



La Baule
2022



Athletes Guide



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1. GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY INFORMATION

Information about the registration, briefing, course familiarisation and race start.

- **Entry Fees:**

- 75€ for individual races
- 120€ for mixed relay
- A link to proceed to online payment will be uploaded soon

- **Briefing:**

The briefing will take place online on Thursday, September 15, 2022.

The briefing will be available the day before the event at the following link: <https://briefings.competitions.org/labale>. If necessary, an Internet connection will be available in the media center, located Olivier Guichard Avenue.

- **Course familiarization**

The course familiarization will happen on Thursday, September 15, 2022, from 9:30am to 12:00am on La Baule seaside. Additional information regarding timing can be found in the *2.2 COURSE FAMILIARIZATION* section.

- **Race Start**

Friday, September 16, 2022:

- 9:00 am: Semi-Finals 1 Youth Women
- 9:50 am: Semi-Finals 2 Youth Women
- 10:40 am: Semi-Finals 3 Youth Women
- 1:30 pm: Semi-Finals 1 Youth Men
- 2:15 pm: Semi-Finals 2 Youth Men
- 3:00 pm: Semi-Finals 3 Youth Men

Saturday, September 17, 2022:

- 12:00 am: Finals B Women
- 12:45 am: Finals A Women
- 4:15 pm: Finals B Men
- 5:00 pm: Finals A Men

Sunday, September 18th, 2022:

- 6:00 pm: Mixed Team-Relay

1.3. KEY CONTACTS

Name and contact details of:

- **Race director:**
 - Hervé Delaunay – Triathlon Audencia La Baule
 - Email: hdelaunay@audencia.com
 - Phone number: +33 2 40 37 81 39
- **Technical delegate:**
 - Oliver LaaberEmail: o.laaber@triathlon-austria.at
 - Stephan KretschmerEmail : stephan.kretschmer@swisstriathlon.ch
- **Athlete services manager:**
 - Email: triatsup@audencia.com
 - Phone: +33 2 40 37 34 28
- **Europe Triathlon office**
 - Email: etu_hq@etu.triathlon.org
 - Phone number: +32478825456.

1.4. CONTACT DETAILS

Local Organizer: Triathlon Audencia La Baule

- Director : Hervé Delaunay
 - Email: hdelaunay@audencia.com
 - Phone number: +33 2 40 37 81 39
- Website: <http://www.triathlon-audencialabaule.com>

2. VENUE

2.1. RACE VENUE

The race will be located on the seaside of La Baule.

Distribution of race packages and the opening ceremony will take place in the EPONA halls at the François André Sports Complex (Avenue des Rosières, 44500 La Baule).

You can find a map below:



2.2 COURSE FAMILIARISATION

The course familiarisation will happen on Thursday, September 15, 2022.

Please find below the time and the localisation for each departure:

Thursday, September 15, 2022	Time	Location
Youth Women Swim Familiarisation	09:30 – 10:15	La Baule seaside
Youth Men Swim Familiarisation	10:15 – 11:00	La Baule seaside
Youth Women/Men Bike Familiarisation (2 laps)	11:15 – 12:00	La Baule seaside

2.3. ATHLETE'S LOUNGE

The athletes' lounge will be located on the beach of La Baule, close to the transition area and the departure of the race.

Athletes will be able to find toilets, water, fruits, and energy drinks at the lounge.

Please note that physicians and physiotherapists will also be available for the athletes at the recovery zone located near the athletes' lounge (1 Avenue Olivier Guichard, 44500 La Baule).

2.4. ATHLETES' RACE PACKAGE

- **Location**

The race package is to be picked up on **Thursday, September 15, 2022, from 4:00pm to 5:30pm** at the EPONA halls located in the François André Sports Complex (Avenue des Rosières, 44500 La Baule).

- **Access**

You will have the possibility to park in the ATLANTIA car parks (free) or in the neighborhood. This parking is located at 53 Avenue Maréchal Franchet d'Esperey, 44500 La Baule-Escoublac.

2.5. DOPING CONTROL

Please note that doping tests can happen randomly and will be conducted according to WORLD TRIATHLON/WADA rules. The athletes must carry their identification to the doping control facilities.

In case of doping control, tests will take place at Townhall of La Baule (7 Avenue Olivier Guichard, 44500 La Baule-Escoublac).

2.6. SECURITY

La Baule's City Police is responsible for security throughout the event.

2.7. LOC OFFICE

The LOC office will be located at the EPONA Halls in the François André Sports Complex (Avenue des Rosières, 44500 La Baule). Should you need anything on-site, please contact the LOC office at +33 2 40 37 34 28.



3. ACCOMMODATION

Here is a list of some hotels and residences you can find at La Baule in September:

- **ADONIS RÉSIDENCE LA BAULE**

Located a 5-minute drive from the start of the race, this residence with a mix of contemporary and baroque style features 86 fully equipped flats. The Adonis residence can provide a spacious and functional meeting room for 60 people.

- Website: <https://adonis-labaule.com/>
 - Price for double room: between 114€ and 130€.
 - Breakfast supplement: 16€
- 53 avenue du Maréchal Franchet d'Esperey Le Domaine de Pavie, 44500 LA BAULE
- Phone: +33.02.40.11.72.72
- Contact Email: resa@adonis-labaule.com

- **HOTEL L'ASTROLABE**

This hotel is in the heart of La Baule, at 3 minutes' drive from the race and 200m from the beach.

- Website: <https://www.hotel-astrolabe.fr/>
 - Price: Single room (60€), Double room (65€), Twin room (75€)
 - Breakfast supplement: 7,5€
- 106 avenue de Lattre de Tassigny 44500 La BAULE
- Phone: +33. 02.40.60.21.75
- Contact Email: Hotelastrolabe106@gmail.com

- **CENTRE DE STAGE JEAN MAUREL**

The centre has 36 rooms with 1 to 5 beds for a total of 80 people. It has also 3 meeting rooms. It is a 3-minute drive from the start of the race.

