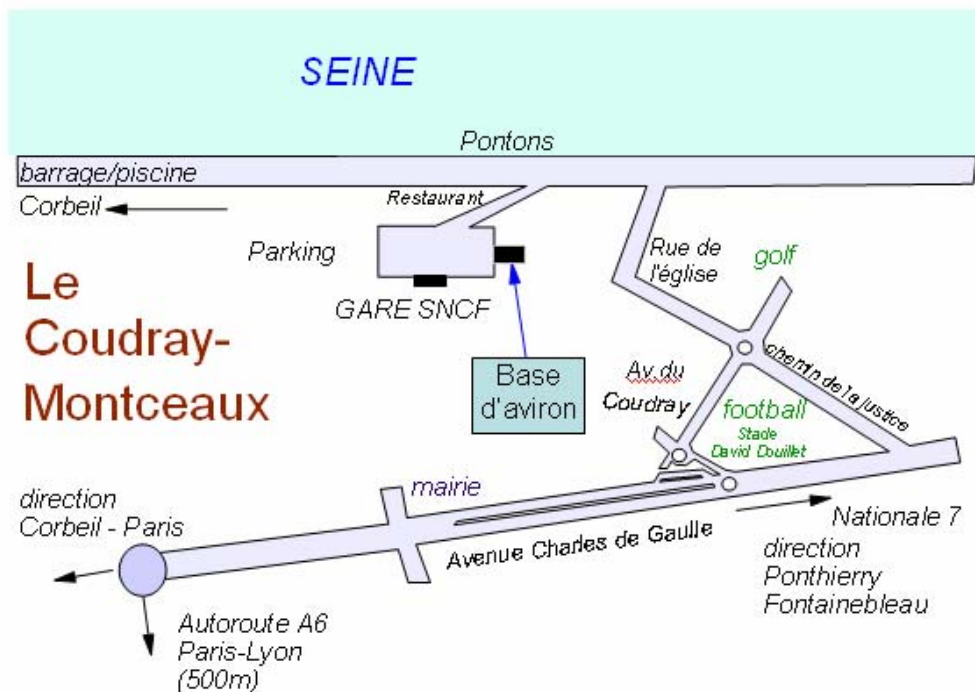


MAP AND DIRECTIONS

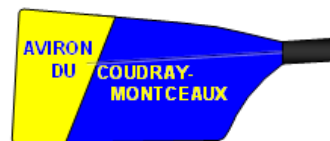


Aviron du Coudray-Montceaux is located along the Seine in Essonne (91) district, in the city of Le Coudray-Montceaux. At thirty-four kilometres at southeast of Paris, the town is in the Urban Community of Grand Paris Sud. It is accessible via the A6 (E15) motorway Paris-Lyon, and the county D191, D607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

GPS coordinates: [Longitude : 2.49286080](#), [Latitude : 48.5664299](#)

"AVIRON" signs will be put in place to help you reach our destination without issue



AVIRON DU COUDRAY-MONTCEAUX

Association n° W912003114 - Identifiant SIREN : 528 419 633

FFA C91060


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

25th ROWING GRAND PRIX

Sunday, 21th January 2024

25 km against the clock

Le Coudray-Montceaux - Essonne, France



Major F.F. Aviron national long distance rowing race.

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

CNOSF Label: " *SUSTAINABLE DEVELOPMENT, SPORT IS COMMITTED* "

Organised with the support of:

- Le Coudray-Montceaux
- Urban district Grand Paris Sud
- General Council of Essonne
- ANS - National Sport Agency

développement durable
LE SPORT S'ENGAGE

LE MOUVEMENT SPORTIF



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 men's and women's crew is made up of at least two women and at least one man in the rowing position..

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. This number must be visible at the bow of the boat.

➤ *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.

Eco-sustainable behavior (Sport is committed)

As the rowers are not supplied on the water during the event, the rowers must provide themselves with drinks or other nutritional elements in accordance with the FISA (WRF) regulations concerning the fight against doping. The rowers must behave respectfully with the practice environment by being responsible for their waste. They will have to respect their teammates, their opponents, their coach as well as all those involved in the organization of this event..

➤ *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.

No coxswain shift is allowed before the second buoy mark located at 8 kms from the start line.

➤ *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 start 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 ("Yollette 4YX+")—where the boat weight exceeds 65 kg. [A number holder attached to the bow, a 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 due to its low speed it jeopardizes the allotted timing of the competition. Example : If this crew needs more than 1 hour and 20 minutes to reach the bridge, which is located at 10km 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 (Essonne - France)
 21th JANUARY 2024

Grand Paris Sud regatta of frozen buttocks
Sunday 23th January 2022
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>
 Foreign licence holders competitors with a federation respected FISA's Rules of Racing (World Rowing Federation) can send their entries by email : avironcoudraymtcx@free.fr
 To register, please complete in legible print (one per team) and return with payment before 16th January 2022

ROWING GRAND PRIX – Culs gelés Grand Paris Sud:

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,
 Number of boats x €75 =
 Number of lunch-bag (optional) x €9 =

Payment must be done by bank transfer :
AVIRON DU COUDRAY-MONTCEAUX
Domiciliation : BPRIVE COUDRAY MONTCEAUX **BIC** : CCBPFRPPMTG
Etablissement Code : 10207 **Counter Code** : 00122 **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 16th January 2022.

