

Europe
Triathlon
Championships

Vichy
2024

FRANCE
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Triathlon series

Elite Athletes Guide

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Dear Triathletes,

Welcome to Vichy !

We are very proud to organize this famous event in our country. Vichy has been selected to host the European Triathlon Championships in 2024 and you can be sure that our experience as triathlon organizer will give you the warmest welcome.

For many years now, Vichy has been involved in the organisation of a wide range of sports events, and for over 30 years has built up a wealth of experience in hosting major events.

Well known for its tourist, spa and gastronomic facilities, its central location and its reputation in the world of triathlon, Vichy is an attractive destination. For some years now, its sports facilities, its natural setting ideal for triathlon, and its development of thermal wellbeing have made Vichy a highly sought-after town for triathletes and sports enthusiasts in general. Vichy's mild climate and magnificent lake are also great assets for hosting such a competition. The dates chosen, 21 and 22 September 2024, are usually synonymous with fine weather and pleasant temperatures.

Situated 3 hours by car from Geneva, 3.5 hours from Paris and 2 hours from Lyon international airport, which itself has direct flights to many European capitals, Vichy is easily accessible for Europeans. Once here, triathletes and accompanying adults will find a wide range of services and will appreciate the serenity of the town.

Vichy wrote a page in the history of short-distance triathlon with the first stages of the France Iron Tour in '94, '95 and '96: the first looped courses in the heart of the town and the presence of the world's best triathletes showed that triathlon could be a real sporting spectacle, as it would become a few years later at the Sydney Olympic Games.

Since then, Vichy has never ceased to host major triathlon events, notably the Challenge and Ironman.

In 2023, the town returned to short-distance triathlon by once again hosting the elite events. The Iron Tour has returned to the city of triathlon, under a new name that is more in tune with today's values of sustainable development: the Green Tour by FitDays.

The town is now ready to make a definitive return to the distance that will shine at the Paris 2024 Games by hosting the rematch in September 2024... There's a good chance that the medals will be European in triathlon.

By entrusting Vichy with the 2024 Europe Championship, Europe Triathlon (the European triathlon federation) is sure to host its major post-Olympic event. In addition to the two Elite races, for men and women, in the heart of the town, Vichy will also host the para-triathlon competition and two age-group events, in sprint and standard distances.

The competition will bring together nearly 2,000 triathletes from 46 countries, making Vichy the European city of triathlon. Vichy confirms its place as an emblematic venue for world triathlon.

And we don't forget to add many services for you : spa's jacuzzi at arrival, spectacles, concerts, Fan zone, French, Italian, Spanish, english foods... All is ready to organize a great sport event but also a great fun event !



We look forward to welcoming you !

Carole Vialat
General Manager of organisation

Dear Elite Athletes,

It is with immense pleasure that I welcome you to the Europe Triathlon Championships 2024 in the beautiful city of Vichy.

Vichy, with its rich history and breathtaking landscapes, is the perfect backdrop for this prestigious event.

Whether you are here to win, set a personal best, or simply to enjoy the experience, know that you are part of something truly special. The energy, camaraderie, and passion that you bring to this event is what makes it extraordinary.

On behalf of Europe Triathlon, I wish you all the best. May your hard work and perseverance shine through, and may you leave Vichy with unforgettable memories and a sense of accomplishment that will stay with you forever.

Good luck, and let's make these Championships one to remember!

Warm regards,



Renato Bertrandi

President, Europe Triathlon

A handwritten signature in black ink, appearing to read 'R. Bertrandi'.

