

**TRIATHLON**  
**VAUBAN BESANÇON**  
**16 juin 2019**

GRANDES HEURES NATURE

FÉDÉRATION FRANÇAISE DE TRIATHLON

ITU

ROTARY CLUB BESANÇON UTINAM

**Courses ouvertes à "TOUS" - Format XS-S**  
**7<sup>e</sup> édition ITU Paratriathlon World Cup**  
**[www.besancon-triathlon.fr](http://www.besancon-triathlon.fr)**

BASE NAUTIQUE - OSSELLE

**BESANÇON TRIATHLON ORGANISATION**



Greetings and a very warm welcome to the 2019 Besançon ITU Paratriathlon World Cup

It is my pleasure to welcome you back to this beautiful corner of France and a city that has been associated with our great paratriathletes for seven years now. This will be Besançon's third successive year hosting a Paratriathlon World Cup, and the passion and commitment to sport and the innate hospitality of the people here have already helped to make this a favourite stop on the circuit.

Last year we saw popular wins for local favourites Annouck Curzillat (PTVI) and Ahmed Andaloussi (PTWC), as well as international stars such as Lauren Parker (PTWC) taking the gold, and the 2019 line ups suggest that each class will once again be hotly disputed.

The challenging course begins with a 750m swim in Osselle Lake before transitioning to the two-lap bike course and then a two-lap run, both segments taking in the glorious green countryside just outside Besançon itself.

I would like to thank the local organising committee, the French Triathlon Federation and all the volunteers for their hard work in staging this event, and the people of Besançon for once again opening their arms to embrace the spectacle of ITU racing. I wish everyone the best of luck in achieving their goals this weekend and hope you get to enjoy all that this wonderful region has to offer.



**Marisol Casado**

President, International Triathlon Union  
IOC Member

-----

## GENERAL INFORMATION

### WELCOME

Welcome to Besançon ITU Paratriathlon World Cup 2019.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning Besançon ITU Paratriathlon World Cup 2019.

Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

#### Key Paratriathlon Links:

- > 2019 Besançon ITU Paratriathlon World Cup event website on <https://besancon-triathlon.fr/triathlon-vauban/>
- > International Triathlon Union Website: <http://www.triathlon.org/>
- > For the latest news and photos internationally find and like the International Triathlon Union on Facebook and Twitter

### KEY DATES

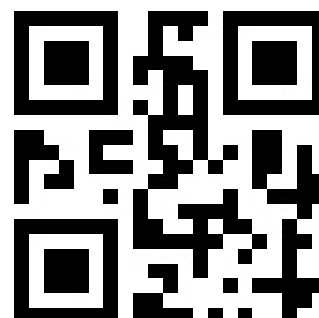
|                        |   |  |
|------------------------|---|--|
| Course Familiarization | Saturday, June 15 <sup>th</sup> , 10h30<br>10h30 bike familiarization<br>11h30 swim familiarization | Osselle                                |
| Entry Fee payment      | Saturday, June 15 <sup>th</sup> , 17h45   | Briefing Room                          |
| Athlete Presentation   | Saturday, June 15 <sup>th</sup> , 18h15   | Podium                                 |
| Athlete Registration   | Saturday, June 15 <sup>th</sup> , 18h40   | Palais des congrès                     |
| Athlete Briefing       | Saturday, June 15 <sup>th</sup> , 19h00   | Palais des congrès                     |
| Pasta Party            | Saturday, June 15 <sup>th</sup> , 19h45   | Hall C                                 |
| Start ITU Race         | Sunday, June 16 <sup>th</sup> , 12h30   | Osselle                                |
| Start Open Race        | Sunday, June 16 <sup>th</sup> , 13h45   | 32 Athletes – Limit Bike start = 14h45 |
| Award Ceremony         | Sunday, June 16 <sup>th</sup> , 16h30   | Micropolis                             |

### FESTIVAL 'GRANDES HEURES NATURE'

**2019 NEWS**

To access the Festival the presentation of this QR Code is mandatory :

The Triathlon Vauban will be part of the 'Festival Grandes Heures Natures' organize at Micropolis (3 Boulevard Ouest) by the city of Besançon. In this context, a presentation of the athletes, the briefing, the Pasta Party and the Medal Ceremony will take place at the Festival.





