

CHAMPIONNATS *de* **FRANCE** **EAU LIBRE** *Open*

5 AU 7 JUIN 2026

**LISSAC SUR COUZE (19)
LAG DU GAUSSE**



SUIVEZ NOUS SUR     [ffnatation.fr](https://www.ffnatation.fr)



PARTENAIRE PRINCIPAL



PARTENAIRES OFFICIELS





PLUS D'ÉLECTRICITÉ, C'EST MOINS DE PÉTROLE À L'HORIZON.

Parce qu'elle est très légère en CO₂*,
l'électricité d'EDF peut remplacer les énergies
fossiles et ça, c'est mieux pour le climat.



L'ÉLECTRICITÉ, ÇA NE FAIT QUE COMMENCER

* GIEC, 2023 : Rapport de synthèse sur le changement climatique. L'électricité d'EDF est à 99 % sans émissions de CO₂ en France. Émissions directes, hors analyse du cycle de vie des moyens de production et des combustibles - Périmètre EDF SA, 2024. [edf.fr/climat](https://www.edf.fr/climat)
L'énergie est notre avenir, économisons-la!

THE NEW CXT-3 TRAINER

APPROXIMATELY 1 OUNCE, OR 28
GRAMS, LIGHTER THAN CXT-2
(12.5OZ/383G VS 13.5OZ/355G)

NEW EXTERNAL TPU MOLDED COUNTER
ENHANCES STABILITY THROUGH LIFTS
AND STRENGTH EXERCISES

SURGENRG FOAM PROVIDES THE
PERFECT BALANCE OF DENSITY
AND RESPONSIVENESS

TPU STABILITY WRAP ADDS DURABILITY
FOR ROPE CLIMBS AND HANDST
AND PUSHUPS

TYRTAC RUBBER OUTSOLE HELPS KEEP
YOU GROUNDED THROUGH DIFFERENT
LIFTS AND MOVEMENTS



TYR



PRÉSENTATION

June 5th, 6th and 7th, 2026

French Open Water Swimming Championships French Masters Open Water Swimming Championships Charity event

The **French Swimming Federation** is pleased to welcome you alongside **the Brive Swimming Club** for this 2026 edition of the French Open Water Championships which will also be Open and Master.

This major event will bring together the best open water swimmers in France for three days of intense competition in an ideal natural setting!

The competitions are open subject to compliance with the criteria of the regulations.

4 main events are on the program : 3km KO, 5km & 10km, including the 3km Masters race, which had its first edition in 2025 and is back this year !

The program is rounded out by a 200m charity race to benefit the association "Pour nos P'tits Gaillards", whose objective is to improve and brighten the daily lives of hospitalized children.



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr





PROGRAM

(HOURS SUBJECT TO CHANGE)

MENS RACE

WOMENS RACE

June 5th 2026

10 km Mens

- 07h30/09h00 : Team arrival/officials - Marking / transponders
- 09h00 : Briefing swimmers and coaches, Jury and lifeguards
- 09h30 : Mens 10KM Start

10 km Womens

- 11h30/13h00 : Team arrival/officials - Marking / transponders
- 13h00 : Briefing swimmers and coaches, Jury and lifeguards
- 13h30 : Womens 10KM 10KM Start

17h00 : Medal Ceremony 10 KM

June 6th 2026

3km Knock-out Mens

- 07h00/08h30 : Team arrival/officials - Marking / transponders
- 08h30 : Briefing swimmers and coaches, Jury and lifeguards
- 09h00 : Mens 3KM KO Start

3 km Knock-Out Womens

- 09h30/11h00 : Team arrival/officials - Marking / transponders
- 11h00 : Briefing swimmers and coaches, Jury and lifeguards
- 11h30 : Womens 10KM 3KM KO Start

13h45 : Medal Ceremony 3 KM KO

3km MASTER Mens

- 12h30/14h00 : Team arrival/officials - Marking / transponders
- 14h00 : Briefing swimmers and coaches, Jury and lifeguards
- 14h30 : Mens 3KM MASTER Start

3 km MASTER Womens

- 12h30/14h00 : Team arrival/officials - Marking / transponders
- 14h00 : Briefing swimmers and coaches, Jury and lifeguards
- 14h40 : Womens 10KM 3KM MASTER Start

