

# Un triathlon d'exception !

SAMEDI 12 NOVEMBRE 2011

Coupe Continentale d'AFRIQUE

Triathlon Courte Distance

15 km - 40 km - 10 km



# Agadir Morocco Triathlon

## ATHLETE'S EVENT GUIDE

triathlon



الجمعية المغربية للرياضة  
Fédération Royale Marocaine  
de Sport pour Tous



inscriptions en ligne sur [www.agadirtriathlon.com](http://www.agadirtriathlon.com)

Renseignements Hébergement  
[touss\\_moussine@hotmail.fr](mailto:touss_moussine@hotmail.fr)

Contact comité d'organisation  
[gilles.guésari@wanadoo.fr](mailto:gilles.guésari@wanadoo.fr)

# A - GENERAL INFORMATIONS

## 1 – Key Dates

<b>Friday 11 November</b>	
<b>All day</b>	Swin familiarization – Atlantic Ocean
<b>17h45 à 18h30</b>	Registration
<b>18 Heures 30</b>	Elite Race Briefing
<b>Saturday 12 November</b>	
<b>14h15</b>	<b>Race Start Men</b>
<b>14h20</b>	<b>Race Start Women</b>
<b>18 Heures 30</b>	<b>Medal Ceremony</b>
<b>20 Heures</b>	<b>Final Party</b>
<i>* Horaire estimatif</i>	

The Race Briefing and Registration will take place in RYAD MOGADOR HOTEL  
Final Party will take place on the Event Village, square close by the Race Venue.

## 2 – Key Contacts

<b>Nom Prénom</b>	<b>Numéro</b>	<b>Mail</b>
GAUBERT Gilles	06 72 43 18 14	LOC EVENT DIRECTOR
FRIZZA Dominique	+33 6 29 53 56 39	Technical Delegate
LORDET Fabienne	+33 6 26 47 30 17	Media Manager
THOURET Jean-Claude	+33 6 55 14 57 40	Doctor
TIME TRAVEL Sana ARABAB	+212 5 28 84 44 33	Transport Manager

Event Organizer:

M. Gilles GAUBERT : 06 72 43 18 14 – gilles.gaubert@wanadoo.fr  
4 rue Mohammed Ben Massaoud – Medina – 44000 ESSAOUIRA  
Web: [www.triathlonagadir.com](http://www.triathlonagadir.com)



### 3 – Venue (on the sea front)



### 3 - Hotels View



#### 4 - Athletes Lounge

Will take place into the village and will be open Saturday 12 from 13h to 19h30. Sealed bottles of water, energy beverage, fruits and energy bars will be offered at the athletes lounge.

#### 5 - Doping Control

Could be performed on the race venue – according to Morocco A.D Rules. Athletes must carry their I.C to the doping control facilities.

#### 6 - Medical Service

Doctor Jean-Claude THOURET (+33 6 55 14 57 40) will be available during your journey in AGADIR. First Aid and Medical Services will be available on place before and during the competition hours.

#### 7 - Bike Mechanic Service

#### 8. Transfers

The organizer will provide shuttles from the airport to your hotels.

Can you please let us know all your needs by Monday, November 7 at the latest.

Price : 20 €/person

Contact: **TIME TRAVEL - Sana ARABAB +212 5 28 84 44 33**



## 9 - Participation Right

30, 00 Euros per athlete am - this price includes:

- Shuttles to and from your hotels
- The Final Party.

