



ATHLETE'S GUIDE

Lausanne 2017

TRIATHLON
JUNIOR EUROPEAN CUP
LAUSANNE 2017

ETU

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1. GENERAL INFORMATION

1.1 INTRODUCTION

Welcome to the 24th edition of the Triathlon of Lausanne which takes place from the 19th until the 20th of August in Lausanne-Ouchy.

Lausanne is the fourth city of Switzerland and the Olympic Capital. Its undulating contours afford residents and visitors spectacular glimpses over Lake Geneva and the Alps. The wealth of its cultural life is exceptional, while its modest size keeps it on an eminently human scale. A bastion of training and research, its campuses have built a solid reputation all over the globe. A leisurely stroll is enough to discover stunning parks and gardens, bustling shopping districts and a fine architectural heritage. Over the years, thanks to the presence of the IOC and numerous international sport federations, Lausanne has become the administrative capital of sport and will hosts in 2020 the 3rd Winter Youth Olympic Games. To discover Lausanne is to know the quality of life that makes it such a unique city.

The Triathlon of Lausanne was founded by three friends from the police sporting club of Lausanne in 1994. In 1998, the first World Cup was organised and in 2006 a Grand Final ITU. This sport will be well represented in 2018 and 2019 as Lausanne will host respectively on stage of the ITU World Cup and the ITU Grand Final. These international events forecast a good future for the Triathlon of Lausanne.

This guide will give you all the important information and rules about this event.

1.2 GENERAL SCHEDULE

SATURDAY 19 TH AUGUST	SUNDAY 20 TH AUGUST
Junior European Cup + Champ. suisse Team Relais + Champ. suisse Youth League 14-15 + Kids + Ecoliers/ères	Olympic distance (classic) + Relais + Short distance
DEPARTURE OUCHY	DEPARTURE OUCHY
08:45 Kids 7-8-9 boys and girls	08:00 Olympic distance (classic) H CA 18 à 34
09:10 Ecoliers/ères 10-11	08:10 Olympic distance (classic) H CA 35 à 65+
09:45 Ecoliers/ères 12-13	08:20 Olympic distance (classic) F CA 18 à 65+
11:00 Youth League 14-15 (CS)	12:45 Relais
12:45 Junior European Cup Women	13:00 Short distance H CA 18 à 34 et H Jeunesse 16-17 (vague 1)
13:45 Junior European Cup Men	13:05 Short distance H CA 18 à 34 et H Jeunesse 16-17 (vague 2)
16:30 Team Relais (CS)	13:10 Short distance H CA 35 à 65+
	13:20 Short distance H CA 18 à 65+ et F Jeunesse 16-17

1.3 KEY CONTACTS

<p>Race Director Claude Thomas +41 79 230 63 63</p>	<p>Athletes Services and Media Manager Aline Kellerhals +41 21 315 14 27 Aline.kellerhals@lausanne.ch</p>
<p>Technical Manager Bernard Vulliamy +41 79 504 00 93</p>	<p>Technical Delegate Thomas Mantelli Thomas.mantelli@gmail.com</p>

1.4 EVENT CONTACT

Triathlon of Lausanne

Ch. Des Grandes-Roches 10, CP 245, 1000 Lausanne 18
021 315 14 27 – info@trilausanne.ch - www.trilausanne.ch

2. VENUE

2.1 RACE VENUE

Information



2.2 COURSE FAMILIARIZATION

A course familiarization is organised **Friday 18th august** on the bike course only.

Time: departure at 14:00

Location: Place du port, Ouchy (next to the transition area)

Time has to be respected. Athletes will be escorted by the police.

