

ATHLETE'S GUIDE



TRIATHLON AFRICAN CUP LARACHE 2019



ATU



TRIATHLON JUNIOR AFRICAN CUP LARACHE 2019

ATU

June 22

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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 Leaders are advised to check with the event office regarding any changes in information included in this guide.

Version, May 19

1.2 Key Dates

DAY	START	END	ACTIVITY	LOCATION
21 st	12:00	12:30	Bike Course Familiarization	Venue (Liberation Square)
21 st	TBC		Swim Course Familiarization	T1 (Bab Bhar Square)
21 st	15:00	21:00	Athletes' registration	TBC
21 st	16:00	16:40	Press Conference	TBC
21 st	17:00	17:50	Junior Briefing	TBC
21 st	18:00	18:50	Elite Briefing	TBC
22 nd	10:00	11:30	Junior Men Event	Beach Start Race
22 nd	11:00	12:30	Junior Women Event	Beach Start Race
22 nd	13:15	14:25	Elite Women Event	Beach Start Race
22 nd	15:15	16:20	Elite Men Event	Beach Start Race
22 nd	16:30		Award Ceremony	Venue (Liberation Square)
22 nd	21:00		Diner Party	TBC

1.3 Key Contacts

- **Majid Amahroq** – Royal Moroccan Federation of Triathlon President.
[\(amahroq.m@hotmail.fr\)](mailto:amahroq.m@hotmail.fr) [+212 661 148 903](tel:+212661148903)

- **Abdelmajid Jebari** – Larache Triathlon Association President.
[\(jebari22@hotmail.com\)](mailto:jebari22@hotmail.com) [+212 661 197 222](tel:+212661197222)

- **Rick Fulton** – Technical Delegate. (ATU Coordinator | Technical & Development).
[\(fultonnickh@gmail.com\)](mailto:fultonnickh@gmail.com)

- **Mounir Benyarmak** – LOC Director | Athletes Services Manager.
[\(mounirbenyarmak@gmail.com\)](mailto:mounirbenyarmak@gmail.com) [WhatsApp +212 611 381 513](https://www.whatsapp.com/channel/00299170731131313131)



MAJID



ABDELMAJID



RICK



MOUNIR

1.4 Contact Details

Royal Moroccan Federation of Triathlon.

Post Box 182 92000 – Larache, Morocco

www.frmtri.org

frm.triathlon@gmail.com

2. VENUE

The Venue *(Liberation Square)*



2.1. Race Venue

The venue (*Liberation Square*) is located in the city center of Larache.

Discover the City of Larache (also El Araich).

The harbor city of Larache, located in northern Morocco's Tanger-Tétoun region, is a popular summer resort, both with Moroccans and visitors to this exotic North African country. One of the biggest attractions to the town is its spectacular long, tree-edged beach, along with a carefree holiday atmosphere that has visitors lingering in the late afternoon and into the evening to enjoy one another's company. Larache's Spanish and Andalusian architecture and numerous historic and cultural landmarks get their fair share of attention from visitors too.

Attractions to see while visiting Larache include the old Spanish prison which currently houses the archeological museum, mostly displaying items recovered from the nearby archeological site of Lixus. The view from the museum is spectacular, with the Loukos River below and the hills of Lixus in the distance. The old Spanish fortress, with its imposing walls and huge canons, will also be of interest to history enthusiasts, while the nearby park provides a great place for a picnic in the shade of the trees. The old section of Larache is Moorish in style, with narrow roads, alleyways and flights of steps leading downhill in the direction of the sea. Located north of Larache, on the Loukos River bank, are the remains of the ancient city of Lixus, is a worthwhile trip to make when visiting Larache.

***So all athletes, friends, family supporters, volunteers and media,
welcome to enjoy a fun race and an exciting time in the morocco for
the 14th edition of international triathlon Larache June 22,
Good luck everyone!***

Larache Triathlon Association

2.2 Course Familiarization

Bike course familiarization, will take place on friday 12:00 Venue (Liberation Square), one lap escorted by the police.

Swim course familiarization TBC. **Notice! - The buoys are not in Saturday's race position.**

2.3. Athlete's Lounge

Will be allocated next to Transition1 (Bab Bhar Square)

2.4. Elite & Junior Athletes' Race Package

Race packets will be distributed before the Athletes' Briefing, at the (TBA)

2.5. Doping Control

Doping Control will be performed according to the ITU/WADA rules.

2.6. Security

Security will be providing by the government of the city. During the race, the sportsmen will be accompanied by the police. In the starting town will be guarded by police forces. On the territory of the race there will be ambulances. On the water there will be water police, rescuers. 200 volunteers will be involved. The police will guarantee the closure of roads and the safety of athletes.

2.7. LOC Office

LOC: *Larache Triathlon Association* / Street: Hassan II N° 26 /Larache City, Country Morocco.

