

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:**

- 190€
- A link to proceed to online payment will be uploaded soon

- **Briefing:**

The briefing will take place in the EPONA halls at the François André Sports Complex (5 Avenue des Rosières, 44500 La Baule) on **Friday, September 22nd 2023 at 3pm.**

- **Course familiarization**

The course familiarization will happen on **Friday, September 22nd 2023** from **10:00am to 12:00pm** on La Baule seaside. Additional information regarding timing can be found in the 2.2 *COURSE FAMILIARIZATION* section.

Roads will be closed and medical care and water rescue will be on site.

- **Race Start**

Saturday, September 23rd 2023:

- **12:00 pm:** Junior Mixed Relay
- **5:45 pm:** Elite Mixed 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:**

- Stephan Kretschmer
- Email : 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: hdelaudunay@audencia.com
 - Phone number: +33 2 40 37 81 39
- Website: <http://www.triathlon-audencialabaule.com>

2. VENUE

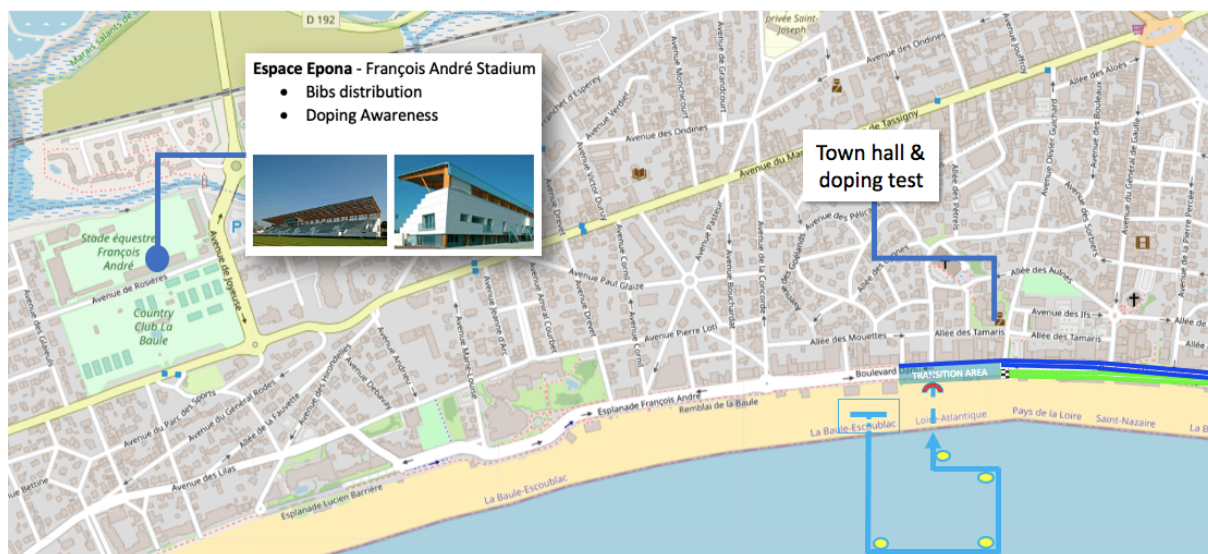
2.1. RACE VENUE

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:

EVENT VENUE



2.2 COURSE FAMILIARISATION

The course familiarisation will happen on **Friday, September 22nd 2023**.

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

Friday, September 22nd 2023	Time	Location
Swim Familiarisation	10:00 – 11:00am	La Baule seaside
Bike Familiarisation	11:00am-12:00pm	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 **Friday, September 22nd 2023**, from **4:00pm to 6:30pm** 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.

You can find more information at https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2023_20230208.pdf

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 140€.
 - Breakfast supplement: 12€
- 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€/75€), Twin room (75€)
 - Breakfast supplement: 8,5€
- 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 185€.

- 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 519€.

- 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%2BQI2YQ8bypyN9

4. TRANSFER AND TRANSPORT

- **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:
 - Thursday, September 21, 2023: 10:00am-9:00pm
 - Friday, September 22, 2023: 10:00am-7:30pm
 - Saturday, September 23, 2023: 10:00am-1:00pm / 2:00-6:30pm
 - Sunday September 24, 2023: 10:00am-1:00pm / 2:00-6:30pm
- Prices
 - For child entrance (3-15 years): 5€
 - For adult entrance (From 16 years): 8€40
- Avenue Honoré de Balzac, 44500 La Baule-Escoublac

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

- The swimming pool will be accessible from:
 - Thursday, September 21, 2023: Closed
 - Friday, September 22, 2023: 6:30-8:00pm
 - Saturday, September 23, 2023: 11:00am-1:30pm
 - Sunday September 24, 2023: 10:00am-12:00pm
- Prices:
 - For child entrance (3-15 years): 4€

