

**2015 Châteauroux ETU  
Triathlon Junior & Sprint  
European Cup  
July 18th – 19th**

**Châteauroux**  
**JUNIOR EUROPEAN CUP & EUROPEAN CUP**  
**2015 triathlon Sprint**

**Athlete's Guide**

## GENERAL INFORMATIONS

### 1. Key Dates / Location

<b>Friday 17th</b>	Press Conference	Pending
<b>Friday 17 th</b>	Junior Athlete's Briefing	16:00
<b>Friday 17th</b>	Junior Race Package' s Distribution	16 :30 – 17:00
<b>Friday 17th</b>	Elite Athlete's Briefing	17:00
<b>Friday 17th</b>	Elite Race Package' s Distribution	17:30-18:00
<b>Friday 17 th</b>	Elite & Junior Bike Familiarization	18:00-19:00
<b>Friday 17th</b>	Elite and Junior Swim Familiarization	19:00-20:00
<b>Saturday 18 th</b>	<b>Junior Women Race Start</b>	<b>13:00</b>
<b>Saturday 18 th</b>	Junior Women Medal Ceremony	14:30
<b>Saturday 18th</b>	<b>Junior Men Race Start</b>	<b>18:15</b>
<b>Saturday 18th</b>	Junior Men Medal Ceremony	19:30
<b>Saturday 18th</b>	The Junior's Blue Party	21: 45 – 01 :00
<b>Sunday 19th</b>	Elite Women Race Start	11:00
<b>Sunday 19th</b>	Elite Men Race Start	15:15
<b>Sunday 19th</b>	Elites Medal Ceremony	16:30
<b>Sunday 19th</b>	Elite's Red Party	21:45-01 :00

- Briefing, race-package distribution will take place on the main Venue, Salle Barbillat Touraine
- Bike Familiarization Will star from the Exit of the TZ
- Athletes will have to pay the Entry Fees in the LOC Office before to withdraw their Race Package (for methods of payment, please see below).
- Junior and Elite Party will take place in « La Guinguette », located on the Venue, close to the Swim Exit.

### 2. Key Contacts

**Event Organiser:** Ligue du Centre de Triathlon - 8, rue Lavoisier – 45140 INGRE

lrcentretriathlon@gmail.com - <http://www.triathlon-centre.org/?p=276>

<b>Dominique FRIZZA</b>	LOC Event Director	+33629535639
<b>Eriketti MARGARI</b>	Technical Delegate	PENDING
<b>Christophe LEBRIS</b>	Media Manager	+33626473017
<b>Dr Christophe COGNARD</b>	Race Doctor	+33686736274
<b>Nicolas CHAPEYROUX</b>	Transport - Accommodation	+33608223876

