



RACE BRIEFING

August 1, 2027

OSTSEEMAN
TRIATHLON GLÜCKSBURG

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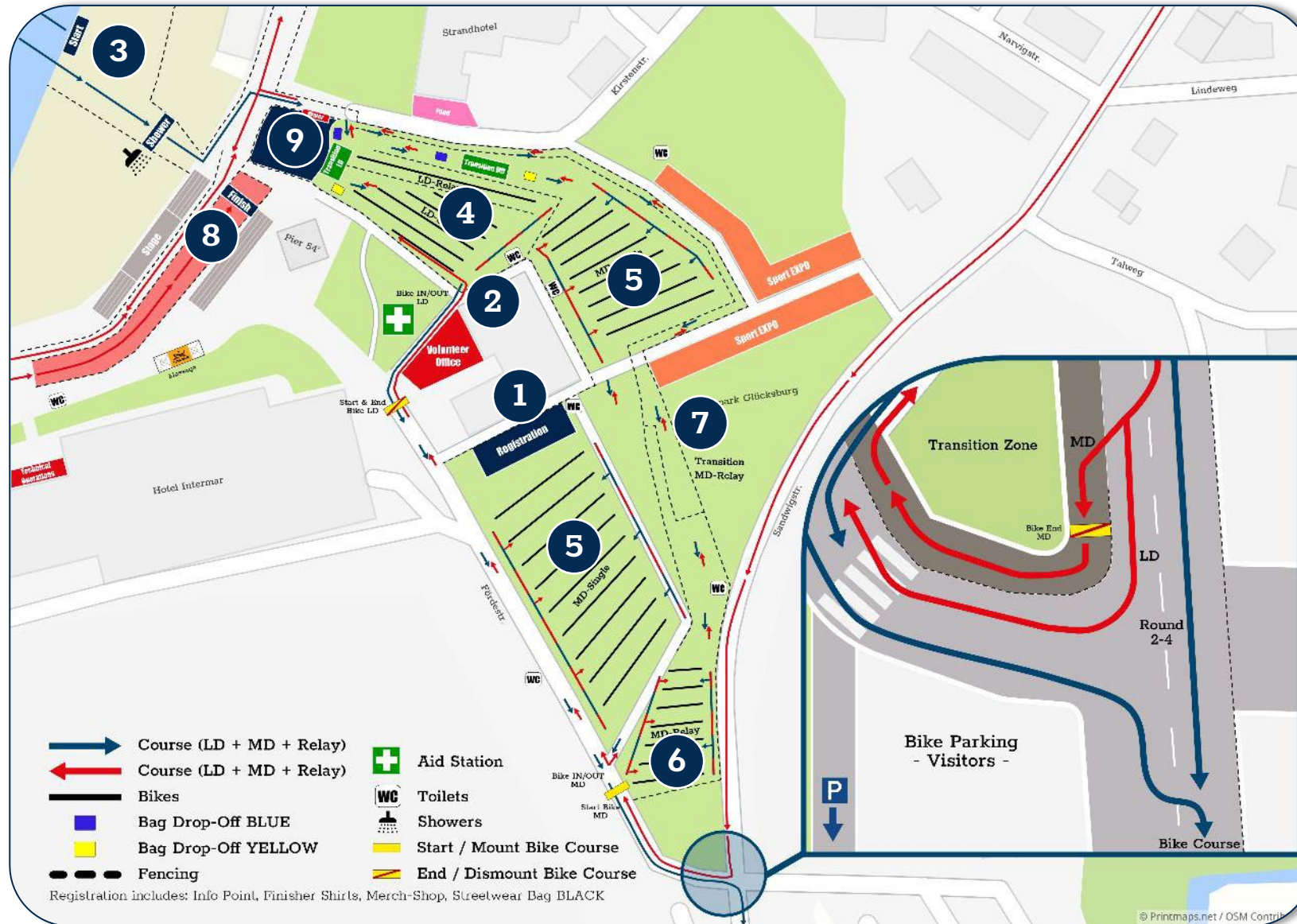
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EVENT VENUE

Important Points

- 1 Registration
- 2 Bike Check-In
- 3 Swim Start
- 4 Transition Zone LD
- 5 MD Transition Zone
- 6 MD Transition Zone Relay
- 7 Transition MD-Relay
- 8 Finish Area & Stage
- 9 Athletes' Garden



You can find all maps in full size and resolution online [here](#).

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TRIATHLON GLÜCKSBURG

SCHEDULE - GENERAL

Friday, July 30, 2027

Time	Event	Location
1200 hrs. — 0700 hrs.	Pickup of race packets	Registration
1200 hrs. — 0700 hrs.	Sports EXPO	Event area
1200 hrs. — 0700 hrs.	Registration for <i>Glück in Sicht - CharityRun</i>	Registration
0500 hrs.	Reception for athletes and guests	Rudehalle
0500 hrs. — 0800 hrs.	Pasta Party	Rudehalle
0700 hrs. — 0800 hrs.	Race Information & FAQs	Rudehalle

Saturday, July 31, 2027

Time	Event	Location
1000 hrs. — 1800 hrs.	Pickup of race packets	Registration
1000 hrs. — 1800 hrs.	Sports EXPO	Event area
1000 hrs. — 1430 hrs.	Registration for <i>Glück in Sicht - CharityRun</i>	Registration
1200 hrs. — 1500 hrs.	Start of <i>OstseeKids powered by TriAS e.V.</i>	More info here
1430 hrs. — 1800 hrs.	Bike Check-In	Transition Area
1430 hrs. — 1800 hrs.	Drop-off of transition bags	Registration
1700 hrs.	Start: <i>Glück in Sicht - CharityRun</i>	More info here

Sunday, August 1, 2027

Time	Event	Location
1000 hrs. — 1800 hrs.	Sport EXPO	Event grounds
Starting around 2100 hrs.	Finish Line Party	Finish
2200 hrs.	Closing ceremony <i>powered by Glücksborg Consulting (GLC)</i>	Glücksborg Beach

SCHEDULE - GENERAL

Long Distance

Time	Event	Location
0500 hrs. — 0630 hrs.	Transition area open	Transition area
0620 hrs. — 0630 hrs.	Warm-up swim	Glücksburg Beach
0645 hrs.	Start for individual starters	Glücksburg Beach
0655 hrs.	Start of relays	Glücksburg Beach
1500 hrs. — 1545 hrs.	Finish line 1st place	Finish
Following	Flowers Ceremony	Finish
1915 hrs.	Prize Giving Ceremony	Stage
2155 hrs.	End of race	Finish
2230 hrs.	Bike Check-out - Transition Area Closed	Transition Area

Middle Distance

Time	Event	Location
0730 hrs. — 0930 hrs.	Transition area open	Transition area
0845 hrs. — 0900 hrs.	Warm-up swim	Glücksburg Beach
09:15 hrs.	Start for individual starters - Block 1	Glücksburg Beach
0925 hrs.	Start of individual starters — Block 2	Glücksburg Beach
0935 hrs.	Start of individual starters - Block 3	Glücksburg Beach
0945 hrs.	Start of individual starters - Block 4	Glücksburg Beach
0955 hrs.	Start of relays	Glücksburg Beach
1300 hrs. — 1330 hrs.	Finish line (1st place)	Finish
followed by	Flowers Ceremony	Finish
1800 hrs.	Prize Giving Ceremony	Stage
1930 hrs.	End of the race	Finish
1930 hrs.	Bike Check-out - Transition Area Closed	Transition Area

REGISTRATION

CHECKLIST

Please bring:

- Photo ID / Passport
- Start pass or day license
- Signed liability disclaimer*

You will receive:

- 1x bike number
- 3x helmet numbers
- 1x race number
- 2x Temporary tattoos
- 3x transition bags (blue/yellow/black)
- 1x swim cap
- 1x Transponder with Velcro strap
- 1x Athlete wristband
- 1x Athlete gift

*Relay: Each relay participant must have signed the document

Helmet number



Helmet numbers must be affixed to all sides (front, right, left) of the helmet.

Bike number



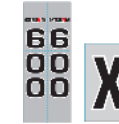
The bike number must be attached to the seat post.

Race number

The race number must be worn on the back while cycling and on the front while running.



Tattoos



The tattoos are applied to the left and right arms.

Relay: One number on each arm. The swimmer does not need a tattoo. Additional X-tattoo on the left calf.



Athlete wristband

It must be worn continuously on the wrist from the time you pick up your race packet until the end of the event and serves as your access pass to the Pasta Party, transition area, Athletes Garden, and the free shuttle bus.