- Website: <https://www.labaule.fr/informations-services/equipements-sportifs/equipements-sportifs-en-gestion-communale/centre-de-stage-jean-maurel>
 - Prices on request only.
- 16 avenue des Ondines 44500 LA BAULE
- Phone: +33.02.51.75.74.93
- Contact Email: centredesstages@mairie-labaule.fr

- **GOÉLIA RESIDENCE ROYAL PARK**

This residence located in the heart of a 4-hectare park is ideally situated about 300m from the beach. The spacious flats are fully equipped, and all have a fully equipped kitchen, terrace, or balcony with garden furniture.

- Website: <https://www.goelia.com/fr/residence-vacances/la-baule/residence-royal-park.287.4.php>
 - Prices: Studio for 4/5 persons (95€), 2 rooms for 4/5 persons (120€), 2/3 rooms for 7 persons (155€).
- 2 Boulevard de la Forêt 44500 LA BAULE
- Phone: +33.02.51.10.19.41
- Contact Email: Info.royal-park@goelia.com

Another solution would be to book your accommodation through Airbnb. Here are some suggested accommodations below:

- **Charming duplex apartment in the heart of La Baule**

This duplex has 4 bedrooms and can accommodate a total of 8 persons including 2 children. The price for one night is around 275€.

- Website: https://www.airbnb.fr/rooms/32134847?adults=5&check_in=2022-09-16&check_out=2022-09-18&federated_search_id=8a9f6f59-2097-41b6-b8b2-8b7bfed97f9d&source_impression_id=p3_1654608522_nluJtONXxVPPYIIO

- **Single-storey villa**

This villa located 350m from the beach can accommodate up to 10 people (5 double rooms). It includes a 100m² facing terrace overlooking a 700m² enclosed garden. The price for one night is around 450€.

- Website: https://www.airbnb.fr/rooms/43723786?adults=10&check_in=2022-09-16&check_out=2022-09-18&federated_search_id=7986bdbb-d3d5-497d-8937-cd752eacc152&source_impression_id=p3_1654609024_eX1%2BQl2YQ8bypyN9

4. TRANSFER AND TRANSPORT

Shuttle buses will be available to take you from the airport/station to your accommodation. Should you need this service, please contact the LOC with your arrival time at Nantes airport or train station.

Anyone using the shuttles provided by the LOC must be informed that the use of a mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

- **By car**

La Baule is located 60 minutes from Nantes by car. The motorway links Paris to La Baule in about 4h30.

The town of La Baule provides several free car parks.

- Les Salines car park (200 spaces): Located near the Jean Gaillardon Sports Complex. Shuttles will be provided to access the embankment.
- The Atlantia Convention Centre car park (283 spaces) : Located at 119 Avenue du Maréchal de Lattre de Tassigny 44500 La Baule-Escoublac
- North Station car park
- Cemetery car park (49 spaces): Located at 34 avenue Jean Mermoz 44500 La Baule-Escoublac
- Avenue d'Agen car park (166 spaces).

Should you wish to book a rental car or minivan, Europcar is our partner for all car rentals. Please find below the contact details:

Director of Europcar Saint-Nazaire Agency:

David GUHEL

Guhel@europcar-atlantique.fr

+33 2 40 22 96 30

26 Rue de l'Île de France, 44600 Saint-Nazaire

Managing Director Orvault-Nantes

Quentin LESAFFRE

Qlesaffre@auto-44.fr

+33 6 23 85 57 35

310 Route de Vannes, 44700 Orvault

- **By train**

A direct TGV line connects Paris Montparnasse to La Baule in about 3 hours. At present, train ticket prices vary between €100 and €120 – for the outward and return journey. From Nantes, it is possible to take the TER, which takes about 1 hour. At present, train ticket prices are about €25 – for the outward and return journey.

You can book tickets on the French Railroad company (SNCF) website: <https://www.sncf-connect.com/en-en/>

- **By plane**

The Nantes Atlantique Airport is located 70 km away from La Baule.

It is served by both national and international routes so it is possible to rent a car at the airport at :
<https://www.europcar.com/en/stations/france/nantes-airport-car-and-van-rental>

Otherwise, it is possible to take a shuttle bus to Nantes train station, then take a TER to La Baule.
You will find more information at: <https://www.nantes.aeroport.fr/en/homepage>

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM: Info on location of swimming pools, directions, and opening hours.

Please note that there is no need to book a time slot to access the different swimming pools.

- **AQUABAULE SWIMMING POOL**

- The swimming pool will be accessible from:
 - Wednesday, September 14, 2022: 12:00-7:00pm
 - Thursday, September 15, 2022: 12:00-2:00pm / 4:00-9:00pm
 - Friday, September 16, 2022: 12:00-2:00pm / 4:00-7:00pm
 - Saturday, September 17, 2022: 10:00am-1:00pm / 2:00-6:30pm
 - Sunday September 18, 2022: 10:00am-1:00pm / 2:00-6:30pm
- Prices
 - For child entrance (3-15 years): 4€70
 - For adult entrance (From 16 years): 6€80
- Avenue Honoré de Balzac, 44500 La Baule-Escoublac

- **SAINT-ANDRE-DES-EAUX SWIMMING POOL**

- The swimming pool will be accessible from:
 - Wednesday, September 14, 2022: 3:00-5:00pm
 - Thursday, September 15, 2022: Closed
 - Friday, September 16, 2022: 6:30-8:00pm
 - Saturday, September 17, 2022: 11:00am-1:30pm
 - Sunday September 18, 2022: Closed
- Prices:
 - For child entrance (3-15 years): 2€90
 - For adult entrance (From 16 years): 3€60
- Rue des Guifettes, 44117 Saint-André-des-Eaux