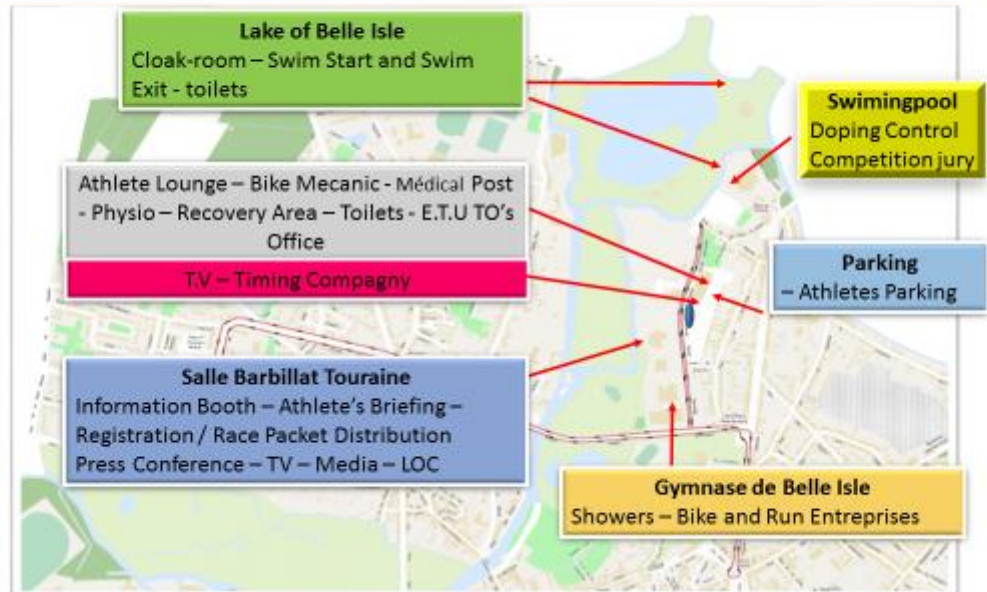
# VENUE

## 1. Venue

The main venue is situated in CHATEAUROUX – BELLE ISLE



## The Venue



### 2. Athletes Lounge

Located in the BOULODROME, the Athlete Lounge will be open 1h30 before the start of each race.

Sealed bottles of water, fruits and energetic bars will be available at the athletes lounge. Dedicated Toilets will be available close to the Athletes Lounge. Showers will be in the Gym (300 m of the TZ).

### 3. Doping Control

Could be performed on the main race venue – according to French A.D Rules.

Athletes must carry their I.C to the doping control facilities. The Doping Control Office is located in the Swimming Pool- 1st Floor.

### 4. Medical Service:

Doctor Christophe COGNARD, First Aid and Medical Services will be available on place during the competition days. The First-Aid Post is located in the Boulodrome.

### 5. Bike Mechanic Service:

There will be a Bike Mechanic Service, available close to the Athlete Lounge.(times have to be confirmed)

Friday 17<sup>th</sup> - Saturday 18<sup>th</sup> - Sunday 19<sup>th</sup>

## 6. Entry Fee:

Concerning the Entry Fees, you can pay by cash on site after the Athlete's Briefing or by transfer in the LOC Bank Account below:

**Crédit Mutuel**

CM ORLEANS MADELEINE  
TEL 08-20-83-40-45  
2 AVENUE DE LA GRENAUDIERE  
45140 INGRE

Relevé d'identité bancaire-IBAN  
Ce relevé est destiné à être remis, sur leur demande, à vos créanciers ou débiteurs, français ou étrangers, appelés à faire inscrire des opérations à votre compte (virements, paiements, etc...)  
This statement is intended to be delivered, to those of your creditors or debtors who have transactions posted to account (credit, transfers, payments, etc.....)

Identifiant national de compte bancaire - RIB

Code Banque	Code Guichet	Numéro de Compte	Clé RIB	Domiciliation
10278	37453	00011326601	70	INGRE

Identifiant international de compte bancaire

IBAN (International Bank Account number)	BIC (Bank Identification Code)
FR76 1027 8374 5300 0113 2660 170	CMCIFR2A

140652340100123  
12-13 - HEC0010

TITULAIRE DU COMPTE  
ACCOUNT OWNER

LIGUE CENTRE DE TRIATHLON  
8 RUE LAVOISIER

## TRANSPORTATION - ACCOMODATION

### 1. How to get to Châteauroux ?

Châteauroux : <http://maps.google.fr/maps?hl=fr&ie=UTF-8&tab=wl>

- **By car:** Located less than a 3-hour drive from Paris by the A20 Paris-Toulouse - exits 12, 13 and 14 (free A20)
- **By Plane**  
We recommend you to land in Paris Orly Airport because It is situated South of Paris like Châteauroux and then closer to the exit to Châteauroux and Austerlitz Station.  
— From Paris Orly to Austerlitz Station you can use RER C or taxi (about 40 €) with a bike.  
— From Paris Charles de Gaulle Aiport, you get a direct train to Châteauroux everyday at 18:59 / arrival in Chateauroux Station at 21:45.  
Return: Sunday / Monday: departure from Chateauroux statiion at 9:20 / arrival at Roissy Charle de Gaulle Airport at 12:07 (direct train)
- **By train**

Chateauroux is served by the Paris-Limoges-Toulouse railway line (1h50 by DIRECT train from Paris Austerlitz). There are a lot of everyday regular train from Austerlitz Station to Châteauroux which cost between 20 € to 40 € - <http://www.voyages-sncf.com/billet-train>

- Shuttles – from Châteauroux Station to and from and the hotels will be arrange by the LOC. Thank you for booking your return transfer with Nicolas: [nicolas.chapeyrou@orange.fr](mailto:nicolas.chapeyrou@orange.fr) - +33608223876.

