



SWIMRUN • FRANCE CÔTE VERMEILLE

6th Edition

1 TERRITORY
5 MUNICIPALITIES
5 RACES
6 NATURA 2000 SITES
550 TEAMS

18 & June 19, 2021

Will You Dare Rise up the Challenge ?!



MAIN PARTNERS



• • • ARGELES SUR MER • COLLIOURE • PORT-VENDRES • BANYULS SUR MER • CERBERE • • •

LA LONGUE



47.2km



D+1863m

Page 3 : USEFULL NEWS (accommodations, Zoom on the event...)

Page 4 : FREQUENTLY ASKED QUESTIONS (essential info !!)

Page 7 : RACE PROGRAM (hours and places ...)

Page 8 : ACCESSIBILITY BRIEFING & ARRIVAL SITES

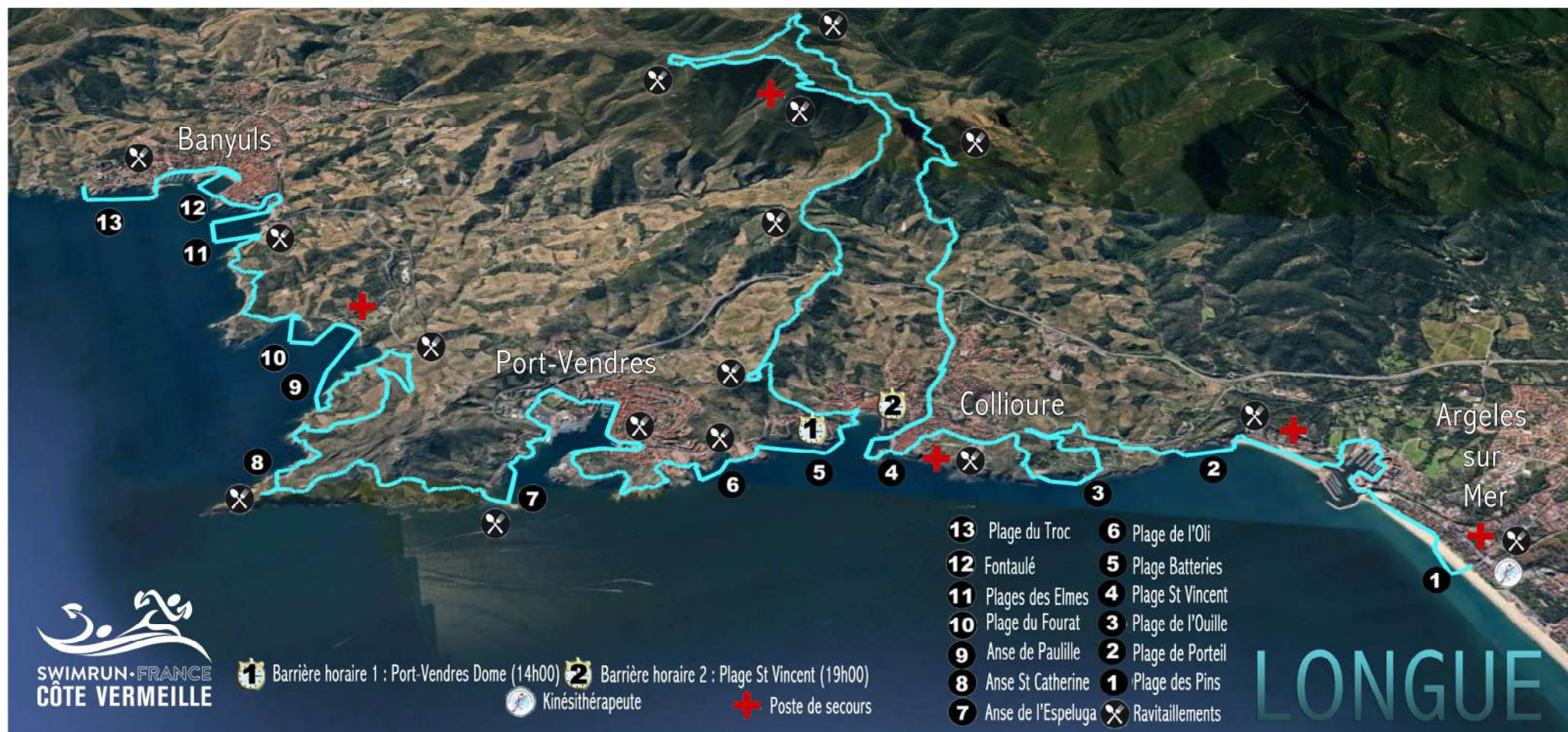
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LA LONGUE



Organize by CHALLENGE 02

contact@swimruncotevermeille.com
www.swimruncotevermeille.com

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

The Initiator of 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>



LA LONGUE

RACING EQUIPMENT OBLIGATORY & FORBIDDEN

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.

