



**ATHLETE GUIDE**  
**2019 MAGOG ITU PARATRIATHLON WORLD CUP**  
**2019 MAGOG CAMTRI SPRINT TRIATHLON AMERICAN CUP**



## **WELCOME LETTER FROM ITU**

Greetings and welcome to the 2019 Magog ITU Paratriathlon World Cup.

ITU and triathlon's long and fruitful relationship with Canada continues this weekend with the fourth Magog Paratriathlon World Cup, an event that was first held here back in 2014.

Two-hours east of Montreal, the Magog course begins with a 750m swim in Lac Memphremagog before the athletes head out onto the three-lap bike followed by a flat two-lap run, all designed to bring the very best out of the athletes.

My thanks go to the city of Magog, the local organising committee and all the volunteers for their hard work in putting together this wonderful stage for the latest stop on the ITU Paratriathlon World Cup circuit, and I wish all those participating the best of luck in achieving their goals this weekend.

Sincerely,

Marisol Casado  
President, International Triathlon Union  
IOC Member

## **GENERAL INFORMATION**

### **Introduction**

The purpose of the Athlete Guide is to ensure that all Athletes and Team Leaders/Managers are well informed about all procedures concerning the Event. The LOC has made every effort to ensure that the information contained in this Guide is correct and up-to-date. However, Team Leaders are advised to check with the event organizer concerning any changes in the information included in this guide.

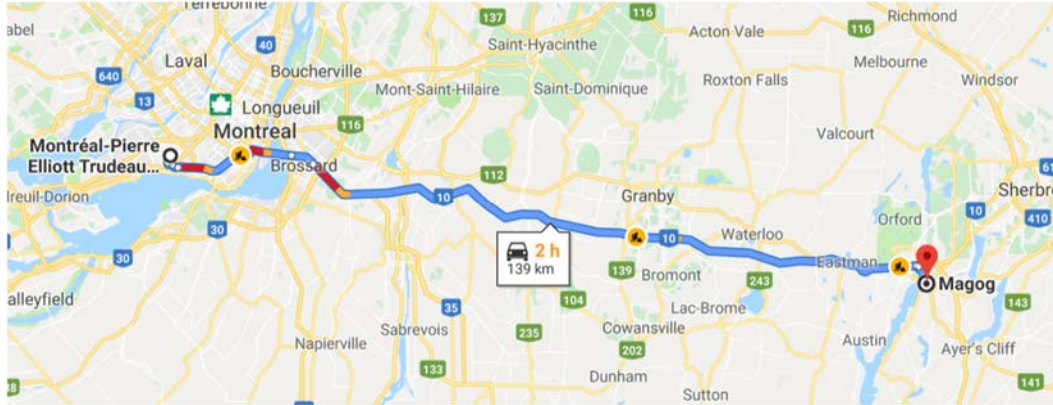
### **Contacts**

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LOC Manager	Rene Pomerleau	rene@trimemphre.com
LOC Event Services	Frederic Côté	frederic@trimemphre.com
Host hotel	Ève Bécharde	<a href="https://www.estrimont.ca/en/">https://www.estrimont.ca/en/</a>

### **Venue and travel**

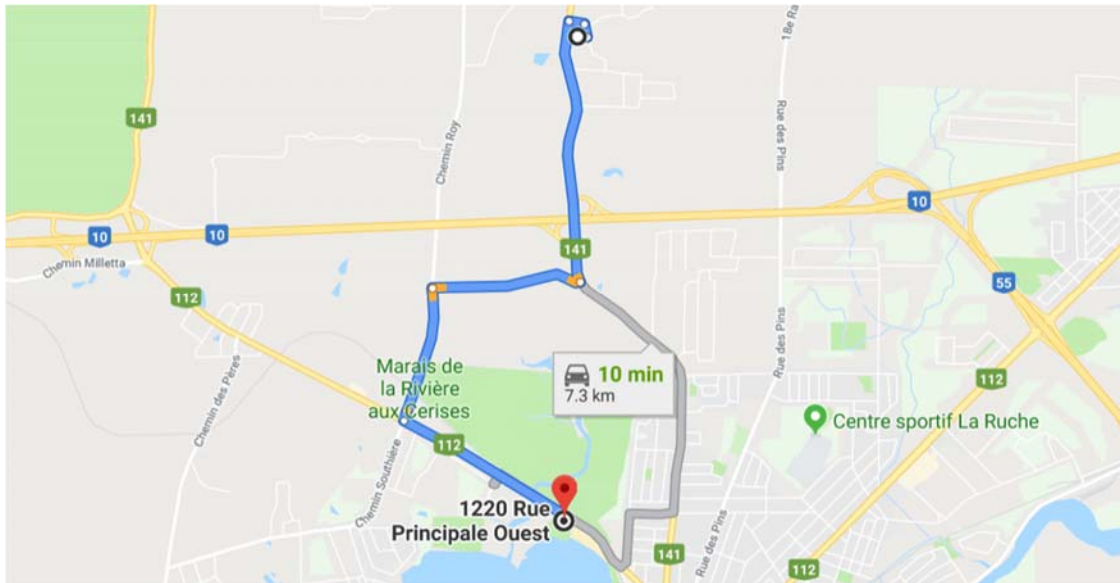
The event will be held in the city of Magog, situated in the Eastern townships of Quebec, Canada. Magog is situated approximately 140 km from the closest airport, Pierre Elliot Trudeau airport in Montreal (IATA Code YUL). For transfer from YUL to race site, contact [Aeroshuttle](#). A return ticket is C\$120. Travel time is approximately two hours.