17h00 : Medal Ceremony 3 KM MASTER

6:00 PM Charity Race *

June 7th 2026

5 km Mens

- 07h00/08h30 : Team arrival/officials - Marking / transponders
- 08h30 : Briefing swimmers and coaches, Jury and lifeguards
- 09h00 : Mens 5KM Start

5 km Womens

- 09h00/10h30 : Team arrival/officials - Marking / transponders
- 10h30 : Briefing swimmers and coaches, Jury and lifeguards
- 11h00 : Womens 5KM Start

13h00 : Medal Ceremony 5 KM

*See on page 11





PROGRAM

(HOURS SUBJECT TO CHANGE)

WARM-UPS / COOL-OFFS BRIVE SWIMMING POOL

Lake Access - Thursday, June 4th

Lake access conditions :

You can come and train from 5pm to 7pm at Lake Lissac at your own risk.

Pool access schedule

Thursday, June 4th						4:30 → 6:00 PM 2 lanes of 25m	6:00 → 7:30 PM 6 lanes of 25m
Friday, June 5th	6:30 → 8:00 AM 5 lanes of 25m				12:00 → 1:00 PM 3 lanes of 25m	4:30 → 6:00 PM 1 lane of 25m	6:00 → 7:30 PM 3 lanes of 25m 2 lanes of 50m
Saturday, June 6th		08:00 → 10:00 AM 3 lanes of 50m		10:00 AM → 5:30 PM 2 lanes of 50m			
Sunday, June 7th		08:00 → 09:00 AM 6 lanes of 25m 2 lanes of 50m	09:00 → 10:00 AM 6 lanes of 25m 5 lanes of 50m	10:00 AM → 5:30 PM 3 lanes of 25m			

Pool access conditions :

- Water lanes are available for your warm-up and cool-down exercises.
- Present your swimmer accreditation, issued by the Organizing Committee, at the pool reception.
- Please respect the designated lanes.