## ACCESS

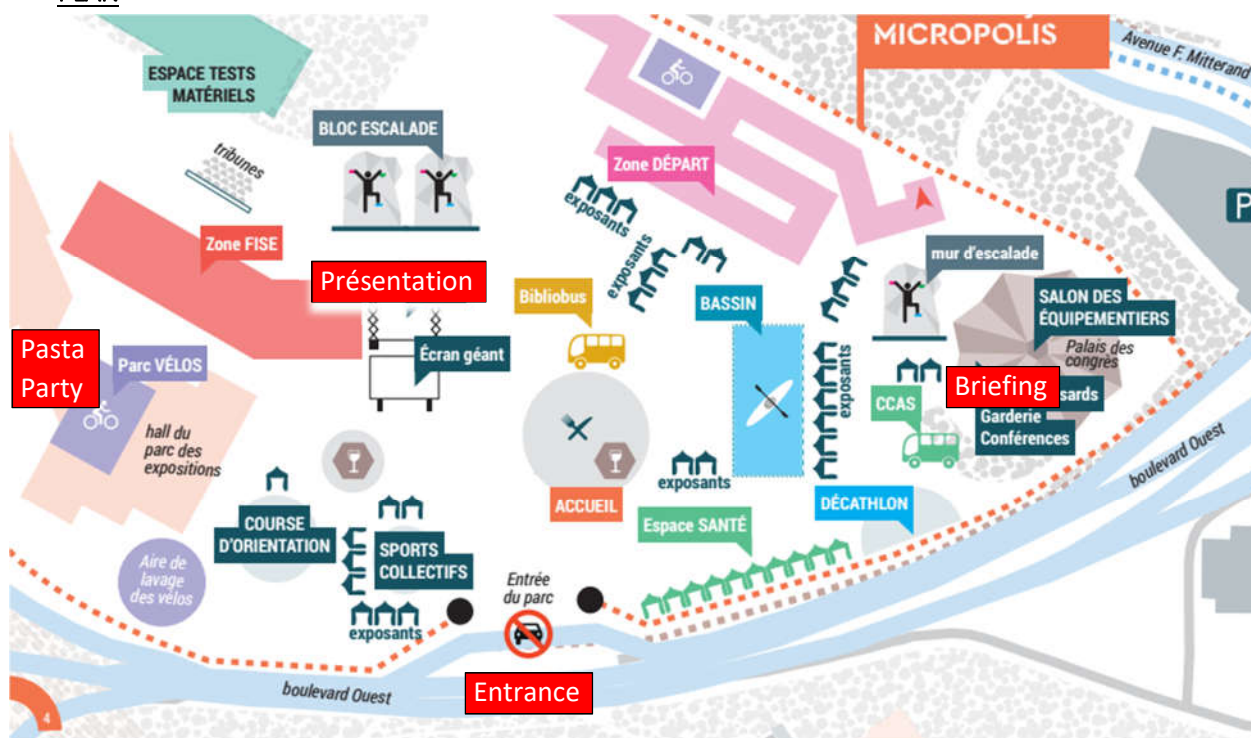


### Micropolis 3 boulevard Ouest 25000 Besançon

From Ibis Hotel to Micropolis :

- By Tramway : Get in at stop 'Canot' direction 'Hauts du Chazal' – Get out at 'Micropolis' and walk to Micropolis.

