

Châteauroux

2016  European Championships

Triathlon Sprint & Aquathlon



UN GRAND
SPECTACLE
Sportif
GRATUIT

LES MEILLEURS
EN ROUTE POUR RIO

TRIATHLETES EUROPEENS

24 / 25 / 26 JUIN ★ CHATEAUROUX ★ BELLE-ISLE

TRIATHLON OPEN LE GRAND PRIX DES NATIONS
CHAMPIONNAT D'EUROPE DE TRIATHLON ELITES H&F

CHALLENGE ENTREPRISES BIKE AND RUN
CHAMPIONNAT D'EUROPE D'AQUATHLON

ORGANISATION : LAUS EN CITE DE TRIATHLON : LAUS.TRIATHLON-CHATEAUROUX.FR



2016 Triathlon Elite Sprint Championships

Athletes' Guide





Châteauroux

2016 European Championships

★ Triathlon Sprint & Aquathlon

- General Information
- Transport - Accommodation
- Competition Information
- Maps



General Information

1. Key Dates / Location

Thursday 23th

Information-desk open from 17:00 to 20:00 at Salle Barbillat Touraine

Friday 24th

Start Time	Finish Time	Actions (GB)	Place
08:00	09:00	Swim Training Session	Swimming pool of Belle Isle
15:00	15:30	Elite Triathlon Press Conference	Salle Barbillat Touraine
18:00	18:30	Elite Athlete's Briefing W- M	Salle Barbillat Touraine
18:30	19:00	Elite Race Package' s Distribution	Salle Barbillat Touraine

Saturday 25th

Start Time	Finish Time	Actions	Place
08:00	09:00	Swim Training Session	Swimming pool of Belle Isle
09:30	10:00	Elite Bike Familiarization	Start from TZ 2
10:00	11:00	Elite Swim Familiarization	Race Venue

Sunday 26th

Start Time	Finish Time	Actions	Place
11:30	12:30	Athletes' Lounge 1&2 Check in- Elite Female	Boulodrome- Swim Start
12:00	12:45	Transition Check in - Elite Female	TZ 1 & 2
12:00	12:45	Swim Warm up- Elite Female	Swim Start Area
12:50		Athletes' Line up & Presentation- Elite Female	Swim Start Area
13:00		Women Race Start	Swim Pontoon
14:15	15:15	Athletes' Lounge Check in - Elite Male	Boulodrome – Swim Start
14:45	15:30	Transition Check in - Elite Male	TZ 1 & 2
14:45	15:30	Swim Warm up - Elite Male	Swim Start
15:35		Athletes' Line up & Presentation- Elite Male	Swim Start Area
15:45		Men Race Start	Pontoon
16:50		Medal Ceremony W & M	Finish area



