

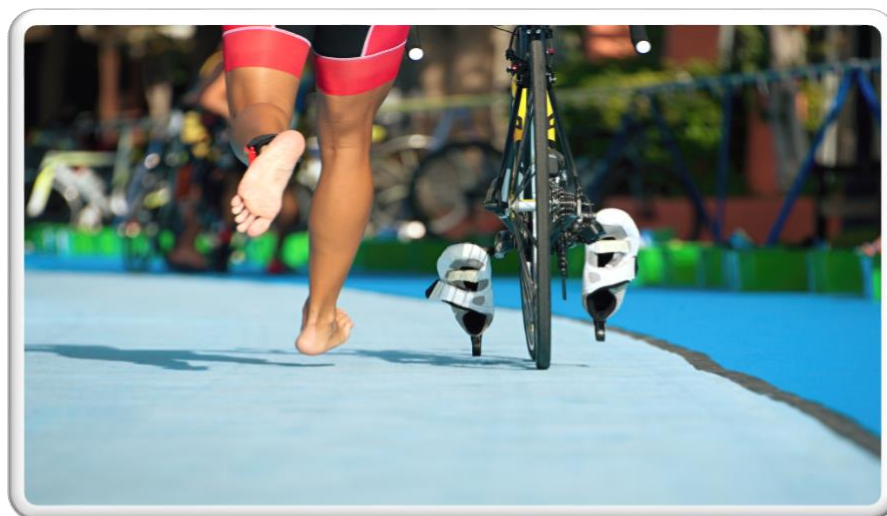
Swiss Duathlon Championships 2020

&

Duathlon de Romandie

30 août 2020


Apples




**TECHNICAL GUIDE**

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| GENERAL INFORMATION |   |
|---------------------|---|
| Date                | Sunday 30 August 2020   |
| Type                | Swiss Duathlon Championships (10km, 43km, 7km)<br>Duathlon de Romandie (10km, 43km, 7km)<br>Swiss Duathlon Championships Youth & Juniors (6.6km, 21.5km, 3.3km)   |
| Place               | Apples – Salle Polyvalente du Léman. En Crochet, 1143 Apples.<br>(15 minutes from the Morges motorway exit)<br>                              |
| Organisation        | Final6  |
| Contacts            | French : Johny GASSER - 078 694 99 94- <a href="mailto:johny.gasser@final6.ch">johny.gasser@final6.ch</a><br>English : Nick SMITH – 076 365 11 04 – <a href="mailto:nick.smith@final6.ch">nick.smith@final6.ch</a>              |
| Timing & Results    | ChronoRomandie<br><a href="http://www.chronoromandie.com">www.chronoromandie.com</a> (chronometrage live)   |
| Registrations       | Chronoromandie - <a href="http://www.chronoromandie.com">www.chronoromandie.com</a><br><u>Internet registrations open until 240 registrations received or until 26<sup>th</sup> August.</u><br><u>No registrations on site.</u> |
| Event class         | CS Suisses : National<br>Duathlon de Romandie : Regional.   |

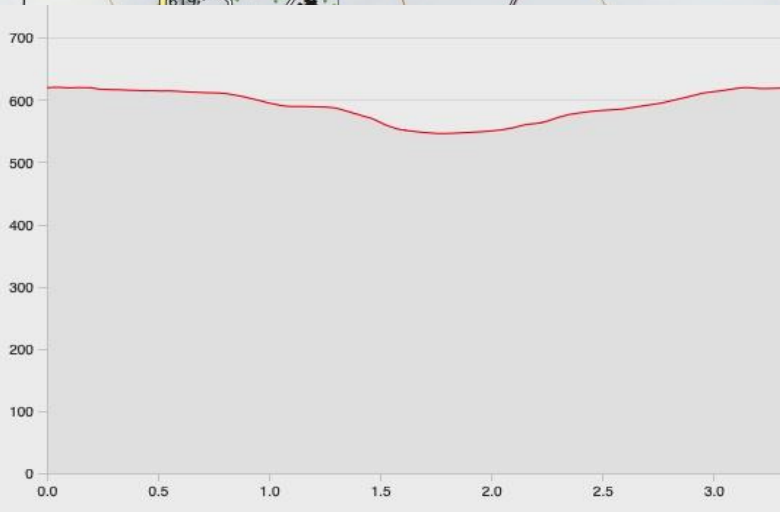
| PROGRAMME  |   |
|--|---|
| Race pack collection   | Salle Polyvalente du Léman. En Crochet, 1143 Apples.<br>The race transponder must be returned prior to leaving the recovery zone after the finish line. Transponders which are not returned will be charged at CHF100.- |
| Event schedule   | 12h00 Registration open<br>13h30 Registration closes  |
| Transition Zone  | 12h30 Transition zone opens<br>14h15 Transition zone closes   |
| Swiss Championship adults (Licenced)   | 14h30 Start : Championship Swiss Open Men<br>14h32 Start : Championship Swiss Open Women  |
| Swiss Championships Youth and juniors (Licenced)   | 14h34 Start : Championship Swiss Youth & Juniors  |
| Duathlon de Romandie Populaire and relay   | 14h36 Start : Duathlon de Romandie Men and Relay<br>14h36 Start : Duathlon de Romandie Women  |
| Results  | 18h00 Official results  |
| Medal ceremony  | 18h30 Salle Polyvalente du Léman.   |

