

**Event:**

OstseeMan Triathlon Glücksburg 2021

**Date: August 1st, 2021**

**Organizer:**

OstseeMan-Sportpromotion UG (limited liability),  
Holkier 9, D-24960 Glücksburg (Ostsee), Germany

**Host:**

OstseeMan-Sportpromotion UG (limited liability),  
Stadt Glücksburg

**Race Management:**

OstseeMan-Sportpromotion UG (limited liability)  
Reinhard Husen, Torsten Husen

**Race Director:**

OstseeMan-Sportpromotion UG (limited liability)  
Reinhard Husen

**Managing Director:** Reinhard Husen

**Register court:** Amtsgericht Flensburg

**Register number:** HRB 7292 FL

**Swim course:**

Project Manager: Michael Rücker, DLRG

**Bike course:**

Fa. SAT Straßensanierung GmbH

Mr. Dittmer

Project Manager: Karl-Heinz Niedrich, Wolfgang Kessler

**Run course:**

Project Manager: Gerhard Schlaber, Manfred Jensen

**Transition area:**

Project Manager: Werner Sörensen, Wolfgang Kessler, Karl-Heinz Niedrich

**Materials:**

Project Manager: Werner Sörensen

**Registration Office:**

Project Manager: Gunda Nielsen, Hartmut Nielsen, Mads-Lennart Nielsen

**Catering:**

Project Manager: Ursel Husen, Franka

**Moderators:**

Andy Kauffmann (The Voice), Maike Jäger (NDR)  
Bernhard Vogel, Peter Poppe

**Competition Jury / competition Judges:**

Race referee in charge and referees of SHTU

**Organizers Transitioning of disciplines****Issuance Finisher-Shirt:**

Project Manager: Dirk Naumann

**Finish Line:**

Project Manager: Gunda Nielsen, Mads-Lennart Nielsen, Hartmut Nielsen

**Pasta Party:**

Project Manager: Ursel Husen, Franka

**VIP Hosting:**

Project Manager: Reinhard Husen, Ursel Husen, Karl-Heinz Niedrich

**Organizer Transition Tent:**

Project Manager: Gunda Nielsen, Hartmut Nielsen

**Catering Outdoor Area:**

Project Manager: Broder Hansen

**Catering Pavillon (Coffee, Rolls)**

Project Manager: Mads-Lennart Nielsen

**Latest News:**

INVITATIO

**Competition Rules:**

Except für special cases, the event is based mainly on the competition rules of the German Triathlon Union (sports regulations, organizers regulations, Bundesliga rules, anti-doping code, judges' regulations), as well as the legal and procedural regulations and the disciplinary regulations. By registering, the participant accepts the competition requirements, the legal and procedural regulations, the disciplinary regulations and the general terms and conditions. Each participant is responsible for the technical safety of his equipment and has to ensure it complies with the rules. Special arrangements will be announced at the race briefing.

**General Information:**

The following terms and conditions regulate the legal relations between the participants and the organizer of the OstseeMan Triathlon Glücksburg. Responsible organizer of the event is the organizing team of OstseeMan Sportpromotion UG (limited liability). The following

terms and conditions (AGB's) in their valid version at the time of registration or in their current version if it/this is more advantageous for the participants, shall exclusively apply to the business relationship between OstseeMan Sportpromotion UG (hereafter organizer) and the participants.

Deviating conditions will not be acknowledged, unless the organizer has expressly consented in writing beforehand.

**Distances:**

Individual- and Relay competition:

Race course overview | Ranking



**Water rescue: DLRG Ortsgruppe Glücksburg,  
Director: Michael Rücker**

**Medical service:**

Johanniter Unfall-Hilfe e.V. (accident assistance), local department Schleswig

**Technical service and support services:**

Bauhof Glücksburg

Balzersen GmbH & Co. KG

Project Manager: Werner Sörensen

**Police:**

Glücksburg police station, Timo Hinrichsen

**Director Operation Controllers Fire Department and Ambulance:**

Operation Controllers (OC) engine house

via coordinating control room „North“ Emergency Call

Project Manager: Anja Engelbrechsen-Wiek

**THW Sörup (technical assistance service):**

Project Manager: Heiko Petersen

**Voluntary Fire Brigades:**

Project Manager: Fire Commander

Local Fire Departments Glücksburg, Ringsberg,  
Rüde, Bockholm, Amt Langballig,  
Flensburg-Engelsby, Tarup,  
Jürgensby Bönstrup.