- **AQUATIC CENTER JEAN-PIERRE DHONNEUR**

- The swimming pool will be accessible from:
 - Wednesday, September 14, 2022: 3:30-8:00pm
 - Thursday, September 15, 2022: 7:00-8:00am / 12:00-1:30pm / 5:00-7:00pm
 - Friday, September 16, 2022: 12:00-1:30pm / 7:00-10:00pm
 - Saturday, September 17, 2022: 9:00am-12:00pm / 2:30-6:00pm
 - Sunday September 18, 2022: 9:00am-1:00pm / 2:30-6:00pm
- Prices:
 - For child entrance (3-15 years): 4€60
 - For adult entrance (From 16 years): 5€70
- 6 Avenue Gustave Flaubert, 44350 Guérand

 **BIKE: Safe bike locations.**

You can train by bike on the embankment of La Baule, along the beach.

⚠ Please note that the roads will not be closed, the LOC encourages you to pay extra attention when training.

If you need to rent a bike or need bike assistance, please find below list of the nearby bike shops:

- **LA BAULE LOCATIONS VELOS**
 - 11 Avenue Georges Clémenceau, 44500 La Baule-Escoublac (in front of the tourist office)
 - Open from Wednesday, September 14, to Sunday, September 18: 10:00am-1:00pm / 3:00-7:00pm
- **BOLE VELO**
 - 215 Avenue du Maréchal de Lattre de Tassigny, La Baule-Escoublac
 - Open from Wednesday, September 14, to Saturday, September 17: 9:30am-12:00pm / 3:00-7:00pm
 - Closed on Sunday, September 18.
- **PIETRO BIKE**
 - 216 Avenue du Maréchal de Lattre de Tassigny, La Baule-Escoublac
 - Open from Wednesday, September 14, to Saturday, September 17: 10:00am-1:00pm / 2:30-6:30pm
 - Closed on Sunday, September 18.
- **LA BAULE BIKE**
 - 4 Boulevard Darlu, 44500, La Baule-Escoublac
 - Closed on Wednesday, September 14.
 - Open from Thursday, September 15, to Sunday, September 18: 9:30am – 12:00pm / 2:00-6:00pm

 **RUN: Track location and opening hours**

The stadiums are daily opened.

- **Stadium Moreau Defarges La Baule USBPFOOT** : 4 Boulevard Guy de Champsavin, 44500 La Baule-Escoublac
- **Léo Lagrange athletics stadium**: 1 Avenue Léo Lagrange, 44600 Saint-Nazaire
- **Estuaire Athlétic Club**: 3 Rue du Corps de Garde, 44600 Saint-Nazaire

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race – provided by La Croix Rouge. There will be First Aid and Emergency Medical Services at the Race Village during familiarization and on competition day.

Medical and Paramedical personal will be present throughout the race, including familiarization. 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.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospitals:

- **POLYCLINIQUE DE L'EUROPE**
 - 33 Boulevard de l'Université, 44615 Saint-Nazaire
 - Open 24/7

- **HOPITAL INTERCOMMUNAL DE LA PRESQU'ILE**
 - Guérande-Le Croisic: Avenue Pierre de la Bouexière, 44353 Guérande
 - Open from Wednesday to Friday : 8:30am-6:00pm
 - Closed on Saturday and Wednesday

- **Inter-Hospital Presqu'île Guérande** : Rue Georges Clémenceau, 44490 Le Croisic

⚠ Please note that whatever the mobile provider you are using, you can contact the French emergency phone numbers by dialling:

- **15: SAMU – Emergency Medical Service, can be called for medical emergencies**
- **18: FIREFIGHTERS – Can be called when there is a road accident**

5.3. BIKE RENTING SERVICE

Should you need to rent equipment for the race, please note that our partner LA BOUTIQUE DU TRIATHLON can offer equipment for rental. Please note that they also offer a repair service on-site.

You will be able to pick up your equipment at the stand of LA BOUTIQUE DU TRIATHLON, Place des Escholiers (opposite of the town hall of La Baule) on D-Day. As the number of wetsuits and bikes is limited, make sure you reserve your equipment now.

Prices:

- Wetsuit: 40€
- Bicycle: 40€
- Wetsuit + Bicycle: 70€

To book equipment, you can send our partner an e-mail specifying the race you are taking part in, your weight, your height, and whether you want a wetsuit, a bike or both.

- Direction : The Triathlon Shop, 181 Av du General de Gaulle – 92140 Clamart
- Phone: +33.01.46.31.71.13
- Contact email: boutique.du.triathlon@wanadoo.fr

