

# ELITE 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](http://www.facebook.com/TriathlonGeneva2015)

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

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

# TABLE OF CONTENTS

<b>1 WELCOME</b>	<b>5</b>	<b>7 REGISTRATION</b>	<b>31</b>
1.1 Welcome message from the European Triathlon Union (ETU)	5	7.1 Race registration	31
1.2 Welcome message from the President of the Swiss Triathlon Federation (swisstriathlon)	6	7.2 Registration materials	31
1.3 Welcome message from the local organizing committee (LOC)	7	7.3 Race briefing	32
1.4 Welcome message from the County and City of Geneva	8	<b>8 CHECK-IN TIMES AND PROCEDURE</b>	<b>35</b>
<b>2 COMPETITION CALENDAR</b>	<b>10</b>	8.1 Transition zone and athletes' lounge check-in	36
<b>3 GENERAL INFORMATION</b>	<b>13</b>	<b>9 ELITE INDIVIDUAL COMPETITION</b>	<b>39</b>
3.1 Contact information	13	9.1 Course description and maps	39
3.2 Weather	14	9.2 Swim course	40
3.3 Competition venue	15	9.3 Bike course and wheel stops	41
3.4 Travel and accommodation	16	9.4 Run course and aid stations	42
3.5 Visas	16	9.5 Results	43
3.6 Arriving by plane	16	9.6 Award ceremony	43
3.7 Transfers from the airport	17	<b>10 MIXED ELITE COMPETITION</b>	<b>45</b>
3.8 Arriving by train	17	10.1 Course description and maps	45
3.9 Arriving by car	17	10.2 Swim course	46
3.10 Currency used in Switzerland	18	10.3 Bike course and wheel stops	47
<b>4 ATHLETES SERVICES</b>	<b>21</b>	10.4 Run course and aid stations	48
4.1 Information stand	21	10.5 Results	49
4.2 Lost and found	22	10.6 Award ceremony	49
4.3 Bike mechanic services	22	<b>11 RULES AND APPEALS</b>	<b>50</b>
4.4 Medical assistance	22	11.1 Competition rules	50
4.5 Photography services	23	11.2 Appeals and protests	50
4.6 Massage	23	<b>12 OPENING AND CLOSING CEREMONIES</b>	<b>52</b>
<b>5 EUROPEAN CHAMPIONSHIPS EXPO VILLAGE</b>	<b>25</b>	12.1 Opening ceremony + pasta party	52
<b>6 TRAINING</b>	<b>27</b>	12.2 Closing ceremony	52
6.1 Familiarisation	27		
6.2 Training options	28		



# 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](http://www.facebook.com/TriathlonGeneva2015)

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

### ETU TDS

#### Pascal Godel

([pascalgodel@yahoo.fr](mailto:pascalgodel@yahoo.fr)) +41 (0)79 719 8131

#### Esther Sanchez

([esther@triatlocv.org](mailto:esther@triatlocv.org)) +41 (0)79 863 3431

## ETU TDS

### Lorand Katolai

([kalotai.lorand@gmail.com](mailto:kalotai.lorand@gmail.com)) +41 (0)79 719 8039

### Stefan Mauris

([smauris@gmail.com](mailto:smauris@gmail.com)) +41 (0)76 434 5089

### Thanos Nikopoulos

([thanos.nikopoulos@triathlon.org](mailto:thanos.nikopoulos@triathlon.org)) +41 (0) 78 827 9779

## 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 Lemman 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 BIKE MECHANIC SERVICES

A mechanical assistance will be present in the athlete lounge. Another bike assistance will be present on the race venue. In addition there are several bike stores close to the competition venue.

## 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 ELITE swim familiarisation

Friday 10 July from 08:45 to 09:30

Meet at the start line at the Bains des Pâquis.

### 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-varembe/](http://www.ville-geneve.ch/plan-ville/sports/piscine-varembe/)

#### **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 RACE REGISTRATION

In order to take part in the 2015 Geneva ETU Triathlon European Championships, all athletes are required to attend the briefing and register in person. Accreditation and race packages will be distributed after the briefing.

