



# SWIMRUN • FRANCE CÔTE VERMEILLE

**7th Edition**

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



# 17 & June 18, 2022

Will You Dare Rise up the Challenge ?!

**4 km**  
+46

**KIDS**

**13 km**  
+326

**COURTE**

**26 km**  
+738

**MOYENNE**

**47 km**  
+1863

**LONGUE**

**63 km**  
+2498

**ULTRA**

**63 km**  
+2498

**ULTRA**  
*en RELAIS*


### MAIN PARTNERS



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



# LA KIDS

 3.8km  
 D+46m

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

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# LA KIDS



Organize by CHALLENGE 02

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[www.swimruncotevermeille.com](http://www.swimruncotevermeille.com)

L'ULTRA. First French proof labeled  
« ÖTILLÖ SWIMRUN MERIT  
RACE » since 2017



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



1<sup>ER</sup> 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

# 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 1<sup>st</sup> 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

# LA KIDS

## SATURDAY 18 JUNE

## WITHDRAWAL OF BIBS

WITHDRAWAL OF BIBS	8h45-9h15	PLAGE DU RACOU Poste de secours – Avenue Torre d'en Sorre 66700 Argelès sur Mer
COMPETITOR CALL	9h15	
LA KIDS START	9h30	
ARRIVAL LINE	From 9h50	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. <b>This animation will not be ranked.</b>

### 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: 8h45-9h15  
Race start : 9h30**

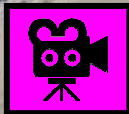


**2.5KM**



**ATHLETES TOWN  
ARRIVAL AREA**

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



SPREADSHEET

# LA KIDS

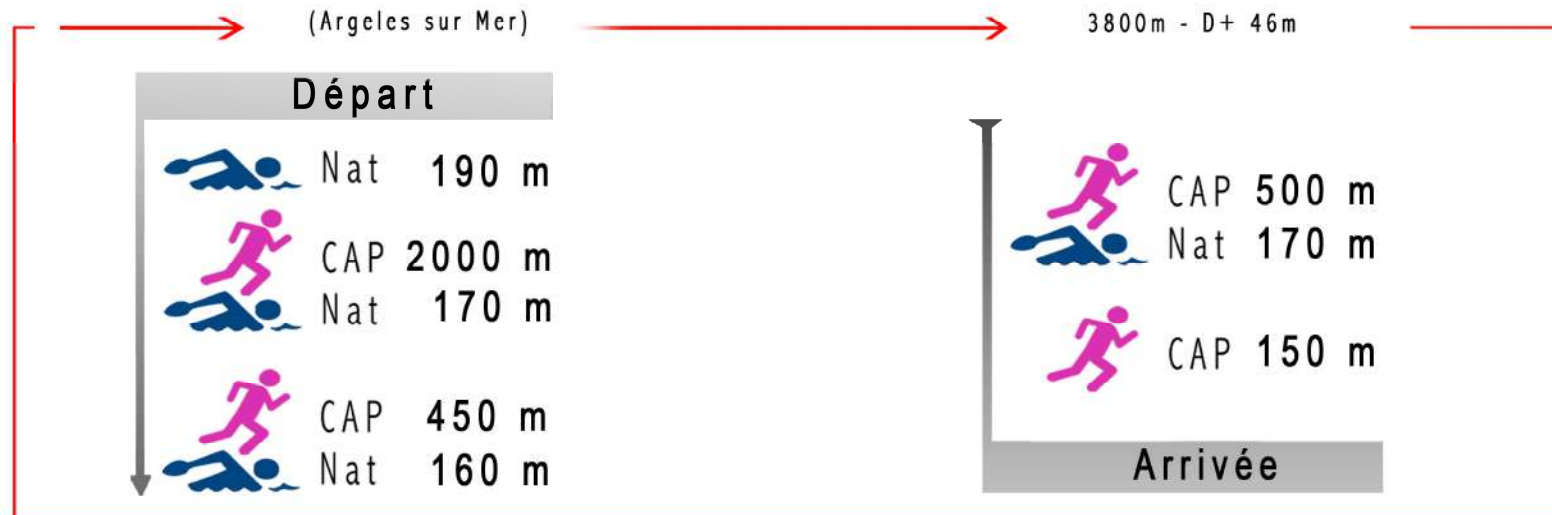
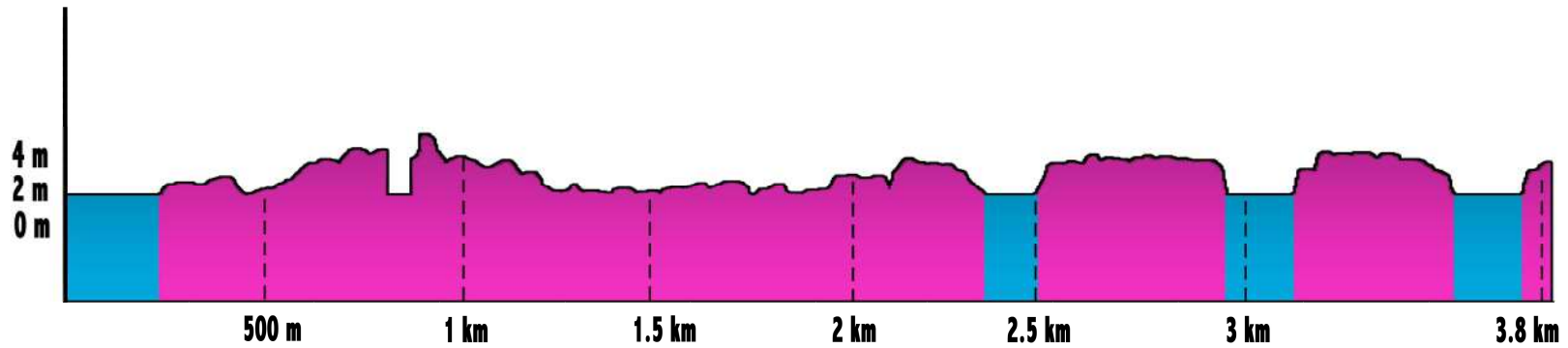
by ARGELÈS  
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NATURE  
EXPO PHOTO  
À CIEL OUVERT



