



# Mediterranean MTC

## 6th edition

### Principle:

The MTC Méditerranée is an online indoor aviron challenge, consisting of 10 stages over 10 weeks, open to all.

Each stage corresponds to the distance, on a scale of  $f^{1/10th}$ , connecting a French club organizing the EuroMed to another. The entire challenge leads to a marathon, the mythical distance of 42.195km.

This Challenge takes place on a dedicated website and FB:

<https://www.mtc-rowing.com>

<fb.me/mtcmediterranee>

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### Historical:

The EuroMed is a group of sea rowing competitions on the Mediterranean basin. It takes place historically on 10 clubs of the coast, which makes live the activity Rowing of Sea from January to October.

The initial idea of this online challenge was therefore to animate the off-season of EuroMed with indoor rowing. However, since its first edition the MTC Mediterranean has managed to export to other territories (Vietnam, Belgium, Spain, ...) and other disciplines (triathlon, va'a, trail, crossfit, ...).

**MTCCM2019:** 96 finisher crews (140 crews at the start)

**MTCCM2020:** 142 finisher crews (with 202 crews at the start)

**MTC Méditerranée<sup>5th</sup> edition:** 205 finisher crews (247 crews at the start)

How many of you will be taking up the challenge this year???

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### General process:

STAGE	ROUTE	PERIOD	DISTANCE
1	Valras - Sète	11/15/21 to 11/21/21	4000m
2	Sète - CAM	11/22/21 to 11/28/21	13200m
3	CAM - ASPTT	11/29/21 to 12/05/21	1300m
4	ASPTT - Blackcurrant	12/06/21 to 12/12/21	2150m
5	Blackcurrant - La Ciotat	12/13/21 to 12/19/21	1150m
6	La Ciotat - Six Ovens	12/20/21 to 01/02/22	1800m
7	Six Ovens - Toulon		2050m
8	Toulon - Nice	01/03/22 to 01/09/22	14100m
9	Nice - Monaco	01/10/22 to 01/16/22	1500m
10	Monaco - Menton	01/17/22 to 01/23/22	945m
<b>TOTAL</b>			<b>42195m</b>

Everyweek, a new stage will start on Monday at 8am. Acorresponding Facebook event will be created allowing the entry of results as and when the participants' achievements.

The events will appear in advance on the MTC Méditerranée Facebook page and will be named as follows: "Stage.... - distance - period".

Participants will have until Sunday midnight to deposit their results on the event otherwise they will not be taken into account and can no longer be finisher.

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

At the end of the Marathon each **Finisher** will receive a summary diploma of his marathon.

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### Lots and partners:

INCEPT :



**An ergometer model D PM5**

Lot drawn between all the finishers of the MTC.

#### Please note:

If you are in duplicate there will be only one ergometer fortwo.

Outside the metropolis and Corsica, any additional costs of delivery will be at your experience.

Winner<sup>3rd</sup> edition: ANDRE Stefane (UNITED WE ROW) / Winner 4th edition: ROSSI-VIVES Pauline - POTTER Sarah (CNPA) /  
Winner 5th edition: COCUS Frédéric (Rowing Club Biterrois)

Mag Rowing :

# MAGAVIRON<sup>®</sup>

**1 Collector Mag Rowing**

Lot drawn at the end of the first stage between the clubs that are represented by more than 10 crews.

**3 Mag Aviron** waterproof bags and 2 **Mag Aviron** Collector

Lots drawn at random between all participants in the even stages.

**1 paper + digital subscription**

Prize for the winner of theMTC.

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## Participation :

Participation in the MTC Méditerranée is **10€ /crew**.

The registration form and the payment are made:

- Online (to be promoted)

Google form registration form:

Regulation PayPal:

[https://paypal.me/mtcrowing?locale.x=fr\\_FR](https://paypal.me/mtcrowing?locale.x=fr_FR)

Please select "Send money to a loved one, a trusted person". This choice does not generate any costs, otherwise thank you to add 1 € to your participation to cover the costs.

- By post

Registration form:

Available on the website to print and send

Payment by cheque:

To the order Matthieu Gameiro Pais

*Mr. Gameiro Pais Matthieu  
499 Garnault Boulevard – Residence La Pinède  
83500 La Seyne/sea*

**To be sent before 21/11/21 (end of the first stage of the MTC)**

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## Rules:

- Everything takes place on the website and FB.
- Categories:  
ONLY
  - Men // Women
  - 16 years and under (solo half marathon) // -17 to 29 years // 30 to 39 years // 40 to 49 years // 50 to 59 years // +60 years
  - PL/TC, for categories that would have more than 20 participants.

### DOUBLE

- Male // Female // Mixed
- - 20 years // - 40 years // + 40 years; The youngest gives the category of the team.

### HANDI

To be done in tandem "handi-valid" with a free choice when registering for distance sharing:

- 1/2 handi, 1/2 valid
- 1/3 handi, 2/3 valid

### BOAT

Differentiation between participants on Concept2 and WaterRower

- Concept2
- WaterRower

**The categories represented by less than 5 participants at the start will be directly merged at the end of the first stage.**

- The distance of the week must absolutely be achieved in 1 time for solos.
- For doubles, each member of the team must complete half of the distance in 1 time, the time of the boat corresponds to the cumulation of the two times (tandem exception "handi-valid" 1/3 handi, 2/3 valid).
- A double is composed of 2 rowers.
- The "16 years and under" SOLO category must be half the distance each time
- It is possible to do the Challenge solo AND in 2X, this corresponds to 2 registrations.
- To make the distance of the stage, you must program it on your PM in Menu/select training/new training/distance unique.
- You must register your result on Facebook on the event page "STEP N°... » according to the following rules: Bib number// Time 00: 00.0 // Screen photo MANDATORY with the date of the day (PM's brief)
- It is **MANDATORY** to respect the deadline of one week per step to be an official finisher.
- The accumulation of your times on all stages will make it possible to designate the champions of the MTC Méditerranée<sup>6th</sup> edition. There will therefore 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 stages during the 2 weeks (unlike the other stages respecting the rule one stage / week).

For example you can do step 6 and then step 7 in the same day on 25/12/21!

### The Great Crossing:

It is a relay race over 53.7km that must be carried out in one go, as quickly as possible and on a single ergometer. It takes place in parallel with the Marathon and is not a stage.

This distance corresponds, on a scale of 1/10th, to the distance connecting the 2 Spanish and Italian clubs organizing the Mediterranean Championship that are Olympic Barcelona and Canottieri San Remo.

Regulation:

- *Period*

You can make your Great **Crossing** at any time during the MTC !! But as soon as you publish a result, the members who made up the team will not be able to redo the relay.

- *Composition of the teams:*

It takes 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 women and 1/3 of men.

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

- *Relay:*

The duration of the relays must be equivalent between all the participants of the same team.

For example transition every 10 minutes, every 30 seconds, ...

- *The winning team:*

The team that completes the distance as quickly as possible will then win the Barcelona – San Remo Indoor Trophy, currently held by **Aviron Seynois in 2:47:28. 8**

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