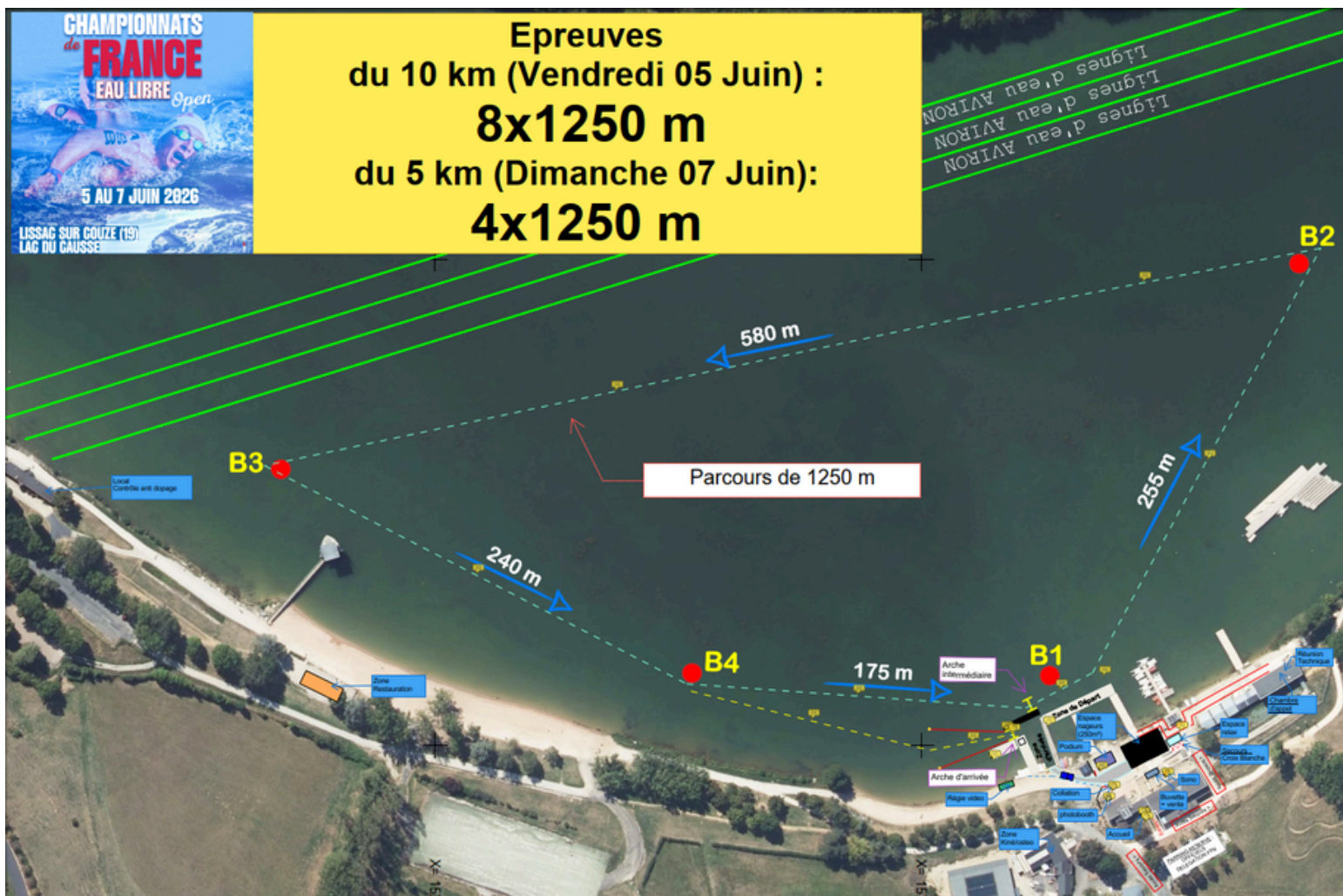


La piscine, centre aquatique de Brive
Boulevard Voltaire
19100 BRIVE-LA-GAILLARDE





