangehoerigkeit.html](https://www.sem.admin.ch/sem/en/home/publiservice/weisungen-kreisschreiben/visa/liste1_staa
tsangehoerigkeit.html)

Persons who require a visa should submit their application to the Swiss representation competent for their place of residence.

Contact for visa applications

Swiss Triathlon
info@swisstriathlon.ch

3.4. Access to Lausanne

3.4.1. By plane

Closest international airport is Geneva (60km). Zurich international airport is at 230km from Lausanne. You will find all the information on www.gva.ch and www.zurich-airport.com.

3.4.2. By train

Geneva and Zurich airports are directly connected to national railway network. Lausanne is situated at about 50 minutes from Geneva airport (5 trains per hour) and at 2h30 from Zurich airport (4 trains per hour). Bikes are allowed in the train but an added fee has to be paid. More information on www.sbb.ch/en

Prices

Geneva > Lausanne CHF 28.00 one way ticket – second class (full price)

Zurich > Lausanne CHF 79.00 one way ticket – second class (full price)

3.4.3. By car

Europe's highway network has north-south and east-west intersections in the immediate area of Lausanne: Geneva (60km), Paris (450km), Lyon (215km), Grand Saint-Bernard tunnel (110km), Milan (320km), Bern (100km), Zurich (230km), Munich (530km).

Carsharing

Get together in a car to go to Lausanne Triathlon. The website: www.ecarsharing.com makes passengers and drivers get in contact for a regular or a casual trip.

3.5. Transfers from Geneva airport

A transfer service is available only from Geneva airport to Lausanne. This service must be booked directly through the LOC. The welcome desk of transfers' services will be at the arrival floor of Geneva airport. Shuttle will be organized as follow:

From Geneva Airport to Lausanne:	Tuesday August 14 th : 13h30 / 17h30 Wednesday August 15 th : 10h30 / 13h30 / 17h30 Thursday August 16 th : 10h30 / 13h30
From Lausanne to Geneva Airport:	Sunday August 19 th : 8h00 / 12h00 / 17h00 Monday August 20 th : 8h00 / 12h00 / 17h00

This service is free only for the Elite Men/Women athletes and Elite coaches.

Contact for booking: info@trilausanne.ch

Deadline for booking : 10 August 2018 15:00 pm (CET)

Our transfer partner can also organise private shuttle on request. Please contact info@trilausanne.ch for a quote.

3.6. Free city transportation

If you stay in a hotel and you pay the overnight "taxe de séjour", you get automatically the Lausanne Transport Card for free. It gives you free and unrestricted access to all public transport services in the city (bus, train, metro). It is valid for the duration of the reservation, including the arrival and departure days (maximum 15 days). In the event of checks, an identity document must be presented.

Moreover, you benefit from substantial discounts on the boat crossing between Lausanne-Ouchy and Evian, souvenirs and the admission price to various municipal and private museums.

Be careful! If you take the public transport with a bike, you have to pay an added fee which represents the price of a full price ticket.

More information: <https://www.lausanne-tourisme.ch/lausanne-transport-card>

3.7. City of Lausanne

Lausanne is the fourth city of Switzerland and the Olympic Capital. Its undulating contours afford residents and visitors spectacular glimpses over Lake Geneva and the Alps. The wealth of its cultural life is exceptional, while its modest size keeps it on an eminently human scale. A bastion of training and research, its campuses have built a solid reputation all over the globe. A leisurely stroll is enough to discover stunning parks and gardens, bustling shopping districts and a fine architectural heritage. Over the years, thanks to the presence of the International Olympic Committee and numerous international sport federations, Lausanne has become the administrative capital of sport and will hosts in 2020 the 3rd Winter Youth Olympic Games. To discover Lausanne is to know the quality of life that makes it such a unique city.

3.7.1. City statistics

Switzerland counts 8.4 millions of inhabitants and Lausanne's agglomeration counts more than 400,000 inhabitants. It represents 50% of Vaud district total population.

3.7.2. Currency

The actual currency of Switzerland is the Swiss Franc.