## 2. Accommodation

**E.T.U Host Hotel: BEST WESTERN Hôtel Colbert** - 4, rue Colbert – Avenue de la Châtre – 360000 CHATEAUROUX - <http://www.hotel-colbert.fr/> - Tel. +33 2 54357000 - Fax. +33 2 54274588

- A list of hotels recommended by the Tourist Office of Châteauroux : [Liste hôtels triathlon chateauroux \(English Version\)](#)
- You may, either book your accommodation yourself or book through the Tourism Office [accueil@chateauroux.tourisme.com](mailto:accueil@chateauroux.tourisme.com). Rates include the Tourist office's commission.

## TRAINING

### 1. Training Sessions in the Swimming Pool of Châteauroux located on the Venue

Pre-competition swimming training will take place at the Municipality Pool on the Venue. Free access for accredited athletes and coaches.

- Friday 17th: 8:00-9:45
- Saturday 18th: 8:00-9:45

## COURSE FAMILIARIZATION

### 1. Bike Course Familiarization

- Will take place on Friday 17 th from 18:30 – 19:00 (2 laps), and will start from the Exit of the TZ.  
The roads will stay open –motorbikes and Police will escorted the athletes and secure the circuit.

### 2. Swim Course Familiarization

Will take place on Friday 17th from 19:00 to 20:00. During the Swim Familiarization there will be lifeguards and medical services available.

## COMPETITION INFORMATIONS

### 1. Competition Schedule

#### SATURDAY 18th

11:30	Junior Women Lounge open
12:00	Junior Women check-in Transition Area opens
12:00-12:45	Junior Women Swim Warm up
12:50	Junior Women Presentation
13:00	<b>Junior Women Race Start</b>
14:30	Junior Women Medal Ceremony
16:45	Junior Men Lounge open
17:15	Junior Men check-in Transition Area opens
17:15-18:00	Junior Men Swim Warm up
18 :05	Junior Men Presentation
18 :15	<b>Junior Men Race Start</b>
19:30	Junior Men Medal Ceremony

- For the Bike mechanic> we need him on the Briefing at briefing times and on the race day at the athletes' lounge on the hours that the athletes' lounge will be open. If you can confirm this, I will include it in the guide.

- Finally, for the maps, can you please include arrows to show the direction both for the swim and bike maps?

#### SUNDAY 19<sup>th</sup>

9:30	Elite Women Lounge open
10:00	Elite Women check-in Transition Area opens
10:00-10:45	Elite Women Swim Warm up
10:50	Elite Women Presentation
11:00	<b>Elite Women Race Start</b>
13:15-13:45	Elite Men Lounge open
14 :15	Elite Men check-in Transition Area opens
14:15-15:00	Elite Men Swim Warm up
15:05	Elite Men Presentation
15:15	<b>Elite Men Race Start</b>
16:30	Elite Women and Elite Men Medal Ceremony

### 2. Field of Play

#### a- The Swim Course: 750 m

- The swim course will be in the lake of Belle Isle without any current.
- It will be a Beach Start

- The distance between the T.Z and the Swim Start Area is about 500 m. A cloakroom will be set up at the beach with numbered plastic boxes or bags for the athlete's unused stuff. Volunteers will bring them back to the Athlete Lounge. Toilets will be available in this area.
- The distance from the Swim Exit to the T.Z is 410 m,

#### **b-The Bike Course: 4 laps = 19,4 km**

The course is anti- clockwise. Clean surface. Little slope.

#### **c- Wheel Station**

- There will be one wheel station along the course. This position will be specified at the briefing.
- A van, post on the top of the T.Z during the check in will transport the wheels to the Wheel Station. The wheels must be clearly identifiable (name, flag of the nation...). Wheels will be taken back to the T.Z after the race. No Aid Station on the Bike Course.

#### **d- Run Course: 2 x 2.5 km**

- The Run Course will use the final part of the bike course with a gentle slope.
- 2 Water- Aid Station and the Penalty-Box will; see the location on the map. Final position, agreed by T.D, will be presented at the Briefing.