BIKE CHECK-IN

CHECKLIST

Please bring:

- Bike, including number
- Bike helmet with number
- Race number
- Blue transition bag
- Yellow transition bag

You will receive:

- 1x Check-In Sticker

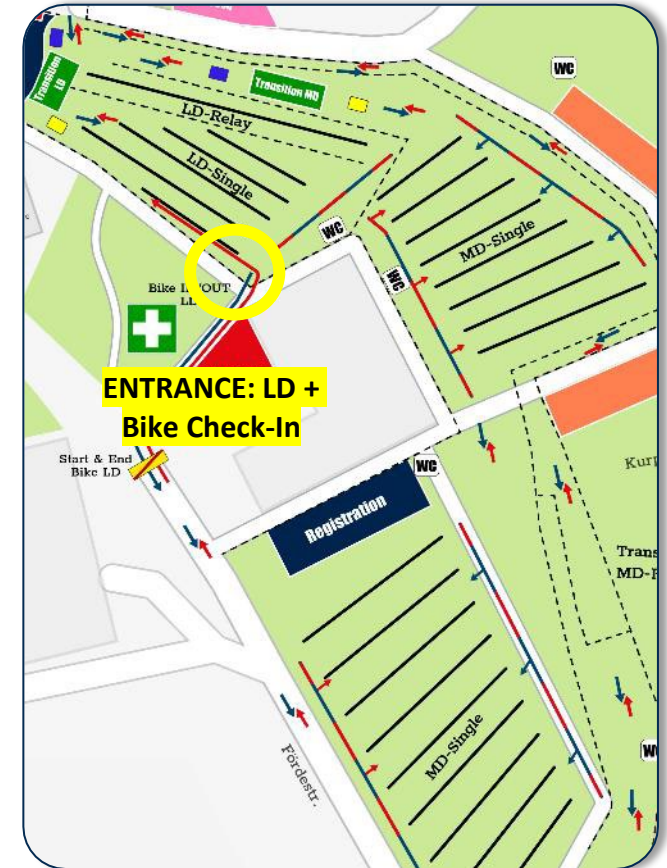
Bike check-in can only be done in person!

The time window for bike check-in is listed in the [schedule](#).

Bike Check-In Procedure

- Entrance: Long Distance
- Put on your helmet and fasten the chin strap
- Wear your race number
- Place your bike in the bike rack according to your race number
- **Full bike covers** are not permitted. The rear derailleur may be covered.
- The following items must remain on the the bike / in the transition zone:
 - Bike shoes in the pedals or in the blue bag
 - Water bottle and snacks
 - Bike computer
 - **Required for relay teams only:** Helmets must remain on the bike

Everything else must go in the blue transition bag — more on that on the next pages!



You can find all maps in full size and resolution online [here](#).

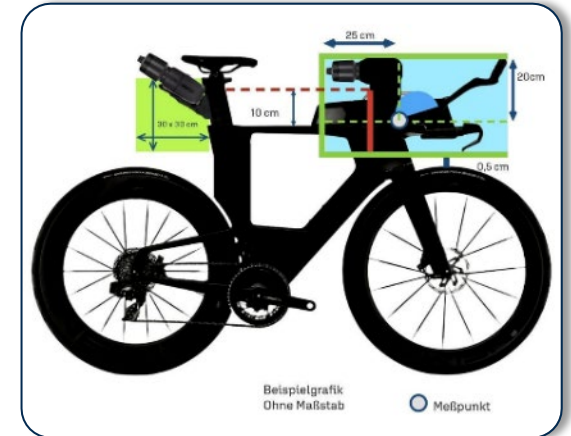
BIKE FITTING

REAR

- Add-ons must fit within a 30 × 30 cm frame
- Max. 2 bottles, 1 liter each
- Integrated tool boxes are excluded
- Integrated rear hydration systems: max. 2 liters; must not extend beyond the rear axle
- In that case, no additional rear attachments are permitted

TOP TUBE

- Use of the entire top tube length is permitted
- Max. 10 cm height from top edge of top tube
- No wider than the top tube
- Do not rest any body parts on attachments

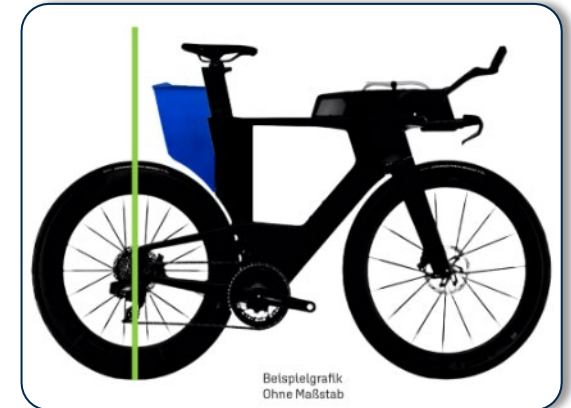


HANDLEBARS / STANDS

- Attachments only within the permissible dimensions:
25 cm to the rear, 20 cm high, max. up to the handlebar/front of the trailer
- Max. total volume: 2 liters
- Arms must not be covered
- No support on bottles, mounts, or containers

MISCELLANEOUS

- Tape may only be used for permitted purposes: e.g., valve opening, containers, handlebar ends, nutrition on the top tube, race number
- Bike computers, mounts, grips, and shift levers are exempt but must comply with DTU sports regulations.
- **Basic rule:** Beverages, tools, spare parts, and food must be shatterproof and secured in accordance with the rules.



TRANSITION BAG

Transition bag SWIM → BIKE

Drop-off:

Saturday during bike check-in

Access available on race day

Must be labeled and hung up by the participant.

During the race: Drop off in the drop-off box next to the transition tent.

Contents:

- Helmet with sticker (relay teams must place the helmet on the bike)
- Race number
- Bike shoes (unless attached to the bike)
- Other cycling gear (glasses, etc.)

Transition bag BIKE → RUN

Drop-off:

Saturday during bike check-in

Access available on race day

Must be labeled and hung up by the athlete.
During the race: drop off at the drop-off box next to the transition tent.

Contents:

- Running gear, including running shoes
- possibly a cap / sunglasses, etc.

Change bag STREETWEAR

Drop-off:

Sunday before the start (0500 hrs. — 0930 hrs.) at the Streetwear tent / Registration

Pickup: After the race upon presentation of your race number at the Streetwear tent / Registration

Contents:

- Post-race clothing

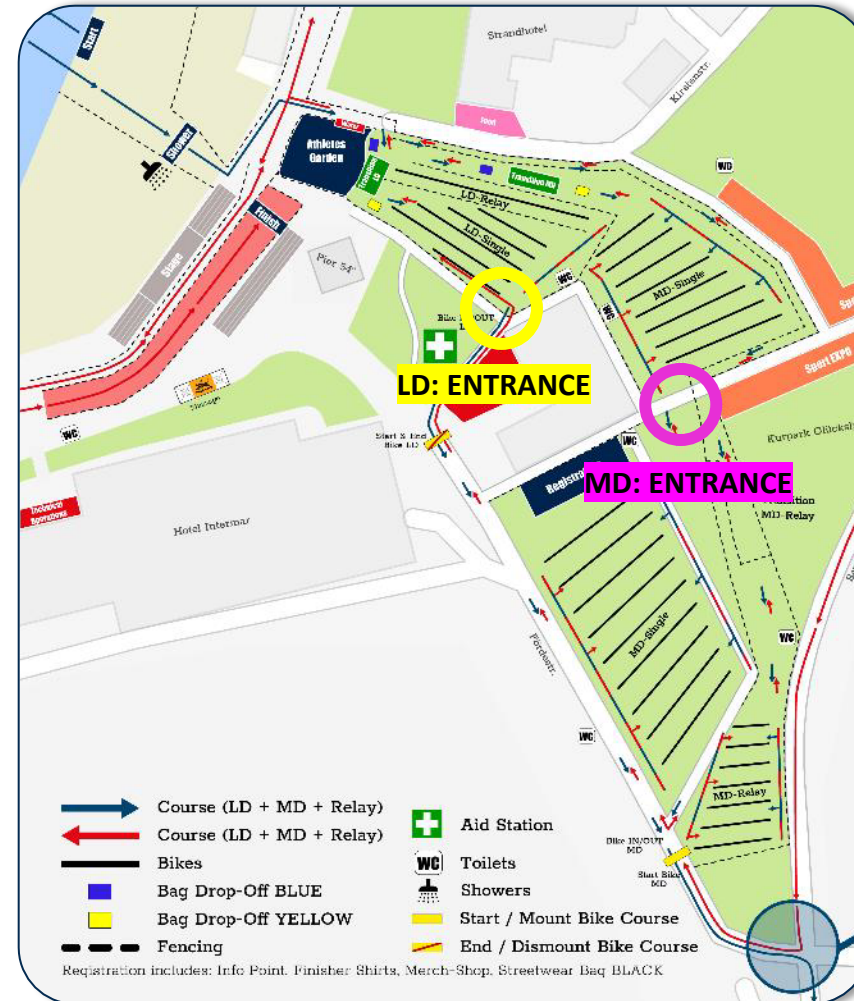
You must write your race number on the transition bags yourself!

Relay teams generally do not receive transition bags. The only exception is for double starters.

TRANSITION AREA

CHECKLIST

- Only participants wearing the appropriate wristband are permitted to enter the transition area!
- The transition area has a separate entrance for the **long-distance race in the yellow section** of the transition area. The entrance for the **middle-distance race is in the pink section** of the transition area.
- **The separate entrance for the middle distance is only valid on race day. On Sunday morning, the middle distance transition zone can only be accessed through this entrance.**
- A bike service is located directly at the long-distance entrance and is available to all participants on Saturday and Sunday morning. On Friday, a bike service is available at the Expo.
- There are restrooms in both areas.



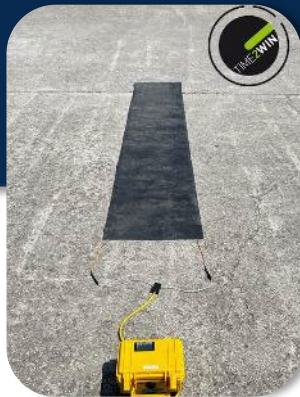
You can find all maps in full size and resolution online [here](#).

