



# SWIMRUN • FRANCE CÔTE VERMEILLE

**4th Edition**

**1 TERRITORY**  
**5 MUNICIPALITIES**

**5 RACES**

**6 NATURA 2000 SITES**

**550 TEAMS**

**21 & June 22, 2019**

**Will You Dare Rise up the Challenge ?!**

**KIDS**

3.6k | D+46m

ARGELÈS / MER  
ARGELÈS / MER

**COURTE**

12.8k | D+328m

COLLIOURE  
ARGELÈS / MER

**MOYENNE**

26.6k | D+738m

PORT-VENDRES  
ARGELÈS / MER

**LONGUE**

46.1k | D+1.9k

BANYULS / MER  
ARGELÈS SUR MER

**ULTRA**

63.3k | D+2.5k

CERBÈRE  
ARGELÈS SUR MER

MAIN PARTNERS





# LA LONGUE

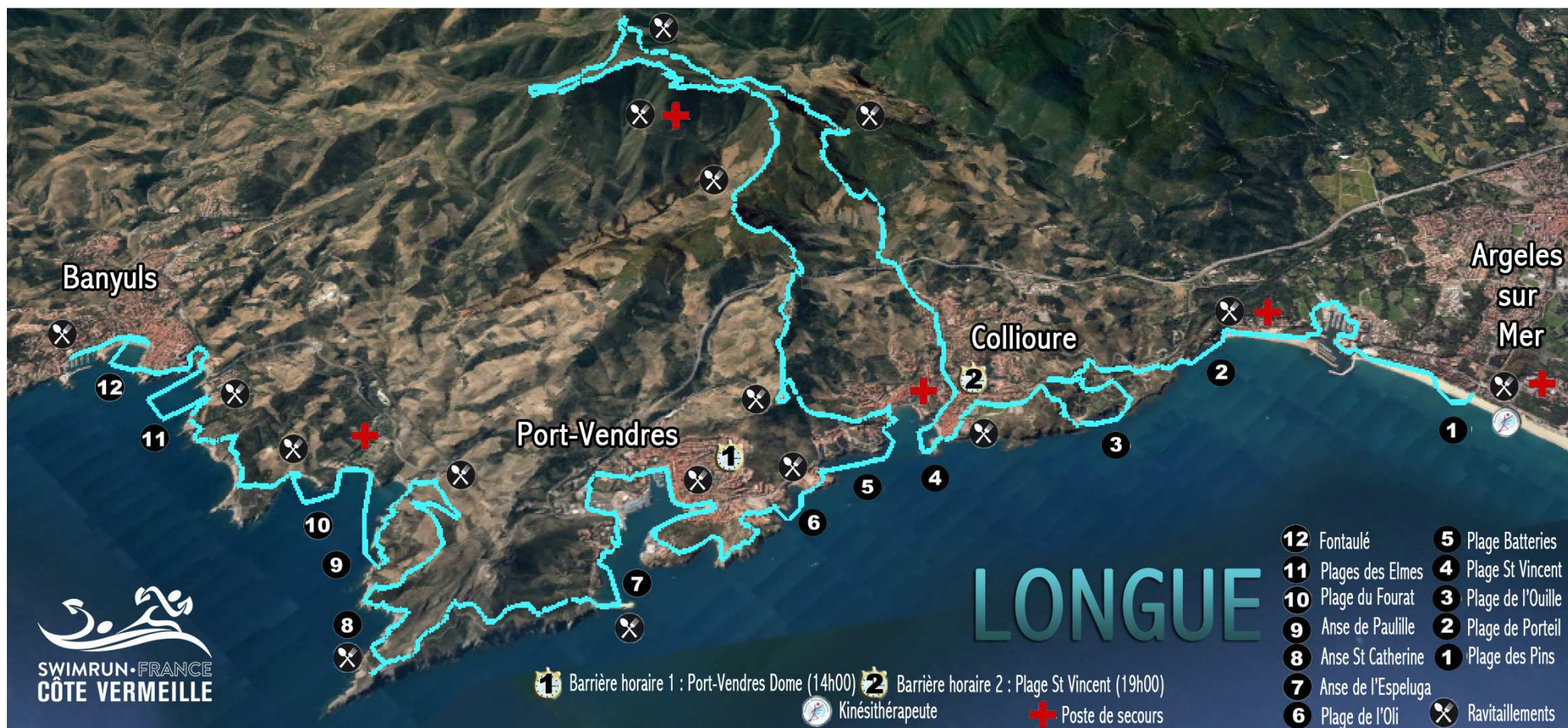


46.1km



D+1863m

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# LA LONGUE



Organize by CHALLENGE 02

[contact@swimruncotevermeille.com](mailto:contact@swimruncotevermeille.com)  
[www.swimruncotevermeille.com](http://www.swimruncotevermeille.com)

**L'ULTRA.** First and only French  
proof labeled « ÖTILLÖ SWIMRUN  
MERIT RACE »

The Initiator of Charter  
« **JE SWIMRUN ÉCO-  
RESPONSABLE** » in France

**1<sup>ER</sup> winner of  
TROPHEE RSE 2018**  
Of Pyrenees-Orientals



## ZOOM On THE EVENT

### THE COURSE.....

- 1 Single Territory
- 6 Nature 2000 Site
- 1 Marine Park
- 1 Marine Nature Reserve
- 1 Educational Marine Area
- 5 Municipalities
- 5 Proof
- 17 Swimming Portion
- 18 Running Portion
- 64 Kilometers of race
- 1100 Competitors

### LOGISTICS.....

- 20 Bus
- 18 Motorized Boat
- 30 SUP / Kayaks
- 20 Supplies
- 1000 Audience Bags
- 15h30 of Event

### SECURITY.....

- 500 Tracking Chips
- 6 Osteopaths
- 6 Physiotherapists
- 30 Rescuers
- 320 Volunteers
- 7 Aid Post
- 11 Emergency services

### ACCOMMODATIONS

Facilitate your visit on the Vermeille Coast.  
Discover the broad offers of our hosts : furnished  
renting, outdoor accommodation, hotel  
accommodation, bed & breakfast .....