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1 General Information

1.1 Introduction

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and team managers are advised to check with the event office regarding any changes in information included in this guide

1.2. Key Dates

Friday 20 September 2024:

1pm-8pm : Expo Open on venue

3:30pm - 4:30pm : Elite Swim Course Familiarisation

6:00pm - 7:00pm : Elite Athletes' Briefing in the Amphitheatre

7pm-8pm : Opening Ceremony departure Hippodrome and arrival Palais du Lac

8pm-8.45pm : Concert and circus spectacle (in front of Palais du Lac's podium - outside)

8pm-10pm : Pasta Party (for triathletes who have paid (5 euro))

Saturday 21 September 2024:

07:00am - 07:30am : Elite Bike Course Familiarisation

7.45am-9pm : Fan Zone Open

7.45am-11.51am : Sprint Distance Triathlon Age Group Race Starts

9am-8pm : Expo Open

1.25pm - 1.40pm : Elite Women presentation in Start Area

1.40pm - 3.45pm : Elite Women Standard Distance Triathlon

3.45pm - 3.55pm : Elite women Medal Ceremony

3.55pm - 4.10pm : Elite Men presentation in Start Area

4.10pm - 6.05pm : Elite Men Standard Distance Triathlon

6.05pm - 6.15pm : Elite Men Medal Ceremony

7pm - 8pm : Concert and circus spectacle in front of Palais du Lac

Sunday 22 September 2024

8am-7pm : Expo Open

8am-7pm : Fan Zone Open

9am - 10.40am : Paratriathlon Sprint Distance Triathlon starts

12pm - 3.12pm : Standard Distance Triathlon Age Group Race Starts

7.30pm - 10.30pm : Closing Ceremony in Palais du Lac (for triathletes who have paid (15 euro))

1.3. Key Contacts

- Event director : Carole VIALAT – carole@fitdays.fr
- Race director : Jean-Philippe VIALAT – jean-philippe@fitdays.fr
- Technical delegate : Bela VARGA - belagabor.varga@gmail.com
- Athletes' services manager : Marion PERMEZEL – +33651463152 - communication@fitdays.fr or Lorinne FERRERO - +33601867960 - organisation@fitdays.fr
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number : +32478825456.

1.4. Contacts Details

LOC and European Triathlon Technical Delegates, name of responsible person, email address and phone number

LOC Event Director:

Carole VIALAT | Carole@fitdays.fr + 33 6 26 24 22 26

LOC Race Director:

Jean – Philippe VIALAT | Jean.philippe@fitdays.fr + 33 6 63 81 35 35

Europe Triathlon Technical Delegates:

Bela VARGA | belagabor.varga@gmail.com

Howard VINE | howardvine103@gmail.com

Thomas MANTELLI | tmantelli@fftri.com

Athletes Services Manager: Marion PERMEZEL – communication@fitdays.fr or Lorinne FERRERO - organisation@fitdays.fr

Europe Triathlon Team Leader: /

Europe Triathlon Head Referees: /

Europe Triathlon Medical Delegate: Luis Coira Nieto - luiscoiranieto@gmail.com

LOC Media Manager: Marion PERMEZEL – communication@fitdays.fr

Anti-doping Control: Fabrice DESCOMBE + 33 6 31 47 85 36 fabrice.descombe@orange.fr

Travel and Transfers: Lorinne FERRERO - organisation@fitdays.fr

or Marion PERMEZEL – communication@fitdays.fr

Accommodation : Christophe SAINT-GERAND - c.saintgerand@vichy-communaute.com

2 Venue

2.1. Race Venue

The 2024 Europe Triathlon Championships Vichy event will be structured in 3 venues:

- Parking 1 : Plan d'eau Parking: Avenue de l'Europe (be careful no access between 6.30am and 7;30pm saturday 21st september and 8.30am and 11.30am sunday 22nd september)
- Parking 2 : Avenue de l'Europe (be careful no access between 6.30am and 7;30pm saturday 21st september and 8.30am and 11.30am sunday 22nd september)
- Parking 3 : Boulodrome Parking: Access by D6
- Parking 4 : Pagode Parking: Access by RD 6E (be careful no access between 6am and 7pm saturday 21st september and 8.30am and 11.30am sunday 22nd september)

The main venue area with Fan Zone, Expo & Registration and other services will be located in the Plan d'eau Parking, next to the Judges' Tower.

