

# AGE GROUP ATHLETE GUIDE



**WWW.GENEVA2015.CH**

**#GENEVA2015**

presented by  
**gaz naturel** 



# **WELCOME TO THE 2015 GENEVA TRIATHLON ETU EUROPEAN CHAMPIONSHIPS**

This guide provides athletes and team managers with key information required to compete in the Geneva Triathlon ETU European Championships, which will take place from 10 to 12 July 2015.

There will be two Information stands, one situated at the Théâtre du Lemman and a second one in the athlete's village. Information can also be found on our website and social network.

Final information will be given at the athlete briefing.

Website: [www.geneva2015.ch](http://www.geneva2015.ch)

Facebook: [www.facebook.com/TriathlonGeneva2015](https://www.facebook.com/TriathlonGeneva2015)

Twitter: [#Geneva2015](https://twitter.com/Geneva2015)

During the event, information will be updated daily to our website.

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# 1 WELCOME

## 1.1 WELCOME MESSAGE FROM THE EUROPEAN TRIATHLON UNION (ETU)

I am very pleased that the city of Geneva is hosting our 31<sup>st</sup> European Championships.

It will be the 3<sup>rd</sup> time that Switzerland is hosting the most important ETU Triathlon competition after Geneva in 1991 and Lausanne in 2005.

A warm welcome to all the Elite Athletes and Age Groupers that will come for all over Europe to compete in Geneva and I am sure that we will all live fantastic and epic moments in the great venue in the centre of the City.

Special thanks to the City of Geneva, the Organising Committee and the Swiss Federation that have been working very hard to deliver this great event.

**Renato Bertrandi**

Président de l'European Triathlon Union (ETU)

## 1.2 WELCOME MESSAGE FROM THE PRESIDENT OF THE SWISS TRIATHLON FEDERATION (SWISSTRIATHLON)

Dear triathlon friends,

Welcome to Geneva! For four days, the European elite of triathlon as well as almost 2000 Age Group athletes and para-triathletes are going to make of this international city the peak of European triathlon. The organizers surrounding the president of the CO, Eric Monnot, are ready! The new tracks and the race logistics have been tested successfully since last year.

As president of Swiss Triathlon, I am proud to see a new event of big scale take place in Switzerland. I am already looking forward to the ten races and I would like to specially thank Eric Monnot's team for all the work and passion that they have invested in the event. I also would like to thank the municipal, cantonal and national authorities as well as the sponsors and all the volunteers, whose generous support makes possible these European championships. I wish all the athletes a lot of success and fair-play, and an unforgettable stay at the edge of our magnificent lake of Geneva!

**Patrick Schmid**

President of Swiss Triathlon

## 1.3 WELCOME MESSAGE FROM THE LOCAL ORGANIZING COMMITTEE (LOC)

Cher(è)s participant(e)s,

Cher(è)s athlètes,

L'aventure a démarré en 2012, année où l'European Triathlon Union nous a fait confiance dans l'organisation de ces Championnats d'Europe.

Depuis, un comité d'organisation s'est créé et met tout en œuvre pour vous offrir un magnifique moment à Genève et faire en sorte que notre accueil soit à la hauteur de vos attentes.

Votre sécurité étant au centre de nos préoccupations, plus de 1500 volontaires assureront les multiples tâches pour que vous puissiez participer à notre événement sportif sereinement.

Nous tenons à remercier nos partenaires institutionnels, ainsi que l'ensemble de nos sponsors pour leurs engagements qui nous permet aujourd'hui de vous offrir une épreuve de qualité et qui, sans eux, ne pourrait pas se réaliser.

Et pour finir, toute notre gratitude va à l'ensemble des volontaires et membres des comités d'organisation et technique qui se sont engagés sans compter pour que tout soit parfait.

Beaucoup de plaisir à Genève et bonne compétition !

**Eric Monnot**

Président comité d'organisation

## 1.4 WELCOME MESSAGE FROM THE COUNTY AND CITY OF GENEVA

Qu'il s'agisse d'activités populaires ou de compétitions d'élite, Genève accorde depuis longtemps au sport la place qui lui revient dans la société. Au cours des dernières décennies, notre région a ainsi accueilli avec succès des manifestations de grande envergure, comme la Fête fédérale de gymnastique en 1978, les Championnats du monde de patinage artistique en 1986, le Tour de France en 1990, les Championnats d'Europe de football en 2008, ainsi que plusieurs rencontres de Coupe Davis de tennis, dont les quart et demi-finales en 2014.

Cette année, Genève a le plaisir de recevoir les Championnats d'Europe de triathlon, une discipline sportive aussi exigeante que complète, puisqu'elle associe la course à pied, la natation et le cyclisme.

Nous nous réjouissons d'offrir à la population l'opportunité de vivre ces championnats qui se tiendront du 9 au 12 juillet au cœur de la cité, autour du site de la rade et ses parcs environnants, réunissant des concurrentes et concurrents des catégories élite, populaire et handisport venus de toute l'Europe.

Au nom des autorités du Canton et de la Ville de Genève, nous vous remercions toutes et tous, athlètes, membres du comité d'organisation du Triathlon International de Genève, bénévoles, partenaires et sponsors, de votre engagement en faveur de ces championnats d'Europe qui promettent de rester un événement marquant pour le sport à Genève.

