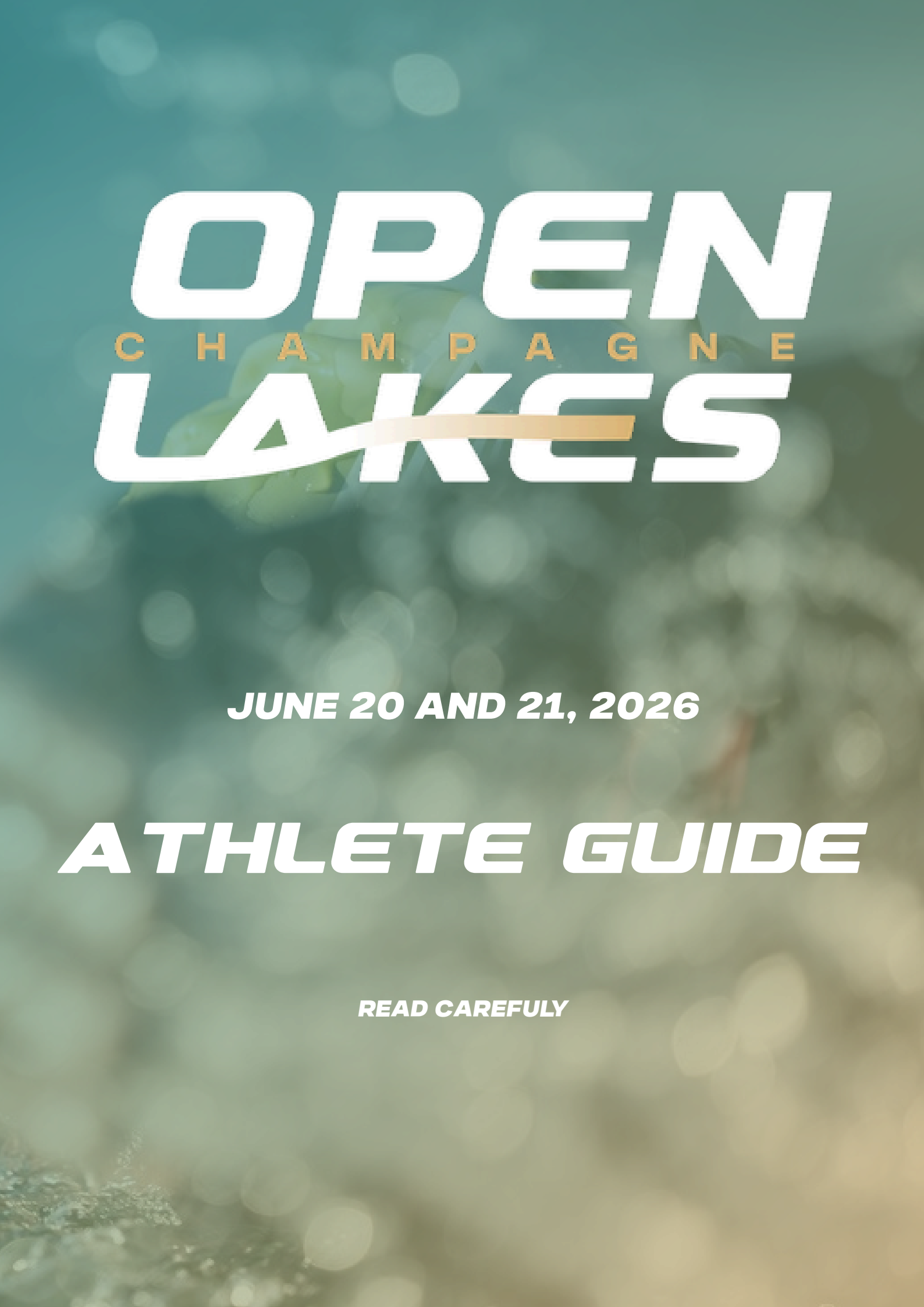




OPEN **C H A M P A G N E** **LAKES**

JUNE 20 AND 21, 2026

ATHLETE GUIDE

READ CAREFULLY

OPEN CHAMPAGNE LAKES

WELCOME TO LAC DU DER, AN
EXCEPTIONAL LOCATION WHERE
NATURE PREVAILS.

HERE, EVERYTHING RADIATES A
SENSE OF VACATION AND EXOTIC
ALLURE, IN THE HEART OF
CHAMPAGNE.



A REMARKABLE PLAYGROUND TO
EXPLORE OPENLAKES.

BETWEEN PERFORMANCE,
FREEDOM, AND COMPLETE
DISCONNECTION.

SUMMARY

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WELCOME MESSAGE

THE VITRYAT CHAMPAGNE TRIATHLON CLUB WAS ESTABLISHED IN 1986, THREE YEARS PRIOR TO THE FORMATION OF THE FRENCH TRIATHLON FEDERATION. AS THE FIRST CLUB IN THE MARNE DEPARTMENT, IT IS MANAGED BY A SMALL GROUP OF PASSIONATE INDIVIDUALS.

THE INAUGURAL VITRY LE FRANÇOIS TRIATHLON TOOK PLACE IN 1987, WHERE PARTICIPANTS SWAM IN THE CANAL, AND THE CYCLING AREA WAS ESTABLISHED IN A SUPERMARKET PARKING LOT.

IN 2002, THE VITRY-LE-FRANÇOIS TRIATHLON WAS RELOCATED TO LAC DU DER. SINCE THAT TIME, IT HAS RECEIVED COMPREHENSIVE SUPPORT FROM THE STE MARIE DU LAC TOWN HALL, THE SYNDICAT DU DER, AND THE MUNICIPALITY OF VITRY LE FRANÇOIS.

THE ENTHUSIASM OF THE ENTIRE CLUB, ALONG WITH THAT OF THE DEDICATED VOLUNTEERS WHO RETURN YEAR AFTER YEAR, HAS ALLOWED US TO ACCOMPLISH ALL OUR ASSOCIATION'S PROJECTS.

THE INITIAL ENGAGEMENT IN 2022 WITH THE BELGIAN ORGANIZATION SPORT & TOURISM PROMOTION INITIATED A STRATEGIC PARTNERSHIP IN THE ALLOCATION OF RESPONSIBILITIES ESSENTIAL FOR THE EXECUTION OF THE FIRST OPENLAKES IN 2023.

A NEW ERA HAS COMMENCED, OWING TO THE ENTHUSIASTIC DEDICATION OF THE CHAMPAGNE TRIATHLON CLUB AND THE PROFICIENT LOGISTICAL ASSISTANCE FROM OUR BELGIAN FRIENDS. A ROBUST COMBINATION OF EXPERTISE, AUTHENTIC CAMARADERIE AMONG THE LEADERS AND PARTNERS, AND A STRONG LOCAL PRESENCE - ALL THE ELEMENTS WERE IN PLACE FOR THE SUCCESS OF THIS EVENT.

OUR CLUB IS NOW ENHANCED BY THE ORGANIZATION OF THIS EVENT, WHICH IS BEING PLANNED EARLIER IN THE SEASON, AND OUR MEMBERS TAKE PRIDE IN PROVIDING TRIATHLETES IN THE GRAND EST REGION WITH THE FIRST FULL-FORMAT TRIATHLON. CHAMPAGNE TRIATHLON ALSO FOSTERS THE SPIRIT OF SPORT FOR EVERYONE BY OFFERING ALL THE OTHER RACE FORMATS RECOGNIZED BY THE FRENCH TRIATHLON FEDERATION (F.F.TRI).

ON BEHALF OF OUR CLUB, I EXTEND A WARM WELCOME TO ALL ATHLETES JOINING US AT LAC DU DER FOR THIS WEEKEND DEDICATED TO OUTDOOR SPORTS.



ANNE LAMOUREUX
PRESIDENT OF THE CHAMPAGNE
TRIATHLON ASSOCIATION



OPEN ATLANTIQUE LAKES

SEPTEMBER 5 AND 6

THE NEW DESTINATION
OPENLAKES IN THE HEART
OF ROYAN

BETWEEN THE CITY AND THE OCEAN

PROGRAMME

FRIDAY

14:00-20:00	OPENING OF THE OPENLAKES VILLAGE
14:00-15:00	SUPERVISED SWIM TRAINING
16:00-20:00	FULL AND HALF BIB COLLECTION
16:00-20:00	CHECK-IN BICYCLE FULL
17:00-18:00	SUPERVISED SWIM TRAINING

SATURDAY

05:15-06:45	LATE CHECK-IN BICYCLE FULL
07:00	FULL DISTANCE START - MALE
07:05	FULL DISTANCE START - FEMALE
07:10	FULL DISTANCE START - RELAY
08:00-20:00	OPENING VILLAGE OPENLAKES
08:00-10:15	HALF-MARATHON RACE NUMBER PICKUP
08:00-10:15	CHECK-IN BICYCLE HALF
10:27	HALF-DISTANCE START - ELITE MEN
10:28	HALF-DISTANCE START - ELITE WOMEN
10:30	HALF-DISTANCE START - HANDISPORT
10:40	HALF DISTANCE START - OPEN MEN
10:45	HALF DISTANCE START - OPEN WOMEN
10:50	HALF-DISTANCE START - RELAY RACE
16:00-18:30	BIB COLLECTION PROMO AND OLYMPIC
20:00	FULL AND HALF AWARDS CEREMONY

PROGRAMME

SUNDAY

07:00-08:45	BIB COLLECTION PROMO
07:00-20:00	OPENING VILLAGE OPENLAKES
07:00-08:45	BICYCLE CHECK-IN PROMOTION
09:00-11:00	BIB COLLECTION FOR MY FIRST, TEENAGE, (MINI) KIDS
09:00-14:00	BIB COLLECTION OLYMPIC
09:00	START PROMO - MEN
09:10	START PROM - WOMEN
10:30-11:30	CHECK-IN BIKE TEENS & MY FIRST
11:30	START TEENS
11:35	START MY FIRST TRIATHLON EXPERIENCE
11:30-12:45	CHECK-IN BICYCLES FOR KIDS & MINI KIDS
13:00-14:15	OLYMPIC BICYCLE CHECK-IN
13:00	START MINI KIDS
13:30	START KIDS
13:30	AWARDS CEREMONY PROMO
14:30	START OLYMPIC - MEN
14:40	START OLYMPIC - WOMEN
18:00	AWARDS CEREMONY OLYMPIC

ACCESS PLAN

ADDRESS :
NUISANCE SHORELINE
51290 SAINTE-MARIE-DU-LAC-NUISEMENT, FRANCE

PARKING AREAS

- 1** MOBILE HOMES
- 2** P1 ATHLETE
- 3** CAMPING SHELTERS
- 4** P2 ATHLETES
- 5** FULL DISTANCE & VIP



MARINA
SAINTE-MARIE-DU-LAC-NUISEMENT

RUE DU PORT DE NUISEMENT

RUE DU PORT DE NUISEMENT



PLAN YOU WISH TO CREATE

- 1 BIB NUMBER RETRIEVAL
- 2 MERCHANDISING
- 3 VILLAGE EXPO
- 4 RECOVERY AREA
- 5 PODIUMS
- 6 BIKE PARK
- 7 FOOD TRUCKS
- 8 (MINI) KIDS BIKE PARK
- 9 BAR



OPENLAKES

MERCHANDISING

**VISIT AND EXPLORE THE NEWLY LAUNCHED SPORTSWEAR
AND LIFESTYLE COLLECTION IN THE CENTER OF
OPENLAKES VILLAGE!**

**APPAREL
ACCESSORIES
GOODIES**

5€

**REDUCTION
IN YOUR ATHLETE PACK**



10

BIB COLLECTION

FRIDAY

16:00-20:00 FULL & HALF

SATURDAY

8:00-10:15 HALF

16:00-18:30 OLYMPIC AND PROMO

SUNDAY

7:00-08:45 PROMO

9:00-11:00 TEENS, MFTE, KIDS & MINI KIDS

9:00-14:00 OLYMPIC

PRIOR TO THE RACE

A QR CODE WILL BE EMAILED TO YOU DURING THE WEEK OF THE RACE. YOU MUST PRESENT THIS CODE WHEN PICKING UP YOUR RACE BIB.

