



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

CERBERE
ARGELÈS SUR MER

MAIN PARTNERS



LA KIDS



3.6km



D+46m

by **ARGELÈS
TO PHO-
NATURE**
EXPO PHOTO
À CIEL OUVERT

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LA KIDS



Organize by CHALLENGE 02

contact@swimruncotevermeille.com

www.swimruncotevermeille.com

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

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

**1^{ER} 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>

FREQUENTLY QUESTION ASKED 2019

LA KIDS

OBLIGATORY & FORBIDDEN RACING EQUIPMENT

Each competitor involve to own 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 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 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: Alphanova)
- 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 1st 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.

PACK FINISHER



PROGRAM 2019

LA KIDS

SATURDAY 22 JUNE

WITHDRAWAL OF BIBS

WITHDRAWAL OF BIBS	9h-9h30	PLAGE DU RACOU Poste de secours – Avenue Torre d'en Sorre 66700 Argelès sur Mer
COMPETITOR CALL	9h30	
LA KIDS START	9h45	
ARRIVAL LINE	From 10h	ESPLANADE CHARLES TRENET Podium – Avenue des Platanes Rond-point de l'Arrivée - 66700 Argelès sur mer
AWARDS	----	Every finisher will be rewarded with a personalized medal. This animation will not be ranked.

MODALITY

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



To be realized, you must be in pair:

- > 1 CHILD + 1 ADULT or
- > 1 CHILD + 1 CHILD



BRIEFING / PARTNERS STANDS

WITHDRAWAL OF BIBS

*PLAGE DU RACOU
Poste de secours
Avenue Torre d'en Sorre
66750 Argelès sur Mer*

Withdrawal of bibs: 9h-9h30
Race start : 9h45



2.5KM



**ATHLETES TOWN
ARRIVAL AREA**

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



SPREADSHEET 2019

LA KIDS

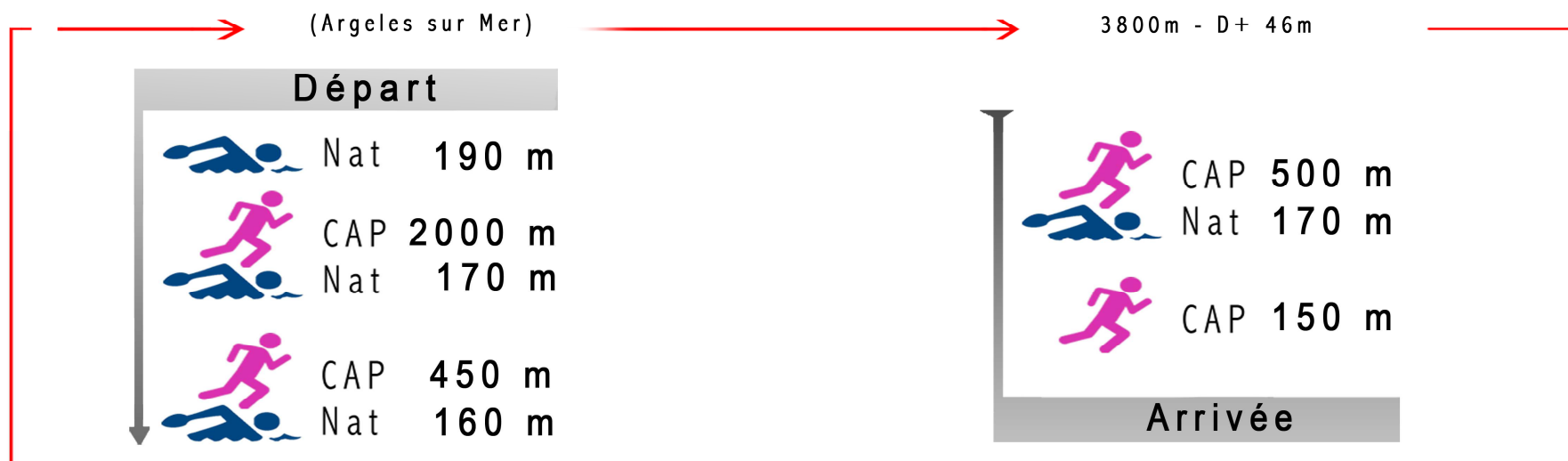
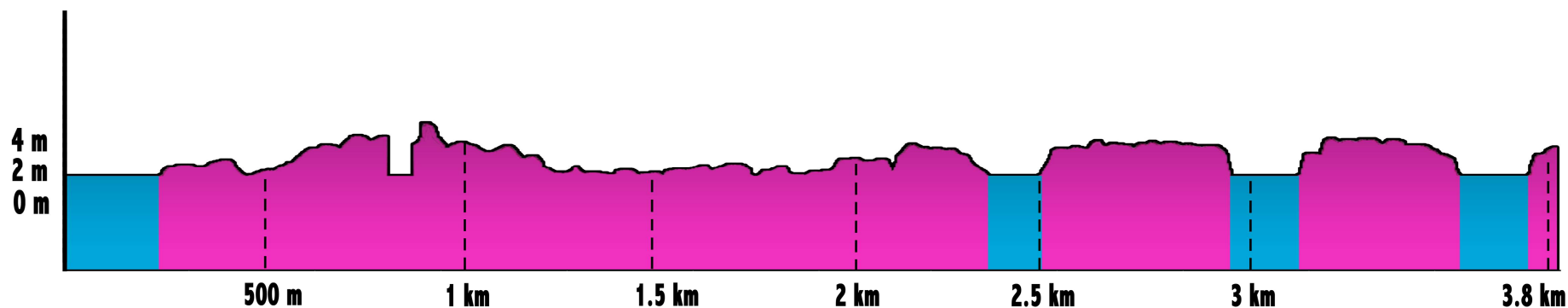
by ARGELÈS
-TO PHO-
NATURE
EXPO PHOTO
À CIEL OUVERT