### **Anne Emery-Torracinta**

Conseillère d'Etat en charge de l'Instruction publique,  
de la culture et du sport

### **Sami Kanaan**

Conseiller administratif chargé du Département  
de la culture et du sport

# 2 COMPETITION CALENDAR

## **FRIDAY 10<sup>TH</sup> JULY 2015**

11:00 (1<sup>st</sup> wave) Age-Group Sprint European Championships

16:00 (1<sup>st</sup> wave) Paratriathlon European Championships

## **SATURDAY 11<sup>TH</sup> JULY 2015**

08:00 Junior Men European Championships

10:00 Junior Women European Championships

12:00 Elite Men European Championships

15:30 Elite Women European Championships

## **SUNDAY 12<sup>TH</sup> JULY 2015**

06:30 (1<sup>st</sup> wave) Age-Group Standard European Championships

12:15 Team mixed relay Elite European Championships

14:30 Team mixed relay Juniors European Championships

16:30 Local Sprint race





## 3 GENERAL INFORMATION

Welcome to Geneva

Its lake, its fountain, its International Organizations, its financial center, its watchmaking industry, chocolate ... and of course its triathlon.

This guide will provide you with all the information you need for this event. Please read this information carefully in order to plan your time before the competition. For any additional questions, please browse our website or visit our information stands located at the Theatre du Lemman and on the site venue.

### 3.1 CONTACT INFORMATION

#### LOCAL ORGANISING COMMITTEE:

Association du Triathlon International de Genève

President: Eric Monnot

Race Director: Christophe Parent

#### Address:

Case postale 164

CH - 1211 Genève 8

Website: [www.geneva2015.ch](http://www.geneva2015.ch)

Facebook: [www.facebook.com/TriathlonGeneva2015](https://www.facebook.com/TriathlonGeneva2015)

Email: [sj.makin@tig.ch](mailto:sj.makin@tig.ch)

#### ETU TDS

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## ETU TDS

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**Thanos Nikopoulos**

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## ETU MEDICAL DELEGATE

**Dr Jan Verstuyft**

([jan.verstuyft@skynet.be](mailto:jan.verstuyft@skynet.be)) +41 (0)79 406 4071

## CHIEF CLASSIFIER

**Katerina Magkou**

+41 (0)79 545 8459

## ITU PARATRIATHLON MANAGER

**Eric Angstadt**

([eric.angstadt@triathlon.org](mailto:eric.angstadt@triathlon.org)) +41 (0) 79 545 8459

## LOC PARATRIATHLON COORDINATOR

(CONTACT FOR CLASSIFICATION LOGISTICS)

**Sarah-Jayne Makin**

([sj.makin@tig.ch](mailto:sj.makin@tig.ch)) +41 (0) 79 290 9168

## 3.2 WEATHER

In Geneva the month of July is normally a hot summer month with the potential for high temperatures. However the proximity of the Alps can sometimes make the weather unpredictable and it is recommended that athletes prepare for all possible weather conditions, hot, cold, wind and rain! At this period of the year the lake temperature is usually above 20°C.

[www.climatedata.eu/climate.php?loc=szxx0013&lang=en](http://www.climatedata.eu/climate.php?loc=szxx0013&lang=en)

## 3.3 COMPETITION VENUE

The European Championships will take place in the heart of Geneva, in the enchanting setting of the harbor and under the watchful eye of the famous Jet d'Eau. The swim will take place in the Lac Lemman (Lake Geneva).

The main information stand and registration booth will be at the Théâtre du Léman. Here you will find all the information pertaining to the event and competitions. We encourage you to spend time to familiarize yourself with the competition venue and visit the expo village.



## 3.4 TRAVEL AND ACCOMMODATION

There is no official hotel for the event, for all requests relating to travel and accommodation please contact our official travel partner Nirvana Europe. Nirvana can offer accommodation from student lodgings to 5\* hotels within a close proximity to the race venue. Nirvana Europe benefit from over a decade of experience providing travel and logistical support to athletes participating in ETU/ITU events. Nirvana Europe the biggest and most well known travel and accommodation agency in the world of triathlon.

### OFFICIAL TRAVEL AGENCY:

Nirvana Europe Ltd  
Suite 12, Saville Exchange, Howard Street,  
North Shields, Tyne & Wear, NE30 1SE  
Téléphone: +44 191 2571750  
e-mail: [mail@nirvanaeurope.com](mailto:mail@nirvanaeurope.com)  
Online Booking: [www.nirvanaeurope.com](http://www.nirvanaeurope.com)

If you prefer to find your own accommodation, please check the Geneva Tourist Office website for availability: [www.geneve-tourisme.ch/en/accommodation/hotels](http://www.geneve-tourisme.ch/en/accommodation/hotels)

## 3.5 VISAS

If you require an invitation letter to support your visa request, please contact [sj.makin@tig.ch](mailto:sj.makin@tig.ch) and provide the following information: name as indicated in your passport, date of birth, passport number and expiry date, arrival and departure dates.

## 3.6 ARRIVING BY PLANE

Geneva International Airport is located less than 10 kms from the centre of Geneva and the competition venue. There are numerous direct flights available from many European Cities.