5 / 10 KM





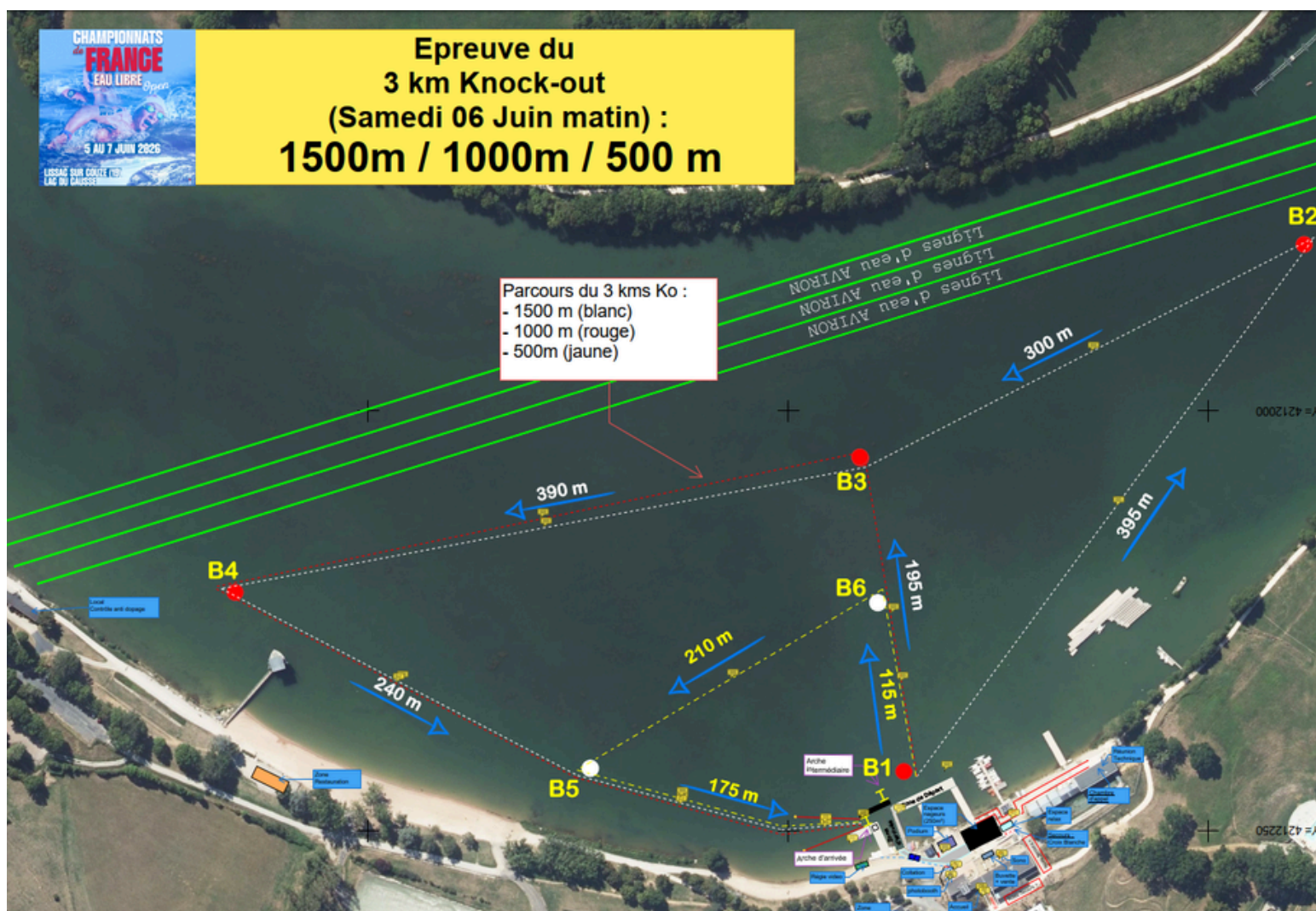
PARCOURS

3 KM KNOCK OUT



Epreuve du
3 km Knock-out
(Samedi 06 Juin matin) :
1500m / 1000m / 500 m

Parcours du 3 kms Ko :
- 1500 m (blanc)
- 1000 m (rouge)
- 500m (jaune)





CHARITY RACE



200 METERS OF FUN AND LAUGHTER !!!

Come one, come all, and swim the 200m straight course!

- Authorized equipment
- Costumes allowed
- Open to all !!
 - Beginner, recreational, and experienced swimmers
 - Swimmers with reduced mobility

**The only requirement: : knowing how to swim
and do it in a good mood!**

All donations collected will be given to the association.

Meet à 5:30 PM !!!



Course



**Registration 3€
by QR CODE
and on site**



*Up To 30 min
before start*

More information about the association can be found at: <https://www.facebook.com/AssociationPNPG>

You can also make a donation on the HELLOASSO plateforme :
<https://www.helloasso.com/associations/pour-nos-p-tits-gaillards>



Every donation counts





SPORT REGULATIONS

RULES CAN BE FOUND ON THE FRENCH FEDERAL WEBSITE



FFN Open Water Regulations 2026



ANNUEL REGLEMENTS MAITRES 2026

FFN Masters Regulations 2026



REGULATIONS



IMAGE RIGHTS :

By registering, competitors authorize the organizers and their assignees, such as partners and media, to use still or audiovisual images in which they may appear, taken during their participation in the event, on any medium including for possible screenings.

In accordance with the French Data Protection Act of 6 January 1978, participants have the right to access and rectify their personal data. If they do not wish to receive offers from other companies or associations, they must inform the organizer in writing, indicating their full name and address.

COMMITMENT AND RESPONSIBILITY :

Furthermore, registration for the event constitutes a waiver of liability by which the registered swimmer acknowledges, in particular:

- having read the "REGULATIONS" of the event which he undertakes to comply with,
- being sufficiently trained to cover the distance for which he has registered,
- that in full knowledge of the facts on the day of the event, he will be under his sole responsibility to decide whether he feels capable of starting the event for which he has registered, both from the point of view of his physical and mental means at the time, and from the point of view of the weather conditions which he feels capable of facing,
- that in all cases, both for himself and for his beneficiaries, he releases the organizers from all liability for any reason whatsoever, to take it upon himself to arrange for any insurance and any possible recourse against any participant or third party responsible for any damage whatsoever to him.

Civil liability : In accordance with current legislation, the organizer has taken out insurance covering the financial consequences of its civil liability, that of its employees and all participants.