Fa. SAT Straßensanierung GmbH  
Fa. Elektro Erichsen Glücksburg  
Fa. Balzersen Harrislee  
Fa. Dammann Absperrungen Buxtehude

**OstseeKids:**

Project Manager: Jörg Credo

**Flensburg Reservist Comradeship:**

Project Manager: Norbert Dethlefs

**Massage service: THE SCHOOL for Jobs with a future**

Project Manager:

**Security service: SUIDIKO GmbH**

Project Manager: Herr Fritz

Operation Controllers (OC) Fire Departments and Ambulance

Project Manager: Anja Engelbrechsen-Wiek

**Motorbike unit:**

Project Manager: Michael Günther

**Timing:**

Mika timing GmbH, Kürtener Straße 11b, 51465 Bergisch Gladbach. A timing chip (ChampionChip) by the company Mika timing GmbH is used to record the times. It must be worn according to the organizer's instructions to ensure correct timekeeping. Other transponder systems cannot be considered. In case of failing to return or due to loss of a borrowed timing chip a fee of 50,- EURO will be charged.

**Participation:**

Participation is only possible for holders of:

1a) a triathlon licence of his national triathlon federation or

1b) a one-day license.

A one-day license can be purchased for 30,- EURO upon registration for the event. Individual starters are eligible to start at the age of 18 on the day of the event.

– The minimum age for participation in the relay competition is 14 years for swimming, 18 years for cycling and 18 years for running.

– Relay registrations do not require triathlon licenses or one-day licenses.

**Registration individual competition:**

DISCLAIMER OF LIABILITY INDIVIDUAL LONGDISTANCE

### **Online registration only**

The entry fee will be withdrawn via direct debit authorization by the service provider Mika timing GmbH. A contract with the organizer will only be made if the starting fee is credited to the account of the organizer and the name of the participant appears on the start list. The start list is available online at [www.ostseeman.de](http://www.ostseeman.de).

A transfer of the race entry or an exchange of race entries is generally excluded. If a transfer or a change of the race entry is necessary, it is only possible with prior agreement of the organizer.

### **Registration Relay Competition:**

DISCLAIMER OF LIABILITY RELAY LONGDISTANCE

### **Online registration only**

The entry fee will be withdrawn via direct debit authorization by the service provider Mika timing GmbH. A contract with the organizer will only be made if the starting fee is credited to the account of the organizer and the name of the relay or its participants appears on the start list. The start list is available online at [www.ostseeman.de](http://www.ostseeman.de).

A transfer of the race entry or an exchange of race entries is generally excluded. If a transfer or a change of the race entry is necessary, it is only possible with prior agreement of the organizer.

### **Disclaimer of liability**

As the person responsible for the relay team, I hereby confirm, that I am fully authorized by all relay participants to register the team in their name. Furthermore, I hereby confirm, that the relay participants have read and accepted the organizer's waiver and liability exemption.



#### **Address:**

Mika timing GmbH  
Eventservice OstseeMan  
Kürtener Str. 11b  
51465 Bergisch Gladbach  
Germany  
[eventservice@mikatiming.de](mailto:eventservice@mikatiming.de)

#### **Bank details:**

Nord-Ostsee Sparkasse  
Account Number: 22 079 875  
Bank code: 217 500 00  
BIC-/SWIFT-Code: NOLADE21NOS  
IBAN: DE90 2175 0000 0022 0798 75

**Payment method:** The entry fee will be collected by direct debit or credit card (Visa/Mastercard).

Each individual starter and each relay participant is required to pick up their starting documents in person, presenting a valid license and a valid identity card or passport at the registration office or other control-points provided by the organizer. A one-day license can be purchased at the registration office. Relay participants do not require a license.

