



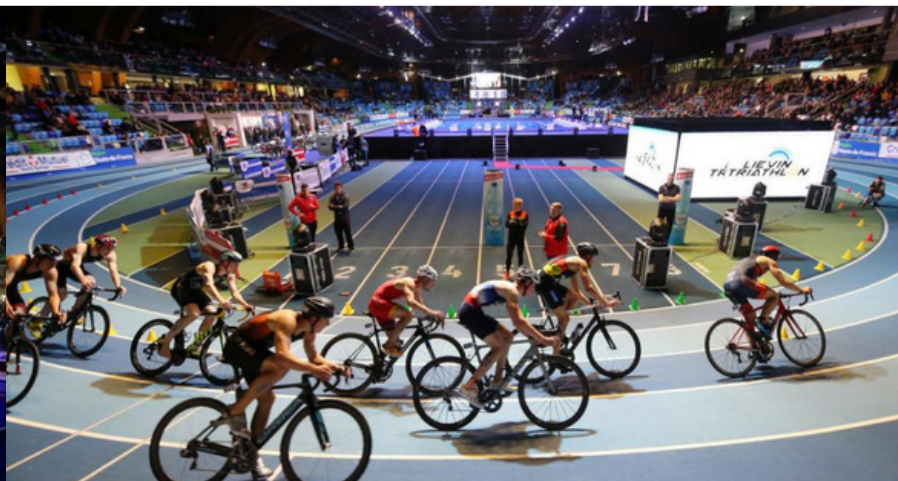
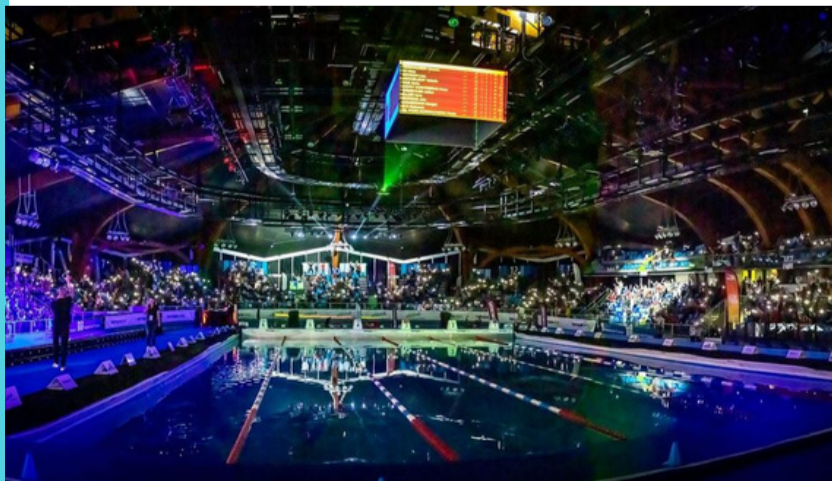
World Triathlon
Indoor Cup
LIEVIN
2024

ATHLETE GUIDE WORLD TRIATHLON INDOOR CUP LIEVIN

SATURDAY, MARCH 30, 2024



COUPE DU MONDE TRIATHLON INDOOR



V2 - MARCH, 7, 2024





WELCOME

Welcome to Lievin Triathlon Indoor 2024.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning 2024 World triathlon Indoor Cup Lievin .

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

Key links :

- Lievin Triathlon Indoor Festival :
<https://lievintriathlonindoorfestival.com>
- World Triathlon Website : <https://www.triathlon.org>
- Pro Live Sport public Website :



1. CONTACTS

Race director :

- Laurent PHILIPPE - lolo.philippe@neuf.fr
- Laurent SZEWCZYK - lolo.szewczyk@gmail.com -
+33663798591

World Triathlon Technical Delegate :

- Miguel ALEJANDRO FERNÁNDEZ VÁZQUEZ -
mijelalejandro@yahoo.es





2. VENUE

Race Venue :

ARENA STADE COUVERT LIEVIN - Chemin des Manufactures -
62800 LIEVIN

GPS Cordinates : <https://maps.app.goo.gl/k24MiUd1nUMS3hi19>



3. ACCOMMODATION

Accommodation and transport representative :

Simon FOURNIER - 6 47 75 76 16

Office de tourisme & du patrimoine DE Lens-Liévin

58 rue de la gare - 62300 Lens - Tel.: +33 (0)3 21 67 66 66.