You can see all the location in the following address: Rte du Pont de l'Europe, 03700 Bellerive-sur-Allier

Vichy has many places of tourist interest to visit, as well as leisure, recreational and cultural activities. For more information, visit:

- Official Vichy Tourism website : <https://vichymonamour.fr/>
- Official Tourism website of the Community of Vichy : <https://www.ville-vichy.fr/>

Site map for the European Triathlon Championships - Vichy



- 01 Lac d'Allier – swimming
- 02 Palais des sports Pierre-Coulon – doping control and showers
- 03 Palais du Lac – bib withdrawal - AG Ceremony – elite lounge
- 04 Tour des juges – briefing AG manager – press room
- 05 Espace du Parc - briefing elite
- 06 Restaurant l'Atrium
- 07 Centre International de séjour
- 08 Marina - Departure of Nations' Parade at 7pm
- 09 In front of Palais du Lac – arrival of Nations' parade, Fan zone, Pasta party, Concerts...
- 10 Swimming-pool
- 11 Athletics stadium
- 12 Race course

P1 ! Be carefull – no access
Saturday – after 6.30am to 7.30pm
Sunday – after 8.30am to 11.30am

P2 ! Be carefull – no access
Saturday – after 6.30am to 7.30pm
Sunday – after 8.30am to 11.30am

P3 Boulodrome
Access by D6

P4 ! Be carefull – no access
Saturday – after 6.30am to 7.30pm
Sunday – after 8.30am to 11.30am

2.2 Course Familiarisation

Friday 20th September 2024

15:30 - 16:30 : Swim course Familiarisation for Elite

Saturday 21st September 2024

07:00 - 07:30 : Bike course Familiarisation for Elite

07:20 - 07:50 : Run course Measurement for Elite Coaches

Safety instructions: Always ride on the right side of the road during the race familiarisation.

2.3. Athletes Lounge

You will locate the athletes' lounge with toilets, water, fruit and energy drinks in the Palais du Lac next to the race site.

Saturday 21st September 2024

11:45am - 1:15pm : Athlete Lounge Opens in Palais du Lac for Elite Women

2:15pm - 3:15pm : Athlete Lounge Opens in Palais du Lac for Elite Men

2.4. Athletes Race Package

You will collect your race package in the Palais du Lac at the following times.

Friday 20th September 2024

5:45pm - 6:00pm : Elite Race package Pick-Up will be after Race Briefing in Palais du Lac

2.5. Doping Control

The doping control site will be located in the "Palais des sports Pierre-Coulon" area.

Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification at all times.

2.6. Security

LOC manager security : Jean – Philippe VIALAT - Jean.philippe@fitdays.fr

2.7. LOC Office

Reception is in the exhibition village

Opening hours:

- Friday 20 September : 1pm to 8pm
- Saturday 21 September : 7am to 9pm
- Sunday 22 September : 8am to 7pm

This is also the place where you can buy fans'zone entrance (5 euro) and coupon for official bar (red = 3 euro, blue = 1,5 euro) - you can find at official bar bier, soda, mineral and natural water, crêpes and gaufres

Contact accreditation : Faddy VALLIER - faddy.vallier@gmail.com

Contact bib withdrawal : Anna GRAND – contact@fitdays.fr

3 Accommodation

For reservations and special rates for Vichy hotels, contact: Christophe SAINT-GERAND by email at c.saintgerand@vichy-communaute.fr or by phone on + 33 4 70 58 76 49

4 Transfer and Transport

The nearest airport is Lyon St Exupéry.

To get to the race site from the airport, you can take the Rhonespress (train) to Lyon Part-Dieu station. A train from Lyon Part-Dieu goes directly to Vichy.