2.3 ATHLETE'S LOUNGE

Time: open from 11:15 to 12:15

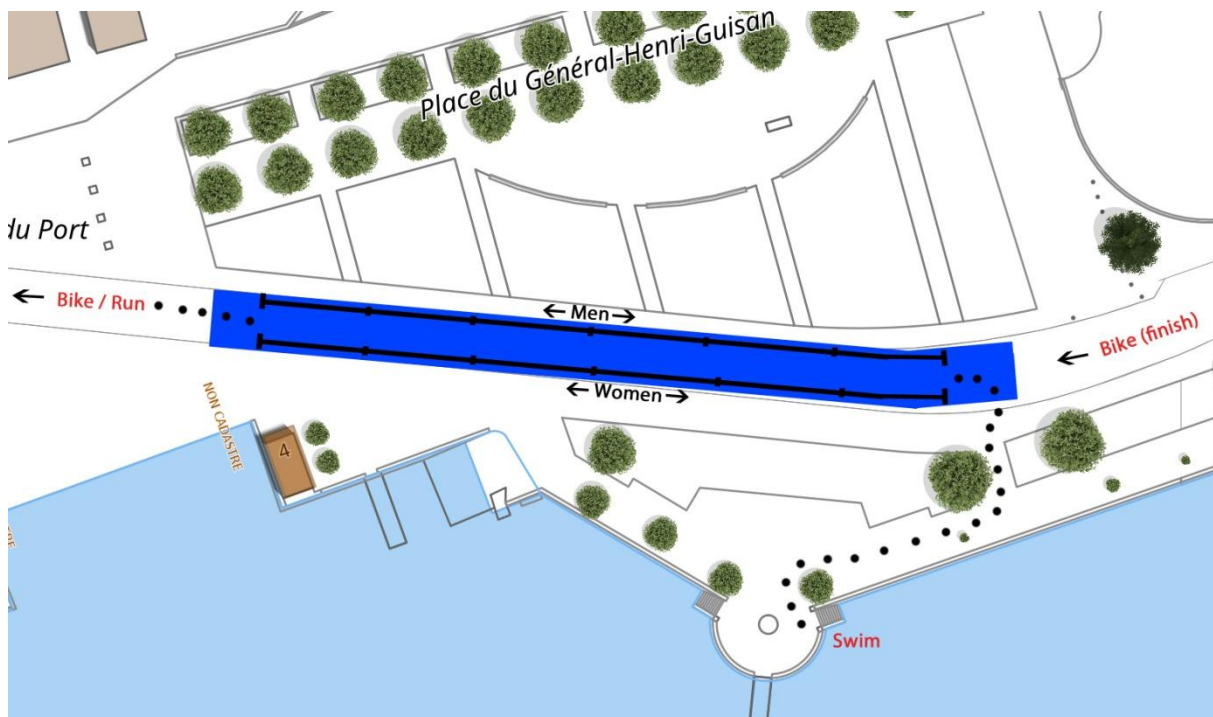
Location: Place du Général-Henri-Guisan (on top of transition area)

The timing chips will be given by the technical delegate between 11h15 and 12h15 at the Athlete's lounge area.

2.4 TRANSITION AREA

Time: open from 11:45 to 12:30 for WOMEN and MEN

Location: Below the Place du Général-Henri-Guisan



2.5 SWIM WARM UP AREA

Time: open from 11:30 to 12:15 for WOMEN and from 12:30 to 13:15 for MEN

Location: in front of the departure of the race



2.6 LOC OFFICE

Lausanne Tourism Office

Avenue de Rhodanie 2, CP 975, 1001 Lausanne

+41 21 315 14 27

info@lausanne-tourisme.ch

Opening hours: to be confirmed

3. COMPETITION SCHEDULE

DAY	START	END	ACTIVITY	LOCATION
Friday 18 th	14:00	15:00	Course Familiarization	Departure Bike race
Friday 18 th	18:00	19:00	Athlete's briefing and packages distribution	Olympic Museum
Saturday 19 th	11:15	12:15	Athlete's Lounge check in	Place du Général Henri-Guisan
Saturday 19 th	11:30	12:15	Swim warm-up WOMEN	Departure area
Saturday 19 th	11:45	12:30	TA check in WOMEN and MEN	Place du Port, Ouchy
Saturday 19 th	12:30	13:15	Swim warm-up MEN	Departure area
Saturday 19 th	12:45		Start WOMEN	Departure area
Saturday 19 th	13:45		Start MEN	Departure area
Saturday 19 th	15:00		Award Ceremony WOMEN & MEN	Place de la Navigation (TRI EXPO)

3.1 TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure at the Athlete's lounge area between 11:15 and 12:15. These timing chips have to be handed back at the end of the race.

