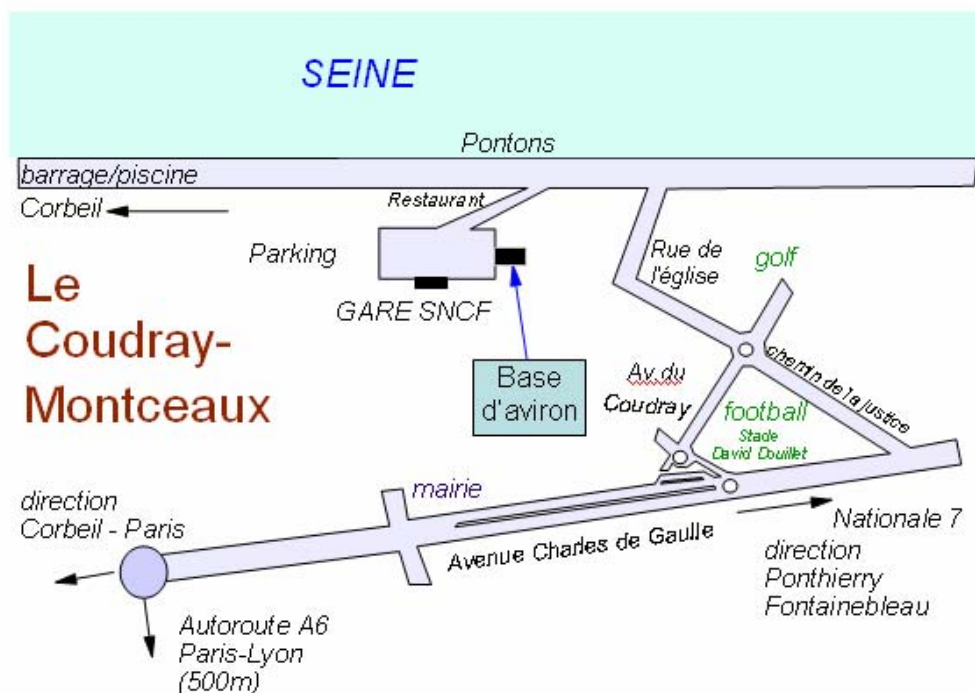


MAP AND DIRECTIONS

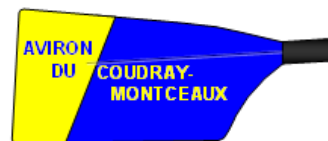


Aviron du Coudray-Montceaux is located along the Seine in Essonne (91) district, in the city of Le Coudray-Montceaux. At thirty-four kilometres at southeast of Paris, the town is in the Urban Community of Grand Paris Sud. It is accessible via the A6 (E15) motorway Paris-Lyon, and the county D191, D607 (N7).

Signs indicating "AVIRON" will be set up to help you to arrive easily. The clubhouse is close to the village train station SNCF RER D "LE COUDRAY-MONTCEAUX"



This boat race is organised with the support from François GROS, Mayor of Le Coudray-Montceaux, Vice president of urban district Grand Paris Sud, responsible of development project for the banks of the Seine.



AVIRON DU COUDRAY-MONTCEAUX

Association n° W912003114 - Identifiant SIREN : 528 419 633

FFA 13-91060

"Grand Paris Sud regatta of frozen buttocks"

23rd ROWING GRAND PRIX

Sunday, 20th January 2019

25 km against the clock

Le Coudray-Montceaux - Essonne, France



F.F.A. national Long distance rowing race

LIFA label: « *Boat race in Ile de France* »

Organised with the support of: **Le Coudray-Montceaux**
Urban district Grand Paris Sud

General Council of Essonne



National Long Distance Rowing Race

ROWING GRAND PRIX

“Grand Paris Sud regatta of frozen buttocks” (*Les culs gelés*)

Introduction

Each year in January, AVIRON DU COUDRAY-MONTCEAUX organises on the Seine River, a 25 km rowing race against the clock, for rowers using wide coxed quad sculls (C4X+/4YX+), accessible to licensed rowers registered to the race by their rowing Federation or League.