The LOC offers paid shuttle buses from Lyon airport directly to the Vichy race site. You can find all the Information at this link to 9th september :

https://docs.google.com/forms/d/e/1FAIpQLSeunjaNFqNLkTY5uXCpzgiJvdq3Qp64T26F-MtzKBBbmAqUFA/viewform?usp=pp_url

5 Athletes' Services

5.1. Training Facilities

- SWIM

Thursday 19th September 2024

11:00am – 3:00pm : Swimming pool training ☐ Stade aquatique de Vichy

Friday 20th September 2024

11:00am – 3:00pm : Swimming pool training ☐ Stade aquatique de Vichy

Saturday 21st September 2024

07:00am – 09:00am : Swimming pool training ☐ Stade aquatique de Vichy

Sunday 22nd September 2024

07:00am – 09:00am: Swimming pool training ☐ Stade aquatique de Vichy

Google forms Link for pool reservation:

https://docs.google.com/forms/d/e/1FAIpQLSeudZgWa7fNURW2MMAErhgV0lg7wOYxQzjic8E5NJMjj9v0mw/viewform?usp=pp_url

Address: 2 Chemin des Chabannes Basses 2 03700 Bellerive-sur-Allier

 BIKE

You can train on the roads around the race site.
No roads will be closed for training.

 RUN

Thursday 19th September 2024

08:00am – 5:00pm Athletics Training □ Stade Athlétisme du Parc Omnisport

Friday 20th September 2024

3:00pm – 5:00pm Athletics Training □ Stade Athlétisme du Parc Omnisport

Saturday 21st September 2024

3:00pm – 5:00pm Athletics Training □ Stade Athlétisme du Parc Omnisport

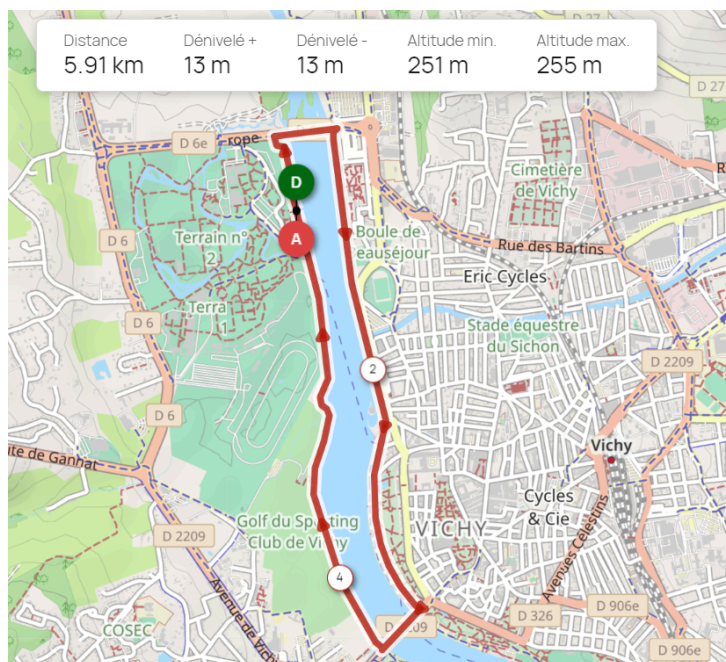
Sunday 22nd September 2024

08:00am – 12:00am Athletics Training □ Stade Athlétisme du Parc Omnisport

Address: Stade d'athlétisme – Parc Omnisport 03700 Bellerive-sur-Allier

And, you can follow the route around the site on a pedestrian walkway.

<https://www.openrunner.com/route-details/19744941>



5.2. Medical services

First Aid and Emergency Medical Services will be available at the Registration area before and during the familiarisation sessions and during the race. 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. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

The nearest hospital is the Vichy hospital centre.

Address : Boulevard Denière 03200 VICHY

Emergency number in France : 112

Ambulance emergency number : 15

Fire brigade number : 18

5.3. Bike Mechanic Services

We have a bike partner who is "Rêve de Vélo" from whom you can rent a bike.

"Rêve de vélo" Link:

<https://docs.google.com/forms/d/e/1FAIpQLSelpZJ6Po8J9SvVJ4bM0qr3pMTtQOvtefcbkOxrE8yP6tbYLQ/viewform>

You can find the breakdown site on the race site. Cycl'expresso will be carrying out the repairs.