CHF 1.00 = EUR 0.86
CHF 1.00 = USD 1.00
CHF 1.00 = GBP 0.75

3.7.3. Banks

Most banks are opened from 9h00 to 17h00. There are 24-hour Automatic Teller Machines (ATMs) around the field of play and in the whole city of Lausanne. Below are three ATMs next to the FOP:

BCV – Av. De Rhodanie 2, 1007 Lausanne and Av. D'Ouchy 76, 1006 Lausanne

UBS – Av. D'Ouchy 61, 1006 Lausanne

3.7.4. Language

In Lausanne, the population speaks French. However, English and German are both languages that are understood and spoken by a majority of people.

3.7.5. Weather

Lausanne enjoys a pleasant and sunny continental climate influenced by the mountains and Lake Geneva. The temperature in July and August is around 25 degrees C. In summer, the sun shines on average more than 8 hours a day around Lake Geneva.

Local weather can be checked on the [Meteoswiss website](#).

3.7.6. Time zone

Central European Summer Time (CEST) is 1 hour ahead of Coordinated Universal Time (UTC). This time zone is in use during standard time in: Europe, Africa.

4. Venue

The venue is situated along Lake Geneva, in Lausanne-Ouchy.

4.1. Venue map





**TRIATHLON
LAUSANNE**

INFO

© SECRÉTARIAT GÉNÉRAL ET CADASTRE DE LA COMMUNE DE LAUSANNE

GARE CFF
RAILWAY

MÉTRO
SUBWAY

COULOIR PUBLIC NATATION
PUBLIC HALLWAY SWIMMING

CIRCULATION PUBLIC
PUBLIC CIRCULATION

CÉRÉMONIES PROTOCOLAIRES
MEDAL CEREMONIES

PRIORITÉS AUX TRIATHLETES
PRIORITY TO TRIATHLETES

PASSAGES PUBLICS
PUBLIC PASSAGES

TOILETTES
RESTROOM

RESTAURATION
CATERING

RETRAIT DES DOSSARDS
REGISTRATION

VESTIAIRES
CHANGING ROOM

RAVITAILLEMENT
AID STATION

PRO
BRIEFING

EXPO
TRI-EXPO ANIMATIONS
EXPO SHOW

SAMARITAINE
MEDICAL

PARKING

4.2. Elite Athletes lounge

Elite athletes can access to the athletes lounge before and after the race. Toilets, water, fruit and energy bars will be available for the athletes.

Location: Place du Général-Henri-Guisan (on top of transition area and in front of the departure)

Opening times of the athletes lounge:

- Elite Women: 11h00 – 12h30
- Elite Men: 14h00 – 15h30

5. Athletes services

5.1. Bike mechanical services

A bike mechanical service will be available next to the Athletes lounge.

For 2018 we do not have a bike partner. However, we can recommend you these two shops:

Vélo-land

Place de la Riponne 3, 1005 Lausanne
+41 21 566 27 30
contact@velolandlausanne.ch
<https://www.veloland-shop.ch/>

The Bike

Avenue de Lavaux 4, 1009 Pully
+41 21 711 12 80
info@the-bike.ch
<http://www.the-bike.ch>

5.2. Doping control

Doping control will be performed according to ITU/WADA rules and Swiss Anti-doping regulations.

Doping control will take place at the Curling Hall, Chemin des Pêcheurs 7, 1007 Lausanne.

5.3. Medical assistance

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue on August 18th and 19th, before and during competition hours as well as during course familiarisations. Medical and paramedical personnel will be available throughout competition time. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

If you require medical assistance during your stay in Lausanne but away from the venue, you can dial the emergency number 144.

Possible medical services at the venue are free of charge.

Other treatments have to be paid by the participants, details are below:

- Any ambulance transport to or emergency treatments in **CHUV hospital** are guaranteed by athletes and team insurance. However, the athletes and their team must ensure they have appropriate medical insurance. No cash payment is needed, the bill will be sent to the insurance.
- Any ambulance transport to or emergency treatments in **Vidy Med, Vidy Source** have to be paid cash by the athletes and their team. However, some insurance are partner with these hospital

and in this case, treatments are guaranteed by the insurance (for ex. AGI Assistance, Coris, etc.). For the entire list, please see the contact information below.

- Any appointments made at a medical centre/hospital (in case of no emergency) have to be paid cash by the athletes or their team.