Compulsory material

- **1 racing Lycra per person**, worn visibly throughout the race, under penalty of disqualification. (Provided by the organization)
- **1 swimming cap for the race per person**, worn on the head on the swimming parts, (provided by the organization).
- **1 Whistle per person** always at hand.
- **1 team timing chip** (provided by the organization). Lost or not returned, the chip will be charged € 20 to the timing company.
- **1 Pair of suitable shoes per person.**

- **1 isothermal suit per person**, suitable if the water T ° is below 18 ° C. Above 24 ° C, the latter will be prohibited! You will be refused the start of the event if you do not respect these rules.

Sea temperature last June - average 19.6 ° - minimum 16.8 ° - maximum 23.9 °.

Authorized equipment (non-exhaustive list)

- Pair of pads / Pull buoy
- Organic anti-friction cream and Organic sunscreen (alphanova type)
- Tying in is authorized but not compulsory, and must not be > 4m and must be releasable.

For safety reasons, it will be forbidden on the 1st swimming section of the Courte, Moyenne & Longue.

Material strictly prohibited, under penalty of disqualification.

- Inflatable apparatus greater than 100cm x 60cm,
- **Snorkel, Fins**, all motorized equipment.

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 2021

LA LONGUE

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

In cases 1 & 2, you have chosen to use the shuttle, the time and place of the meeting are specified in the race program.

In cases 3, it will be impossible for you to change your decision and consequently to have the shuttles made available by the organization.

A shuttle accessibility bracelet will have been placed upstream, on the wrist of each boarder when collecting 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, any abandonment of a team member will result in the disqualification of the team (ie all members) from the race! This decision was taken following abuses (cheating) noted on a previous edition.

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 2021

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 2021

LA LONGUE

**FRIDAY 18 &
SATURDAY 19**

WITHDRAWAL OF BIBS

**V
18**

WITHDRAWAL OF BIBS & AUDIENCE BAGS DEPOSIT	From 16h30 to 20h30	ESPACE SPORTIF JEAN CARRERE Avenue Molière - 66700 Argelès sur mer (crossing of l'Allée Jules Ferry). PARTNERS EXPO / STANDS
BRIEFING (OBLIGATORY)	18h15	

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
19**

WITHDRAWAL OF BIBS & AUDIENCE BAGS DEPOSIT	From 5h55 to 6h25	ESPLANADE CHARLES TRENET Village concurrents – Avenue des Platanes Rond-point de l'Arrivée - 66700 Argelès sur mer
SHUTTLE BOARDING	6h35 précise	PARKING DE STATIONNEMENT 1 avenue du Grau - 66700 Argelès sur mer (en face du "Franprix", situé à 100m de l'esplanade Charles Trenet).
SHUTTLE START	6h45	
COMPETITOR CALL	7h25	PROMENADE DU FRONT DE MER Avenue Pierre Fabre - 66650 Banyuls sur Mer (située à 50m de l'entrée de la zone portuaire)
LA LONGUE START	7h40	
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 18**
Espace sportif Jean CARRERE.
> **SATURDAY, JUNE 19**
Esplanade Charles Trenet.

