

FRENCH RIVIERA **T100** TRIATHLON

29 - 31 AUGUST 2025

ATHLETE GUIDE

**T100 TRIATHLON
OLYMPIC
SPRINT**



**Est+érel
côte d'azur**
AGGLOMÉRATION



PLEASE NOTE INFORMATION IN THIS DOCUMENT IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. UPDATES WILL BE POSTED AT THE ATHLETE BRIEFING.

CANYON

deboer



**M.
MAURTEN**

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Please note the content can and should be adapted to meet the specific needs of the race and location. Please follow the general ordering information as shown above. However based on the different needs of the locations the ordering might not be exact.

ENVIRONMENTAL & SOCIAL IMPACT CHECKLIST

- ☐ **Commitment by the whole organisation to the sustainability goals**
Describing our alignment with world tri certification, S4CA and other initiatives
- ☐ **Encourage participants to come by public transit**
Add details of local Public transport network, local stops etc
- ☐ **Inform on public transport schedules**
Describe timetable, running times and journey distances
- ☐ **Favour spectators using public transport**
Add transport details for fan zones and viewing areas as well as expo
- ☐ **Encourage walking**
Walking time/distance descriptions between major points of interest
- ☐ **Limit food related waste**
Encourage participants and spectators to reduce the amount of packaging and single use items they use. encourage the use of recycling bins and sorting.
- ☐ **Promote organic, fair trade, labels and fish from sustainable stocks**
Describe the catering on offer and explain why it is sustainable
- ☐ **Organize waste management and recycle process**
¼ page – Raise awareness of the location, type and frequency of recycling bins and availability around the race and expo
- ☐ **Save water**
Encourage participant and spectators to stay hydrated whilst remembering that water use is a key environmental impact created. responsible water use will help reduce the environmental impact of this event
- ☐ **Promote physical activity**
Raise awareness of other activities going on in the week that encourage physical activity and healthy lifestyle Eg. shoulder events
- ☐ **Limit drug-related risks**
Describe the alcohol policy in the event space. remind participants and spectators of the legal drinking age and laws around alcohol. describe availability of non alcoholic beverages
- ☐ **Fight against doping**
Place a warning in the athlete guide that explicitly states a commitment to drug free sport. adherence to WADA rules and the consequences for not adhering with this policy
- ☐ **Provide healthy food**
Describe the availability of nutritious and healthy food at the expo and for athletes
- ☐ **Sustainable merchandising articles**
Highlight the environmental attributes of the merchandise

WELCOME

Welcome to T100 French Riviera!

As members of the PTO Athlete Board, we're thrilled to welcome you to our event in France. Whether you're a seasoned athlete or a first-time participant, embrace every moment of the race and enjoy the thrill of competing in such a remarkable setting.

It's truly special to have you join us for an exciting race.

Racing in such an iconic location makes this experience even more memorable. The stunning landscape creates a unique backdrop for our race.

Thank you again for joining and best of luck to each and every one of you.



Aaron Royle
PTO Athlete Board Member

This event runs under the French Federation rules and will follow safety & contingency protocols.

All amateur races will follow the French Federation rules and uphold strict safety and contingency protocols to ensure a fair and secure race.

It is the responsibility of all participants to read and understand the Athlete's Guide, which contains essential race regulations, course details, and important event information.

Link to the rules can be found here [French Federation Rules](#).

Please review it carefully to be race-ready.



DISCOVER THE NATURAL BEAUTY OF ESTÉREL CÔTE D'AZUR

Located between the Mediterranean Sea and the red rocks of the Estérel mountains, the Estérel Côte d'Azur region offers a unique blend of nature, sport, and Provençal charm. Athletes and visitors can explore scenic trails, secret coves, and peaceful pine forests. Whether you're looking to hike, swim, or unwind after the race, this region has something for everyone. The landscapes are ideal for outdoor adventures and peaceful getaways, all under the sun of the French Riviera.

EXPLORE LOCAL CULTURE AND COASTAL TOWNS

After your race, take time to explore the coastal towns of Fréjus and Saint-Raphaël. Wander through local markets, enjoy fresh Mediterranean cuisine, or visit historic Roman ruins. For those seeking relaxation, the beaches and calm coves offer the perfect setting. For the curious, nearby Grasse (the perfume capital) or the Estérel Massif promise great day trips. Estérel Côte d'Azur is more than just a destination—it's an experience that blends sport, culture, and the art of southern French living.

EVENT SCHEDULE

FRIDAY 29 AUGUST

TIME	ACTIVITY	LOCATION
14:00-20:00	Venue Opens	Base Nature Fréjus
14:00-19:45	Triathlon Expo & Race Pack Collection opens	Base Nature Fréjus
14:00-19:45	100K Amateur Transition Bike Racking Open	Base Nature Fréjus



EVENT SCHEDULE

SATURDAY 30 AUGUST

TIME	ACTIVITY	LOCATION
08:30-09:30	100K Transition open	Base Nature Fréjus
09:20 - 09:40	Arrive at swim assembly + swim warm up	Base Nature Fréjus
10:00	100K Start	Base Nature Fréjus
10:00-20:00	Triathlon Expo & Race Pack Collection Open	Base Nature Fréjus
14:00-17:00	100K Amateur Bike Check-Out	Base Nature Fréjus
17:00	100K Medal Ceremony	Base Nature Fréjus
17:15-19:45	Olympic & Sprint Transition & Bike Racking	Base Nature Fréjus

PRO RACE SCHEDULE AND BROADCAST INFO

Get ready to watch the world’s best triathletes battle it out on the French Riviera course!

TIME	ACTIVITY	LOCATION
SATURDAY 30 AUGUST		
07:00-12:00	Broadcast of the T100 Pro	Saint-Raphaël
07:05	Pro Men Start	Plage du Veillat
07:12	Pro Women Start	Plage du Veillat
11:30	Pro Medal Ceremony	Base Nature Fréjus

EVENT SCHEDULE

SUNDAY 31 AUGUST

Time	Activity	Location
06:45-08:00	Olympic and Sprint Transition Opens	Base Nature Fréjus
07:45	Olympic Race Start	Base Nature Fréjus
08:15	Sprint Race Start	Base Nature Fréjus
09:00-18:00	Triathlon Expo Opening	Base Nature Fréjus
11:00-13:00	Amateurs Transition Area Check-Out	Base Nature Fréjus
11:30	Olympic & Sprint Medal Ceremony	Base Nature Fréjus

WTCS RACE SCHEDULE AND BROADCAST INFO

TIME	ACTIVITY	LOCATION
SUNDAY 31 AUGUST		
14:00-18:00	Broadcast of WTCS Race	Saint-Raphaël
14:45	WTCS Men Start	Plage du Veillat
16:30	WTCS Women Start	Plage du Veillat
17:45	WTCS Medal Ceremony	Base Nature Fréjus

GETTING TO THE VENUE

BASE NATURE FRANÇOIS LÉOTARD - TRIATHLON EXPO - RACE PACK COLLECTION AND FINISH LINE

From Saint-Raphaël Valescure Train Station

- **By car:** 10 minutes
- **By bus :** Line 1

Board at: "Saint-Raphaël Gare Routière" (Platform G)

Get off at: "Fréjus – Base Nature François Léotard" (direct stop near the venue)

- **By foot:** 35–40 minutes

From Nice Côte d'Azur Airport

- **By Train:**

Step 1: From the airport, take Tram Line 2 to Nice Saint-Augustin station (*approx. 5 minutes*)

→ Tram station located outside Terminal 1 and Terminal 2

Step 2: At Nice Saint-Augustin, board a TER (regional train) towards Saint-Raphaël Valescure