| Site Plan & Facilities  |   |
|---|---|
| Changing rooms/showers  | Salle Polyvalente du Léman. En Crochet, 1143 Apples.                                    |
| Parking   | P Athlete : Salle Polyvalente du Léman. En Crochet, 1143 Apples.<br>P Spectators        |
| Registrations   | Salle Polyvalente du Léman. En Crochet, 1143 Apples.                                    |
| Restaurant  | Sandwiches, pastries et drinks:<br>Salle Polyvalente du Léman. En Crochet, 1143 Apples. |
| First aid   | Samaritains + 1 nurse<br>Salle Polyvalente du Léman. En Crochet, 1143 Apples.           |
| Please respect other road users when arriving at site and follow the instructions of the Parking marshalls. |   |



Running course 3.33 km lap (Run 1 = 10.08km, Run 2 = 6.72km)

During your reconnaissance, **DO NOT PASS THROUGH PRIVATE PROPERTIES IN APPLES**. You can go through the main road. Passage authorized only August 30, 2020 from 12:00 p.m.



Zone de transition  
Start & Finish

[Course visible online on SuisseMobile](#)

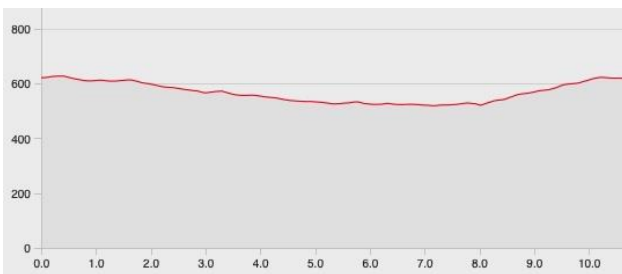
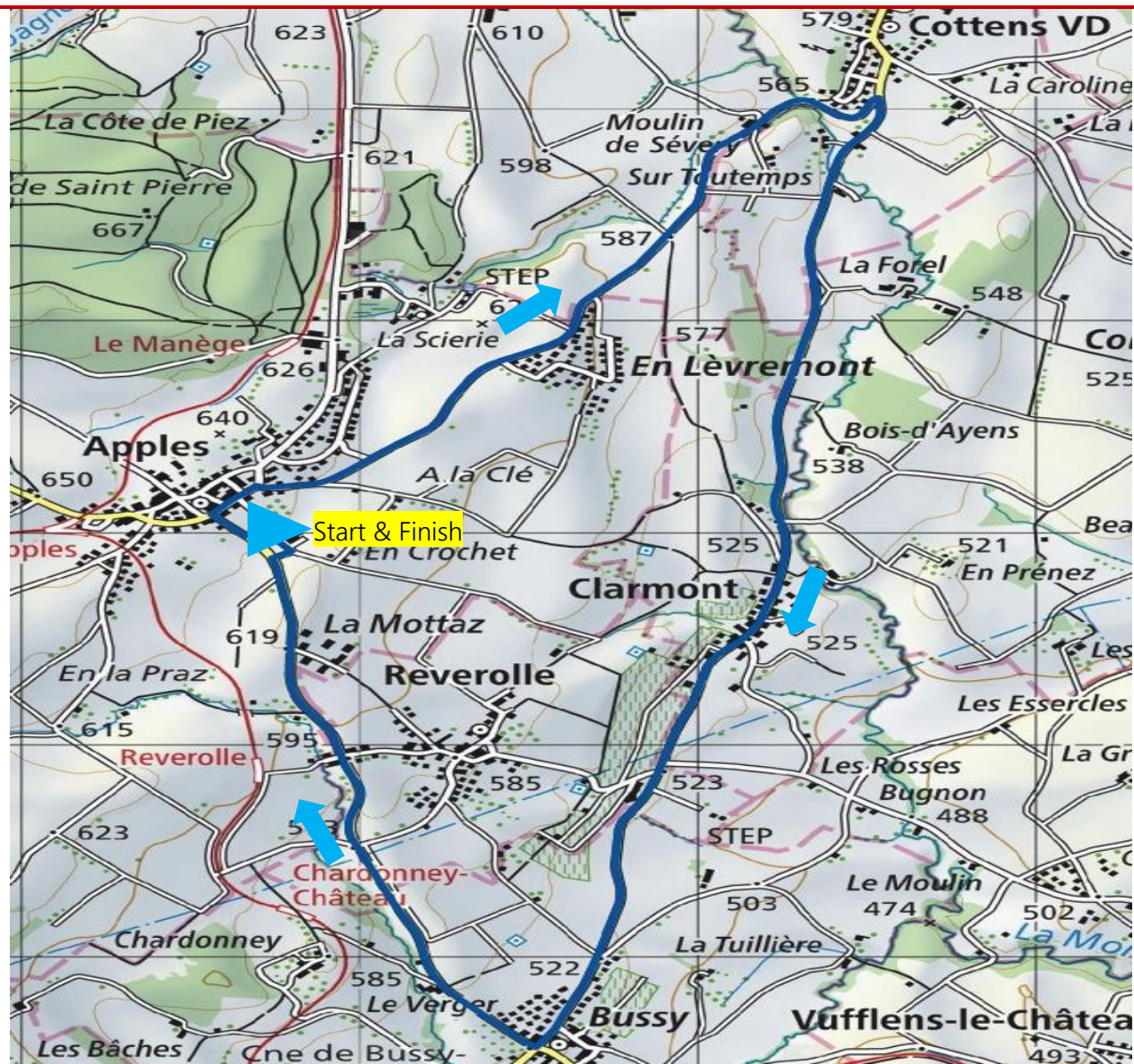
Distance (Lap): 3.36km

Height gain ↗ : 83m

Terrain : Road, concrete road, agricultural paths.



Cycling Course – 10.71km Laps (4 laps = 42.84km)