## 3.7 TRANSFERS FROM THE AIRPORT

You can easily join the city centre within a few minutes on your own and for free from Geneva International Airport, using public transport. You just need to collect your train or bus ticket that is available for free in machines at the baggage claim area. For more information consult the airport webpage: [www.gva.ch/en/DesktopDefault.aspx/tabid-67/](http://www.gva.ch/en/DesktopDefault.aspx/tabid-67/)

Nirvana Europe has all logistical knowledge and experience of trips to transport you and your bike in comfort and safety. Nirvana understands that travel plans can sometimes change at the last minute. They are eager to assist you and will do everything possible to alleviate any travel stress in its assistance to transfers, Nirvana Europe takes care of your luggage and bicycles, so that all you have to do is to sit down and relax. Please do mention if you have handy bikes and wheelchairs, so that they can plan accordingly.

## 3.8 ARRIVING BY TRAIN

The main Geneva Cornavin Railway Station is less than a kilometer as the crow flies from the competition venue and multiple hotels. You can therefore easily reach the event by train. Many international fast trains stop at Geneva.

## 3.9 ARRIVING BY CAR

The competitions are held in the heart of Geneva, it is therefore easy to follow directions to «Geneva centre» to arrive at the race venue. However, we do not recommend this option due to the density of the traffic in the city center and the traffic restrictions and road closures due to the competitions.

## 3.10 CURRENCY USED IN SWITZERLAND

The official currency in Switzerland is the Swiss Franc (CHF). The exchange rate CHF/EUR varies daily. As an indication the current exchange rate is the following: 1€ obtains CHF 1.05. Euros are accepted in most large stores and hotels, but not always at a favourable exchange rate. It is therefore highly recommended to change your currency either at a bank or a «bureau de change».

All on-site payments can be made in CHF or EUROS with the rate of 1 CHF = 1 Euro.





## 4 ATHLETES SERVICES

During the event you will find information at the following locations:

### 4.1 INFORMATION STANDS

You will find two information stands at the race venue.

One stand is situated at the Theatre du Lemman. This area is situated underneath the Hotel Kempinski on the Quai Wilson, on the left shore of the Lac Lemman.

#### **OPENING HOURS:**

Wednesday 8<sup>th</sup> July from 12:00 to 20:00

Thursday 9<sup>th</sup> July from 12:00 to 20:00

Friday 10<sup>th</sup> July from 12:00 to 20:00

Saturday 11<sup>th</sup> July from 12:00 to 20:00

Sunday 12<sup>th</sup> July from 05:00 to 19:00

A second stand can be found in the Expo. Village.

#### **OPENING HOURS:**

Friday 10 July from 09:00 to 20:00

Saturday 11 July from 06:00 to 19:00

Sunday 12 July from 05:00 to 19:00

The aim of this Athlete Guide is to answer all your questions. However if you have further questions, requests or do not find a solution in this document, you can go to the 2 information stands during the indicated hours and they will be able to answer all your questions.

## 4.2 LOST AND FOUND

The information stand at the Théâtre du Léman will also serve as the collection point for lost and found objects. Items will be redistributed during the event. From Tuesday, 14<sup>th</sup> July, all items will be handed over to the Cantonal lost property office (rue des Glacis-de-Rive 5, 1207 Genève, telephone +41 22 546 09 00).

## 4.3 ACCREDITATION DESK

The Accreditation Desk will be located in the Théâtre du Léman, which is located beneath the Kempinski Hotel on Quai Wilson, along the lake. All athletes and team members must have accreditation in order to gain access to training sites, the opening and closing ceremonies, and the various race zones. AG athletes will be given wristbands for this purpose, red wristbands for Sprint distance athletes and green wristbands for standard distance athletes.

### **Opening hours:**

Wednesday 8 July, 12:00 to 20:00

Thursday 9 July, 12:00 to 20:00

Friday 10 July, 12:00 to 20:00

Saturday 11 July, 12:00 to 20:00.

## 4.4 RACE REGISTRATION DESK

The race registration desk will be located in the Théâtre du Léman, which is located beneath the Kempinski Hotel on Quai Wilson, along the lake.

### **Opening hours:**

Wednesday 8 July, 12:00 to 20:00

Thursday 9 July, 12:00 to 20:00

Friday 10 July, 12:00 to 20:00

Saturday 11 July, 12:00 to 14:00

Each day, priority will be given to GB and CH federations from 14:00 to 16:00.

## 4.5 CHANGING ROOMS

During the competition days, you will be able to leave your labelled drop bag in the Théâtre du Léman changing rooms, which will be under surveillance. However, the Organisation cannot be held responsible for any loss. Please remember that bags cannot be left in the transition zone. Any item that is not directly related to the competition may be removed by the technical officials.

## 4.6 BIKE MECHANIC SERVICES

Mechanical assistance will be available on the course. There are also several bike shops located near the race site.

## 4.4 MEDICAL ASSISTANCE

First aid and medical assistance will be available for anyone in need of medical assistance during the competition hours. Doctors and paramedics will be on-site. Ambulances will be on site. If required, emergency transfer to the hospital will be possible. There will also be a medical tent near the finish line.