### Host Hotel

The host hotel is the Estrimont Suites and Spa located at 44 Avenue de l'Auberge, Orford, approximately 6 km from the venue.



### Venue Map

The main venue is immediately to the west of the Hotel Etoile sur Lac and between Route 112 and the bike-path (Route Verte). CAMTRI Transition is in the area marked "A", paratriathlon transition in the area marked "B" and pre-transition in the area marked "C". The swim-start area is located on a beach approximately 250 m to the east of the transition zone along the Route Verte.





### Course Security

The municipal Police service will manage the Road Closures and the traffic throughout the course.

### Training

#### 1: Swim

There is a permanent open water site in front of the beach for training (free). It is 500 m long which gives you 1000 m (back and forth). Lifeguards are on duty from 9:00 AM to 5:00 PM. If needed, we can reserve the swimming pool which is at 2,6 km from the site. Available from 11:00 AM to 12:00 AM or 1:00 PM to 2:30 PM. You can contact the pool at 819-843-1133 # 1.

#### 2: Bike

Training all the time on roads at your own risks

#### 3: Run

Training on the bike path at anytime.

### Course Familiarizations

Both swim and bike familiarizations will be conducted at the following times on Friday, July 12:

Time	Action	Location
12:00	Swim familiarization (all athletes)	Swim start
14:00	Paratriathlon bike familiarization	Meet in TZ
15:00	CAMTRI bike familiarization	Meet in TZ

During the bike course familiarization, riders will be escorted by the municipal police using a rolling road closure format. Medical services will be available.

Athletes are advised that the race-course has them riding the wrong way on Route 112, therefore they cannot ride the exact course outside of the official bike familiarization times.

### Briefing and Athletes Race Packets

The briefings will be held in the Athletes' Lounge, which is in the large white tent at the venue. It is the structure marked "*Chapiteau Principale*" on the venue map on page 3 of this guide. The briefing schedule is given in the competition schedule below. They are all on Friday July 12th. The Paratriathlon Briefing is at 16:00 and the CAMTRI briefing is at 18:00.

Race packets will be distributed after the appropriate briefing in the athletes' lounge. Swim-caps and chips will be distributed after registration, uniform and bike-check on race morning.

### Registrations

Athletes must sign the ITU Athletes' Agreement, which states that any dispute arising from the ITU Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the ITU Athletes' Agreement is valid until the end of the competition year it has been signed.

National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on [www.triathlon.org](http://www.triathlon.org).

All questions regarding entries must be submitted via e-mail to [entries@triathlon.org](mailto:entries@triathlon.org).

Athletes must provide picture ID at race registration/packet pick-up prior to competition

The start list will be produced and published inside the ITU web site [www.triathlon.org](http://www.triathlon.org). No athlete will be included in the start list if the entry has not been processed through the ITU online entry system.

**REMEMBER: Athletes must contact their NF to enter them via the ITU Online System if they want to be entered for an ITU race. There are no exceptions here.**



### Accreditations

Accreditations will be distributed to registered coaches at registration. These will only be issued to coaches who have registered with ITU through their NF. Athletes, guides and handlers will not be issued with accreditations.

