

# INFORMATION AND REGISTRATION

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[www.clermont-triathlon.com](http://www.clermont-triathlon.com) [georges@clermont-triathlon.com](mailto:georges@clermont-triathlon.com)

## PROGRAMME

### ➔ Saturday July 4, 2009

12 : 30 pm : Race Number **Avenir et Sprint**  
2 : 30 pm : Start Triathlon **Sprint**  
4 : 30 pm : Start **Avenir 1** (poussins 2000-2001)  
4 : 45 pm : Start **Avenir 2** (pupilles/benjamins 1996-1999)  
5 : pm : Start **Avenir 3** (minimes 1994-1995)  
5 : 30 pm : Race Number **Long Distance**  
5 : 30 pm : Awards **Sprint**  
7 : 30 pm : Pasta-party

### ➔ Sunday July 5, 2009

8 am : Race Number **Long Distance**  
8 : 30 am : Opening of the bike park  
9 : 45 am : Briefing  
10 : 00 am : Start **Long Distance**  
17 : 30 am : Awards **Long distance**

## PRIZE MONEY

(prices can not be combined)

Classement	Scratch H	Scratch F	Vétérans H	Clubs
1	300	200	100	150
2	200	100	50	90
3	100	50	50	60
4	50			
5	50			
6	50			
7	50			

## TRIATHLON RULES

As the organization of the triathlon is done with the approval of the FFTRI, the rules of the French federation are applied to it.

Art 1: The number of places is limited to 200 on each triathlon.

Art 2: The sprint and the Long Distance are open to licensed and unlicensed people over 16 for the sprint and 18 for the LD.

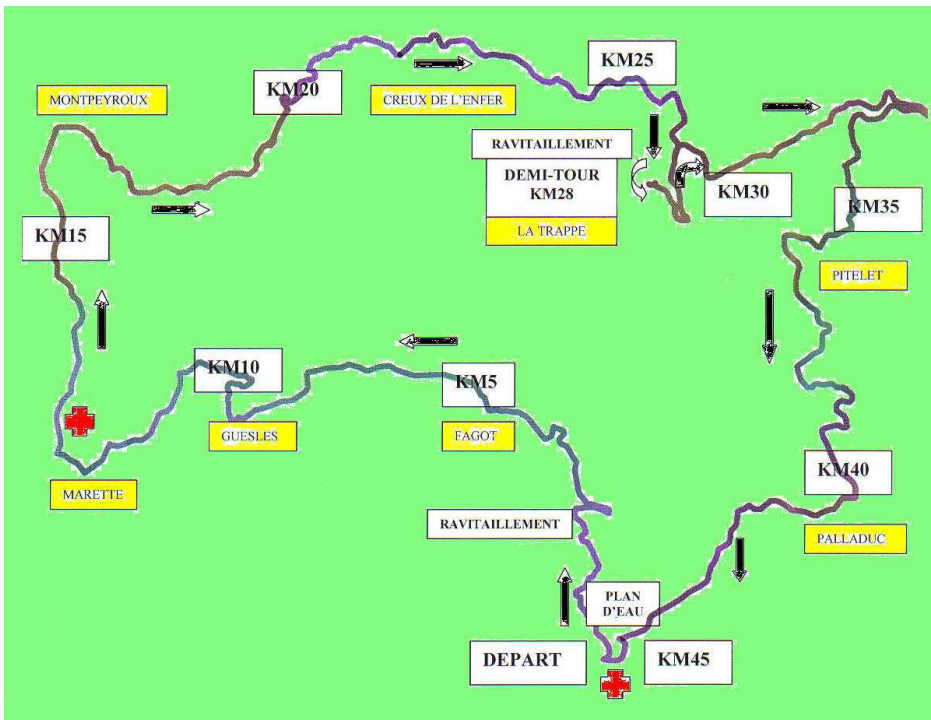
**Registration is over on July 04, 2009**

Article 3: Organizers are not responsible for any accident or failure due to poor health. The medical service may stop any competitor suffering from abnormal fatigue or injuries done during the competition.

Art 4: Swimming takes place in the lake. Wearing a swimming cap provided by the organization is required.

Art 5: Cycling takes place on roads open to traffic. One race number must be worn on your back and the other one must be attached to the bike frame. The bike will be checked at the entrance of the bike park by bike arbitrators: in case of problems, the prohibition of competition may be imposed. Wearing a rigid helmet is compulsory, the strap must be worn tight and the EC label is required. The drafting is prohibited. After the competition, the race number is needed to withdraw your bike.





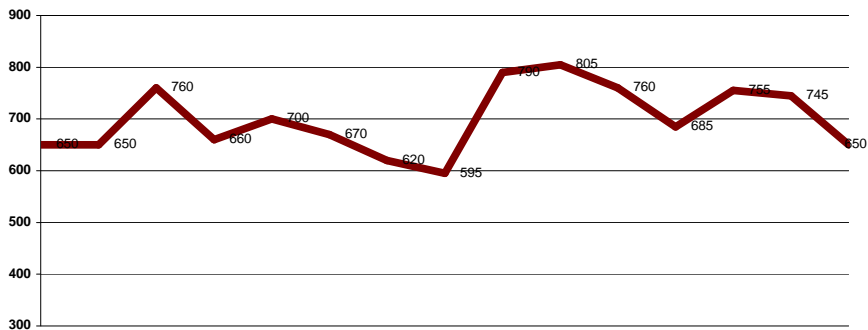
RUNNING: 21 km 3 laps of 7 km on hilly roads and paths

# THE SPRINT

SWIMMING: 750 m 1 lap.

BIKING: 20 km 1 lap

## Cycling circuit



RUNNING: 5 km 1 lap

Tous les résultats sur :  
[www.clermont-triathlon.com](http://www.clermont-triathlon.com)



Tourist office of the Prades  
Saint Rémy sur Durolle (04/73/94/31/30)

A swimming-pool-Tennis courts - Squash - leisure centres - A mini-golf

Camping site « LES CHANTERELLES » 04/73/94/31/71

Saint Rémy sur Durolle Town hall: 04/73/94/30/10

[Mairie-saint-remy-sur-durolle@wanadoo.fr](mailto:Mairie-saint-remy-sur-durolle@wanadoo.fr)

Site : [www.saint-remy-sur-durolle.fr](http://www.saint-remy-sur-durolle.fr)