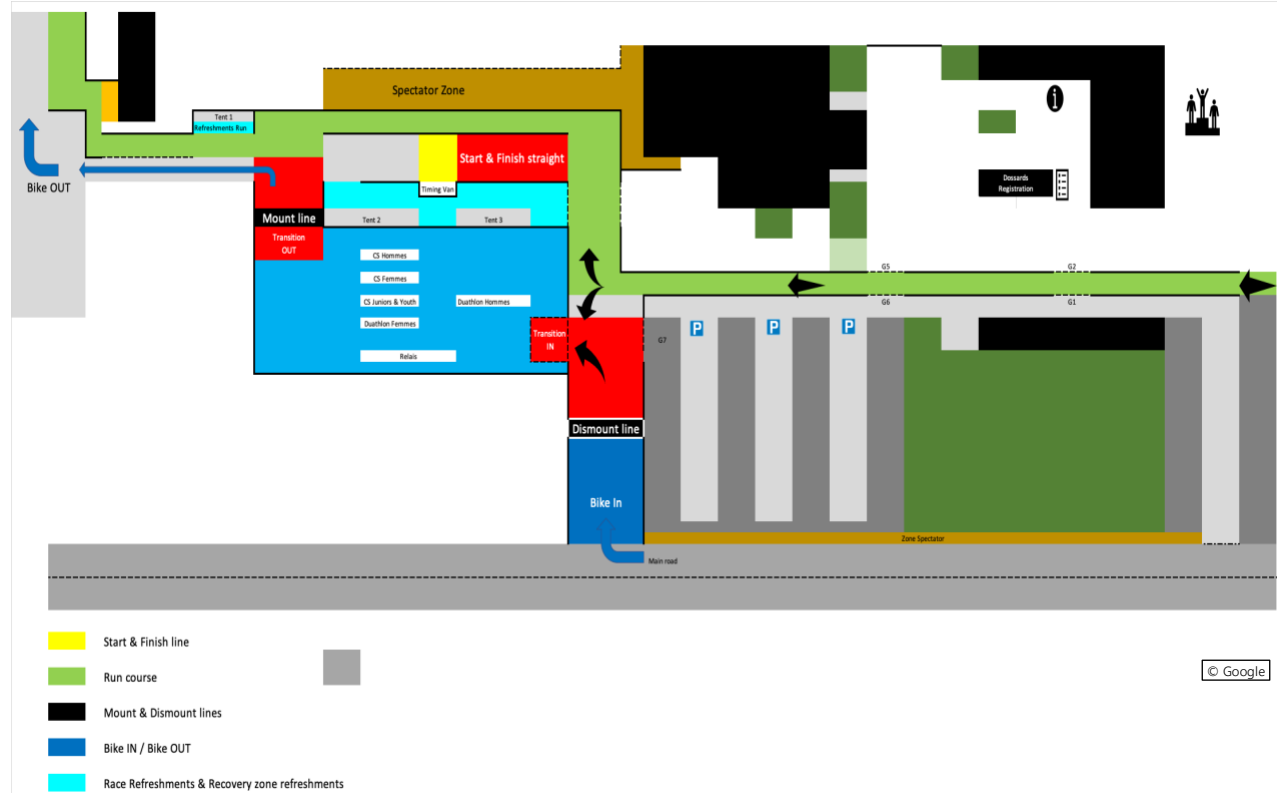
[Route visible online on SuisseMobile](#)

Distance Lap) : 10.71 km