<https://www.swimruncotevermeille.com/seloger>

### ARE PARTENERS

They trust us !  
You want join the **Swimrun Côte Vermeille** team for  
the next edition, as a **PARTNERS**. Contact-us.

<https://www.swimruncotevermeille.com/nospartenaires>



# LA LONGUE

## RACING EQUIPMENT OBLIGATORY & FORBIDDEN

Each competitor involves owning the mandatory race equipment during the entire event and to present it during unannounced inspections of the organization, under penalty of disqualification.

No one will be allowed to start unless they have the race equipment required by the organization.

### Obligatory Equipment:

- 1 RUNNING LYCRA **per person**, worn visibly on the whole race, under penalty of disqualification. (Provided by the organization)
- 1 SWIMMING CAP OF THE RACE **per person**, worn obligatorily on the head on the swimming portion, (Provided by the organization).
- 1 WHISTLE at your fingertips **per person**.
- 1 TRACKING CHIP **per pairs** (provided by the organization). Lost or not returned, the chip will be charged € 20 to the timing company.
- 1 PAIR OF SHOES adapted by person.

- 1 WETSUIT **per person** if the water temperature is below 64.4°F. Between 64.4°F & 75.2°F not required. Above 75.2°F, it will be forbidden! The start of the race will be refused in case of non-compliance with these rules...

*°F of the sea in June 2018 - average 67.28°F- minimal 62.24° F - maximal 75.02°F.*

### Allowed equipment (non-exhaustive list)

- Hand Paddle / Pull Buoy
- Organic anti-friction cream & Organic Sunscreen (ex: Alpha nova)
- Using a rope for the pair is allowed but non obligatory, should not be > 4 m and must be releasable.

**For safety reasons, it will be prohibited on the 1<sup>st</sup> section of swimming of la Courte and la Moyenne.**

### Forbidden equipment, under penalty of disqualification.

- Inflatable equipment greater than 100cm x 60cm,
- **Snorkel, Flipper**, or motorized boat.

## SHUTTLE & BOARDING

There will be shuttles available from Argelès sur mer, the arrival site of all races.

When you registered, you were asked :



## FREQUENTLY QUESTIONS ASKED 2019

# LA LONGUE

1. If you want to take the shuttle before the event to join the start of the event,
2. If you wish to take the shuttle, always leaving from Argelès sur Mer, after the event if you are staying in a departure city
3. If you do not want to have the shuttle.

In case 1, you have chosen to benefit from the shuttle, the schedule and the place of the appointment are specified in the program of the race.

In cases 2 and 3, you will not be able to change your decision and therefore make the shuttles available to the organization.

**A shuttle accessibility bracelet has been arranged upstream, on the wrist of each competitor when removing the bibs.**

## GIVE UP & ABANDONMENT AREAS



The organization repatriates the competitors who have abandoned, only in the zones provided for this purpose and notified in the Road Book.

These zones are located on the supplies food points located in the city center of the communes. Only

**Any abandonment outside these areas (except medical cases) will not be supported !**

Warning: Never leave the race without invalidating your bib on the abandonment areas. Your absence on the trails would lead to research that will be amount billed you to find you.

**Finally, in 2019, any abandonment of a member of the pair will lead to the disqualification of the race of the pair (both members)! This decision was taken following abuse (cheating) noted last year.**

## DISQUALIFICATION

If the facts below are proven, **the sanction** of one (or more) team will be the subject of no appeal and no discussion. **It Will Be irreversible!**

- In the absence of lycra (bib and / or tracking chip during the competition).

- Competitors are not allowed to use unfair methods to obtain benefits, (unauthorized assistance: type "water carrier and / or equipment", "hare"). Use of prohibited equipment (art 10), a means of transport during the race...

## FREQUENTLY QUESTIONS ASKED 2019

# LA LONGUE

- Scoring beyond the closing time of a checkpoint.
- Absence of an item of mandatory equipment during the entire race.
- Not helping to a competitor in difficulty.
- Pollution and degrading of areas by competitors **or by their assistance.**
- **Participants must respect the other participants, the organization, the spectators and the people living in the race area. Any insult or threat against them and / or any oral or written position taken before, during and after the sporting event with a defamatory or offensive connotation, may be sanctioned by the Organization. By a ban on taking part in one or more events for one or more years, depending on the severity of the remarks made, regardless of any legal proceedings.**
- Refusal to be examined by the rescue services during the race.
- Physical or psychological state of the competitor deemed unfit for the pursuit of the event by the race director on the advice of the rescue services.

- Dangerous behavior of a competitor, possession of a prohibited object in a state of recidivism.
- Participants who do not follow the marked path or who omitting to pass through a checkpoint, subject in to compliance.
- Doping by the World Anti-Doping Organization is prohibited. You Have to mandatory anti-doping control. See the list of banned products <http://list.wada-ama.org>

**In case of special situations, the organization reserves the right to apply an hourly penalty.**

## PACK FINISHER



# PROGRAM 2019

## LA LONGUE

**FRIDAY 21 &  
SATURDAY 22**

### WITHDRAWAL OF BIBS

**V  
2  
1**

WITHDRAWAL OF BIBS & AUDIENCE BAGS DEPOSIT	From 16h30 to 20h45	ESPACE SPORTIF JEAN CARRERE Avenue Molière - 66700 Argelès sur mer (au croisement de l'Allée Jules Ferry).
<b>BRIEFING (OBLIGATORY)</b>	<b>18h15</b>	EXPO / STANDS PARTENAIRES

#### MODALITY

You will be able to withdrawal  
your bibs on presentation of the  
**IDENTITY CARDS** of the  
2 teammates.  
>>> Photocopy accepted.