- ENSURE THAT YOU POSSESS A VALID ANNUAL LICENSE OR THAT YOU HAVE ACQUIRED A ONE-DAY LICENSE ON YOUR REGISTRATION FORM.

RACE DAY

ATHLETES MUST PRESENT:
THEIR IDENTIFICATION CARD

- THEIR CERTIFICATION, IF THEY ARE CERTIFIED WITH A TRIATHLON FEDERATION
- IF THIS IS NOT THE CASE, THEY ARE REQUIRED TO SUBSCRIBE TO THE COMPETITION PASS, INDICATING THEIR CAPABILITY TO PARTICIPATE IN COMPETITIVE TRIATHLON.

IMPORTANT:

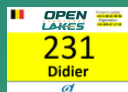
ENSURE YOUR DOCUMENTS ARE READY PRIOR TO YOUR ARRIVAL AT THE SECRETARIAT.

IT IS ESSENTIAL TO KNOW YOUR RACE NUMBER: YOU CAN LOCATE YOUR RACE NUMBER IN YOUR "RUNNER SPACE" OR ON THE LIST OF REGISTERED PARTICIPANTS PRIOR TO COLLECTING YOUR ATHLETE PACK.

NOTES: IN THE EVENT OF LAST-MINUTE CHANGES, WE WILL STRIVE TO ACCOMMODATE YOUR REQUEST (A €10 FEE WILL APPLY TO PROCESS THE CHANGE). REFUND REQUESTS WILL NOT BE ACCEPTED.

ATHLETE PACK

FULL



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



SWIM CAP

- YELLOW FOR MEN AND RELAY
- PINK FOR WOMEN



4 TRANSITION BAGS

BLUE: SHOULD HOLD YOUR GEAR FOR THE CYCLING ROUTE, AND YOU WILL UTILIZE THIS BAG TO STORE YOUR SWIMMING EQUIPMENT.

RED: THIS BAG IS INTENDED FOR YOUR RUNNING GEAR, AND YOU WILL UTILIZE IT TO STORE YOUR CYCLING GEAR.

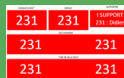
ORANGE: BAGS DESIGNED FOR STORING SHOPPING NECESSITIES

BLACK: PERSONAL NUTRITION BAGS FOR ATHLETES WILL BE AVAILABLE AT NUTRITION STATION #3 ON THE BIKE COURSE.

HALF



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



SWIM CAP

- RED FOR MEN & RELAY
- PINK FOR WOMEN



1 BAG AFTER RACE

OLYMPIC

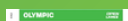


RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



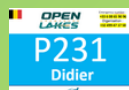
SWIM CAP

- GREEN FOR MEN
- PINK FOR WOMEN



1 BAG AFTER RACE

PROMO



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



SWIM CAP

- SKY BLUE FOR MEN
- PINK FOR WOMEN



1 BAG AFTER RACE

ATHLETE PACK

MY FIRST



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET

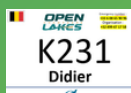


SWIM CAP

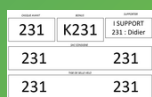


I BAG AFTER RACE

KIDS



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



SWIM CAP

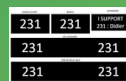


I BAG AFTER RACE

TEENS



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



SWIM CAP



I BAG AFTER RACE

MINI KIDS



RACE NUMBER



STICKER COLLECTION

- THREE STICKERS FOR YOUR BIKE, RUNNING GEAR, AND PERSONAL NUTRITION BAGS ON THE BIKE.
- 1 STICKER TO AFFIX TO THE FRONT OF YOUR BIKE HELMET
- 1 STICKER TO AFFIX TO THE SEAT POST OF YOUR BIKE
- 1 LABEL FOR YOUR DEPOSIT BAG
- 1 STICKER FOR YOUR TOP SUPPORTER!



ATHLETE BRACELET



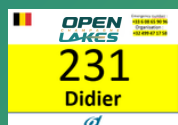
SWIM CAP



I BAG AFTER RACE

ATHLETE PACK

PRACTICAL DETAILS



BIB NUMBER

IT SHOULD BE PLACED ON THE BACK DURING THE CYCLING SEGMENT. DURING THE RUNNING SEGMENT, IT MUST BE DISPLAYED ON THE FRONT OF THE BODY.

231

BAG AFTER RACE STICKER

MUST BE ATTACHED TO ONE OF THE BAGS INCLUDED IN THE ATHLETE PACK. THIS BAG CANNOT REMAIN IN THE BIKE PARK; IT MUST BE PLACED IN THE DESIGNATED BAGS AT THE EXIT OF THE BIKE PARK WHEN PROCEEDING TO THE SWIM START.



DEPOSIT BAG STICKER

THIS SHOULD BE ATTACHED TO YOUR PERSONAL BAG. THIS BAG MUST THEN BE DEPOSITED IN THE LEFT-LUGGAGE OFFICE.



FRONT HELMET STICKER

MUST BE POSITIONED AT THE FRONT OF THE HELMET



BICYCLE SEAT STICKER

MUST BE AFFIXED TO THE SADDLE COVER



SWIM CAP

IT IS MANDATORY TO WEAR THE SWIM CAP SUPPLIED BY THE ORGANIZATION DURING THE SWIMMING SEGMENT.



BRACELET

THE BRACELET ISSUED BY THE ORGANIZATION MUST BE WORN AT ALL TIMES ON RACE DAY AND WILL GRANT ACCESS TO THE AREAS DESIGNATED FOR ATHLETES.



CHRONOMETER CHIP

IT SHOULD BE SECURED TO THE LEFT ANKLE WITH THE VELCRO INCLUDED IN THE ATHLETE PACK. WITHOUT THIS CHIP, RANKINGS AND RESULTS WILL NOT BE AVAILABLE.

IMPORTANT: THE TIMING CHIP MUST BE RETURNED AT THE FINISH LINE. IF IT IS NOT RETURNED, A FEE WILL BE IMPOSED, SO PLEASE REMAIN ATTENTIVE.

ATHLETE PACK

PRACTICAL INFORMATION - COMPLETE DISTANCE



PERSONAL CYCLING NUTRITION BAG STICKER

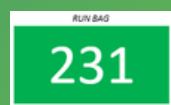
ATHLETES PARTICIPATING IN THE FULL EVENT WILL RECEIVE THIS STICKER, WHICH MUST BE ATTACHED TO ONE OF THE BAGS INCLUDED IN THE ATHLETE PACK. THIS BAG ENABLES ATHLETES TO TRANSPORT THEIR PERSONAL SUPPLIES, WHICH CAN BE RETRIEVED AT AID STATION #3 (SITUATED AT KILOMETERS 76 AND 152). THE BAG SHOULD BE POSITIONED BY THE BIKE IN THE TRANSITION AREA. VOLUNTEERS WILL GATHER IT AND TRANSPORT IT TO THE AID STATION.



BIKE BAG STICKER

ATHLETES PARTICIPATING IN THE FULL EVENT WILL RECEIVE A STICKER THAT MUST BE ATTACHED TO ONE OF THE BAGS INCLUDED IN THE ATHLETE PACK. THIS BAG WILL HOLD ALL THE NECESSARY EQUIPMENT FOR THE CYCLING SEGMENT, INCLUDING SHOES, SOCKS, A WINDBREAKER, CYCLING SHORTS, SUNGLASSES, AND MORE. ONLY SHOES ARE ALLOWED ON THE BICYCLE PEDALS, WHILE HELMETS AND SUNGLASSES MUST BE SECURED TO THE HANDLEBARS. NO ADDITIONAL EQUIPMENT IS PERMITTED IN THE TRANSITION AREA. FURTHERMORE, THIS BAG WILL PROVIDE A SPACE TO STORE ALL YOUR SWIMMING GEAR AFTER YOUR SWIM.

WARNING: THE BAG MUST BE RETURNED TO THE BAG HOLDER!



RACE BAG STICKER

ATHLETES PARTICIPATING IN THE FULL EVENT WILL RECEIVE THIS STICKER, WHICH MUST BE ATTACHED TO ONE OF THE BAGS INCLUDED IN THE ATHLETE PACK. THIS BAG WILL HOLD ALL THE NECESSARY EQUIPMENT FOR THE RUN, INCLUDING SHOES, SOCKS, A CAP, SHORTS, AND A T-SHIRT. RUNNING GEAR IS NOT PERMITTED IN THE TRANSITION AREA. SUBSEQUENTLY, THE BAG CAN BE UTILIZED TO STORE YOUR CYCLING EQUIPMENT.

IMPORTANT

- ONLY BAGS THAT BELONG TO THE ORGANIZATION WILL BE PERMITTED IN THE BIKE PARK.
- PERSONAL BAGS ARE NOT ALLOWED IN THE BIKE PARK FOR FULL-DISTANCE ATHLETES.
- PERSONAL BAGS MAY BE STORED IN THE LEFT-LUGGAGE OFFICE.

TRANSITION PARK

CHECK-IN

19/06

FULL 16:00-20:00

20/06

FULL 05:15-06:45

HALF 08:00-10:15

21/06

PROMO 07:00-08:45

TEENS/MFTE 10:30-11:30

OLYMPIC 13:00-14:15

CHECK-OUT

20/06

FULL 17:00-22:00

HALF 17:00-22:00

21/06

PROMO 11:30-12:45

TEENS/MFTE 12:00-13:00

OLYMPIC 17:30-19:00



CHECK-IN

DURING THE CHECK-IN PROCESS, ATHLETES MUST:

PRESENT THE BICYCLE IN OPERATIONAL CONDITION WITH THE LABEL AFFIXED TO THE SEAT POST.