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

Organisers' meeting with club/crew delegates 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.
 Think about booking your lunch bag

ROWING GRAND PRIX

25km boat race against the clock

"Grand Paris Sud regatta of the frozen buttocks"

Aviron du Coudray-Montceaux
27th ROWING GRAND PRIX
"Les culs gelés Grand Paris Sud"
25km boat race against the clock
Sunday 21th January 2024 (9h00 - 12h30)

Grand Paris Sud
 Seine-Essonne-Sénart
 #CulsGelésGPS

Flagship event on the calendar national events of the FFAviron

Long distance event that combines competition and passion ...
 Junior, senior and master categories
 Women's, men's and mixed men-women rowing crews

30 clubs - 400 competitors – 50 volunteers

développement durable
 LE SPORT S'ENGAGE

le coudray Montceaux
 AGENCE NATIONALE DU SPORT
 GARES & CONNEXIONS
 SNCF
 vnf
 FFAVIRON
 Essonne
 TERRE D'AVENIR
 SUSTAINABLE DEVELOPMENT, SPORT IS COMMITTED

✓ Fastest time:

Men crew 1h40'01" performed by le C.N. Chambéry – Le Bourget in 2017
 Female crew 2h03'53" performed by Cercle Nautique de France en 2020
 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>

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 for each club that also provides a two-person safety patrol boat during the race:

- ✓ 1 safety boat with 2 people on board
- ⇒ €25 for the loan of a security boat.
- ⇒ €25 for its transport to Le Coudray-Montceaux
- ⇒ €25 for a pilot and his co-pilot during the competition.

That's a total of €75 which is equivalent of an team registering cost. This offer is limited to the first six registered clubs that confirm to us they will also contribute safety boats



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

The conditions for stopping lockage are as follows:

- 9:00 – 11:00 (Boats going up from the Coudray-Montceaux lock)
- 10:30 – 12:30 (Boats swallowing from the lock of Vives-Eaux) at the U-turn

The obligations imposed on vessels sailing (except supervision and safety boats) throughout the duration of the nautical rowing event are:

- ⇒ remain on their starboard side in curves with prohibition to cut bends
- ⇒ respect the speed limit of 5 km/h from 9:00 to 12:30
- ⇒ do not overtake

Safety on the water is essential!

Environnementale Charte

All committed

This sustainable development charter has been established by the organizing committee of the *Grand prix d'aviron – Les culs gelés Grand Paris Sud*.

It applies to all audiences present during the event :: athletes, referees, officials, exhibitors, public, volunteers responsible for ensuring its proper application through information and advice actions.

Soft mobility :

- I opt primarily for public transport, carpooling, cycling to reduce greenhouse gas emission
- I favor grouping together on a common trailer for the transport of boats.

Water and food :

- I use and refill a reusable water bottle.
- I use the reusable cups provided
- I ban plastic bottles and disposable cups
- I favor a healthy and balanced diet with local and organic products
- I ban disposable plastic bags

Sorting of waste :

- I undertake to limit and sort my waste by depositing it in the appropriate bins
- Objective of zero waste on the ground and less waste in total

The respect of the rules:

- I undertake to respect all stakeholders, the rules, the environment and the cleanliness of the site
- I respect the designated parking areas for cars and trailers
- I contribute with the club volunteers, recognizable by their yellow vests, to making the *Regatta of frozen buttocks* an eco-responsible event.

Engagements éco-responsables de l’Aviron du Coudray-Montceaux

Reduce our impact on the environment :

- Transportation
- Communication
- Waste sorting and reduction
- Control of energy consumption
- Purchases of local products or products designed in France

Social responsibility :

- Have a reference person in eco-responsibility in the organizational team.
- Raise awareness among all stakeholders of the CSR approach.
- Promoting local service providers committed to a sustainable approach.
- Communicate on the ethics and deontology of rowers.
- Promote the Olympic values of rowing.
- Say stop to discrimination in sport.
- Leave a positive and lasting legacy for territories and populations.
- Training of volunteers, capitalizing on experience.

Taking health and safety into account :

- Have a health and safety representative in the organizational team
- Take into account the health and safety of the public and organizers.
- Preserve the health and safety of athletes.
- Organize safety on the water during the competition.
- Fight against doping.
- Have a first aid station with defibrillator and a mobile team equipped with a medical intervention vehicle.
- Open stands held by associations promoting inclusive sport or health sport