



INDIAN OCEAN TRIATHLON

12th of November 2016 (8th Edition)

The Indian Ocean Triathlon is a fantastic event which takes place in the south-west part of Mauritius and one of the most beautiful coasts of the Island.

Some say that it is “one of the most beautiful triathlon in the world”... Either you are an experienced triathlete or a beginner who will participate in its first triathlon, you can be sure that you will remember this race.

Each year great Champions and top Triathletes are also participating into the event, offering you the wonderful opportunity to meet them in a very friendly atmosphere, during the various group events during the week before the race, and also on race day.

The swimming event will take place in the beautiful lagoon of Le Morne, among colorful fish and corals of all shapes...

The cycling track includes:

- The challenging Chamarel Climb and its village
- The southern coastal road which goes alongside magnificent lagoons and through typical coastal villages

The run is at Le Morne Peninsula and with a fabulous Finish on the beach.

Technical – race format

Long Distance event

Start time: 07h30 on Saturday the 12th of November 2016

Start place: beach Restaurant Emba Filao (next to LUX* Le Morne) at Le Morne beach

Swimming: 1.8km in Le Morne lagoon (sea temperature is 25°C / 77 F)

Australian style mid-race before diving back for a second round

Cycling (road cycling): 55km

Start from bike park transition zone at Emba Filao le Morne beach ⇨ La Gaulette road ⇨ Chamarel climb ⇨ Chamarel village ⇨ Baie du Cap ⇨ Bel Ombre coastal road ⇨ U Turn at



Rivière des Galets - Baie du Jacotet ⇨ Bel Ombre coastal road towards Le Morne ⇨ Emba Filao le Morne bike park transition zone

Run at Le Morne Peninsula: 12 km or 3 laps of 4km Emba Filao le Morne bike park transition zone ⇨ Le Morne public beach

Finish: beach Restaurant Emba Filao le Morne beach

Cut off time: 5H

Small distance event

Start time: 07h30 on Saturday the 12th of November 2016

Start place: beach Restaurant Emba Filao (next to LUX* Le Morne) at Le Morne beach

Swimming: 500m in Le Morne lagoon

Cycling (road cycling): 13km

Laps bike park transition zone at Emba Filao le Morne beach ⇨ Le Morne road and back

Small race format also included in the program:

S 500m - C 13km - R 3km

Run at Le Morne Peninsula: 3km

Finish: beach Restaurant Emba Filao le Morne beach

Program of the week

(Exact sessions time and place will be communicated)

Wednesday 09th of November 2016

Running session in the afternoon with the Top triathletes – invited Champions / Pros

Thursday 10th of November 2016

Bike recognition sessions - with the Top triathletes – invited Champions / Pros

Friday 11th of November 2016



At Le Morne Emba Filao restaurant:

- Swim recognition sessions with the Top triathletes – invited Champions / Pros
- 14h00-17h00 Race pack and race numbers collection, bike basic service and bike shop
- 17h00-18h00 Indian Ocean Triathlon pre-race briefing (compulsory)

Saturday 12th of November 2016

06h00: Opening of Bike Park and participant marking

07h15: Last race briefing and instructions

07h30: Start Indian Ocean Triathlon:

- ✓ Main Race 1.8km swim – 55km bike – 12km run

Small Race 500m swim – 13km bike – 3km run

09h45: Estimated finish for winner main race

10h00: Opening of massages

12h30: Estimated finish last participant

13h00: Closure of Bike Park

13h00: Lunch and Prize Giving Ceremony

18h30 to 19h30: Cocktail and Sega

Important notice

At time of race pack collection, the following document will be required from the participant:

- A valid triathlon license
- Or if the above is not available a medical certificate stating that the participant “is in good health, has the necessary endurance, fitness qualities and do not present any contraindication to participate in triathlon in competition” (compulsory statement)

Further technical information; race map and profile, rules and regulations are available on the event's official website www.indianoceantriathlon.com

Main promoters and organizers

The Indian Ocean Triathlon is co-organized by LUX* Sports and VO2MAX Voyages, with the support of Mauritius Triathlon Federation (FMTri).



Accommodation inquiries:

Contact LUX* Sports, email sports@luxresorts.com