→ *Journey time: approx. 1 hour*

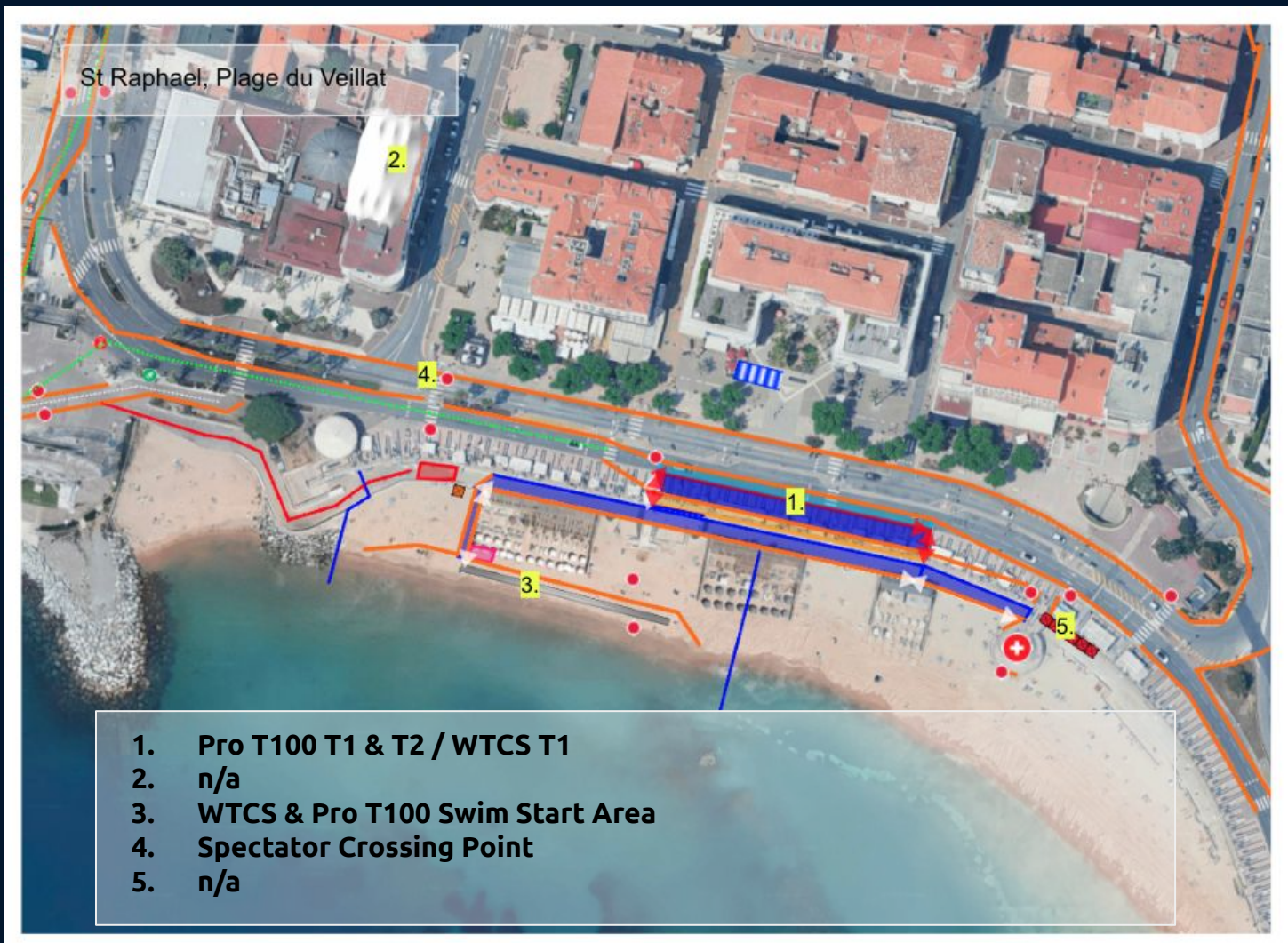
Step 3: Follow directions from Saint-Raphaël station to the venue (see previous section: train → bus, taxi, bike, or walk)

WANT TO SEE THE PRO RACE START ?

PLAGE DU VEILLAT

The WTCS and Pro T100 swim start will take place at Plage du Veillat, located in central Saint-Raphaël, right in front of the Casino.

- 5 min walk from Saint-Raphaël Valescure train station
- Paid parking available nearby
- Easily accessible on foot from most hotels in town



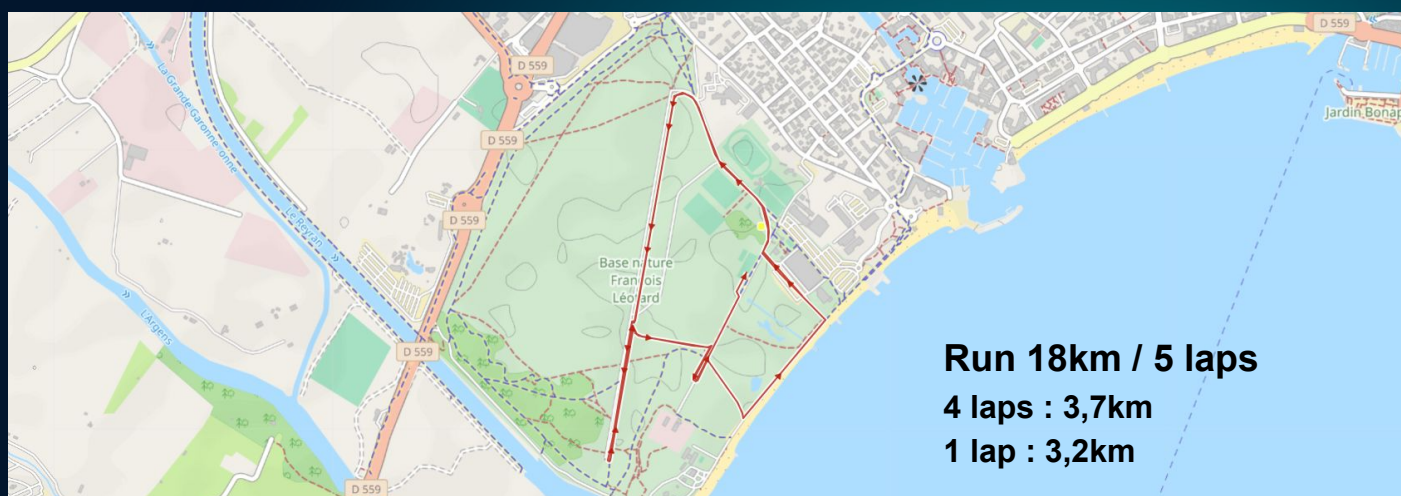
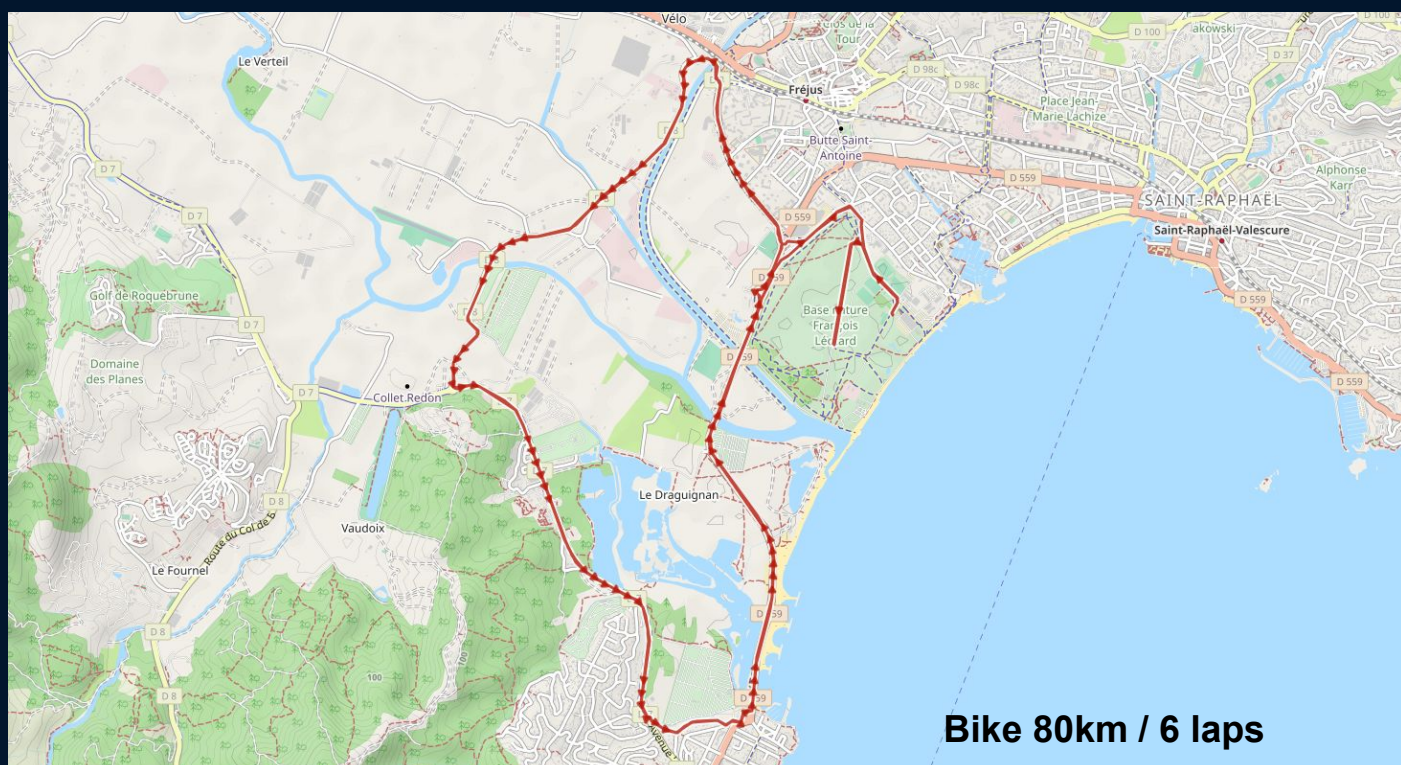
VENUE MAP