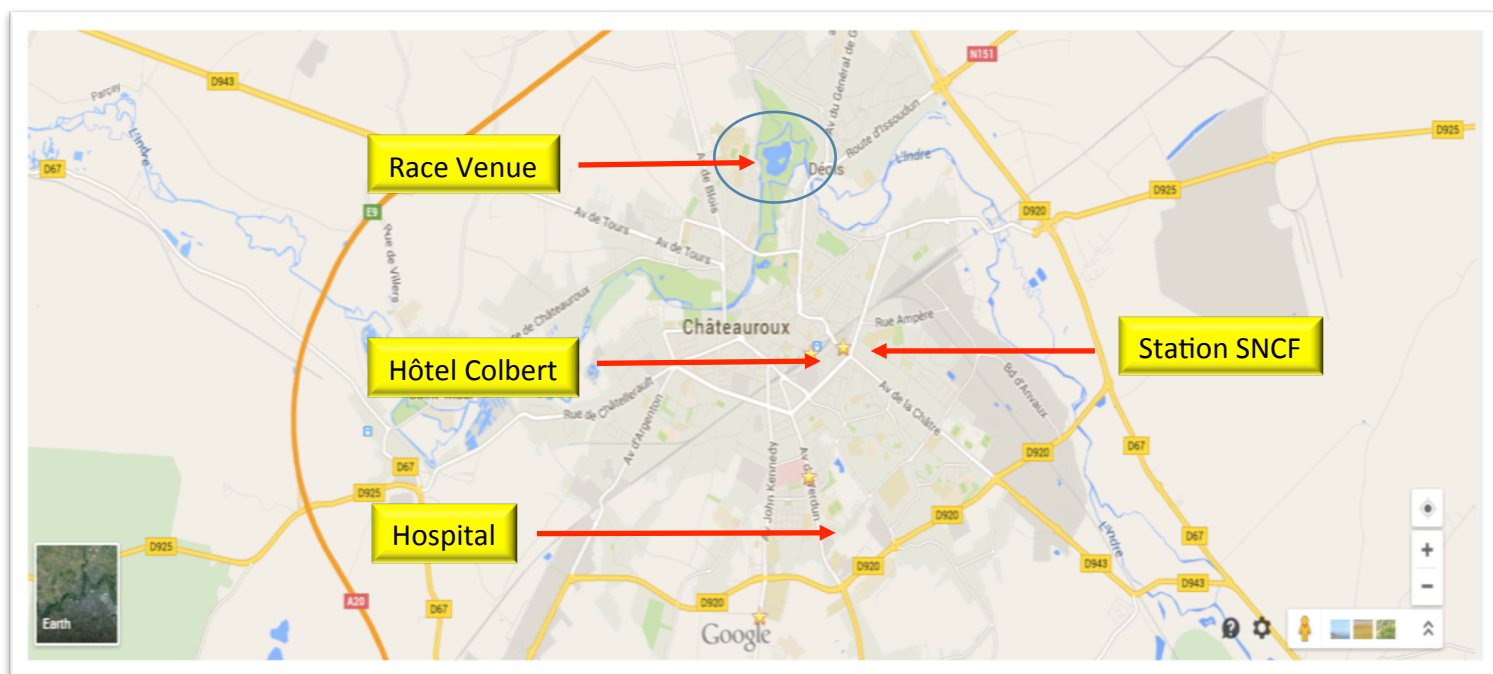
General Information

2. Key Contact

Event Organiser: Ligue du Centre de Triathlon - 8, rue Lavoisier – 45140 INGRE
championnateuropetri@gmail.com - <http://www.triathlon-centre.org/?p=276> – 0033 608 02 89 50

Dominique FRIZZA	LOC Event Director	+33629535639
Eriketti MARGARI	Technical Delegate	+306944898148
Christophe LEBRIS	Media Manager	+33626473017
Dr Olivier FICHAUX	Race Doctor	+33686736274
Nicolas CHAPEYROUX	Transport - Accommodation	+33608223876