ENSURE THAT THE HELMET WITH THE NUMBERED TAG IS PROPERLY FITTED TO THE HEAD AND THAT THE CHIN STRAP IS SECURELY FASTENED.

ATTACH THE RACE NUMBER TO THE RACE NUMBER HOLDER, UTILIZING THE THREE ATTACHMENT POINTS.

- ATTACH THE CHIP TO THE LEFT ANKLE USING THE VELCRO STRAP INCLUDED IN THE ATHLETE PACK.**
- YOU ARE REQUIRED TO HAVE YOUR POST-RACE BAG, WHICH YOU RECEIVED IN YOUR ATHLETE PACK AND WHICH FEATURES A NUMBERED LABEL. THIS BAG WILL HOLD YOUR POST-RACE GEAR. IT CANNOT BE PLACED NEXT TO YOUR BIKE BUT MUST BE DEPOSITED AT THE EXIT OF THE TRANSITION AREA PRIOR TO PROCEEDING TO THE SWIM START!**

ONLY ATHLETES WHO SHOW THEIR WRISTBAND WILL BE PERMITTED TO COLLECT THEIR PERSONAL BELONGINGS AND BICYCLE.

THIS RESPONSIBILITY CANNOT BE ASSIGNED TO A FAMILY MEMBER.

- PARTICIPANTS' ITEMS MUST BE STORED IN EITHER A BOX OF SPECIFIED DIMENSIONS (MAXIMUM SIZE: 30CM X 40CM X 50CM) OR IN A BACKPACK OF COMPARABLE SIZE.**
- IN THESE SITUATIONS, THE POSSESSIONS MUST STAY ON THE GROUND.**
- THE ATHLETES' GEAR MUST BE POSITIONED TO THE RIGHT OF THE BICYCLE.**



REGULATIONS

FOR ALL EVENTS TAKING PLACE THIS WEEKEND, ATHLETES MUST ADHERE TO THE FFTRI REGULATIONS (LINK TO RULES).

DRAFTING IS PROHIBITED IN ALL RACES

IN NON-DRAFTING EVENTS, AN ATHLETE IS REQUIRED TO RIDE ON THE RIGHT SIDE OF THE ROAD IF THEY ARE THE FIRST TO ATTAIN THIS POSITION, ENSURING THAT THEY DO NOT OBSTRUCT OTHER PARTICIPANTS. WHEN ASSUMING THIS POSITION, AN ATHLETE MUST PROVIDE ADEQUATE SPACE TO ENABLE OTHER PARTICIPANTS TO MOVE FREELY WITHOUT CONTACT. THERE SHOULD BE ENOUGH ROOM FOR AN OVERTAKING MANEUVER.

AN ATHLETE WHO ASSUMES A DRAFTING POSITION MUST EXIT IT AS SWIFTLY AS POSSIBLE.

DRAFTING ENTAILS POSITIONING ONESELF IN THE SLIPSTREAM OF ANOTHER COMPETITOR. THE MINIMUM DISTANCE REQUIRED BETWEEN BICYCLES IS 12 METERS BY 3 METERS. THIS DISTANCE IS MEASURED FROM THE FRONT EDGE OF THE FIRST WHEEL TO THE FRONT EDGE OF THE WHEEL AHEAD. OVERTAKING IS PERMITTED SOLELY ON THE LEFT SIDE.

AN ATHLETE IS DEEMED OVERTAKEN AS SOON AS THE FRONT WHEEL OF ANOTHER ATHLETE SURPASSES THEIR OWN, NECESSITATING A PROMPT RELEASE OF THE PASS. AFTER BEING OVERTAKEN, THE ATHLETE IS REQUIRED TO RELEASE THE PASS WITHIN 5 SECONDS AND EXIT THE DRAFTING ZONE (12M) TO AVOID PENALTIES FOR DRAFTING. THE ATHLETE PERFORMING THE OVERTAKING HAS 25 SECONDS TO FINALIZE THEIR OVERTAKING MANEUVER.

PENALITES

PENALTY ZONE: THIS AREA IS SITUATED AT THE CONCLUSION OF THE CYCLING SEGMENT, 20 METERS PRIOR TO THE TRANSITION ZONE. ATHLETES ARE REQUIRED TO HALT AT THE PENALTY BOX IF THEY HAVE BEEN ISSUED A BLUE CARD BY THE OFFICIALS.

	BLUE CARD	YELLOW CARD (STOP & GO)	RED CARD
PROMO	1 MIN.	10 SEC.	DISQUALIFICATION
OLYMPIC	2 MIN.	15 SEC.	DISQUALIFICATION
HALF	5 MIN.	30 SEC.	DISQUALIFICATION

CUT-OFF

THE TIMES LISTED BELOW REPRESENT THE MAXIMUM DURATION PERMITTED TO FINISH EACH DISCIPLINE FOR THE FULL, HALF, PROMO, AND OLYMPIC DISTANCE RACES.

IN THE EVENT OF A WAVE START, THE TIME RECORDED WILL BE THAT AT THE MOMENT OF THE LAUNCH.

LIMITED TIME **FULL & HALF**

	FULL	HALF
Swimming + 1 lap Cycling	02:15	01:10
Swimming + Cycling Swimming +	05:45	
Cycling + 3 laps Running Swimming	10:00	06:00
+ Cycling + Running	13:30	
	15:00	08:00

LIMITED TIME **OLYMPIC & PROMO**

	OLYMPIC	PROMO
Swimming, Cycling, Swimming,	00:50	00:30
Cycling, Running	03:00	01:45
	04:30	02:30

NO TIME LIMIT **MFTE, TEENS, KIDS & MINI KIDS**



SECURITY

ATHLETES: PRIORITIZE SAFETY AND AVOID UNNECESSARY RISKS. ENSURE THAT YOU PROVIDE YOUR RACE NUMBER TO YOUR EMERGENCY CONTACT.

IN THE CASE OF AN INCIDENT, THE ORGANIZATION WILL DIRECTLY REACH OUT TO THE EMERGENCY SERVICE ON SITE.

IF YOU OBSERVE AN ACCIDENT OR A MEDICAL ISSUE:

PLEASE REACH OUT TO THE RACE EMERGENCY SERVICE INDICATED ON THE PARTICIPANT'S BIB.

WHEN REACHING OUT TO OUR EMERGENCY SERVICE, PLEASE:

- **REMAIN COMPOSED**
- **PLEASE PROVIDE DETAILED INFORMATION REGARDING THE FOLLOWING ASPECTS:**
 - **THE BIB NUMBER OF THE ATHLETE**
 - **THE PRECISE LOCATION (FOR INSTANCE, THE PHRASING OF A SIGN)**
 - **THE PURPOSE OF YOUR CALL**
 - **THE EXISTENCE OF WITNESSES**

DEPUIS 1970
L'H
CHAMPAGNE
L'HOSTE
PÈRE & FILS



Un champagne de famille
né à Bassuet, au cœur du **VITRYAT**.

Depuis 1970, la famille L'Hoste cultive 15 hectares
de vignes sur les coteaux calcaires du Vitryat.
Chardonnay, raisin emblématique de notre terroir,
exprime ici toute sa pureté et sa minéralité.

De la vigne à la bouteille, chaque étape est réalisée
avec passion, dans le respect de la tradition familiale.
Nos champagnes allient fraîcheur, finesse et élégance,
pour des moments de partage authentiques.



ACCUEIL



VISITE



DÉGUSTATION



DU LUNDI AU SAMEDI
9h30 – 12h et 14h – 18h



11 rue de vavray 51300 BASSUET



0326739443



contact@champagne-lhoste.com



À 30 minutes du site de l'openlake



REFUELLING

BIKE



ISO



WATER



GELS



FRUIT
JELLIES



BANANAS



SAVOURY

RUN



ISO



WATER



COCA



GELS



FRUITS



SAVOURY



SUGAR

+



ONLY AT AID STATIONS 3 AND 5 FOR
THE HALF AND FULL DISTANCE

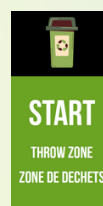
CARBONATED
WATER

NUMBER OF REFUELLING ZONES

	FULL	HALF	OLYMPIC	PROMO	MFTE	TEENS	KIDS ET MINI-KIDS
BICYCLE	6	3	0	0	0	0	0
FOR	6	3	2	2	1	1	0
ROAD USE							

WASTE ZONES

DESIGNATED WASTE DISPOSAL ZONES WILL BE ESTABLISHED IMMEDIATELY BEFORE AND AFTER EACH AID STATION. THESE ZONES WILL BE CLEARLY MARKED WITH SIGNAGE. LITTERING OUTSIDE OF THESE DESIGNATED ZONES WILL LEAD TO DISQUALIFICATION.



YOUR SUSTAINABLE CUP

YOUR UPDATED REFUELING INSTINCT IN 2026

UPON LEAVING THE TRANSITION AREA, SPECIFICALLY AT THE BEGINNING OF THE RUNNING RACE, YOU WILL BE GIVEN A REUSABLE CUP TO UTILIZE AT ALL AID STATIONS.

A COLLAPSIBLE CUP, CONVENIENT AND ENVIRONMENTALLY FRIENDLY, IS ESSENTIAL FOR HYDRATION AT ALL AID STATIONS.

NO CUPS GOAL!



**TOGETHER, LET US OPERATE IN
A CLEAN MANNER.**





Inspiré par les athlètes. Fondée sur la science.

6d Sports Nutrition

The selection of Bianchi Pro Triathlon Team



Discover and enjoy a 20% discount using the code "MIXED."



www.6d.eu



(*=Code valid for a single use per customer.)



CHECK-LIST

PRINT YOUR CHECKLIST TO ENSURE YOU DON'T FORGET ANYTHING ON RACE DAY!

BEFORE THE COMPETITION

- ☐ PLEASE COLLECT YOUR RACE NUMBER FROM THE REGISTRATION DESK, ENSURING YOU BRING YOUR ID CARD AND LICENSE IF REQUIRED.
- ☐ ACQUAINT YOURSELF WITH THE COURSE AND THE STARTING/TRANSITION ZONES.
- ☐ PROCEED TO THE BIKE PARK FOR CHECK-IN.
- ☐ VERIFY YOUR TIRE PRESSURE.
- ☐ POSITION YOUR BEVERAGES AND NUTRITION ON YOUR BIKE.
- ☐ ENSURE THAT YOUR RACE NUMBER IS PROPERLY DISPLAYED ON ALL YOUR GEAR.