**BRIEFING / PARTNERS STANDS
WITHDRAWAL OF BIBS**

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

- Withdrawal of BIBS: 16h30-20h30
- Bag - Drops: deposit of your personal bags
- 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



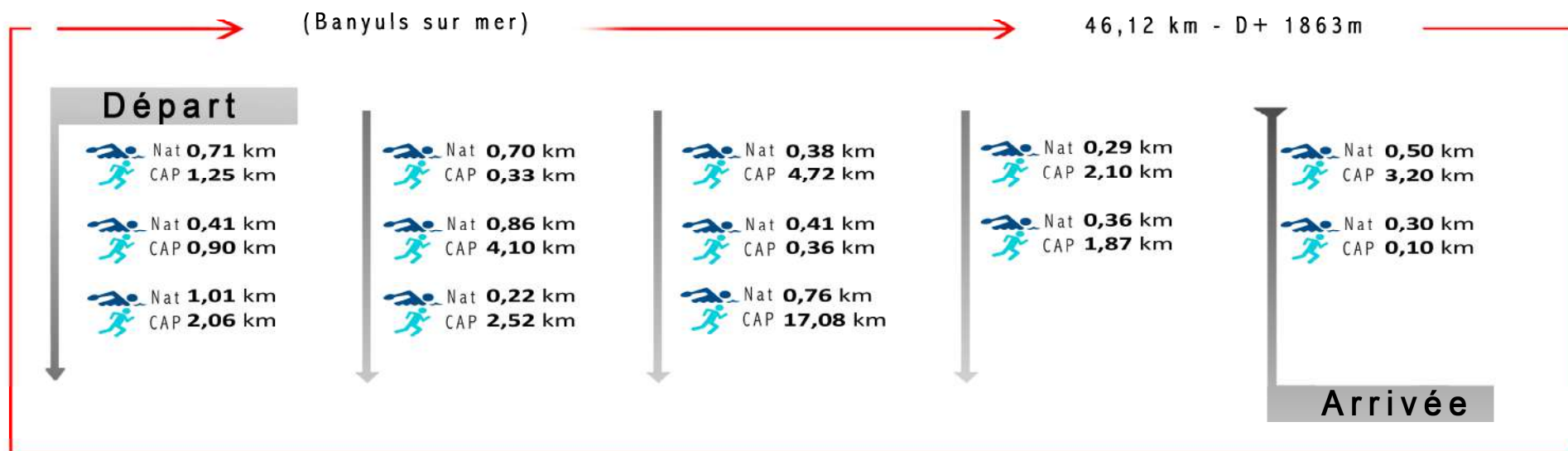
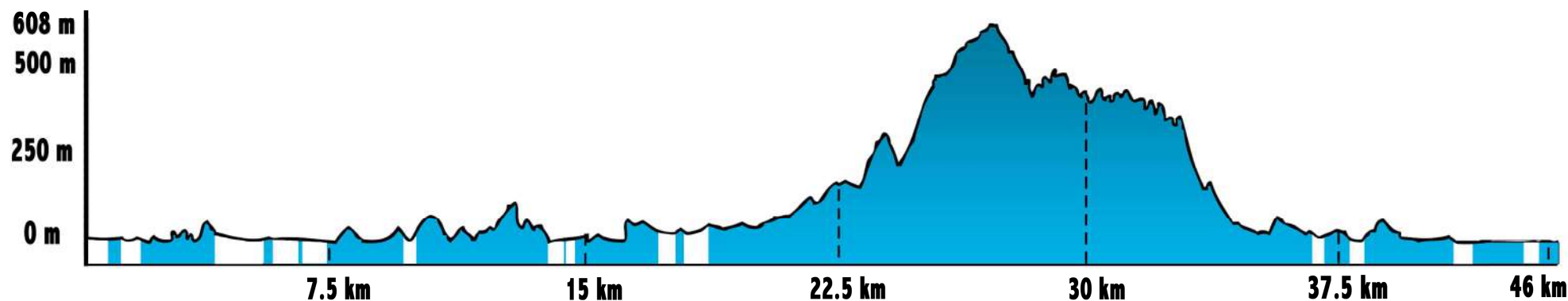
LA LONGUE