## PLAN



**Saturday 15/09 – 18h15 Présentation - 19h Briefing** : Palais des Congrès – Salle N° 2 - 19h45 **Pasta Party** : Hall C

**Athlète Présentation** : 18h meeting to the Big Screen

**Briefing** : Warning, access to the Festival can be difficult prefer the tramway.

**access to the briefing is restricted to athletes and coaches only.**

**Pasta Party** :

All athletes will have a ticket for free access to the Pasta Party (PTVI category will have 2).

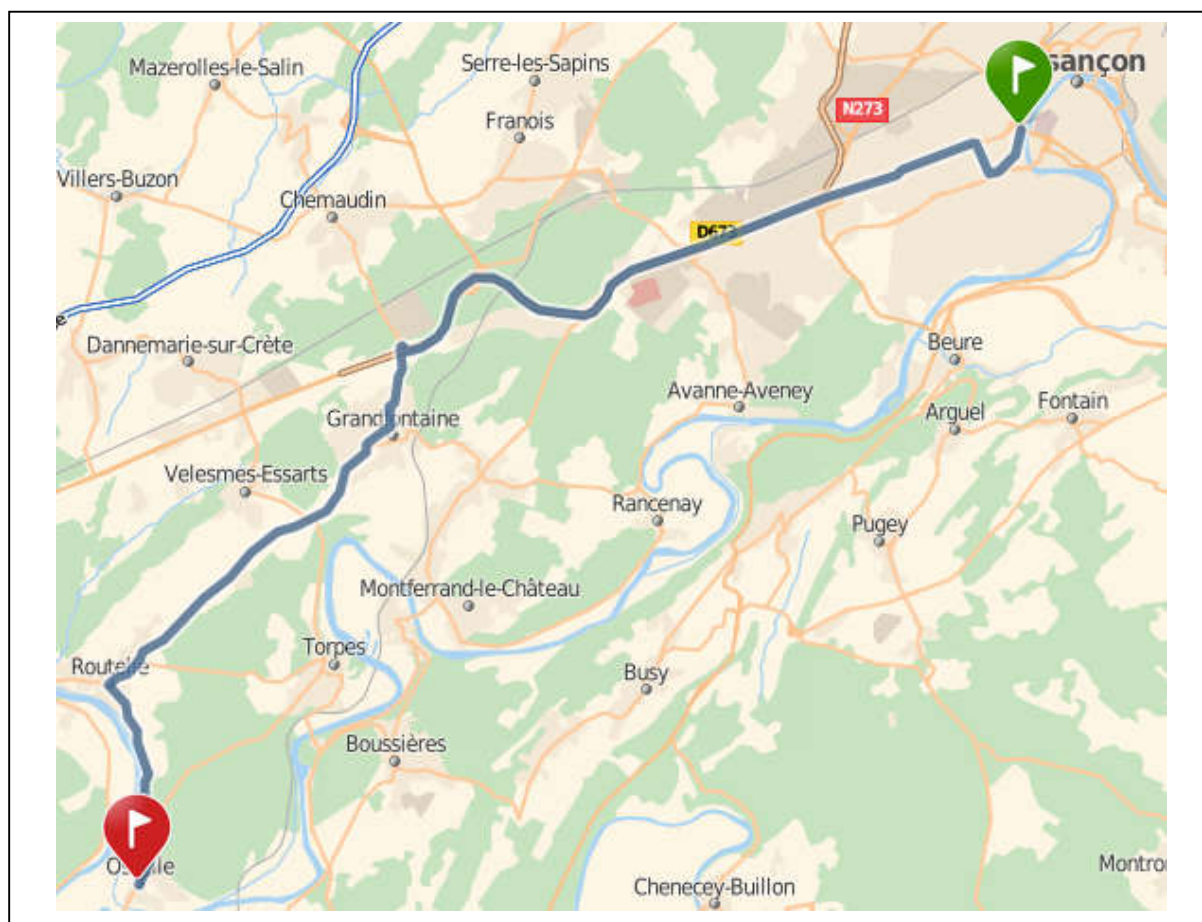
**Anyone else who wants to eat the price is 10 € / person.**

## MEDAL CEREMONY

The medal ceremony will take place to the 'Grandes Heures Nature' Festival in Micropolis at 16:30. All medal-winning athletes will be asked to be on site at 16:15.