### Water Quality – taken on June 24, 2019

	Stations	13-mai	10-juin	17-juin
Ouest	A1 (e-coli)	-	0	0
	C2 (e-coli)	-	0	0
	A3 (e-coli)	-	4	0
	C4 (e-coli)	-	0	0
	A5 (e-coli)	-	1	1
	C6 (e-coli)	-	0	1
	A7 (e-coli)	-	3	2
	C8 (e-coli)	-	0	0
	A9 (e-coli)	-	0	1
	C10 (e-coli)	-	0	0
	<b>Moyenne géométrique e-coli</b>	-		<b>1</b>
	E-coli	1	0	0
	Entérocoque	2	0	0
	pH	-	8,08	7,78
	Longueur de la plage	-	105,09	107,28
	Distance entre les stations	-	10,54	10,80
Échelle de Beaufort	-	1	2	
Température	-	22	22	

## COMPETITION

### Race-day parking

Parking will be available on-venue on Saturday July 13<sup>th</sup> for the Paratriathlon World Cup. Cars must be parked by 06:30 and will be unable to leave until the paratriathlon bike course is closed at ca. 13:00.

A secure location will be available for racing chairs and hand-cycles to be left overnight on Friday after the briefing.

For the CAMTRI on Sunday, access to the venue will be complicated by the on-going age-group event. It is recommended athletes access the venue using the bike-path from the east of TZ to avoid active bike- and run courses.

For other parking options, see details on the event [website](#).

### Competition Schedule

12:00	Swim familiarization; all athletes	Transition
14:00	Paratriathlon bike familiarization	Swim start
15:00	CAMTRI bike familiarization	Transition
16:00	Paratriathlon Briefing	Athletes Lounge
16:30	Paratriathlon packet pick-up	Athletes Lounge



16:30	Paratriathlon fee payment	Athletes Lounge
18:00	CAMTRI Briefing	Athletes Lounge
18:30	CAMTRI packet pick-up	Athletes Lounge
18:30	CAMTRI fee payment	Athletes Lounge

06:55	CAMTRI Registration Opens	Athletes Lounge
06:55	CAMTRI Transition Open	Elite Transition
07:40	CAMTRI Swim Warmup	Swim start
08:00	CAMTRI Heat 1 (Men)	Swim Start
08:05	CAMTRI Heat 2 (Men)	Athletes Lounge
08:10	CAMTRI Heat 3 (Men)	Athletes Lounge
08:45	CAMTRI Heat 1 (Women)	Athletes Lounge
08:50	CAMTRI Heat 2 (Women)	Athletes Lounge
08:55	CAMTRI Heat 3 (Women)	Athletes Lounge
08:30	Paratriathlon Registration Opens	Athletes Lounge
08:30	Paratriathlon Transition Open	Transition
09:30	Paratriathlon Swim warmup	Swim start
09:50	PTS5-M	Swim start
09:55	PTVI1-M, PTVI1-W	Swim start
09:58:21	PTVI2/3-M	Swim start
09:58:48	PTVI2/3-W	Swim start
10:10	PTS2-M, PTS3-M, PTS4-M	Swim start
10:15	PTS3-W, PTS4-W, PTS5-W	Swim start
10:20	PTS2-W	Swim start
11:00	PTWC1-M, PTWC1-W	Swim start
11:03:08	PTWC2-M	Swim start
11:04:04	PTWC2-W	Swim start
13:30	Medal ceremonies	Awards Area

11:15	CAMTRI Check-in open	Athletes' Lounge
11:15	CAMTRI Transition open	Elite Transition
13:00	Swim Warm-up open	Swim start
13:15	CAMTRI Sprint Triathlon: Final A (M)	Athletes Lounge
13:40	CAMTRI Sprint Triathlon: Final B (M)	Athletes Lounge
14:30	CAMTRI Sprint Triathlon: Final A (W)	Athletes Lounge
14:55	CAMTRI Sprint Triathlon: Final B (W)	Athletes Lounge
16:00	Medal Ceremonies	Awards Area

### Competition Rules

This event will follow the 2019 ITU Competition Rules, which can be found [here](#).

### ITU Uniform Rules

To compete in ITU events, all the athletes' uniforms must comply with the ITU Uniform Rules, which can be found in the 2019 Competition Rules, Appendix F. This can be downloaded [here](#).

### COURSE INFORMATION (follow the link to see the maps)



<https://trimemphre.com/en/camtri-elite/>

#### **Swim Course**

Beach start, point-to-point swim course of one lap of 750 metres in Lac Memphremagog.  
The CAMTRI semi-finals will use a similar 500 m swim course

**Paratriathlon Bike course** <https://trimemphre.com/en/championnat-canadien-paratriathlon/>

The paratriathlon course is three laps of a 6.6 km out-and-back course. The course is not technical and has two 90° corners and two 180° turnarounds per lap. There is approximately 40 m of elevation per lap, mostly on the climb of the Chemin Roy. There is one set of railway tracks.