The registration of an athlete or a relay can be rejected or a starting ban can be issued if an athlete or a relay disturbs the event, behaves in a disruptive manner before the start of the event, violates competition rules or, due to certain behavior that leads to anticipation of further interference. The organizer reserves the right to refuse participation at any time, due to an ongoing doping procedure or a final ban. Furthermore, any violation of the competition rules will lead to disqualification of the participant. Participants who are disqualified for obvious fraud will not be allowed to start for the next two years.

**Confirmation of registration:**

Each registration will be confirmed by e-mail with a (conditional) information of acceptance or rejection. Further information will be provided by the end of May 2021.

**Deadline of registration: July 3rd, 2021** (Late registration is not possible)

**Important: As soon as the limit of registrations is reached, the registration lists will be closed.**

**Entry fee Flensburger Pilsener OstseeMan and OstseeMan Military Competition\*:**

- Individual entries 360,- Euro early bird, per participant until December 24th, 2020
- Individual entries 390,- Euro per participant as of December 25th, 2020
- Relay entries 380,- Euro early bird, per relay until December 24th, 2020
- Relay entries 410,- Euro per relay as of December 25th, 2020

**The entry fee includes 1,- Euro anti-doping levy per participant.**

**Additional fees:**

1a) One-day license 30,- Euro

1b) Pasta-Party-Ticket per additional guest 14,- Euro  
(includes pasta, salad, water, beer, cake, Steinmeier fruit juices)

For every registration, participants of the individual competition are allowed to purchase a maximum of two additional tickets and participants of the relay competition are allowed to purchase a maximum of three additional tickets. Pasta servings are guaranteed until 08:00 pm. After that, any claim expires and servings are provided as long as stocks last.

1c) Changes: Requests for changes to the registration will be charged with an administrative fee of 30,- Euro per transaction. Changes can be made until July 4th, 2021. Later changes can solely be requested at registration on the actual competition weekend.

All fees include VAT, licensing and association taxes. Bank fees are charged to the participants account. Checks from international participants must be drawn from a German bank. Bank transfer in EURO only.

Such services as an athlete's gift, pasta party, registration, timekeeping and extensive catering during and after the competition, massages, safety barriers, finisher shirt, medal, medical assistance, security, online certificate, online result lists, etc. are included in the entry fee.

The first three men and women of the overall ranking OstseeMan 2019 are exempt from the entry fee.

1d) A rental ChampionChip (time-recording) will be provided by the organizer and must be worn during the competition. Personal or own chips are not permitted.

#### **Cancellation of registration policy:**

Participants have the right to withdraw from registration until May 4th, 2021. The paid entry fee will be refunded after the deduction of an administrative fee of 60,- Euro. International participants are required to indicate the IBAN and BIC/SWIFT numbers of their bank account upon cancellation. No refunds will be made after May 4th, 2021. It is not possible to postpone an entry to the following year. Name changes can be requested before July 3rd, 2021, directly with Mika Timing.

It is not possible to change from the long distance to the middle distance.

In case the organizer has to make changes to the course of the event or cancel it completely due to force majeure, official orders or for safety reasons, the organizer is not liable to pay damage or provide refunds to the participant.

**Notifications, changes or cancellations are carried out exclusively by Mika timing GmbH, Eventservice-OstseeMan.**

#### **Age groups individual competition long distance:**

Individual starters according to DTU; Minimum age 18 years, year of birth from 2001.