## 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.

Upon exiting registration each athlete must check that he/she has the following race materials:

- body stickers
- stickers (3 for helmet, 1 for saddle, 1 for bag drop)
- accreditation badge (for accessing the athletes' lounge, the transition zone, opening and closing ceremonies, and the pasta party)
- Athlete gift

## 7.3 RACE BRIEFING

In order to register for and participate in the European Championships, elite athletes must attend the race briefing.

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

DATE	TIME	EVENT	LOCATION
Thursday 9 <sup>th</sup> July	17:00 - 18:00	Elite men and women briefing	Théâtre du Léman
Saturday 11 <sup>th</sup> July	18:30 - 19:30	Elite and junior mixed relay team coaches briefing	Théâtre du Léman

# 8 ELITE CHECK-IN TIMES AND PROCEDURES

## SATURDAY 10 JULY

### Elite Men

10:30-11:30	Athletes' Lounge check-in
11:00-11:45	Transition zone check-in
11:00-11:45	Swim warm-up
11:50-11:59	Line up on start line
12:00	Race start

### Elite Women

14:00 - 15:00	Athletes' Lounge check-in
14:30 - 15:15	Transition zone check-in
14:30 - 15:15	Swim warm-up
15:20 - 15:29	Line up on start line
15:30	Race start

## SUNDAY 12 JULY 2015

### Elite Mixed Relay

10:15 - 11:15	Athletes' Lounge check-in
11:15 - 12:00	Transition zone check-in
11:15 - 12:00	Swim warm-up
12:15	Race start



## 8.1 TRANSITION ZONE AND ATHLETES LOUNGE CHECK-IN

Athletes must have the following:

- bike with saddle sticker attached
- helmet with 3 stickers attached
- body stickers
- competition uniform
- accreditation badge
- additional racing gear

Athletes' Lounge check:

- competition uniform (that complies with ITU rules)
- running caps will be checked
- body markings check (legs and arms)

Bike check before entering athletes' lounge

- see point 5.2 of race regulations
- handlebars with aerobars
- wheels
- frame
- saddle positioning (-5cm≤ men & -2cm≤ women)

Exceptions can be found on the ITU website:

[www.triathlon.org/uploads/docs/itu\\_sport\\_elite\\_bike\\_saddle\\_rule\\_exceptions\\_updated\\_201405131.pdf](http://www.triathlon.org/uploads/docs/itu_sport_elite_bike_saddle_rule_exceptions_updated_201405131.pdf)

Approval for an addition or modification of all cycling equipment must be received by the Race Umpire after the briefing.

Timing chips and swim caps will be distributed after all checks have been completed.

Upon entering the transition zone, all athletes will be checked, including bikes. You must wear your helmet and body numbers must be visible.

Official stickers which will be distributed at registration must be correctly placed where indicated.

Crates will be available.

NOTE: the crates belong to the organiser and must remain in the transition zone.

**For relays, all team-mates must be present and checked at the same time. Swim caps and timing chips for the second, third and fourth relay members will be handed out at the relay transition zone.**