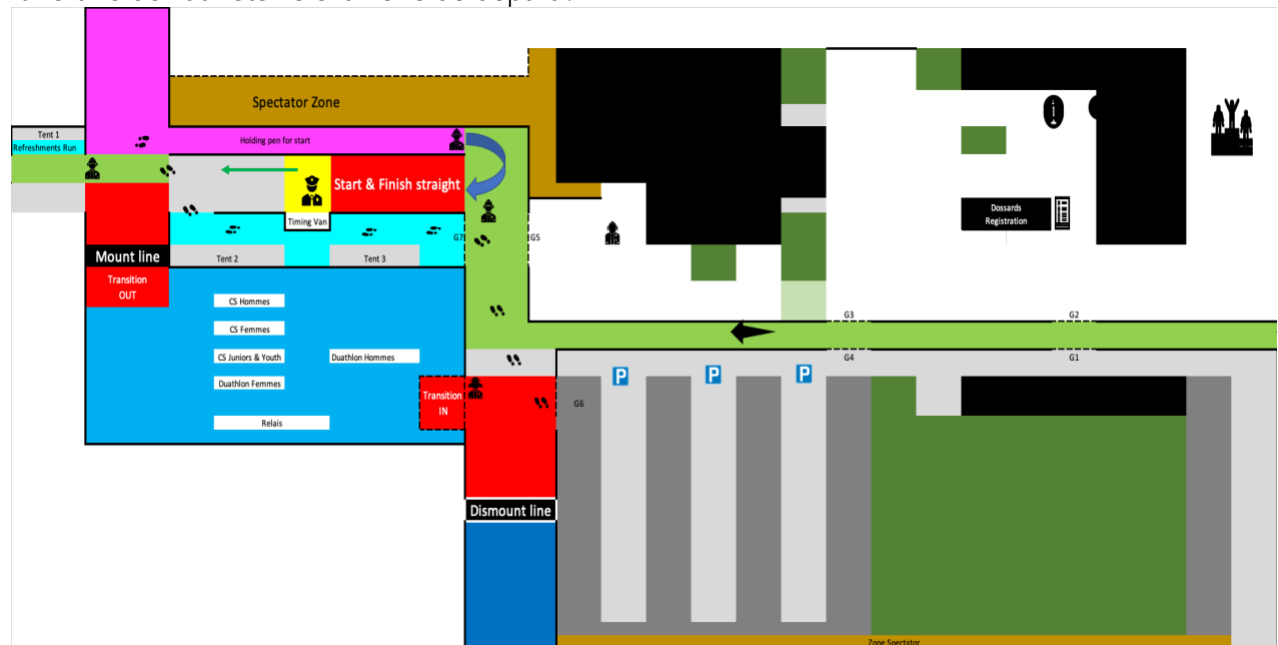
Height gain ↗ : 146m

Rolling route on open route, road traffic rules apply (LCR applicable)