TIMEKEEPING

CHECKLIST

Timing chip

- The timing chip is issued with Velcro tape during registration.
- Each participant must wear the timing chip on their left ankle.
- In relay races, the chip serves as the baton.
 - MD transition: transition zone
 - LD handoff: on the bike
- Failure to return the chip will result in a charge to the respective athlete.
- No times recorded without crossing the mats

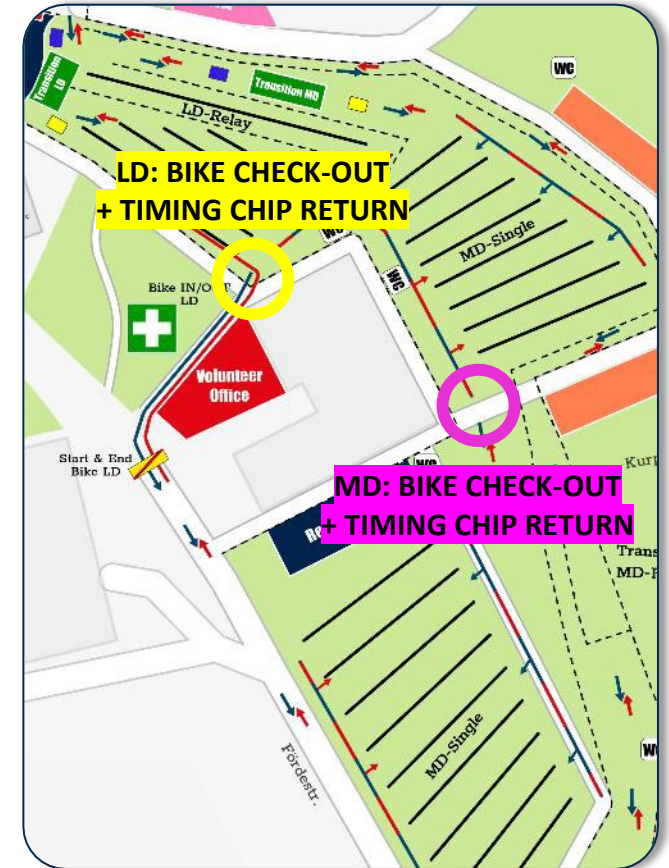


Bike Check-Out = Timing Chip Return

- After the race, the timing chip be returned at the bike check-out. The bike can **only** be taken with you upon return of the chip.
- **Relays:** Relay bikes can only be picked up upon return of the timing chip, i.e., after the runner has crossed the finish line with their timing chip.
- Early bike check-out is only possible when accompanied by a volunteer. Please report to registration.
- More information about bike check-out can be found [here](#).

Leaderboard

During the race, a split time is recorded as participants cross the individual mats, and a [live leaderboard](#) is generated.



PRE-START

CHECKLIST

Be there 75 to 90 minutes before the start!

What you need to bring:

- Timing chip (on your left ankle)
- Swimming gear, including:
 - Wetsuit
 - Swim goggles
 - Swim cap
- Black bag Streetwear (optional)
- Check your bike and your supplies.

Good to know

- Restrooms are located in the transition area and in the DLRG building
- If you lose your timing chip or swim cap, please inform an official. We have replacement chips and caps available at the start area.
- You can find the transition area's opening hours [here](#).



You can find all maps in full size and resolution online [here](#).

COURSE - SWIM

COURSE CHECK

- After the land start, go straight ahead — after 250 m, turn right onto the rectangular course
- 1 lap (MD) or 2 laps (LD) of 1.9 km each, clockwise
- Swim to the left of the **orange** buoys; to the right of the **yellow** buoys
- Cutting corners will result in disqualification!
- No going ashore allowed!
- DLRG rescue personnel are on duty in the water and on land: If you need help in the water, raise your arms and wave clearly.
- Further information on the start and finish can be found on the next two pages.



Swim Cut-off

Long Distance: 2 hours 10 minutes

Middle distance: 1 hour 10 minutes

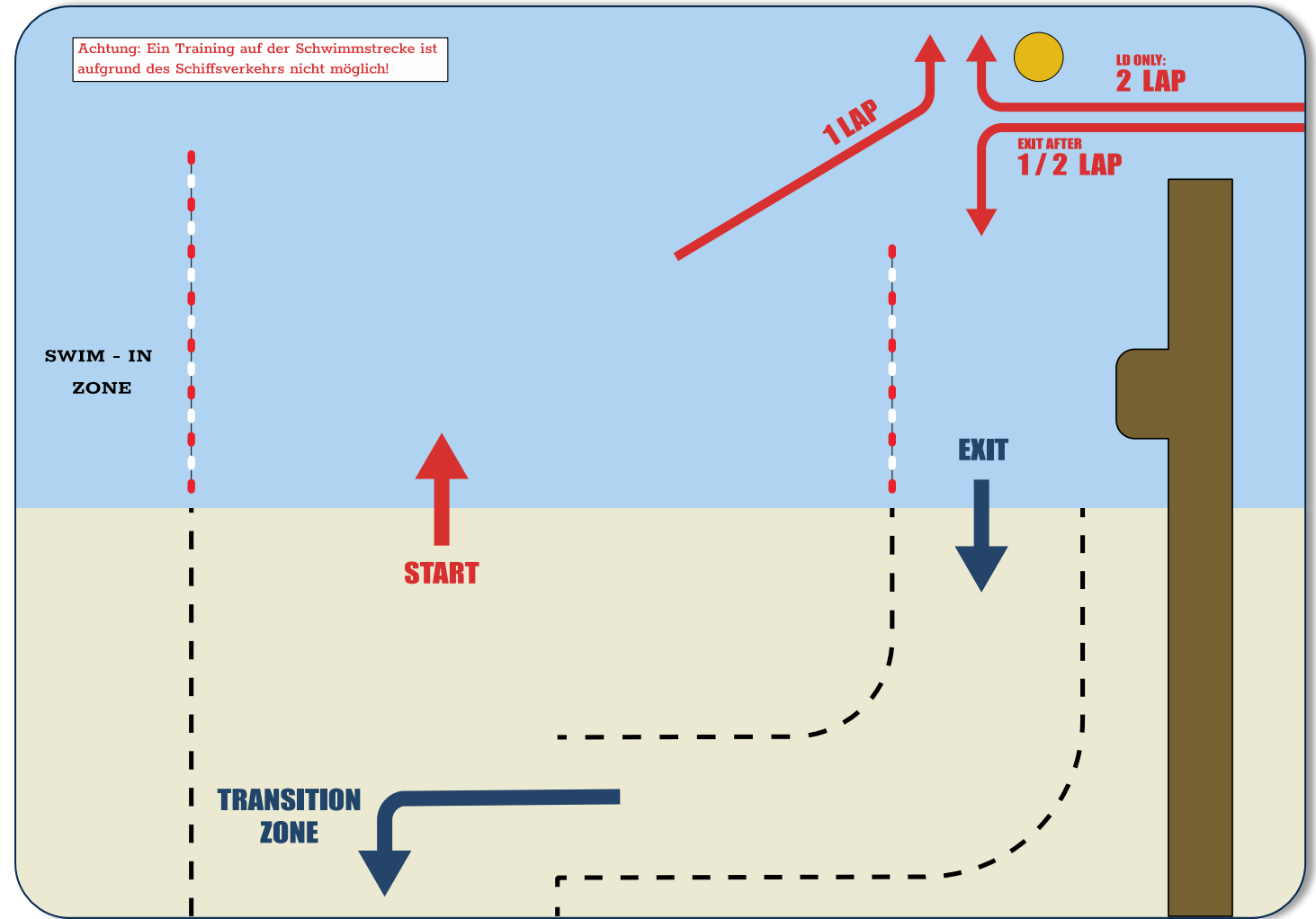
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COURSE - SWIM

SWIM EXIT

- All athletes swim past the pier to complete their final lap (MD 1 lap / LD 2 laps).
- To reach the exit, athletes turn left immediately after the pier toward the beach.
- The exit channel is marked off there with a swim chain.
- The exit channel is located between the swim lane marker and the pier.
- The route from the beach to the transition area is signposted.



You can find all maps in full size and resolution online [here](#).