#### **Age groups**

<b>Age groups</b>	<b>Ages</b>	<b>Age groups</b>	<b>Age</b>
Juniors	18-19 years	TM/TW 18-19	18-19 years
U 23	18-23 years	TM/TW 20	20-24 years
Elite	18 years upwards	TM/TW 25	25-29 years
		TM/TW 30	30-34 years
		TM/TW 35	35-39 years
		TM/TW 40	40-44 years
		TM/TW 45	45-49 years
		TM/TW 50	50-54 years
		TM/TW 55	55-59 years
		TM/TW 60	60-64 years
		TM/TW 65	65-69 years
		TM/TW 70	70-74 years
		TM/TW 75	75-79 years
		TM/TW 80	80-84 years
		TM/TW 85	85-89 years
		TM/TW 90	90-94 years

There is no age group ranking for the relay competition.

**Team ranking long distance:**

Each team consists of participants of the same gender. The three best participants from a specific club are being ranked. An additional registration of team names is not required. The club must, however, be given the same name, including same spelling and any abbreviations, in the registration.

**Relay ranking long distance:**

Each relay consists of a swimmer, a cyclist and a runner. Two disciplines can also be completed by one participant. There are rankings for men, women and mixed relays.

**Special rankings:**

1a) OstseeMan Military Competition for members of all armed forces and all branches of service

1b) Company rankings relay (Overall ranking) 1st to 3rd place for the NOSPA Cup

1c) Police Championship

**Prize money individual competition OstseeMan long distance:**

The first three women and men are being awarded the following prize money per person:  
1.500,- Euro | 750,- Euro | 500,- Euro

**Additional prize money long distance:**

The winner of the men's race with a time of less than 9 hours and the winner of women's race with a time of less than 10 hours are being awarded an additional bonus of 500,- Euro each. The bonus is linked to the victory of the race. This also applies in the event of several athletes finishing the race under that time.

**Course record OstseeMan Langdistanz:**

For setting a new course record, the winner of the women's race and the winner of the men's race are being awarded an additional bonus of 500,- Euro. The bonus is linked to the victory of the race. This also applies in the event of several athletes finishing the race under the previous course record. If this a new course, the bonus will not be awarded.

**Prize money team competition long distance:**

The winner teams (male and female) are being awarded a prize money of 300,- Euro per each team. The winners of the 2nd and 3rd place will be awarded trophies.

**Awards long distance:**

Every participant who finishes the competition within the total time of 15 hours receives the official OstseeMan finisher shirt and a medal. The winners of the 1st, 2nd and 3rd place of the age group rankings will be awarded trophies in addition.

The first three men and women winning the overall ranking are being excluded from the age group rankings.



Certificates and result lists will be provided on the internet at [www.ostseeman.de](http://www.ostseeman.de) and are downloadable and printable.

**Prize money relay competition OstseeMan long distance:**

The winning relays (men, women and mixed) are being awarded a prize money of 200,- Euro per each relay. The winners of the 2nd and 3rd place will be awarded trophies.

Die Siegerstaffeln Männer, Frauen und Mix erhalten ein Preisgeld in Höhe von je 200,- Euro. Für den 2. und 3. Platz werden Pokale vergeben. Entitlement to a trophy expires at the end of the event.

**Event schedule**

**Friday, July 30th, 2021:**

**12 pm – 7 pm** Pick up Starting documents / Race pack (Issuance in the registration tent in the area of the Sport Expo, near the relay transition zone)

**12 pm – 7 pm** Sport Expo on the event area in the Kurpark, Glücksburg

**5:15 pm** Welcome / reception of the athletes and guests at the Rudehalle, Glücksburg

**5 pm – 8 pm** Pasta-Party at the Rudehalle, Glücksburg

Tickets to the pasta party will be provided with the starting documents based on registration prior to the event.