3. The Event Venue



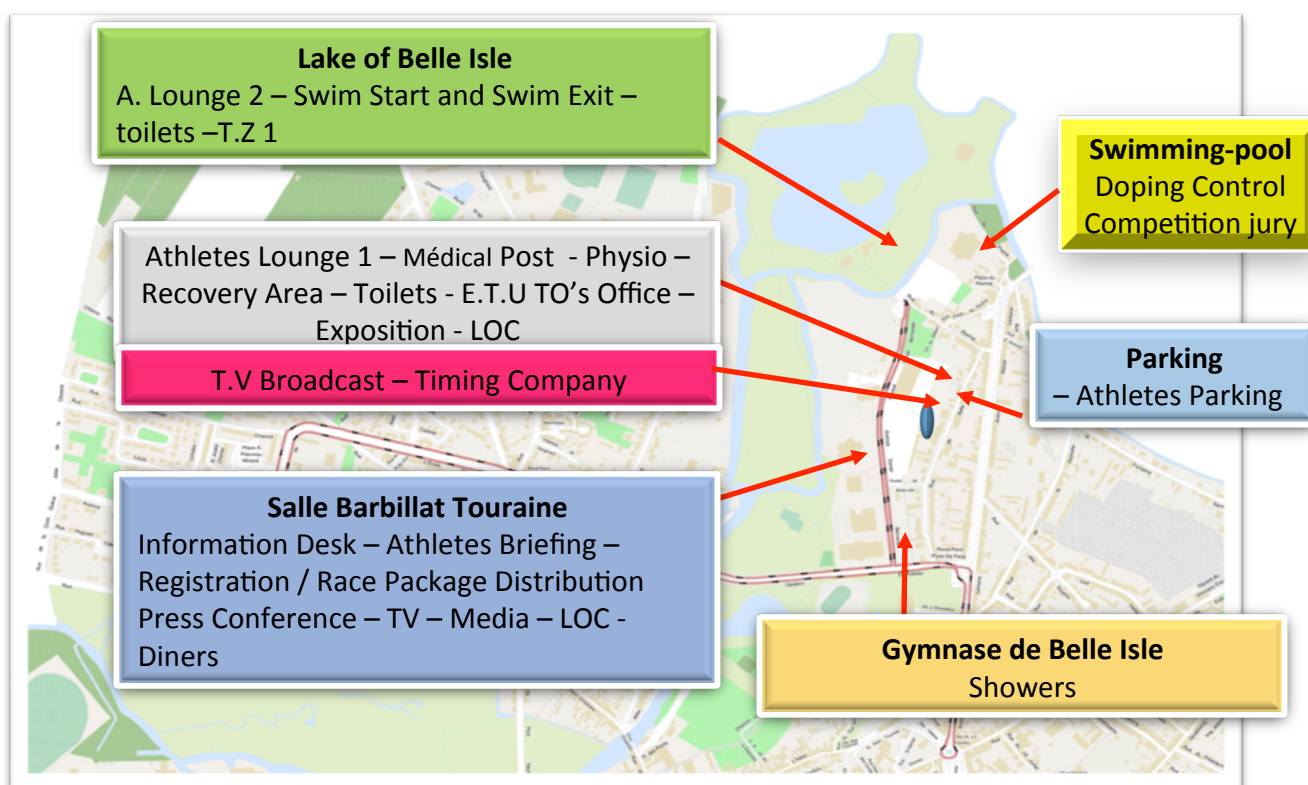
The main venue is situated in Châteauroux – Belle Isle
GPS location = rue Daniel Bernardet



General Information

The Race Venue

10:00 Grand Prix des Nations (Triathlon Sprint)
13:00 Elite W Sprint Triathlon European Championships
15:45 Elite M Sprint Triathlon European Championships
20:45 Closing Party



General Information

• 4. Athletes' Lounge

- Elite Athletes' Lounge 1 will be located in the BOULODROME.
- Elite Athletes' Lounge 2 will be located close to the START PONTOON.
- Sealed bottles of water, fruits and energetic bars will be available at the Elite Athletes Lounge. Dedicated toilets will be available close to the Athletes Lounge.
- Showers will be in the Gym (300 m of the T.Z).

• 5. Transition Zones

It will be 2 T.Z:

- The T.Z 1 (swim-bike) located close to the swim exit
- The T.Z 2 (bike-run) located close to the Finish Gantry and the Boulodrome

• 6. Doping Control

- Could be performed on the main race venue – according to French A.D Rules.
- Athletes must carry their I.C to the doping control facilities. The Doping Control Office is located in the Swimming Pool- 1st Floor.

• 7. Medical Service

- Dr Olivier FICHAUX and First Aid and Medical Services will be available on place during the competition days. The First-Aid Post is located in the Boulodrome.