SWIMMING CHECKLIST

- ☐ FIRMLY AFFIX YOUR CHIP TO YOUR LEFT ANKLE.
- ☐ YOUR SWIMWEAR (IF NEEDED)
- ☐ YOUR ATHLETE PACK INCLUDES YOUR SWIMMING CAP.
- ☐ YOUR SWIM GOGGLES

RUN CHECKLIST

- ☐ YOUR ATHLETIC FOOTWEAR AND HOSIERY
- ☐ YOUR RACE BIB HOLDER OR SAFETY PINS
- ☐ YOUR HAT/VISOR
- ☐ NUTRITION/ADDITIONAL FLASKS
- ☐ YOUR SUNGLASSES
- ☐ YOUR EYEWEAR

BIKE CHECKLIST

- ☐ YOUR BICYCLE HELMET
- ☐ YOUR CYCLING FOOTWEAR AND SOCKS
- ☐ YOUR BIKE PUMP
- ☐ YOUR NAVIGATION WATCH
- ☐ YOUR MAINTENANCE KIT
- ☐ SUPPLEMENTARY NUTRITION
- ☐ YOUR SUNBLOCK
- ☐ YOUR EYEWEAR
- ☐ YOUR COMPETITION NUMBER

THE MOST CRUCIAL

- YOUR GRIN
- YOUR DRIVE
- YOUR COURAGE



**RESERVE YOUR
WETSUIT DIRECTLY
THROUGH YOUR
RUNNER ACCOUNT
FOR €45.**

**ACCESSIBLE ON THE DAY
OF THE EVENT AT THE UTS
BOOTH IN THE EXHIBITORS'
VILLAGE.**

**A DEPOSIT OF €100 WILL BE
NECESSARY, WHICH WILL
BE REFUNDED UPON THE
RETURN OF THE SUIT.
LIMITED-TIME OFFER,
DEPENDENT ON STOCK
AVAILABILITY.**

RESERVE



UTS
URBAN TRI SPORTS

AWARDS PRESENTATION

FULL AND HALF DISTANCE

TOP 5 MEN AND WOMEN. EACH LEADING MAN AND WOMAN IN EVERY CATEGORY.

RELAY

FIRST MEN'S, WOMEN'S, AND MIXED TEAMS

OLYMPIC AND PROMOTIONAL

TOP THREE MEN AND WOMEN. EACH LEADING MAN AND WOMAN IN EVERY CATEGORY.

CATEGORIES

JUNIOR	18-19 YEARS OF AGE
ESPOIR	20-23 YEARS OF AGE
SENIOR	24-29 YEARS OF AGE
MASTER A	40-49 YEARS OF AGE
MASTER B	50-59 YEARS OF AGE
MASTER C	+ 60 YEARS OF AGE +
MASTER D	70 YEARS OF AGE



F
U
L



FULL

SWIM - 3,800 M



MEN + RELAY
YELLOW swim cap



WOMEN'S
PINK Swim Cap



Men's Mass Start Event



Women's Mass Start



Relay Mass Start



2 laps 1900 m



Maximum duration



No warm-up in the water is
permitted prior to the start.

°C



The wearing of the
suit is not allowed.

23°

Wearing a wetsuit
is not required.

16°

The use of
coveralls is
required.

*The swimsuit must remain on until
after the transition area.*

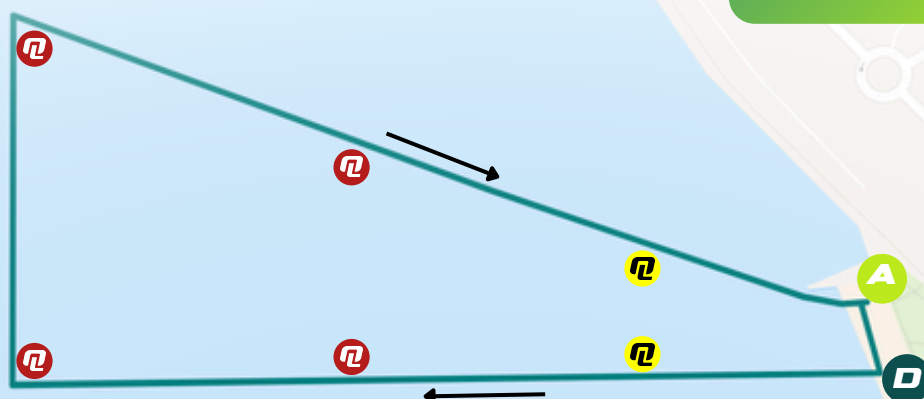
Supervised training occurs exclusively
on Fridays.
from 14:00 to 15:00 and from 17:00
to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

CROSSING MARKERS



FULL

BIKE - 180 KM



NON-DRAFTING



2 loops of 90 kilometers



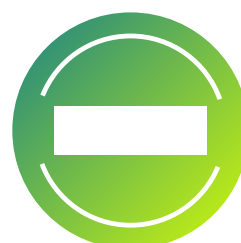
6 supplies stations



Maximum duration
(Swimming + Cycling)



844 meters of
elevation gain



Priority access for attendees

OPEN
CHAMPAGNE
LAKEs

D DEPARTURE

A ARRIVAL

SUPPLIES

**PERSONAL
REFUELING KM75**

30

FULL

RUN - 42 KM



10% trail
90% road



4 loops of 10.5 kilometers
around Lac du Der



4 refueling stops for
each lap



Limit to initiate the final loop



Maximum duration
Swimming + cycling +
running



137m D+

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

SUPPLIES



31

H A L F



RANKINGS

BRONZE EVENT

32

SWIM - 1900 M



MEN'S RELAY
RED Swimming Cap



WOMEN'S
PINK Swim Cap



ELITE MEN'S Mass Start



Women's Elite Mass Start



Handisport Mass Start



Men's Open Mass Start



Women's Open Mass Start



Relay Mass Start



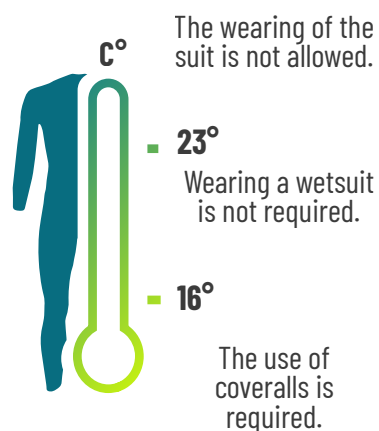
1 lap of 1900m



Maximum duration



Warm-up permitted for up to
30 minutes prior to the start.



The swimsuit must remain on until after the transition area.

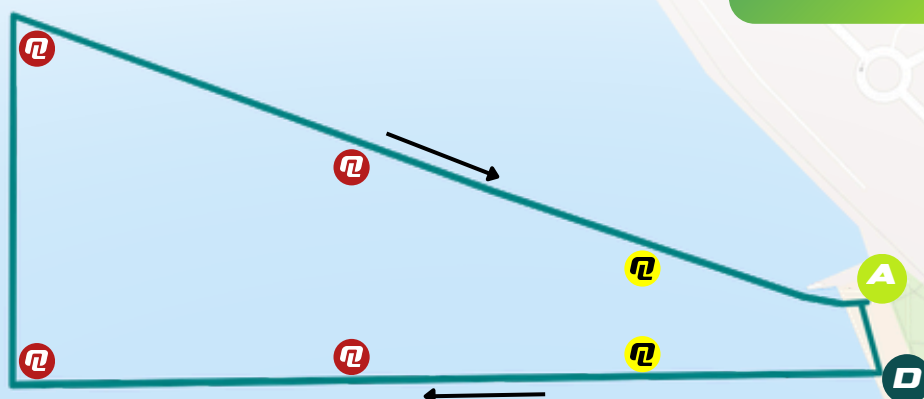
Supervised training sessions will take place
on Fridays.
from 14:00 to 15:00 and from 17:00 to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

CROSSING MARKERS



HALF

PTD RANKINGS

BRONZE EVENT

BIKE - 90 KM



NON-DRAFTING



1 loop of 90 kilometers



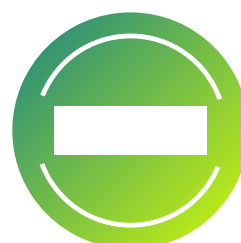
3 refueling stops



Maximum duration
(Swimming + Cycling)



422 meters of
elevation gain



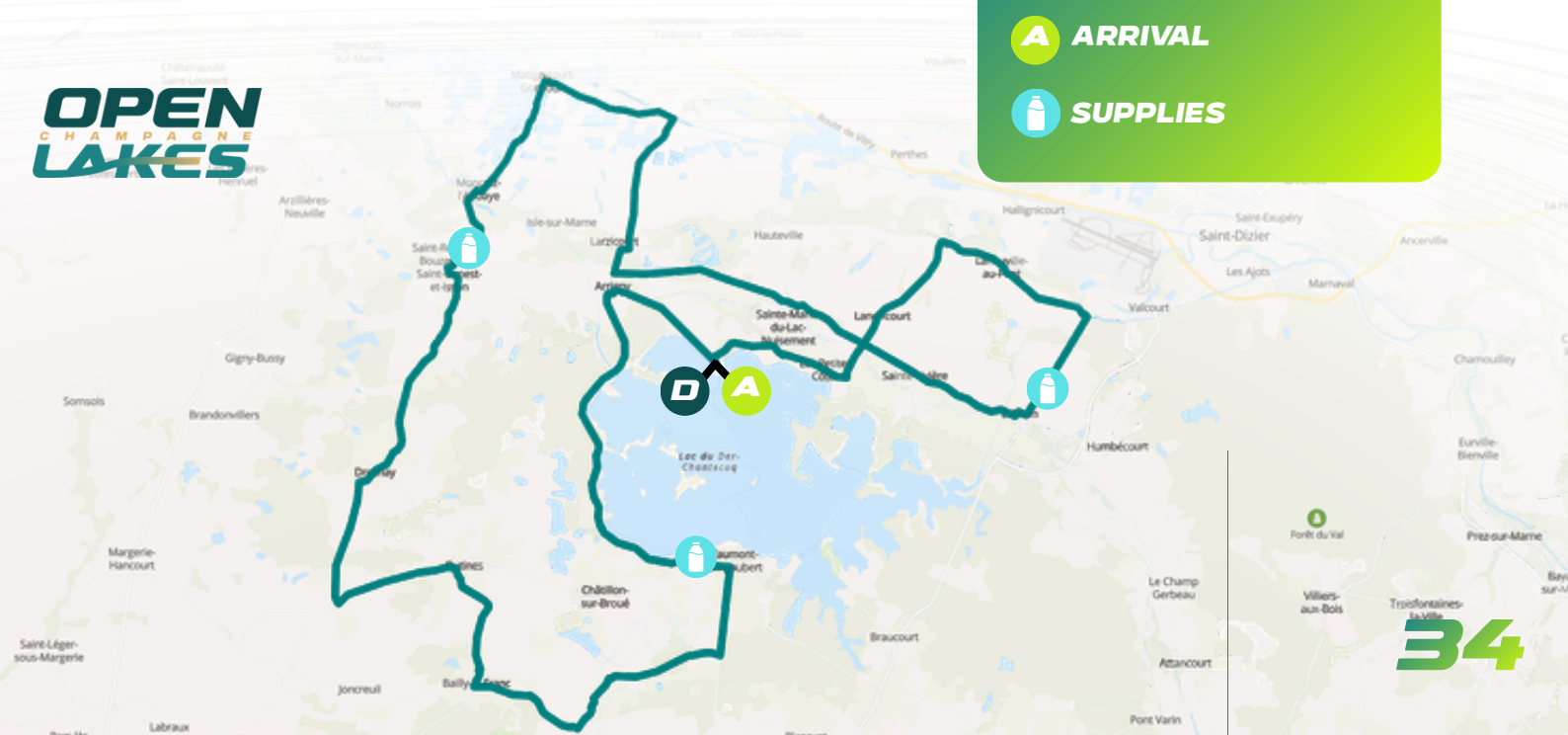
Priority access for athletes

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

 SUPPLIES



34

HALF



RANKINGS

BRONZE EVENT

RUN - 21 KM



10% trail
90% road



2 loops of 10.5 km around Lac
du Der



4 refueling stops
for each lap



Maximum duration
(Swimming + cycling +
running)