Regarding the civil liability of participants, this insurance coverage is limited to accidents they may cause during the sporting event. Furthermore, this coverage will supplement, or replace, any other insurance they may already have.

Those without a license are required to present the organizer with a medical certificate less than 1 year old attesting to the absence of any contraindication to the practice of swimming or triathlon in competition. , A French Open Water Swimming Federation license will be automatically subscribed for those not licensed with the FFN.

Property damage : The organizer accepts no responsibility for any damage (theft, breakage, loss, etc.) to participants' personal belongings, even if they are in the organizer's custody. Participants may not hold the organizer liable for any damage to their equipment.

Taking out insurance to cover these risks is the responsibility of each individual.

Safety : it will be ensured on the water by SNSM and on land by the White Cross and a doctor.

**DANS L'EAU
COMME AU RESTO, ON
GAGNE TOUJOURS À
SE FAIRE PLAISIR**

flunch
TRAITEUR

-10%

**POUR LES CLUBS
DE LA FFN
AVEC LE CODE
CLUBFFN10**

flunch

PARTENAIRE OFFICIEL



**DANS L'EAU
COMME AU RESTO, ON
GAGNE TOUJOURS À
SE FAIRE PLAISIR**

flunch
TRAITEUR

-10%

**POUR LES CLUBS
DE LA FFN
AVEC LE CODE
CLUBFFN10**

flunch

PARTENAIRE OFFICIEL



BIODERMA
LABORATOIRE DERMATOLOGIQUE



PARTENAIRE OFFICIEL DE LA *peau* DES NAGEURS

**À CHAQUE ÉPREUVE
QUE VIT VOTRE
PEAU, BIODERMA
AGIT POUR LA
*renforcer***

Chaque jour elle vous accompagne, vous enveloppe, vous protège. Dans l'eau, elle est en première ligne pour faire face aux agressions. Chaque défi, elle le relève avec vous. Elle est le reflet de ce que vous êtes. Elle ? C'est votre peau. Et Bioderma s'est donné pour mission de la renforcer dans chaque épreuve du quotidien.