SWIM START

Information on the swim start

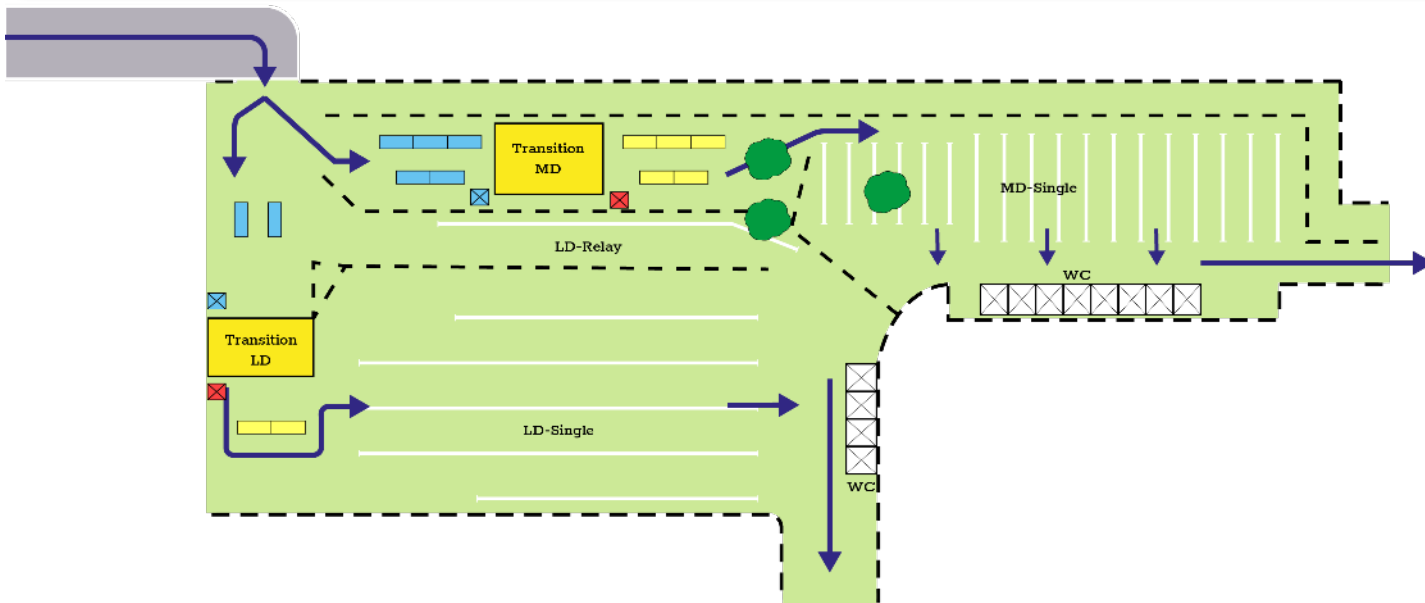
- The warm-up area is located to the left of the swim start area. Please exit the water promptly after warming up.
- To start the swim, each swimmer must step over the timing mat with their timing chip at the entrance to the starting box. Once inside this area, each participant is registered. Participants who swim into the starting area from the side will not be registered and their time cannot be recorded (disqualification). **Leaving the starting area is not permitted after check-in!**
- Wearing the official swim cap is mandatory!
- The swim start will take place in each starting block as a mass start.
- Wetsuits are permitted up to a water temperature of 24.5 °C. The final decision will be announced one hour before the race start. The average water temperature in Glücksburg in August is 18 °C.

Event	Warm-up	Entry into the starting area	Start time	Bib number	Swim cap color
Long-distance Single	6:20 — 6:30 hrs.	from 6:30 hrs.	6:45 hrs.	1 — 260	
Long-distance relay		6:45 hrs.	6:55 hrs.	1100 — 1150	
Middle-distance Single — Block 1	8:45 — 9:00 hrs.	Starting at 9:00 hrs.	9:15 hrs.	270 — 470	
Middle Distance Single — Block 2		9:15 hrs.	9:25 hrs.	471 — 671	
Middle Distance Single — Block 3		9:25 hrs.	9:35 hrs.	672 — 872	
Middle Distance Single — Block 4		9:35 hrs.	9:45 hrs.	873 — 1070	
Middle Distance Relay		9:45 hrs.	9:55 hrs.	1200 — 1355	

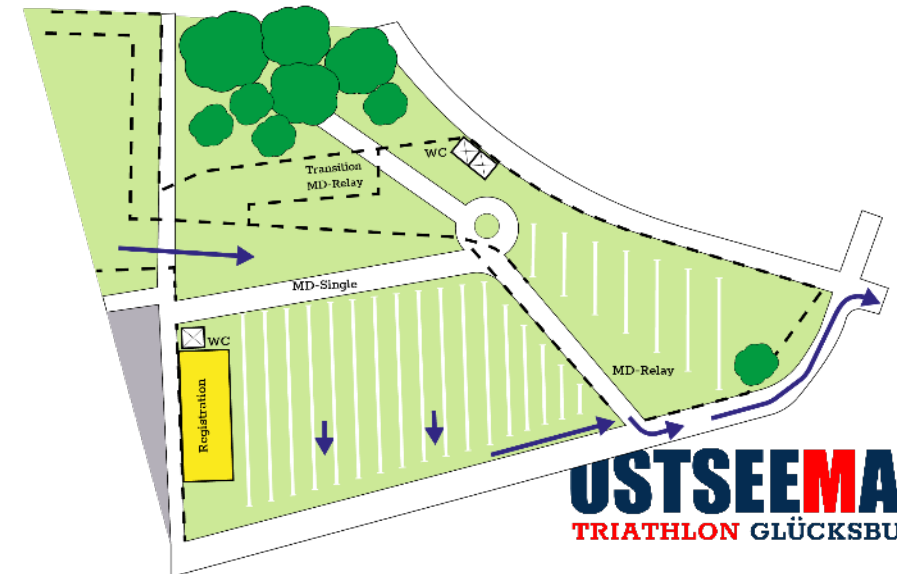
TRANSITION ZONE – T1

TRANSITION CHECK: Single

- The blue transition bag is collected outside the changing tent.
- Changing clothes is only permitted in the tents.
- The wetsuit may only be completely removed here and must be placed in the blue change bag.
- The blue transition bag is dropped into the drop-off box behind the tent.
- Before picking up the bike, the helmet must be put on and the chin strap fastened.
- Cycling is prohibited in the transition zone. You may only mount your bike behind the mount/dismount line.



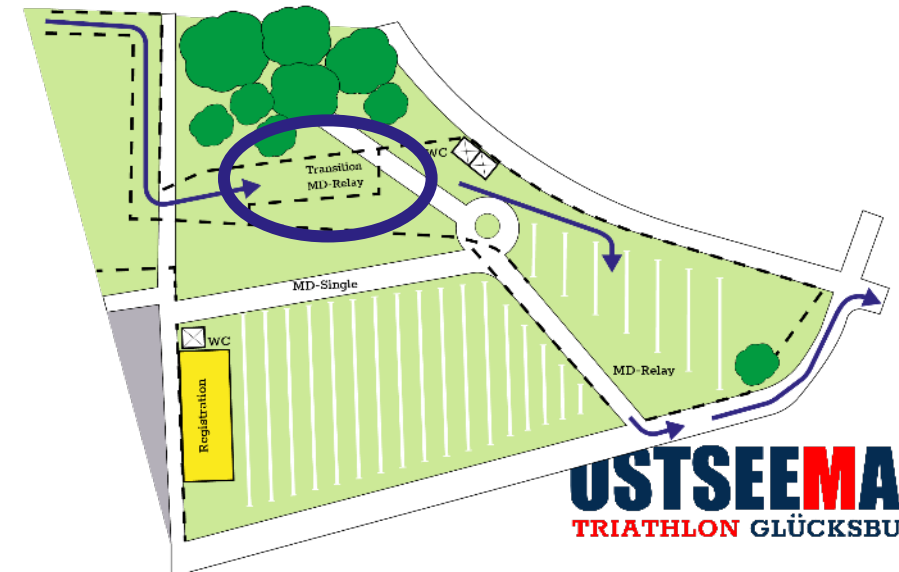
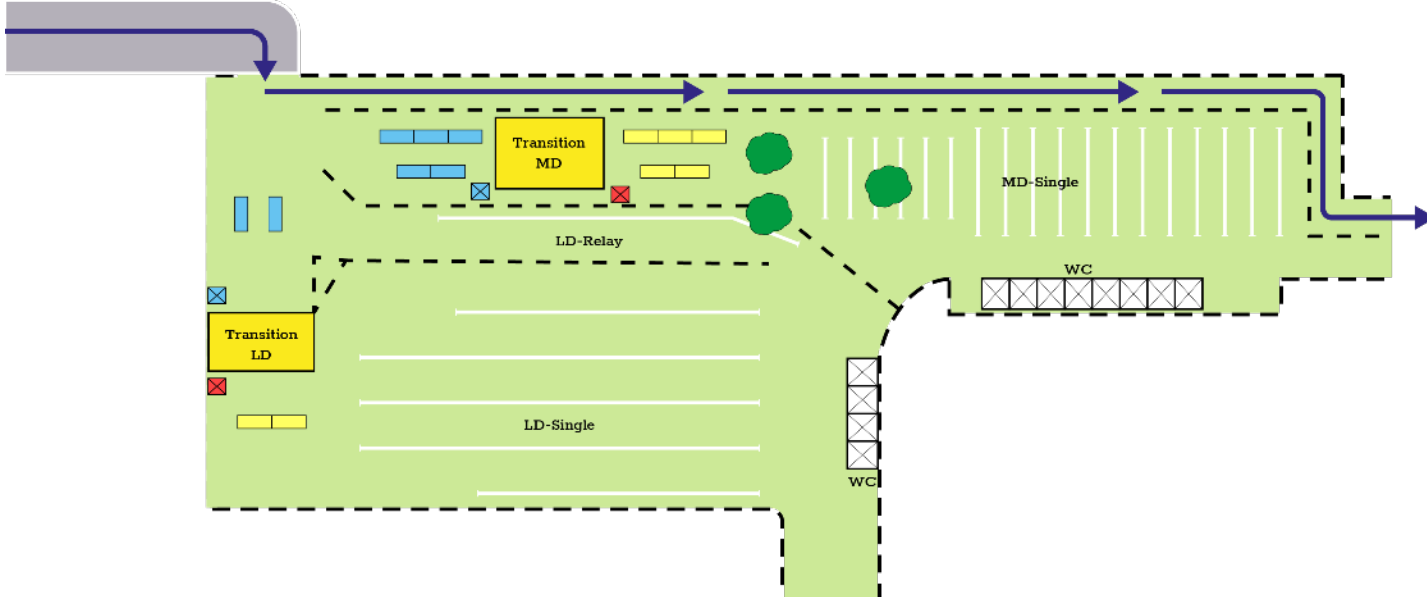
You can find all maps in full size and resolution online [here](#).