- For adult entrance (From 16 years): 5€
- Rue des Guifettes, 44117 Saint-André-des-Eaux
- **AQUATIC CENTER JEAN-PIERRE DHONNEUR**
 - The swimming pool will be accessible from:
 - Thursday, September 21, 2023: 7:00-8:00am / 11:45am-1:30pm / 4:45pm-6:30pm
 - Friday, September 22, 2023: 11:45am-1:30pm / 7:00-9:30pm
 - Saturday, September 23, 2023: 9:00am-11:30am / 2:30-17:30pm
 - Sunday September 24, 2023: 8:00am-12:30pm / 2:30-17:30pm
 - Prices:
 - For child entrance (3-15 years): 5€90
 - For adult entrance (From 16 years): 7€
 - 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 Thursday, September 21, to Sunday, September 24: 10:00am-1:00pm / 3:00-7:00pm
- **BOLE VELO**
 - 215 Avenue du Maréchal de Lattre de Tassigny, La Baule-Escoublac
 - Open from Thursday, September 21, to Saturday, September 23: 9:30am-12:00pm / 3:00-7:00pm
 - Closed on Sunday.
- **PIETRO BIKE**
 - 216 Avenue du Maréchal de Lattre de Tassigny, La Baule-Escoublac
 - Open from Thursday, September 21, to Saturday, September 23: 10:00am-1:00pm / 2:30-6:30pm

- Closed on Sunday.

- **LA BAULE BIKE**

- 4 Boulevard Darlu, 44500, La Baule-Escoublac
- Open from Thursday, September 21, to Sunday, September 24: 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

2023 MIXED RELAY CLUB EUROPEAN CHAMPIONSHIPS, La Baule		
Friday, 22 September 2023	Time	Location
Swim Familiarisation	10:00 – 11:00	La Baule townhall*
Bike Familiarisation (2 laps)	11:00 – 12:00	La Baule townhall
Athletes and coaches Briefing	15:00	5 Av. des Rosières, 44500 La Baule-Escoublac**
Race-pack distribution for Juniors and Elites	16:00 – 17:00	5 Av. des Rosières, 44500 La Baule-Escoublac
Saturday, 23 September 2023	Time	Location
JUNIORS FINAL		
Athletes' lounge open & bike check (Juniors)	10:30 - 11:30	La Baule Seaside ***
Transition area open (Juniors)	10:45 - 11:45	La Baule Seaside
Swim warm-up (Juniors)	10:45 - 11:45	La Baule Seaside
Athletes' introduction (Juniors)	11:50	La Baule Seaside
Start mixed relay (Juniors)	12:00	La Baule Seaside
Transition area bike check-out (Juniors)	13:30	La Baule Seaside
ELITES FINAL		
Athletes' lounge open & bike check (Elites)	16:15 - 17:15	La Baule Seaside
Transition area open (Elites)	16:30 - 17:30	La Baule Seaside
Swim warm-up (Elites)	16:30 – 17:30	La Baule Seaside
Athletes' introduction (Elites)	17:40	La Baule Seaside
Start mixed relay (Elites)	17:45	La Baule Seaside
Transition area bike check-out (Elites)	19:15	La Baule Seaside
MEDAL CERELONY	19:45 – 20:15	La Baule Seaside

*La Baule townhall: <https://goo.gl/maps/cvHTQcAwdSanZwCJ8>

**5 Av. des Rosières, 44500 La Baule-Escoublac : <https://goo.gl/maps/6NXQ7mAn1tL36A736>

***La Baule seaside : <https://goo.gl/maps/RUnD1zWBjYxY3Fcm7>

6.2. COMPETITION RULES

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

6.3. ATHLETE'S BRIEFING

The briefing will happen on **Friday, September 22, 2023** at **3pm** (5 avenue des Rosières, 44500 La Baule-Escoublac) . The briefing will be available the day before the event at the following link: <https://briefings.competitions.org/la-baule>

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.competitions.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 Friday, September 22, 2023, from 4:00 to 5:30 pm for the Juniors and from 5:30pm-6:30pm for the Elites.