AVIRON DU COUDRAY-MONTCEAUX is in the *Ile de France* rowing league. We are located south of Paris at the edge of the Essonne department. Rowers row on the Seine between Corbeil-Essonnes and Melun, on a magnificent 14 km waterway, crossing the Rougeaux forest. The race's roundtrip distance of 25 km will enable entrants to discover this exceptional stretch of the river, with its three straight lines in the shape of "Z". Cyclists may also ride alongside.

General race rules

➤ *Entrance requirements*

For a crew to take part in the *Rowing Grand Prix – Grand Paris Sud frozen buttocks*, we require that all rowers officially registered by their rowing federation or league with an annual competition licence.

The race is open to the following categories: junior, senior and masters. All teammates in a junior team (age 15-18) must be in the junior category, including the coxswain. There is no differentiation between Senior and veteran crews.

Participation is subject to the submission of a sports license and a medical certificate dated within one year, indicating no against for competitive rowing practice..

Are categorized crew male, female and mixed-trained men and women

- A male crew consists of at least four male rowers.
- A female crew consists of at least four female rowers. If the coxswain is a man, he will not be allowed to row during the event.
- A mixed crew composed of men and woman must have at least tow woman. And thus, a woman rowing at all time.

Because the race is timed and given its distance and duration, it is the responsibility of clubs that are entering the competition to register:

- Rowers with sufficient endurance and technical training and preparation to make a continuous effort during a minimum of three hours.
- Rowers with currently valid medical certificates confirming no physical impediments to participating in rowing competitions.
- Experienced coxswains, because they could be required to alter their course under difficult weather or other conditions.

➤ *Registration fees and race completion rankings*

We require a financial contribution from each team registering for the race. A crew consists of five members, including coxswain. We are able to provide a result for a given category only if two or more crews representing different clubs complete the race. If this is not the case, we will group corporate and non-corporate teams to provide specific times and rankings. In the absence of a sufficient corporate/non-corporate grouping, we will provide general rankings.

➤ *Meeting of race organisers and club delegates*

Club delegate have to join delegate meeting to retrieve competitor numbers at least one hour before first start. Only clubs that have fully paid their registration fees will could get number plates.

➤ *Crew cancellations*

There will be no penalty for crews that do not finish the race. Any withdrawal before the briefing hosted by race organisers for rowing club delegates (8:00 am the morning of the race) will be refunded in full.

Specific race rules

➤ *Team identification*

Teams will be assigned a race number for purposes of identification. The number must be visible at the fore part of boat at all times and must also be displayed on the back of the crew member sitting at position no. 1 (near the bow).

➤ *Rowing suits*

Rowers must wear their club colours. However, given the winter weather, rowers may wear other warm clothing as necessary. Corporate crews hosted by an affiliated club must participate under their corporate colours. These colours must be specified on the enrolment form and be confirmed during the briefing between race organizers and rowing club delegates.

➤ *Supply*

Beauce supply of competitors is not cover by organization, rowers have to bring their own drink of nutrient, in accordance international instrument against doping in sport.

➤ *Coxswains*

Coxswains may switch to rowing positions during the race and vice versa. Switching must be done on the water and without hindering other crews. Time required time for switching is not deducted from final race results. However, in boats in the female category with a male coxswain, if the male takes up a rowing position, we will change the boat category to a mixed crew.

➤ *Starting the race*

Boats will officially start the timed race on a rolling basis. Once they are ready, crews may begin a maximum of 10 minutes before or after their officially assigned starting time.. Each crew must confirm its number to the start timekeeper. Note: Teams will need approximately 15 minutes to go from the launch site to the starting line.

➤ *Map and race instructions*

Crews must row the 25km circuit according to the map issued before departure. Generally, boats must remain near the river bank on their starboard.