Hospitals contact information	
Centre Hospitalier Universitaire Vaudois (CHUV) Rue du Bugnon 46 1011 Lausanne +41 21 314 11 11	Vidy Med Route de Chavannes 9A 1007 Lausanne +41 21 622 88 88

5.4. Massage

Prior to the event	At the event
Contact : Swissphysio ORT swissphysiosport.secretariat@gmail.com +41 21 866 66 78 Place: Cugy, Echallens or Sullens Service: must be paid by the athlete	Contact : Swissphysio ORT Sébastien Chatelain +41 76 568 00 07 (to use only during the event) Place: in the Athletes lounge Service: a recovery massage of ~10 minutes is offered to the athlete, no booking needed

6. Training & familiarisation

6.1. Course familiarisation

A course familiarisation is organised **Friday 17th august** on the bike & swim course.

6.1.1. Bike

Time: departure at 09:00

Location: Place du port, Ouchy (next to the castle of Ouchy)

6.1.2. Swim

Time: departure at 10:00

Location: Start pontoon, next to the transition area

6.2. Training options

6.2.1. Swim training

The Bellerive swimming pool is available for elite athletes and paratriathletes to train, the entry is **free**. Athletes will have to present their ID or Accreditations at the entrance. Two lanes of the outside pool are at your disposal. The water temperature will be around 22 degrees C.

At the Bellerive Swimming pool you also have an access to the lake, if you are willing to train within the race's conditions.

There will be some bike racks for athletes' bikes inside the pool. However, the LOC doesn't organize any security, athletes have to bring their own padlocks.

Training hours

Date	Time Slot
Wednesday August 15th	10h00 – 12h00
Wednesday August 15th	17h00 – 18h30
Thursday August 16th	10h00 – 12h00
Thursday August 16th	14h30 – 16h00
Friday August 17th	10h00 – 12h00
Friday August 17th	17h00 – 18h30

Location **Bellerive swimming pool**
Av. De Rhodanie 23 – 1007 Lausanne
Access: bus 2 stop Bellerive / Parking nearby
Information: 021 315 48 60
www.lausanne.ch/bellerive
Possibility to rent swimming towels. With disabled access.

Others swimming pools

Outdoor	Indoor
Piscine de Montchoisi – open every day Av. A-M-Servan 30 – 1006 Lausanne Access: bus 4, 8, 25 Information: 021 315 49 62 www.lausanne.ch/montchoisi Price for an adult: CHF 6.00 / CHF 4.50 from 5pm <i>Possibility to rent padlocks. With disabled access.</i>	Piscine de Mon-Repos – open every day Av. Du Tribunal-Fédéral 4 – 1005 Lausanne Access: bus 6, 7, 66, 13 /M2/Parking nearby Information: 021 315 48 88 www.lausanne.ch/mon-repos Price for an adult: CHF 6.00 / CHF 4.50 from 5pm <i>Possibility to rent swimming towels, swimsuits and padlocks.</i>

6.2.2. Bike training (recommended course)

Despite slopes, Lausanne has many bike itineraries on open roads. Bike training is possible in the whole city and a map shows the approximate time between two places. See the map on [Lausanne website](#). Discover all the cycling possibilities on [Switzerland Mobility website](#).

There is no official route for bike training and this is not closed to traffic. You are cycling at your own risk.

6.2.3. Run training (recommended course)

From lakeside to hillside and right from the north to the south of the city, measured courses and trails allow you to run or walk in green and idyllic natural settings. In Vidy, running distance from Bellerive, you will find pleasant trails to run along the lake and free access to a stadium.

Stade Pierre-de-Coubertin

Avenue Pierre-de-Coubertin 9
1007 Lausanne
Tél. +41 21 315 49 20
Access free, open 24h/24h

Track lighting: until 20h30
Locker room schedule: Mon-Fri 7h00-20h00 / Sat-Sun closed
Access by bus: 1, 2, 6, 25, Stop « Maladière »

With disabled access

Centre sportif de Vidy

Avenue Pierre-de-Coubertin 9

1007 Lausanne

Tél. +41 21 315 49 20.

Length of the trail : 2.1 km

Access free, open 24h/24h

With disabled access



6.3. Swim warm up

Time:

- Women: 12h00 – 12h45
- Men: 15h00 – 15h45

Location: in front of the departure of the race

It is forbidden to swim outside the swim warm up area because of safety reasons and shipping traffic. You are swimming at your own risk.