A shuttle will be available to athletes through the organization available to athletes who wish. It will leave at 15:45 from the Osselle venue to Micropolis.

## ACCESS VENUE







## KEY CONTACTS

|                            |                 |  |                         |
|----------------------------|-----------------|--|-------------------------|
| ITU Technical Delegate     | Dirk Bogaert    | <a href="mailto:dirk.bogaert58@gmail.com">dirk.bogaert58@gmail.com</a> | tel. : +32 474 363 123  |
| LOC Event Director         | Ludovic Mouchet | <a href="mailto:ludomouchet@free.fr">ludomouchet@free.fr</a>           |                         |
| LOC Assist. Event Director | David Travadon  | <a href="mailto:david.travadon@sfr.fr">david.travadon@sfr.fr</a>       | tel. : +336 46 12 15 92 |

## EVENT CONTACT DETAILS

Local Organising Committee: Besançon Triathlon

Address: Besançon Triathlon, 14 Rue de Trépillot - 25000 Besançon, France

Contact: David Travadon +33 6 46 12 15 92 - [david.travadon@sfr.fr](mailto:david.travadon@sfr.fr)

Event Website : <https://besancon-triathlon.fr/triathlon-vauban/>

## VENUE

The venue is located in the centre of Osselle (Plage). The swimming will take place at Osselle Beach.

## DOPING CONTROL

Doping Control will be performed according to the ITU rules at the venue.

## MEDICAL SERVICES

EMERGENCY: 112 (European number)

DOCTOR : SOS Médecin tel. 36 24 (from a French land line or cell phone)

HOSPITAL:

**Hôpital Jean Minjoz** 3 bd Alexandre Fleming 25000 Besançon

First Aid and Emergency Medical Services will be available at the venue on June 16th before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Possible medical services at the venue are free of charge.

Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

## TRAVEL & ACCOMMODATION INFORMATION

### CLOSEST AIRPORTS

- > Lyon Saint Exupery international airport (240 Km - 2h15)  
<http://www.lyonaeroports.com/>
- > International airport Bâle-Mulhouse-Fribourg (160 km - 1h45)  
<http://www.euroairport.com/fr/>
- > Geneva international airport - Switzerland (170 km - 2h10)  
<http://www.gva.ch/fr/desktopdefault.aspx>

The organizer strongly recommends to the athletes to rent a car at the airport to access Besançon then venue « Osselle » (located at 15minutes by car to Besançon).

### ACCOMMODATION CONTACT DETAILS

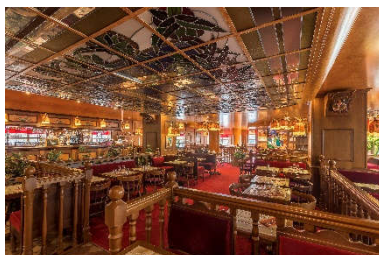
Official Hotel is the Hotel Ibis Besançon la City, 1 Avenue Louise Michel 25000 Besançon - located to the city-center in Besançon (15 minutes by car to Osselle).

**Booking through the following contact :**

- Phone : (+33) 381 851 177
- Email : [H3297@ACCOR.COM](mailto:H3297@ACCOR.COM)
- Website : <http://www.ibis.com/qb/hotel-3297-ibis-besancon-la-city/index.shtml>

### More information

Mr Stephane HOTTON, the manager of the Ibis Besançon La City Hotel, would like to welcome you. A few steps away from the historical and commercial center of Besançon, this hotel offers 119 air-conditioned rooms, free Wifi access and foreign channels (English, Italian, Chinese,...). Ideally located on the banks of the Doubs river, come and stay at the IBIS Besançon la City hotel to stroll through the old town and the parks, Visit the home of birth of Victor HUGO or discover the VAUBAN fortifications and the citadel Of Unesco. The bar is open 24 hours and the "Tavern of Master Kanter" where you can taste seafood, traditional and regional dishes.



