

21/22 SEPT.
LAG DU GAUSSE
LISSAC SUR COUZE (19)

FINALE 2024

COUPE DE FRANCE EAU LIBRE

26^E FINALE DE COUPE DE FRANCE
SUR LE 5 ET 10 KM

32^E CHPTS DE FRANCE
SUR LE RELAIS 4 X 1500 M

12^E COUPE DE FRANCE DES RÉGIONS
SUR LE 5 KM

5^E COUPE DU GAUSSE - COURSES OPEN
500 M, 1500 M, 3000 M, 5 KM, 10 KM ET RELAIS 4 X 1500 M



PARTENAIRE PRINCIPAL



PARTENAIRES OFFICIELS



SUIVEZ NOUS SUR



ffnatation.fr





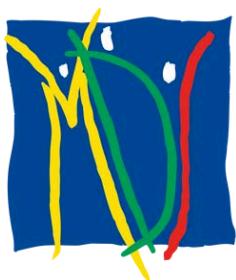
POUR PARIS 2024, ON SOUTIENT LES GRANDS NAGEURS COMME LES TOUT PETITS.

EDF et son team d'athlètes initient des enfants à la natation partout en France dans le cadre du programme enJeux d'avenir.

RCS PARIS 552 081 317

**EN JEUX
D'AVENIR 2024**edf.fr/enJeuxdavenir

L'énergie est notre avenir, économisons-la!



GROUPE MDS

Mutuelle des Sportifs

MAKO



LA
PERFORMANCE
SANS
COMPROMIS



MAKO

EAU LIBRE | BASSIN

WWW.MAKO-SPORT.FR





Information

21-22 september 2024 Finale de la Coupe de France, Open events and French relay championship

This year, The Club des Nageurs de Brive is the host for :

- French open water cup (5km and 10km),
- French Cup of Regions (5km),
- Nouvelle Aquitaine cup (all events),
- French relay championship (4x&500m).

The CNB invites you to participate to the 5th edition of "La Coupe du Causse", on septembre 21 and 22, 2024, at Lissac-sur-Couze (Corrèze - France).

6 swimming events are proposed, according to your level or your desires, including one relay per team over 6000m (4x1500m).

On the program, you can choose between a large choice of events, from 500m to 10km, and the relay. Every event is open for swimmers from a WORLD AQUA Federation but also for unlicensed swimmers. Everyone is welcome.

This competition is a good end for the open-water season or just an opportunity to spend a nice week end and enjoy swimming with friends.

An attractive rate, rewards, refreshment bar, meals on reservation (see the QR-code on the last page), everything is done to allow you to spend good time. It's a good way to end the summer !

So come to Lissac, we're waiting for you !

Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr

Finale de la Coupe de France

(Etapes 44 et 45) :

CAUSS'ELITE
• 5km

CAUSS'MARATHON
• 10km

Coupe de France des régions :

CAUSS'ELITE
• 5km

Championnats de France:

RELAIS'CAUSSE
• 4x1500m

Epreuves Grand Public (Courses Open) :

ROOKIE'CAUSSE
• 500m

OPEN'CAUSSE
• 1500m

PROMO'CAUSSE
• 3km (départ avec le
1500m)

RELAIS'CAUSSE
• 4x1500m

(Every event is open for all swimmers)



Program

(schedules could change)

Inscriptions
des
officiels :



9/21/2024

EVENT : CAUSS'ELITE MESSIEURS(5 km): FINALE DE COUPE DE FRANCE et COUPE DE FRANCE DES REGIONS :

- 6.45 to 8.15 AM : Team arrival/officials – getting of swimcaps/transponders – Marking - Final registration
- 8.30 : Briefing swimmers and coaches, Jury and lifeguards
- **9.00 : Start : CAUSS'ELITE MEN**
- 11.00 : Medals "Coupe du Causse"

EVENT : CAUSS'ELITE DAMES(5 km): FINALE DE COUPE DE FRANCE et COUPE DE FRANCE DES REGIONS:

- 9.00/10.30 AM : Team arrival/officials – getting of swimcaps/transponders – Marking - Final registration
- 10.45 : Briefing swimmers and coaches, Jury and lifeguards
- **11.00 : Start : CAUSS'ELITE WOMEN**
- 01.00 PM : Medals "Coupe du Causse"