<http://www.tourisme-lenslievin.fr/>

CRAF centre régional d'accueil et de formation /

Chemin des Manufactures 62800 – Liévin

Tel.: +33 (0)3 21 44 02 44

<http://www.arena-lievin.fr/hebergement.html>

Hotels/Gites/Guest rooms:

- <https://tourisme-lenslievin.fr/preparer/ou-dormir/hotels/>
- <https://tourisme-lenslievin.fr/preparer/ou-dormir/meubles-de-tourisme/>
- <https://tourisme-lenslievin.fr/preparer/ou-dormir/chambres-dhotes/>





4. TRANSFERT ET TRANSPORT

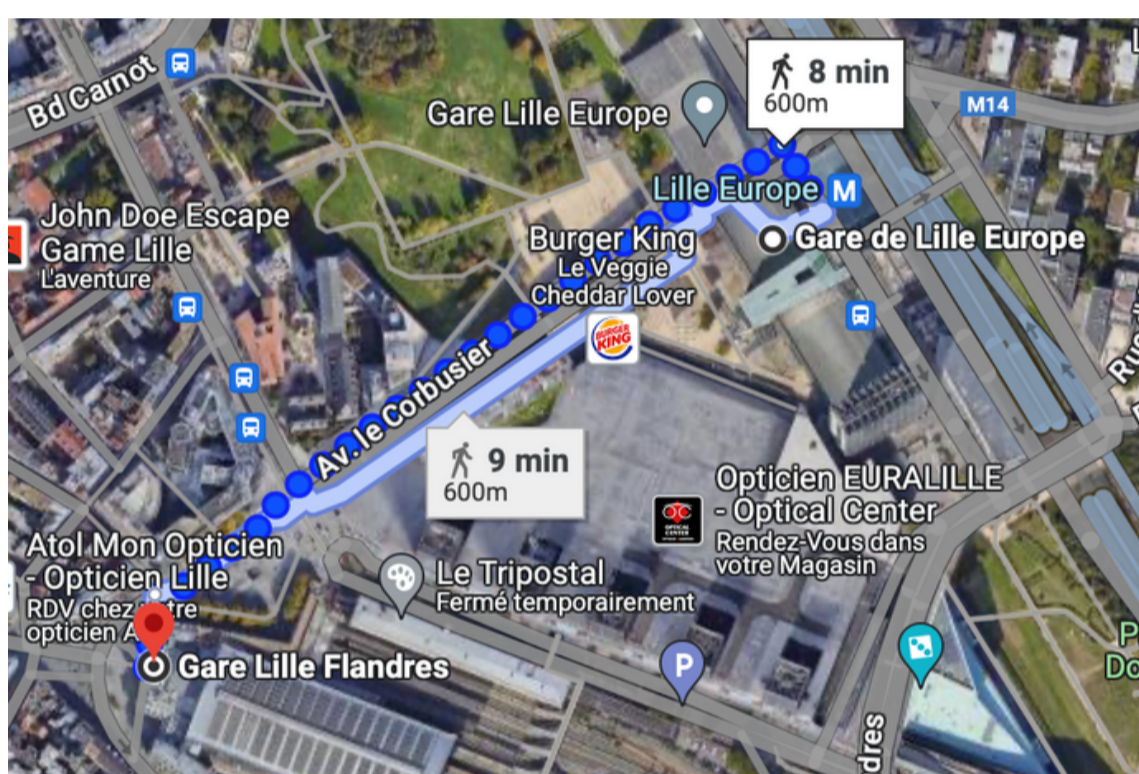
BY TRAIN :

Lens Station - Place du Générale de Gaulle, 62300, Lens

Arras Station - Place du Maréchal Foch, 62000, Arras

Lille Flandres Station - Place de la Gare, 59000, Lille

Lille Europe Station - 1 boulevard des Leeds, 59000, Lille



BY PLANE :

Lille-Lesquin Airport - 44,8km, route de l'Aéroport, 59810, Lesquin

Paris-Charles-De-Gaulle Airport - 157km, 95700, Roissy-en-France - then trains are possible from the Airport to Lens Station.