Operating time: 10:00 - 20:00

triatlon.larache@gmail.com

www.triathlonlarache.com

Phone: [+212 0 539 912 133](tel:+2120539912133)



3. ACCOMMODATION

N/A

4. TRANSFER AND TRANSPORT

Closest Airport: Tanger – Ibn Battouta (TNG)

The LOC will provide free transportation Jun 20 to Jun 23 only from tanger airport, for the Elite & Junior Athletes and ITU Coaches from the airport to hotel and back to the airport.

(for Casablanca airport, there is only transfer once a day time TBC)

Please Contact: (triatlon.larache@gmail.com)

Phone: [+212 611 381 513](tel:+212611381513)

Request for Visa invitation letter, you have contact:

Larache Triathlon Association (triatlon.larache@gmail.com)

For the transfer serves, please write (triatlon.larache@gmail.com) with the following data:

- Arrived Time
- Arrived Airport
- Flight
- Number of person
- Number of bike
- Hotel Name
- Departure time
- Departure Airport
- Flight

All the transfer requests, need to be confirmed to (triatlon.larache@gmail.com) latest Jun 19th.

5. ATHELETE'S SERVICES

5.1. Training Facilities

N/A

5.2. Medical Services

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Race Venue 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.

Closest hospital: **Hospital Princesses Lalla Meryem Larache**,
address Street Jaych Al Malaki.

Phone [+212 539 913 623](tel:+212539913623)

5.3. Bike Mechanical Service

Rent Bikes (available at Jun 21 & 22)

E-mail (abdlaah.ben@gmail.com)

Phone & WhatsApp [+212 662 130 996](tel:+212662130996)

6. COMPETITION SCHEDULE

6.1. Junior Men

DAY	START	END	ACTIVITY	LOCATION
21 st	15:00	21:00	Athletes' Registration	TBC
21 st	16:00	16:40	Press Conference	TBC
21 st	17:00	17:50	Junior Briefing	TBC
22 nd	8:45	9:40	TA2 Check In	Venue (Liberation Square)
22 nd	8:30	9:30	Athlete Lounge check in	T1 Bab Bhar Square
22 nd	8:45	9:40	TA1 Check In	T1 Bab Bhar Square
22 nd	8:45	9:40	Swim Warm Up to Start Race	Beach Start Race
22 nd	9:45		Calling area	Beach Start Race
22 nd	9:50		Athletes introduction	Beach Start Race
22 nd	10:00		Start Junior Men	Beach Start Race
22 nd	16:30		Award Ceremony	Venue (Liberation Square)
22 nd	21:00		Diner Party	TBC

6.1. Junior Women

DAY	START	END	ACTIVITY	LOCATION
21 st	15:00	21:00	Athletes' Registration	TBC
21 st	16:00	16:40	Press Conference	TBC
21 st	17:00	17:50	Junior Briefing	TBC
22 nd	9:45	10:30	TA2 Check In	Venue (Liberation Square)
22 nd	9:30	10:30	Athlete Lounge check in	T1 Bab Bhar Square
22 nd	10:10	10:45	TA1 Check In	T1 Bab Bhar Square
22 nd	10:10	10:40	Swim Warm Up to Start Race	Beach Start Race
22 nd	10:45		Calling area	Beach Start Race
22 nd	10:50		Athletes introduction	Beach Start Race
22 nd	11:00		Start Junior Women	Beach Start Race
22 nd	16:30		Award Ceremony	Venue (Liberation Square)
22 nd	21:00		Diner Party	TBC

6.2. Elite Women

DAY	START	END	ACTIVITY	LOCATION
21 st	15:00	21:00	Athletes' Registration	TBC
21 st	16:00	16:40	Press Conference	TBC
21 st	18:00	18:50	Elite Briefing	TBC
22 nd	12:00	12:50	TA2 Check In	Venue (Liberation Square)
22 nd	11:30	12:40	Athlete Lounge check in	T1 Bab Bhar Square
22 nd	12:00	12:50	TA1 Check In	T1 Bab Bhar Square
22 nd	12:10	12:50	Swim Warm Up to Start Race	Beach Start Race
22 nd	13:00	12:50	Calling area	Beach Start Race
22 nd	13:05		Athletes introduction	Beach Start Race
22 nd	13:15		Start Elite Women	Beach Start Race
22 nd	16:30		Award Ceremony	Venue (Liberation Square)
22 nd	21:00		Diner Party	TBC