**Hôtel Ibis Besançon la City**  
1 Avenue Louise Michel  
25 000 Besançon

The official hotel is located at the center of the city. You can access by walk to many restaurants:

**L'Annexe** (fish restaurant) 11 rue du Palais de Justice, +33 3 81 53 17 12 : The 'Duch' will welcome you as a cyclist and you will discover very good dishes (remember to book!)

On race day, you will be able to buy food on site.

### SPORT SHOPS

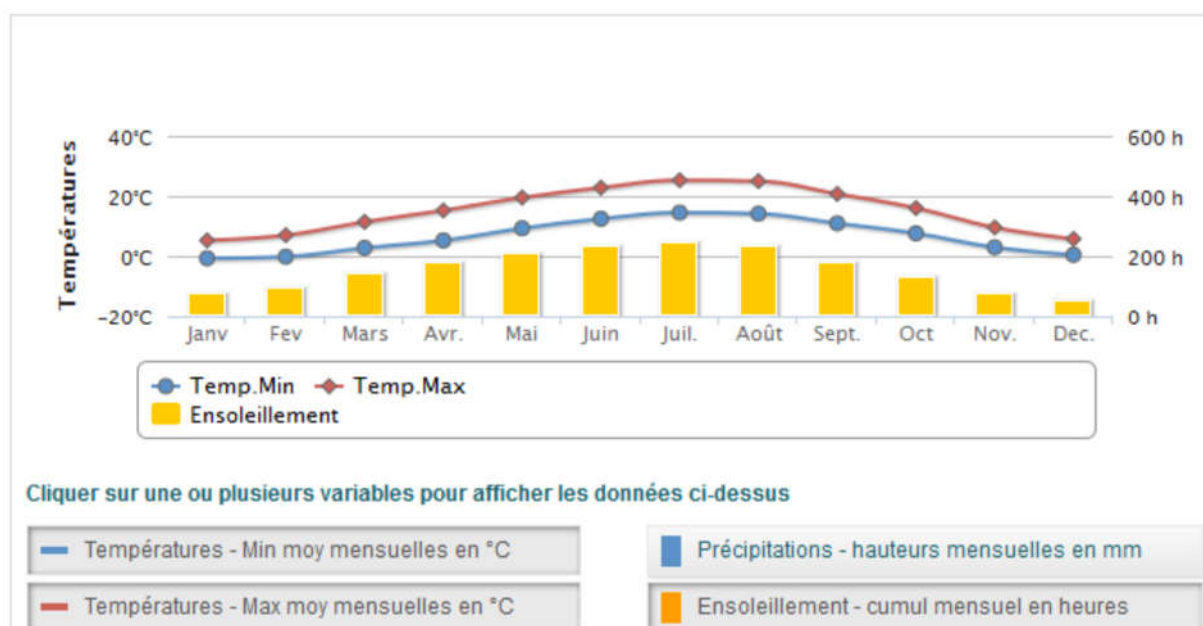
- > Swim, Bike and run shop : **Intersport 20 rue Auguste Jouchoux 25000 Besançon – 03.81.47.43.00 – Will be present on race day at the venue**
- > Bike shop : Boulevard Cycle, 154 rue de Dole, Besançon

### WEATHER

Weather forecast for June :

- water temperature: wetsuit expected
- min temperature : 12°C
- max temperature: 22°C





## TRAINING



### TRAINING SESSIONS IN THE SWIMMING POOL

2 swimming pools in Besançon are available closed to the hotel during their opening hours :

- Piscine La Fayette ([http://www.besancon.fr/index.php?p=812&art\\_id=5294](http://www.besancon.fr/index.php?p=812&art_id=5294))
- Piscine Mallarmé ([http://www.besancon.fr/index.php?p=812&art\\_id=2379](http://www.besancon.fr/index.php?p=812&art_id=2379))

Additional to this, the organizer is pleased to propose free access for the paratriathletes to the swimming pool named “ Piscine Mallarmé”:

- Thursday evening from 7.30 pm to 8.45 pm,
- Friday evening from 7.30 pm to 8.45 pm,
- Saturday morning from 7.30 am to 9 am.

