

# FAQ

**Any questions? Here are the answers!**

## REGISTRATION

### How to register?

#### SOLO / RELAY

All registrations for the Triathlon International de Deauville must be done online. [Click here](#)  
Select the race of your choice and follow the instructions. [Click here](#)

At the end of the registration process you will receive a registration confirmation and proof of payment.

Your name will also appear on the List of Participants. [Click here](#)

For relay registrations, you may compete as a team of 2 or 3 participants. Each participant must complete the whole length of their segment: the transition take place in the dedicated area inside the bike park.

#### COMPANIES AND CLUBS

It is possible for companies and clubs to register as a group. The invoice may then be addressed to a legal entity (association or business) for all or part of the cost of registration and any other options.

This may be important as part of a club or company outing. For example, a company may choose to take over the cost of its employees' registration, while having them settle their own day passes or additional options.

To create a group, the leader must contact the event organiser by email: [contact@triathlondeauville.com](mailto:contact@triathlondeauville.com). For all races, you need to be a minimum of 15 participants to be considered as a group.

To consult the registration process for members and employees, download the dedicated guide by [clicking here](#).

### Which documents must I provide?

No documents (licence or certificate) are required to register online – they can be provided at a later stage. You can upload your supporting documents (licence or medical certificate) using the link on the email confirmation received once your registration is completed. Consult the [guide to upload supporting documents](#).

It is imperative to provide the following documents before the registration platform closes (on 17 June 2019):

- either a copy of your FFTRI 2019 licence (or the equivalent licence from a non-French triathlon federation),

- or, for those without a licence, you must subscribe to a competition/day pass (day licence). To do this, you must pay the fee and provide a medical certificate that is dated within the last 12 months and indicates your ability to participate in a triathlon at competition level.

The copy of the licence or medical certificate must be uploaded on the registration platform. The platform will be closed on 17 June 2019.

Failure to do the above will entail exclusion from the competition, and no refund will be made on the cost of registration. No documents will be accepted when picking up bibs.

As a reminder, a **competition day pass** is a third-party liability insurance taken out with the French Triathlon Federation.

Those who subscribe to a day pass are hereby informed:

- that they benefit, within the context of this event, to the guarantees foreseen in the contract for third-party liability insurance subscribed by the FFTRI with Allianz;
- that the day pass does not include any type of personal insurance;
- that it may be advisable to take out, through the insurance company of their choice, a personal insurance which covers the risk of any physical damage they may encounter during the practice of sport;
- that their bike is not covered by the insurance. Any damage they cause to their own or any one else's bike is not covered by the federation's third-party liability insurance.

### [How can I modify my registration?](#)

Have you had second thoughts and want to hire a wetsuit after all, or wish to add a missing supporting document? No worries, you can easily access your registration to modify the details, by using the link on the registration confirmation that you received by email.

Take a look at the short guide which fully explains the process – [Download guide](#)

You are already registered but you want to change races? Please contact us by phone on +33 (0)2 31 53 94 17 or by email: [contact@triathlondeauville.com](mailto:contact@triathlondeauville.com)

### [I can no longer participate, what must I do?](#)

Three important points:

- The event organiser gives **no refunds** on registration. However, we shall refund any options and the **competition day pass**. If you subscribed to Circle Group's **cancellation insurance**, they are the ones who will refund the cost of your registration.
- You may transfer your bib. You can find the procedure details by [clicking here](#).
- If you do not know someone personally who would like to acquire your bib, you can also choose to sell it [here](#). Your bib will then feature on the « [Swika](#) » platform. Once it has been sold, you will receive a refund on your registration from [Swika](#).

### **Selling your bib**

Put your bib up for sale on the platform in a few easy clicks. You will just need the registration reference received by email, and your email address.

## [I want to participate in the Triathlon, but it's showing full!](#)

Do not panic! If the race is showing full, sign up to the waiting list on our bib exchange platform Swika.

## **SPORTING MATTERS**

### [Where will the feed zones be and what will they include?](#)

Refreshments will be made available on the different segments and races, as follows:

#### **Energy stations – Bike segment**

Longue Distance Lepape: 18k / 41k / 59k / 83k

Distance Olympique Loubsol: 18k

Distance Olympique 750 Carrefour Market: 18k

Découverte: 15k

#### **Station facilities/refreshments – Bike segment**

Container bins / water / Isostar energy drinks / bananas and dried fruit / water / container bins

#### **Energy stations – Run segment**

Longue Distance Lepape: 0,1k / 2,5k / 5k / 7,5k / 9k / 11,5k / 13k / 15,5k etc.

Distance Olympique Loubsol: 0,1k / 2,5k / 5k / 8k

Distance Olympique 750 Carrefour Market: 0,1k / 2,5k / 5k / 8k

Découverte: 0,1k / 2,5k

#### **Station facilities/refreshments – Run segment**

Eco-zone / water / cola / bananas, oranges, dried fruit, crackers, ginger cake / water / eco-zone

Throwing containers or other waste outside the eco-zones will entail a penalty.