1. n/a
2. WTCS Transition Area 2
3. VIP Hospitality
4. Finish Line (all)
5. Main Medical Centre
6. Venue - Public Entrance
7. T100 Amateur Transition
8. T100 Amateur Swim Start/Exit
9. T100 Amateur Swim Assembly Area
10. T100 Amateur 100k Change Tent
11. Expo
12. Packet Pick Up - T100 Amateur
13. Awards Presentation Stage
14. Post Finish Area

PARCOURS : 100K

GPX FILES



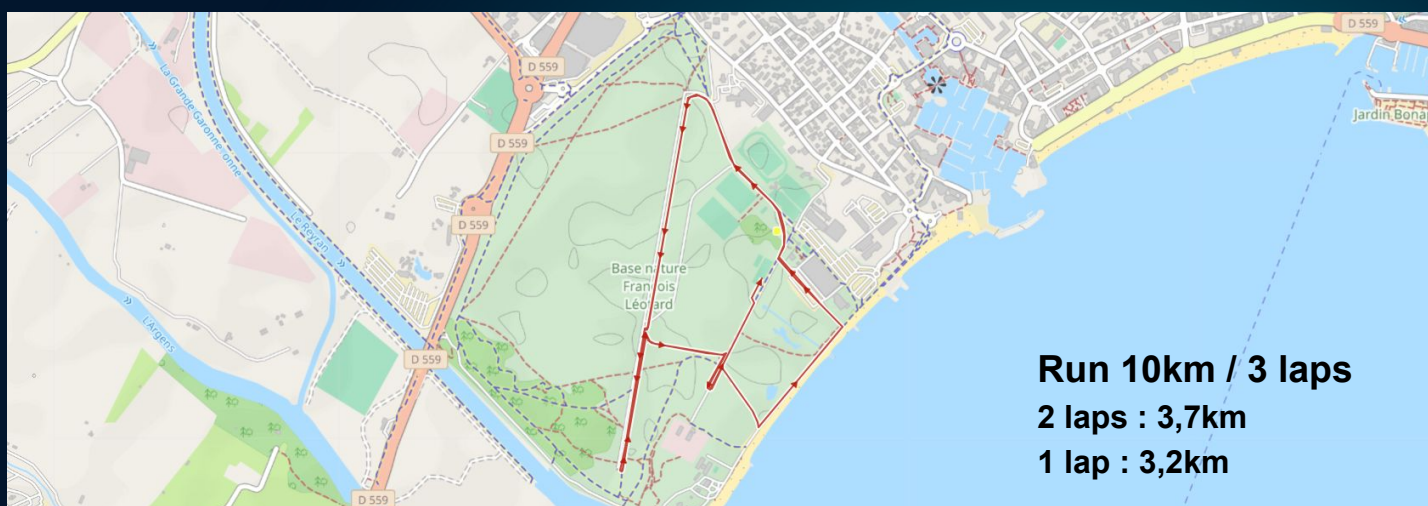
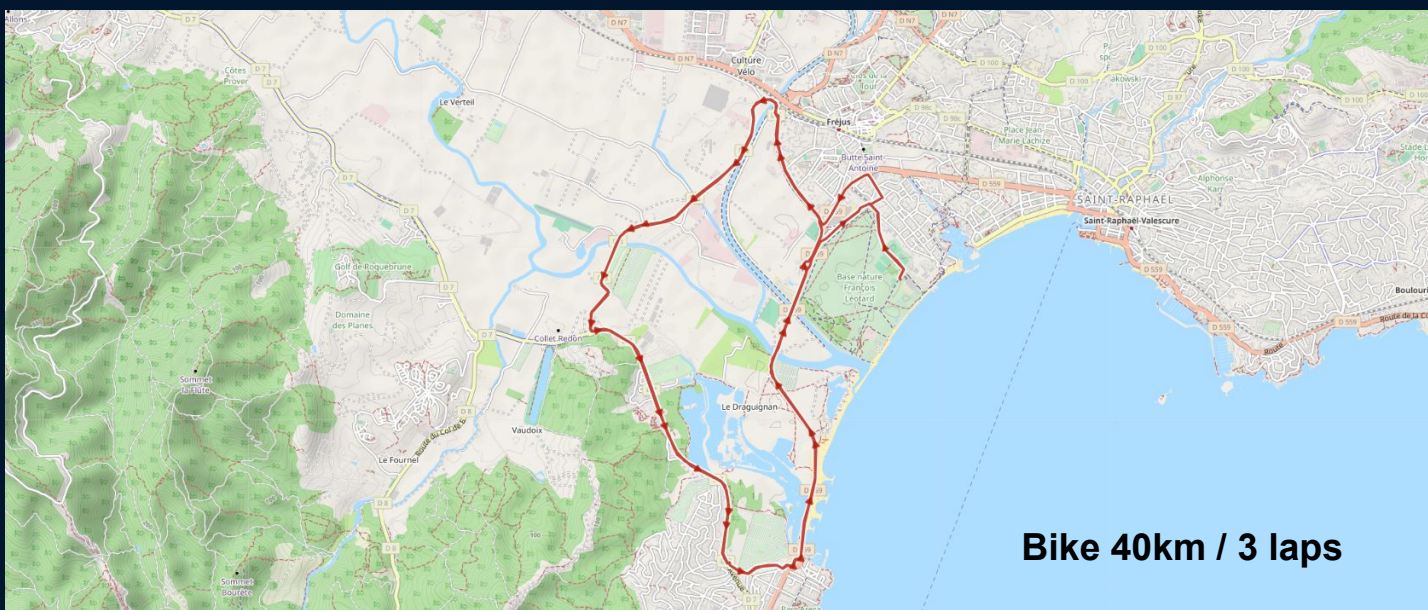
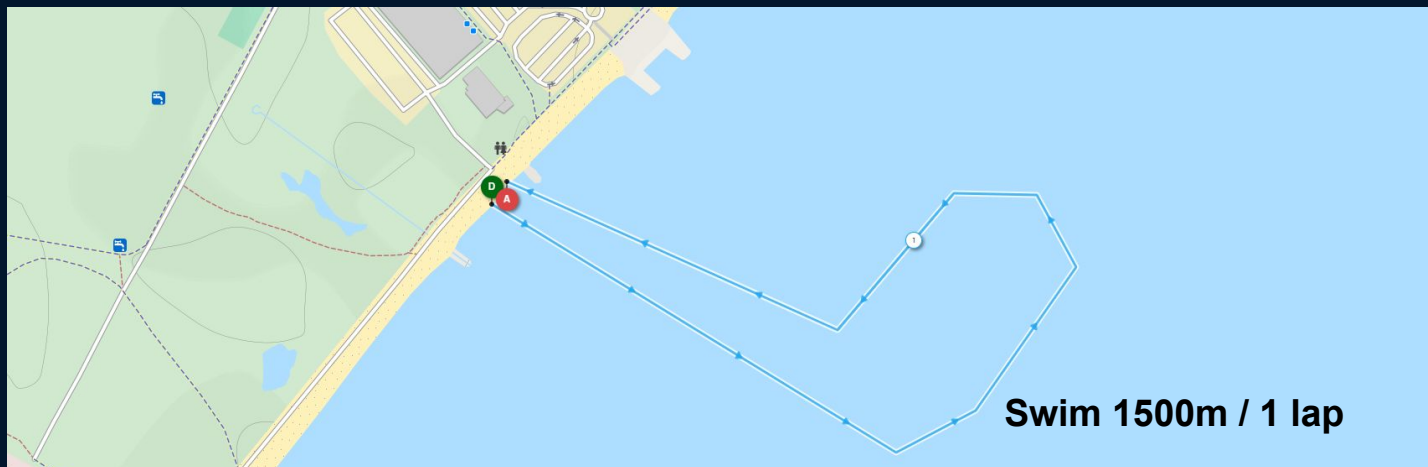