### **3. Results**

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

### **4. Competitions Rules**

**2015 Châteauroux ETU Triathlon Junior & Sprint will** follow the latest published Competitions Rules from the International Triathlon Union.

### **5. Accreditation**

- From Thursday 16<sup>th</sup> 17:00, at the Salle Barbillat Touraine on the Venue, LOC will provide Accreditation to athletes and coaches for the Swimming Pool.

### **6. Weather Conditions:**

- Last Week Weather Forecast will be online.

### **7. Juniors Blue Party**

Will occur Saturday 18<sup>th</sup> on the Bar - Restaurant "La Guinguette" located close to the Swim Exit, from 21:45 to 1:00. Only accredited athletes and coaches and hosted persons will be allowed to access. LOC will delivered - in the race package 2 tickets for free non – alcohol beverages. Wearing a blue dress would be appreciated and will give some benefits!

LOC will arrange shuttle in order to bring the athletes back to their hotel every hour.

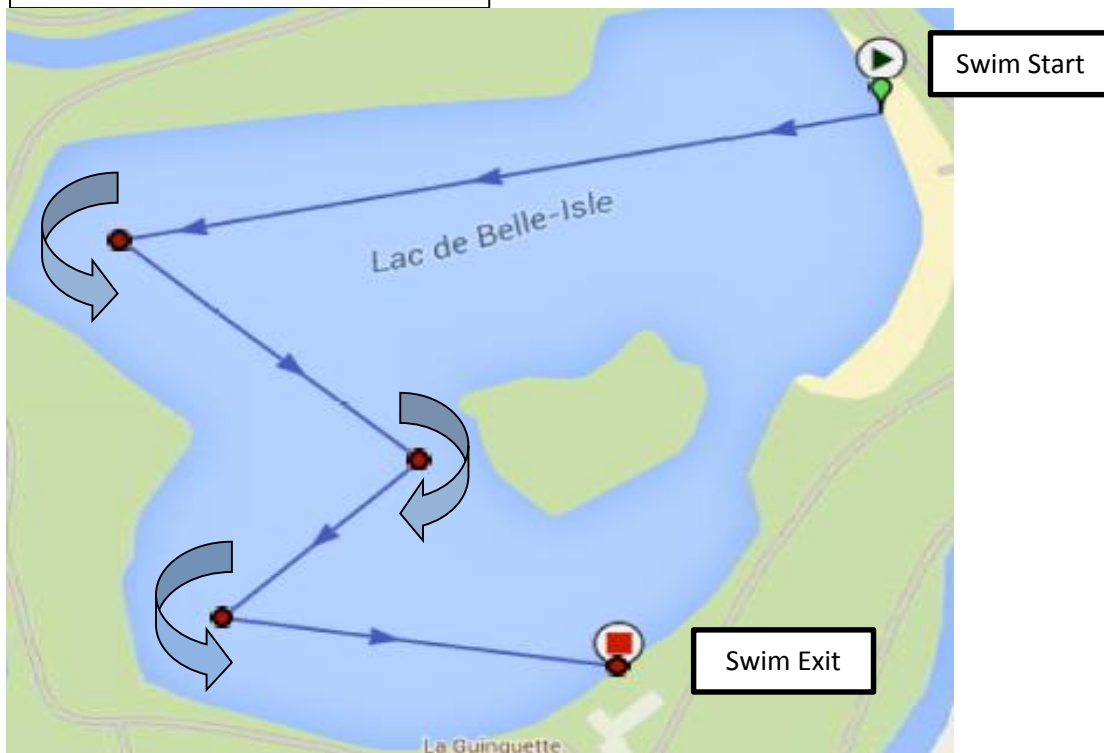


## 8. Elites Red Party

Will occur Sunday 19th on the Bar - Restaurant "La Guinguette" located close to the Swim Exit, from 21:45 to 1:00. Only accredited athletes and coaches and hosted persons will be allowed to access. LOC will delivered - in the race package 2 tickets for free beverages. Wearing a red dress would be appreciated and will give some benefits! LOC will arrange shuttle in order to bring the athletes back to their hotel every hour.