# 9 ELITE INDIVIDUAL COMPETITION

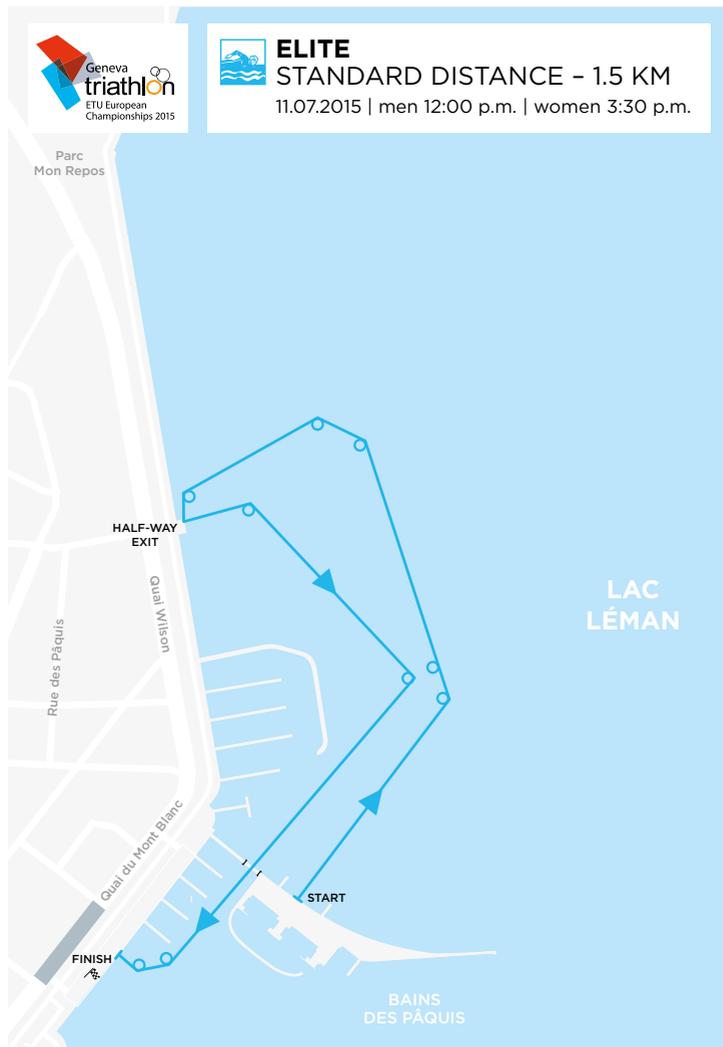
## 9.1 COURSE DESCRIPTION AND MAPS

The Elite European Championship races will be a Standard Distance for both men and women. Athletes will do 1 swim loop with a water exit halfway, 6 bike loops and 3 run loops.

## 9.2 SWIM COURSE

Elites will swim one loop of 1500m with a swim exit in the middle.

Elite athletes will swim the first part of the course anti-clockwise, keeping buoys on the left. The second part of the course will be clockwise, keeping the buoys on the right. The swim exit will be up a ramp.



## 9.3 BIKE COURSE AND WHEELSTOPS

The bike course goes along Geneva Lake towards the international organisations, and up Chemin de l'Impératrice. The loop is 6.6 km long, meaning that elite athletes will complete 6 loops.

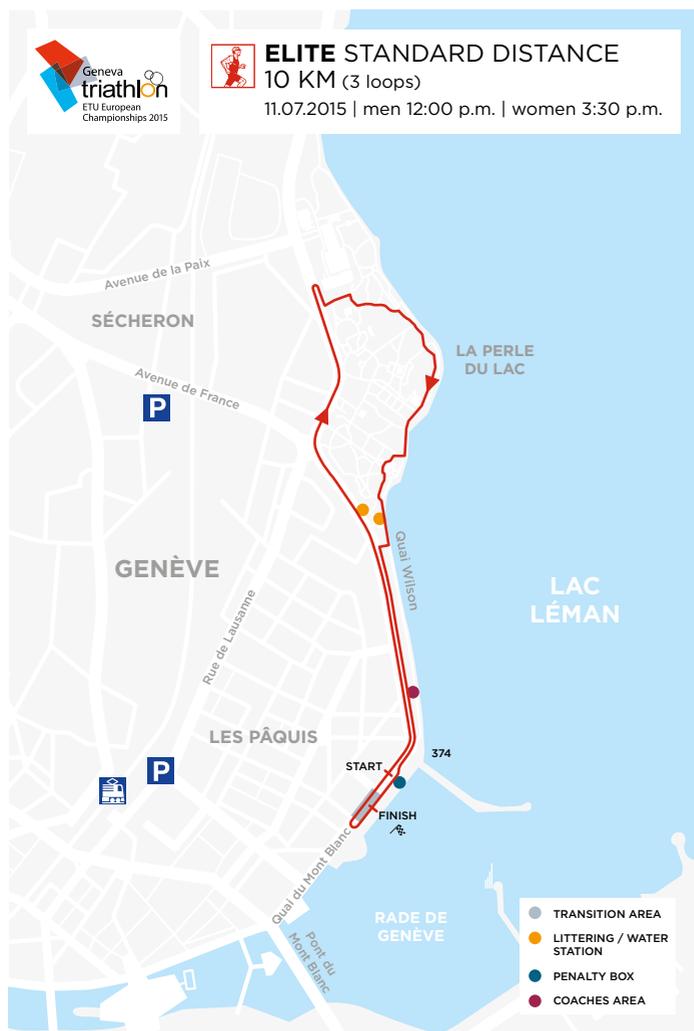
There are two wheelstops on the course - one at the top of Chemin de l'Impératrice with spare parts provided by the Organisation and another near the finish line with spare parts provided by the teams.