6. COMPETITION SCHEDULE

6.1. COMPETITION SCHEDULE

2022 Europe Triathlon Youth Championships Festival La Baule		
Thursday, 15 September 2022	Time	Location
Youth Women Swim Familiarisation	09:30 – 10:15	Swim Course
Youth Men Swim Familiarisation	10:15 – 11:00	Swim course
Youth Women/Men Bike Familiarisation (2 laps)	11:15 – 12:00	Bike course
Youth Briefing online (Individual & MTR) - recorded	15:00	Online
Race-pack distribution for Friday races (Semi-Finals 1, 2, 3)	16:00 – 17:30	François André Stadium
Anti-doping session	17:30 – 18:30	François André Stadium
Opening ceremony	18:30 – 19:00	François André Stadium
Friday, 16 September 2022	Time	Location
Athletes´ lounge open & bike check (Youth Women)	07:30-08:30	La Baule Seaside –Boulevard Darlu
Transition area open (Youth Women)	07:45-08:45	La Baule Seaside
Swim warm-up (Youth Women)	07:45-08:45	La Baule Seaside
Athletes´ introduction	08:50	La Baule Seaside
Start Semi-final 1 Youth Women	09:00	La Baule Seaside
Athletes´ introduction	09:40	La Baule Seaside
Start Semi-Final 2 Youth Women	09:50	La Baule Seaside
Athletes´ introduction	10:30	La Baule Seaside
Start Semi-Finals 3 Youth Women	10:40	La Baule Seaside
Transition area bike check-out (Youth Women)	11:20-11:30	La Baule Seaside
Athletes´ lounge open & bike check (Youth Men)	12:00-13:00	La Baule Seaside
Transition area open (Youth Men)	12:15-13:15	La Baule Seaside
Swim warm-up (Youth Men)	12:15-13:15	La Baule Seaside
Athletes´ introduction	13:20	La Baule Seaside
Start Semi-final 1 Youth Men	13:30	La Baule Seaside
Athletes´ introduction	14:05	La Baule Seaside
Start Semi-Final 2 Youth Men	14:15	La Baule Seaside
Athletes´ introduction	14:50	La Baule Seaside
Start Semi-Finals 3 Youth Men	15:00	La Baule Seaside
Transition area bike check-out (Youth Women)	15:45-16:00	La Baule Seaside
Race-package pick-up for Saturday races (Finals A/B)	19:00-20:00	François André Stadium
Registration Mixed Teams Relay Europe Athletes	20:00-20:30	François André Stadium

Saturday, 17 September	Time	Location
Athletes' lounge open & bike check (Youth Women)	10:30-11:30	La Baule Seaside
Transition area open (Youth Women)	10:45 – 11:45	La Baule Seaside
Swim warm-up (Youth Women)	10:45 – 11:45	La Baule Seaside
Athletes' introduction	11:45	La Baule Seaside
Start B Final Youth Women	12:00	La Baule Seaside
Athletes' introduction	12:30	La Baule Seaside
Start A Final Youth Women	12:45	La Baule Seaside
Transition area bike check-out (Youth Women)	13:45 – 14:15	La Baule Seaside
Athletes' lounge open & bike check (Youth Men)	14:45 – 15:45	La Baule Seaside
Transition area open (Youth Men)	15:00 – 16:00	La Baule Seaside
Swim warm-up (Youth Men)	15:00 – 16:00	La Baule Seaside
Athletes' introduction	16:00	La Baule Seaside
Start B Final Youth Men	16:15	La Baule Seaside
Athletes' introduction	16:45	La Baule Seaside
Start A Final Youth Men	17:00	La Baule Seaside
Transition area bike check-out (Youth Men)	18:00 – 18:30	La Baule Seaside
Youth Festival Medal Ceremony (Individual)	18:30 – 19:00	La Baule Seaside
Race package pick-up Mixed Team Relay & National Federation Teams Mixed Team Relay Composition & coaches meeting/briefing	19:30 – 20:30	François André Stadium
Sunday, 18 September 2022	Time	Location
Athletes' lounge open & bike check (MTR)	16:30 – 17:30	La Baule Seaside
Transition area open (MTR)	16:45 – 17:45	La Baule Seaside
Swim warm-up (MTR)	16:45 – 17:45	La Baule Seaside
Athletes' introduction	17:50	La Baule Seaside
Start MTR	18:00	La Baule Seaside
Transition area bike check-out (MTR)	19:30 – 19:45	La Baule Seaside
Youth Festival Medal Ceremony (MTR)	20:00	La Baule Seaside

6.2. COMPETITION RULES

The event follows the latest published Competitions Rules of World Triathlon.

6.3. ATHLETE'S BRIEFING

The briefing will happen online on Thursday, September 15, 2022. The briefing will be available the day before the event at the following link: <https://briefings.triathlon.org/labauge>

6.4. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.5. RESULTS

Results will be uploaded live at the World Triathlon official website www.triathlon.org. Please note that there is no live coverage during the race.

6.6. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules.

7. ACCREDITATION

The LOC will provide all the Organising Committee Members, WORLD TRIATHLON Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official accreditation card.

Please note that accreditation cards will be distributed at the same time as the rack packages on Thursday, September 15, 2022, from 4:00 to 5:30 pm.

Only accredited people will be allowed to access certain venue areas. Accreditation cards provide access to specific areas of the competition.

All accredited people are requested to always carry their accreditation cards with them and to show them upon request. Accreditation cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE

Please note that all communications with Europe Triathlon athletes are in English. However, French remains the official language and locals might or might not speak English. Please make sure to indicate that you are speaking English when making reservation in local restaurants or hotels.

8.2. ABOUT LA BAULE

La Baule-Escoublac, commonly referred to as La Baule, is a commune in the Loire-Atlantique department in western France.

A century-old seaside resort in southern Brittany with villas, casino, luxury hotels and an original mix of old Breton and seaside culture with a 9-kilometre-long sand beach, La Baule has long been home to French high society's seaside residences. During July and August each year, the population of La Baule increases dramatically with many Parisians staying for weeks and regular day-trippers from Nantes. Parisians can take the train in Paris Montparnasse Station and it is about 3 hours to go to La Baule. Despite this, La Baule is still virtually unknown outside France.

8.3. CURRENCY

Euro is the currency used in France.