CANYON

Finally, we arrive. We've done the hard yards - the early mornings, the hardships, the struggles, the challenges. Now, the reward. From everyone here at Canyon, good luck. You've got it.

COURSE MAPS: OLYMPIC FILES

GPX



EKOI



PARTNER OF

T100

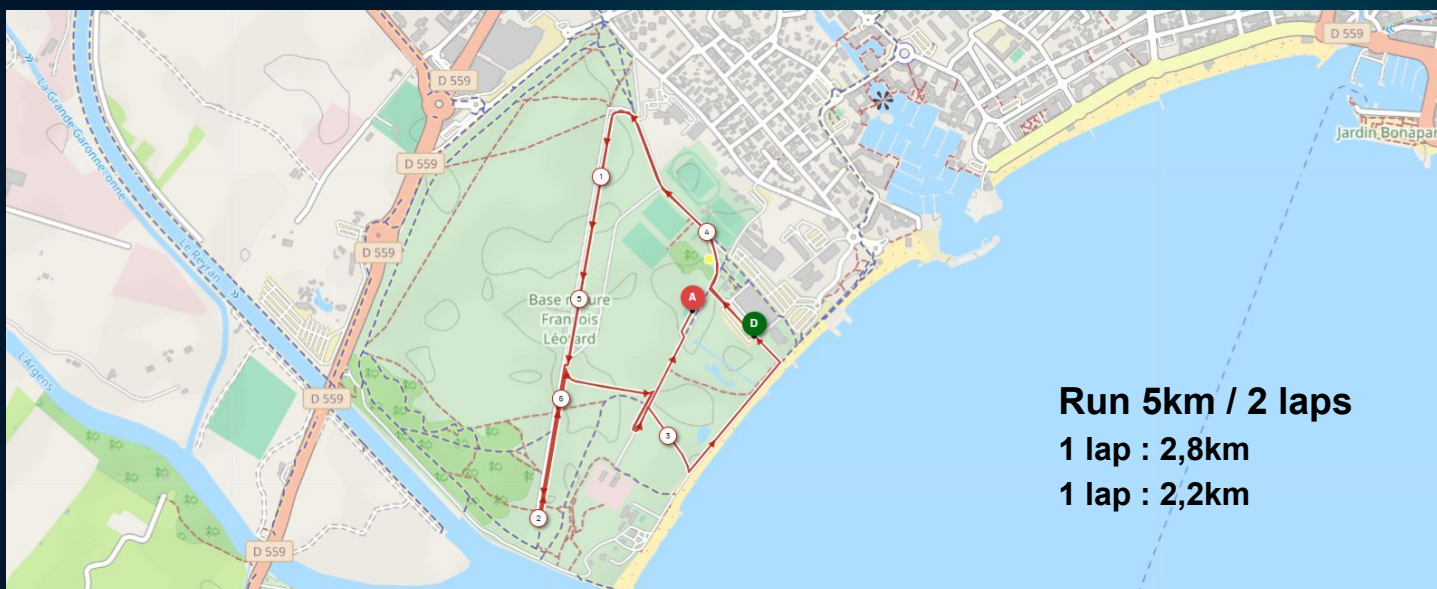
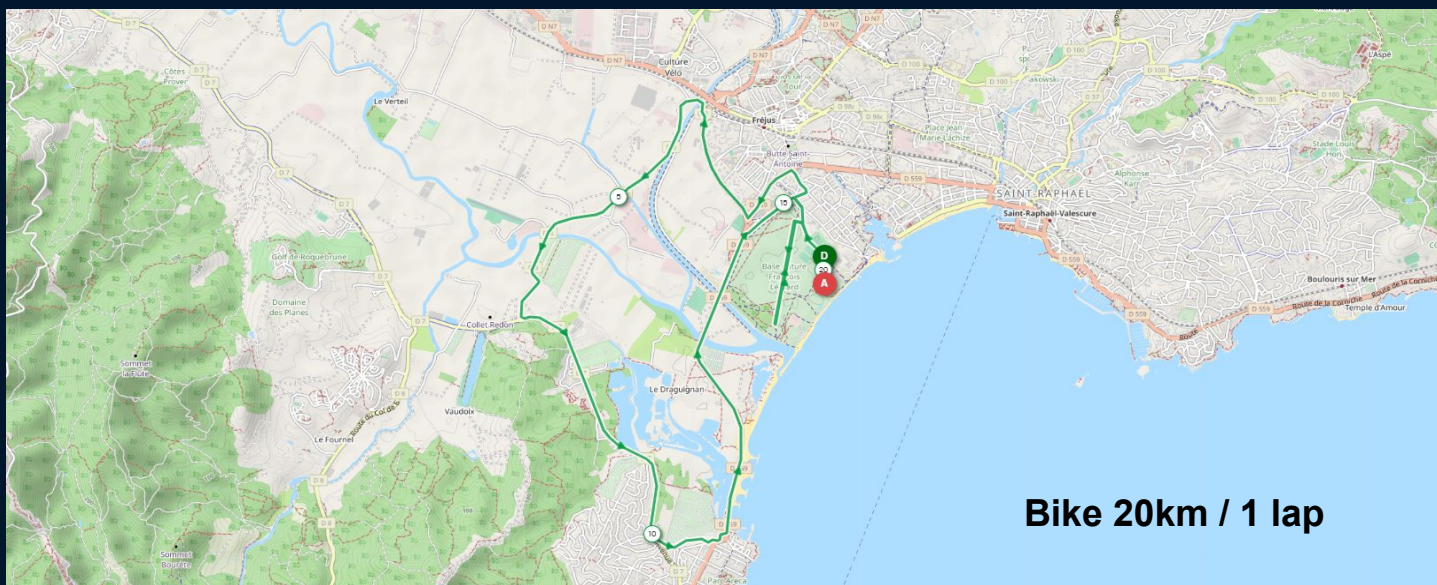
TRIATHLON WORLD TOUR

GO TO | [EKOI.COM](https://ekoi.com)



COURSE MAPS: SPRINT FILES

GPX



The RACE EXPO at Base Nature, Frejus will host a variety of exciting brands and activations for everyone to enjoy!