## 10 – Accommodation

### HOTEL KENZI EUROPA :

Mrs. Houria ATTAR – Responsable Booking département

Office : +212 528 82 12 12

Web : [resaeuropa@kenzi-hotels.com](mailto:resaeuropa@kenzi-hotels.com)

Password : Triathlon

### HOTEL ANEZI :

Madame SDIGUI Leïla – Responsable Commerciale

Office : +212 528 84 09 40

Web : [commercial@hotelanezi.com](mailto:commercial@hotelanezi.com)

Password : Triathlon

### HOTEL RYAD MOGADOR AL MADINA:

Madame AMINA

Tél : +212 528 29 80 80

+212 528 29 80 00

Web : [hmadinaresa@ryadmogador.com](mailto:hmadinaresa@ryadmogador.com)

code promo : Triathlon

# B - COMPETITION INFORMATIONS

1 - Schedule: Saturday 12th

12h00 - 13h00	Athlètes' Lounge W + M Open
13h00 - 13h45	Check In W+M
13h30 - 13h45	Swim Warm Up
<b>14h15</b>	<b>Race Start Men</b>
<b>14h20</b>	<b>Race Start Women</b>
18h30	Medal Ceremony
from 20h00	Final Party



## 2 - Field of Play

### a - The Swim Course

The swim course will take place on the Atlantic Ocean with a mass start on the beach. During November, the water temperature is expected to be 17 - 21 . The distance between the out of swim and the T.A is about 200m crossing the beach.