*To know: a friend can pick up  
your bib, if he presents us a  
photocopy of the 2 identity  
cards of your team*

**S  
2  
2**

WITHDRAWAL OF BIBS & AUDIENCE BAGS DEPOSIT	From 6h15 to 6h45	ESPLANADE CHARLES TRENET Village concurrents – Avenue des Platanes Rond-point de l'Arrivée - 66700 Argelès sur mer
SHUTTLE BOARDING	6h55 précise	PARKING DE STATIONNEMENT 1 avenue du Grau - 66700 Argelès sur mer (en face du "Franprix", situé à 100m de l'esplanade Charles Trenet).
<b>SHUTTLE START</b>	<b>7h05</b>	
COMPETITOR CALL	7h45	PROMENADE DU FRONT DE MER Avenue Pierre Fabre - 66650 Banyuls sur Mer (située à 50m de l'entrée de la zone portuaire)
<b>LA LONGUE START</b>	<b>8h00</b>	
AWARDS	From 16h00	ESPLANADE CHARLES TRENET Podium – Avenue des Platanes Rond-point de l'Arrivée - 66700 Argelès sur mer
SJUTTLE COMEBACK	19h30 precisely	PARKING DE STATIONNEMENT 1 avenue du Grau - 66700 Argelès sur mer (en face du "Franprix", situé à 100m de l'esplanade Charles Trenet).

#### LOCATION

> **FRIDAY, JUNE 21**  
Espace sportif Jean CARRERE.  
> **SATURDAY, JUNE 22**  
Esplanade Charles Trenet.



**BRIEFING / PARTNERS STANDS  
WITHDRAWAL OF BIBS**

*Espace Jean CARRERE  
Avenue Molière – 66750 Argelès sur Mer*

- Withdrawal of bibs: 16h30-20h45
- Bag drop: deposit of your personal bag
- Partners Stands / Expo
- Before race Briefing: 18h15



**Public Pool  
AlberAquatic**

**Stadium Gaston  
Pam's**



**2KM**

**ATHLETES TOWN  
ARRIVAL AREA**

*Arrival roundabout.  
Jonction avenue des  
Platanes & avenue du Grau  
66750 Argelès sur Mer*





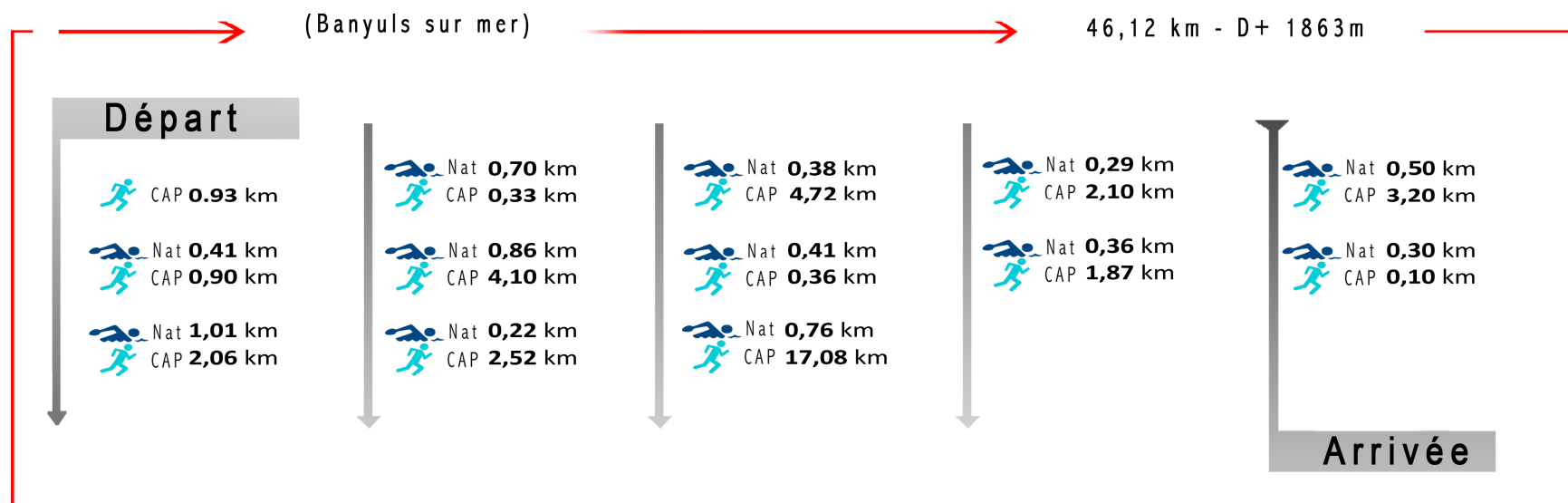
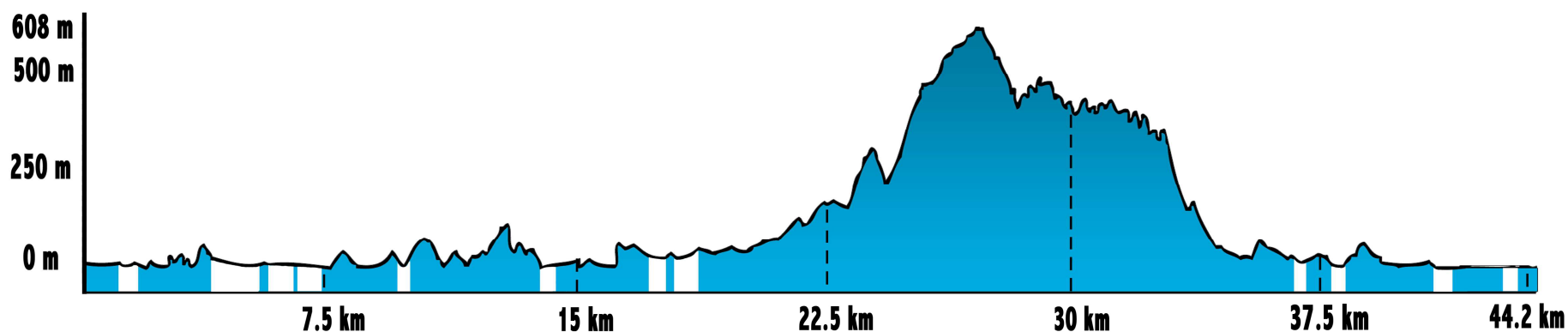
# LA LONGUE