EVENT : ROOKIE'CAUSSE (500m), OPEN'CAUSSE (1500m) et PROMO'CAUSSE (3km) :

- 12.45 to 2.15 : Team arrival/officials – getting of swimcaps/transponders – Marking - Final registration
- 2.30 : Briefing swimmers and coaches, Jury and lifeguards
- **3.00 : Start ROOKIE'CAUSSE (500m)**
- **3.30 : Start OPEN'CAUSSE (1500m), PROMO'CAUSSE (3km)**
- 4.45 : Medals "Coupe du Causse"

EVENT : RELAIS'CAUSSE (4x1500m) : Championnats de France de relais :

- 3.30/5.00 : Team arrival/officials – getting of swimcaps/transponders – Marking - Final registration
- 5.15 : Briefing swimmers and coaches, Jury and lifeguards
- **5.30 : Start RELAIS'CAUSSE (4x1500m)**
- 7.00 : Medals "Championnats FFN"

9/22/2024

EVENT : CAUSS'MARATHON (10km) : FINALE DE COUPE DE FRANCE :

- 7.45/9.15 : Team arrival/officials – getting of swimcaps/transponders – Marking - Final registration
- 9.30 : Briefing swimmers and coaches, Jury and lifeguards
- **10.00 : Départ CAUSS'MARATHON (départ différé dames et messieurs)**
- 1.00 PM : Medals "Coupe du Causse"

Possibility to swim at the venue on friday from 4.00 PM to 8.00 (estimated schedules).



To enhance security, only "Open" swimmers will receive a coloured swimcap with the athlete number.



COMPETITION RULES



COMPETITION LAP (1.25km)



For all the swimmers, we apply the article 5.17 from AQUA rules for the time limits.

From the finish time of the first competitors (W or M) :

Délais de fin de course :

5km
Finish : 30min

10km
Finish : 45min

Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes. Time limits could be shortened in these cases : authorities decisions or weather conditions.

We apply World Aquatics open water rules for all events.

Swimmers born in 2011 and after are not allowed to swim the 10 km.

For all events, FFTRI swimmers can participate upon presentation of their licence and after payment of the cost of the open water license in addition to the cost of the commitment.

The following events : ROOKIE'CAUSSE, PROMO'CAUSSE, OPEN'CAUSSE and RELAIS'CAUSSE are opened to all swimmers born before the 31th of december 2013, not licensed to the FFN, on presentation of a medical certificate of contraindication of the practice of swimming in competition and parental authorization for minors as well as an ID card.

CAUSS'ELITE and CAUSS'MARATHON events are opened to all unlicensed swimmers, with the authorisation of the organisation comitee with regard to the background of the swimmers on similar events.

The chief referee have full control and authority to decide if a swimmer has the minimum ease to compete. He can decide to disqualify a swimmer who does not seem to have the abilitie to finish the race.

For the CAUSS'ELITE and CAUSS'MARATHON events, swimmers must comply to the "COUPE DE FRANCE" regulations (exception WORLD AQUA, p.3 - French open water rules) :

Fins, gloves, GPS watches and other accessories are not allowed.

Water temperature :

- The lowest temperature for an FFN open water competition is 14°C
- Between 14°C and 17,9°C, wetsuits(*) and swimcaps are required.
- Between 18°C and 19,9°C, wetsuits(*) are optional.
- Above 20°C, wetsuits(*) are forbidden.

For ROOKIE'CAUSSE, PROMO'CAUSSE, OPEN'CAUSSE and RELAIS'CAUSSE events, swimmers have to conform to French open events rules :

For triathletes, the wearing of triathlon fabric suits (tri-function) is only allowed if the water temperature is above 18°C. The triathlete wetsuit is allowed until a maximum temperature of 24,5°C. The chief referee can require a wetsuit until a maximum temperature of 24,5°C.

(*) Wetsuits shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.