7. Race registration

7.1. Athletes briefing and Pasta Party

The Athletes briefing will take place on Thursday 16 August at 18h00. Athletes briefing will be followed by the packages distribution and then with the Pasta Party at 18h45 at the same place. Some bike racks will be at your disposal if you come by bike to the briefing. Some staff will look after your bikes, however bring your own padlocks.

Location Athletes Briefing

Auditorium
Olympic Museum
Quai d'Ouchy 1
1006 Lausanne.

Location Pasta Party

Tom Café
Olympic Museum
Quai d'Ouchy 1
1006 Lausanne.

Registration for the Pasta Party is mandatory for everybody. Elite Athletes and 2 staff per nations will be admitted for free. For any additional people, the pasta party can be booked for CHF 25.-/ person.

Contact for Pasta Party booking: info@trilausanne.ch

Deadline for Pasta Party booking: 08 August 2018 15:00 pm (CET)

At the athletes briefing, athletes and coaches will receive their accreditation and athletes will receive their race package. The timing chip will be given at the athletes lounge before the race.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request.

7.2.Timing chip

The timing chips have to be handed back at the end of the race or an extra fee of CHF 50.00 will be charged to the athlete or his team.

8. Elite competition

8.1. Course description and maps (field of play)



8.2. Transition zone

Saturday 18 August		
11h00	Elite Women athletes lounge check in	Ouchy
12h00	Elite Women TA check in	Ouchy
14h00	Elite Men athletes lounge check in	Ouchy
15h00	Elite Men TA check in	Ouchy

8.3. Swim course

Start mechanism: dive start from a pontoon

Distance: 2 laps of 750 m, total of 1.5 km

Average water temperature: 22°C

Decision on wearing a wetsuit will be given by head referee one hour before the race.

Swim familiarisation: Friday 17th August at 16:00

8.4. Bike course

Hilly circuit – Good road surface

Distance: 7 laps of 5.728 km, total of 40.096 km

Bike familiarisation: Friday 17th August at 15:00

8.4.1. Course profile:

Min. Height: 373m

Max. Height: 419m

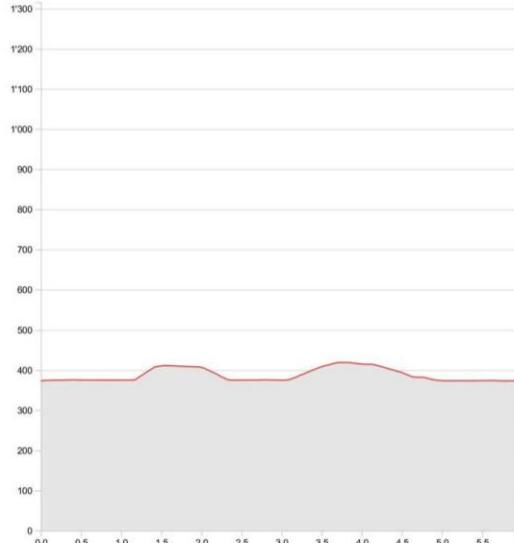
8.4.2. Wheel Station

Team Wheel station will be located at the exit of the transition area at the bottom of the Avenue d'Ouchy.
Bring your own/team wheels

Neutral Wheel Station will be located at the top of Avenue d'Ouchy on the left.

Wheels will be provided by LOC.

Team wheels need to be checked during the bike check in.



8.5. Run course

Flat, technical circuit – Good road surface

Distance: 4 laps of 2.36 km plus distance from start to lap 100m and distance from lap to finish 500 m.

Total of 10.04 km. One 180° turn per lap.

8.5.1. AID stations

The aid stations are located on the run course at 450m and 1.1km after the transition area. Sealed 0.33 litre bottles of water will be handed out.

8.5.2. Littering zone

Please note that we have placed a container directly after the aid station, where you have to dispose your used bottles and waste.

8.5.3. Penalty box

Penalty box is located right-hand side around 100m before the finish line.

8.6. Results

General results will be uploaded live at the [Datasport website](#) and at the info booth at the Navigation Square. It will also be uploaded live at the ITU official website [www.triathlon.org](#).

9. Rules and appeals

9.1. Competition rules

The event will follow the latest published [Competitions Rules of the International Triathlon Union](#).

10. Appeals and protests

Standard procedures will be followed according to the [Competitions Rules of the International Triathlon Union](#).

11. Medal ceremonies

The athletes' medal ceremonies will take place at the finish area (Tri Expo) 5 minutes after the last athlete has arrived.