IMPORTANT: Crews failing to comply with the following will be disqualified:

- Passing the specific markers designed to prevent accidents on portside of the boat.
- Rowing around the buoy at the halfway mark
- Allowing faster boats to pass

➤ *Authorised boats*

Only the wide coxed quad scull with coxswain ("Yolette 4YX+")—where the boat weight exceeds 65 kg. **One bailer and at least one life jacket are mandatory for each boat.**

➤ *Timing*

During the race, we will record the following times:

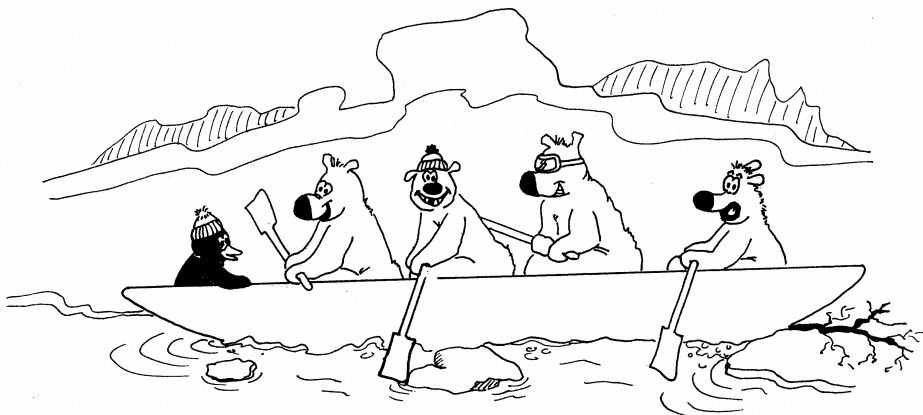
- Arrival at Ponthierry bridge on the way up (10Km) and during the return (15Km)
- Arrival at the midway point (12.5Km)
- Crossing of the finish line (25Km)

AVIRON DU COUDRAY-MONTCEAUX reserves the right to ask a crew to turn back and not complete the race if, because of its low speed it jeopardizes the allotted timing of the competition. An example of this would be a crew that needs more than one hour and 20 minutes to reach the Ponthierry Bridge, which is located 10 km from the starting point.

Contact

Monsieur Pascal BEAUSSART, President of AVIRON DU COUDRAY-MONTCEAUX
5, route de Saint Germain, Appartement 72, 91100 Corbeil-Essonnes (France).
Phone: +33 6 84 64 44 31 - Email: AvironCoudrayMtcx@free.fr

25 Kms boat race against the clock
LE COUDRAY-MONTCEAUX (91)
23rd JANUARY 2018



Organisers' meeting with club/crew delegates will be held at 8:00 am

Briefing and safety instruction at 8:30 am

Boat launches begin promptly at 9:00 am

Competition is scheduled from 9:15 am to 12:30 pm

Presentation of results at 1:30 pm

A snack bar with a selection of hot and cold drinks and light refreshments will be available.

ROWING GRAND PRIX
Grand Paris Sud regatta of frozen buttocks
ENTRY FORM

French team have to perform recording to Grand Paris Sud regatta of frozen buttocks on French Rowing Federation (FFA) intranet : <http://www.avironfrance.fr/intranet>

To register, please complete in legible print and return with payment no later than 7th January 2019.

ROWING GRAND PRIX - Grand Paris Sud frozen buttocks : Sunday 20th January 2019

Club name

Rowing suit colours

Oar colours

Contact person Contact phone

Contact email

Postal address

No.	Last name, first name	Year of Birth	M	F	Rowing licence number
1					
2					
3					
4					
Coxswain					

Boat category (see general rules): Male ☐ Female ☐ Mixed M/F ☐

Registration fee, €60 per entrant

Number of boats x €60 =

Number of lunch-bag (optional) x €6 = (chips, sausages, sandwich, drink, fruit)

Payment must be done by bank transfer :

Domiciliation : BPRIVE COUDRAY MONTCEAUX BIC : CCBPFRPPMTG

Establishment code : 10207 Sort code : 00122 Current account number : 21213121874 RIB key: 68

IBAN : FR76 1020 7001 2221 2131 2187 468

The entry form and check must be received at the address below no later than 7th january 2019.