## Transition Zone



## Itinéraire de l'athlète vers la zone de départ :





| Littering area   |  |
|------------------|--|
| Littering area   | <p>A feed zone will be in placed at the exit of the transition zone. At the same place another area will be reserved for coaches. Refueling is only planned for running! No supplies on the bike course.</p> <p>The littering area will be clearly indicated by the indicators below.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>  |
| COVID Guidance   |  |
| Covid Provisions | <p>The organisers will issue the COVID guidance plan at least 5 days before the event date. All competitors must read and comply with the guidance to ensure a safe and successful event for all.</p> <p>Due to the corona 19 situation and respecting the protection plans finalized by the ITU and the Swiss Triathlon Federation, we ask every athlete to accept and follow all measures proposed, such as;</p> <ul style="list-style-type: none"> <li>- wear a mask from arriving on site until race start</li> <li>- wear a mask after the race</li> <li>- keep social distancing of 1.5m whenever possible before and after the race</li> <li>- leave the arrival zone rapidly</li> <li>- no contact to fans, relatives during race time except coach</li> <li>- follow and respect the indications and instructions of the officials or volunteers</li> </ul> |

| CATEGORIES  | FEES  |   |
|---|---|---|
| <p><b>Online registration until Wednesday 26 August (Payment must be made to guarantee place).</b></p> <p><b>No onsite registrations allowed.</b></p> |   |   |
| <p>Championnats Swiss adult (Licence)</p> <p>Distances :<br/>10km, 43km, 6.6km</p> <p>Duathlon de Romandie<br/>Distances :<br/>10km, 43km, 6.6km</p>  | <p>Swiss Championship adults</p> <ul style="list-style-type: none"> <li>• Elite M/F</li> <li>• U23 M/F (20-23, 1997 à 2000)</li> <li>• 20 to 34 years Age category M20-34/F20-34</li> <li>• 35 to 44 years Age category M35-44/F35-44</li> <li>• 45 to 54 years Age category M45-54/F45-54</li> <li>• 55 + years Age category M55+ /F55+</li> </ul> <p>Duathlon de Romandie - Populaires :</p> <ul style="list-style-type: none"> <li>• 18 to 19 years Age category M18-19/F18-19</li> <li>• 20 to 34 years Age category M20-34/F20-34</li> <li>• 35 to 44 years Age category M35-44/F35-44</li> <li>• 45 to 54 years Age Category M45-54/F45-54</li> <li>• 55 to 64 years Age category M55-64/F55-64</li> <li>• 65+ years Age category M65+/F65+</li> </ul> <p>Duathlon de Romandie - Relay (2 people)</p> <ul style="list-style-type: none"> <li>• DRF – Relay women</li> <li>• DRM – Relay men</li> <li>• DMI – Relay Mixed team</li> <li>• DRE – Relay Entreprise team</li> </ul> | <p style="text-align: center;"><b>CHF60.-</b></p> <p style="text-align: center;"><b>Individuel<br/>CHF70.-</b></p> <p style="text-align: center;"><b>Relay : CHF100.-</b></p> |
| <p>Championship Swiss youth &amp; juniors (Licence)</p> <p>Distances :<br/>6.6km, 21.5km, 3.3km</p>   | <p>Swiss Championships youth &amp; juniors</p> <ul style="list-style-type: none"> <li>• 16 à 17 ans Jeunesse M16-17/F16-17</li> <li>• 18 à 19 ans Juniors M18-19/F18-19</li> </ul>  | <p style="text-align: center;"><b>Individuel<br/>CHF60</b></p>  |
| <p>Registrations limited to 240.<br/>Registrations will close once 240 registrations are reached.</p>   |   |   |
| <p>Medal Ceremony<br/>The three first places in each category will stand on the podium and receive their prize.</p>                                   |   |   |