3.2 COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

3.3 RESULTS

General results will be uploaded live at the Datasport website <https://services.datasport.com/2017/tri/lausanne/> and at the info point at the venue. It will also be uploaded live at the ITU official website www.triathlon.org

3.4 PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

4. COURSE MAPS

Distances

Swim : 1 lap = 0.75 km

Bike: 4 laps = 20 km

Run : 3 laps = 5 km



SWIM COURSE – important information

Start mechanism: dive start from a pontoon

Average water temperature: 22°C

Wetsuit must be worn according to referee's decision

Training is possible on Saturday 19th August from 11:30 to 12:15 for WOMEN and from 12:30 to 13:15 for MEN.



BIKE COURSE – important information

Hilly circuit – Good road surface

Bike familiarization: Friday 18th August at 14:00



RUN COURSE – important information

Flat, technical circuit – Good road surface



5. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Athlete's accreditation will be distributed at the end of the athlete's briefing on Friday 18th at 18:00.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request.

6. ATHLETE'S SERVICES

6.1 TRAINING FACILITIES



SWIM

Outdoor swimming pool

Piscine de Bellerive – open every day

Av. De Rhodanie 23 – 1007 Lausanne
 Access: bus 2 stop Bellerive / Parking nearby
 Information : 021 315 48 60
www.lausanne.ch/bellerive

Price for an adult: free by presenting an identity document

Possibility to rent swimming towels and swimsuits. With disabled access.

Piscine de Montchoisi – open every day

Av. A-M-Servan 30 – 1006 Lausanne
 Access: bus 4, 8, 25
 Information: 021 315 49 62
www.lausanne.ch/montchoisi

Price for an adult: CHF 6.00 / CHF 4.50 from 5pm

Possibility to rent padlocks. With disabled access.

Indoor swimming pool

Piscine de Mon-Repos – open every day

Av. Du Tribunal-Fédéral 4 – 1005 Lausanne

Access: bus 6, 7, 66, 13 /M2/Parking nearby

Information: 021 315 48 88

www.lausanne.ch/mon-repos

Price for an adult: CHF 6.00 / CHF 4.50 from 5pm

Possibility to rent swimming towels, swimsuits and padlocks.



Itineraries and time to travel between two places in Lausanne





Outdoor running tracks

Centre sportif de Mauvernay

Route de Cojonnex 2

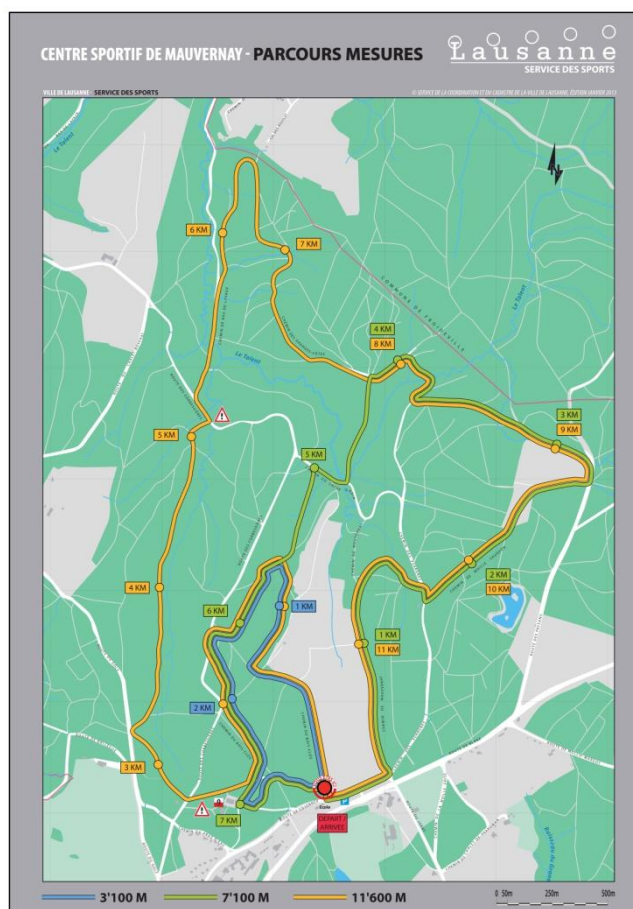
1000 Lausanne 25

Tél. +41 21 315 49 28.