COMPETITION RULES



Commitments

EPREUVES :	DISTANCES :	TARIFS FFN :(*)	TARIFS FFTRI/FFESSM/NON-LICENCIÉS :
ROOKIE'CAUSSE	500 m	10,00 €	20,00 €
OPEN'CAUSSE	1500 m	15,00 €	25,00 €
PROMO'CAUSSE	3 km	15,00 €	25,00 €
CAUSS'ELITE	5 km	20,00 €	30,00 €
CAUSS'MARATHON	10 km	20,00 €	30,00 €
RELAIS'CAUSSE	4x1500 m	10,00 € (/pers.)	20,00 € (/pers.)

End of registrations
9/16/23 (midnight)

No registration on the
venue.

Every foreign federation have to send their registrations on an excel tab with names, licence number and events to coupeducausse@cnbrive.fr, before the deadline date.

The confirmation and the payment will take place on the competition venue (bank transfer, before the competition).

*The Club des Nageurs de Brive will :

- donate 1€ per registration to WINGS OF THE OCEAN : <https://www.wingsoftheocean.com>
- respect the eco-responsability charter of the Ministry of Sports and Olympics and Paralympics Games

You can also
donate here :





FIGHT AGAINST PLASTIC POLLUTION

Created in 2018, Wings of the Ocean is the **first litter collection association in France** .

The French association acts in favor of the **protection of the oceans** , through the **collection of waste and awareness** -raising actions with the general public, children, businesses and local elected officials. These actions are intended to protect marine biodiversity and the natural ecosystem of the coasts.

True field association, Wings of the Ocean:

- Perform **3 weekly cleanups** on each mission
- **Raise awareness** among different audiences to make the problem visible
- Proposes and encourages **alternatives to plastic consumption**

COMPETITION RULES



TIMING

Timing provider



Every event will be timed with electronic timing with transponders.

Swimmers time and ranking will be taken after the touch of the vertical wall. Any competitor who finishes the race without at least one transponder will be disqualified.

**The lost of a transponder will cost
30 € per microchip.**

CATEGORIES, REWARDS, FINISHER AND PRIZE MONEY :

Medals and prizes will be given to the podiums of each gender, according to the following categories :

- **500m :**
11yo and under, 12/13yo, 14/19yo, all categories, Masters (25 and more).
- **1500m/3km, 5km :**
12/13yo, 14/19yo, all categories, Masters (25 and more).
- **10km :**
14/19yo, all categories, Masters (25 and more).
- **4x1500m :**
14/19yo (mixed), all categories (mixed).
mixed =(2 W + 2 M).

A FINISHER reward will be given to all swimmers from "open" events (except relay) who end a race under the time limits.

Benjamins :

Women and men from 12 to 13yo
(born 2012 et 2011)

Juniors :

Women and men from 14 to 19yo
(born 2010 et 2005)

Séniors :

Women and men from 20 to 24yo
(born 2004 à 2000)

Masters :

Women and men over 25yo
(born 1999 and before)

Swimmers under 11yo (2012 and over) are only allowed to participate to 2km and under events.

Benjamins are only allowed to participate to 5km and under events.

COMPETITION RULES



MEDICAL ASPECT :

Each licensed swimmers must have followed a medical exam. As a result, he is declared fit to participate in the races in which he has engaged.

Swimmers without a license will have to provide a medical certificate attesting non-contraindication for competitive swimming.

Each swimmer certifies that he has the necessary training to take part in the race in which he is registered, and has, the day of the race, the physical and psychological means to end the event under the time limits and without the need to go over his physical means.

Before, during and after events, a medical service and lifeguards are here to assist the swimmers.

WEATHER LIMITS, CANCELLATION AND ENVIRONMENT :

Depending on the weather conditions, the organization committee can take all necessary measures to ensure that the event takes place in the best possible safety conditions.

The organisation committee reserves the right to :

- modify the lap and the schedules,
- Suppress or end races if unforeseen situations (water temperature, state of the surface, pollution, wind, storm...) oblige the committee to do so, without compensatory allowances.

In case of cancellation of a race during the 7 days before the start, for bad weather conditions or for any other reason beyond the control of the committee, there is no refund.

For the same reasons, if any race has to be modified, delayed, advanced or moved, the committee could not be held responsible for the changes of program and the registration fees would remain acquired.