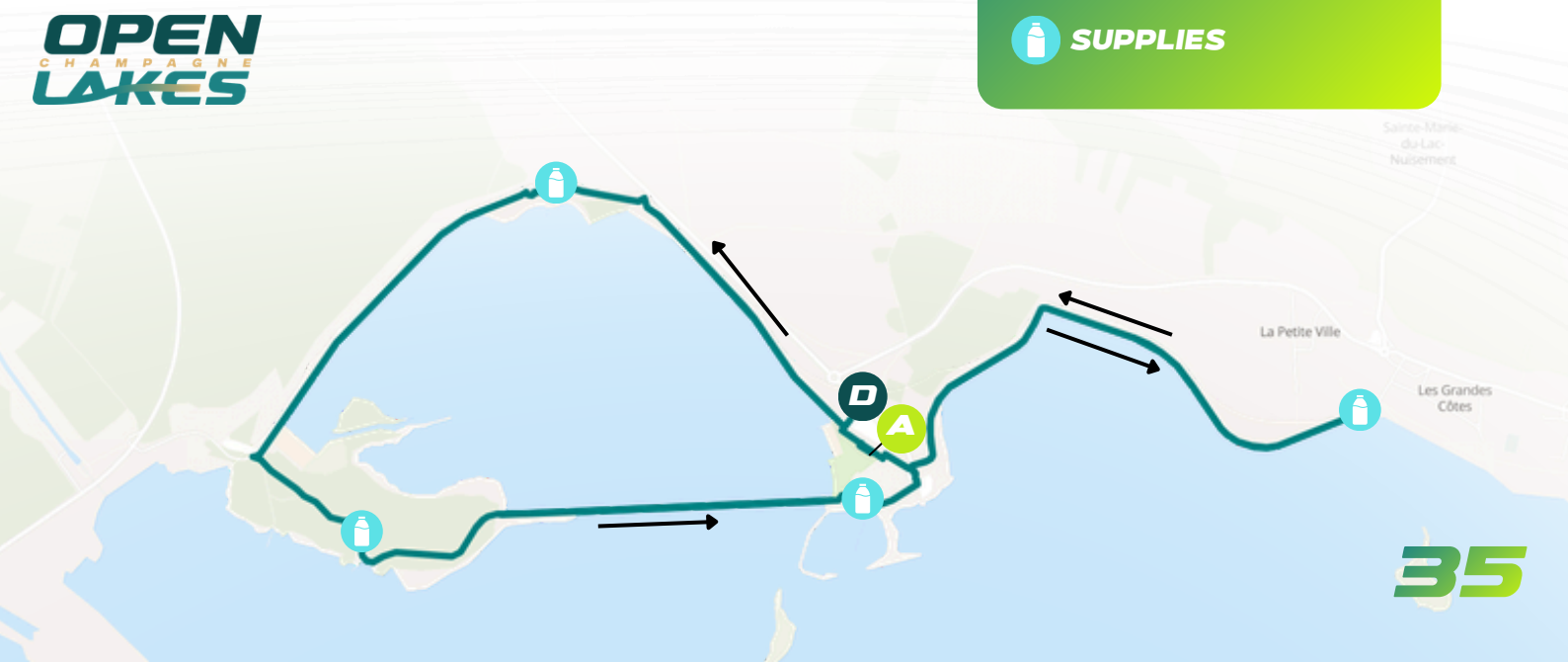
40m D+

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

SUPPLIES



35

HALF

RELAY

THE EVENT WILL COMMENCE AT 10:50 AM, COINCIDING WITH THE OTHER PARTICIPANTS IN THE HALF. IT WILL BE HELD FROM THE SHORES OF NUISEMENT BEACH, LOCATED AT LAC DU DER.

IN THEORY

A GROUP OF TWO OR THREE ATHLETES

EVERY ATHLETE ON THE TEAM IS REQUIRED TO PARTICIPATE IN AT LEAST ONE DISCIPLINE (SWIMMING, CYCLING, OR RUNNING).

IN A TEAM CONSISTING OF TWO ATHLETES, ONE INDIVIDUAL WILL NEED TO PARTICIPATE IN TWO DISCIPLINES.

- . ATHLETES ARE REQUIRED TO PRESENT:**
- . THEIR IDENTIFICATION CARD**
- . THEIR CERTIFICATION, IF THEY ARE CERTIFIED WITH A TRIATHLON FEDERATION**
- . OTHERWISE, THEY WILL NEED TO HAVE SUBSCRIBED TO THE COMPETITION PASS INDICATING THEIR CAPABILITY TO PARTICIPATE IN TRIATHLON EVENTS.**

IN APPLICATION

THE "RELAY" MUST OCCUR IN THE TRANSITION PARK AT THE DESIGNATED LOCATION FOR THE TEAM.

ONLY TEAMMATES WHO ARE PASSING THE "BATON" ARE PERMITTED IN THE TRANSITION AREA.

THE ELECTRONIC CHIP FUNCTIONS AS A "RELAY" AND MUST BE POSITIONED SEQUENTIALLY ON THE LEFT ANKLE OF EACH RELAYER.

OLYMPIC



OLYMPIC

SWIM - 1500 M



MEN
Neon Green Swim Cap



WOMEN
PINK Swim Cap



Men's Start
Funnel start



Women's Start
Funnel start



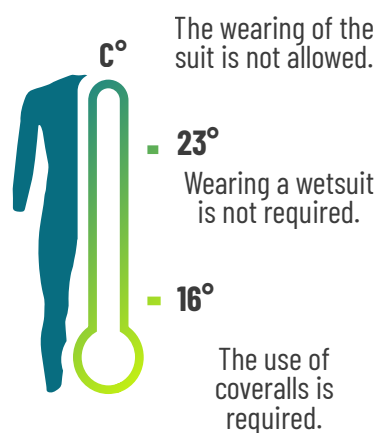
1 lap of 1500m



Maximum duration



Warm-up permitted for up to
30 minutes prior to the start.



*The swimsuit must remain on until
after the transition area.*

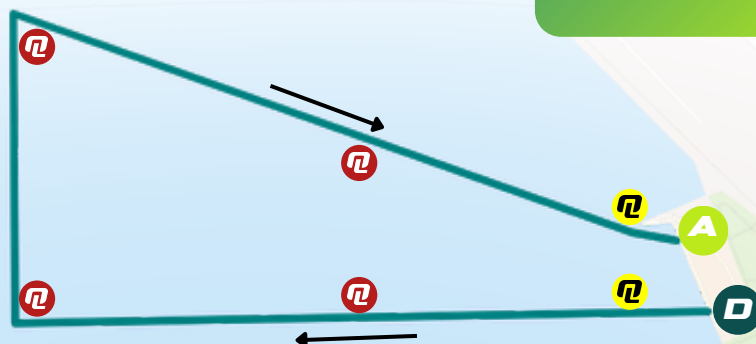
Supervised training sessions will take place
on Fridays.
from 14:00 to 15:00 and from 17:00 to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

CROSSING MARKERS



OLYMPIC

BIKE - 40 KM



NON-DRAFTING



2 loops of 20 kilometers



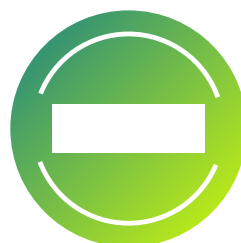
No refueling



Maximum duration
(Swimming + Cycling)



140 meters of
elevation gain



Priority access for attendees

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

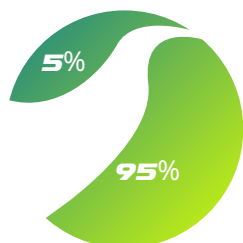
SUPPLIES

Warning:
Upon leaving the transition park, you will need to complete a round trip on the D13a
(highlighted in pink) just once.

39

OLYMPIC

RUN – 10 KM



5% trail
95% road



2 loops of 5 km around
Lac du Der



Three refueling
stops per lap



Maximum duration
(Swimming + cycling +
running)



30m D+

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

SUPPLIES





P R O M O

PROMO

SWIM - 500 M



MEN
Aqua Blue Swim Cap



WOMEN
PINK swim cap



Men's Start
Funnel start



Women's Start
Funnel start



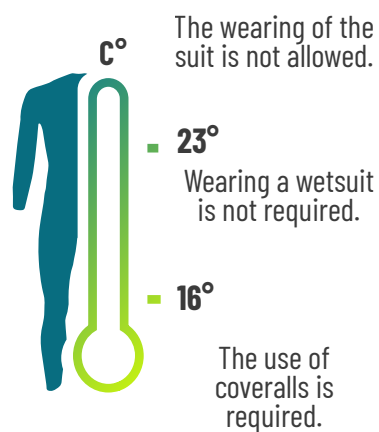
1 lap of 500m



Maximum duration



Warm-up permitted for up to
30 minutes prior to the start.



The swimsuit must remain on until after the transition area.