**CAMTRI Bike course** <https://trimemphre.com/en/camtri-elite/>

The CAMTRI bike course consists of laps of a 10 km out-and-back course. It is relatively technical with eight 90° corners, one 180° turnaround and two roundabouts (traffic circles) per lap. There is approximately 40 m of elevation per lap, mostly on the climb of the Chemin Roy. There is one set of railway tracks.

The CAMTRI semi-finals uses one lap of this course; the CAMTRI finals uses two laps.

#### **Run Course:**

The run course is a 2500 m out-and-back on the bike path (Route verte). It is completely flat. The Paratriathlon and CAMTRI finals do two laps, the CAMTRI semi-finals, do one lap.

#### **Aid Station:**

Aid station will be located at the finish area (beyond the finish line)

#### **Wheel Stations**

There will be two wheel-stations (see maps). A team wheel station will be located in front (north) of the transition between the 2 roads. Team wheels may be dropped off at bike check during the registration process. A neutral wheel station will be located at the turnaround of the bike course on Samuel-Hoyt Street and have front wheels and 10 and 11 speed Shimano/SRAM rear wheels.

#### **Penalty Box**

The penalty box is located approximately 100 m before transition

#### **Weather Conditions:**

Historical weather conditions for Magog in July are an average daily high of 24.6°C and an average low of 14.1°C. Magog receives an average of 111 mm of rain in July

#### **Results**

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org)

#### **Protest & Appeals:**

Standard procedures will be followed according to the ITU Competition Rules.





**Sport Massage Service:**

Massage will be available to the athletes after the race at the transition area/venue.

**Lunch:**

A light lunch will be served to all athletes after the competition.