Can pick you up :

- At the Lens Station
- At Arras Station
- At Lille-Lesquin Airport

To do this, simply click on the link:
https://forms.d/e/1FAIpQLSdSxtCE7uLL1JJMyqlltOjCTkHuOYK8l305fF35H7yaOBpL1Q/viewform?usp=pp_url





5.1 TRAINING

Thursday, March 28 :

Swimming Training (5 swimming lanes of 50 m)

Time : 13:30/14:30 women's training

14:30/15:30 men's training

Mandatory registration :

https://docs.google.com/forms/d/e/1FAIpQLSdKC1qooOY6L3JDju1zWRreZ6grXq8iontWW5EmmS6tuNVloA/viewform?usp=pp_url

(this is for information only, admission is FREE)

Venue : Swimming pool Aqualens Avenue André Delelis

62300 Lens : Link for the swimming_pool



5.2 FAMILIARIZATION

Training infrastructure - familiarization sessions

Venue : Arena stade couvert Lievin

Friday, March 29 :



SWIM

For women: 16:15/17:15

For men: 12:15/13:15



BIKE

For women: 12:15/13:15

For men: 16:15/17:15

Wave 1 : 12:15/12:25

Wave 1: 16:15/16:25

Wave 2 : 12:25/12:35

Wave 2: 16:25/16:35

Wave 3 : 12:35/12:45

Wave 3: 16:35/16:45

Wave 4 : 12:45/12:55

Wave 4: 16:45/16:55

Wave 5 : 12:55/13:05

Wave 5: 16:55/17:05

Wave 6 : 13:05/13:15

Wave 6: 17:05/17:15





6. SCHEDULE

Saturday, March 30

Check-in for Women

Time: 11:00

Location: Arena Stade Couvert Lievin

Check-in for Men

Time: 12:30

Location: Arena Stade Couvert Lievin

Start Time

Time: from 12 :30 (wave one for women)

Time: from 14 :00 (wave one for men)

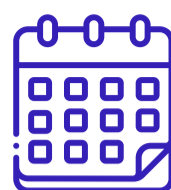
Location: Arena Stade Couvert Lievin

Medal Ceremony.

Time: 22: 25

Location: Arena Stade Couvert Lievin





7. PROVISIONAL PROGRAM

WORLD CUP WOMEN Qualifications - 72 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Q Rank	RP
12:30:00	12:15:00	11:30:00	26	EW-Q1	12	150m	3km	1km	4	Other
12:45:00	12:30:00	11:45:00	27	EW-Q2	12	150m	3km	1km	4	
13:00:00	12:45:00	12:00:00	28	EW-Q3	12	150m	3km	1km	4	
13:15:00	13:00:00	12:15:00	29	EW-Q4	12	150m	3km	1km	4	
13:30:00	13:15:00	12:30:00	30	EW-Q5	12	150m	3km	1km	4	
13:45:00	13:30:00	12:45:00	31	EW-Q6	13	150m	3km	1km	4	

WORLD CUP MEN Qualifications - 72 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Q Rank	RP
14:00:00	13:45:00	13:00:00	32	EM-Q1	12	150m	3km	1km	4	Other
14:15:00	14:00:00	13:15:00	33	EM-Q2	12	150m	3km	1km	4	
14:30:00	14:15:00	13:30:00	34	EM-Q3	12	150m	3km	1km	4	
14:45:00	14:30:00	13:45:00	35	EM-Q4	12	150m	3km	1km	4	
15:00:00	14:45:00	14:00:00	36	EM-Q5	12	150m	3km	1km	4	
15:15:00	15:00:00	14:15:00	37	EM-Q6	12	150m	3km	1km	4	

WORLD CUP WOMEN RP- 48 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Q Rank
15:30:00	15:15:00	14:30:00	38	EW-RP1	12	150m	3km	1km	3
15:45:00	15:30:00	14:45:00	39	EW-RP2	12	150m	3km	1km	3
16:00:00	15:45:00	15:00:00	40	EW-RP3	12	150m	3km	1km	3
16:15:00	16:00:00	15:15:00	41	EW-RP4	12	150m	3km	1km	3

