

Europe
Triathlon
Championships

Vichy
2024

PRINCE
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Triathlon series

Age Group Athletes Guide

Guide

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Dear Age Group Athletes,

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 Age Group 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

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1 General Information

1.1 Introduction

The purpose of the Athlete's Guide is to ensure that all Athletes and Team Managers 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

Thursday 19 September 2024

6pm – 7pm : Age Group Team Managers Briefing in Tour de Juges

Friday 20 September 2024

1pm-8pm : Expo Open on venue

1pm-8pm: Race Packet Pick-Up for AG Sprint & Standard Distance in Palais du Lac

4pm-9pm : Bike Check-in for Age Group Sprint Distance

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

7.45am-9pm : Fan Zone Open

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

9am-1pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

9am-8pm : Expo Open

1.45 pm - 6.45pm: Bike Check Out - Please note limited access due to elite races

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 - 7pm : Elite Men Medal Ceremony

6pm - 9pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

7pm - 10pm : Bike Check-in for Age Group Standard Distance

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

8pm-9pm : Medal Ceremony for Age Group Sprint Athletes 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

5pm - 7pm : Bike Check Out

6.30pm - 7.30pm : Medal Ceremony for Age Group Standard Athletes in front of the Palais du Lac

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

1.3. Key Contacts

- General director : Carole VIALAT - +33626242226 -carole@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

Of the LOC with address, name of responsible person, email address and phone number

LOC Event Director:

Carole Vialat | Carole@fitdays.fr

LOC Race Director:

Jean – Philippe Vialat | Jean.philippe@fitdays.fr

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 - luiscoiraniето@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 Centre Omnisports Pierre Coulon - Bellerive sur Allier - in and around Palais du Lac. The access is in the exhibition village where you find the accreditation tent (white wristband for AG triathlete, blue wristband for fans'zone, purple wristband for pasta party, red wristband for closing ceremony, pink wristband for AG managers)

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 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 Boulodrome Access by D6
- P4 ! Be careful! – no access Saturday – after 6.30am to 7.30pm Sunday – after 8.30am to 11.30am



2.2 Course Familiarisation

You can check out the sprint cycle route on Friday 20 September. Please note that the route is not closed to traffic.

You can check out the Standard cycle route on Friday 20 September and Saturday 21 September. Please note that the route is not closed to traffic.

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

2.3. Athletes Race Package

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

Friday 20th September 2024

1pm - 8pm : Race Packet Pick-Up for AG Sprint & Standard Distance in Palais du Lac

Saturday 21st September 2024

9am - 1pm and 6pm - 9pm : Race Packet Pick-Up for AG Standard Distance in Palais du Lac

2.4. 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 to the doping control facilities.

2.5. Security

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

2.6. LOC Office (accreditation tent)

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 beer, 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/1FAIpQLSeunjNFqNLkTY5uXCpzqiJvdq3Qp64T26F-MtzKBBbmAqUFA/viewform?usp=pp_url

5 Athlete Services

5.1. Training facilities



SWIM

Public time slots are available at the swimming pool : Stade Aquatique de Vichy Communauté : Rue des Chabannes Basses - 03700 Bellerive-sur-Allier

Thursday : 11.30am- 1.45pm / 5.30pm-8pm

Friday : 11.30am- 1.45pm / 5.30pm-9.30pm

Saturday : 11am - 6pm

Sunday : 9.30am - 1pm



BIKE

You can train on the roads around the race site.

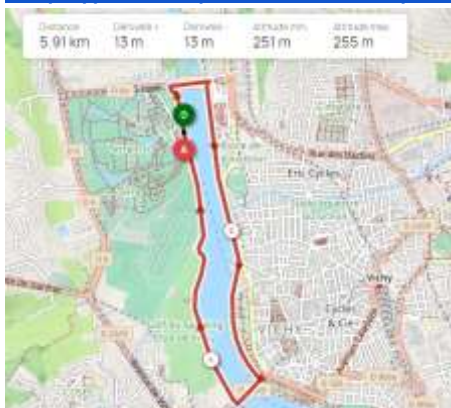
No roads will be closed for training.



RUN

You can follow the route around the site on a pedestrian walkway

<https://www.openrunner.com/route-details/1974494>



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 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 bike partner who is “Rêve de Vélo” with who you can rent a bike.