TRANSITION ZONE – T1

TRANSITION CHECK: MD RELAY

- The timing chip on the ankle serves as the baton in the relay race.
- The transition may only take place in the designated handoff zone.
- The transition zone for the middle-distance relay is located in the upper part of the transition area.
- The zone is marked and signposted on-site.
- The swimmer runs to the transition zone, hands the chip to the cyclist there; only then does the cyclist retrieve their bike.
- The rules for picking up the bike and the rules within the transition zone apply without restriction.

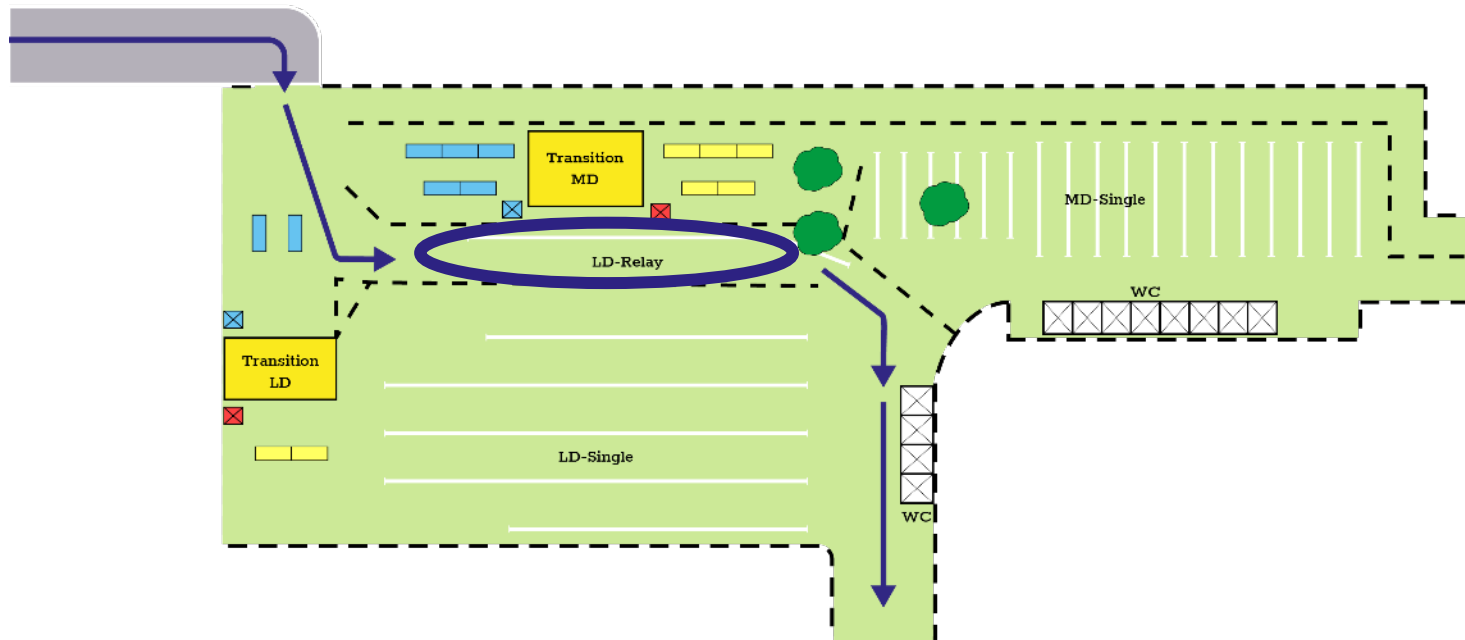


You can find all maps in full size and resolution online [here](#).

TRANSITION ZONE – T1

TRANSITION CHECK: LONG-DISTANCE RELAY

- The timing chip on the ankle serves as the baton in the relay.
- The transition zone for the long-distance relay is located directly at the bike. The handoff may only take place directly at the bike.
- The swimmer runs through the entrance to the transition zone, past the transition tent, and hands the chip to the cyclist there; only then may the cyclist pick up the bike.
- The rules for picking up the bike and the rules within the transition zone apply without restriction.

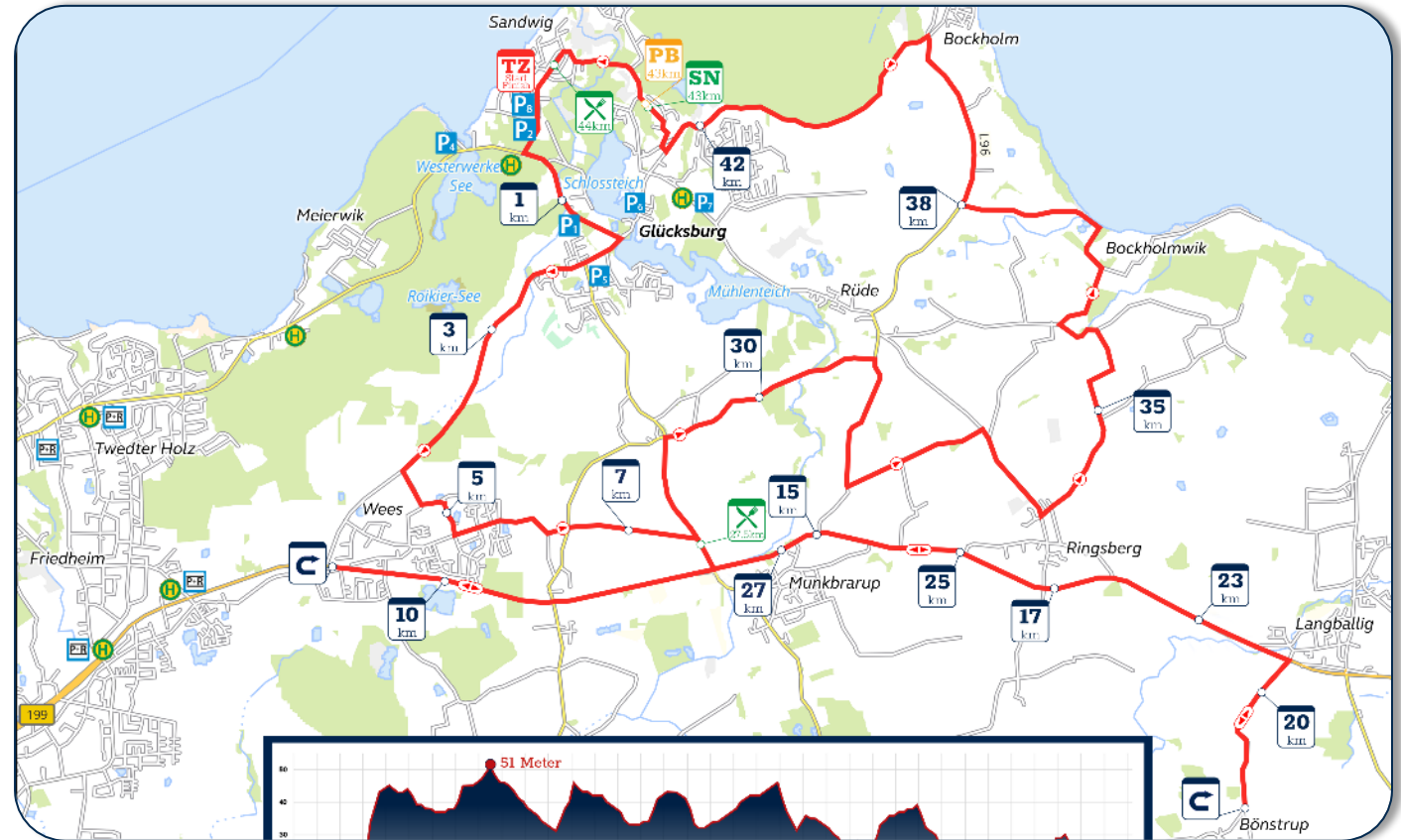


You can find all maps in full size and resolution online [here](#).

COURSE - BIKE

COURSE CHECK

- Participants must complete 2 laps (MD) or 4 laps (LD); a section of approximately 20 km on the B199 is closed to cars.
- Crossing the center line is not permitted. On the B199, the median serves as an emergency lane.
- The **penalty box** is located at VP 2.
- You must **ride on the right side** of the respective bike lanes and follow the traffic rules (StVO) along the entire route!
- Drafting is prohibited. Maintain a 12-meter distance and allow 25 seconds to complete the passing maneuver.



Cut-off Swim + Bike

Long Distance: 9 hours 30 minutes

Middle Distance: 5 hours 30 minutes

You can find all maps in full size and resolution online [here](#).

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ROUTE - BIKE

Bike Service

- There will be NO bike service available on the course to provide mechanical assistance. In case of mechanical problems, you should be able to help yourself.
- There are two vehicles on the course that can pick up bikes and athletes in an emergency.

Restrooms

- Munkbrarup School — VP1 at KM 27
- Brönstrup — Turnaround Point at KM 21
- Petersenallee Forest Parking — PB at KM 43
- Sandwigstraße — VP2 at KM 44.