**RÉVÉLER
L'INTELLIGENCE
DE LA PEAU**



NAOS
ECOBIOLOGY

AU COEUR DE
LA DERMATOLOGIE

**WORLD'S
FIRST
Double vision**



M1 Pro Max

La puissance de l'intelligence

**Double caméras
Autonomie jusqu'à 20h**



iGarden®

FAIRLAND GROUP



ACCESS

SITE LOCATION

**BRIVE LA
GAILLARDE**

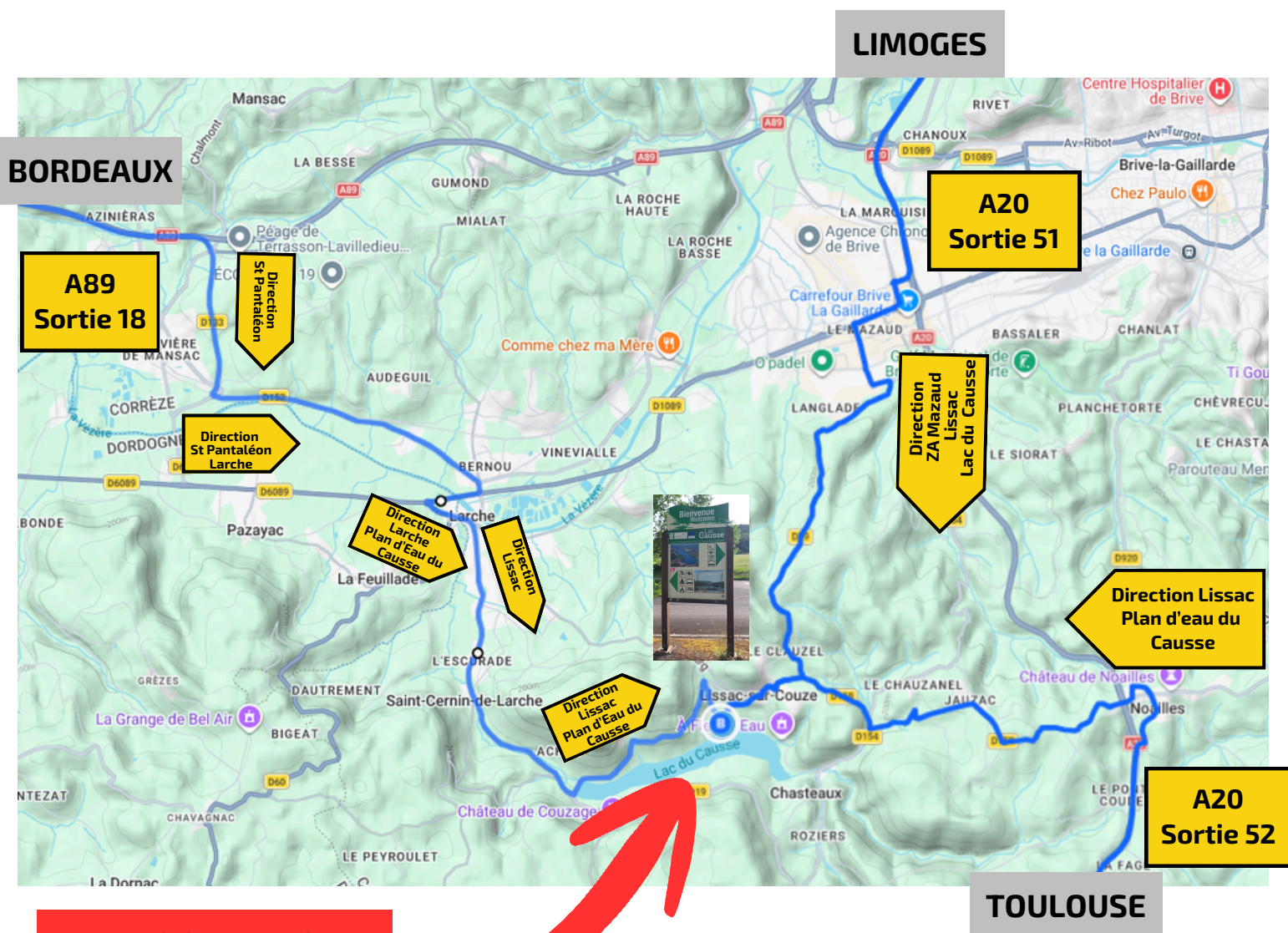


**Base Loisirs
Nautiques Ville
de Brive**



ACCESS

FROM LIMOGES / BORDEAUX / TOULOUSE



ACCOMMODATION

A campsite and guesthouses are located near the competition venue :

- <https://www.campingdulacducausse.com/>
- <https://www.le-pigeonnier-de-lissac.fr/>
- <https://www.gites-de-france-correze.fr/>
- <https://www.brive-tourisme.com/>
- <https://www.brive-tourisme.com/fr/idees-sejours/hebergements>



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Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr





RESTORATION

The club offers meals during the event :

- **Friday lunchtime : Sports Meal**

- Choice of starter: Vegetable tabbouleh / Diced avocado and hard-boiled egg salad
- Choice of dish: Braised turkey roast with brown gravy / Steamed hake fillet with vegetables / Choice of starch
- Dessert options: Rice pudding / Fruit salad
- Coffee

- **Saturday lunchtime : Sports Meal**

- Choice of starter: Niçoise rice / Salad of cooked green beans and sun-dried tomatoes
- Choice of dish: Roast chicken / Steamed salmon fillet with vegetables / choice of starch
- Dessert options: Apple compote / Semolina cake
- Coffee

- **Sunday lunchtime : Sports Meal**

- Choice of starter: Piedmontese-style turkey salad / Vegetable gazpacho pasta salad
- Choice of dish: Salmon Parmentier / Lasagne Bolognese
- Dessert of your choice: Fruit salad / Pound cake
- Coffee

**PRICE PER
LUNCH**

17 €

**Reservations
required uniquely**



**Before
the may 29, 2026
12:00 AM**

- **Saturday Evening: "White Party and Flip-Flops" from 7:30 pm :**

- Evening by the lake beach with entertainer to liven up the evening!!
- **Menu : Sangria aperitif, tapas, paella and dessert**
- Dress code : evening wear in white, preferably in a beach style with flip-flops

**SATURDAY
EVENING MEAL 25 €**



**Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr**





VOLUNTEERS

Do you want to participate in the smooth running of this national event?

