



Information bulletin

Lac St-Jean (CAN) 2023

presented by Rio Tinto



- SC 1 VENUE**
 SC 1.1 The (32) kilometer swimming marathon (or the competition or the event), is organized by LA TRAVERSÉE INTERNATIONALE DU LAC ST-JEAN INC. This event is sanctioned by the Fédération de natation du Québec.
- SC 1.2 The rules of Swimming Canada, of the Fédération de Natation du Québec as well as the FNQ open water swimming safety rules apply to all participants. All swimmers must be registered as a "competitive" member of the Quebec Swimming Federation or their own provincial/national federation.
- SC 1.3 The marathon, open to men and women, will take place on **Saturday July 29th 2023** over a distance of 32 km in Roberval, Lake St-Jean, Québec, Canada. All swimmers must be 14 years and older
- SC 1.4 The marathon will start at **eight (8:00)** o'clock am, at Péribonka's municipal wharf for both men and women. The competition will end at the municipal wharf in Roberval.
- SC 1.5 Each swimmer must be accompanied by a qualified coach.
- SC 2 CONFIRMATION**
 SC 2.1 The document confirming participation of the swimmer after receiving his(her) acceptance from the organizing committee must be received by fax and/or writing and/or telegram by the office of the Organizing Committee before **June 16th, 2023**. With the confirmation will be sent an arrival/departure form to the swimmer who will have to complete it and return it to the organization before **June 27th, 2023**.
- SC 3 SWIMMERS' AND COACHES' ARRIVAL/DEPARTURE**
 SC 3.1 The swimmer and the coach must reach the office of the Organizing Committee at 1130 St-Joseph Blvd at their own expense on **Wednesday July 26, 2023 at five (5) o'clock pm**. They must inform the Organizing Committee of their arrival.
- SC 3.2 The swimmer and the coach must not leave Roberval and the area before **Sunday July 30, 2023 at five (5) o'clock pm**.
- SC 4 BURSARIES**
 SC 4.1 Any swimmer who start the marathon will receive a minimum grant of 1 000\$ US.
 SC 4.2 A swimmer is considered a Québécois if he has his residence or has lived in the province of Québec at least one year. He must be a Canadian and affiliated at the Federation de natation du Québec for at least one year at the date of the competition.
 SC 4.3 Revenue Canada requires that a 15 % tax be perceived, by la Traversée, on grants of 2,500\$ CDN and over on the total amount of money awarded to each non Canadian residents. The swimmer can file a claim to Revenue Canada in order to recover, if applicable, a partial or total refund, based on certain conditions and/or arrangements between Canada and his own country. It is advisable to keep receipts for all expenses related to the marathon.

CLASSEMENT HOMME-FEMME / MEN-WOMAN RANKING			
Distribution 55 000 \$ US			
HOMMES / MEN		FEMMES / WOMEN	
1 ^{er} – 1 st	7 500 \$	1 ^{er} – 1 st	7 500 \$
2 ^e – 2 nd	4 500 \$	2 ^e – 2 nd	4 500 \$
3 ^e – 3 rd	3 400 \$	3 ^e – 3 rd	3 400 \$
4 ^e – 4 th	2 200 \$	4 ^e – 4 th	2 200 \$
5 ^e – 5 th	1 700 \$	5 ^e – 5 th	1 700 \$
6 ^e – 6 th	1 400 \$	6 ^e – 6 th	1 400 \$
7 ^e – 7 th	1 200 \$	7 ^e – 7 th	1 200 \$
8 ^e – 8 th	1 100 \$	8 ^e – 8 th	1 100 \$
9 ^e – 9 th	1 000 \$	9 ^e – 9 th	1 000 \$
10 ^e – 10 th	1 000 \$	10 ^e – 10 th	1 000 \$
11 ^e – 11 th	1 000 \$	11 ^e – 11 th	1 000 \$
12 ^e – 12 th	1 000 \$	12 ^e – 12 th	1 000 \$
	13 ^e – 13 th		1 000 \$