Length of the trails (km): 3.1 /7.5/12

Free, open 24h/24h

With disabled access



Centre sportif de Vidy

Route de Cojonnex 2

1000 Lausanne 25

Tél. +41 21 315 49 28.

Length of the trails (km): 3.1 /7.5/12

Free, open 24h/24h

With disabled access



6.2 MEDICAL SERVICES

There will be First Aid and Emergency Medical Services at the Race Village on competition day. Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatments in hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Emergency telephone number: 144

6.3 BIKE MECHANICAL SERVICE

A bike mechanical service will be available at the venue.

For 2017 we do not have a bike partner. However, we can recommend you these two shops:

Vélo-land

Place de la Riponne 3, 1005 Lausanne

+41 21 566 27 30

contact@velolandlausanne.ch

<https://www.veloland-shop.ch/>

Or

The Bike

Avenue de Lavaux 4, 1009 Pully

+41 21 711 12 80

info@the-bike.ch

<http://www.the-bike.ch>

7. ACCOMMODATION

From youth hostel to palace, Lausanne's hotels offer a whole range of categories, styles and ambiances.

You can book your hotel directly through the website of the tourism office <https://www.lausanne-tourisme.ch/accomodation>.

Contact

Lausanne Accommodation

Gwendoline Castro

+41 21 613 73 16

castro@lausanne-tourisme.ch

For groups we can offer special rates.

8. TRANSFER AND TRANSPORT

By plane

Closest international airport is Geneva (60km). Zurich international airport is at 230km from Lausanne. You will find all the information on www.gva.ch and www.zurich-airport.com.

By train

Geneva and Zurich airports are directly connected to national railway network. Lausanne is situated at about 50 minutes from Geneva airport (5 trains per hour) and at 2h30 from Zurich airport (4 trains per hour). Bikes are allowed in the train. More information on www.sbb.ch/en

Prices:

Geneva > Lausanne CHF 28.- one way ticket – second class (full price)

Zurich > Lausanne CHF 79.- one way ticket – second class (full price)

By car

Europe's highway network has north-south and east-west intersections in the immediate area of Lausanne : Geneva (60km), Paris (450km), Lyon (215km), Grand Saint-Bernard tunnel (110km), Milan (320km), Bern (100km), Zurich (230km), Munich (530km).

Carsharing

Get together in a car to go to Lausanne Triathlon. The website : www.ecarsharing.com makes passengers and drivers get in contact for a regular or a casual trip.

Private shuttle service

If you would like a private shuttle service, please contact the organisation. This service will be charged. Contact: Aline Kellerhals, Aline.kellerhals@lausanne.ch

Parking

On Saturday, you can reach the Parking Bellerive with the Av. de Rhodanie. On Sunday, you need to follow the signs: av. des Figuiers > av. de Cour > av. des Bains.

Lausanne public transport

If you stay in a hotel and you pay the overnight “taxe de séjour”, you get automatically the Lausanne Transport Card for free. It gives you free and unrestricted access to all public transport services in the city (bus, train, metro). It is valid for the duration of the reservation, including the arrival and departure days (maximum 15 days). In the event of checks an identity document must be presented.

Moreover, you benefit from substantial discounts on the boat crossing between Lausanne-Ouchy and Evian, souvenirs and the admission price to various municipal and private museums.

Be careful! If you take the public transport with a bike, you have to pay an added fee which represents the price of a full price ticket.

More information: <https://www.lausanne-tourisme.ch/lausanne-transport-card>

9. OTHER USEFUL INFORMATION

9.1 LANGUAGE

In Lausanne, the population speaks French. However, English and German are both languages that are understood and spoken by a majority of people.

9.2 POPULATION

Lausanne's agglomeration counts more than 400,000 inhabitants. It represents 50% of Vaud district total population.

9.3 CURRENCY

The actual currency is the Swiss Franc.

CHF 1.00 = EUR 0.91

CHF 1.00 = USD 1.03

CHF 1.00 = GBP 0.80