## COURSE FAMILIARIZATION

Familiarization will be organized Saturday morning at 10:30 am to midday in Osselle :

- 09:30                      Transportation from Ibis Hotel to the venue
- 10:30                      Start Bike familiarization (1 lap guided)
- 11:30 to 12:15              Swim familiarization
- 12:30                      Transportation from the venue to the Ibis hotel

Departure from the Hotel La City will be organized at 09:30.

**If you need a ride to go to Osselle (the Venue) please register before 1<sup>st</sup> June 2019 :**

<https://docs.google.com/forms/d/e/1FAIpQLSdHUQta9aLsjBHYM1HK9J1kl4YZMvVeygSRup6jE2ay6GLmzg/viewform?c=0&w=1>

In addition, these roads are accessible any time if you want to recognise the course alone.

*Please note: The road is not closed to traffic apart to the event. You are running/cycling at your own risks by following the traffic regulations.*

## COMPETITION INFORMATION

### SATURDAY JUNE, 15TH – MICROPOLIS 3 Boulevard Ouest 25000 BESANCON

18h15 – Athlete presentation

18h40 - Registration ITU Paratriathlon World Cup

19h00 - Briefing ITU Paratriathlon World Cup

19h45 - Pasta Party

### SUNDAY JUNE, 16TH - Osselle Plage (Venue)

09h30                      Transportation from Ibis Hotel to the Venue

11h00 – 12h00              Athletes' Lounge open

11h15 – 12h15              Transition Open

11h45 – 12h15              Swim Warm Up

12h20                      Athletes Presentation

**12h30                      Paratriathlon World Cup Start**

13h45                      Open race start – Limit Bike Start = 14h45

15h45                      Transportation from the venue to Micropolis and Ibis Hotel

16h30                      Medal Ceremony (Micropolis)

## COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union:

[http://www.triathlon.org/about/downloads/category/competition\\_rules](http://www.triathlon.org/about/downloads/category/competition_rules)

Please note that the athlete's uniform, and his/her Guide if applicable, have to be in line with the ITU Competition rules.

## ENTRY

### Paratriathlon World Cup

Athletes have to be registered by their National Federation through ITU.

Entry fee = 45 € will have to be paid on IBAN: FR76 1250 6250 0056 5090 9839 051, Order must be confirm to LOC : [david.travadon@sfr.fr](mailto:david.travadon@sfr.fr) - Only late entries can be paid cash before the Briefing.

### Open Paratri

Entry fee = 40 € - Registration : <https://besancon-triathlon.fr/triathlon-vauban/>

## RACE PACKAGE

After briefing, packages will be distributed.