EXHIBITING BRANDS:

1. EKOI
2. PW8
3. DEBOER
4. OFFICE DE TOURISME ESTEREL CÔTE D'AZUR
5. GOXOA
6. THE BIKE COMPANY
7. YOTTA
8. CRYOFAST
9. FRENCH CYCLARD
10. AZUR TRI
11. PROLOGO
12. CAREPOLIS

EXPO OPENING HOURS:

FRIDAY	14:00	20:00
SATURDAY	10:00	20:00
SUNDAY	9:00	18:00

RACE PACK COLLECTION

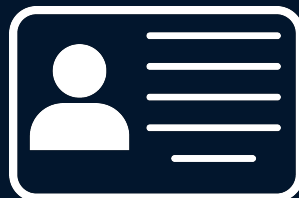
BASE NATURE DE FREJUS

Friday, 29 August 2025

14:00-19:45

Saturday, 31 August 2025

10:00-19:45



You will need:

- 1. YOUR ID** (eg. driver's licence or passport)
- 2. RACE QR CODE**

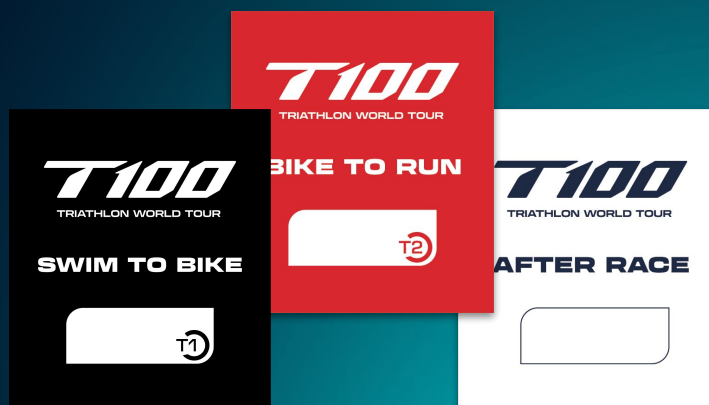
PLEASE TAKE NOTE OF THE FOLLOWING IMPORTANT POINTS:

- All athletes must collect their race pack and timing chip within the stipulated hours.
- Your QR Code can be found within your confirmation email and in your race dashboard. We recommend taking a screenshot of this so it is ready upon arrival to the venue.

RACE PACK COLLECTION CHECKLIST

RACE PACK CHECKLIST:

- ☐ One (1) Wristband
- ☐ One (1) Bib Number
- ☐ One (1) Sticker sheet
 - ☐ 3x Helmet Stickers
 - ☐ 1x Bike Post Sticker
 - ☐ 1x Bag Drop Sticker
 - ☐ 2x Transition Bag Stickers (100KM ONLY)
 - ☐ 1x After-race Bag Sticker
- ☐ One (1) Swim Cap
- ☐ One (1) Race Number Tattoo Set
- [Click here for application instructions](#)
- ☐ One (1) Swim to Bike Bag - T1 (BLACK) 100KM ONLY
- ☐ One (1) Bike to Run Bag - T2 (RED) 100KM ONLY
- ☐ One (1) After Race Bag (WHITE)
- ☐ One (1) Timing Chip
- (Issued at Race Pack Collection)



SWAG COLLECTION CHECKLIST

T100 SWAG CHECKLIST:

- ☐ One (1) T100 Backpack (100km) or
T100 Drawstring Bag (Sprint)
- ☐ One (1) T100 Patch
- ☐ One (1) T100 Water Bottle
- ☐ One (1) T100 Participant T-Shirt
- ☐ One (1) Finisher Medal
 - ☐ Awarded Post Race



We're in this
together.

As the Official Hydrogel Fuel Partner of the
T100 Triathlon World Tour, Maurten is
available on-course — fueling all triathletes
to the finish with Hydrogel Technology.



maurten.com



COURSE CUT-OFFS: 100K



COURSE CUT-OFFS

100K

- **Swim + T1 cut-off:** 11:20 AM
- **Bike cut-offs:**
 - 13:30 at km 63.8 → *option to shortcut and continue onto the run course*
 - 13:40 at km 65.6 → **DSQ**
 - 13:50 at km 69.2 → **DSQ**
 - 14:00 at km 73.3 → **DSQ**
 - 14:10 at km 77.0 → **DSQ**
 - 14:20 at T2 → **DSQ**
- **Overall course cut-off:** 17:20 (5:20 PM)

COURSE CUT-OFFS: OLYMPICS

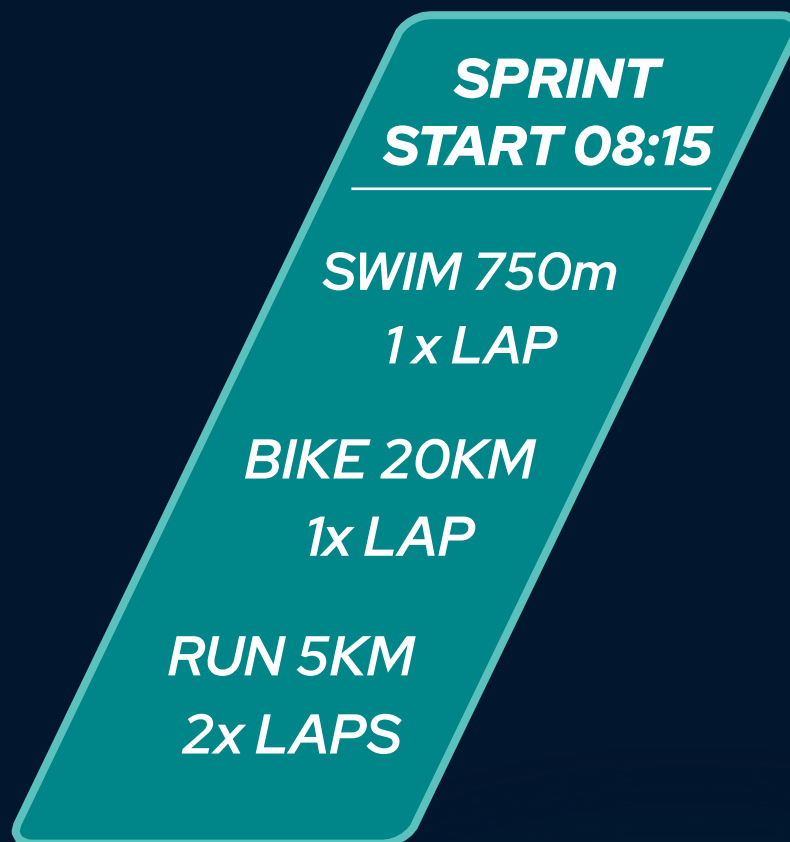


COURSE CUT-OFFS

OLYMPIC

- **Swim + T1 cut-off:** 08:50 AM
- **Bike cut-offs:**
 - 10:00 at km 26.6 → *option to shortcut and continue onto the run course*
 - 10:10 at km 28.5 → **DSQ**
 - 10:20 at km 32.0 → **DSQ**
 - 10:30 at km 36.0 → **DSQ**
 - 10:50 at km 39.5 → **DSQ**
 - 10:50 at T2 → **DSQ**
- **Overall course cut-off:** 12:45 PM

COURSE CUT-OFFS: SPRINT



COURSE CUT-OFFS

SPRINT

- **Swim + T1 cut-off:** 09:00 AM
- **Bike cut-offs:**
 - 10:00 at km 14 → DSQ*

*Athletes will be allowed to finish the race

- **Overall course cut-off:** 12:45 PM

BIKE & HELMET CHECK-IN

Your bike and helmet must be checked into the transition area where it will remain overnight.