Rules

Art 1 Introduction

By taking the start, the runner confirms:

- a. to have read, understood and fully approved these rules;
- b. have accepted the risk of accident linked to the practice of duathlon in competition;
- c. have taken all the necessary measures to ensure that their health will not be endangered by intense participation in sport;
- d. be covered by civil liability insurance ("RC") and accident insurance which does not exclude the practice of duathlon in competition from its services;
- e. that they will respect the law on road traffic at all times, in particular it will drive exclusively in the right-hand lane of the roadway, including in bends and roundabouts, and that it will give priority to other road users when 'there occurs;
- f. that they will follow the instructions of the organizer's representatives at all times
- g. that the organizer and its representatives cannot be held responsible for any accident, fall, loss, theft, damage or other damage;
- h. that they authorize the use and dissemination of photographs taken during the race in sports-related publications.
- i. that they authorize the use of photographs taken during before, during and after the event for the promotion of sporting events or to illustrate articles in newspapers or websites.

Art 2 Security

- a. Safety must remain the priority of all participants at all times.
- b. The races take place on roads open to other road users. All participants are therefore subject to the law on road traffic. They ensure in particular:
  - stay on the right side of the road, including in bends and roundabouts
  - respect priorities, and
  - to apply the instructions of the organizer and his representatives.
- c. Wearing an approved cycling helmet is compulsory during the entire cycle route.
- d. Riders must be present at the start line 5 minutes before the start for the safety briefing
- e. Follower cars are prohibited
- f. Riders are not entitled to receive technical assistance or supplies. Derogations are possible in exceptional circumstances. External assistance must be validated by the race committee.

Art 3 Conditions of participation

- a. The event is open to all competitors, whether licensed or not, from the age of 16.
- b. Unlicensed minors must present a waiver signed by at least one legal representative when collecting the bibs.

Art 4 Material

- a. Only bicycles which comply with Swiss Triathlon regulations are admitted. Recumbent bikes, fixed-gear bikes, folding bikes and bikes equipped with propulsion assistance (eg electric motor) are not allowed.

**Art 5 Race**

- a. The race is in "unauthorized drafting" format. There must be 10m distance between each rider during the cycle race. If an athlete does not respect the no-draft rule, an official (referee) can call him by showing a blue card. This penalty card means that a 2 minute penalty will be added at the end of the race. Due to the COVID-19 situation, there is no possibility to serve the penalty as usual in the Penalty box.
- b. The Organizing Committee makes the route available to runners before the day of the race. Course changes are possible.
- c. On the day of the race, the Committee confirms the exact and final route
- d. The runners must study the course and know it.
- e. As a reminder, the routes are drawn on roads open to traffic. The competitors must respect the traffic law and take all the necessary measures to avoid accidents, to put themselves in danger or to endanger third parties.

**Art 6 Classification**

- a. There are no tied riders, except in exceptional circumstances.
- b. Complaints must be made to the chief referee of the event no later than 30 minutes after the posting of the provisional rankings.
- c. The first 3 in each category are required to participate in the official ceremony. Those absent will be deprived of their prizes.

**Art 7 Timing and bibs**

- a. The timing is carried out by ChronoRomandie, using a transponder.
- b. The riders must place the transponders according to the indications given by the timekeepers.
- c. Riders must return the transponder and their bib after the race in the finish area, including in case of abandonment. Transponders that have not been returned will be charged at CHF100.-.
- d. Bibs must be affixed to the lower back (when cycling and on the front for running). Bibs must be visible at all times during the race.

**Art 8 Behavior and sanctions**

- a. Exemplary behavior towards other runners, other road users, residents, spectators as well as organizers and their representatives is expected of all participants at all times.
- b. Participants will take care not to urinate on public roads or on private property. They will only throw their waste (including food packaging such as gel, energy bar, etc.) in the bins provided for this purpose. Violators may be forced to collect their waste before being allowed to continue their race or to start.
- c. The organizers are empowered to impose penalties and / or sanctions in the event of a breach of these regulations, up to and including the exclusion of a competitor.

**Art 9 References**

- a. In all cases, the Swiss Triathlon competition regulations refer. For cases unrelated to the competition, the organizing committee may be empowered to take the required decisions.