## COURSE MAPS

SWIM COURSE - 1 lap of 750 m

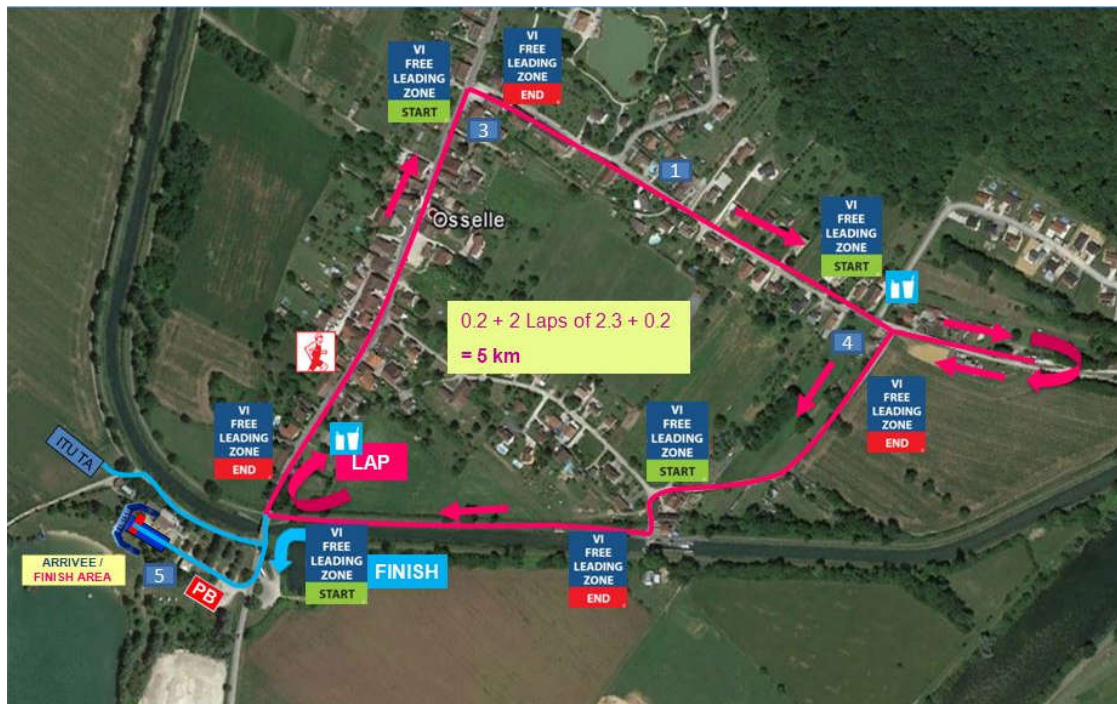




**BIKE COURSE** - 1 Lap of 10,75km + 1 Lap of 8,8km + 1,8 km = **21,35km**



**RUN COURSE** - 0,2km + 2 laps of 2,3km + 0,2 km = **5km**



## RESULTS

Results will be uploaded few hours after the race at the ITU's official website:

[https://www.triathlon.org/events/event/2019\\_besancon\\_itu\\_paratriathlon\\_world\\_cup](https://www.triathlon.org/events/event/2019_besancon_itu_paratriathlon_world_cup)

## PROTEST & APPEALS

The race referee will post penalties, and DSQ if applicable, at the post finish / recovery area.

For either a protest or an appeal, ITU rules will be followed. The appeal or protest has to be submitted to the Race Referee and the ITU Competition Jury will meet to discuss it.

The full rules for appeal can be found using the following web link:

[http://www.triathlon.org/about/downloads/category/competition\\_rules](http://www.triathlon.org/about/downloads/category/competition_rules)

## WATER QUALITY ANALYSIS

### WATER QUALITY ANALYSIS – E. COLI

| Date of Sample | Localisation A | Localisation B | Localisation C | Enterococci Limit |
|----------------|----------------|----------------|----------------|-------------------|
| 20/05/19       | 16 n/100 ml    | 15 n/100 ml    | 16 n/100 ml    | < 200             |

### WATER QUALITY ANALYSIS – ENTEROCOCCI

| Date of Sample | Localisation A | Localisation B | Localisation C | Enterococci Limit |
|----------------|----------------|----------------|----------------|-------------------|
| 20/05/19       | <15 n/100 ml   | <14 n/100 ml   | <15 n/100 ml   | < 500             |

### WATER QUALITY ANALYSIS – PH

| Date of Sample | Localisation A | Localisation B | Localisation C | PH Limit |
|----------------|----------------|----------------|----------------|----------|
| 20/05/19       | 8.5            | 8              | 8.1            | 6 to 9   |

## SUMMARY

Good quality water for swimming - The water quality tests meets the ITU standards.