12 Sections



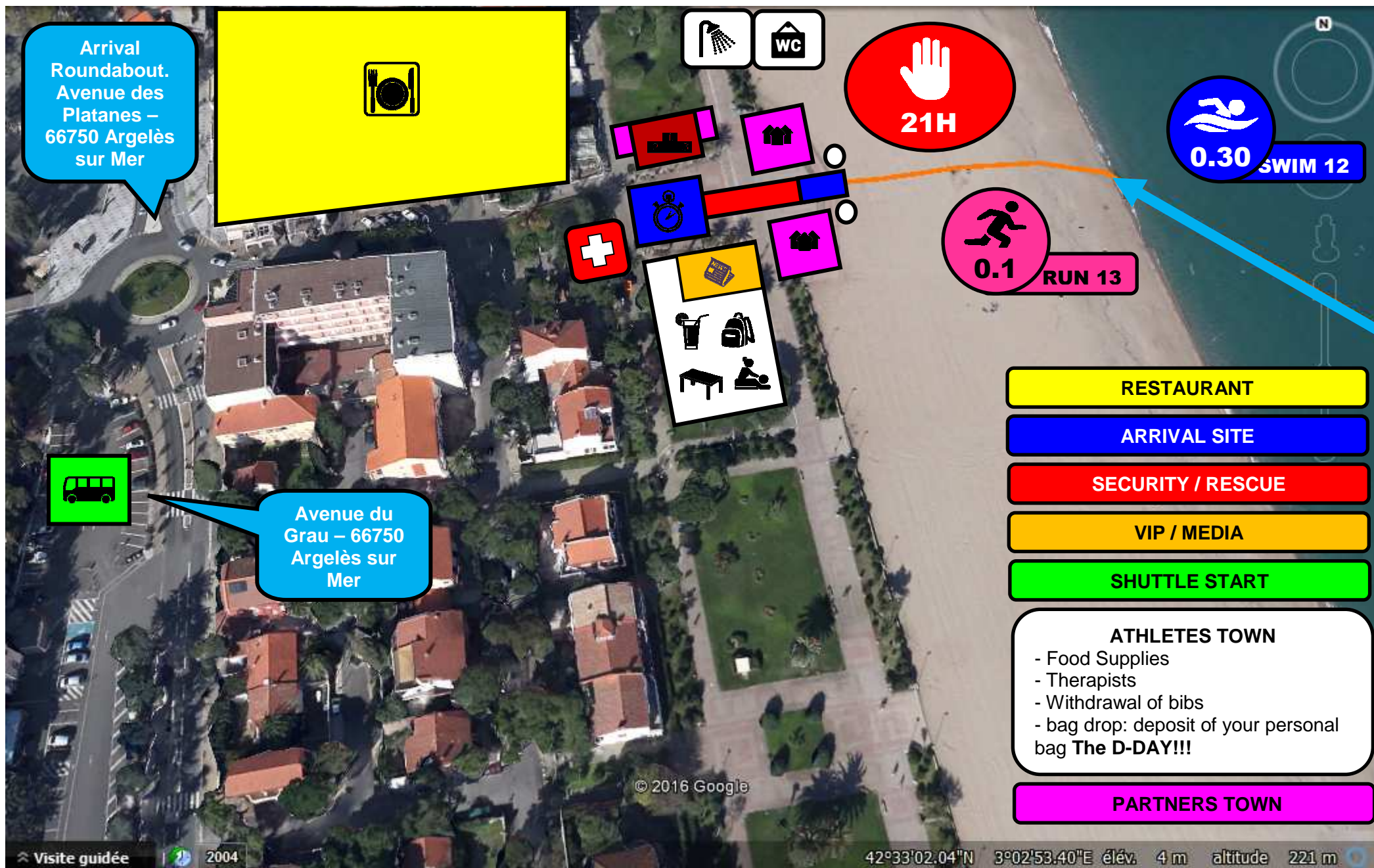
13 Sections



LONGUE

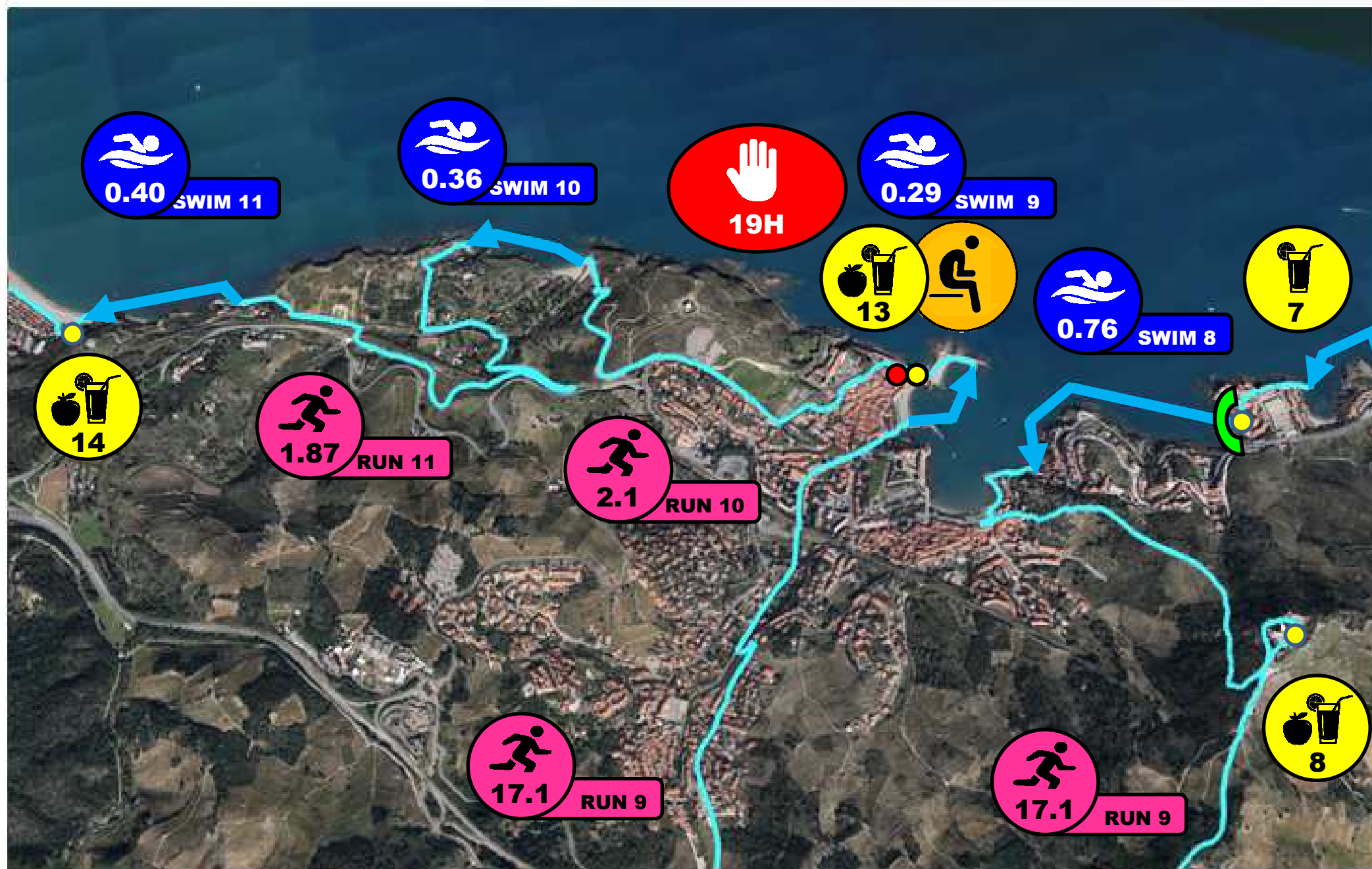
6.23 km

39.89 km

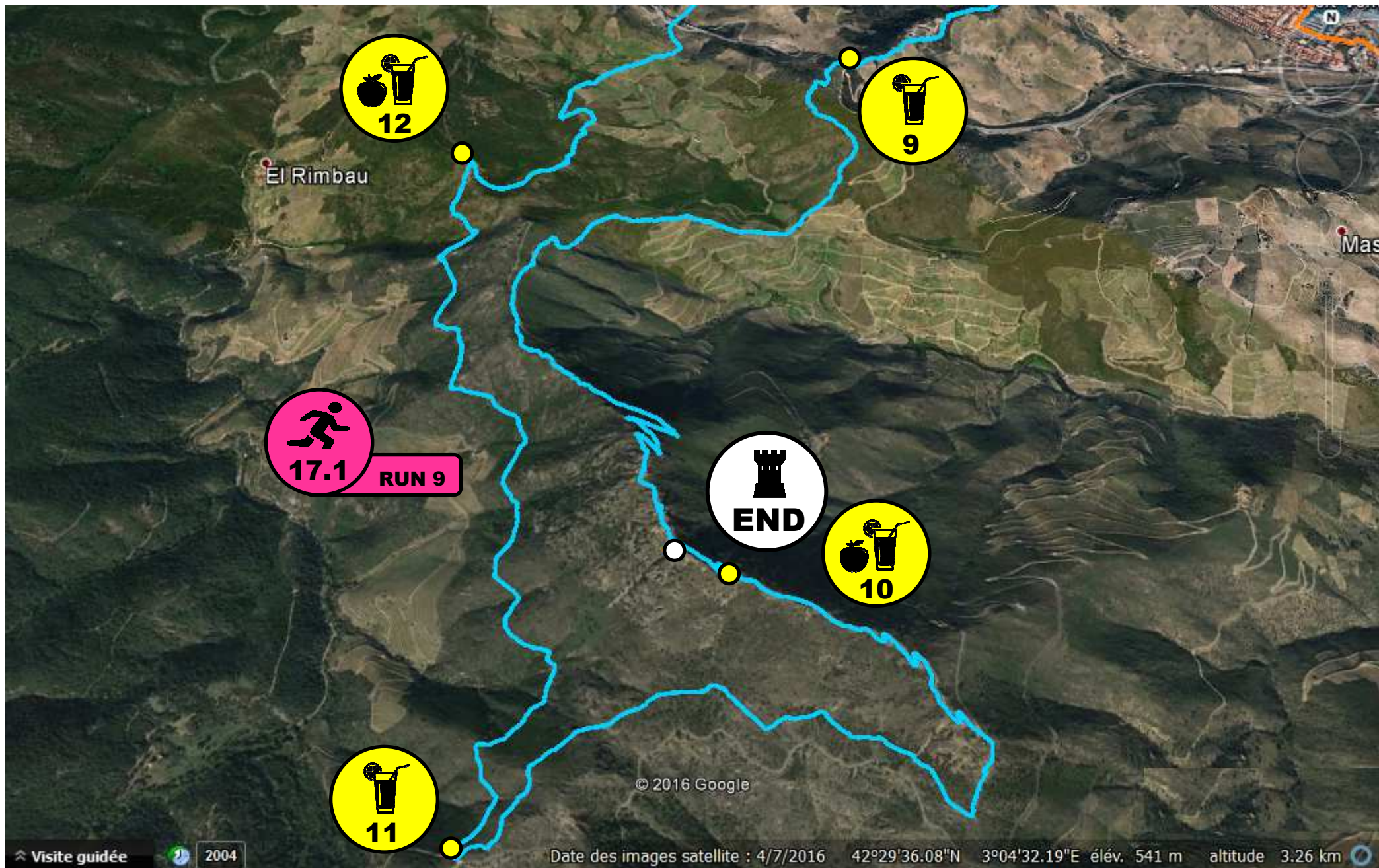




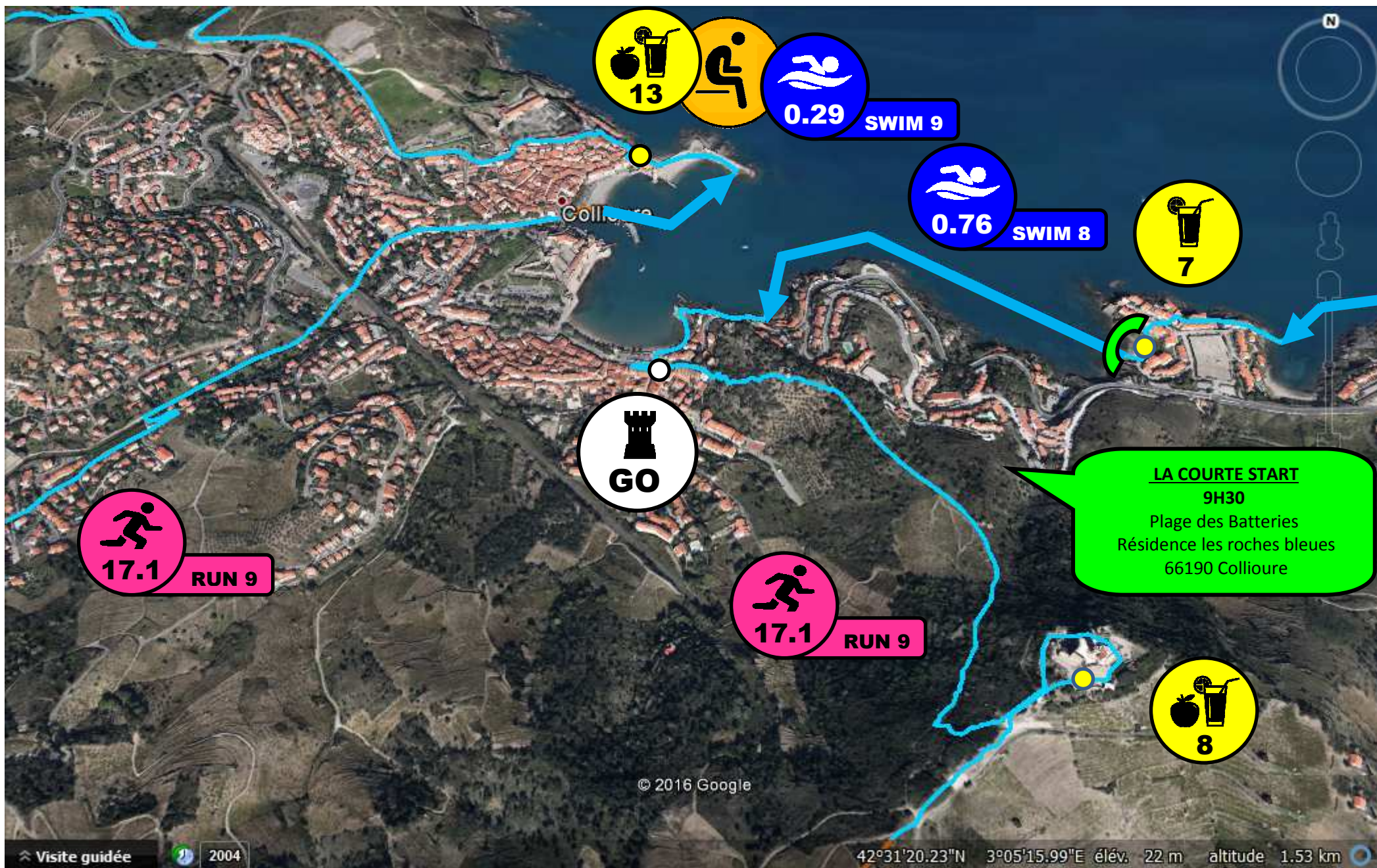












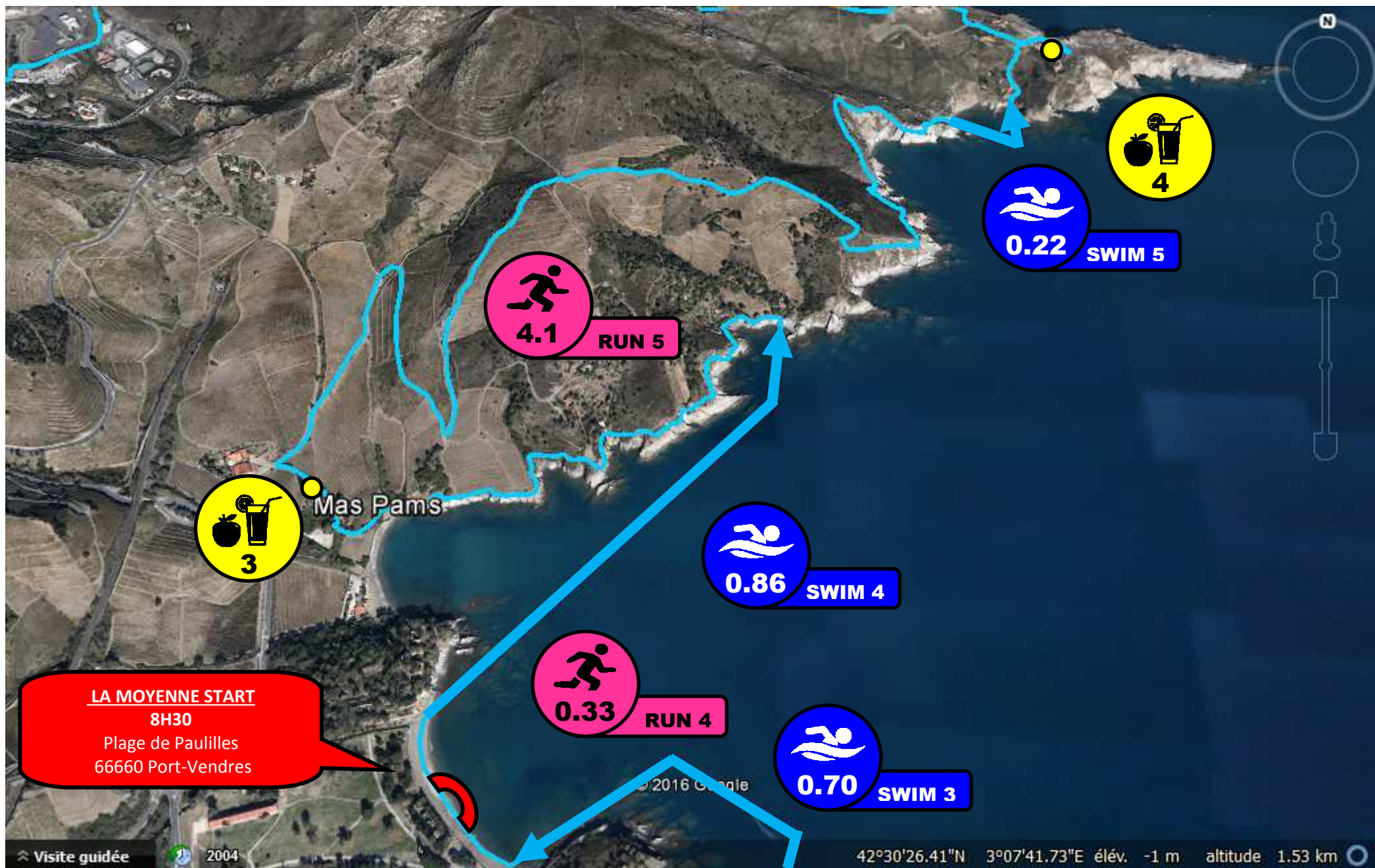












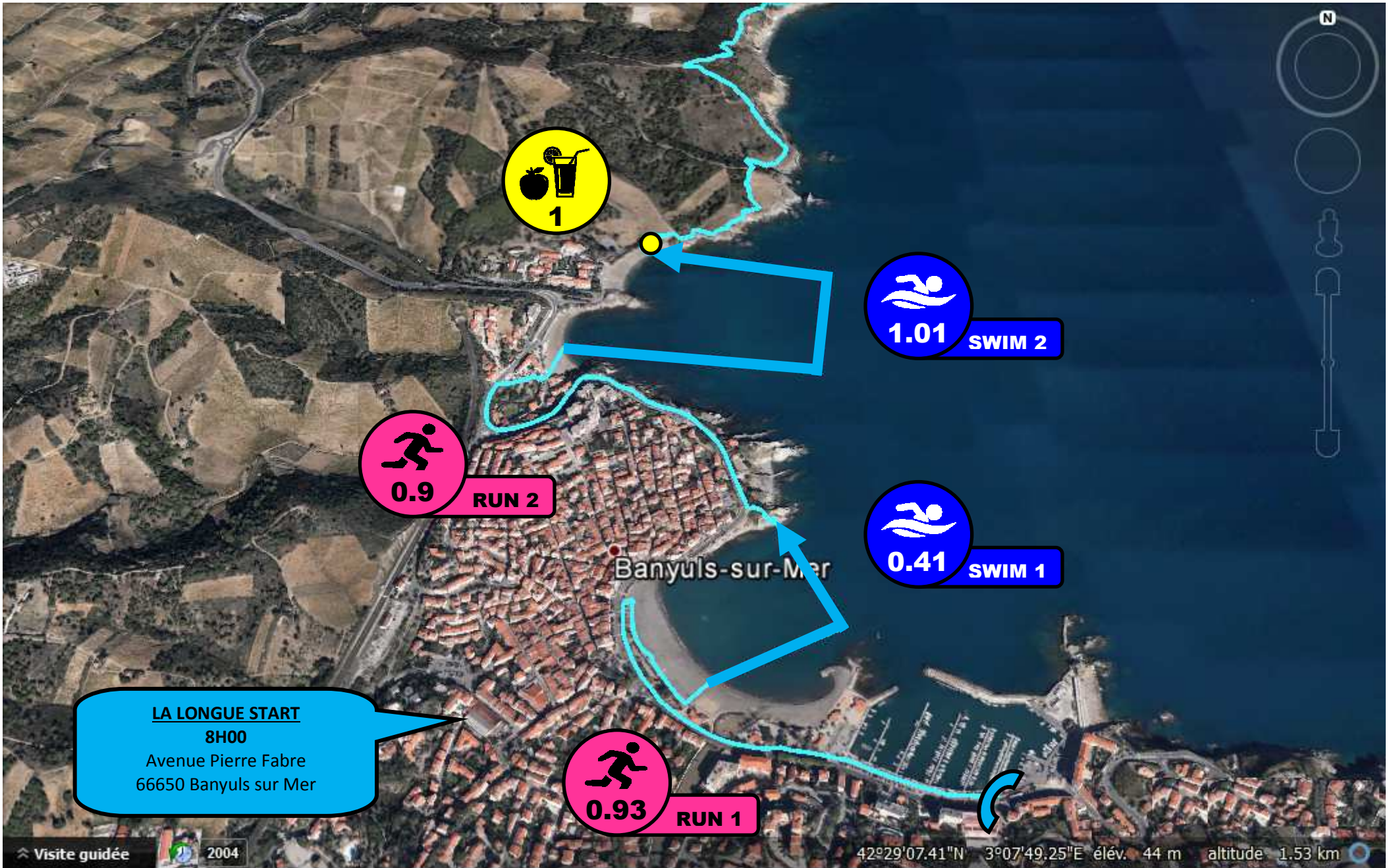








**LA LONGUE START**  
8H00  
Avenue Pierre Fabre  
66650 Banyuls sur Mer



FOOD SUPPLIES 2019