More information about emergency services can be found at:

[www.ge.ch/urgences/welcome.html](http://www.ge.ch/urgences/welcome.html)

Please note the Emergency telephone numbers in Switzerland are the following:

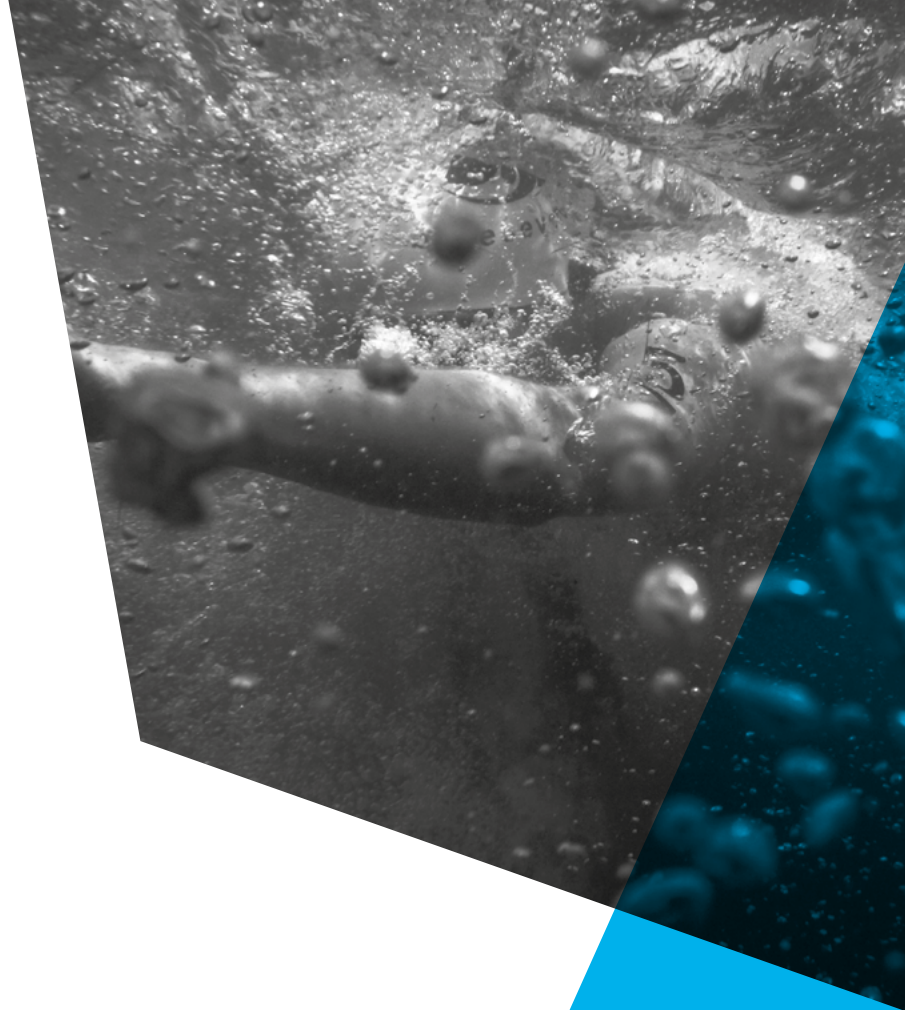
<b>GENERAL EMERGENCY CALLS</b>	<b>112</b>
<b>FIRE SERVICE</b>	<b>118</b>
<b>POLICE</b>	<b>117</b>
<b>AMBULANCE</b>	<b>144</b>

## 4.5 PHOTOGRAPHY SERVICES

This service will be provided by [www.pixalpes.com](http://www.pixalpes.com)

## 4.6 MASSAGE

A massage service is available at the race venue.





# 5 EUROPEAN CHAMPIONSHIPS EXPO VILLAGE

Don't forget to check out the Expo. You will find some of the best brands and gear related to sport. There will also be expert advice, demonstrations and new products to test.

The following companies will be represented:

**MERIDA**

**CYCLE PERFORMANCE**

**ZOOT**

**OAKLEY**

**VELOLAND**

**SWISS TRIATHLON**

**GAZ NATUREL**

**CHICCO D'ORO**

**MB SPORT**

**ATOUT FORME**

**EKOI**

**ERGO CYCLE**





# 6 TRAINING

## 6.1 FAMILIARISATIONS

Official swim familiarisation

SPRINT DISTANCE: Thursday 9 July 2015 from 16:30 to 17:30

STANDARD DISTANCE: Friday 10 July from 17:00 to 18:00

### BIKE AND RUN TRAINING

The bike and run courses will be closed to traffic and individual training during the races. However before and after the races, training will be possible. The roads will not be closed to traffic outside of the race times. In Geneva, you must travel on the right side. Please be careful as there is a lot of traffic in central Geneva.

Check out this map for the best areas to ride: [ge.ch/mobilite/media/mobilite/files/fichiers/documents/plancanton\\_2013\\_v10\\_hd.pdf](http://ge.ch/mobilite/media/mobilite/files/fichiers/documents/plancanton_2013_v10_hd.pdf)

Official bike course familiarisation

Friday 10 July from 10:00 to 10:40

Meet at the Elite/Junior transition zone exit. Two laps of the course will be permitted with police escort. Please be on time and follow instructions.