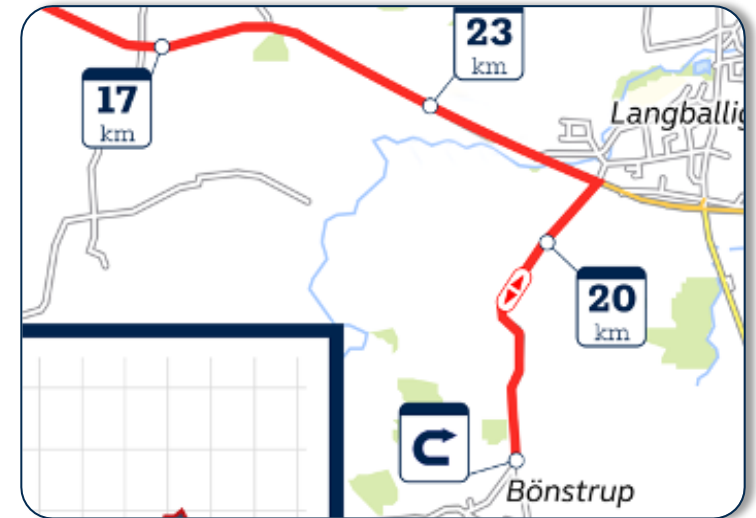
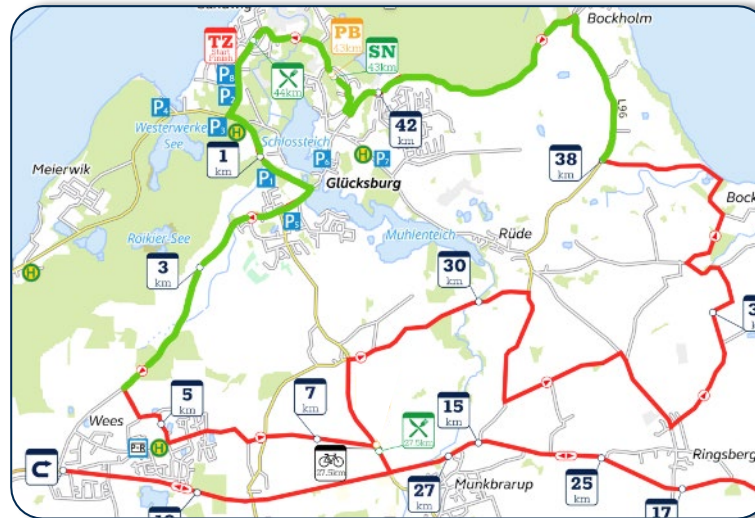
Signage

The bike course includes several sharp turns, which are clearly marked with signs 300 m, 200 m, 100 m, and 50 m in advance.



Traffic

- On some sections of the route, there will be oncoming traffic (marked in green).
- When turning off the B199 toward Bönstrup to the 2nd turnaround point, there will be oncoming traffic among the participants. To ensure your safety, **traffic calming humps** have been placed in the center of the curves. Due to the width of the route and the safety of all athletes, we ask that you refrain from passing here!



REFRESHMENTS - CYCLING

	Refreshment Station 1 Munkbrarup	Special Needs Petersenallee Forest Parking	Refreshment Station 2 Sandwig Hill
	Kilometer 27 ff.	Kilometer 43 ff.	Kilometer 44 ff.
 Water	X	Transporting, placing, and handing out supplies are the sole responsibility of the athlete . Handing out supplies is permitted exclusively within 10 meters before and after an official self-catering station.	X
 Squeezy Energy Drink	X		X
 Squeezy Energy Gel	X		X
 Squeezy Energy Bar	X		X
 Banana	X		X

Exchange & Disposal of Bottles

- At each aid station, you may pick up a new, pre-filled water bottle and dispose of the old one.
- Used water bottles may only be discarded in the designated collection bins at the littering zones!
- The collection bins are located at the beginning and end of each aid station.

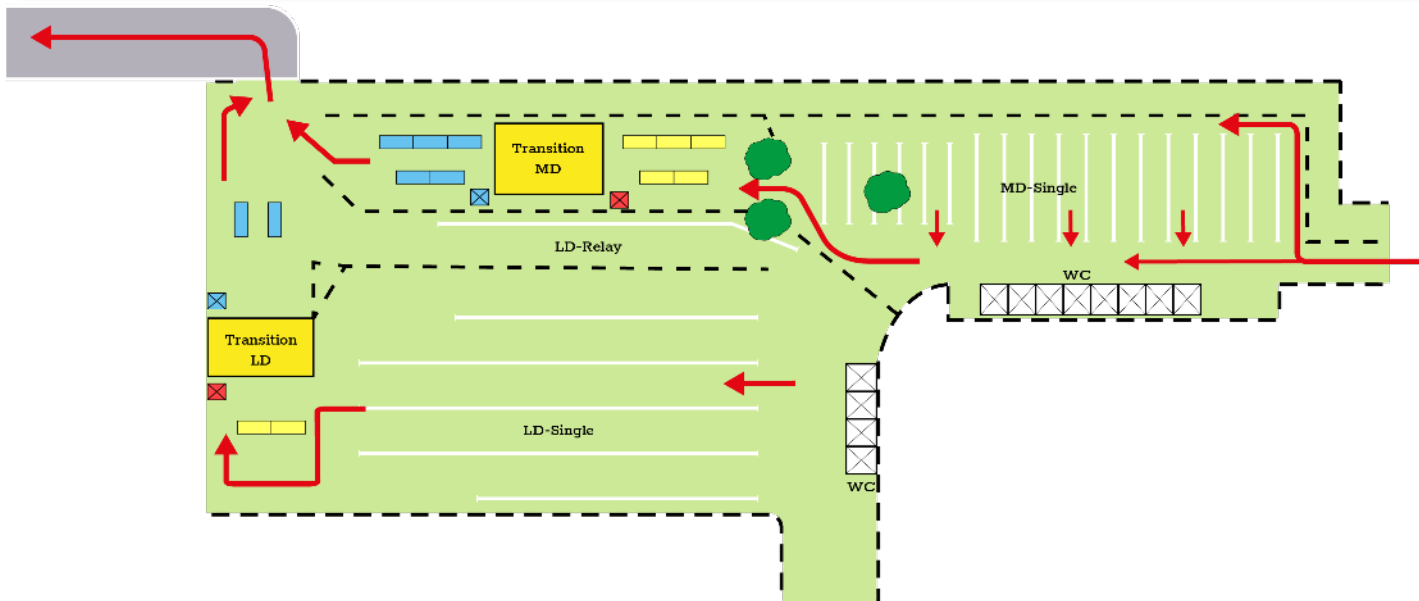
Disposing of items outside the designated littering zones is prohibited. Failure to comply will result in disqualification.



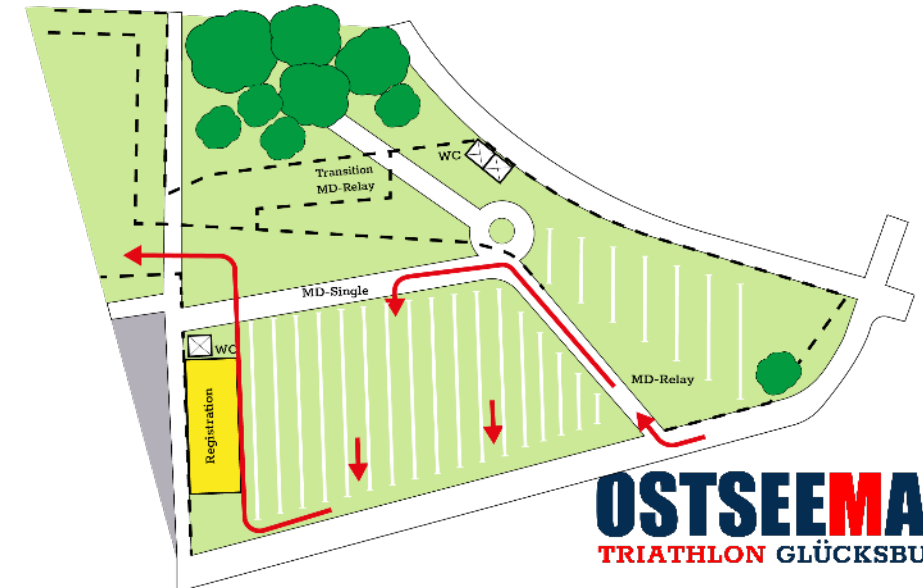
TRANSITION ZONE – T2

TRANSITION CHECK: SINGLE

- The yellow transition bag is collected outside the changing tent.
- Changing clothes is only permitted in the tents.
- Cycling clothing may only be completely removed here and must be placed in the yellow transition bag.
- The yellow transition bag is dropped off in the drop-off box behind the tent.
- Cycling is prohibited in the transition zone. You must dismount before the mount/dismount line.
- LD only: Bikes are collected at the entrance to the transition zone.



You can find all maps in full size and resolution online [here](#).



TRANSITION ZONE – T2

DISMount CHECK: LD

- After the 4th lap: Turn onto the road toward the transition area
- The dismount line is at the end of the street, and you must dismount before the line.
- Volunteers will take the bike from all individual starters
- Relay teams must push their bikes to the transition area on their own.



DISMOUNT CHECK: MD

- After the 2nd lap: Change lanes to the parking strip toward the dismount line, which is at the end of the parking strip.
- You must dismount before the line.
- All participants push their bikes across the sidewalk on their own into the transition zone for the transition.