4 Sections



4 Sections



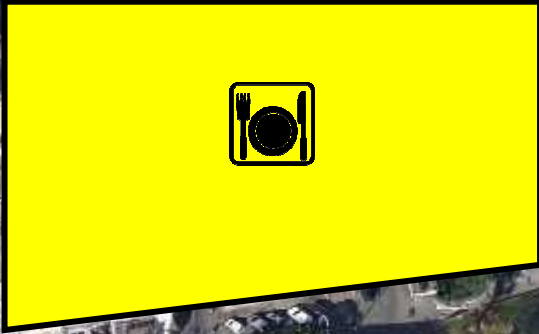
KIDS



COURSE | NATATION



Arrival Roundabout. Avenue des Platanes – 66750 Argelès sur Mer



WC

Swiss cross icon

Stopwatch icon

House icon

House icon

House icon

Person at desk icon

Person sitting at table icon



RESTAURANT

ARRIVAL SITE

SECURITY/ RESCUE

VIP / MEDIA

VILLAGE ATHLÈTES

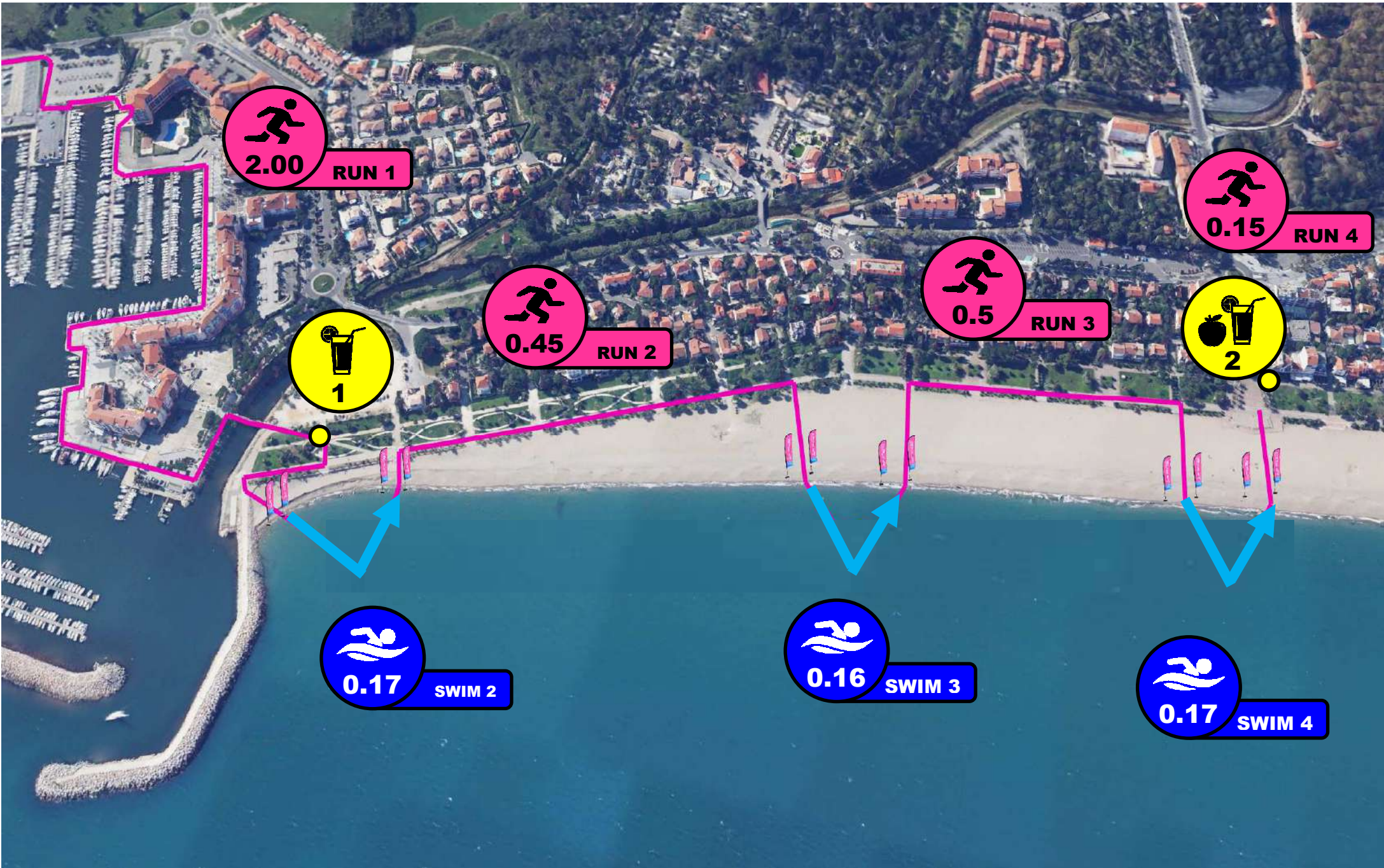
- Food Supply
- Therapists

PARTNERS TOWN

Avenue du Grau – 66750 Argelès sur Mer

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 2.00 RUN 1

**LA KIDS START**  
9H30  
Plage du Racou  
Poste de Secours  
66700 Argelès sur Mer

 1

 0.17 SWIM 2

 0.19 NAT 1



FOOD SUPPLIES

**LA KIDS**

**WASTE SORTING  
BY**



**4 FOOD SUPPLIES**



Still Water  
Sparkling water  
Syrup



Cola



Apple Juice



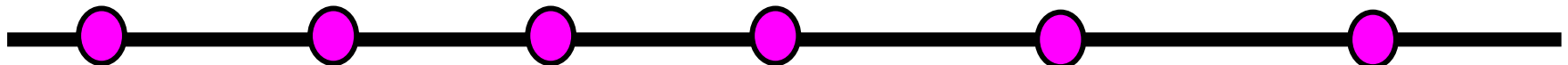
Orange  
Water melon  
Banana  
Dried Raisin  
Melon



Crackers  
Peanut



Fruit Spread  
Energy Bars



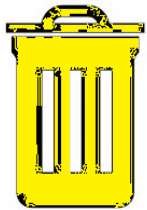
## WASTE SORTING

# 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

# THANKS

## OUR MAIN PARTNERS



## OUR PARTNERS





## THEY SUPPORT US