There are many areas to run in Geneva and along the lake. For track training, the Bout-du-Monde Athletics Centre has a 400m track. There is a public changing room (please bring a lock) and you can access the track for free therefore there is no need to reserve. For more information, go to: [www.ville-geneve.ch/plan-ville/sports/centre-sportif-bout-monde/](http://www.ville-geneve.ch/plan-ville/sports/centre-sportif-bout-monde/)



## 6.2 TRAINING OPTIONS

### SWIMMING POOL

Each national federation received a lane reservation form. Confirmations will be sent directly to the national federation. Lanes are available by reservation only, on a first come first serve basis, and must be requested before 21 June 2015.

In order to access the swimming pool for your allocated training sessions (if applicable), please take a form of identification and show it at the entrance. The swimming pools will have the list of athletes allowed to enter at any given time.

Aside from the reserved lanes, you can train at one of the many swimming pools in the area. You will have to pay an entry fee. Check out the links below for more information:

#### **Varembé swimming pool** (33m lanes)

You can find all useful information (situation and access) in the following link: [www.ville-geneve.ch/plan-ville/sports/piscine-varembé/](http://www.ville-geneve.ch/plan-ville/sports/piscine-varembé/)

#### **Vernets swimming pool** (50m lanes)

You can find all useful information (situation and access) in the following link: [www.ville-geneve.ch/plan-ville/sports/piscine-vernets/](http://www.ville-geneve.ch/plan-ville/sports/piscine-vernets/)

#### **Piscine de Carouge:**

[www.carouge.ch/piscine-de-la-fontenette](http://www.carouge.ch/piscine-de-la-fontenette)

#### **Piscine de Genève-Plage:**

[www.geneve-plage.ch/](http://www.geneve-plage.ch/)

#### **Piscine de Lancy:**

[www.lancy.ch/culture/sports/les-piscines](http://www.lancy.ch/culture/sports/les-piscines)

#### **Piscine du Lignon:**

[www.vernier.ch/fr/culturesportetloisirs/sports/installationssportives/?action=showobject&object\\_id=3929](http://www.vernier.ch/fr/culturesportetloisirs/sports/installationssportives/?action=showobject&object_id=3929)

#### **Piscine de Meyrin:**

[www.meyrin.ch/jahia/Jahia/administration/sports/pid/678LacLéman](http://www.meyrin.ch/jahia/Jahia/administration/sports/pid/678LacLéman)

### GENEVA LAKE

**It is forbidden to swim in the lake outside of the patrolled area of the Bains des Pâquis. By police order training on the actual swim course is only authorised during the designated familiarization times.**

## OFFICIAL SUPPLIER OF



SB Sport Service, in collaboration with Erima, are pleased to present to you the official Geneva Triathlon collection.

All Erima items preordered on our website, [www.sbsport.ch](http://www.sbsport.ch), have to be picked up on site at the SB Sport stand.

We inform you that all Erima items will be on sale at our stand during the event.



KIDS - WOMEN - MEN

- T-SHIRT PERFORMANCE
- POLO TEAMSPORT
- WOODY WITH ZIP
- TOILET BAG

ALL COLLECTION ON

[www.sbsport.ch](http://www.sbsport.ch)



For additional information, please feel free to contact us:

T 022 354 88 50 F 022 354 88 59 E [jerome.uldry@sbsport.ch](mailto:jerome.uldry@sbsport.ch)

[www.sbsport.ch](http://www.sbsport.ch)

# 7 RACE REGISTRATION

## 7.1 REGISTERING FOR THE RACE

In order to take part in the 2015 European Championships, all athletes need to register in person to receive their race bags.

There will be priority registration time slots for the different races, however you can register at any time. The big federations will also have priority at certain times. The United Kingdom and Switzerland have already been allotted specific registration time slots.

The following times are provisional and subject to change. Please check our website for updated information.

### OPENING HOURS:

#### Wednesday 8 July, 12:00 to 20:00

Registration/bag pick-up Age Group Sprint and Standard Distances. Priority for GB and CH federations from 14:00 to 16:00

#### Thursday 9 July, 12:00 to 20:00

Registration/bag pick-up Age Group Sprint and Standard Distances. Priority for GB and CH federations from 14:00 to 16:00

#### Friday 10 July, 12:00 to 20:00

Registration/bag pick-up for Age Group Standard Distance. Priority for GB and CH federations from 14:00 to 16:00

#### Saturday 11 July, 12:00 to 14:00

Registration/bag pick-up for Age Group Standard Distance.

## 7.2 REGISTRATION CHECKLIST

Prior to registration, you must present a photo identification document to a registration official, otherwise you will not be able to register. The following IDs are permitted:

- Passport
- Driver's license (if photo included)
- National Identity Card
- Triathlon license with photo

PLEASE NOTE THAT YOU MUST REGISTER IN PERSON. If you are unable to attend registration you must inform the ETU TD.