Bike and helmet check-in is strictly not allowed on the morning of the race.

STEP-BY-STEP GUIDE

BEFORE PROCEEDING TO CHECK-IN AT THE TRANSITION AREA:

1. Secure the numbered wristband around your wrist. Please do not remove your wristband. It is essential for identification purposes and must be worn until after your race.
2. Affix the seatpost sticker on your seat post.
3. Affix helmet sticker on the front of your helmet.
4. Ensure you have both T1 and T2 transition bags.
(See "transition bag" page for more information.)

Important Note:

- All the above mentioned items must be prepared before arriving at the Transition Area Check-In.

AT TRANSITION AREA CHECK-IN:

1. Put on your helmet with the strap securely fastened for inspection.
2. A race official will visually inspect your bike and helmet, and only after it passes this inspection will it be permitted into transition.
3. Find your designated bike rack spot, according to your bib number, and rack your bike. Rack your bike by the seat with the front wheel down on the side of the rack with your race number on.
4. Place your helmet into your T1 bag.
5. Hang up your T1 and T2 bag at the transition tent.
(See "transition bag" page for more information.)
6. Leave the Transition Area.

Important Notes:

- No bike covers allowed overnight, or the during race.
- You must place all your equipment in the transition bags provided, with the exception of cycling shoes if they are fixed on the pedals. Any loose gear will be removed from the transition area.
- On race morning you can access the transition area before your race to check your bike, pump your tyres and add nutrition to your bike or transition bags.

BIKE INSPECTION

PRE-RACE BIKE INSPECTION

You are responsible for verifying the safety of your bike before taking it to Transition to prevent rejection. Technical Officials will inspect for various aspects such as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with [French Federation Rules](#)

If you're uncertain about the safety of your bike, please visit our bike mechanics stationed near the transition area.

Tip: The transition area is exposed to the sun. Don't fill your tyres to the maximum pressure to avoid them bursting in the sun when the tyres warm up.

No bike covers allowed.

HELMET

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to transition to avoid rejection. You must wear your helmet when you check-in your bike into transition.

- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover
- Helmets must be undamaged
- Compliance with [French Federation Rules](#)

TRANSITION BAGS CHECK-IN (100KM ONLY)

Both transition bags, along with your bike, must be checked into the transition area by where they will remain overnight.

Important Notes:

- Transition bag check-in is strictly not allowed on the morning of the race.
- Leave all essential items in the transition bag overnight, you will be able to add nutrition to your bike and bag on race morning..

PREPARING YOUR TRANSITION BAGS (100KM ONLY)



T1 BAG (SWIM TO BIKE) TRIATHLON

1. Stick a numbered transition bag sticker on the bag.
2. Place all the cycling gear you need for the race into this bag.
Examples:
 - Bib number - to be worn on the back for the bike and front for the run and pinned on your race belt.
 - Cycling shoes, if they are not clipped on your bike
 - Helmet
 - Sunglasses
 - Bike Nutrition



T2 BAG (BIKE TO RUN) TRIATHLON

1. Stick a numbered transition bag sticker on the bag
2. Place all the running gear you need for the race in this bag.
Examples:
 - Running shoes
 - Running cap
 - Sunglasses
 - Run Nutrition

AFTER-RACE BAG & POST-RACE COLLECTION (ALL RACES)

PREPARING YOUR AFTER-RACE BAG (ALL RACES)



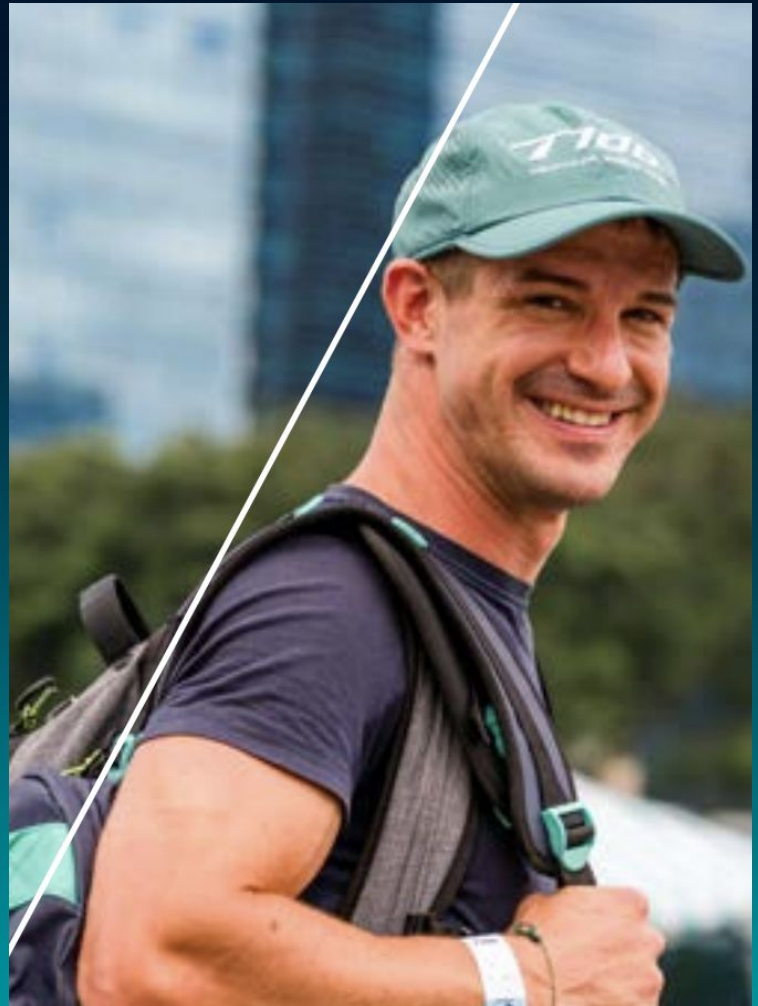
PREPARATION

1. Stick your numbered **"After-race bag"** sticker (with a barcode) on the after-race bag.
2. Place any gear you need post-race into this bag. Examples: clean clothes, towel, toiletries.

BAG DROP-OFF

1. Athletes can drop their after-race bag in the Bag Drop point next to the change tent for retrieval after the event.

Note: Bike pumps must also be handed to the Bag Deposit tent, they cannot remain by your bike in transition.



MILESTONES



Receive your confirmation email.



Check out the course and elevation profile online.



RACE PACK & SWAG COLLECTION:
Bring your ID and QR code for Race Pack & Swag Collection.



TTBIKE CHECK IN: Check in your bike and drop off your transition bags (Running shoes, Helmet, Sunglasses, Hat, Sunscreen, Race Belt, Bib Number).



RACE MORNING: Transition Check In (Nutrition and any last minute items you need to add to your transition bags)



Head to the swim start and line next to the sign closest to your estimated swim time



Technical Officials will provide any final instructions.

BIKE AID STATIONS

BIKE AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the “Litter Zone End” sign will result in penalties!

The Bike Course has one aid station per lap for the 100km (each lap is 13km) and for the Olympic distance. Please carry your own hydration needs for the Sprint distance.

Note that there is **NO AID STATION IN TRANSITION**. We recommend that you start the bike leg with two full water bottles.

BIKE AID STATION PROCEDURE

Bike Aid Stations will offer:
Water (in bike bottles)
Maurten Drink Mix (in bike bottles)*
Maurten Energy Gels*

Slow down when entering the aid station to ensure you get what you need, but don't stop in front of the aid station! If you do not require any product from the aid station please stay to the left of the lane.

There will be signs along the aid station listing what is on offer. Marshals will also be communicating what they are holding - please remember to ask politely for what you need.

DISCARDS / DROP ZONES

This is a stop and go race, there will be no penalty box however yellow cards will be issued by technical officials. Please discard any unwanted items before the “Litter Zone End ” sign. Any disregarded after will result in penalties.