**LA LONGUE**

**WASTE SORTING  
BY**



**15 FOOD SUPPLIES**



Still Water  
Sparkling water  
Syrup



Cola



Apple Juice



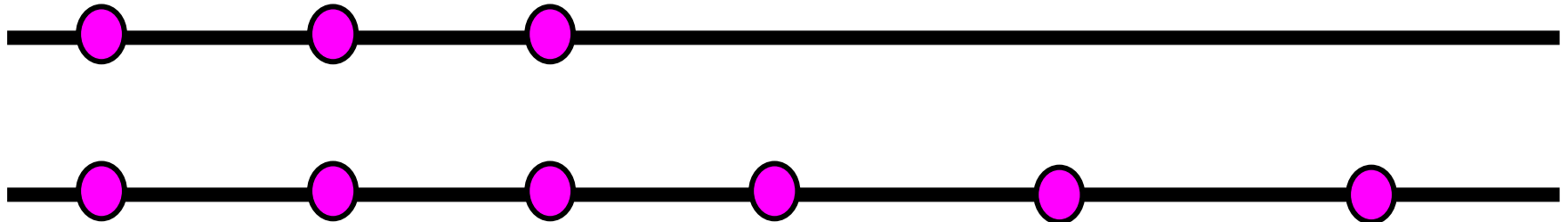
Orange  
Water melon  
Banana  
Dried Raisin  
Melon



Crackers  
Peanut  
Sausage  
Bread  
Soup



Fruit Spread  
Energy Bars



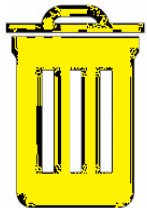


# LA LONGUE

## FIXED & ADAPTED COLLECTION POINT

We offer 20 fixed points of supply food throughout the course, 1 every 3.5km