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

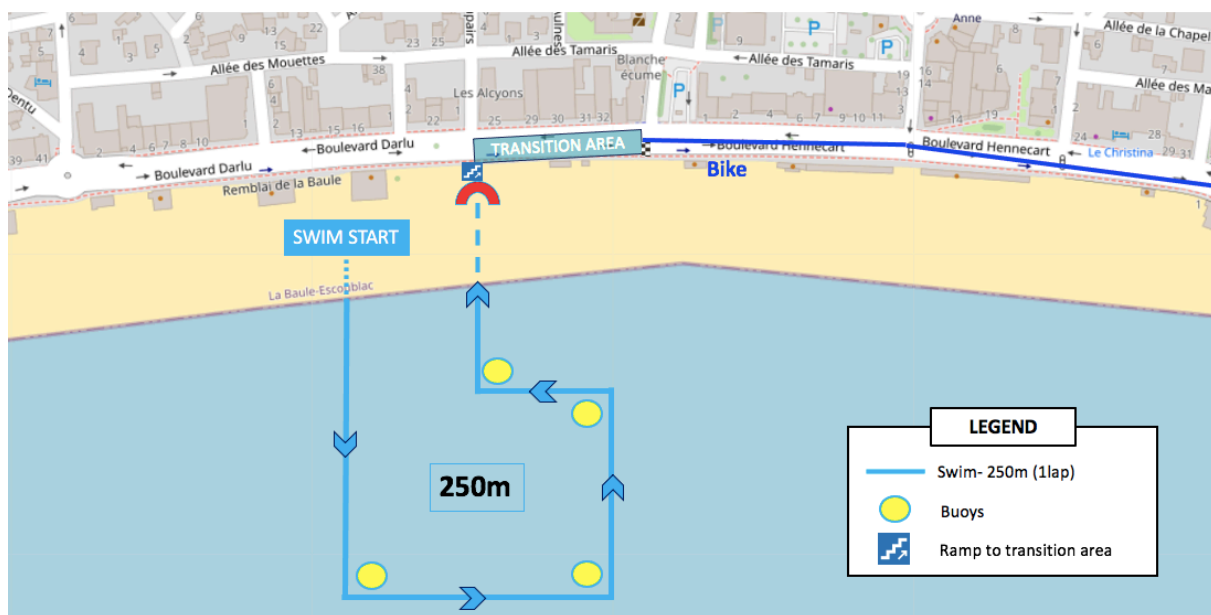
9.1. MIXED RELAY CLUB - JUNIOR

9.1.1 SWIM RACE – JUNIOR RACES (250m)

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

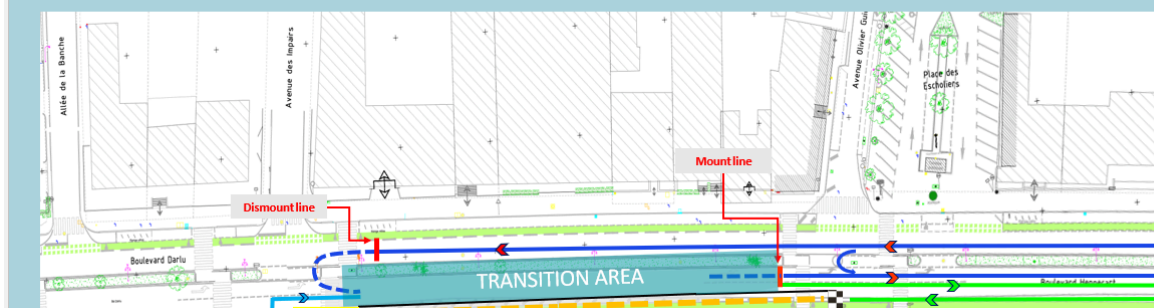


9.1.2 TRANSITION AREA

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.



Transition Area – Mixed Relay in details



9.1.3. BIKE COURSE (5,04km) – JUNIOR RACES

The Bike Course will happen on the seaside of La Baule

- Number of laps: 2 (each one of 2,52km)
- This is a flat course
- Please find below a map of the bike course



9.1.4 RUN COURSE (1,4km) – JUNIOR RACES

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

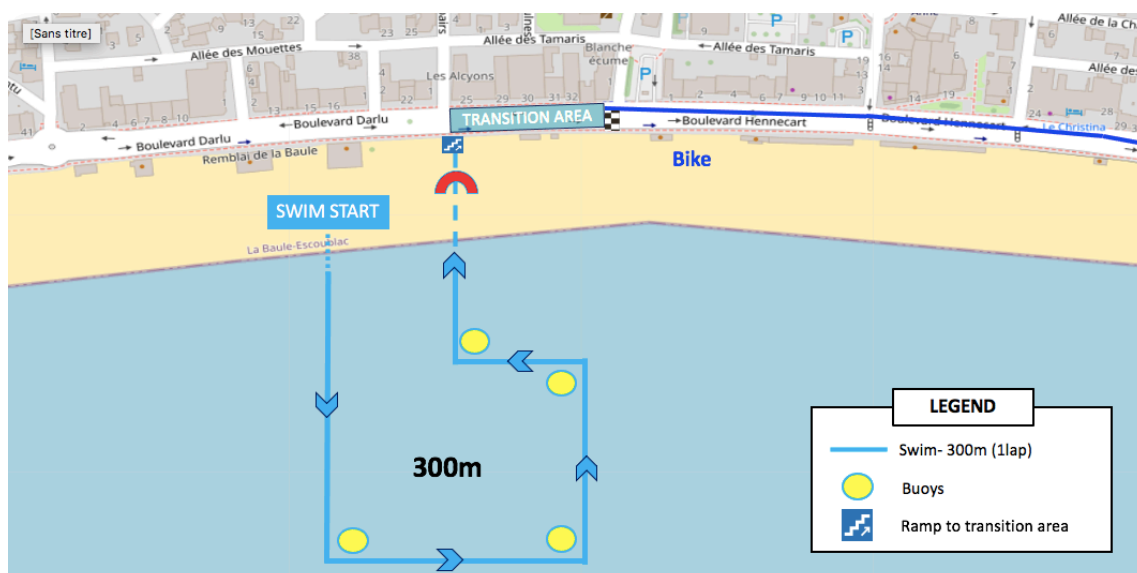
- Number of laps: 1
- As you can see in the map view below, the ground is concrete and rather flat.