After registering, each athlete must check that he/she has the following racing items:

- swim cap
- chip timer
- bib number (including coupons for opening and closing ceremonies)
- Body decals
- Wetsuit decals
- stickers (3 for helmet, 1 for saddle, 1 for sports bag)
- bracelet (for accessing the transition zone, opening and closing ceremonies, red for sprint distance and green for standard distance)
- 1 pasta party food ticket
- 1 Pasta party drink ticket
- souvenir
- bag

## 7.3 RACE BRIEFING

Team leaders and coaches are responsible for relaying race information provided during the briefing to the Age Group athletes.

You will be able to download the briefing from the events' website after it has taken place.

DATE	TIME	EVENT	LOCATION
Wednesday 8 July	17:00 - 18:00	Briefing for race directors and coaches for Sprint and Standard Distance races	Théâtre du Léman

# 8 TRANSITION ZONE CHECK-IN/CHECK-OUT

## 8.1 CHECK-IN AGE GROUP SPRINT

Age Group athletes taking part in the European Championship Sprint will need to put their bikes in the age group transition zone on **Thursday 9 July from 12:30 to 16:30**, according to the time specified below:

- 12:30 – 13:30: waves 1-4
- 13:30 – 14:30: waves 5-8
- 14:30 – 15:30: waves 9-11
- 15:30 – 16:30: late arrivals

You will not be able to set up your bike on race day.

The Organisation will not provide protective covers for your bikes.

On race day, you will have access to the transition zone from **08:30 to 10:30**, in order to set up your remaining gear.

## 8.2 CHECK-OUT AGE GROUP SPRINT

Transition zone check-out will begin once the last participant has started the run.



## 8.3 CHECK-IN AGE GROUP STANDARD DISTANCE

Age Group athletes taking part in the European Championship Standard race will need to put their bikes in the age group transition zone **Saturday 11 July from 16:00 to 20:00**, according to the time specified below:

- 16:00 - 17:00 waves 1-4
- 17:00 - 18:00 waves 5-8
- 18:00 - 19:00 waves 9-12
- 19:00 - 20:00 late arrivals

You will not be able to set up your bike on race day.

The Organisation will not provide protective covers for your bikes.

On race day, you will have access to the transition zone from **04:30 to 06:00** in order to set up your remaining gear.

## 8.4 CHECK-OUT AGE GROUP STANDARD

Transition zone check-out will begin once the last participant has started the run.

## 8.5 CUTOFF TIME

Bike cut-off time: 10:15

Run cut-off time: 11:10 at the end of the first lap.

## 8.6 REGISTRATION PROCEDURE AT AGE GROUP TRANSITION ZONE ENTRY

You must respect the access hours listed under points 8.1 and 8.3. In order to enter the transition zone, you must have the following:

- Bike with saddle sticker attached
- Helmet with 3 stickers attached
- Bib number
- Competition uniform
- Accreditation badge
- Additional racing gear

Competition gear (bike, helmet, competition uniform and bib) will be checked by a technical official before entering the transition zone. You must wear your helmet and your bib must be visible. All bikes and helmets must have the stickers in the correct places. Stickers will be provided in the race bags. You must set up their competition gear in their designated place and not infringe on anyone else's place. All bags must be left at the bag-drop area at the Théâtre du Léman, which will be open as follows:

**Friday from 8h30 (to drop off bags) until 18h00 (to recover bags).**

**Sunday from 04h30 (to drop off bags) until 19h00 (to recover bags).**

Your competition uniform will be checked by the technical officials in order to ensure it conforms to ITU regulations. Only uniforms that have been approved by national federations are admissible.

## 8.7 NUMBER MARKING ON BODY AND WETSUIT

Body marking will be done using transfer prints provided in your race bag. You need to wear your bib on your front during the run. The age group categories will be clearly marked on the bibs. Wetsuit number transfers will be used if wetsuits are authorised.

# 9 START LINE PROCEDURES

The pre-race swim holding zone is located in front of Bains des Pâquis, at the end of Quai du Mont-Blanc.

At each race start, the technical officials will ask the athletes to step forward for a briefing.

Athletes will be called to the pre-race zone 20 minutes before the start of their wave. A swim warm-up will not be possible for age group competitors. Once the athletes are gathered in the pre-race zone, the technical officials will provide information on how to line up on the start line. Athletes will need to step across the chip-timing mat (start list check) in order to access the swim