13 Sections



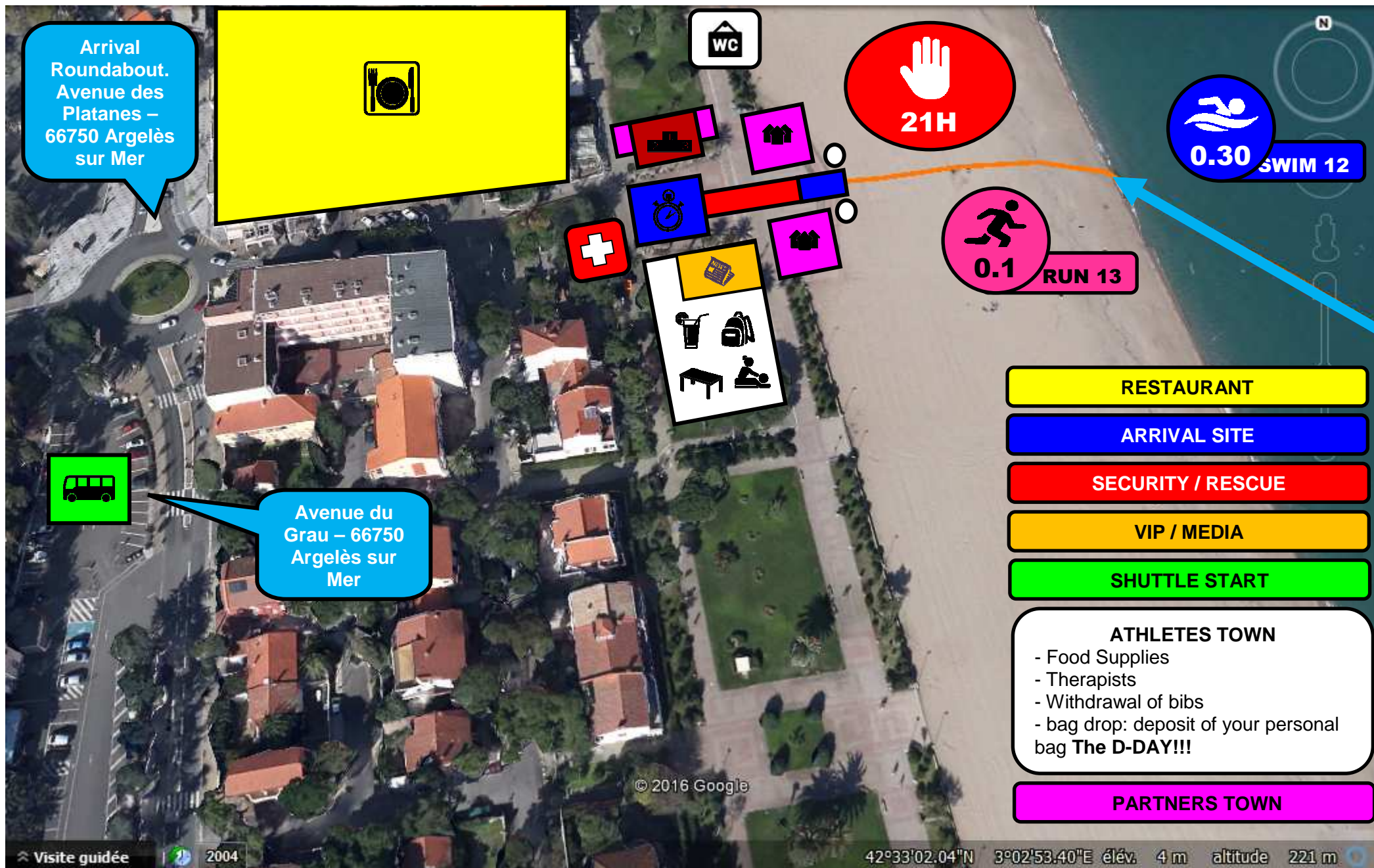
13 Sections



LONGUE

6.23 km

39.89 km



Arrival
Roundabout.
Avenue des
Platanes –
66750 Argelès
sur Mer



RESTAURANT

ARRIVAL SITE

SECURITY / RESCUE

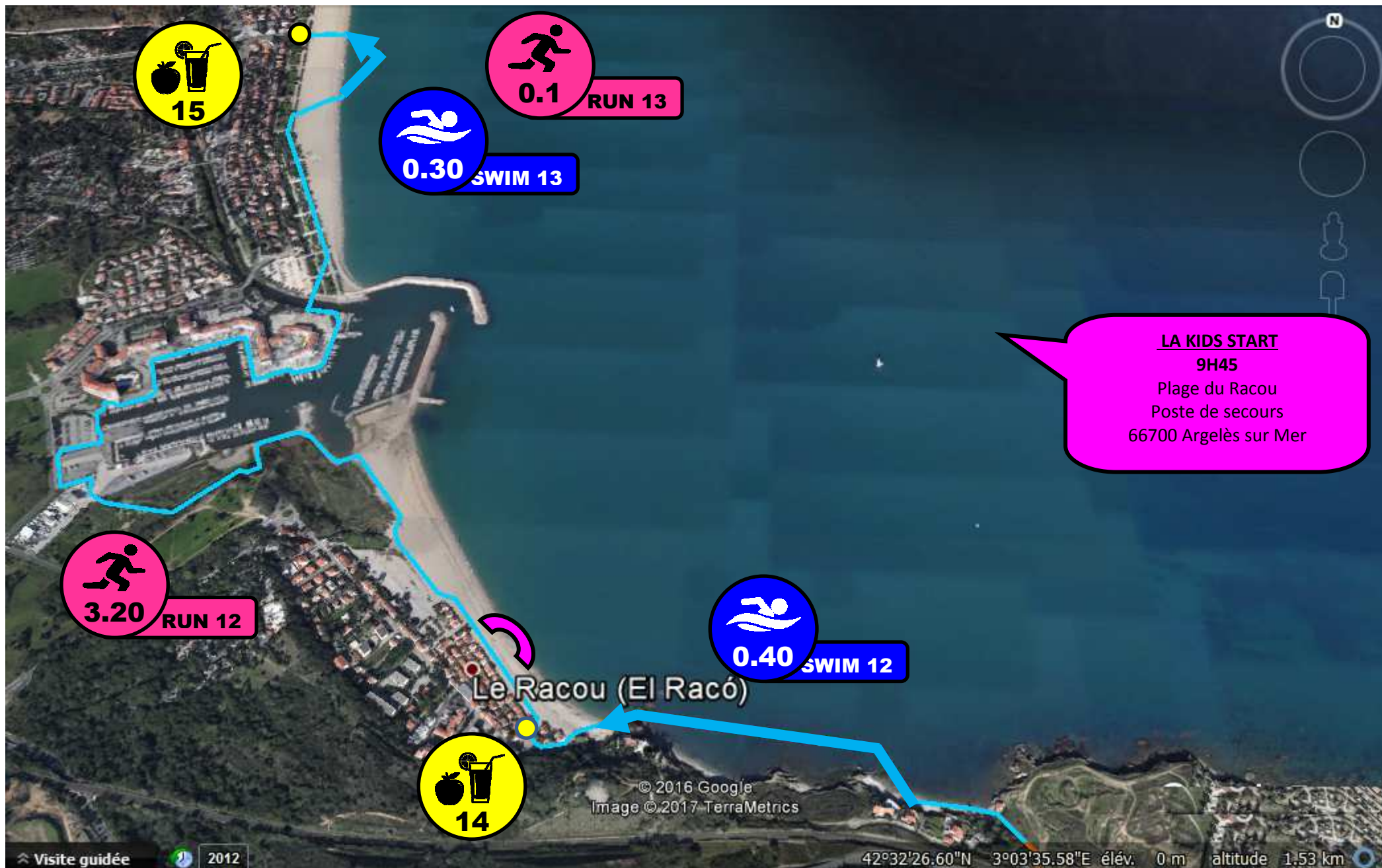
VIP / MEDIA