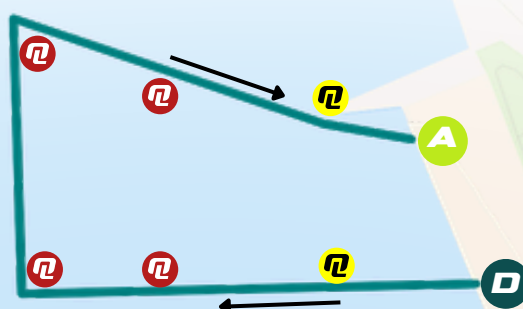
Supervised training sessions will take place on Fridays.
from 14:00 to 15:00 and from 17:00 to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

CROSSING MARKERS



PROMO

BIKE - 20 KM



NON-DRAFTING



1 loop of 20 kilometers



No refueling



Maximum duration
(Swimming + Cycling)



80 meters of
elevation gain



Priority access for attendees

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

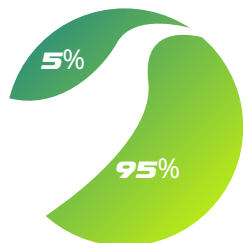
SUPPLIES

Warning:
Upon leaving the transition park, you will need to complete a round trip on the D13a
(highlighted in pink) just once.

43

PROMO

RUN - 5 KM



5% trail
95% road



1 loop of 5 kilometers around
the Lac du Der



2 refueling stations



Maximum duration
(Swimming + cycling +
running)



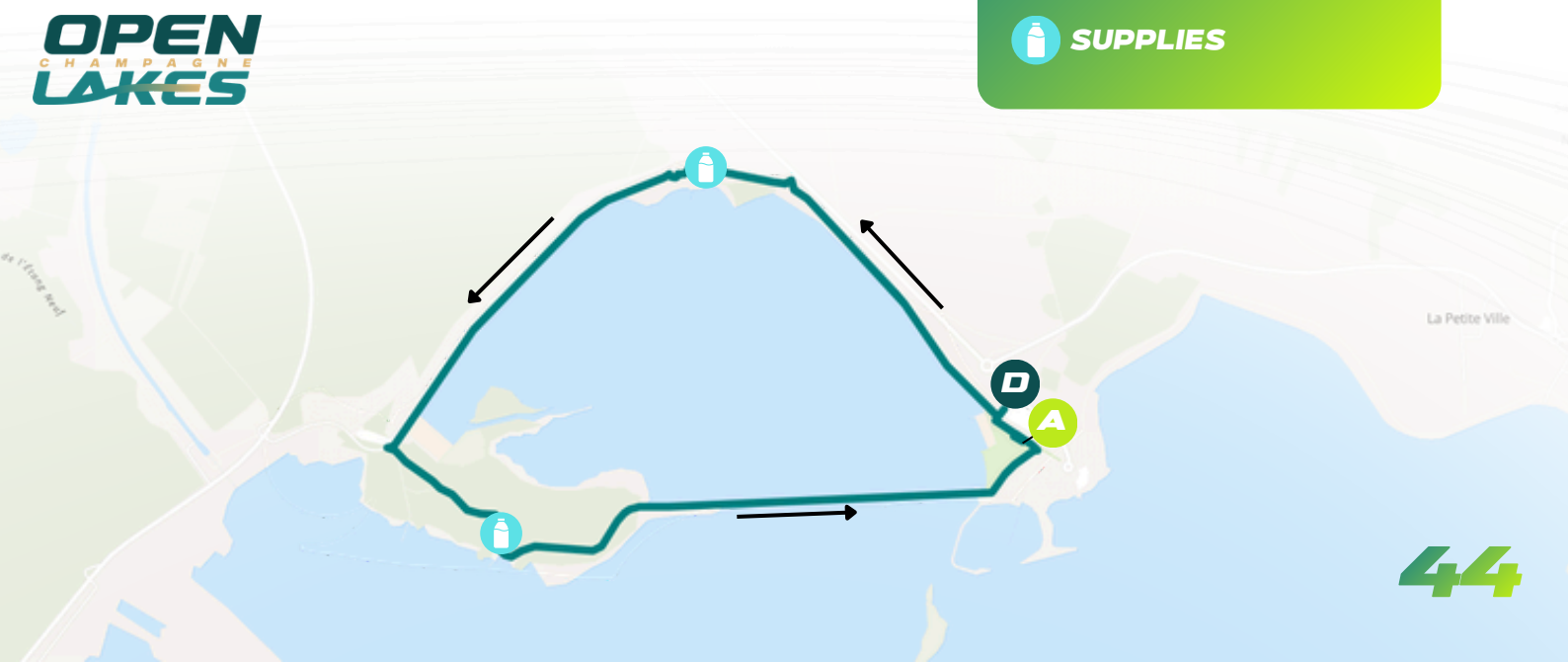
19m D+

OPEN
CHAMPAGNE
LAKEs

D DEPARTURE

A ARRIVAL

SUPPLIES



A female triathlete is captured in a full-body shot, running towards the camera. She is wearing a black triathlon suit with 'ORCA' branding, a light blue visor, and a watch on her left wrist. She is smiling broadly and giving a thumbs-up with her left hand. A race bib is attached to her waist, displaying the number '49' and the name 'Nathalie'. The background is a soft, out-of-focus green field under a clear sky.

MY FIRST

MY FIRST

SWIM - 200 M



Yellow swim cap



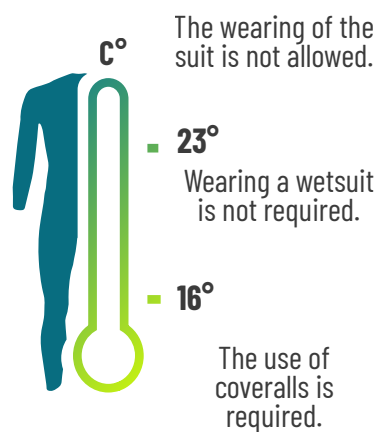
Rolling Start



1 lap of 200 meters



No warm-up in the water prior to the start.



The swimsuit must remain on until after the transition area.

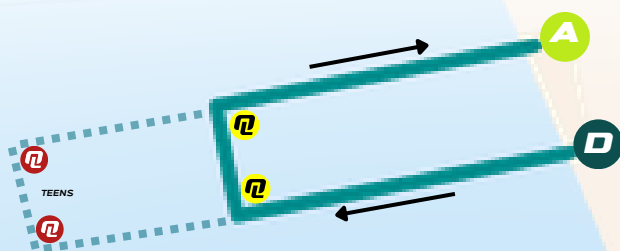
Supervised training sessions will take place on Fridays.
from 14:00 to 15:00 and from 17:00 to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

Q CROSSING MARKERS



MY FIRST

BIKE - 13 KM



NON-DRAFTING



1 loop of 13 kilometers



No refueling



50 meters of
elevation gain

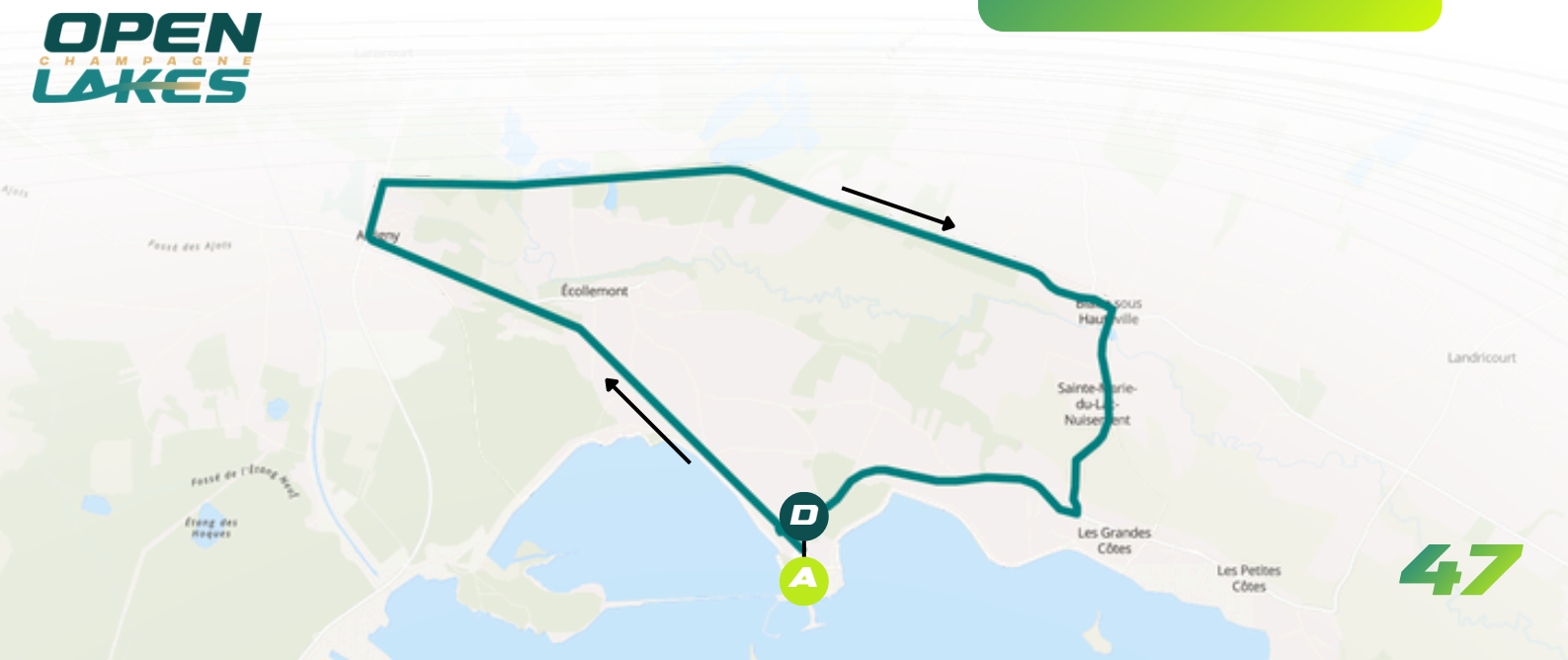


Priority access for attendees

D DEPARTURE

A ARRIVAL

OPEN
CHAMPAGNE
LAKEs



MY FIRST

RUN - 3 KM



100% road



1 loop of 3 km around Lac du Der



1 refueling

OPEN
CHAMPAGNE
LAKES

-  **DEPARTURE**
-  **ARRIVAL**
-  **SUPPLIES**
-  **TURNING POINT**



TEEN S



TEENS

SWIM - 400 M



Neon Green
Swim Cap



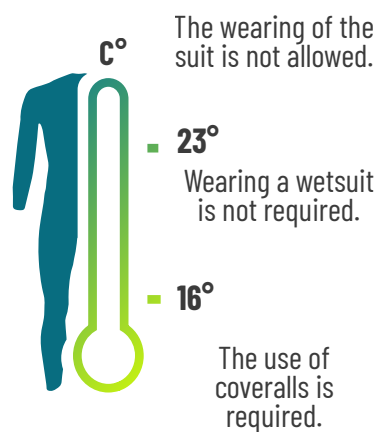
Mass Start



1 lap of 400 meters



No warm-up in the water
prior to the start.