# 10 AGE GROUP SPRINT COMPETITION

## 10.1 COURSE DESCRIPTION AND MAPS

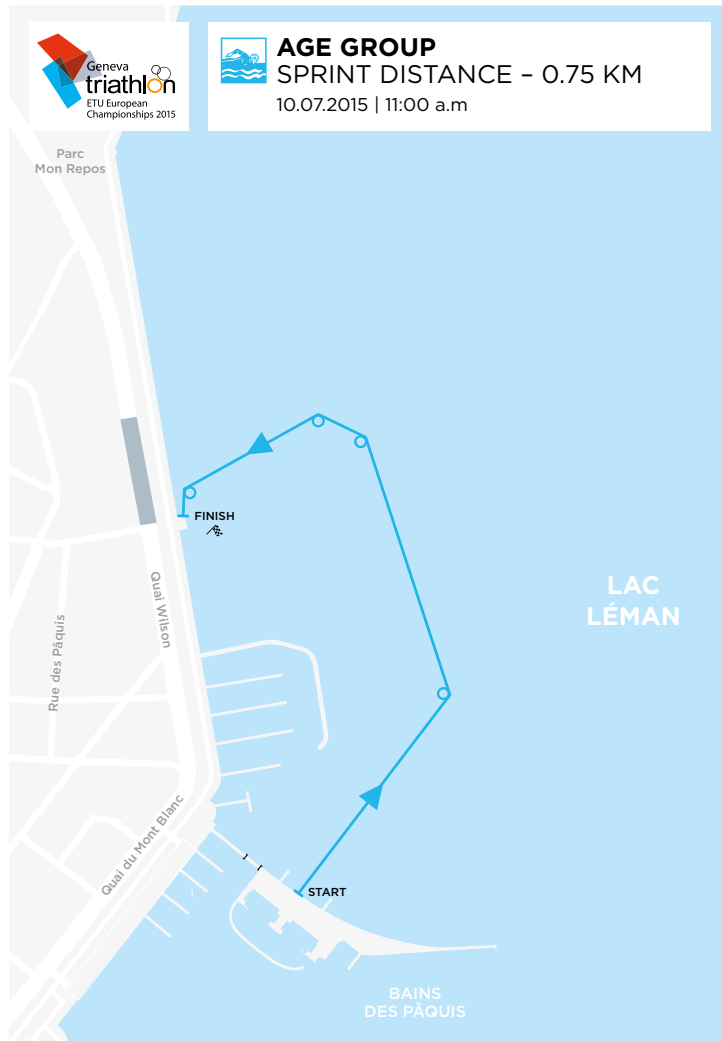
After a 750m swim in the lake, athletes will cycle 3 loops, a total of 20k. This means that athletes will go up the Chemin de l'Impératrice three times (7% average gradient). The run course goes through the Perle du Lac Park along the lake. The finish line will be just across the lake from the Jet d'eau.

In summary, the Age Group Sprint European Championships will be: 750m swim (one loop), 20km bike (3 loops), 5km run (2 loops of 2.1 km + 800m to the finish line).



## 10.2 SWIM COURSE

Athletes will start on the Bains des Pâquis beach. The swim course is 750m, keeping buoys on the left. The swim exit will be up a ramp to the Age Group transition zone. A carpet will cover the path to the transition zone. Athletes must follow the instructions of technical officials who will be managing the flow of traffic to the transition zone.



## 10.3 BIKE COURSE AND PENALTIES

The bike course goes along Geneva Lake towards the international organisations, and up Chemin de l'Impératrice. Athletes will then go down past the International Committee of the Red Cross and the United Nations, and turn back along the lake.

If an athlete is given a time penalty, he/she must stop at the next penalty box.

Athletes must cycle on the right and pass on the left.



# 10.4 RUN COURSE AND AID STATIONS

The run course starts with a slight uphill and then goes through the Perle du Lac Park. The turnaround point for the second loop is near the Age Group transition zone. It will be clearly marked. After the second loop, athletes will continue to the finish line.

There will be two drinks stations with water per loop. Please throw away your rubbish in the designated littering zones after the drinks stations.



# 10.5 START TIMES BY WAVE

WAVE	CATEGORY	START TIME	SWIM CAP COLOR
1	M16	11:00:00	Orange
	M20	11:00:00	
2	F16	11:03:00	Green
	F20	11:03:00	
3	M25	11:10:00	Yellow
	M30	11:10:00	
4	F25	11:23:00	Red
	F30	11:23:00	
5	M35	11:36:00	White
	M40	11:36:00	
6	F35	11:44:00	Brown
	F40	11:44:00	
7	M45	11:55:00	Orange
8	F45	12:00:00	Green
	F50	12:00:00	
9	M50	12:15:00	Yellow
	M55	12:15:00	
10	F55	12:22:00	Red
	F60	12:22:00	
	F65	12:22:00	
	F70	12:22:00	
	F75	12:22:00	
11	M60	12:30:00	White
	M65	12:30:00	
	M70	12:30:00	
	M75	12:30:00	
	M80	12:30:00	

# 10.6 RESULTS

Results will be broadcasted live on the Championships official website. They will also be available to team leaders at the information stands, as well as posted on boards near the information stand, the big tent and the athletes' village. Our official timing partner is DATASPORT who will be providing live timekeeping for all races.

# 11 AGE GROUP STANDARD DISTANCE COMPETITION

## 11.1 COURSE DESCRIPTION AND MAPS

After swimming 1.5km in the lake, athletes will cycle on a course that will for the most part be closed to traffic which goes along both sides of the lake, and of course up the famous Chemin de l'Impératrice. The bike course is two loops.

The run course goes through the Perle du Lac Park and consists of 3 loops.

The Age Group Standard Distance European Championships will be:

1500m swim (1 loop), 40km bike (2 loops), 10km run (3 loops of 3.07 km + 800m to the finish line).



## 11.2 SWIM COURSE

Athletes will start on the Bains des Pâquis beach and do one loop of 1500m. Athletes will swim anti-clockwise, keeping buoys on the left. The swim exit will be up a ramp and the transition zone will be nearby, along a carpet. Athletes must follow the instructions of technical officials who will be managing the flow of traffic to the transition zone.