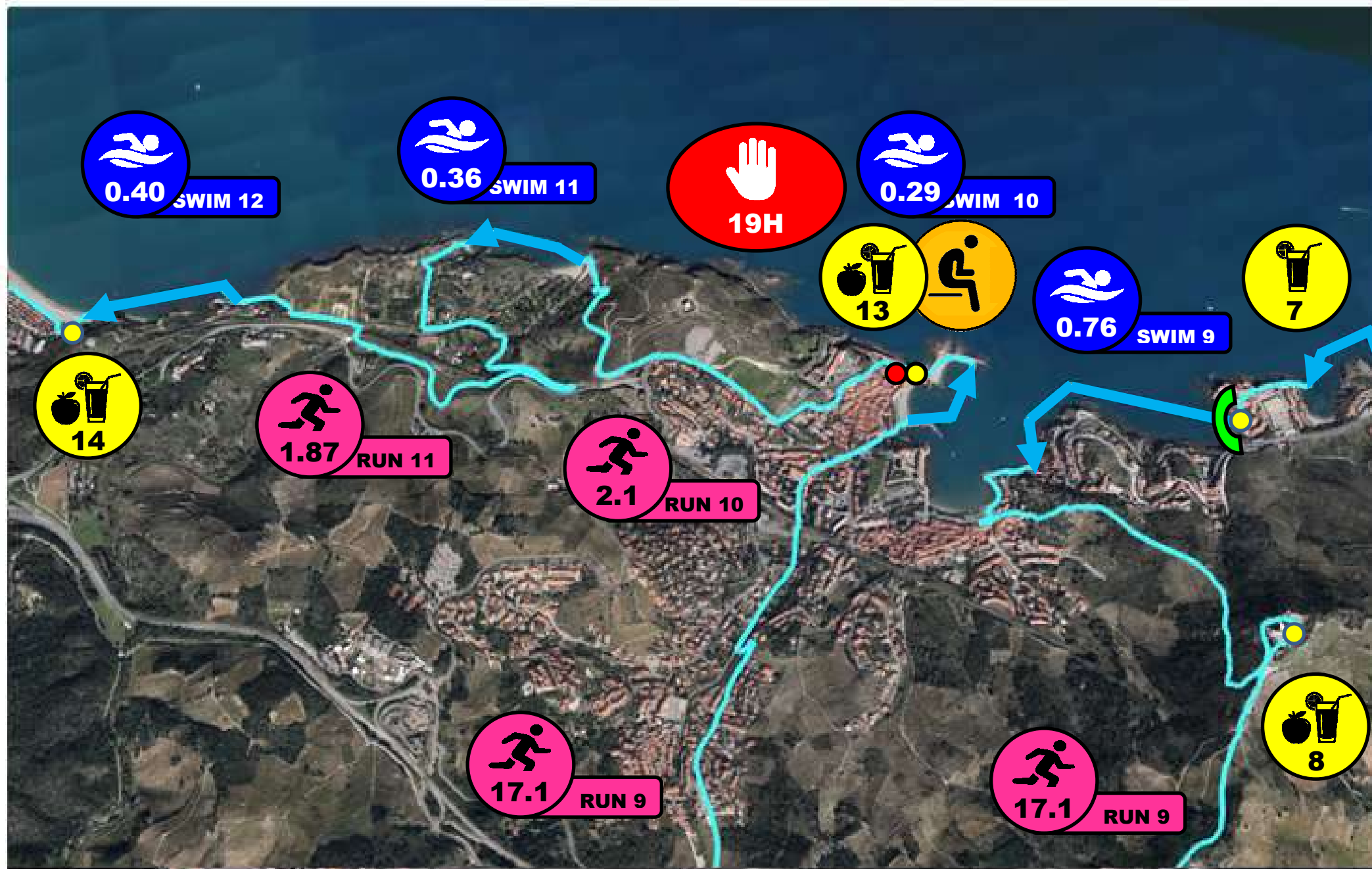
SHUTTLE START

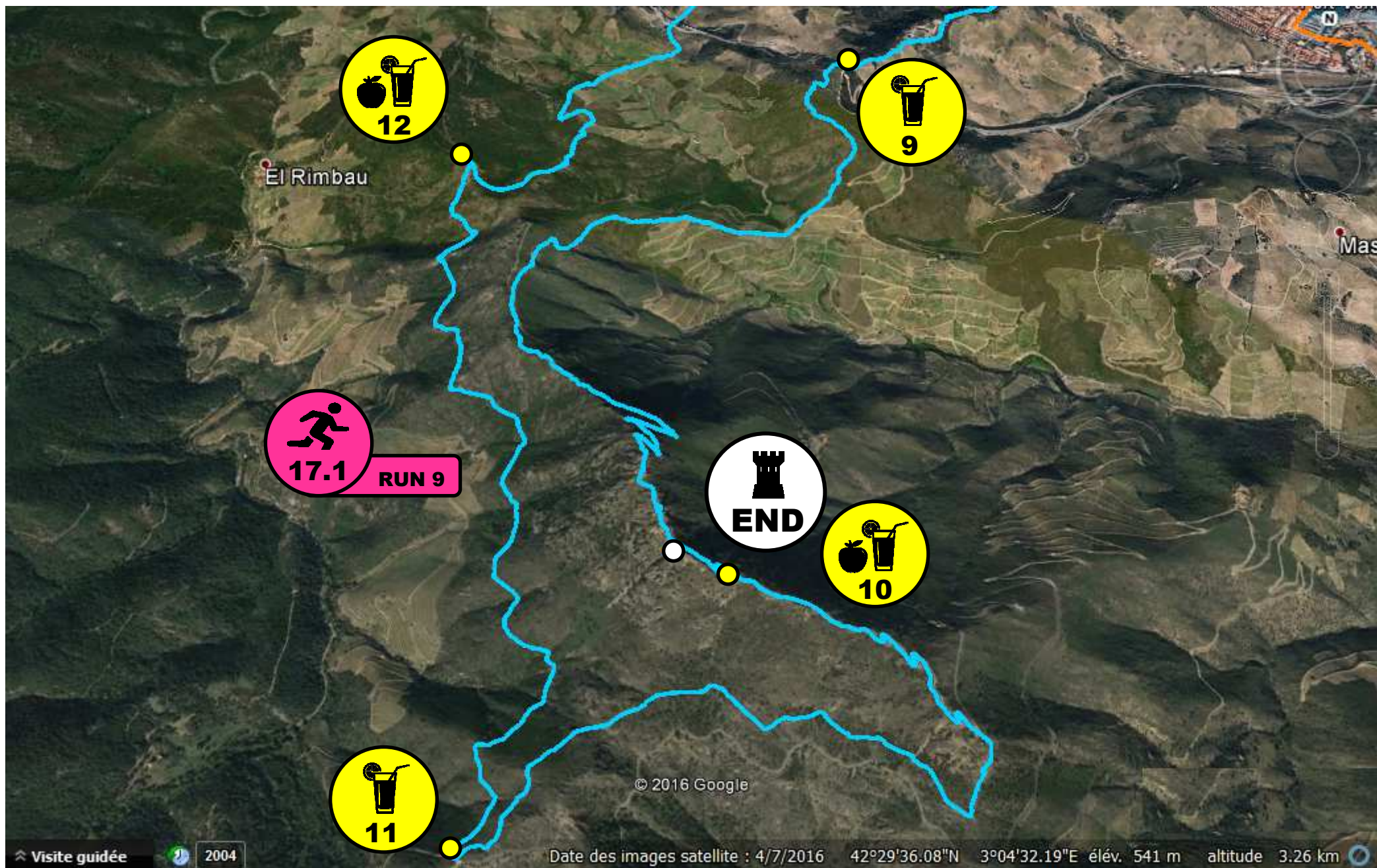
ATHLETES TOWN

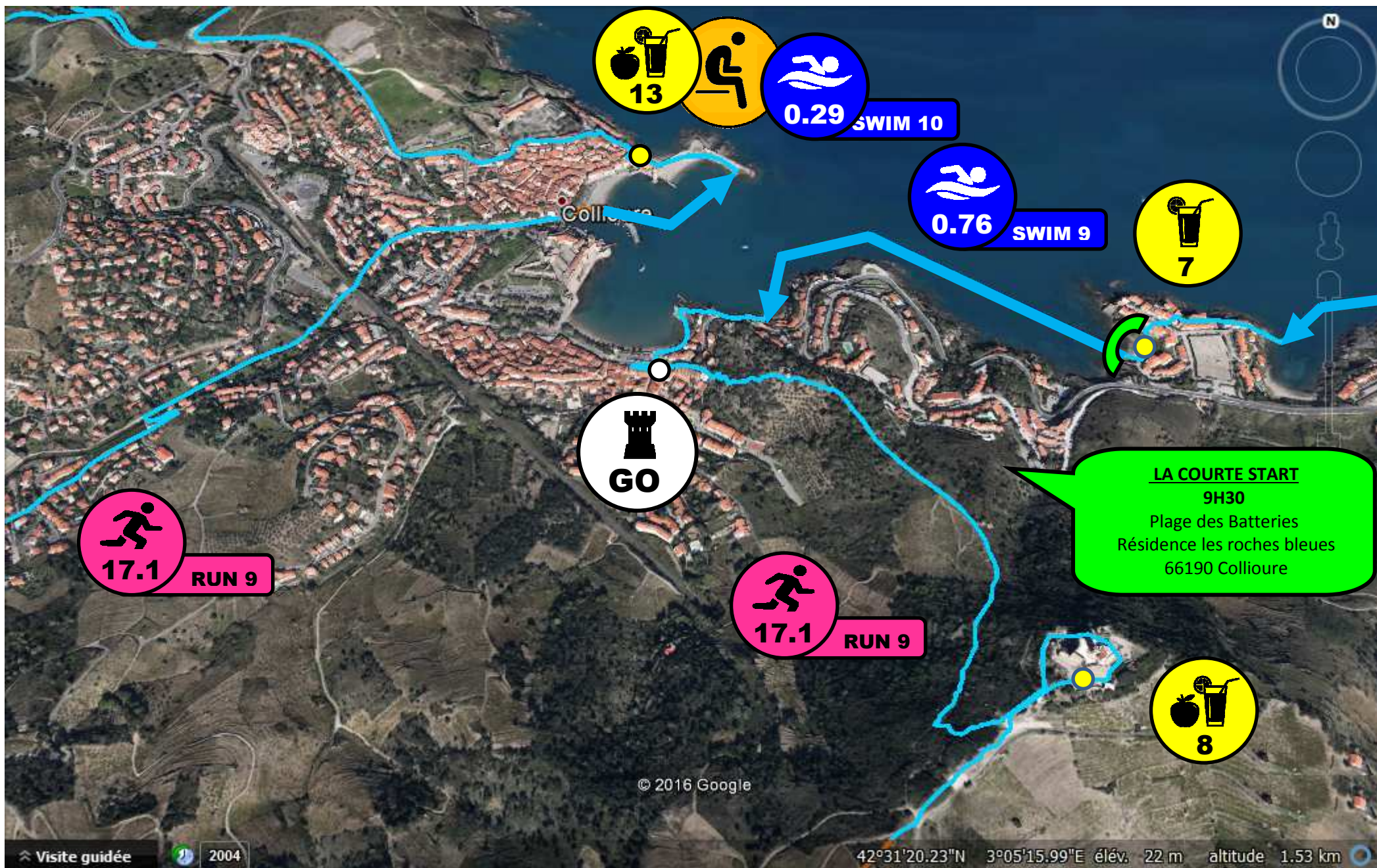
- Food Supplies
- Therapists
- Withdrawal of bibs
- bag drop: deposit of your personal bag The D-DAY!!!