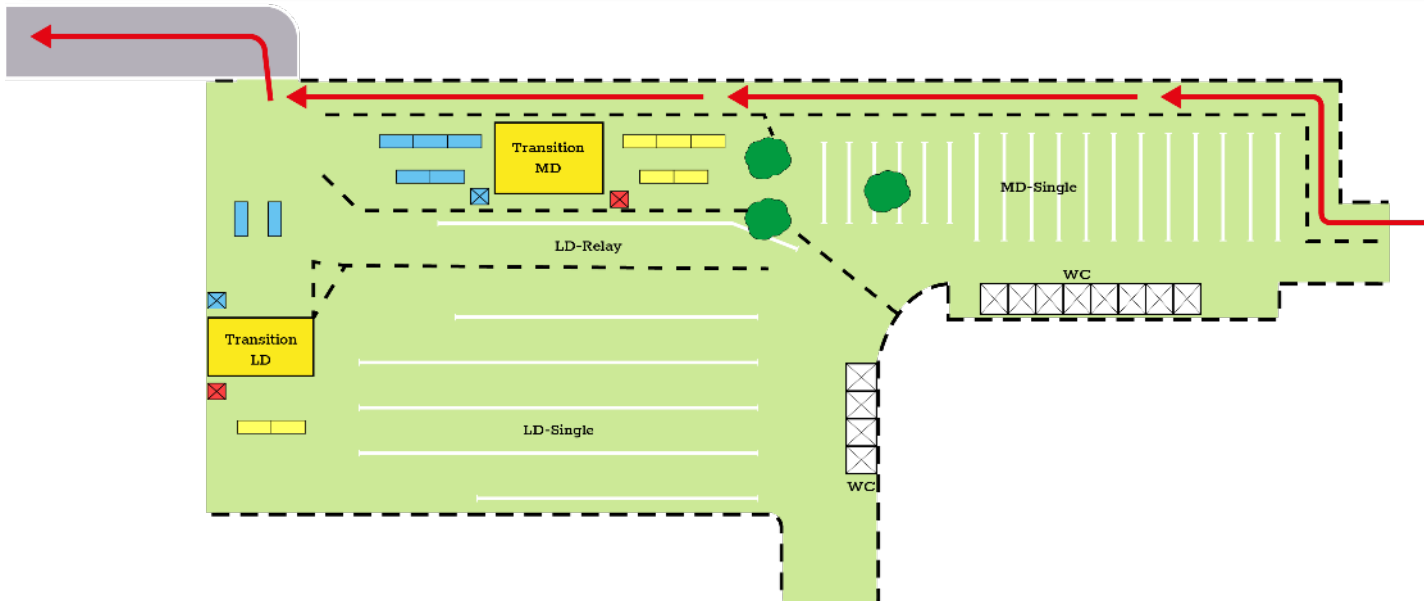


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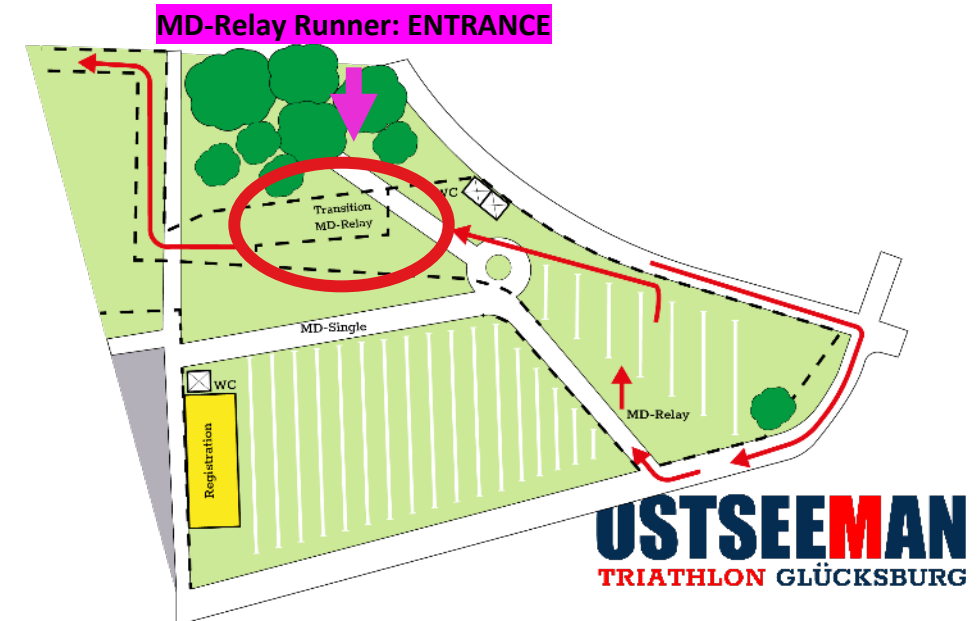
TRANSITION ZONE – T2

TRANSITION CHECK: MD RELAY

- The timing chip on the ankle serves as the baton in the relay race.
- The transition may only take place in the designated handoff zone.
- The transition zone for the middle-distance relay is located in the upper part of the transition area.
- The zone is marked and signposted on-site.
- The cyclist runs to their spot, parks the bike, and runs to the transition zone. There, the chip is handed over to the runner.
- The rules for parking the bike and the rules within the transition zone apply without restriction.



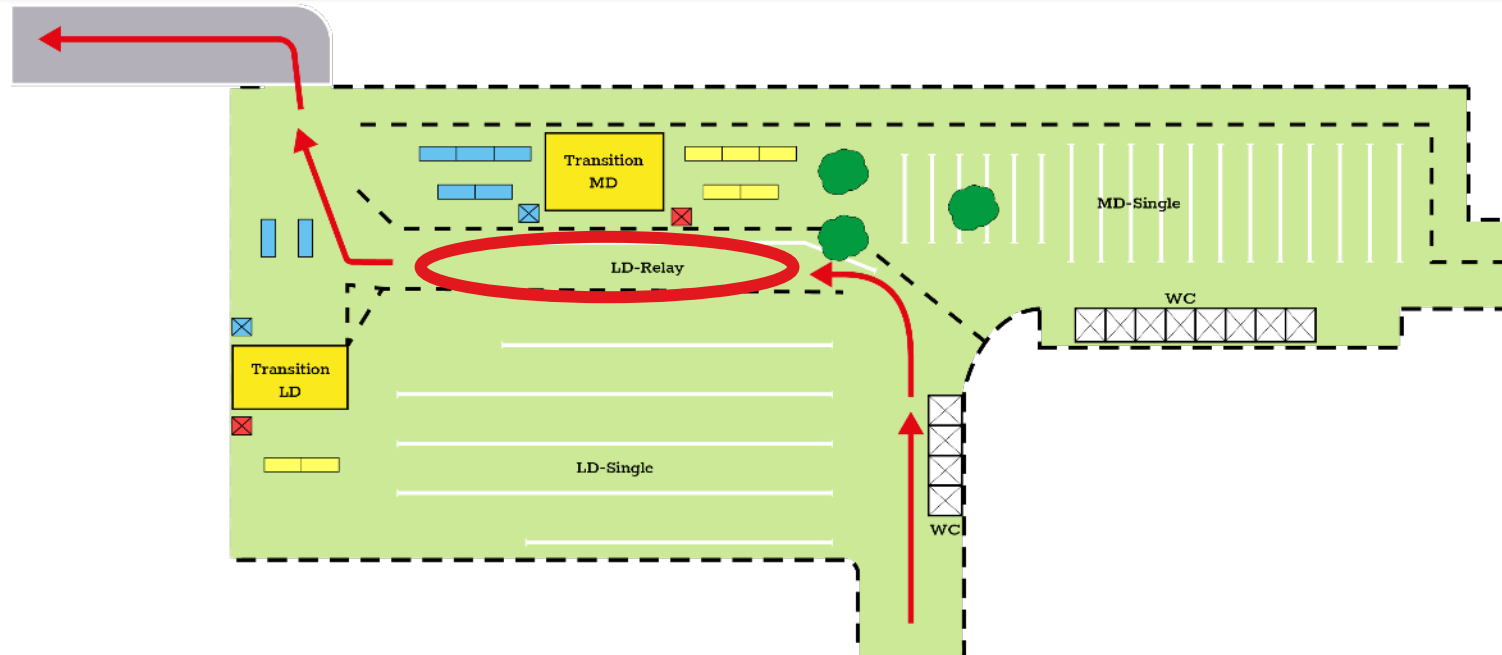
You can find all maps in full size and resolution online [here](#).



TRANSITION ZONE – T2

TRANSITION CHECK: LD RELAY

- The timing chip on the ankle serves as the baton in the relay.
- The transition zone for the long-distance relay is located directly at the bike. The transition may only take place directly at the bike.
- The cyclist runs to his spot and parks the bike. There, the chip is handed over to the runner.
- The runner may then proceed to the course.
- The rules for picking up the bike and the rules within the transition zone apply without restriction.