### b -The Bike Course

Athletes go into the T.A by one side and go out straight ahead by the opposite side. The bike course won't pass through the T.A on the first lap. The bike course is technical and hilly. There are 2 laps of 19 km.

### c - Wheel Station

There will be one wheel station along the course. It will take place on the left at the U Turn, boulevard du 20 Août.

- A van, post on the top of the TA during the check in will transport the wheels to the W.S. The wheels must be clearly identifiable (name, flag of the nation...)



### d – The Run Course

Athletes will leave the TA using the same way than the bike course. Run course will take place along the seafront. Two laps of 5 km.

### 3 – Results

Results will be unplowed live at the ITU's Official website: [www.triathlon.org](http://www.triathlon.org) or at the Time Company website: [www.chronosmetron.com](http://www.chronosmetron.com)

### 4 - Competitions Rules

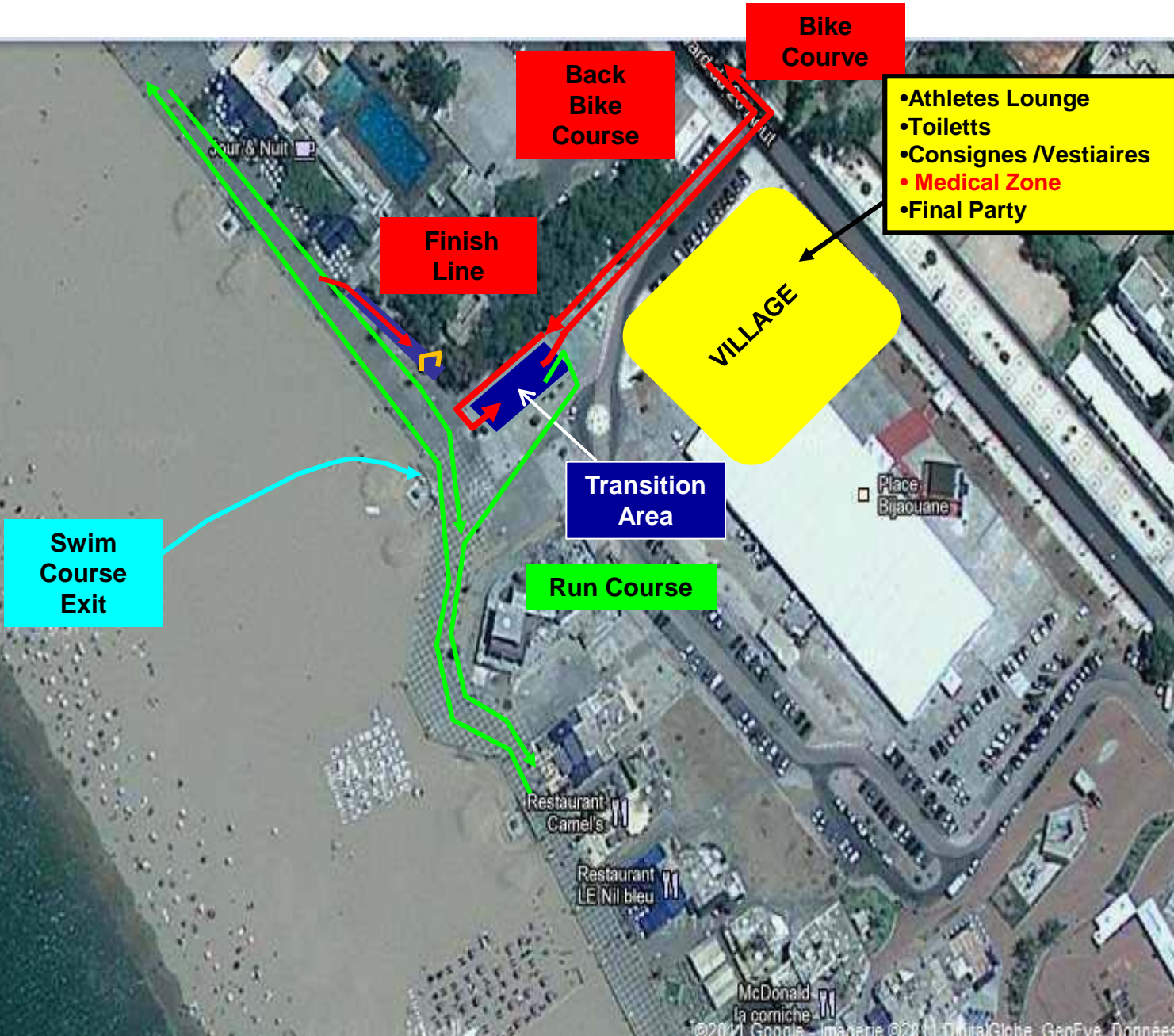
Agadir ITU Triathlon African Cup will follow the latest published Competitions Rules from the International Triathlon Union.