5.4. Athletes' services next to the race

Spa : Jacuzzi spas are available at the finish of the races, next to the finish line.

Opening hours:

- Saturday 21 September : 9am to 9pm
- Sunday 22 September : 2pm to 7pm

Physiotherapists : A number of physiotherapists are available at the Palais du Lac.

Opening hours:

- Saturday 21 September : 9am to 9pm
- Sunday 22 September : 2pm to 7pm



Camping : To find out more about camping pitches and campsites, click here:

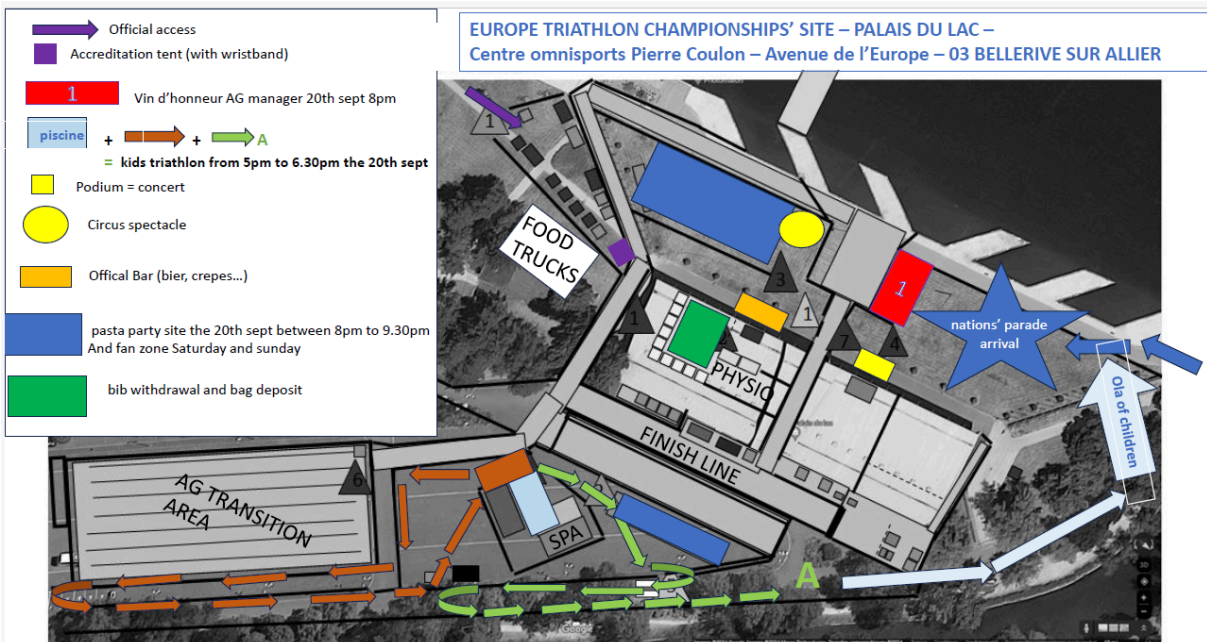
<https://vichymonamour.fr/sejourner/dormir/camping/>

Free introduction to triathlon for children : Register your children free of charge for the introductory triathlon! On Friday 20 September, from 17:00 to 18:30 at the PALAIS DU LAC for a triathlon initiation. Then at 19:00, your child will take part in the hurdle of honour during the Parade of Nations. They will receive a clap clap. The introductory triathlon consists of a 20m swim in the pool in front of the Palais du Lac, a 1km bike ride to the finish and a 250m run. Bike and helmet on loan.

https://docs.google.com/forms/d/e/1FAIpQLSfJ6QtePiKL13jYnn2fUleTA4tkm7aJcDaKaXWJsdq8TPRwyw/viewform?usp=pp_url

Opening ceremony : 20 September - 7pm - Opening ceremony with parades of the nations through the town, followed by a vin d'honneur at the arrival for AG managers
 Departure from the hippodrome entrance to Palais du Lac (arrival).