WORLD CUP MEN RP - 48 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Q Rank
16:30:00	16:15:00	15:30:00	42	EM-RP1	12	150m	3km	1km	3
16:45:00	16:30:00	15:45:00	43	EM-RP2	12	150m	3km	1km	3
17:00:00	16:45:00	16:00:00	44	EM-RP3	12	150m	3km	1km	3
17:15:00	17:00:00	16:15:00	45	EM-RP4	12	150m	3km	1km	3

18h45 - First Happening (10 min)

WORLD CUP WOMEN Semi-Final - 36 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Final A	Final B
19:00:00	18:45:00	18:00:00	51	EW-SF1	12	150m	3km	1km	4	4
19:15:00	19:00:00	18:15:00	52	EW-SF2	12	150m	3km	1km	4	4
19:30:00	19:15:00	18:30:00	53	EW-SF3	12	150m	3km	1km	4	4

WORLD CUP MEN Semi-Final - 36 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run	Final A	Final B
19:45:00	19:30:00	18:45:00	54	EM-SF1	12	150m	3km	1km	4	4
20:00:00	19:45:00	19:00:00	55	EM-SF2	12	150m	3km	1km	4	4
20:15:00	20:00:00	19:15:00	56	EM-SF3	12	150m	3km	1km	4	4

WORLD CUP WOMEN Final B - 12 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run
21:10:00	20:55:00	20:10:00	59	EW-FB	12	150m	3km	1km

WORLD CUP MEN Final B - 12 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run
21:25:00	21:10:00	20:25:00	60	EM-FB	12	150m	3km	1km

WORLD CUP WOMEN Final A- 12 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run
21:40:00	21:25:00	20:40:00	61	EW-FA	12	150m	3km	1km

WORLD CUP MEN Final A - 12 athlètes

Time	check in	bike drop off	Race N°	Race ref	Startlist	Swim	Bike	Run
22:00:00	21:45:00	21:00:00	62	EM-FA	12	150m	3km	1km

22h12 After Show (10min)

22h25 AWARDS

22h40 - END





8.1. COMPETITION RULES

The rules of the competition can be found directly on the World Triathlon website.

8.2. ATHLETE'S BRIEFING

Thursday march 28

Briefing

Time 18:00

Location : amphitheatre Arena stade couvert Liévin

Registration/ race pack distribution

After the briefing

Location Arena stade couvert Liévin

Presse conference

Time 19:15

Location Arena stade couvert Lievin

8.3. TIMING CHIPS

On race day, athletes will receive a timing chip, to wear on their ankle. Athletes will collect their chip 15 minutes before each race, during their check-in procedure.





8.4. RESULTS

Results will be uploaded live at the World Triathlon official website :