or so, which is a visible and adapted collection of waste. A selective sorting system has been in place since the beginning of this great adventure, with the support of Sydetom66: Expert in the collection, treatment and recovery of waste.

## ***JE SWIMRUN ECO-RESPONSABLE I SORT MY WASTE !!!***



**CUPS  
PACKAGING  
CARDBOARD  
PAPER / ALU  
PLASTIC...**



**FOODSTUFFS  
ORGANIC  
PEELINGS  
...**

In parallel, we have set up runners teams, called "Green Team", which ensures the respect of our values, even within the events.

Besides, for the sake of continuous improvement, we quantify waste by identifying the number of bags discarded as waste and recycling per item. Thus, we can work on axes aiming to reduce as much as possible the quantities generated, in future editions.

## CHARTER : "JE SWIMRUN ÉCO-RESPONSABLE"




Under the inspired initiative of 18 Spring (sustainable communication society), we have introduced the "I Swimrun Eco-responsible" charter. Thus, during the briefing, each of the participants signs, the Charter by affixing its signature to the permanent marker. More than just reading, it's a real physical commitment.

OUR PARTNERS 2019

**THANKS !**

## OUR MAIN PARTNERS



Avec le soutien de  **printemps**  
COMMUNICATION RESPONSABLE

## OUR PARTNERS







CouRires 66



septeo



THEY SUPPORT US



Biodiversarium