### 5 – Accreditation

LOC will provide to Athletes, Coaches, Technical Delegate, Media, Medical Team, VIP.

# 6 - Maps

## Race Venue



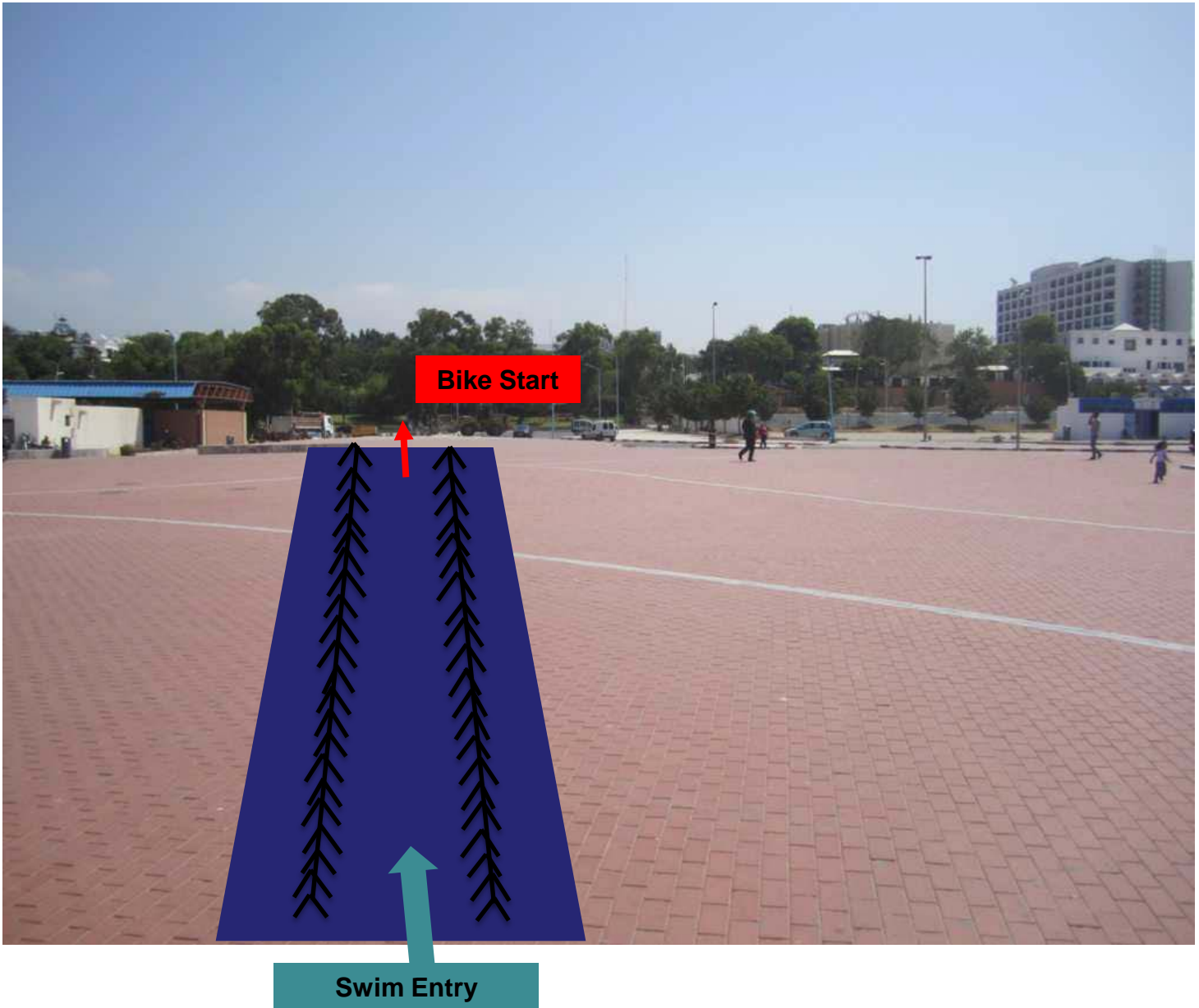


# Swim Course





# TRANSITION 1 SWIM - BIKE



# Bike Course

37km - 2 Laps

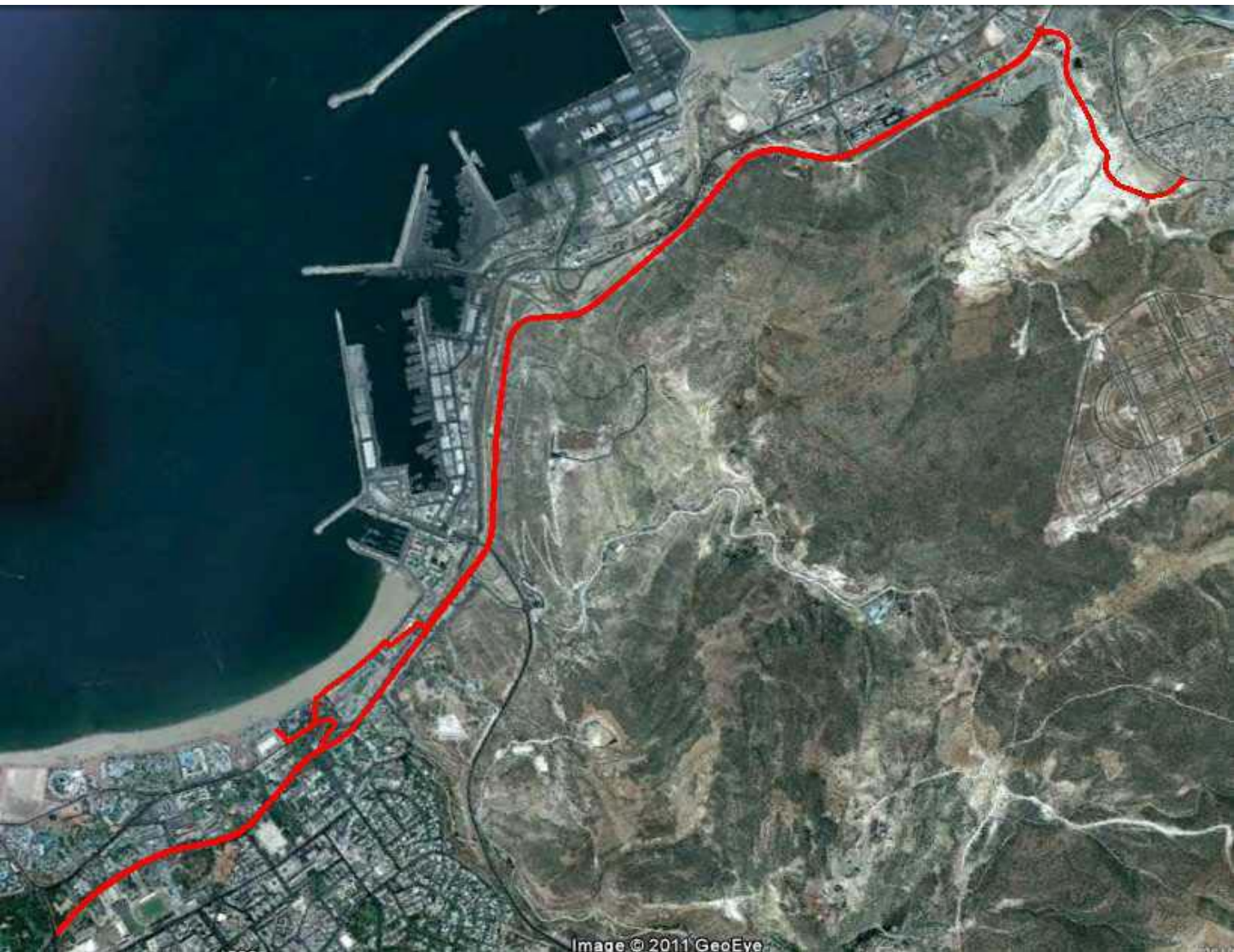