BIKE AID STATION ORDER



RUN AID STATIONS

RUN AID STATIONS

Please discard any unwanted items in the litter zones. Failure to discard litter before the “Litter Zone End” sign will result in penalties!

Each lap of the run course has four aid stations located approximately 1.5km apart.

Run Aid Stations will offer:
Water (in cups)
Maurten Drink Mix (in cups)*
Cola (in cups)
Maurten Energy Gels*
Food
Ice

RUN AID STATION PROCEDURE

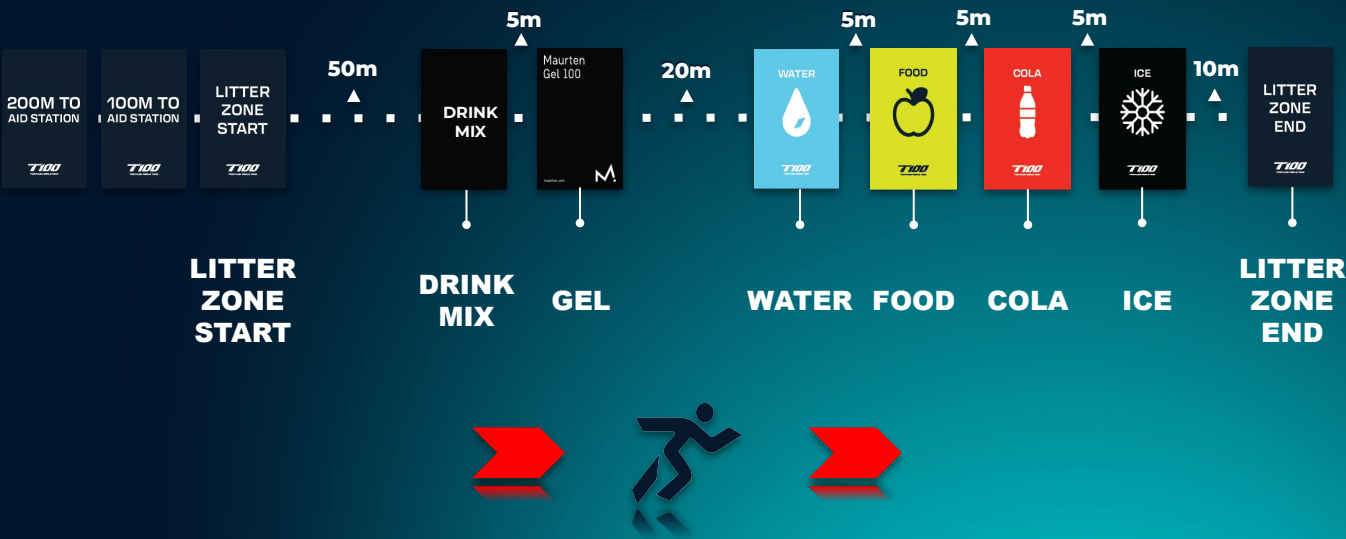
Slow down when entering aid stations. If you do not require any product from a run aid station please stay to the right..

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARDS / DROP ZONES

Please discard any unwanted items before the “Litter Zone End” signs. Anything discarded outside this area will result in a 30-seconds penalty. A Penalty box is located at the entry of T2.

RUN AID STATION ORDER

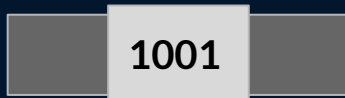


TIMING CHIP INFO

TIMING CHIPS

Upon receiving your race pack, promptly proceed to collect your Timing Chip at the packet pick up area. . You need to present your race pack and verify your personal details.

Securely store your timing chip after you receive it, and don't forget to bring it along on the morning of the race!



TIMING CHIP

Securely strap it around your left ankle for the whole race.

Notes:

- Wear the Timing Chip on your left ankle, with the transponder facing outwards.
- On the morning of the race, ensure you wear the timing chip upon entering the Transition Area, as officials will be conducting checks.
- Timing results will include swim split, bike split, run split and finish time, including overall and category ranking.

Failure to wear your timing chips throughout the race will result in unavailable race results. Should your timing chip get lost during the race, promptly notify an official in Transition for a replacement to be provided.

RACE WITHDRAWAL & TIMING CHIP RETURN

If you are unable to start the race for any reason, it is necessary to notify a race official and return your timing chip to the Information Booth located in the T100 Race Expo area.

After your race, return your timing chip at the finish line.

If you fail to return your timing chip or strap, a replacement charge of US\$75 will be applied.

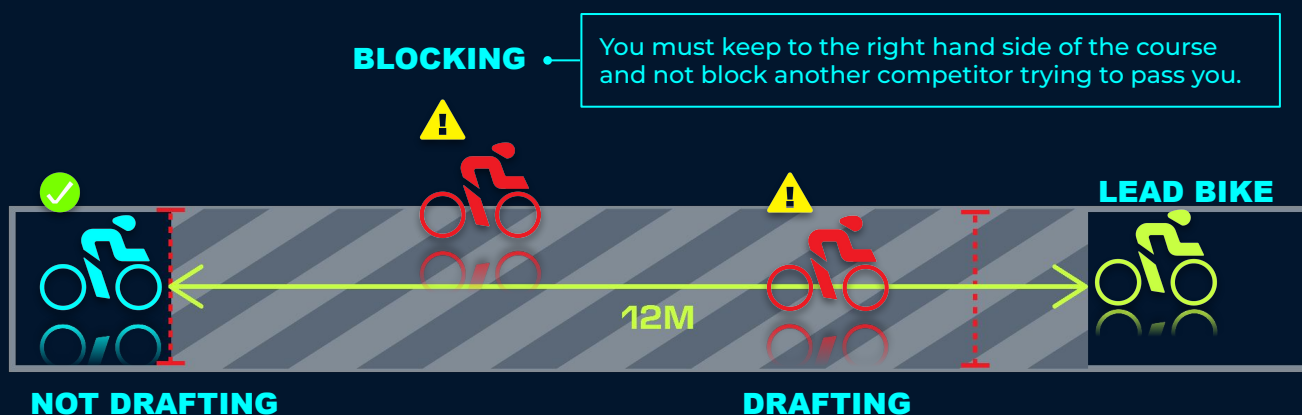
RULES / DRAFTING

THIS IS A NON-DRAFTING EVENT

We believe in a fair and enjoyable race for all, so the 12m for the T100 and 7m for the Sprint and Olympic is an non-drafting rule is strictly enforced. It also makes the race safer, so we all win!

All athletes must keep six (6) bike lengths apart, from the front edge of the first cyclists front wheel, to the front edge of the front wheel of the second cyclist.

Time penalties received must be served in the bike course penalty tent.



MAKING A PASS

You may enter the draft zone to make a pass within the time of **25 seconds**.

25 SECONDS

Athletes should not attempt to complete a pass unless they are highly confident of their ability to complete the pass in the allotted amount of time.



OTHER VEHICLES

You must remain **15 meters** behind motorcycles and **35 meters** behind other vehicles to prevent drafting.

DISTANCE	1st OFFENSE	2nd OFFENSE	3rd OFFENSE
100KM SPRINT OLYMPIC	VERBAL WARNING VERBAL WARNING VERBAL WARNING	BLUE CARDS (5 MIN) BLUE CARDS (1 MIN) BLUE CARD (2 MIN)	DISQUALIFICATION DISQUALIFICATION DISQUALIFICATION

FINISH LINE

FINISH LINE EXPERIENCE

Crossing the Finish Line at the T100 French Riviera is a moment to celebrate! Whether you're chasing a podium, a personal best, or simply the satisfaction of finishing, the atmosphere will be electric as you arrive at Base Nature Fréjus.

After crossing the line, you'll receive your Finisher Medal, water, and light post-race refreshments. Volunteers will be on hand to guide you through the finish chute. You will be offered medical assistance if needed.