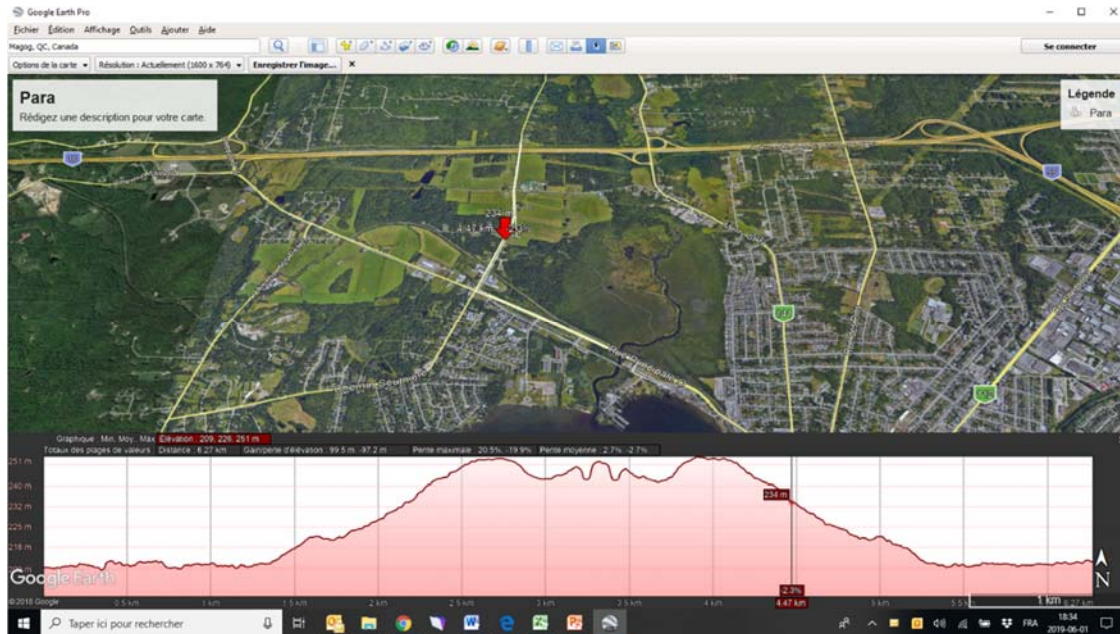
**Prize Money:**

Prize money will be distributed by wire transfer

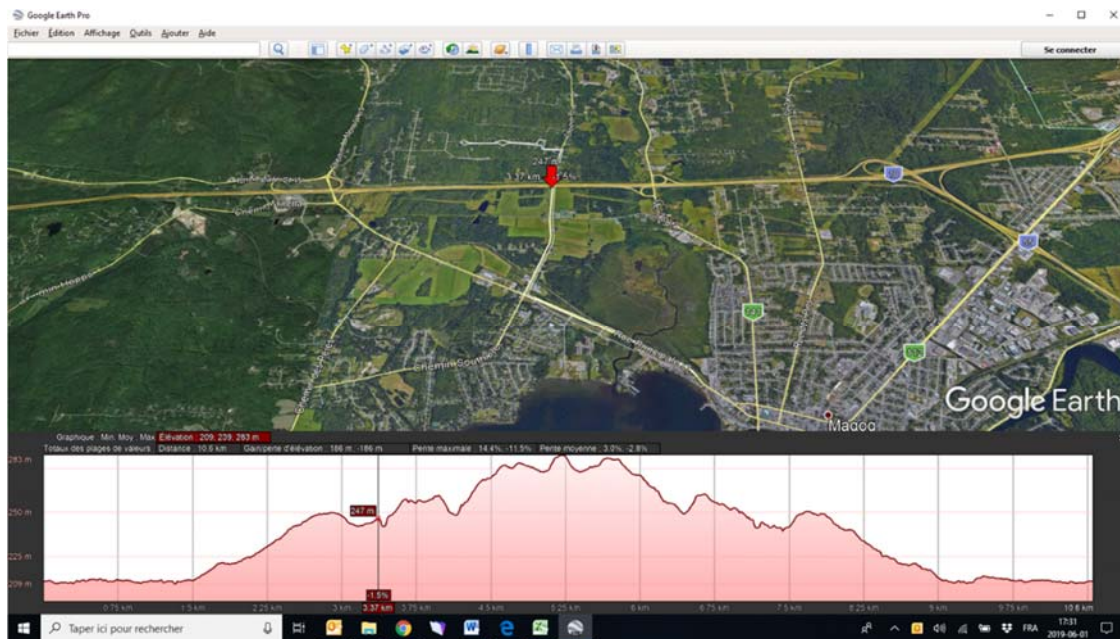


## BIKE MAPS

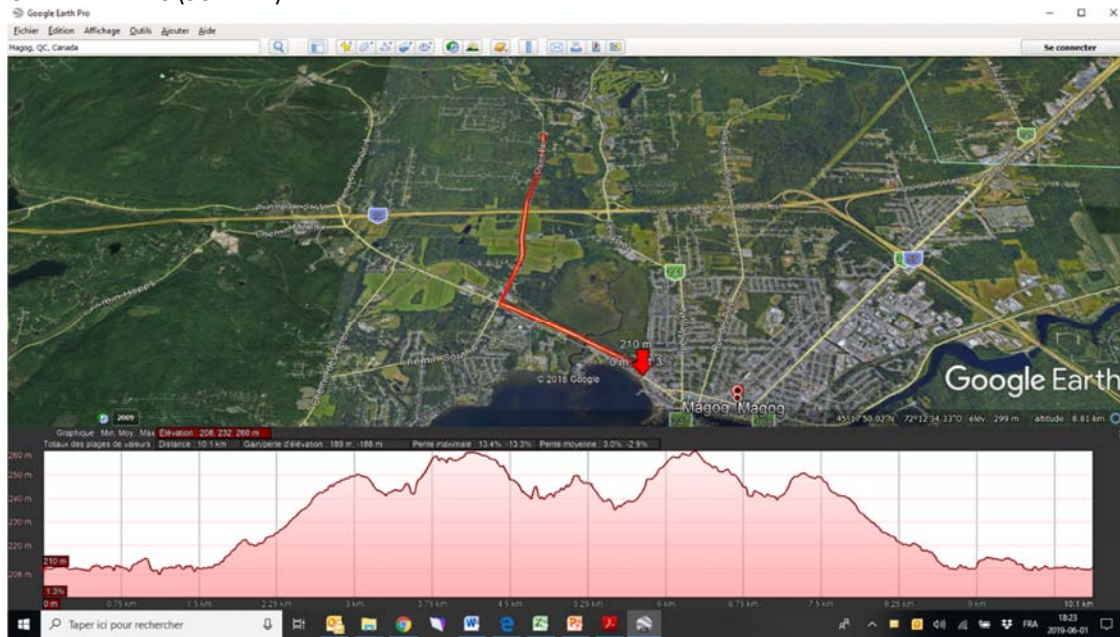
## PARATRIATHLON



## CAMTRI HEATS (SATURDAY)



## CAMTRI FINALS (SUNDAY)



## Wheel stations/CAMTRI