“Rêve de vélo” Link:

<https://docs.google.com/forms/d/e/1FAIpQLSelpZJ6Po8J9SvVJ4bM0qr3pMTtOOvtefcbkOxrE8yP6tbYlQ/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).

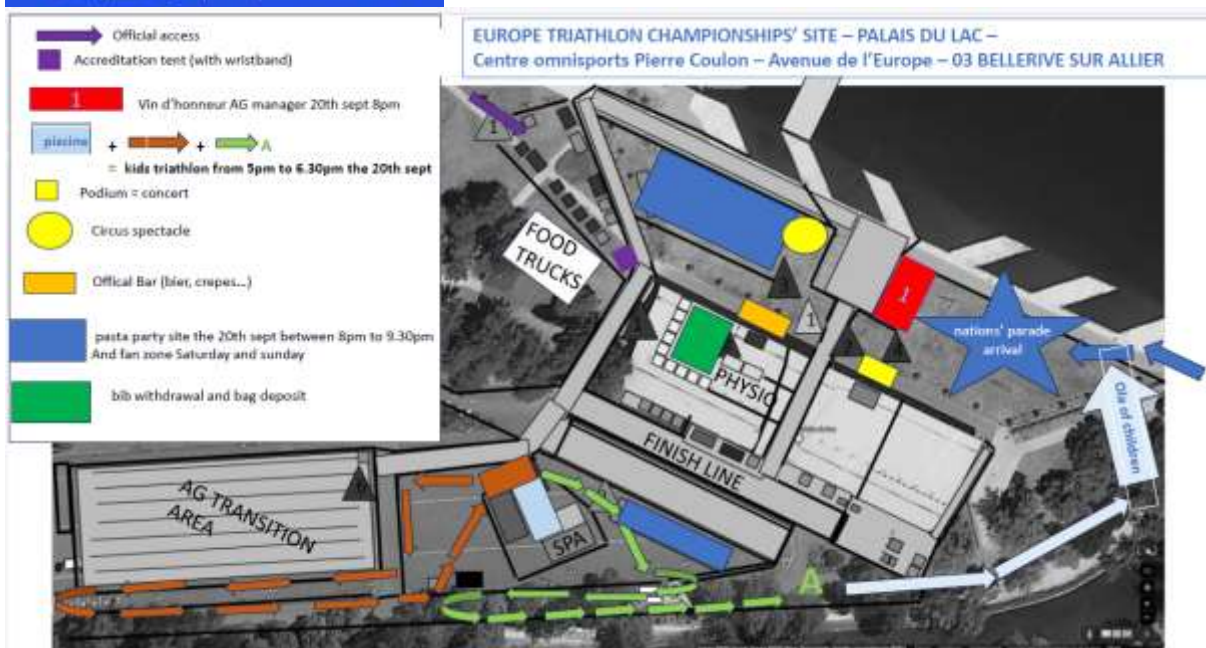


: To get to the start of the parade



: Parade





6 Competition Schedule

6.1. Age Group Sprint Distance

Day	Start	End	Activity	Location
19 September	6pm	7pm	Age Group Team Managers Briefing	At Tour des Juges
20 September	1pm	8pm	Athlete Registration & Packet Pick-up	In Palais du Lac
20 September	4pm	9pm	Bike Check in - Sprint Distance only	Transition Area In front of Palais du Lac
21 September	7:45am	11:51am	Sprint Distance Race Starts	In the start Area
21 September	1:45pm	5:30pm	Bike Check Out PLEASE NOTE LIMITED ACCESS DUE TO ELITE RACES	Transition
21 September	5:30pm	6:45pm	Bike Check Out	Transition
21 September	8pm	9pm	Award Ceremony	In front of Palais du Lac

Start time	AgeGroup	registered	Cap Colour	Bib Colour	Bib Number	
07:45	F50	23	colour 7		1001	1041
07:48	F55	22	colour 4		1201	1231

07:51	F60+	50	colour 2		1401	1451
08:45	F16+F20+F25	58	colour 3		2001	2086
08:48	F30+F35	37	colour 5		2201	2266
08:51	F40+F45	43	colour 6		2401	2481
09:45	M60	47	colour 7		3001	3076
09:48	M65	34	colour 4		3201	3251
09:51	M70+	47	colour 2		3401	3466
10:45	M45	38	colour 3		4001	4071
10:48	M50	49	colour 5		4201	4296
10:51	M55	49	colour 6		4401	4471
11:45	M16+M20+M25	51	colour 7		5001	5101
11:48	M30+M35	61	colour 4		5201	5306
11:51	M40	41	colour 2		5401	5456