## 11.3 BIKE COURSE AND PENALTIES

The bike course goes along Geneva Lake towards the international organisations, and up Chemin de l'Impératrice. Athletes will then go down past the International Committee of the Red Cross and the United Nations, and turn back along the lake. There are two technical turnaround points.

If an athlete is given a time penalty, he/she must do it on the bike course. The penalty box will be located on Quai du Mont-Blanc, 500m before the transition zone, and will be clearly marked.

Athletes must cycle on the right and pass on the left.



# 11.4 RUN COURSE AND DRINKS STATIONS

The run course starts with a slight uphill and then goes through the Perle du Lac Park. The turnaround point for the second and third loops will be near the Age Group transition zone. It will be clearly marked. After the third loop, athletes will continue to the finish line.

There will be two drinks stations with water per loop. Please throw away your rubbish in the designated littering zones after the drinks stations.



# 11.5 START TIMES BY WAVE

WAVE	CATEGORY	START TIME	SWIM CAP COLOR
1	M18	06:30	Orange
	M20	06:30	
	M25	06:30	
2	F18	06:33	Green
	F20	06:33	
	F25	06:33	
3	M30	06:39	Yellow
4	F30	06:42	Red
	F35	06:42	
5	M60	06:48	White
	M65	06:48	
	M70	06:48	
	M75	06:48	
	M80	06:48	
6	F50	06:51	Brown
	F55	06:51	
	F60	06:51	
	F65	06:51	
	F70	06:51	
	F75	06:51	
7	F80	06:51	Brown
8	M55	07:00	Orange
9	M50	07:06	Green
10	F45	07:10	Yellow
	F40	07:10	
11	M45	07:18	Red
12	M40	07:25	White
	M35	07:30	Brown

# 11.6 RESULTS

Results will be broadcasted live on the Championships official website. They will also be available to team leaders at the information stands, as well as posted on boards near the information stand, the big tent and the athletes' village. Our official timing partner is DATASPORT who will be providing live timekeeping for all races.

# 12 RULES AND APPEALS

## 12.1 COMPETITION RULES

The 2015 Geneva Triathlon ETU European Championships will be conducted in accordance with the rules and regulations of the ITU.

The ITU competition rules can be found using the following link:  
[www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_december20141.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf)

## 12.2 APPEALS AND PROTESTS

The Race Referee will post penalties near the finish line.

For both an appeal and a protest, ITU Competition Rules apply. Appeals must be submitted to the Race Referee. The ITU Competition Jury will then discuss the matter.

Appeal regulations can be found at: [www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_december20141.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf)

# 13 AWARDS CEREMONIES

The awards ceremonies will take place in the big tent.

**Friday 10 July, 19:00**

Age Group Sprint Championships

**Sunday 12 July, 17:00**

Age Group Standard Championships





# 14 OPENING AND CLOSING CEREMONY

## 14.1 OPENING CEREMONY

All athletes and team officials are invited to attend the Opening Ceremony of the European Championships in Geneva on Thursday, July 9, 2015 at 18:00.

The opening ceremony will mark the grand opening of the Geneva Triathlon ETU European Championships 2015. There will be a parade of nations where all athletes are requested to participate. This parade will run along the Quai Wilson continuing to the Quai du Mont-Blanc. The meeting point will be at 18:00 at the Quai Wilson, near the Age Group Transition Zone. There will be an official moment welcoming all athletes.

The parade will end near the pasta party on the Quai du Mont-Blanc. This is a great opportunity for athletes to meet each other before the exciting days of competition. All persons with accreditation will be allowed to participate in the pasta party.

## 14.2 CLOSING CEREMONY

The closing ceremony will mark the end of the 2015 Geneva Triathlon ETU European Championships. All athletes and team officials are invited to the Lounge Bar des Voiles, located on the Quai de Cologny on the other side of the lake. ([www.les-voiles.ch/geneve/](http://www.les-voiles.ch/geneve/)). All persons with accreditation will be able to attend.

Doors open at 20:00 and the party will go on till at 02:00. This event will be a great opportunity to celebrate the end of an exciting week of competition. Come and mingle with top athletes, catch up with old and new friends and dance the night away. No dress code.

# CLOSING CEREMONY

**SUNDAY 12 JULY STARTING AT 8 P.M.**



Quai de Cologny 5  
Port Noir | 1223 Cologny  
[les-voiles.ch](http://les-voiles.ch)



### HOW TO GET THERE

**By bus** (bus lines 2, 6, E, G) | [www.tpg.ch](http://www.tpg.ch)

**By boat** (M1, M2, M3, M4) | [www.mouettesgenevoises.ch](http://www.mouettesgenevoises.ch)

**By bike** Along the Quai du Mont-Blanc, across the Mont-Blanc bridge, and then along the Quai Gustave-Ador to the Quai de Cologny.

**By car** Parking at Genève-Plage | [www.geneve.ch](http://www.geneve.ch)

**WE ARE LOOKING  
FORWARD TO  
SEEING YOU IN  
GENEVA AND  
WISH YOU ALL  
THE BEST FOR AN  
UNFORGETTABLE  
EXPERIENCE  
AT THE 2015  
EUROPEAN  
CHAMPIONSHIPS!**





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