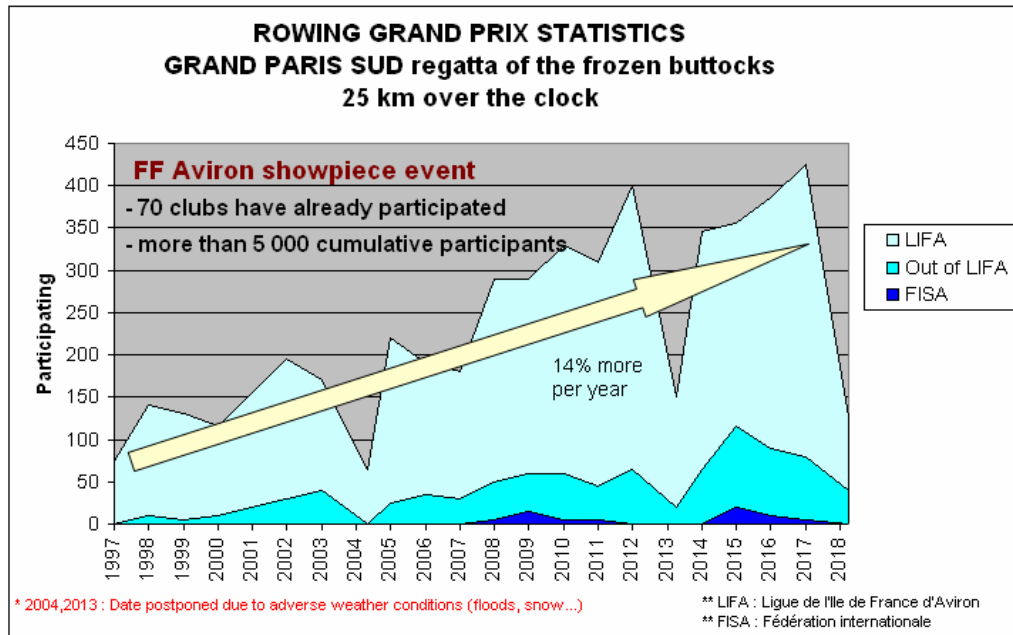
Monsieur Pascal BEAUSSART
Aviron du Coudray-Montceaux
5, Route de Saint Germain, Appartement 72
91100 - Corbeil-Essonnes, FRANCE

Note: For clubs entering more than one crew, please use one entry form per crew, copying this form as necessary.

ROWING GRAND PRIX

25 km boat race against the clock

"Grand Paris Sud regatta of the frozen buttocks"



✓ Fastest time:

Men crew 1h40'01" performed by le C.N. Chambéry – Le Bourget in 2017
 Female crew 2h07'02" performed by Red Star Club Champigny in 2013
 Mixed men/female 1h49'57" performed by Cercle Nautique de Belbeuf in 2006

Aviron du Coudray-Montceaux is the host club. It mobilizes forty volunteers for this event.

Previous results may be consulting on its Internet web site:

<http://AvironCoudrayMtcx.free.fr/GPAviron>
 @AvironCMtx | #CulsGelésGPS

AVIRON DU COUDRAY-MONTCEAUX

Base Nautique, Place de la Gare, 91830 Le Coudray-Montceaux
 Association n° W912003114 - Identifiant SIREN : 528 419 633

WATER SAFETY

1 safety boat provided = 1 less fee for a crew!

To ensure safety on the water during the competition, we waive one individual fee of €60 for each club that also provides a two-person safety patrol boat during the race:

✓ 1 safety boat
 and
 ✓ 2 people on board

Means a savings of €60*



Please contact us in advance if you are interested in providing a safety boat

*This offer is limited to the first six registered clubs that confirm to us they will also contribute safety boats.

As regards barge traffic on the Seine, we would like to announce that we have obtained, through the V.N.F. (Navigable waterways of France), an amendment to our agreement, specifically appendix 2, permitting us to use the Seine river for public activities and sporting events as follows:

Given the new master plan for use of waterways, the annual rowing competition called "Rowing Grand Prix" will be held under the following conditions:

Organization of events on the Seine at KP 129.092 (500 m upstream of the lock at Coudray-Montceaux), at KP 116.500 (village of Boissise-le-Roi) with halt in navigation from 9:00-11:00 am for barges heading upstream from Coudray-Montceaux, and from 10:00 am-12:00 pm for barges going downstream from Eaux Vives.

- COT N° 21151400063 effective until 2017

Safety on the water is essential!