6.2. Age Group Standard Distance

Day	Start	End	Activity	Location
19 September	6pm	7pm	Age Group Team Managers Briefing	At Tour des Juges
20 September	1pm	8pm	Athlete Registration & Packet Pick-up	In Palais du Lac
21 September	9am	1pm	Athlete Registration & Packet Pick-up	In Palais du Lac
21 September	6pm	9pm	Athlete Registration & Packet Pick-up	In Palais du Lac
21 September	7pm	10pm	Bike Check in - Standard Distance	Transition Area In front of Palais du Lac
22 September	12pm	3.12pm	Standard Distance Race Starts	In the start Area
22 September	5pm	7pm	Bike Check Out	Transition
22 September	6.30pm	7.30pm	Award Ceremony	In Palais du Lac

Start time	AgeGroup	registered	Cap Colour	Bib Colour	Bib Number	
12:00	M50	46	colour 2		6001	6096
12:08	M55	49	colour 1		6201	6271
12:16	M60	57	colour 4		6401	6476
12:24	M65	34	colour 3		6601	6651
12:32	M70 +	23	colour 7		6801	6866
13:00	F60 +	37	colour 5		7001	7046
13:08	F55	21	colour 6		7101	7131
13:16	F50	24	colour 2		7201	7241
13:24	F45	30	colour 1		7301	7341
13:32	F40	25	colour 4		7401	7436
13:40	F35	34	colour 3		7501	7535
13:48	F30	24	colour 7		7601	7631
13:56	F25	25	colour 5		7701	7731
14:04	F20	7	colour 6		7801	7831
	F18	2	colour 2		7901	7911
14:30	M18	8	colour 1		8001	8021
	M20	24	colour 4		8101	8131
14:38	M25	31	colour 3		8201	8236
14:46	M30	32	colour 7		8301	8346
14:54	M35	47	colour 5		8401	8451
15:02	M40	37	colour 6		8501	8556
15:10	M45	44	colour 2		8601	8671

6.3. Competition Rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).
chrome-

https://www.competitions.com/extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.triathlon.org/uploads/docs/World-Triathlon_Compensation-Rules_2024_20240416.pdf

6.4. Age Group Team Managers Briefing

The briefing is reserved for age group managers:

Thursday 19 september : 6pm-7pm at Tour des Juges

6.5. Timing Chips

Athletes will be given a timing chip at Registration to wear on their ankle during the race.

6.6. Results

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

The event elite and para 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 AG athletes with an official accreditation white wristband.

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 or wristband 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 – Sprint Distance

