



**FÉDÉRATION
DE NATATION
DU QUÉBEC**



"LA TRAVERSÉE DU LAC TREMBLANT" 2019 MONT-TREMBLANT

Three distances, 500 swimmers, 100 kayakers and one magnificent lake. This three-day event hosts three distances; 1 km, 3 km and the weekend's crown Jewel, the 12 km crossing of Lac Tremblant. It's challenging and intense, and only a few experienced swimmers succeed. It's an epic adventure and the swim of a lifetime. It's the Traversée du Lac Tremblant / Canada UltraSwim!

Promotional video: <https://www.youtube.com/watch?v=QxCoVo83rMU>

Dates:

- August 2, 3 and 4, 2019

Location:

Village de la Traversée PINACLE | *Pure Tremblant*

A place to meet and greet for exhibitors, athletes, kayakers and spectators, located on the Chemin de la Chapelle within the Tremblant Resort.

Executive:

- André Soulières : (819) 430-6446
- Email : andre@traverseelactremblant.ca
- Website : <https://www.traverseelactremblant.ca>

Organization:

- General manager : André Soulières, andre@traverseelactremblant.ca
- Meet manager : Daniel Leduc, daniel@traverseelactremblant.ca
- Registration coordinator : Caroline Charland, caroline@traverseelactremblant.ca
- MS1 online registration : <https://www.ms1inscription.com/traverseelactremblant>
- Volunteer coordinator : Anne-Marie Béliveau, anne-marie@traverseelactremblant.ca
- Officials coordinator : Daniel Leduc, daniel@traverseelactremblant.ca

Duration:

- 3 days

Sanction:

- This event is sanctioned by the Fédération de natation du Québec (FNQ).

Regulations:

- According to regulations of the La Traversée du lac Tremblant organizing committee and of the Fédération de natation du Québec and Swimming Canada.
- All events follow the amateur regulations or sanctions of the Open Water Swimming Technical Guide.



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Women: 11 years and over

Men: 11 years and over

- **IMPORTANT:** The swimmer's age is determined by their age on the day of the competition.

Events:

- 1 km (150 swimmers) 11 years and over
- 3 km (250 swimmers) 14 years and over
- 12 km (100 swimmers) 18 years and over

Course:

- 1 km and 3 km:
<https://www.traverseelactremblant.ca/wp-content/uploads/2019/03/parcours-1km-3km-traversee-2019.pdf>
- 12 km :
<https://www.traverseelactremblant.ca/wp-content/uploads/2019/03/parcours-12km-traversee-2019.pdf>

Format:

- Final time trials on closed loops of 1km and 3km
- The 12 km final time trial is the crossing of Lac Tremblant, open route

Eligibility

- Swimmers 11 years of age and older can participate in the 1 km individual event
- Swimmers 14 years of age and older can participate in the 1 km or 3 km individual event
- Swimmers 18 years of age and older can participate in individual 1 km **or** 3 km **and** 12 km events

Participation fees (non-refundable):

- 12 km = 125 \$ until February 28, 145\$ until April 30, 175\$ until June 30
- 3 km = 60 \$ until March 31, 75\$ until April 30, 95\$ until June 30
- 1 km 45\$= until June 30
- \$12 for membership by event - individual member, for participant who is not a member of the FNQ (see forms).

Registration:

- For the **12 km**, complete the registration application for approval on the event website:
<https://www.traverseelactremblant.ca/#inscription>
If the request is accepted, the athlete will receive an email with a link to 12 km registration.
- For **3 km and 1 km**, register at : <https://www.traverseelactremblant.ca/#inscription>

Forms:

- EVENT APPLICATION FOR – INDIVIDUAL MEMBER - if not a FNQ member : <http://www.fnq.qc.ca/wp-content/uploads/Adhesion-par-événement-membre-individuel.pdf>



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- CONSENT FORM FOR OPEN WATER SWIMMING EVENT- All participants : <http://www.fnq.qc.ca/wp-content/uploads/consentement-eau-libre.pdf>

Conduct:

- Every swimmer must wear a chip for electronic timekeeping.
- The 1 km and 3 km will start at Parc de la plage du lac Tremblant.
- The 12 km start will be from the Baie aux Ours.
- A numbered swim helmet will be provided and must be worn by each swimmer.
- At 12 km, each kayak will be identified with the participant's name and athlete number.
- Do not obstruct another swimmer. Swimmers should maintain a safe distance from other swimmers.
- A swimmer standing on the bottom during a run will not be disqualified, but will not be permitted walk or jump. A swimmer is not permitted to use a fixed or floating object for support and is not permitted to touch or touched by another person.
- For the 12 km, swimmers can get supplies by pole or by hand from his kayaker.
- A swimmer who abandons the competition must immediately report to a lifeguard.
- Each swimmer is responsible for bringing warm clothes, blankets etc.
- Corner judges will be on duty at all turns (buoys).
- A security and first aid service will be on site.

Electronic timekeeping:

- MS1 microchip

Competition schedule:

- <https://www.traverseelactremblant.ca/wp-content/uploads/2019/01/Horaire-traversee-2019.pdf>
- Technical meetings will be held at the Village de la Traversée. All swimmers and coaches are required to participate.

Prizes:

- 12 km –
The first 3 finishers will receive a medal.
A plaque and trophy will be awarded to the first 3 places for Men and Women.
- 3 km –
The first 3 finishers for Men and women, 50+ will receive a medal.
The first 3 finishers for Men and women 26-49 years will receive a medal.
The first 3 finishers for Men and Women 18-25 years will receive a medal.
The first 3 finishers for Men and Women 14-17 years will receive a medal.
- 1 km –
The first 3 finishers for Men and Women 50+ will receive a medal.
The first 3 finishers for Men and Women 26-49 years will receive a medal.
The first 3 finishers for Men and Women 18-25 years will receive a medal.
The first 3 finishers for Men and Women 15-17 years will receive a medal.
The first 3 finishers for Men and Women 13-14 years will receive a medal.



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The first 3 finishers for Men and Women 11-12 years will receive a medal.

Additional info:

- A snack will be provided for swimmers at the end of the competition.