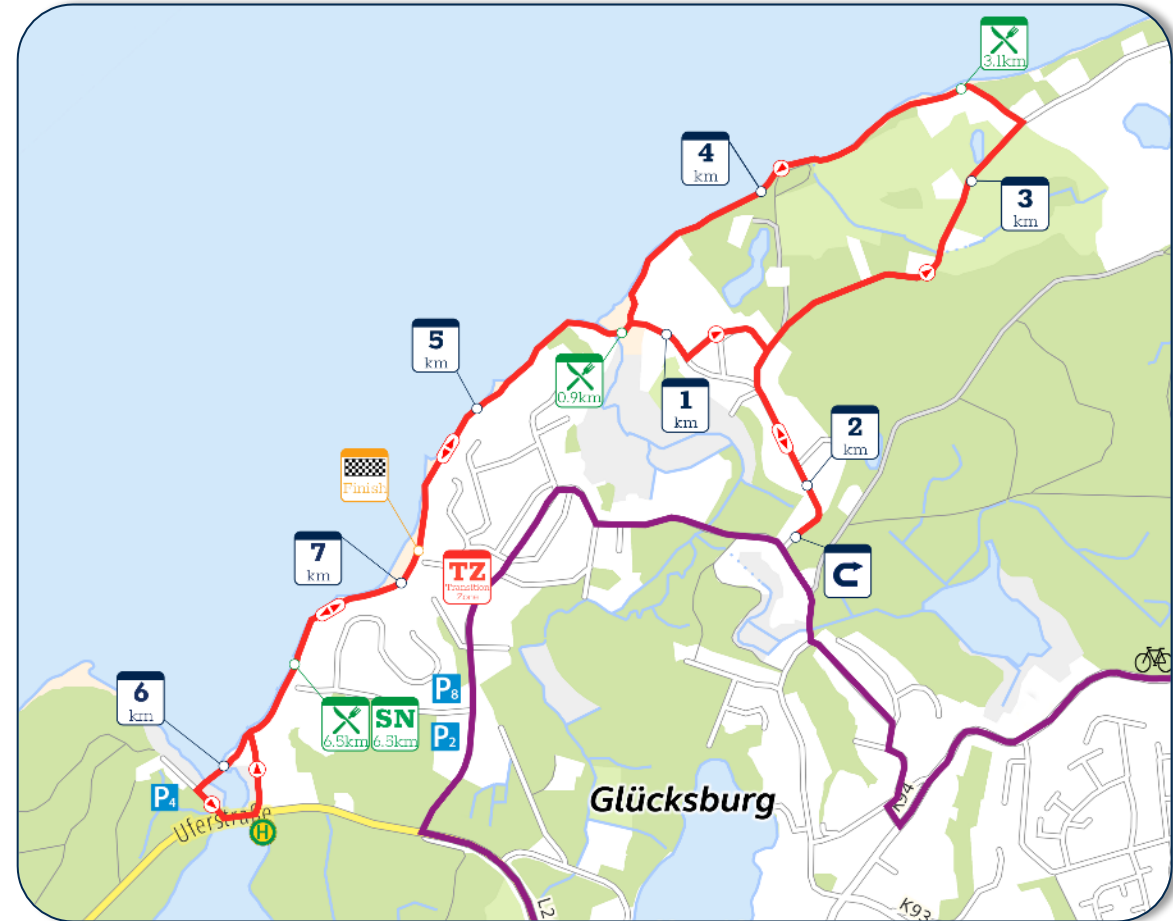


You can find all maps in full size and resolution online [here](#).

COURSE - RUNNING

COURSE CHECK

- The running course consists of 3 laps (MD) or 6 laps (LD), each 7.03 km long.
- Much of the course runs directly along the water.
- At the start of each new lap, volunteers will hand out a **blue lap wristband**. It helps you keep track of the laps.
- Restrooms are located at VP 2 and VP 3.
- Each lap includes a loop around the Flensburg Sailing Club.
- You will pass the start/finish line several times; the race concludes with the final finish.



Cut-off Swim + Bike + Run

Long Distance: 15 hours

Middle distance: 8 hours

You can find all maps in full size and resolution online [here](#).

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TRIATHLON GLÜCKSBURG

REFRESHMENTS - RUNNING

	Refreshment Station 1 Glückselig	Refreshment Station 2 Beckerwerft	Refreshment Station 3 Hanseatische Yachtschule	Special Needs Hanseatische Yachtschule
	Kilometer 0.9 ff.	Kilometer 3.1 ff.	Kilometer 6.5 ff.	
 Water	X	X	X	Transporting, placing, and handing out supplies are the sole responsibility of the athlete. Handing out supplies is permitted exclusively within 10 meters before and after an official self-catering station.
 Squeezy Energy Drink		X	X	
 Coke		X	X	
 Broth		X	X	
 Squeezy Energy Gel		X	X	
 Squeezy Energy Bar		X	X	
 Banana		X	X	
 Pretzel		X	X	
 Sponge		X	X	

**Disposing of items outside the designated
littering zones is prohibited. Failure to comply will result in disqualification.**



AWARDS CEREMONY

AWARDS CEREMONY CHECK

Scheduled award ceremonies:

- 1800 hrs. (pm): All OstseeMan middle-distance awards (overall, age group, and relay)
- 1915 hrs. : All long-distance awards (Overall, Age Group, Relay, and Special Categories)

Location:

- On the stage in the finish area

Info:

- Please also pay attention to announcements regarding changes in the finish area.
- We ask all winners to gather next to the stage 10 minutes before the start.



Exception

If not all winners of the top 3 places in the respective age group / special category have crossed the finish line yet, we reserve the right to postpone the award ceremony for that age group / special category.

PENALTIES

BLUE CARD

Penalty:

- Middle distance: 2 minutes
- Long distance: 3 minutes

Rule violations:

- Drafting
- Overtaking > 25 sec.

YELLOW CARD

Penalty:

- Mid-distance: 30 seconds
- Long distance: 1 minute

Rule violations:

- Blocking other athletes
- Failure to observe the mount and dismount line
- Helmet not fastened
- Running without a top

RED CARD

Penalty:

- Middle distance: Disqualification
- Long distance: Disqualification

Rule violations:

- 3x blue card
- Riding without a helmet
- Overtaking on the right (bike)
- Cutting corners
- Public urination
- Outside assistance
- Illegal littering

Procedure for Penalties (Cycling Course)

If a card is shown by the referee, stop at the penalty box and report to the referees.
Failure to follow this procedure will result in disqualification.

AFTER RACE

Refreshments & Massage

The Athletes Garden, located behind the finish line, features a post-race refreshment area as well as a space for relaxation and medical assistance.

In the finish area, you can get a massage from our partner Tiger Balm.

Medal & Finisher Shirt

At the finish line, you'll receive your well-deserved finisher's medal right away.

You can pick up your finisher shirt by presenting your race number at the Streetwear Tent / Registration. Only the specified sizes are available.

Showers

You can shower at the Fördeland Therme with your athlete wristband. The swimming pools can also be used for a cool-down swim until 2200 hrs.

Certificate & Re-registration

Finisher certificates can be printed online from the website.

Registration for the OstseeMan Triathlon Glücksburg 2027 opens online on Monday, August 3, 2026, at 0005 hrs.

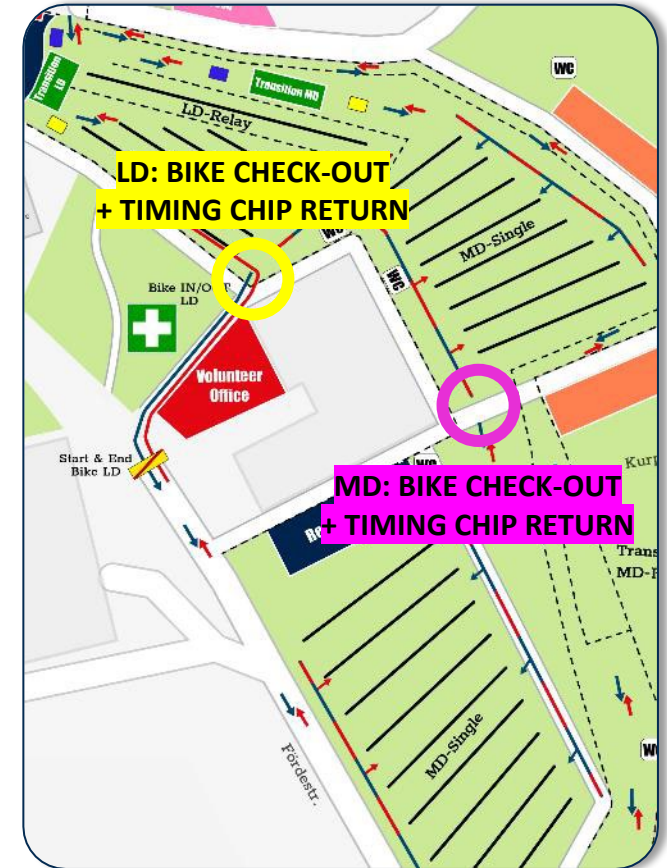
Finish Line Party

To wrap up the OstseeMan Triathlon, the legendary Finish Line Party—including a closing ceremony *powered by Glücksburg Consulting (GLC)*—will *take place* starting around 2100 hrs.

BIKE CHECK-OUT

Bike Check-Out = Return of Timing Chip

- After the race, the timing chip must be returned at **the bike check-out**. You may **only** take your bike with you upon returning the chip.
- **Times:**
 - The LD transition area is open until 2230 hrs.
 - The MD transition area is open until 1930 hrs.
 - Bikes **must** be picked up during these times. The organizer assumes no liability after these times.
- **Relays:** Bikes can only be picked up upon return of the timing chip, i.e., after the runner has crossed the finish line with their timing chip.
- **Early Bike Check-Out:** In the event of early withdrawal or early bike check-out, a volunteer from registration will assist you. Please report to registration.



RACE WITHDRAWAL

Cancellation by the Organizer

Swimming:

- The DLRG escorts all athletes back to the beach.

Cycling course:

- Red flags from the police mean: Slow down and stop.
- From the assembly points, proceed slowly to the transition area or return in a group behind police vehicles.
- Announcements will be made in the VP2 area.

Running:

- All athletes will be stopped by volunteers and announcements as they pass through the finish chute.

Voluntary withdrawal

- If an athlete must end the race prematurely, they must immediately inform the race directors or the nearest safety and rescue personnel, providing their race number.
- **This is particularly important during the swim:** Only if we know that everyone is safely out of the water can unnecessary search or rescue operations be avoided.
- The timing chip is still required for the bike check-out.



**We wish all participants a
fair, exciting, and
successful day of
competition!**

**And above all:
Have fun!**