• 8. Body Marking

- Tattoos - both arms and legs

• 9. Decathlon Bike mechanic

Will be available at the Boulodrome at the below times:

- Friday 24th: 17:00 - 19:00
- Saturday 25 th: 08:00 - 12:00
- Sunday 26th: 8h30 - 11:30



TRANSPORTATION - ACCOMODATION

1. How to get to Châteauroux ?

- Châteauroux : <http://maps.google.fr/maps?hl=fr&ie=UTF-8&tab=wl>

- **By car:** Located less than a 3-hours drive from Paris by the A20 Paris-Toulouse - exits 12, 13 and 14- Highway A20 is free.

- **By Plane**

- We recommend you to land in Paris Orly Airport because It is situated South of Paris like Châteauroux and then closer to the exit to Châteauroux and Austerlitz Station.
- From Paris Orly to Austerlitz Station you can use RER C or taxi (about 40 €) with a bike.
- From Paris Charles de Gaulle Airport, you get a direct train to Châteauroux everyday at 16:21/ arrival in Chateauroux Station at 20:06. From 70 €.
- Return: Sunday / Monday: departure from Chateauroux station at 9:20 / arrival at Roissy Charles de Gaulle Airport at 12:07 (direct train). From 45 €.

- **By train**

- Chateauroux is served by the Paris-Limoges-Toulouse railway line (1h50 by DIRECT train from Paris Austerlitz). There are many everyday regular trains from Austerlitz Station to Châteauroux which cost between 20 € to 45 € - <http://www.voyages-sncf.com/billet-train>
- **Shuttles – from Châteauroux Station to and from the hotels** will be arranged by the LOC. Please contact Nicolas nicolas.chapeyrou@orange.fr / +33 60.82.23.87.

Let him know for each person:

your name, your National Fedration and your mobile phone number (including the Country Code) - the accurate times of arrivals / departures at Châteauroux Station – where you will be staying in Châteauroux (name of your hotel) – and if you have a bike or not.



TRANSPORTATION - ACCOMMODATION

2. Accommodation

- **E.T.U Host Hotel: BEST WESTERN Hôtel Colbert** - 4, rue Colbert – Avenue de la Châtre – 360000 CHATEAUROUX - <http://www.hotel-colbert.fr/> - Tel. +33 2 54357000 - Fax. +33 2 54274588
- A list of hotels recommended by the Tourist Office of Châteauroux : [List of hotel](#)
- For any further information concerning your accommodation and your stay, you may contact the Tourism Office: accueil@chateauroux-tourisme.com
- For your trip and your accommodation, you may also go through NIRVANA EUROPE [NIRVANA EUROPE](#)



COMPETITION INFORMATION

❑ TRAINING

Pre-competition swimming training will take place at the Municipality Pool on the Venue. Free access for accredited athletes and coaches.

- Friday 24th: 8:00-9:00
- Saturday 25th: 8:00-9:00

❑ COURSE FAMILIARIZATION

- **Bike Course Familiarization** will take place on Saturday 25th from 09:30 to 10:00. It will be an escorted one. Meeting at 9:20 at the T.Z 2
- **Swim Course Familiarization** will take place on Saturday 25th from 10:00 to 11:00 at the Race Venue

During the Swim Familiarization there will be lifeguards and medical services available.

❑ COMPETITION SCHEDULE

1. Friday 24th

Start Time	Finish Time	Actions (GB)	Place
08:00	09:00	Swim Training Session	Swimming pool of Belle Isle
15:00	15:30	Elite Triathlon Press Conference	Salle Barbillat Touraine
18:00	18:30	Elite Athlete's Briefing W- M	Salle Barbillat Touraine
18:30	19:00	Elite Race Package's Distribution	Salle Barbillat Touraine

- Athletes will have to pay the Entry Fees in the LOC Office before to withdraw their Race Package. For payment on place, only cash will be accepted.