8.4. TIME

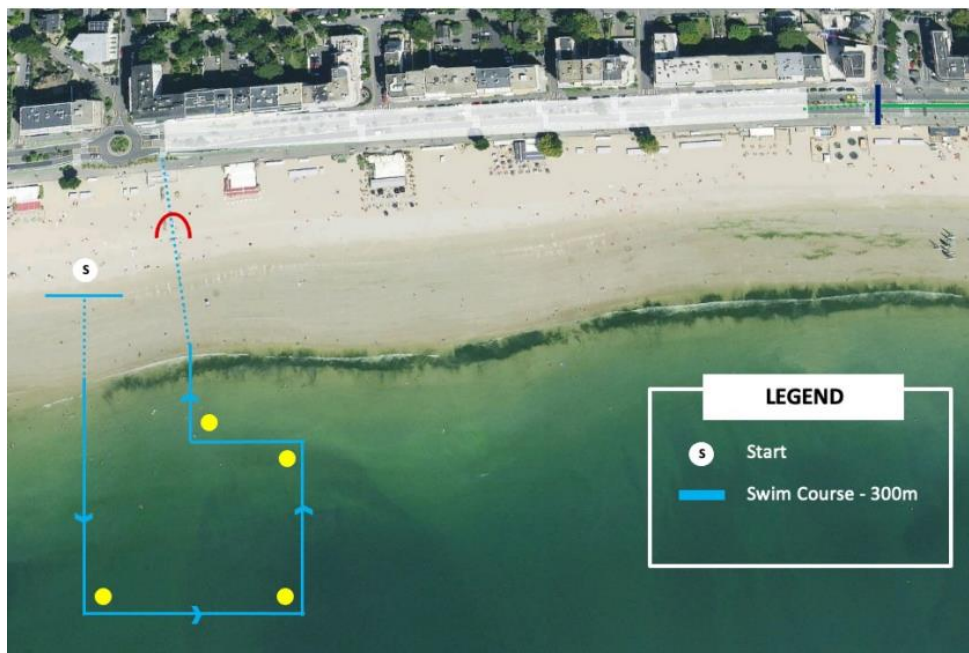
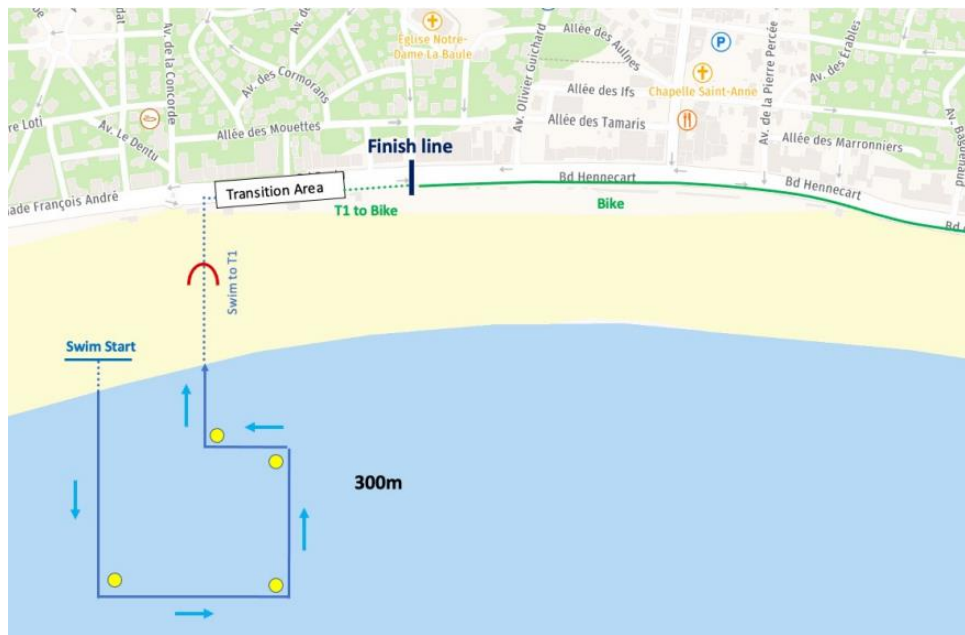
Time zone is usually UTC+01:00 (CET). However, in the summer (DST) it is UTC+02:00 (CEST)

9. COURSE MAPS

9.1. SWIM RACE – INDIVIDUAL RACES (300m)

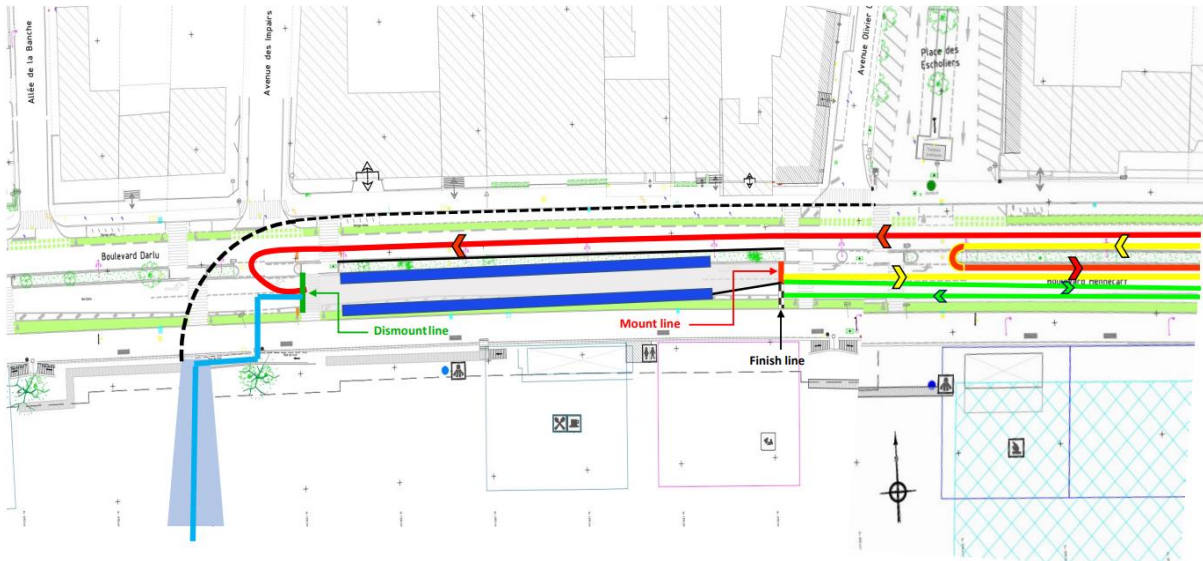
The Head Referee, with assistance from Technical Officials, who are assigned to the start, will start each race.