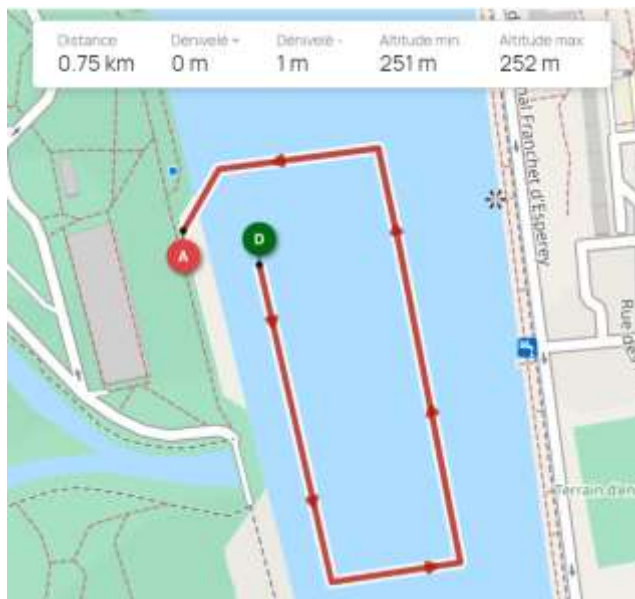
SWIM COURSE

Start procedures: In water

Average water temperature: 21°C

Map of the swim course: <https://www.openrunner.com/route-details/17894137>

Number of laps: 1



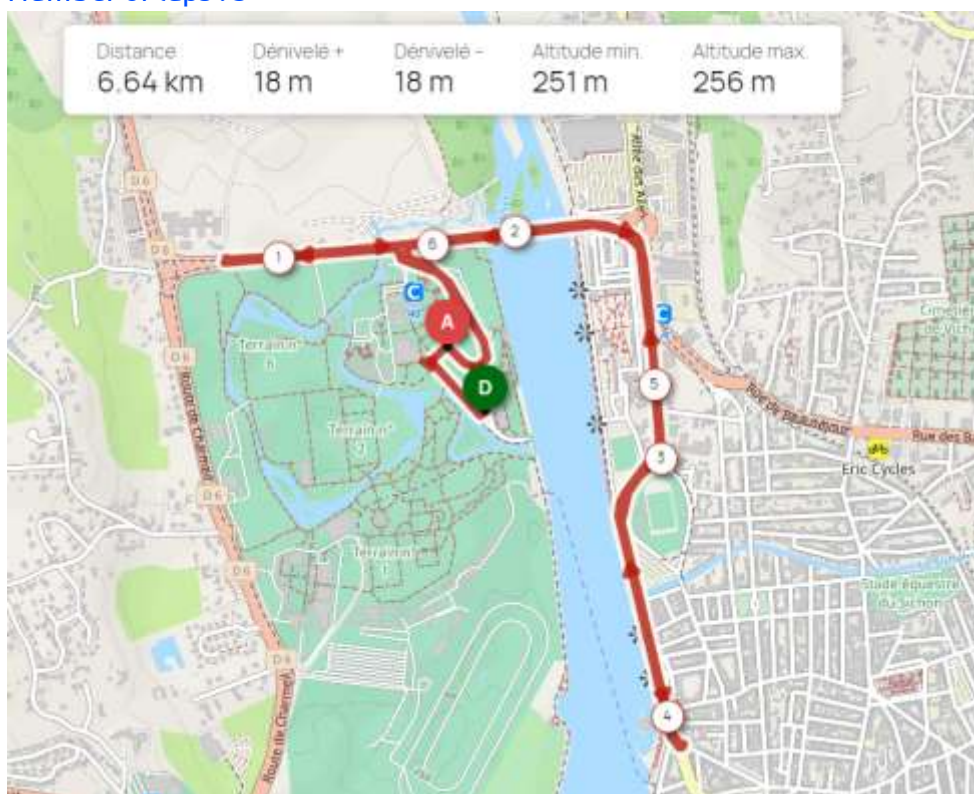
TRANSITION 1/2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 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 unrack the bike by moving forward into the centre lane and towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

 **BIKE COURSE**

Map of the bike course : <https://www.openrunner.com/route-details/18306768>

Number of laps : 3



The Sprint Distance race is a drafting race, therefore athletes may use only road race bikes without clip-ons on the handlebar (no time trial bikes are allowed).