*The swimsuit must remain on until
after the transition area.*

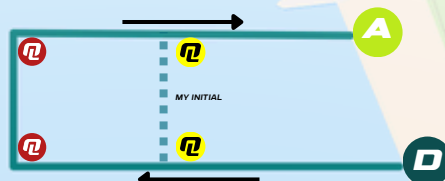
Supervised training sessions will take
place on Fridays.
**from 14:00 to 15:00 and from 17:00
to 18:00**

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

CROSSING MARKERS



TEENS

BIKE - 13 KM



NON-DRAFTING
Activity



1 loop of 13 kilometers



No refueling



50 meters of
elevation gain

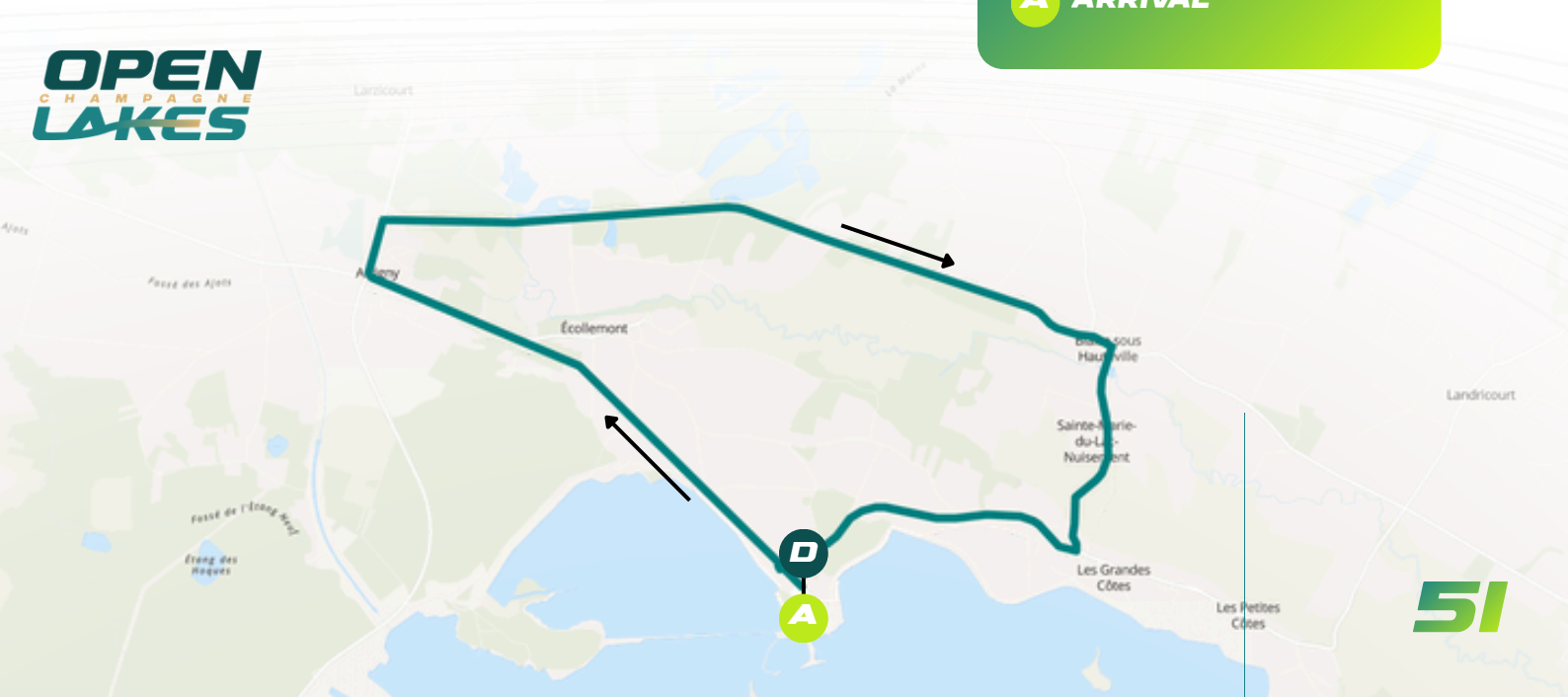


Priority access for attendees

D DEPARTURE

A ARRIVAL

OPEN
CHAMPAGNE
LAKEs



51

TEENS

RUN - 3 KM



100% road



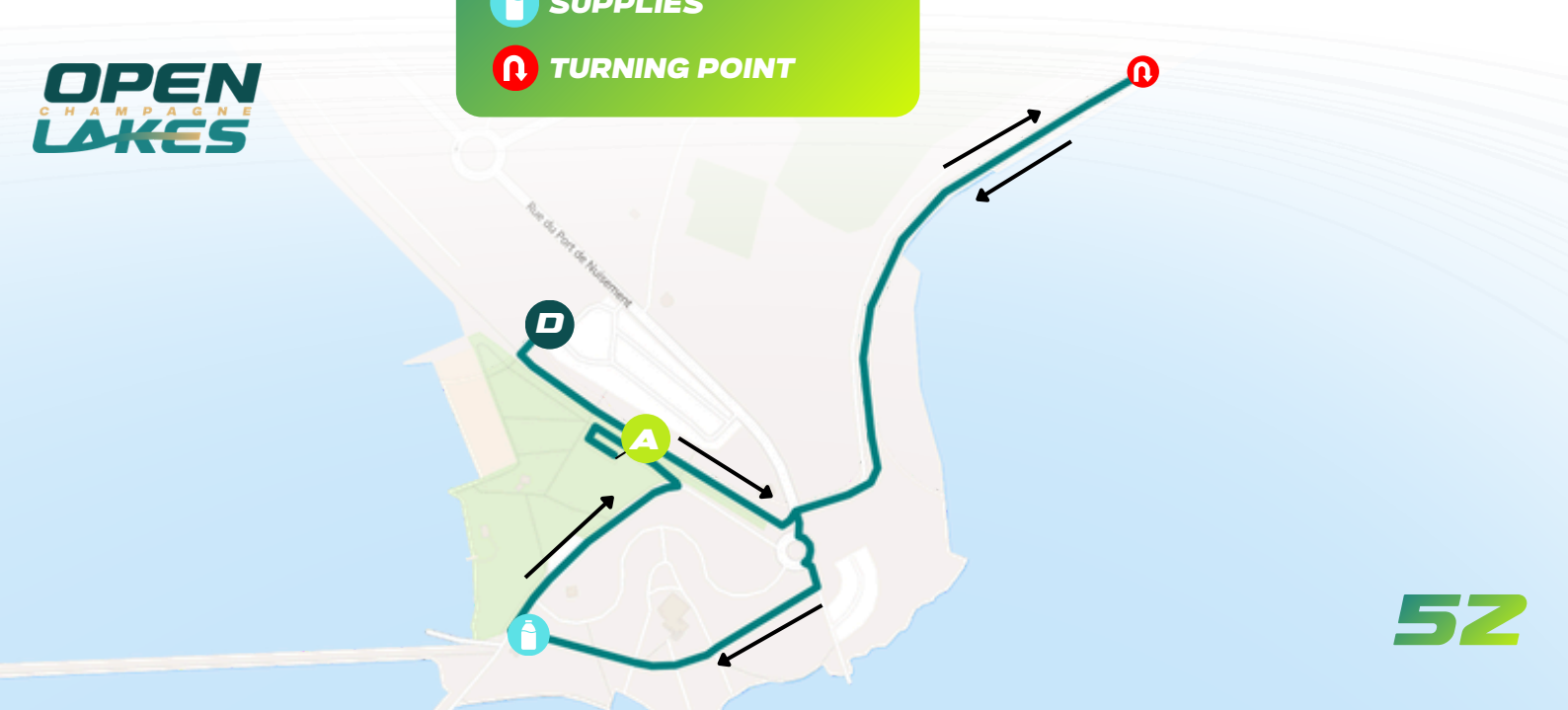
1 loop of 3 kilometers



1 refueling

OPEN
CHAMPAGNE
LAKES

-  **DEPARTURE**
-  **ARRIVAL**
-  **SUPPLIES**
-  **TURNING POINT**



KIDS



KIDS

SWIM - 150 M



Aqua Blue
Swim Cap



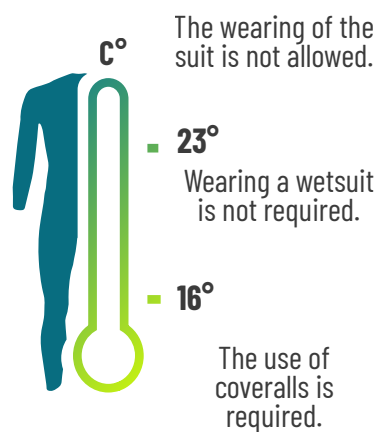
Rolling Start
5 children/5 seconds



1 lap of 150 meters



No warm-up in the water
prior to the start.



*The swimsuit must remain on until
after the transition area.*

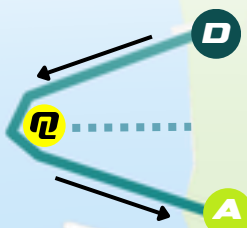
Supervised training sessions will take
place on Fridays.
**from 14:00 to 15:00 and from 17:00
to 18:00**