- www.triathlon.org

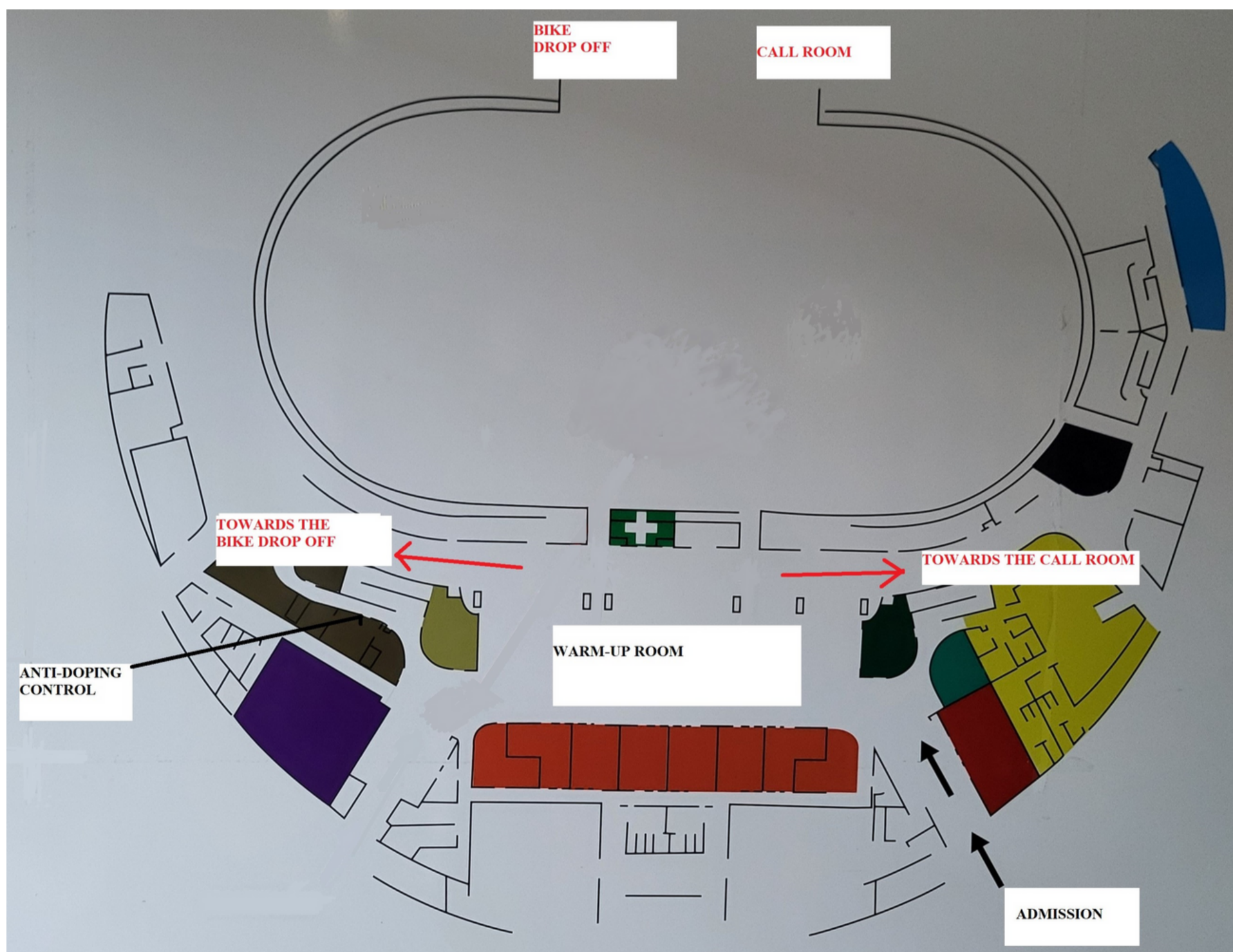
Or by the timer site web

- PROLIVE SPORT : <https://itif-result.fr/>

8.5. APPEALS

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

8.6. BASEMENT PLAN



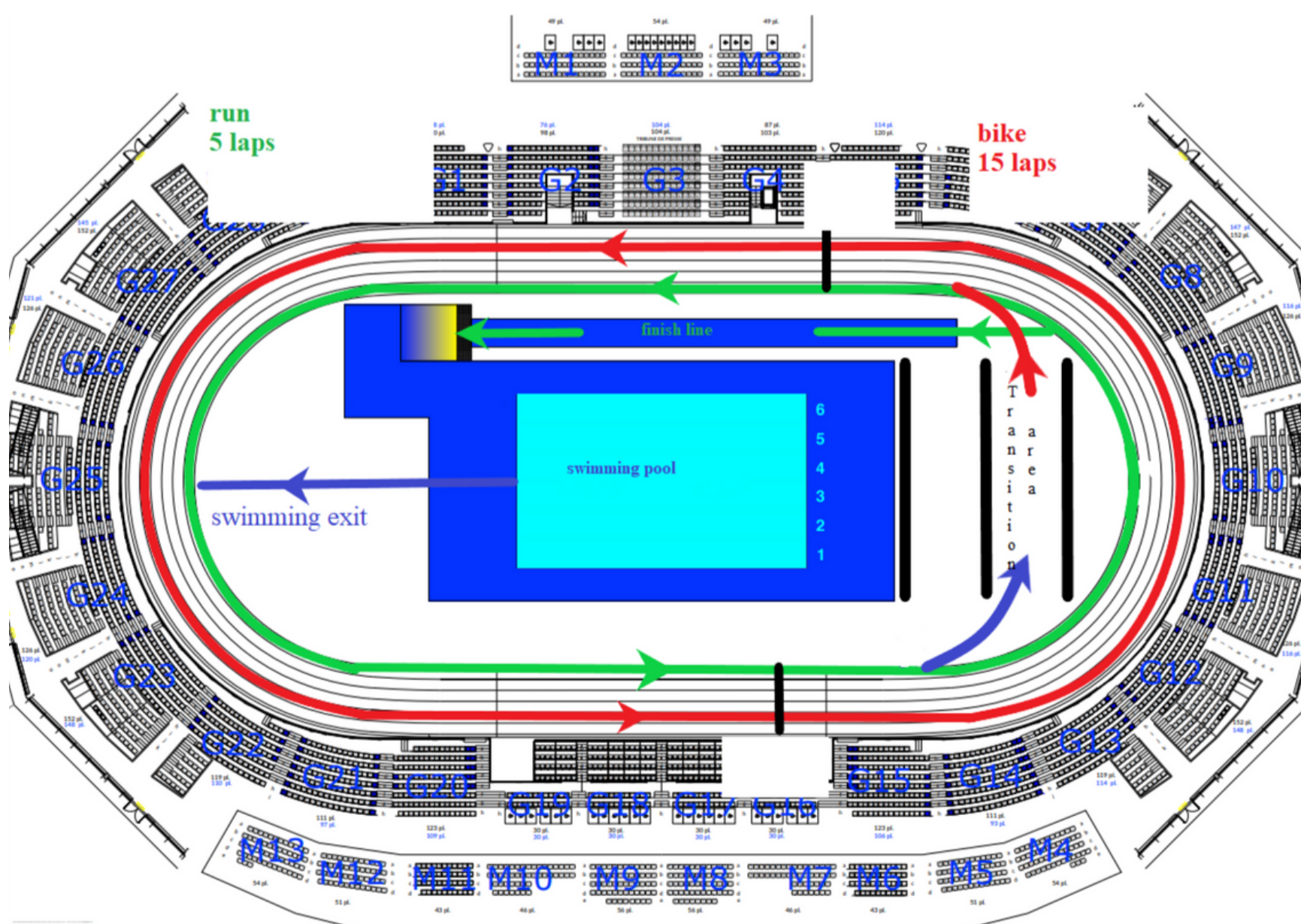


9. ACCREDITATION

The LOC will provide all members of the organizing committee, technical officials, athletes with an official accreditation card or bracelet. Accreditation cards or bracelets provide access to specific areas of the competition. All accredited persons are requested to carry their accreditation card or bracelet with them at all times and to present it upon request.



10. COURSE MAPS





SWIM COURSE

- 6 lanes of 25m
- 2 athletes per

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

Number of laps = 150 m, 6 lengths

Water : 26 °C

Air : 20°C

TRANSITION 1

Athletes enter transition and must place their swimming equipment in their crate numbered box. Athlete numbers are displayed on the top of each bike rack. Once the helmet is attached, the athletes take their bike towards the ascent line.



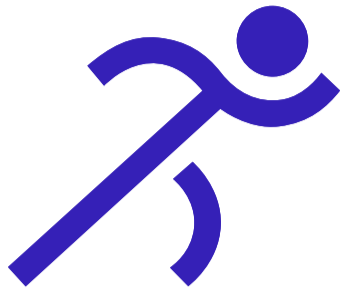
BIKE COURSE

3 km of cycling – 15 laps

TRANSITION 2

Running shoes can be placed next to or in the crate





RUN COURSE

- 1 km, 5 laps, tartan coating

Mandatory shoes

ATHLETE APPEAL PROCEDURE

1 hour before each departure, the athletes leave their bike and their box with the shoes in the waiting park (they do not have access to the bike park, it is the organization which positions the bikes in the park and the shoes). 15 minutes before each departure they must go to the call room for chip distribution.