- Beach Start
- Number of laps: 1
- Average water temperature in September: 18.6°C
- Please find below the map of the swim course



9.2. TRANSITION 1 – INDIVIDUAL RACES

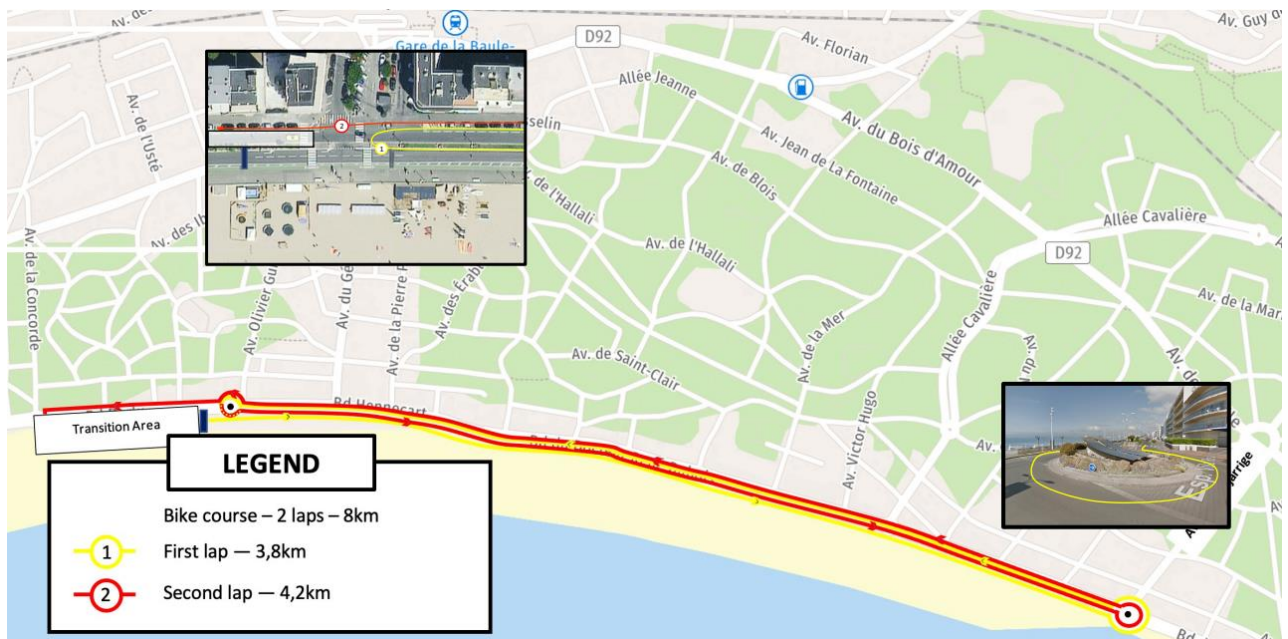
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition area and must deposit swim gear in a bin placed at the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes take their bike, and move forward into the centre lane and towards the mount line.



9.3. BIKE COURSE (8km) – INDIVIDUAL RACES

The Bike Course will happen on the seaside of La Baule

- Number of laps: 2
- This is a flat course
- Please find below a map of the bike course



9.4. TRANSITION 2 – INDIVIDUAL RACES

From the dismount line, a flow through transition has been developed to keep athletes moving forward. Athletes enter the transition area and must deposit their bike at their racks. Then, athletes can start their run course.

9.5. RUN COURSE (2km) – INDIVIDUAL RACES

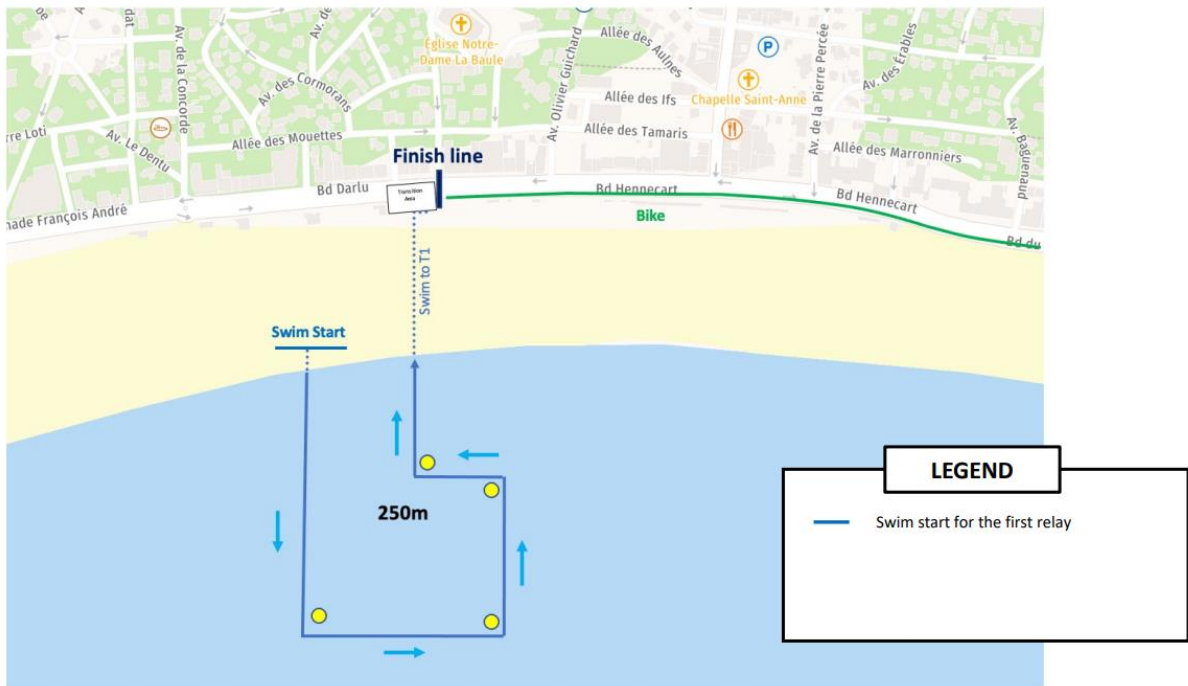
The run course will take place in the seaside of La Baule.