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

⌚ CROSSING MARKERS



KIDS

BIKE - 4 KM



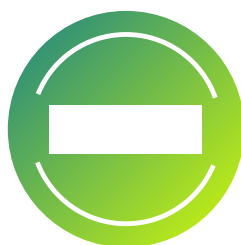
NON-DRAFTING



1 loop of 4 kilometers



15 meters of
elevation gain



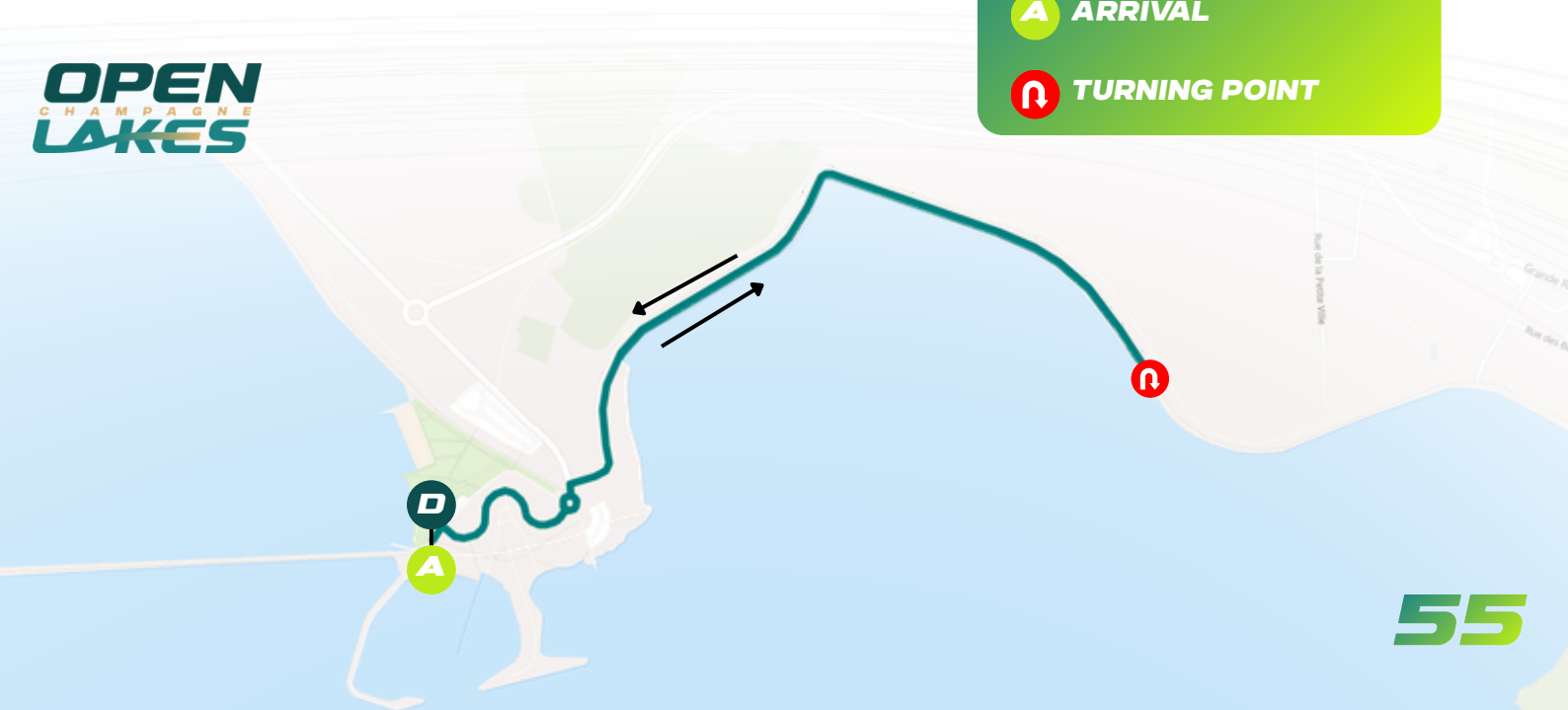
Route closed to vehicles

OPEN
CHAMPAGNE
LAKEs

D DEPARTURE

A ARRIVAL

R TURNING POINT



KIDS

RUN - 1.5 KM



100% road



1 loop of 1.5 kilometers

OPEN
CHAMPAGNE
LAKEs



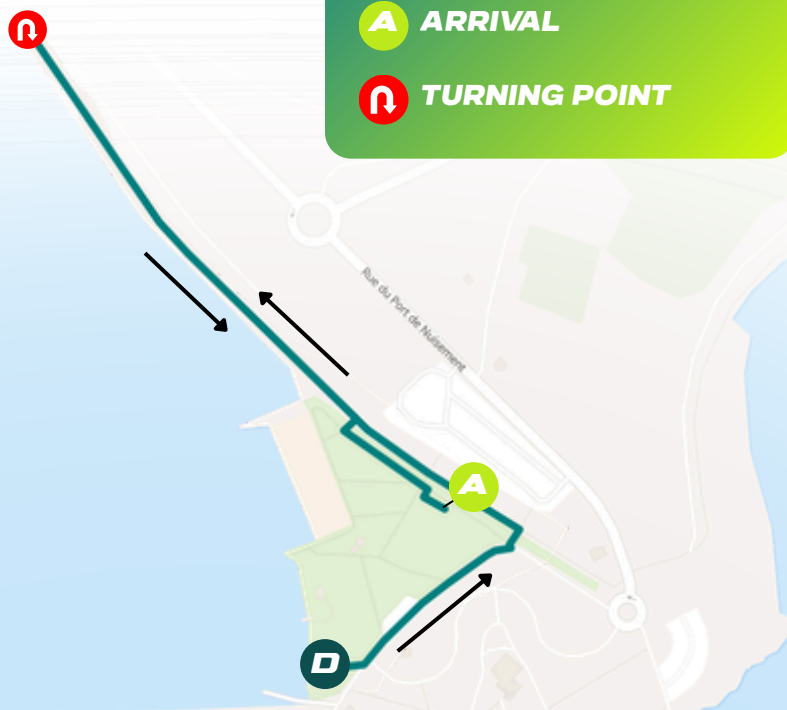
DEPARTURE



ARRIVAL



TURNING POINT





MINI KIDS

MINI KIDS

SWIM - 50 M



RED swim cap



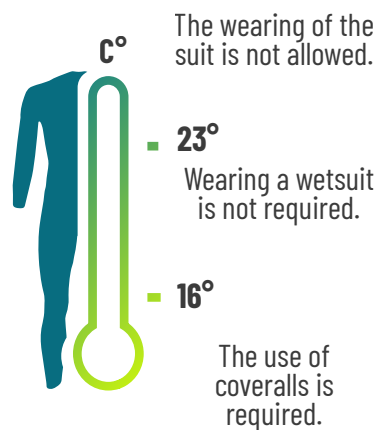
Rolling Start
5 children/5 seconds



1 lap of 50 meters



No warm-up in the water
prior to the start.



The swimsuit must remain on until after the transition area.

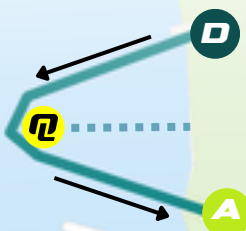
Supervised training sessions will take place on Fridays.
from 14:00 to 15:00 and from 17:00 to 18:00

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

A ARRIVAL

⌘ CROSSING MARKERS



MINI KIDS

BIKE - 2 KM



NON-DRAFTING
Activity



1 loop of 2 kilometers



15 meters of
elevation gain



Route closed to vehicles

OPEN
CHAMPAGNE
LAKES

- D** DEPARTURE
- A** ARRIVAL
- n** TURNING POINT



MINI KIDS

RUN - 500 M



100% stabilized
route

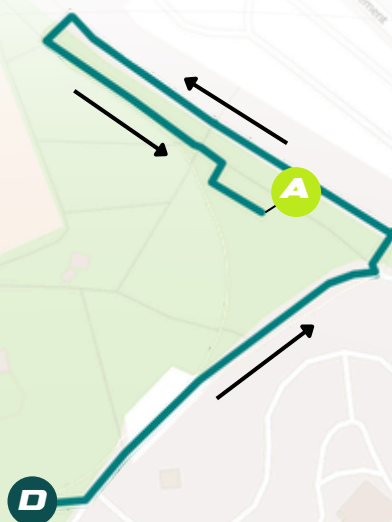


1 loop of 50 meters

OPEN
CHAMPAGNE
LAKES

D DEPARTURE

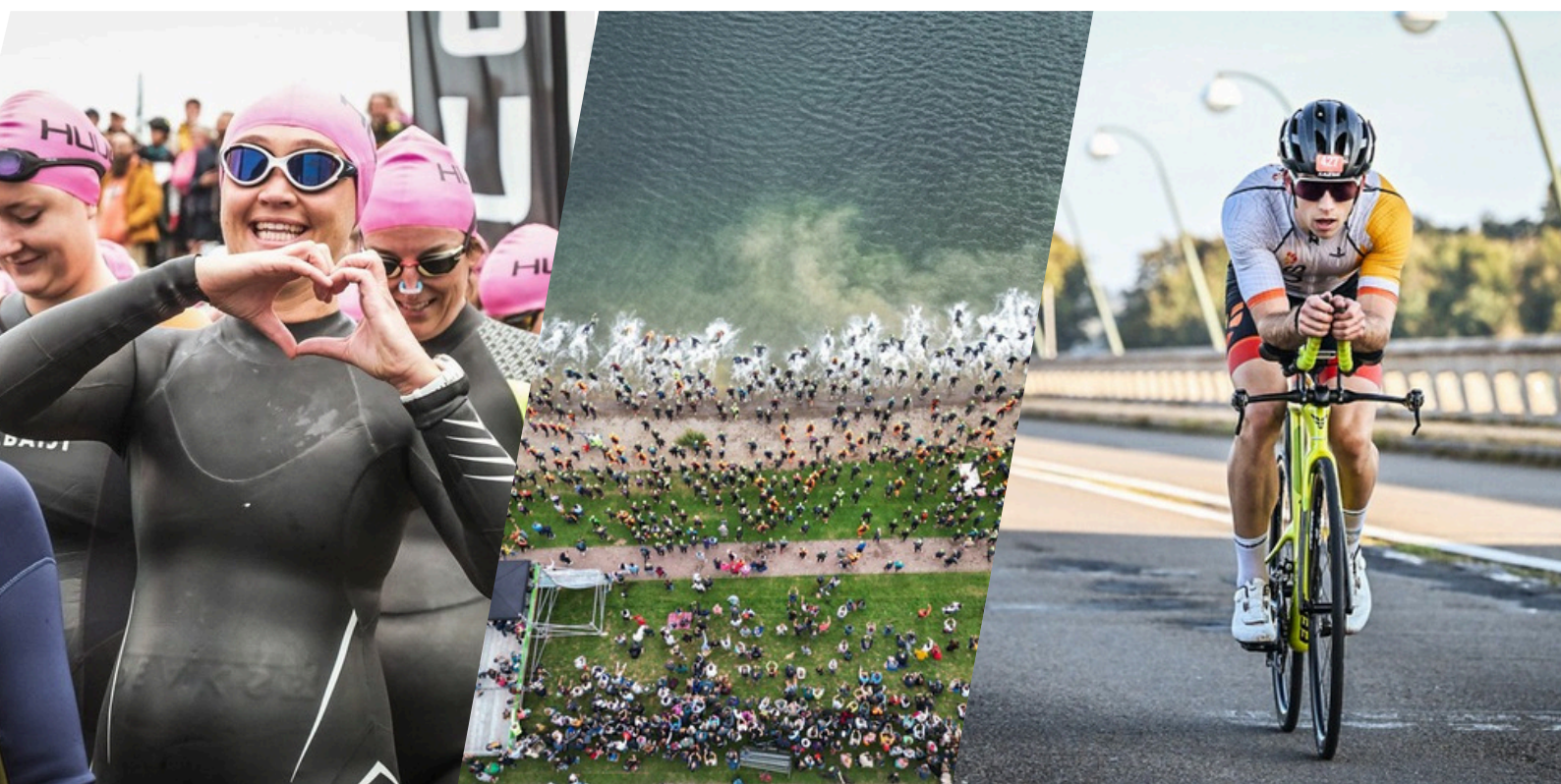
A ARRIVAL



60



ALWAYS REMEMBER YOUR RACE
obtain your personal images at SPORTOGRAF.COM



F THE T THE
SPORTOGRAF.COM
F L A T

OUR PARTNERS