2. Saturday 25th

Start Time	Finish Time	Actions	Place
08:00	09:00	Swim Training Session	Swimming pool of Belle Isle
09:30	10:00	Elite Bike Familiarization	Start from TZ 2
10:00	11:00	Elite Swim Familiarization	Race Venue



COMPETITION INFORMATION

3 .Sunday 26th

Start Time	Finish Time	Actions	Place
11:30	12:30	Athletes' Lounge 1&2 Check in- Elite Female	Boulodrome- Swim Start
12:00	12:45	Transition Check in - Elite Female	TZ 1 & 2
12:00	12:45	Swim Warm up- Elite Female	Swim Start Area
12:50		Athletes' Line up & Presentation- Elite Female	Swim Start Area
13:00		Women Race Start	Swim Pontoon
14:15	15:15	Athletes' Lounge Check in - Elite Male	Boulodrome – Swim Start
14:45	15:30	Transition Check in - Elite Male	TZ 1 & 2
14:45	15:30	Swim Warm up - Elite Male	Swim Start
15:35		Athletes' Line up & Presentation- Elite Male	Swim Start Area
15:45		Men Race Start	Pontoon
16:50		Medal Ceremony W & M	Finish area

4. Other Races / Event on Sunday 26th.

10:00 Grand Prix des Nations (Triathlon Sprint Open)
20:45 Closing Party

5. Information about the International Sprint Triathlon GRAND PRIX DES NATIONS GRAND PRIX DES NATIONS. It will a draft legal race.

We recommend online registration: [Register online in English](#)

You will also be allowed to register on the venue Friday 24 th and Saturday 25th.

LOC will save enough entries for everyone.



COMPETITION INFORMATION

FIELD OF PLAY



1. The Swim Course: 1 lap = 750m

- The swim course will be in the lake of Belle Isle (no current).
- It will be a pontoon start - 1 lap clockwise .
- The distance between the Athletes' Lounge 2 and the Swim Start Area is about 15 m. Toilets and changing room will be available in this areas.
- The distance from the Swim Exit to the T.Z is about 50 m.

2. The Bike Course: 4 laps = 20 km

- The course is anti- clockwise. Clean surface. Technical with a little slope.

Wheel Station

- There will be one wheel station along the course. This position will be specified at the briefing.
- The wheels must be clearly identifiable (name, flag of the nation). Wheels will be taken back to the A. Lounge in the Boulodrome after the race. No Aid Station on the Bike Course.

3. The Run Course: 2 x 2,5 km = 5 km

- The Run Course will use the final part of the bike course with a gentle slope.
- The location of the 2 Water- Aid Stations and the Penalty-Box will be presented at the Briefing.



COMPETITION INFORMATION

❑ RESULTS

- Results will be uploaded live on the ITU's Official website: www.triathlon.org or on the Time Company website: <http://www.breizhchrono.com/>

❑ COMPETITION RULES

- 2016 Châteauroux ETU Triathlon Elite Sprint Championships** will follow the latest published Competitions Rules from the International Triathlon Union [2016 ITU Competition Rules](#)

❑ ACCREDITATION

- From Thursday 23th 17:00, at the Salle Barbillat Touraine on the Venue, LOC will provide Accreditation to athletes and coaches for the Swimming Pool.

❑ WEATHER CONDITION

- Weather forecasts for the week before the event will be available online.

❑ OPENING DINER

- Will occur on Friday 24th at 20:30 at the Salle Barbillat Touraine.** Opening Night and dinner 'à la française': the pleasures of traditional French cooking, terroir wines, ...and pasta for the competitors: 24 €.
- Only accredited persons will be allowed in. Accreditations will be delivered at the Welcome Desk in the Salle Barbillat Touraine. Registration before June 14th is **mandatory**. It can be done either by email to championnateuropetri@gmail.com and payment on the race site or through your online race registration.