 : To get to the start of the parade
 : Parade



6 Competition schedule

6.1. Elite Women

Day	Start	End	Activity	Location
20 September	5:00pm	6:00pm	Athletes Registration	In Palais du Lac
20 September	6:00pm	7:00pm	Athletes Briefing	In the Amphitheatre
21 September	11:45am	1:15pm	Athlete Lounge check in	In Palais du Lac
21 September	12:00am	1:30pm	Transition check in	In front of Palais du Lac
21 September	12:30am	1.30pm	Swim warm-up	In the start Area
21 September	1:25pm	1:40pm	Presentation	In the start Area
21 September	1:45pm		Start	Pontoon
21 September	3.45pm	3.55pm	Medal Ceremony	Finish line

6.2. Elite Men

Day	Start	End	Activity	Location
20 September	5:00pm	6:00pm	Athletes Registration	In Palais du Lac
20 September	6:00pm	7:00pm	Athletes Briefing	In the Amphitheatre
21 September	2:15pm	3:15pm	Athlete Lounge check in	In Palais du Lac
21 September	3:15pm	4:00pm	Transition check in	In front of Palais du Lac
21 September	3:15pm	4:00pm	Swim warm-up	In the start Area
21 September	3:55pm	4:10pm	Presentation	In the start Area
21 September	4:10pm		Start	Pontoon
21 September	6:05pm	6:15pm	Medal Ceremony	Finish Line

6.3. Competition Rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).
[chrome-extension://efaidnbmnnpbpcjpcglclefindmkaj/https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2024_20240416.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2024_20240416.pdf)

6.4. Athletes Briefing

Friday 20 September : 18:00 - 19:00 in the Amphitheatre

6.5. Timing Chips

Athletes will be given a timing chip in the Athletes Lounge to wear on their ankle during the race, along with an official swim cap

6.6. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

The event will be broadcast live on FranceTV.fr and Sport en France (Orange (channel n° 174), Bouygues (n° 192), Free (n° 190), SFR (n° 129).

6.7. Protest & Appeals

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

7 Accreditation

The LOC will provide all athletes with an official accreditation card.

Accreditations can be obtained at the entrance to the race village.

Only accredited persons will be allowed access to certain areas of the site. Accreditation cards allow access to specific areas of the competition. All accredited persons are requested to carry their accreditation card or wristband with them at all times and to present it on request.

8 Other useful information

Could be and is not limited to:

8.1. Language

French

8.2. Population

25 000 in Vichy

8.3. Currency

Euro

8.4. Time

GMT+1

9 Course Maps



SWIM COURSE

Start procedures: pontoon

Average water temperature: 21°C

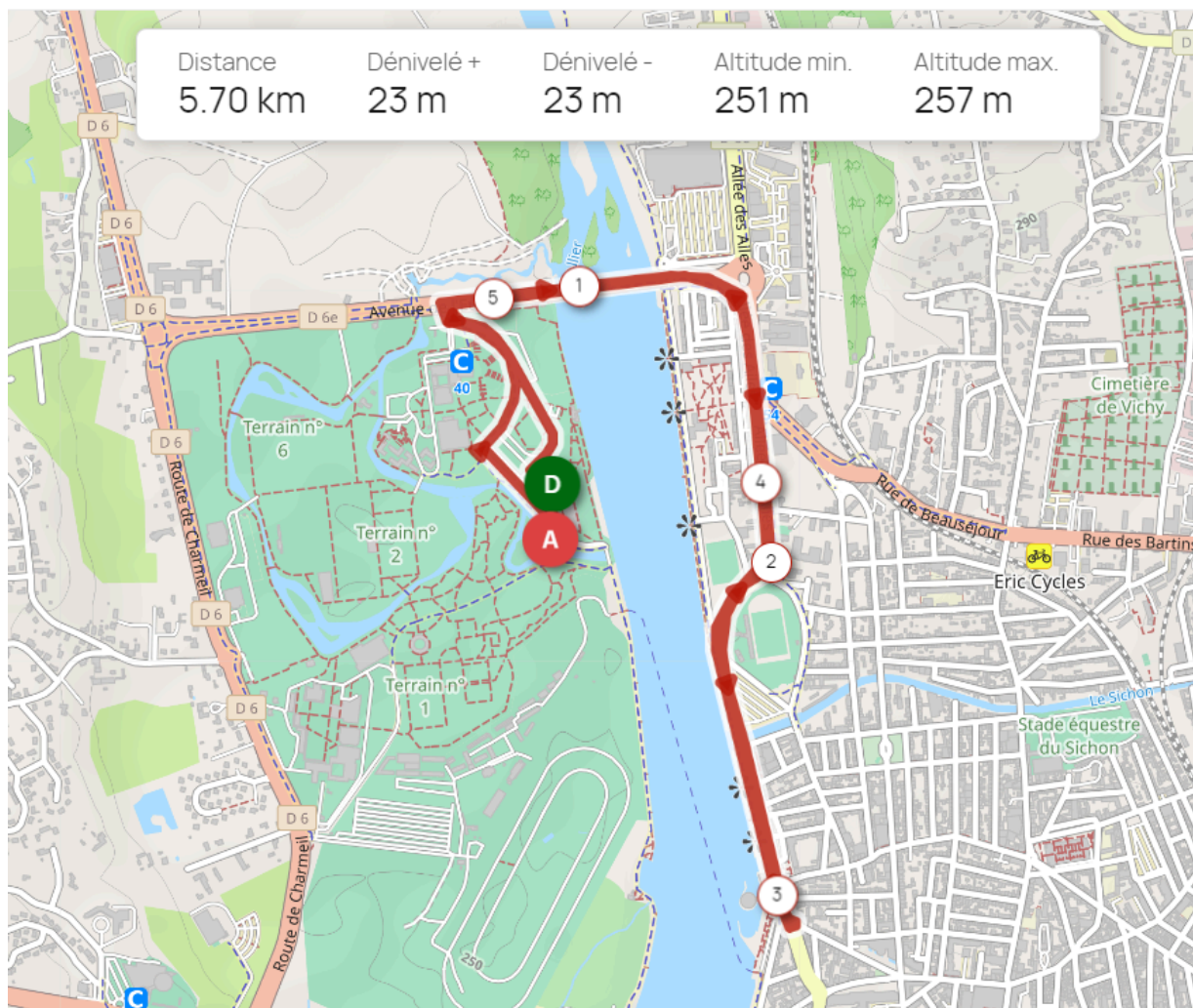
Map of the swim course: <https://www.openrunner.com/route-details/18306583>