RUN COURSE

Map of the run course : <https://www.openrunner.com/route-details/18305393>

Number of laps: 1



10 Course Maps – Standard Distance

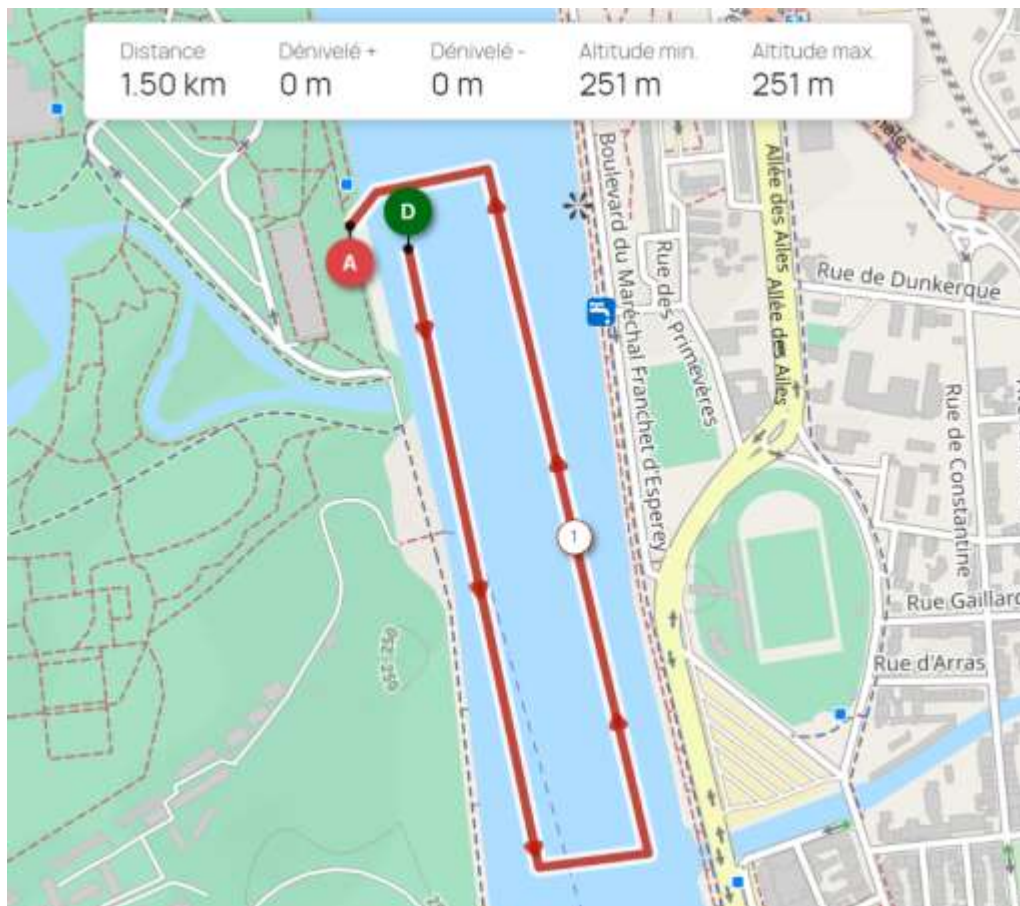
SWIM COURSE

Start procedures: In water

Average water temperature: 21°C

Map of the swim course: <https://www.openrunner.com/route-details/18306537>

Number of laps: 1



TRANSITION 1/2

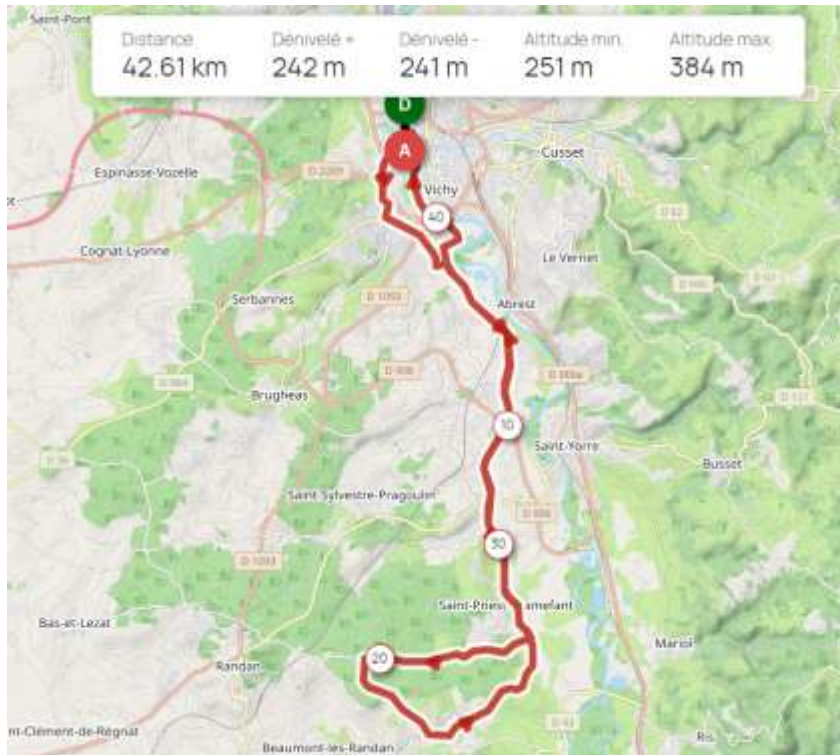
A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and

towards the mount line. After the bike leg is completed athletes rack their bikes and move on the running course.

BIKE COURSE

Map of the bike course : <https://www.openrunner.com/route-details/18307427>

Number of laps: 1



The Standard Distance race is a non-drafting race, therefore athletes may use either road race bikes or time trial bikes.

RUN COURSE

Map of the run course : <https://www.openrunner.com/route-details/18307477>

Number of laps : 2



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** Bouleodrome
Access by 06
- P4** **! Be careful! – no access**
Saturday – after 6.30am to 7.30pm
Sunday – after 8.30am to 11.30am