## 9.4 RUN COURSE AND AID STATIONS

The run course is spectator-friendly, enabling spectators to watch the athletes pass by the finish line area. The elites will run 3 laps.

There will be 2 drinks stations on the run course. Please throw away your rubbish in the designated littering zones after the drinks stations.



## 9.5 RESULTS

Results will be broadcasted live on the Championships official website. They will also be available to team leaders at the information desk, as well as posted on boards on the race course. Our official timing partner is DATASPORT who will be providing live timekeeping for all races.

## 9.6 AWARD CEREMONY

### SATURDAY 11 JULY

The awards ceremonies will take place immediately after the last athlete has crossed the finish line of each race. It will be held near the finish line.

# 10 MIXED RELAY FOR ELITE TEAMS

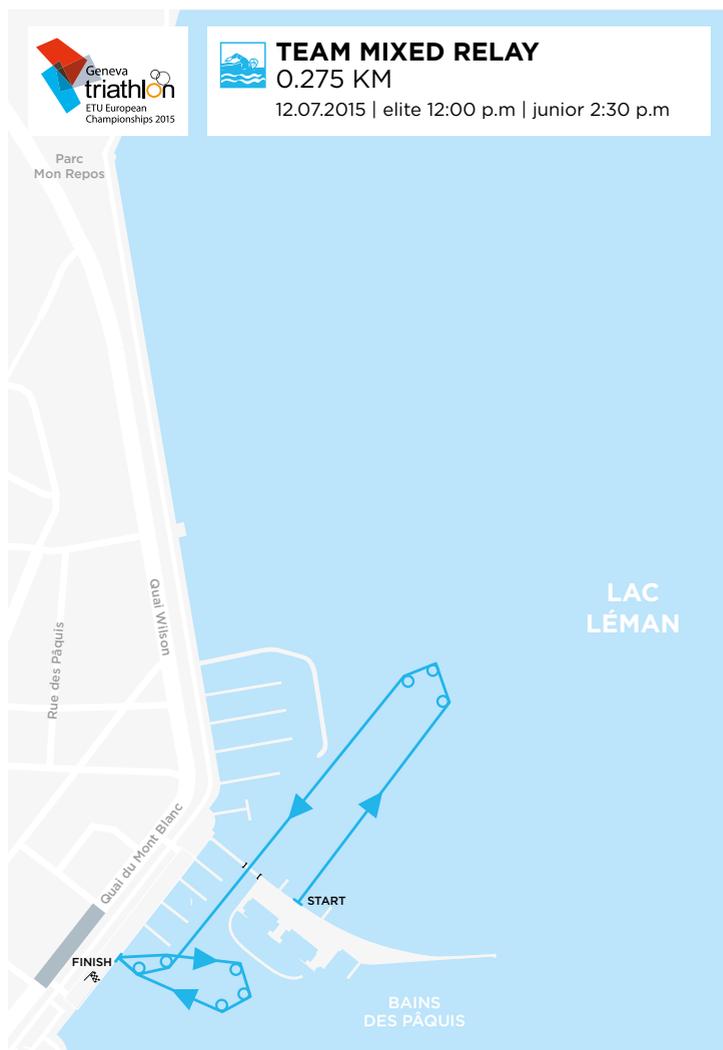
## 10.1 COURSE DESCRIPTION AND MAPS

The Mixed Relay European Championships will be a super sprint. Each athlete will swim 0.2 km, bike 6.6 km and run 1.6 km. Teams consist of two women and two men from the same country.



## 10.2 SWIM COURSE

The first relay member will swim 430m from the swim start, counter-clockwise. The other relay members will swim 240m clockwise. At the end of the swim, the athletes will exit the water up a ramp.



