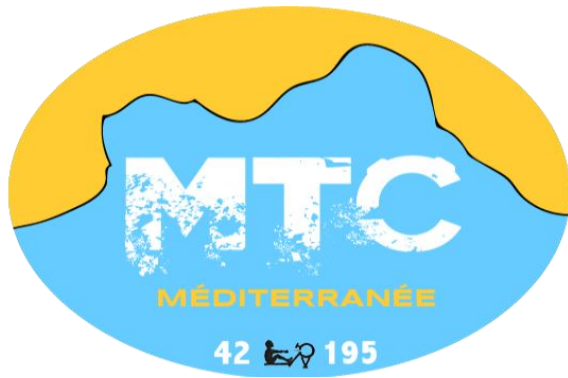




MTC Méditerranée 2020

4^{ème} édition

Operating principe :

The MTC Méditerranée is an online challenge for indoor rowing on Concept2 ergometer, composed of 10 stages over 10 weeks, open to all.

Each stage corresponds to the distance, on a 1 / 10th scale, connecting one French club organizing the Mediterranean Championship to another. The whole challenge leads to a marathon, the mythical distance of 42.195km.

This Challenge takes place on the FB page:

<https://www.facebook.com/mtcmediterranee2020>

As well as on a dedicated website, which is being created.

Historical :

The Mediterranean Championship takes place on 10 clubs in the Mediterranean basin, which gives life to the Sea Rowing activity from January to October.

The initial idea of this online challenge was to animate the hollow season of the Mediterranean Championship with indoor rowing. However, since its first edition the MTC Méditerranée has managed to export to other territories and other disciplines (triathlon, va'a, trail, crossfit, fitness ...).

MTCCM2017 : 21 crew finishers

MTCCM2018 : 43 crew finishers

MTCCM2019 : 96 crew finishers (with 140 participants)

MTC Méditerranée 2020 :

How many will you be this year to take up the challenge ???

General progress :

Each week, a new stage will start on Monday at 8am. A corresponding Facebook event will be created allowing the capture of the results as the participants' achievements.

ETAPE	PARCOURS	DATE	DISTANCE
1	Valras - Sète	18/11 au 24/11	4000 m
2	Sète - CAM	25/11 au 01/12	13200 m
3	CAM - ASPTT	02/12 au 08/12	1300 m
4	ASPTT - Cassis	09/12 au 15/12	2150 m
5	Cassis - La Ciotat	16/12 au 22/12	1150 m
6	La Ciotat - Six Fours	23/12 au 05/01	1800 m
7	Six Fours - Toulon	23/12 au 05/01	2050 m
8	Toulon - Nice	06/01 au 12/01	14100 m
9	Nice - Monaco	13/01 au 19/01	1500 m
10	Monaco - Menton	20/01 au 26/01	945 m
		TOTAL	42195 m

The events will appear in advance on the MTC Méditerranée 2020 Facebook page and will be named as follows: «Etape - distance - period ».

The participants will have until Sunday midnight to deposit their results on the event without which they will not be taken into account and will not be able to be finisher anymore.

A ranking by stage and a general classification will appear each week beginning to follow the progress of the crews.

At the end of the Marathon, each finisher will first receive a diploma of his marathon and can then be drawn to win:

An ergometer model D PM5 worth 1110 € !!

ANDRE Stefane was drawn to win the rower of the 2019 edition

(If you are double there will be only one ergometer for two)

(Outside the metropolis and Corsica, any additional costs of delivery will be at your expense)

Participation :

The participation in the MTC Méditerranée is 10 € / crew either by paypal or by check payable to Matthieu Gameiro Pais. A registration form must be completed either online or by post to:

*M. Gameiro Pais Matthieu
499, boulevard Garnault – Résidence La Pinède
83500 La Seyne/mer (France)*

To be sent before the 24/11/18 (end of the first stage of the Mediterranean TCM)

Settlement :

- Everything takes place on the FB page of the MTC Méditerranée 2020 (as well as on the site being created).
- Categories :
ALONE
 - Man // Woman
 - Under 16 years old (half marathon only alone) // under 17 to 29 years old // 30 to 39 years old // 40 to 49 years old // 50 to 59 years old // over 60 years old
 - LWT / HWT, for categories with more than 20 participants.