WHAT TO EXPECT AFTER YOUR FINISH

- **Finisher Medal:** collected immediately after crossing the line
- **Post-Race Aid Station:** hydration and recovery food provided at the finish area
- **Bag Collection:** retrieve your After-Race Bag from the Bag Drop tent
- **Bike Check-Out:** open from 11:00 to 19:00 (see "Bike Check-Out" page)
- **Photo Point:** capture your post-race moment at the EXPO
- Reunite with family/friends in the public area just outside the athlete exit

AWARDS CEREMONY

TIME	EVENT	LOCATION
SATURDAY, 30 AUGUST		
15:30	100km Amateurs Award Ceremony	Base Nature Fréjus
SUNDAY, 31 AUGUST		
11:30	Olympic & Sprint Medal Ceremony	Base Nature Fréjus

**TOP 3 MALES & FEMALES IN EACH AGE CATEGORY
WILL RECEIVE A PLACE MEDAL**

QATAR T100 AGE-GROUP WORLD CHAMPIONSHIPS QUALIFICATION

Top 10 men and women athletes of their specific Age-Group and gender in the 100km Triathlon will qualify for the Qatar T100 World Championships on December 12-13 2025 where you be able to compete with pride and represent your country on the world stage.

More information on the T100 Age-Group World Championships can be found [here](#).

PTO PARTNERS



GOUVERNEMENT

*Liberté
Égalité
Fraternité*

deboer

Est+érel
côte d'azur
AGGLOMÉRATION



EKOI

M.
MAURTEN

CANYON



BIKE HIRE & PRE RACE SERVICING

We've partnered with **The Bike Rental Company** to provide high-quality bike rentals and servicing conveniently available on-site. Reserve your bike in advance and pick it up directly at the event village, ensuring a hassle-free experience so you can focus on your race.

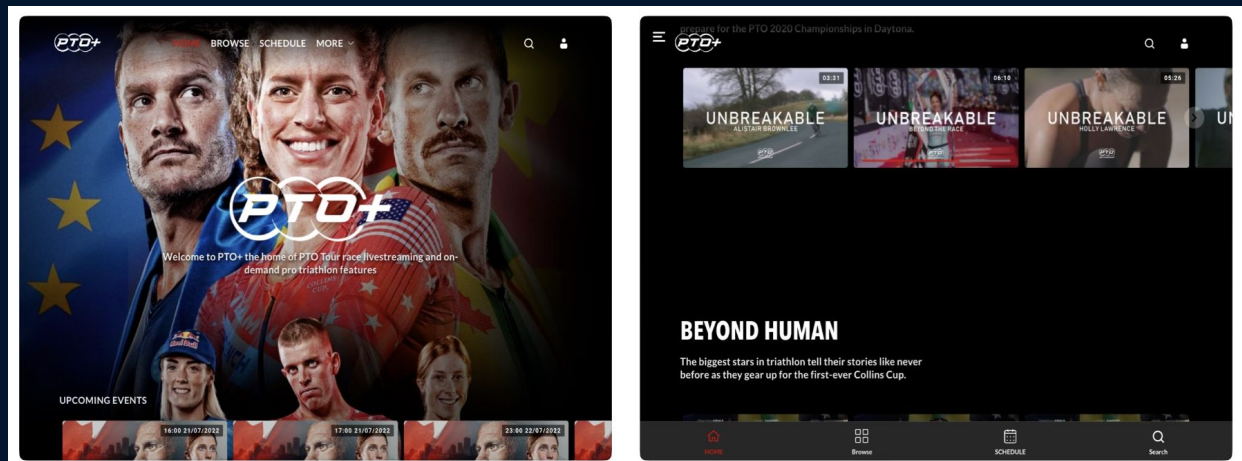
Click [HERE](#) for more bike hire and servicing information.



T100 / WATCH

Watch for free, live, from anywhere in the world!

Simply download our PTO+ app and watch on PTO+ or the T100 YouTube channel.



You can also watch the T100 Triathlon PRO races live in Europe on Discovery+, Eurosport and max.

BROADCAST PARTNERS



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in Europe, Asia-Pacific and Indian Sub-Continent



LIVE in US & Europe (excl. UK Germany, Italy)

T100 / ATHLETE TRACKING APP

Available in all App Stores – it is a simple and easy way for your loved ones to track your progress and times during the race.

Then when you're finished, you all can track your favourite pros as they tackle the course!



RULES

WETSUIT USE

According to World Triathlon rules, it is not permitted to wear a wetsuit at a water temperature that exceed 24.6. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

SWIMWEAR

- The World Triathlon guidance on swimwear can be found in a pdf located [here](#).
- Wearing your bib number in the swim is forbidden when it is a non wetsuit swim.

KEY RULES

- Bikes and equipment must be placed at your allocated race number bike-rack position at the start and finish of the bike leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You may be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. You are not able to compete with a bare torso.
- You must wear your bib number on the bike and on the run.

OUTSIDE ASSISTANCE

You are not able to give anything to a non competing person and you are not able to receive anything from a non competing person. Penalty = disqualification.

PENALTY

Officials on motorcycles will monitor the course to enforce the no-drafting rule. If you are shown a **blue card** during the bike section you have incurred a **drafting penalty** and must make your way to the bike penalty box to serve it. Failure to serve your penalty will result in disqualification.

A **Yellow Card** is shown as a remedial action. You must serve these at the bike penalty box, which will be prior to the entrance to T2.

BIKE PENALTY BOX

The bike penalty box will be located just prior to Transition to T2.

BROOM WAGON

In case of not completing the necessary distance within the cut-off times and/or a DNF during the bike section, there will be two vans collecting the athletes. The vans will transport you to the transition area after the bike leg is over for all athletes. Please be patient.



PRE-RACE

KEY LOCATIONS

RACE VILLAGE/EXPO/RACE PACK COLLECTION

Base Nature, Frejus

START LINE

Plage de la Base Nature de Fréjus

T1/T2 LOCATIONS

Base Nature, Frejus

FINISH

Base Nature, Frejus

RACE PACK COLLECTION

All athletes must collect their Race Pack in the Expo Area in the race village during the following times;

- T100 - Friday 29 August 14:00 - 20:00 T100
- Sprint & Olympic Saturday 30 August 10:00 - 20:00

You must bring your Race QR Code, Photo ID and National Federation License (if applicable) to collect your race pack.

MANDATORY BIKE CHECK IN

All bikes must be checked in the day before your race, there will be not check-in on race morning. All athletes must rack and check in their bike into T1 at the following times.

Sprint & Olympic

- 17:15 - 19:45 - Saturday 30 August

T100

- 14:00 - 19:45 - Friday 29 August

RACE DAY

RACE MORNING - T100

Transition will be open from 08:30 to 09:30 for any last-minute bike adjustments & to add your nutrition & fluid.

RACE MORNING - Sprint & Olympic

Transition will be open from 06:45 to 08:00 for any last-minute bike adjustments & to add your nutrition & fluid.

COURSE MAPS

All course maps available [slide 13](#)

WETSUIT RULES

According to World Triathlon competition rules, wetsuits will be allowed at this event up to 24.6 °C. Wetsuits are forbidden at temperatures of 24.6 °C and above. It is mandatory to wear a wetsuit when the water temperature recedes 15.9 °C.

CUT OFF TIMES

Sprint - All cut off times available [HERE](#)

Olympic - All cut off times available [HERE](#)

T100 - All cut off times available [HERE](#)

BIKE CHECK OUT

T100

Transition will be open from 14:00 - 17:00 to check out your bike after the race. You must have your athlete wristband on in order to enter transition.

SPRINT & OLYMPIC

Transition will be open from 11:00 - 15:00 to check out your bike after the race. You must have your athlete wristband on in order to enter

CONTACT

For all registration and race related inquiries please contact
france@t100triathlon.com