6.2. Elite Men

DAY	START	END	ACTIVITY	LOCATION
21 st	15:00	21:00	Athletes' Registration	TBC
21 st	16:00	16:40	Press Conference	TBC
21 st	18:00	18:50	Elite Briefing	TBC
22 nd	14:10	14:50	TA2 Check in	Venue (Liberation Square)
22 nd	13:30	14:40	Athlete Lounge check in	T1 Bab Bhar Square
22 nd	14:10	14:50	TA1 Check In	T1 Bab Bhar Square
22 nd	14:10	14:50	Swim Warm Up to Start Race	Beach Start Race
22 nd	15:00		Calling area	Beach Start Race
22 nd	15:05		Athletes introduction	Beach Start Race
22 nd	15:15		Start Elite Men	Beach Start Race
22 nd	16:30		Award Ceremony	Venue (Liberation Square)
22 nd	21:00		Diner Party	TBC

6.3. Competition Rules

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

6.4. Athlete's Briefing

The athletes briefing will take place on Friday 21Jun (local TBA)

6.5. Timing Chips

On race day athletes will be given a timing chip and cap, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. Results

Results will be uploaded live at the ITU official website www.triathlon.org. All the Results information will be distributed to the Team Leaders at the Information Centre, will be located at office event.

6.7. Protest & Appeals

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

6.8. Entry Fee

70 EUR Elite - 50 EUR Junior

6.9. Prize Money

10,000 € Elite Men and Women

1200 € Junior Men and Women

RANK	MEN	WOMEN
1 st	€ 1,250	€ 1,250
2 nd	€ 1,000	€ 1,000
3 rd	€ 750	€ 750
4 th	€ 500	€ 500
5 th	€ 400	€ 500
6 th	€ 350	€ 350
7 th	€ 300	€ 300
8 th	€ 200	€ 200
9 th	€ 150	€ 150
10 th	€ 100	€ 100

RANK	MEN	WOMEN
1 st	€ 300	€ 300
2 nd	€ 180	€ 180
3 rd	€ 120	€ 120

7. 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.

Athletes and Coaches will receive the accreditations at the athletes briefing.

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. Accreditation Cards are mandatory to enter both venues.

8. USEFUL INFORMATION

8.1. Languages: Arabic, French, Spanish English.

8.2. Population: 125.008 inhabitants (2014).

8.3. Currency: Moroccan Dirham. (Aprox. 1EUR = 11 Dirhams)

8.4. Bank: Withdraw money just (BMCE) bank

Agency Exchange: Money Exchange Street Hassan II.

8.5. Time Zone: Standard time GMT+1 (-1 Lisbon -1 London)

8.6. Taxi: 1 person: 5DH; 2 persons: 7DH; 3 persons: 10DH.
(You can ask for the sites indicated in the attached map)

8.7. Hotels: Sumarian/España/Español/Khuzama/Essalam/
Lixus Beach Resort 12km to the Venue.

Cafes & Restaurants: Café El soberbio / Grand Café Lixus / Café Tuttifrutti/ Café Ponte Vecchio / Café Delice / Café Balcon Atlantico

8.8. Electricity: 220v. Plugs type C/E

8.9. Telephone Connections: International prefix **+212**

Syndicate of initiative and tourism Larache Phone: [+212 539 913 532](tel:+212539913532)

Telephone information: **16**

Police telephone number: **19**

Firefighters telephone number: **15**

9. COURSE MAPS

GENERAL VIEW





SWIM START

Start procedures: Beach.

The Head Referee with assistance of Technical Officials, who are assigned to the start, will start each race.



SWIM COURSE

750m it is located on the other side of the mouth of the Lukus River.

Number of laps: 1

Swim Exit 200m.

Average Water temperature – 15 °C - 21°C degrees Celsius.

Average AIR temperature – 20°C - 29°C degrees Celsius.





TRANSITION 1

Bab Bhar Square

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes rack the bike by moving forward into the centre lane and towards the mount line. The Transition zone has traditional bike racks.

The Bike course on your left hand.



BIKE COURSE

20km go through all the best places in the city

Number of laps: 5 + Connection.

Description: Technical and hilly, 49m elevation increase 63.6 m, -63.6 m

Maximum slope 12.6% -13.6% Medium slope 3.3% -3.8%



WHEEL STATION

One (1) wheel station will be located on the bike course. The wheels have to be provided by the teams



TRANSITION 2

Venue (Liberation Square) beside to the finish line.

A flow through transition has been developed to keep athletes moving forward athletes enter the transition and must rack bike before deposit helmet in a bin placed beside the bike rack.

From the dismount line, run through T2 and rack the bike. These racks will be individual.

Running shoes may be placed beside the rack or in the bin.

The Run course on your right hand.



RUN COURSE

5km in the city centre.

Number of laps: 4.

Description: Totally flat





AID STATION

Two (2) aid stations will be located on the run course.



PENALTY BOX

A penalty box will be located on the run course, (300m before the finish)



Finish Line

Venue (Liberation Square)



Good Luck

10. SOCIAL NETWORKS



Triatlon.larache@gmail.com



www.triathlonlarache.com



Triathlon Larache



@triathlonlarache



@triathlonlarache



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A.T.LARACHE



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