 **Become a part of the 2026 French Open Water Swimming Championships !**

To make this national event a complete success, we need you! Whether you are passionate about sports or simply want to share a friendly moment, your help is invaluable.

 **Your tasks (choose one) :**

- Logistics & Installation
- Home & Information
- Athlete Management
- Refreshments
- Safety & Supervision

 **Why to join us ?**

- To experience a high-level competition from the inside.
- To participate in the dynamism of CN Brive and the Gaillard territory.
- Sharing a unique human experience.
- Meals are provided for volunteers who participate in the full day.
- A T-shirt is offered to all our volunteers!

**Registration
Volunteers**



**Before
the may 27, 2026
12:00 AM**

 **How do I register ?**

It's very simple! Let us know your availability and preferences by filling out the online form. Thank you in advance for your presence, your involvement, and your unfailing good humor!

IMPORTANT TO NOTE:

- Responding to this questionnaire does not constitute acceptance of the application.
- A confirmation email will be sent to you.
- By registering you commit to being present on the selected days.
If you are unable to attend, please notify the organization as soon as possible.
- Meals are provided for all volunteers participating throughout the day. If several members of a family are registering and sharing the same email address, please note in the comments the names, surnames, dates of birth of all members as well as their respective availability.



**Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr**





OFFICIALS

Are you an Open Water Official and would you like to participate in ensuring the smooth running of this day?

At to ensure the smooth running of these French Championships in the best conditions and with an optimal level of quality, come and join the team of event officials.

We invite you to register via the following link :
<https://forms.gle/WAknif6h5apHa9NA8>

**Officials
Registration**

Your presence is essential to ensure the success of this event.

We are counting on your commitment to make this championship a great success.

Thank you in advance for your availability!



**Before
the May 22, 2026**

IMPORTANT TO NOTE:

- Your response to this questionnaire will be sent to and managed by the main selection committee in order to assign you to the different positions.



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr

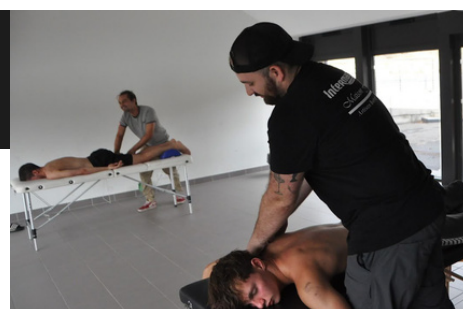




SITE MAP

You will find the following on site:

- Area reserved for swimmers:
 - Physiotherapists
 - Osteopath
 - Spas
- Public Area :
 - Refreshments
 - Snack
 - Shop
 - Photobooth
 - ...



Mathieu Decaux



Indicative plan - subject to change



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr



BOUTIQUE

2026
**CHAMPIONNATS
de FRANCE**
EAU LIBRE *Open*

BRIVE
100% GAILLARDE



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Bienvenue sur la boutique
événementielle des
Championnats de France Eau
Libre 2026 !

5€ - 20€

Acheter



Order now and until June 3th, 2026
Promo code **PREVENTE**
-10 % off on your cart



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr





LIVE / PHOTOS

**FOLLOW IT FOR FREE AND LIVE ON THE
FFNATATION.TV PLATFORM**



**PHOTOS FROM THE EVENT WILL BE SENT TO YOU AS SOON AS
POSSIBLE**

**FEEL FREE TO SHARE YOURS ON SOCIAL MEDIA SOCIAL
USING :**

**#EAULIBRE26BRIVE
Club des Nageurs de Brive
#cnbriveofficiel**



**Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr**







CHARTRE FFN ECO RESPONSABILITE



La Fédération Française de Natation est porteuse d'une politique exemplaire de responsabilité sociétale dans son organisation et d'éco-responsabilité pour ses événements. Elle souhaite valoriser la reconnaissance de ses engagements par la signature de la Charte des 15 engagements écoresponsables du ministère des sports (Charte du ministère des sports) et par l'utilisation généralisée de l'outil d'aide à la démarche RSO du mouvement sportif (RSO). Au regard des enjeux climatiques, énergétiques et écologiques, elle souhaite encourager activement un changement durable par la poursuite de ses engagements écoresponsables qui font l'objet de la Charte.