❑ CLOSING PARTY

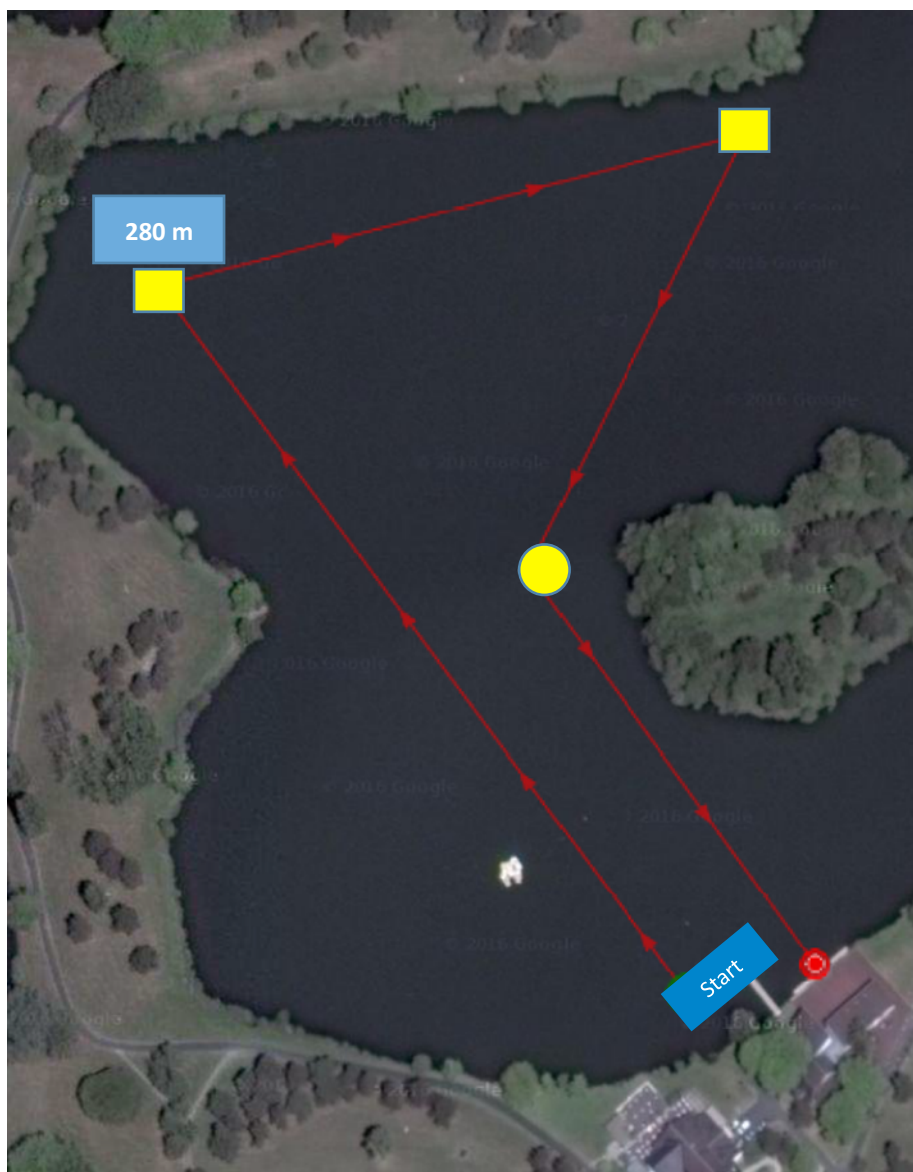
- Will occur on Sunday 26th at 20:45 at the Salle Barbillat Touraine: Join in the fun with Elite athletes and try the 'French touch' with a choice of local specialties and matching terroir wines: 20 €

Only accredited persons will be allowed in. Accreditations will be delivered at the Welcome Desk in the Salle Barbillat Touraine. Registration before June 14th is **mandatory**. It can be done either by email to championnateuropetri@gmail.com and on-site payment or through your online race registration.