- Number of laps: 1
- As you can see in the map view below, the ground is concrete and rather flat.

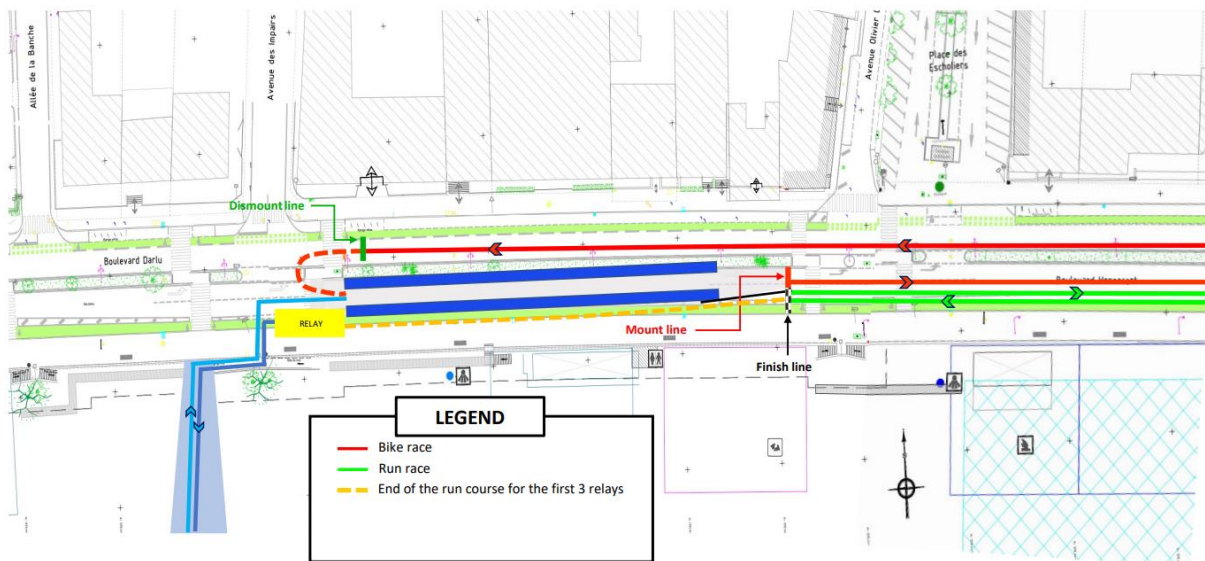


9.6. MIXED RELAY LAYOUTS

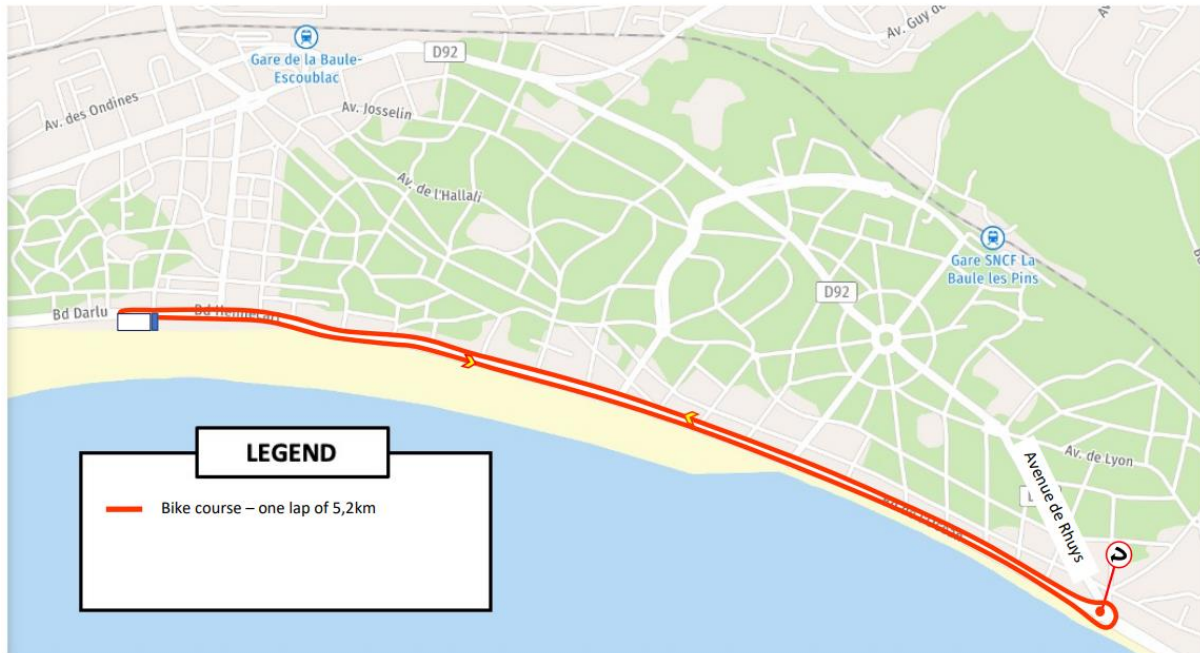
9.6.1 Swim Race – Mixed Relay



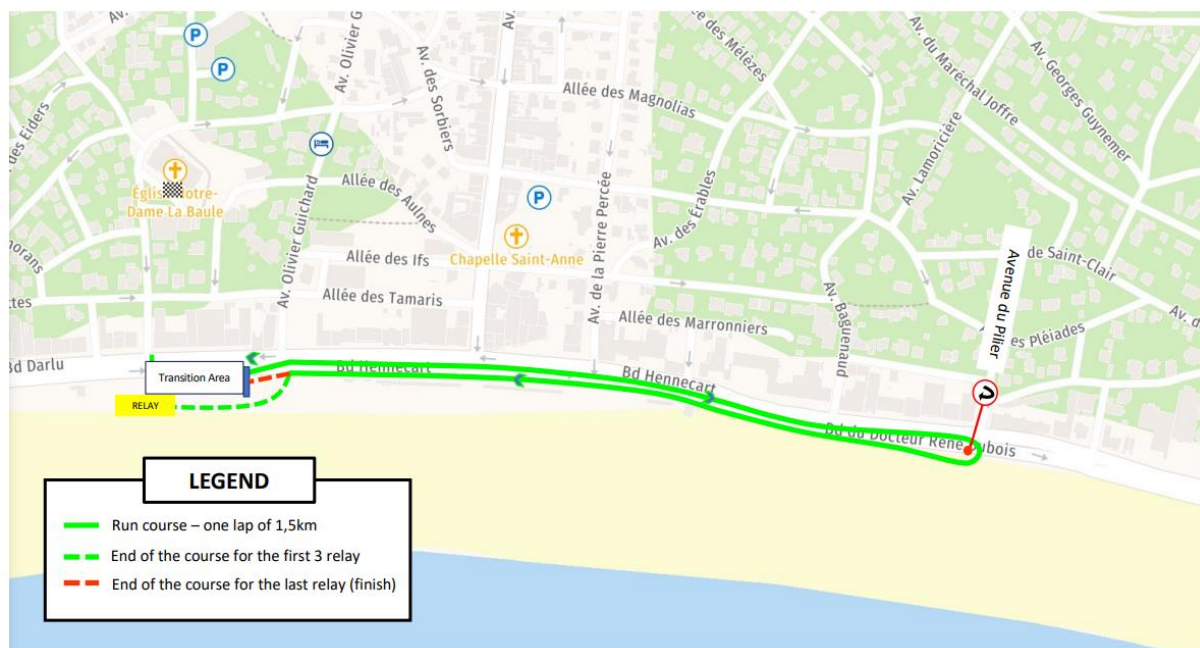
9.6.2. Transition 1 – Mixed Relay



9.6.3. Bike course – Mixed Relay



9.6.4. Transition 2 & Run Course – Mixed Relay



10. COVID-19 MEASUREMENTS

⚠ We advise all athletes to monitor their health status daily up to the race. In case of fever, cough, or other illness related symptoms, it will not be possible to enter the race for the safety of every athlete.

For more detailed information on the COVID guidelines, please see the Concept Paper on [the Europe Triathlon website](#).

For the current COVID World Triathlon rules, please check:
https://www.triathlon.org/about/downloads/category/medical_publications

⚠ Please note that COVID-19 sanitary restrictions at the French border were eased on February 12, 2022, for fully vaccinated travelers. However, the restrictions might evolve so the LOC encourages you to regularly [visit the France Diplomacy's website for more information](#).

10.1 TRAVEL

For arrival into France please check the most up to date information here:
<https://www.interieur.gouv.fr/covid-19-international-travel>

10.2. AIRPORT TRANSFER & TRANSPORTATION

Anyone using the shuttles provided by the LOC must be informed that the use of a mask and face covering is mandatory. Everyone needs to disinfect their hands before entering the bus.

Please note that wearing a face mask when using transportation services is not mandatory but still recommended.

10.3. ACCOMMODATION

At this time, there are no Covid-19 measurements for athletes and coaches that need to be respected in the accommodation. Please note that this is subject to change according to the respective hotels' guidelines.

10.4. TRAINING SITES

Athletes are recommended to keep their distances during running and swimming sessions. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