In case of force majeure : the head referee, with the safety officer, can decide to stop the race without any possible compensations :

- For "finale de la coupe de France" events (5km et 10km) : WORLD AQUATICS (article 5.18.1) apply : In cases of emergency abandonment of races of 10 km or less, the race will be restarted from the beginning at the earliest possible moment.
- For all others events : In cases of emergency abandonment of any race, a ranking will be established, according to the methods expressed during the briefing.

All events take place in a natural environment. The organization committee, volunteers and swimmers have to respect the venue and to preserve it.

No littering in the lake or on the beaches will be tolerated. Waste collectors will be available to all participants who must use them correctly.

Competitors who take their supplies under their swimsuit (gels or bars), must imperatively bring the packaging back to the grounds and deposit it in the waste collectors.

COMPETITION RULES



IMAGE RIGHTS :

By registering, competitors authorize the organization committee as well as partners and the media, to use pictures or videos on which they may appear, taken during their participation in any events, for any publication or screening.

In accordance with the French Data Protection Act of January 6, 1978, competitors have the right to access and rectify personal data. If they don't wish to receive proposals from other companies or associations, it is their responsibility to inform the organizer in writing, indicating their last name, first name and address.

COMMITMENT AND RESPONSIBILITY :

In addition, registration for the event is valid as a discharge of liability by which the registered swimmer acknowledges in particular:

- has read the REGULATIONS of the event to which he undertakes to comply,
- be sufficiently trained to cover the distance for which he is registered,
- that in full knowledge of the facts on the day of the event, he will be under his sole responsibility to decide whether he feels able to participate in the race for which he has registered, both from the point of view of his physical and psychological means of the moment, and from the point of view of the weather conditions which he feels able to face,
- that in all cases, both for himself and for his heirs, he discharges the organization committee of any liability for any reason whatsoever, to make his personal business of any insurance and any possible recourse against any participant or third party responsible for any damage whatsoever to him.

Public liability : In accordance with the legislation in force, the organization committee has taken out insurance covering the financial consequences of his civil liability, for employees to participants.

With regard to the civil liability of the participants, the intervention of this insurance is limited to accidents they could cause during the course of the event. In addition, this guarantee will intervene in addition or in the absence of other insurance from which they could benefit by elsewhere.

For non "FFN" licensees, they are required to present to the committee a medical certificate (of less than 1 year] attesting the absence of contraindications to the practice in competition of swimming or triathlon.

A "Fédération Française de Natation Eau Libre" license , will automatically be subscribed for non "FFN" licensees.

Material damage : the organization committee declines all responsibility in case of damage (theft, breakage, loss, etc.) suffered by the participants' personal property, even if he has custody of them. Participants will therefore not be able to turn against the committee for any damage caused to their equipment.

The subscription of an insurance guaranteeing the risks is the responsibility of everyone.

Safety : it will be provided on the lake by SNSM and on land, by LA Croix Blanche and an emergency doctor.

During the weekend, the presence of a team of physiotherapists,
osteopaths, ... available to swimmers.



VENUES INFORMATIONS

EAU LIBRE
COUPE DU CAUSSE -19

ACCOMODATIONS

A camping and lodgings are close to the competition venue (<https://www.brive-tourisme.com/fr/ou-dormir/>)

Our providers :

- HOTEL :

<https://noemys.fr/hotels/hotel/noemys-brive/>

With the code "CNBRIVE", you will benefit -15% on your reservation at Noemys



- CAMPING AND LODGINGS :

<https://www.campingdulacducausse.com/fr/>

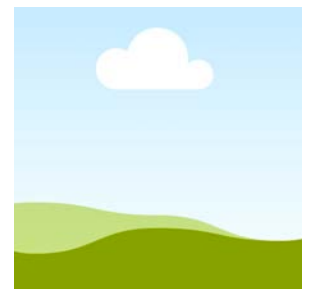


CATERING

The Club des Nageurs de Brive organises a catering directly on the competition venue, on site or take-away :

- Saturday and Sunday noon (meals for athletes) : 13€ per meal

Only on reservation with the QR CODE :



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr



OUR SPONSORS