PARTNERS TOWN

















Paulilles (Polilles)

2

0.70

SWIM 4

2.06

RUN 3

© 2016 Google

Visite guidée

2004

42°29'46.13"N 3°07'47.86"E élév. 33 m altitude 1.53 km



START LA LONGUE
7h40
Plage du Troc - Avenue de la
Côte Vermeille - 66650 Banyuls
sur Mer



FOOD SUPPLIES 2021

LA LONGUE

**WASTE SORTING
BY**



15 FOOD SUPPLIES



Still Water
Sparkling water
Syrup



Cola



Apple Juice



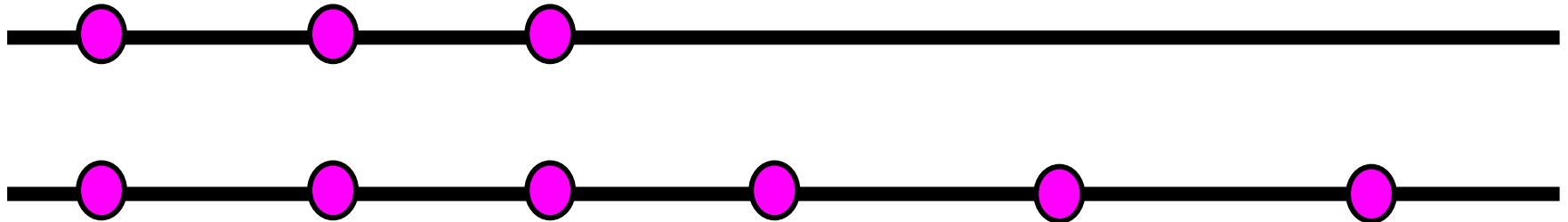
Orange
Water melon
Banana
Dried Raisin
Melon



Crackers
Peanut
Sausage
Bread
Soup



Fruit Spread
Energy Bars

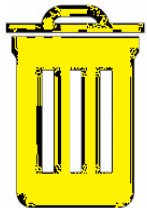


LA LONGUE

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 2021

THANKS !

OUR MAIN PARTNERS



OUR PARTNERS





CouRires 6



septeo



Nutrisens SPORT

THEY SUPPORT US

VELOLAND