DOUBLE

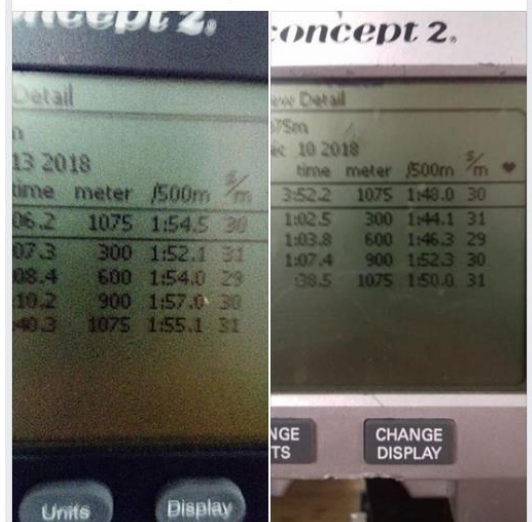
- Man // Woman // Mixed
- under 20 years old // under 40 years old // over 40 years old ; The youngest gives the category of the team

Categories with fewer than 5 participants will be directly merged after the first step.

- The distance of the week must be realized in 1 time for the solos.
- For doubles, each member of the team must complete half the distance in one time, the time of the boat is the total of the two times.
- A double is composed of 2 rowers.
- The -16 year old SOLO category must do half the distance every time
- It is possible to do the Challenge in solo AND in 2X, this corresponds to 2 entries
- To make the step distance, you must program it on your PM in Menu / select training / new training / single distance.
- You must enter your result on Facebook on the page of the EVENT "STEP N ° ..." according to the following rules: Bib number // Time 00: 00.0 // Screen shot MANDATORY with the current date (memory of the PM)

- It is MANDATORY to respect the deadline of one week by step to be official finisher.
- Accumulating your lap times on all the stages will make it possible to designate the champions of the MTC Méditerranée 2020. There will be a step-by-step classification and a general classification.
- There will be no winter break during the Christmas holidays but for more flexibility you can freely do the 2 steps in 2 weeks (unlike other steps respecting the one step / week rule). For example you can do step 6 then step 7 in the same day on 25/12/2018!

Dossard 2203 - Double H - 7:58,4



time	meter	/500m	%
06.2	1075	1:54.5	30
07.3	300	1:52.1	31
08.4	600	1:54.0	29
10.2	900	1:57.0	30
10.3	1075	1:55.1	31

Example of result input for a double

La Grande Traversée :

It is a relay race on 53.7km that must be done in one go, as quickly as possible and on a single ergometer. It runs parallel to the Marathon and is not a stage.

This distance corresponds, on a scale of 1 / 10th, to the distance between the two Spanish and Italian clubs that organize the Mediterranean Championship, Olympic Barcelona and Canottieri San Remo.

Settlements:

- *Period :*

You can make your **Grande traversée** at any time in short of the MTC!! But as soon as you publish a result the members who have formed the team will not be able to reload.

- *Team composition :*

There must be at least two to form a team and there is no limit of participants per team. There will be no classification by category but it is mandatory that the team is composed of at least 1/3 of a woman and 1/3 of a man.

For example if you are 2 you are obligatorily 1 woman and 1 man; if you are 13 there must be at least 5 women and 5 men ...

- *Winner team :*

The team that will perform the distance as quickly as possible will then win the Barcelona - San Remo Indoor Trophy, currently held by the **Aviron Seynois in 3: 00: 15.0**

The trophy will be sent directly to you under contract and your performance will be engraved next to the previous ones.