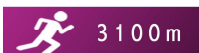
4 Sections



4 Sections



KIDS



COURSE | NATATION



Arrival
Roundabout.
Avenue des
Platanes –
66750 Argelès
sur Mer

Avenue du
Grau – 66750
Argelès sur
Mer

RESTAURANT

ARRIVAL SITE

SECURITY/ RESCUE

VIP / MEDIA

VILLAGE ATHLÈTES
- Food Supply
- Therapists

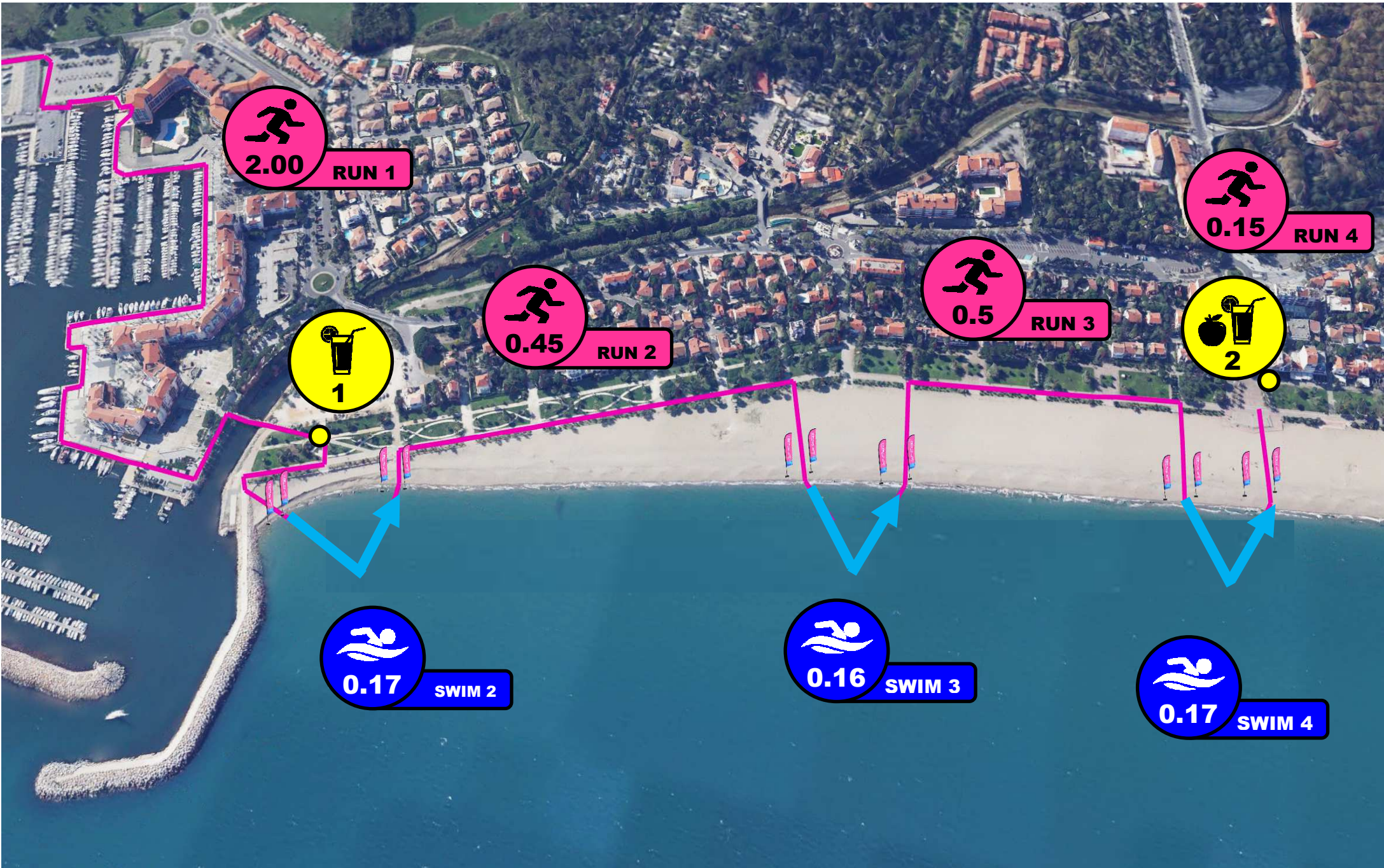
PARTNERS TOWN

© 2016 Google

Visite guidée

2004

42°33'02.04"N 3°02'53.40"E élév. 4 m altitude 221 m



LA KIDS START
9H45
Plage du Racou
Poste de Secours
66700 Argelès sur Mer



**WASTE SORTING
BY**