Bourses spéciales / Special Bursaries	
Total : 6 000 \$ CDN	
1 ^{er} Québécois	500 \$
1 ^{re} Québécoise	500 \$
Record Homme / Man	1 500 \$
Record Femme/Woman	1 500 \$
Sprint d'arrivée hommes	1 000 \$ = bourse totale
Sprint d'arrivée femmes	1 000 \$ = bourse totale

- SC 5 COACH**
 SC 5.1 It is not an obligation for the Organizing Committee to recruit a trainer for a swimmer. It is the responsibility of each swimmer to find his/her own coach. A swimmer without a coach will not be allowed to enter the race. The coach must be over eighteen (18) years of age.
- SC 6 ACCOMMODATION**
 SC 6.1 La Traversée will take responsibility of lodging the swimmer and the coach, from **Tuesday, July 25th to Saturday, July 29th, 2023 inclusively**. All other accompanying people will be responsible for their transportation and lodging expenses. The swimmer has the obligation to confirm the identity of his coach for this one to be lodge, before **June 22th, 2023**.
- SC 6.2 The morning of the competition, all swimmers and trainers will use the transportation provided for them by the organizing committee, free of charge.
- SC 7 TRANSPORT**
 SC 7.1 The Traversée will provide transportation for swimmers and their coaches from Montréal to Roberval on Tuesday, July 25, 2023 at 3:00 p.m. Departure will be by bus from Montréal-Trudeau International Airport and a return bus from Roberval to Montreal will also be offered on Sunday, July 30, 2023, departing at noon from Place de la Traversée to Montréal-Trudeau International Airport. Swimmers and coaches who wish to use this transport option must inform the organization when confirming their participation.
- SC 8 PARTICIPATION**
 SC 8.1 The swimmer must accept unconditionally to participate in all activities regarding the swimmers (including: interviews with the medias, fund raising events, swimmers' presentation, presentation of awards, supper in the street, parades, etc.).
- SC 9 TECHNICAL MEETING**
 SC 9.1 The Swimmers and the coaches must be present at all meetings scheduled by the organizing committee. (COMPULSORY ATTENDANCE: Technical meeting **Thursday, July 27th at 7 o'clock pm**).
- SC 10 SAFETY AND ENVIRONMENT**
 SC 10.1 According to the Rules and Regulations for the FINA OWS GP, one escort boat will be provided for each swimmer. No swimmer shall dispose containers other than biodegradable in water of the Lake St-Jean. The committee will provide biodegradable cups for each swimmer. Those cups have a capacity of 600 ml (20 oz) and are 6.4 cm (2.5 in) wide at the bottom, 8,9 cm (3.5 in) wide at the top and 15.9 cm (6,25 in) high. (A picture of the cups can be sent to you by email if you ask at the Traversée's office).
- SC 11 ENDING OF THE MARATHON AND CANCELLATION**
 SC 11.1 If the marathon is cancelled, the Organizing Committee will assume the cost non-refundable including the flight, the lodging and the subscribing fees that must be paid by the swimmer already registered in the marathon on presentation of supporting documents. Refunding will vary according to the number of marathon where the swimmer is registered in North America.
- SC 12 REGULATIONS**
 SC 12.1 Any infringement of the present contract or Rules of Competition may result in a fine and/or disqualification which will be decided by the Organizing Committee. Each fine will be a minimum of 150 \$ US for each breach of a clause and/or rules and/or absence from any scheduled event. More severe fines may be applied depending upon the gravity of the offense. The fine may be deducted from the grants or sought in any other legal manner.
- SC 12.2 The organizing committee will not accept destructive and disrespectful attitudes towards the organization. Athletes must refrain from publicly criticizing the welcoming organization; however, the organizing committee remains open to receive any comment on an individual basis. Any behaviour **opposed to sportsmanlike ethics or against organization value** will be penalized financially and/or otherwise and could lead to the interdiction to participate.