## 10.3 BIKE COURSE AND WHEELSTOPS

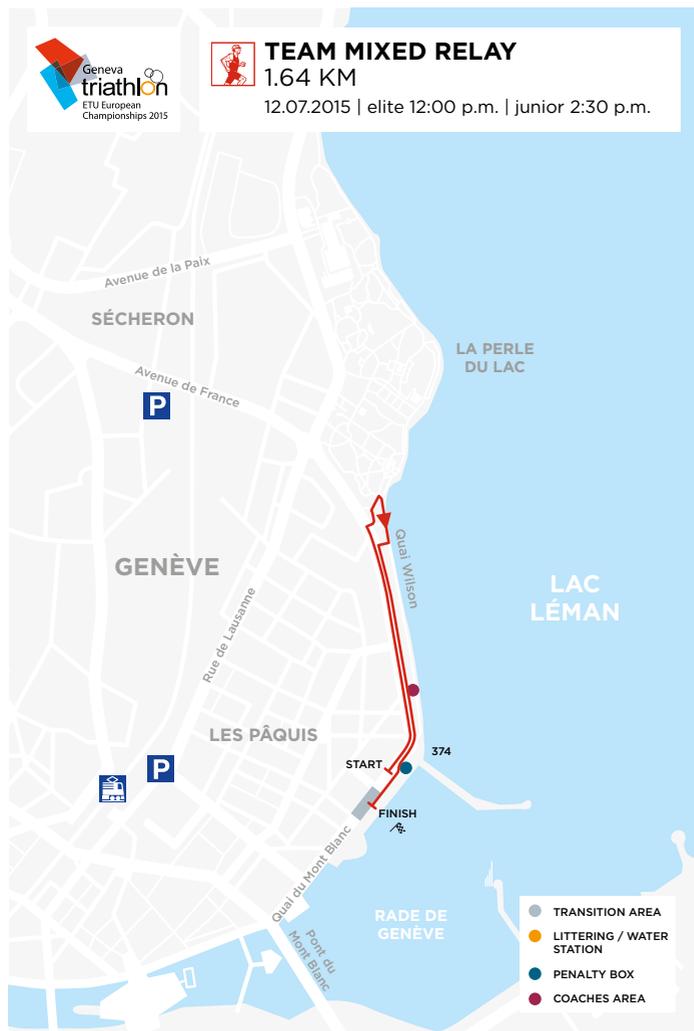
Each athlete will cycle one lap.

There are two emergency repair stations on the course - one at the top of Chemin de l'Impératrice with spare parts provided by the Organisation and another near the finish line with spare parts provided by the teams.



## 10.4 RUN COURSE AND AID STATIONS

The 1.6k loop goes around the Perle du Lac Park.



## 10.5 RESULTS

Results will be posted immediately on the Championships official website. Results will also be available to team leaders at the information desk, as well as posted on boards on the race course. Our official timing partner is DATASPORT who will be providing real-time timekeeping for all races.

## 10.6 AWARD CEREMONY

**SUNDAY 12 JULY**

Around 1:45 pm. Elite Mixed Relay European Championships

# 11 RULES AND APPEALS

## 10.1 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)

## 10.2 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.

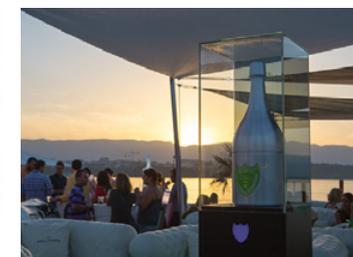
Appeal regulations can be found at: [www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_december20141.pdf](http://www.triathlon.org/uploads/docs/itusport_competition-rules_december20141.pdf)

# CLOSING CEREMONY

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



Quai de Coligny 5  
Port Noir | 1223 Coligny  
**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 Colony.

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

# 12 OPENING AND CLOSING CEREMONY

## 12.1 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.

## 12.2 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.



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



2014 Geneva  
**ETU Triathlon**  
European Cup

NEW YORK  
ATHLETIC CLUB

Avec le soutien de:

---



Sponsors:

---



Membre de:

---