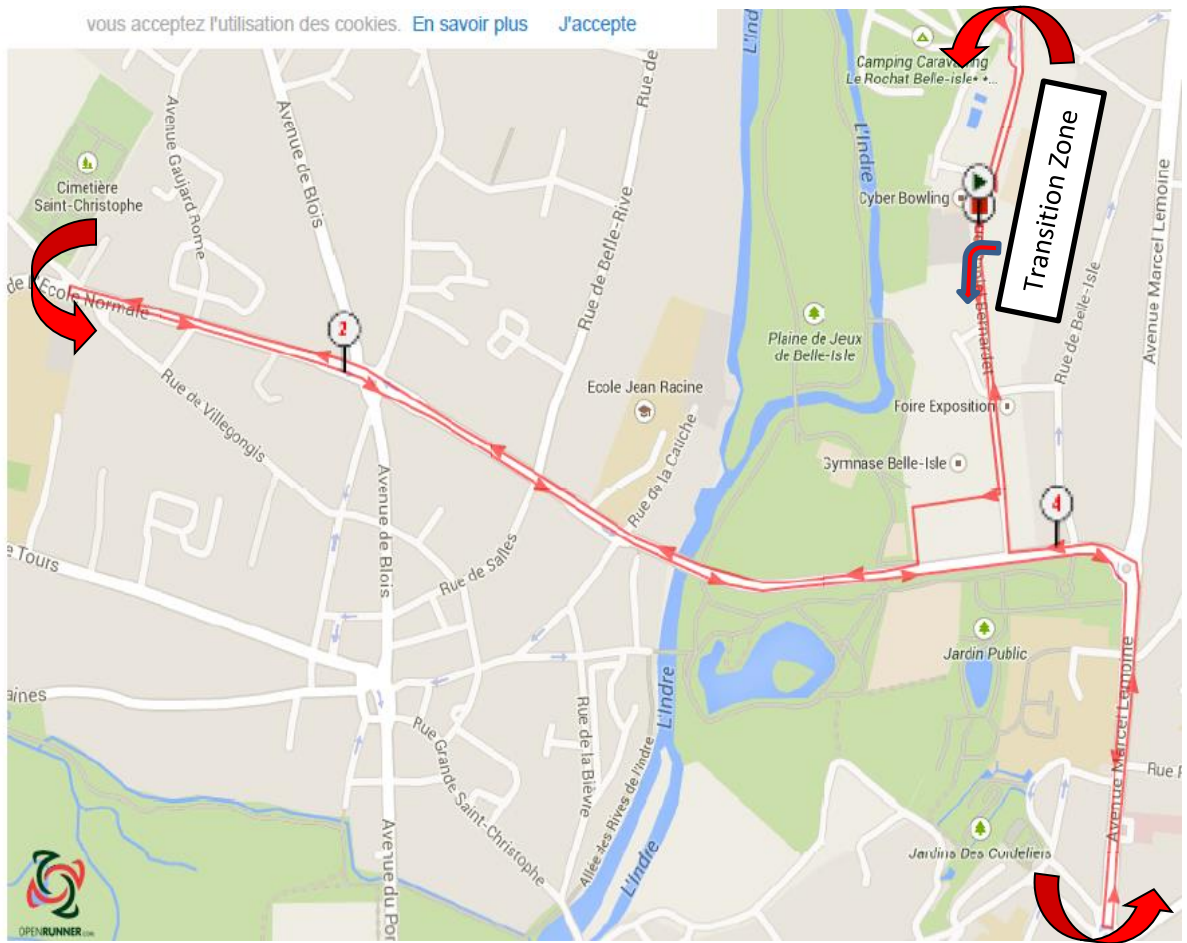
## 9. The Maps

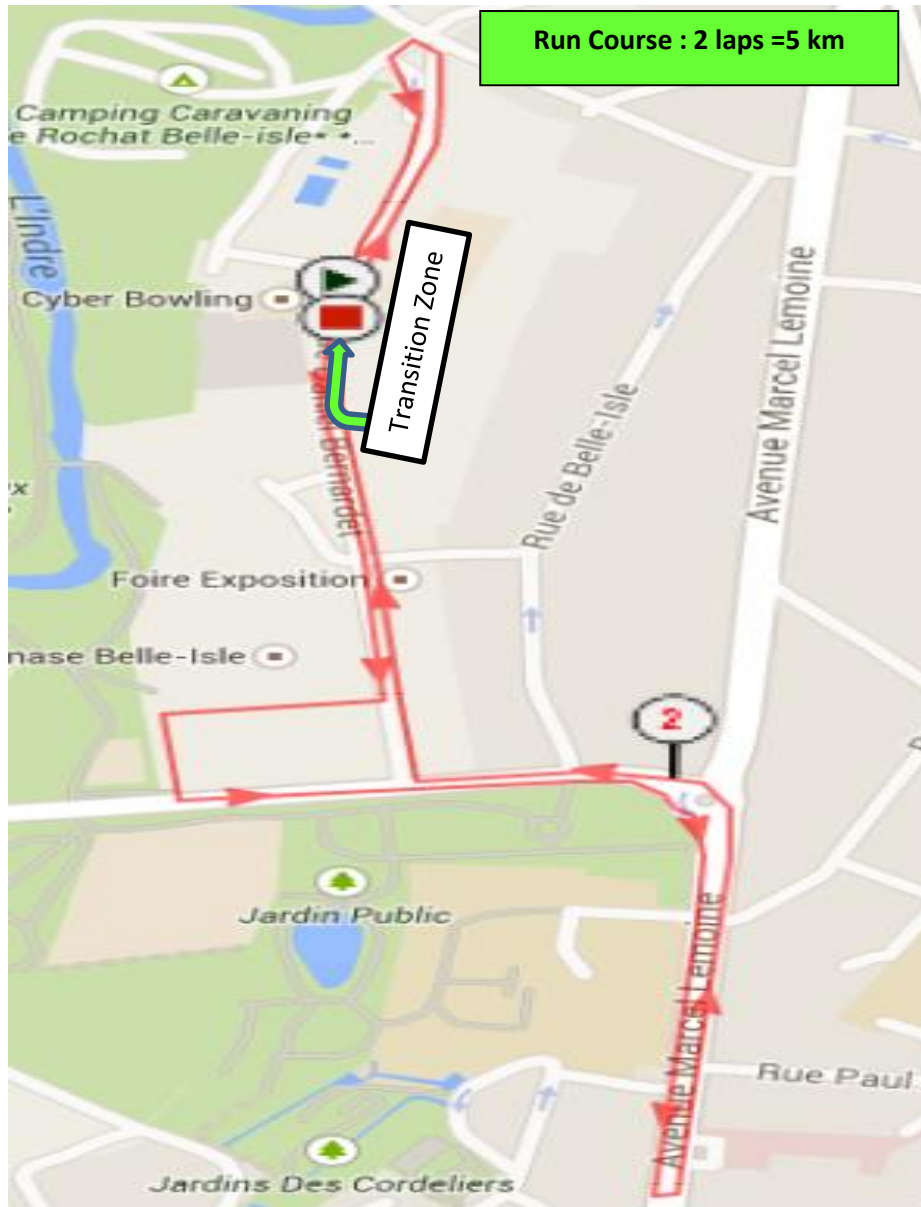
Swim Course : 1 lap = 750 m



# Bike Course : 4 laps = 19.4Km

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## USEFUL INFORMATION

1. **Language:** English will be the Official Competition Language - French is the native country Language.
2. **Population:** 80 000 inhabitants, metropolitan area included.
3. **Currency:** Euros
4. **Time:** French Time = GMT + 2
5. **Water:** Tap Water is appropriate to drink
  - **Hospital : Centre Hospitalier / SAMU de Châteauroux: 216 av Verdun - 36000 CHATEAUROUX**
  - In case of Emergency, please call n° 15.
6. **Telephone:** French country code 0033...
7. **Tourism Information:** Tourism Office –  
[www.chateauroux-tourisme.com](http://www.chateauroux-tourisme.com) - 1 Place de la Gare, 36000 Châteauroux  
00 33 2 54 34 10 74

## Your notes

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