Number of laps : 1 long lap followed by 1 short lap

 **BIKE COURSE**

Map of the bike course: <https://www.openrunner.com/route-details/17860612>

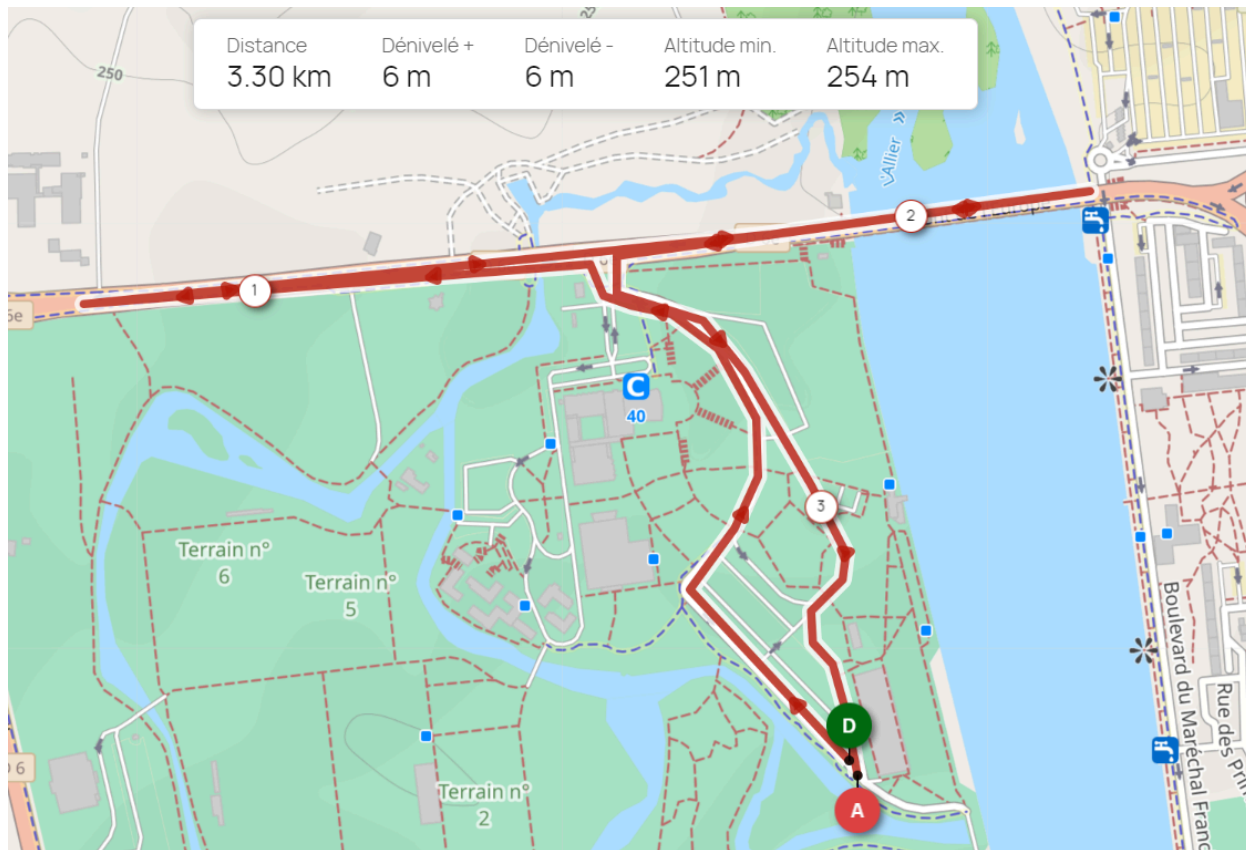
Number of laps: 7



RUN COURSE

Map of the run course: <https://www.openrunner.com/route-details/18296341>

Number of laps: 3



Appendix 1 : Site map for the European Triathlon Championships

Site map for the European Triathlon Championships - Vichy



- 01** Lac d'Allier – swimming
- 02** Palais des sports Pierre-Coulon – doping control and showers
- 03** Palais du Lac – bib withdrawal - AG Ceremony – elite lounge
- 04** Tour des juges – briefing AG manager – press room
- 05** Espace du Parc - briefing elite
- 06** Restaurant l'Atrium
- 07** Centre International de séjour
- 08** Marina - Departure of Nations' Parade at 7pm
- 09** In front of Palais du Lac – arrival of Nations' parade, Fan zone, Pasta party, Concerts...
- 10** Swimming-pool
- 11** Athletics stadium
- 12** Race course

- P1** **! Be careful!** – no access
 Saturday – after 6.30am to 7.30pm
 Sunday – after 8.30am to 11.30am
- P2** **! Be careful!** – no access
 Saturday – after 6.30am to 7.30pm
 Sunday – after 8.30am to 11.30am
- P3** Bouldrome
 Access by D6
- P4** **! Be careful!** – no access
 Saturday – after 6.30am to 7.30pm
 Sunday – after 8.30am to 11.30am

Appendix 2 : Palais du Lac