9.2 MIXED RELAY CLUB - ELITE

9.2.1 SWIM RACE – ELITES RACES (300m)

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

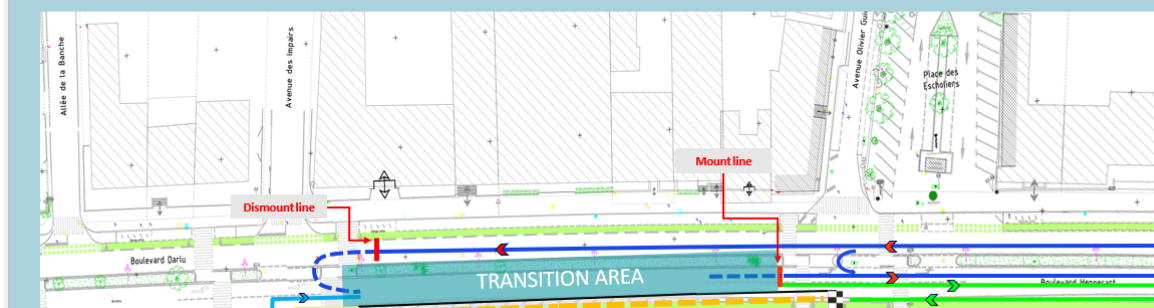


9.2.2 TRANSITION AREA

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.



Transition Area – Mixed Relay in details



9.2.3 BIKE RACE – ELITES RACES (6,96km)

The Bike Course will happen on the seaside of La Baule

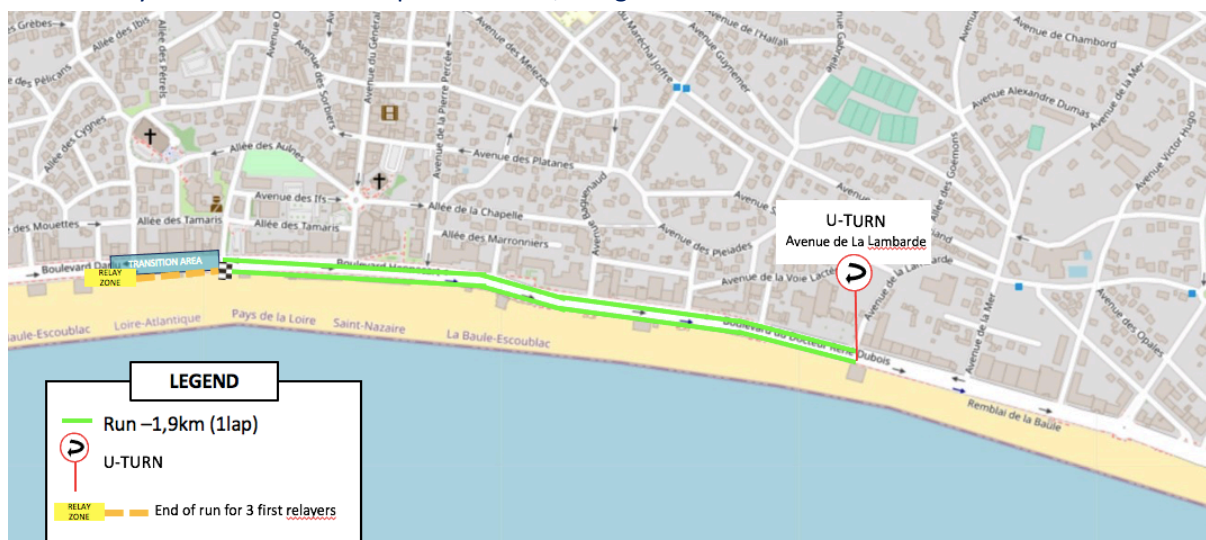
- Number of laps: 2 (each one of 3,48km)
- This is a flat course
- Please find below a map of the bike course



9.2.4 RUN RACE – ELITES RACES (1,9km)

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.



Good luck.

The LOC, Triathlon Audencia La Baule