JE LIMITE ET MESURE MON IMPACT ENVIRONNEMENTAL



- » Je m'engage à encourager une alimentation durable et à respecter la saisonnalité des produits
- » Je m'engage à adapter des mobilités durables
- » Je m'engage à réduire des déchets, notamment plastique à usage unique
- » Je m'engage à préserver les sites naturels, espaces verts et biodiversité
- » Je m'engage à préserver des ressources en eau et en énergies en suivant le plan de sobriété énergétique dans le sport

J'AGIS POUR UNE ÉCONOMIE PLUS RESPONSABLE



- » Je m'engage à favoriser les circuits courts
- » Je m'engage et valoriser les producteurs locaux
- » Je m'engage à suivre une politique d'achats responsables
- » Je m'engage à favoriser des partenaires financiers impliqués dans une démarche éco-responsable

JE LUTTE CONTRE LES DISCRIMINATIONS



- » Je m'engage à contribuer à une société plus inclusive
- » Je m'engage à promouvoir de l'égalité de genre
- » Je m'engage à permettre une accessibilité pour les personnes en situation de handicap

JE SENSIBILISE ET JE FORME A L'ECORESPONSABILITE



- » Je m'engage à une collaboration respectueuse des acteurs du club
- » Je m'engage à mesurer mes actions éco-responsables
- » Je m'engage à proposer des événements qui intègrent les enjeux de l'éco-responsabilité
- » Je m'engage à promouvoir une éducation au développement durable des acteurs du club



RISK PREVENTION



<https://www.nouvelle-aquitaine.ars.sante.fr/>

<https://www.nouvelle-aquitaine.ars.sante.fr/controle-des-eaux-de-baignades-en-nouvelle-aquitaine>

Cyanobactéries dans l'eau : quelles mesures de précaution ?

Les Cyanobactéries : qu'est-ce que c'est ?

En période estivale, certaines conditions (teneurs élevées en phosphore – écoulements lents – ensoleillement – apports en azote et en phosphore...) peuvent être à l'origine, sur les rivières et plans d'eau, de prolifération de micro-algues dénommées cyanobactéries en raison de leur couleur généralement bleue.

Certaines cyanobactéries libèrent, en fin de saison chaude (fin de leur cycle de vie), des toxines qui peuvent être à l'origine de troubles pour la santé humaine (diarrhées – troubles digestifs – céphalées – réactions dermatologiques – atteinte du système nerveux et du foie) plus ou moins intenses selon leurs concentrations dans l'eau.

Les animaux sont aussi vulnérables à ces toxines qui peuvent s'avérer mortelles pour eux (petits organismes et ingestion de grande quantité d'eau). À l'inverse, aucun cas mortel humain lié aux cyanobactéries n'a été recensé en France.

Quelles précautions à prendre en présence de cyanobactéries ?

Lorsque ces micro-algues (aspect visqueux dans l'eau) se développent dans l'eau, il est conseillé de limiter les expositions: la baignade, le contact avec l'eau, l'ingestion d'eau ou encore la consommation des poissons sont à éviter à la fois pour les humains et les animaux domestiques.

Une vigilance visuelle des responsables des sites mais aussi des usagers, permet un premier niveau de précaution, mais des analyses de l'eau de sites faisant l'objet d'une surveillance de l'ARS, permettent de quantifier les cellules de cyanobactéries présentes dans l'eau. En Nouvelle-Aquitaine, à partir d'un seuil de 20 000 cellules de cyanobactéries par millilitre, la surveillance de l'eau est renforcée et une information de vigilance est affichée sur les sites de baignade ; à compter de 100 000 cellules de cyanobactéries par millilitre d'eau, la baignade est interdite par mesure de sécurité.

IMPORTANT INFORMATION :

Water temperature and water analyses are updated regularly on the event's webpage.

<https://www.cnbrive.fr/en-savoir-plus/championnats-de-france-deau-libre-2026-102675>



Contact and informations : coupeducausse@cnbrive.fr
www.cnbrive.fr



NOS PARTENAIRES



Thank you to those who support us !