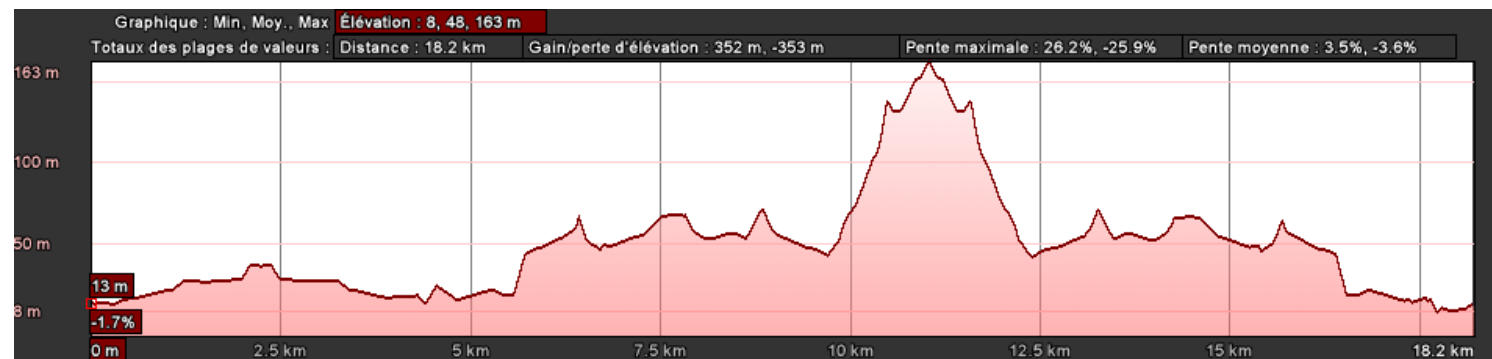
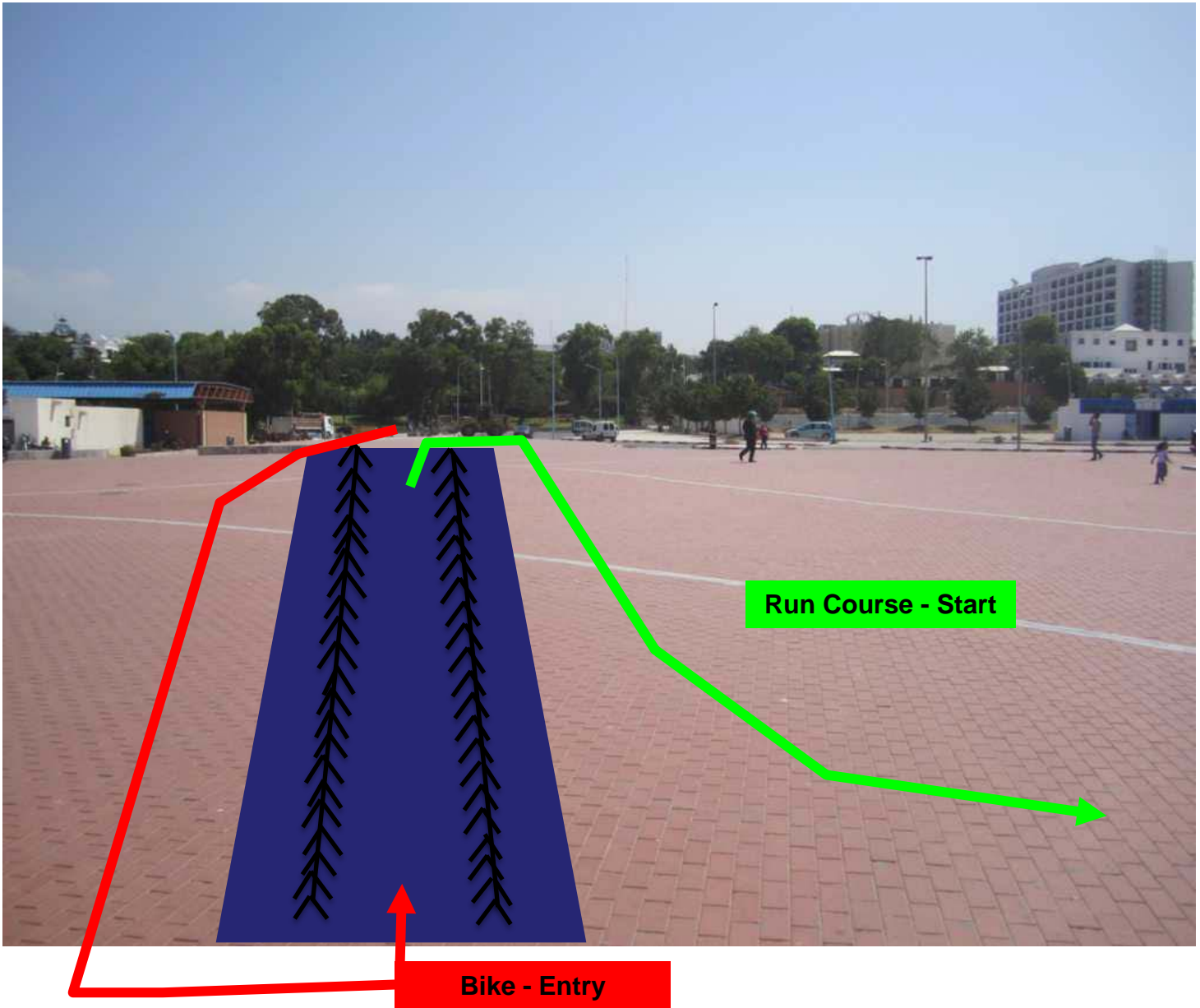


Image © 2011 GeoEye



# TRANSITION BIKE - RUN





# Run Course 10km - 2 Laps