4 FOOD SUPPLIES



Still Water
Sparkling water
Syrup



Cola



Apple Juice



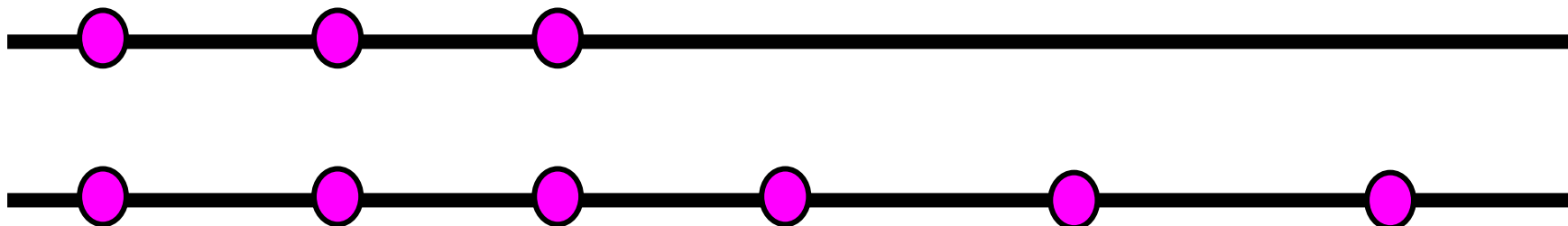
Orange
Water melon
Banana
Dried Raisin
Melon



Crackers
Peanut



Fruit Spread
Energy Bars

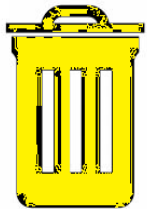


LA KIDS

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 ÉCO-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 MAINS PARTNERS



Avec le soutien de  **printemps**
COMMUNICATION RESPONSABLE

OUR PARTNERS





CouRires 66



septeo



THEY SUPPORT US

VELOLAND



Biodiversarium