Sponge station: located at the west end of the 'Planches' boardwalk.

Longue Distance Lepape: 4 rounds

Distance Olympique Loubsole : 2 rounds  
Distance Olympique 750 Carrefour Market: 2 rounds

## [I am a para-athlete: can I participate?](#)

You are very welcome at the Triathlon International de Deauville. Please contact the organisation staff by email: [contact@triathlondeauville.com](mailto:contact@triathlondeauville.com) so you can be identified as a parasport participant (with dedicated rules and ranking), and to see if any special arrangements need to be set up.

## [What are the triathlon rules?](#)

To consult the Rules of the Triathlon International de Deauville, [click here](#).  
To consult the Federation Rules, [click here](#).

## [When and where do I pick up my bib?](#)

Bib pick-up takes place on the “Boulevard de la Mer” in Deauville, at the Tri Expo village. To find out the timings dedicated (different for each competition), consult the programme by [clicking here](#).

You must bring along the bib pass (that you will receive by email 2 weeks before the race) and your passport/identity card.

If everything is in order, you will be handed over:

- 1 timing chip and ankle strap
- 2 bibs (1 for the bike segment and 1 for the run segment)
- 1 set of stickers (bike saddle, bike helmet, deposit ID)
- 1 numbered bracelet – which will be put on your wrist straight away
- 1 bag with the race guide and our partners’ offers

**YOUR BIB NUMBER IS YOUR UNIVERSAL ID FOR THE WHOLE TRIATHLON.**

It corresponds to:

- your place in the bike park
- the container for your sportswear in the bike park
- the number to deposit your bag in the cloakroom

NB: Safety pins are not provided

## [What material is authorised/do I need?](#)

The below list is given as an indicative guide only:

For the swim:

- A wetsuit is compulsory if the sea temperature is below 16°C. Above that, the decision to wear one is up to you. However, be warned that you will be swimming in The Channel: it is very likely that the water will be between 16 and 18°C!
- 1 bin bag (to put your wetsuit in after the swim, so it does not get your other kit wet)

For the cycling:

- Your bicycle (all types of bike are authorised)
- Your helmet, with an attachable neck strap
- Glasses
- Energy bar

For the run:

- Cap / visor cap (because the weather in Normandy is great!)
- Socks
- Shoes
- Energy gel in your belt

After the race:

- A rucksack
- Toiletries and towel for a shower
- A change of clothing

### How are places allocated in the bike park?

It is important that triathletes feel supported during competitions.

The event organiser therefore allocates bib numbers once the registration platform has closed, so the bike park placing may be done in a logical way and they can:

- 1/ Group together members of the same club (if the club is indicated when registering)
- 2/ Group together staff of the same company (via the company procedure – cf. here above)
- 3/ Maintain the chronological order of registration: if friends register one after the other, they are more likely to be nearby in the bike park.

### How are the wave starts organised?

To enable a good swim for everyone, the swim start will take place in free-to-choose sections: EXPERT – INTERMEDIAIRE (intermediate) – DEBUTANT (beginner).

However, please do not worry about timing: ranking and timing will be done in real-time, as the stop-watch will automatically be set off when the competitor crosses the start line.

### What timings will I be given?

Timing and ranking are done in real-time: the stop-watch automatically sets off when the competitor crosses the start line.

You will then be given the following time splits (for adult races):

SWIMMING

TRANSITION N°1

CYCLING (of which the CHALLENGE DE LA COTE ST LAURENT – a challenge that is separate from the global time – only on the Longue Distance, Distance Olympique and Distance Olympique 750 races, for cycling up the famous St Laurent hill)

TRANSITION N°2

## RUNNING GLOBAL TIME

Abbreviations:

DNF – abandon

DSQ – disqualification (upon official decision, which is indisputable)

For children, only the global time is recorded.

## SERVICES

### Where can I park on-site?

A dedicated car park will be set aside for competitors. Its precise location will be made known 2 weeks before the event.

### Toilets

Triathletes will find toilets reserved exclusively for their use in the bike park. These toilets will be accessible immediately before and during the competition.

### Showers and changing rooms

Showers and changing rooms will be reserved for triathletes in Deauville's Olympic Swimming Pool. They will be accessible after your race.

### Massages

Massages will also be available in Deauville's Olympic Swimming Pool, immediately after your race. You will also be able to relax in the pools there.

### What gifts will I receive at the end of the event?

All triathletes will be given a medal and a tee-shirt per race.

When you register, you can also subscribe to other options:

- Donate 2€ to an association – the event organiser transfers the sum directly to the selected association.
- Order a name plate for 8€ with your name, surname and finishing time - to stick on the back of your medal. You will receive it by post approximately 10 days after the triathlon.
- Download an HD photo of yourself taken at the Triathlon International de Deauville, for 10€. The photo can be downloaded from a dedicated platform the day after the triathlon. All photos will be taken by professional photographers.

Get a memento of your race with our range of event merchandise, which you can discover by clicking here.

These options are at a special rate if ordered when registering. It will also be possible to subscribe at the event (on-site prices will be available later).