**Saturday, July 31st, 2021:**

**10 am – 6 pm** Pick up Starting documents / Race pack (Issuance in the registration tent in the area of the Sport Expo, near the relay transition zone)

**10 am – 6 pm** Sport Expo on the event area in the Kurpark, Glücksburg

**12 pm – 12:45 pm** Race briefing at the Rudehalle, Glücksburg

**2:30 pm – 6 pm** Drop off bike, bike bag and run bag in the transition zone in the Kurpark, Glücksburg

**Sunday, August 1st, 2021:**

**6.45 am** Start OM

**9.30 am** Start OM113 (Starting wave 1)

**9.35 am** Start OM113 (Starting wave 2)

**9.40 am** Start OM113 (Starting wave 3)

**10 am – 6 pm** Sport Expo at the start-finish-area

**9.45 pm** Finish line closing

**10.20 pm** Award ceremony at Rudehalle, Glücksburg

## Competition long distance

### Swim course:

The mass start (beach start) takes place in front of the promenade in Glücksburg. The swim is **clockwise on a 1.9 kilometer long rectangular course**. After two laps, the athletes leave the water, crossing the beach and making their way to the transition zone. All swimmers are required to swim to the left of the marker buoys. The fastest times are usually under 50 minutes.

**Time limit swim:** 2 hours 10 minutes



### Bike course:

The **fast-paced, slightly hilly Specialized-Bike course** leads the athletes mainly close to the water through the scenic countryside of Angeln and Glücksburg.

The course includes many variations for participants, with small ascents and descents. In addition, it is very spectator friendly, making it exciting for family and guests to support their participants. A total of four laps must be completed. .

**Time limit Swim & bike:** 9 hours 30 minutes

### Run course:

The chosen running course in Glücksburg is one of the most beautiful routes in Germany. The **long distance running course** leads along Glücksburg's waterfront for about two kilometers. Then the runners head towards the Quellental, via the Beckerswerft finally in a loop passing the sailing school before it leads towards the finish line.

**Time limit Swim Bike Run:** 15 hours

Transition zone

**WECHSELZONE / PARC FERME'  
ZIEL / FINISH-LINE LD / MD**

**OSTSEEMAN**  
TRIATHLON



- **Bike drop off is scheduled for Saturday, July 31st, 2021 from 2:30 pm to 6 pm.**
- **The Transition zone will be closed at 6:30 am on the day of the competition and reopen at the start of the competition.**

Changing disciplines from Bike to Run takes place in the same transition zone as from Swim to Bike.

**SQUEEZY<sup>®</sup>**  
**SPORTS**  
**NUTRITION**

During the competition, participants will be provided with plenty of water, isotonic drinks, coke, energy bars and bananas. After the competition there will also be provided plenty of food and drinks in the finish area.

On the bike and run course additional products by our partner SQUEEZY will be offered. Participants can choose between SQUEEZY ENERGY Gel Lemon, SQUEEZY ENERGY Super Gel Cola with caffeine, SQUEEZY ENERGY BAR Fruit and SQUEEZY ENERGY Drink Orange.

[www.squeezy.de](http://www.squeezy.de)

Self-catering can be provided at designated locations. The athlete himself is responsible for organizing his own care and catering if needed.

## **Accommodation:**

### **Tourist Information Glücksburg**

**Phone:** +49 (0) 4631 451100

**Fax:** +49 (0) 4631 451800

**E-Mail:** [touristinfo@gluecksburg.de](mailto:touristinfo@gluecksburg.de)

[www.gluecksburg.de](http://www.gluecksburg.de)

### **Tourism agency Flensburger Förde**

**Phone:** +49(0) 461-9090920

**Fax:** +49(0) 461-9090936

**E-mail:** [info@taff.sh](mailto:info@taff.sh)

[www.flensburg-tourismus.de](http://www.flensburg-tourismus.de)

### **„Glück in Sicht“**

#### **Ostseelodges GmbH & Co. KG**

Schwennastraße 37

24960 Glücksburg (Ostsee)

**Phone:** +49(0) 4631-44435-222

**E-mail:** [reservierung@glueck-in-sicht.de](mailto:reservierung@glueck-in-sicht.de)

[www.glueck-in-sicht.de](http://www.glueck-in-sicht.de)



## **Contact address:**

### **OstseeMan-Sportpromotion UG**

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Changes and errors excepted. Team OstseeMan

„Subject to SHTU approval“