10.5. TESTING PROTOCOL AND HEALTH SCREENING

At this time, there are no mandatory Covid-19 testing protocol and health screening. Please note that this is subject to change and we will inform you accordingly.

10.6. ON-SITE

Please note that the event will be open to spectators. Non-accredited persons can watch the event from the spectator's areas. Barrier gestures, social distancing and wearing a face mask are not required at this time.

If you experience any COVID-19 symptoms, you must take a COVID-19 test in nearby local pharmacies. Please note that tests will be charged, you can ask for more information at the pharmacy.

If you test positive, isolate yourself immediately and list your "contact cases" on AMELI (French social security website): <https://declare.ameli.fr/listermescascontacts>

Please note that a doctor will be present on-site, should you need more informations.

10.7. WORLD TRIATHLON COVID-19 MEASURES

For more information about the WORLD TRIATHLON COVID-19 regulations, please read the below table.

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before travelling	COVID-19 test at event	Daily health screening
Elite athletes					yes
U23 athletes	In case of stand alone event only			In case of stand alone event only	yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a			Follow public health request	yes
AG athletes		Respect the travel regulations set by the host country	Follow public health or World Triathlon request		yes
Coaches/team medical/ support NF personnel	In case of stand alone event only				In case of stand alone event only
TDs /ITOs/NTOs/ Competition Jury	In case of stand alone event only			yes for the ones in close contact with the athletes; the others follow public health request	yes
IF/Continental Federation Delegations	In case of stand alone event only			Follow public health request	yes
LOC/ Contractors	Follow public health request			Follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only			In case of stand alone event only	yes

Good luck.

The LOC, Triathlon Audencia La Baule