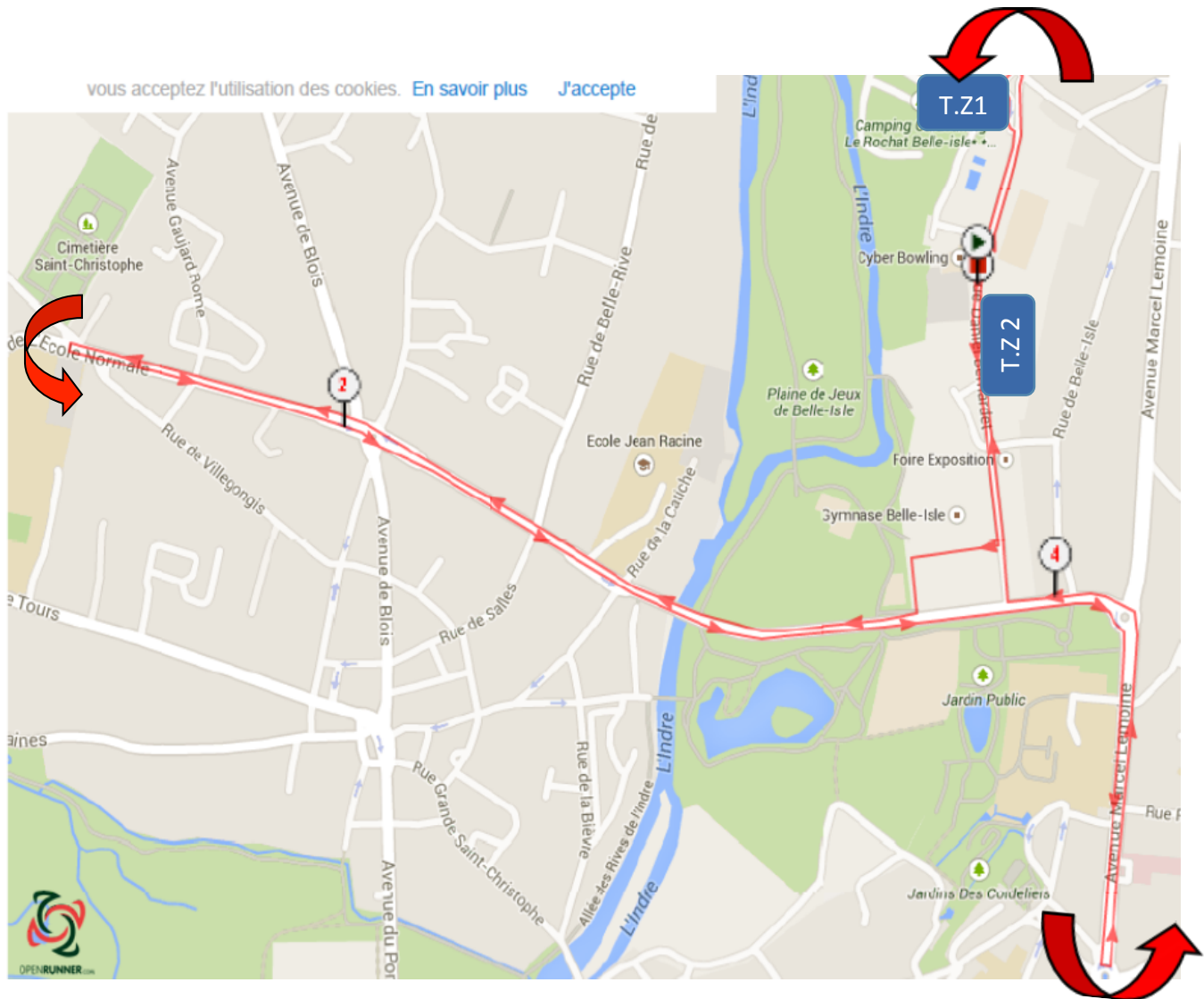
Maps

❑ **Swim Course map:** Distance: 750m – 1st boy at 280 m



Maps

☐ Bike Course map: 4 laps = 20 km



Maps

□ Run Course map:

Total distance: 5 km - 2 laps – 2 aid stations

