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CHALLENGE
SAMORIN-SLOVAKIA

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ATHLETE GUIDE



May 23 - 24, 2026



Olympic Training
Center Slovakia



 x-bionic[®] sphere

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At The Championship, we are committed to delivering a high-quality racing experience while reducing the environmental impact of the event. As part of this approach, we encourage all athletes to play an active role in supporting simple and effective sustainability practices throughout their participation. Travel represents one of the most significant sources of environmental impact. Whenever possible, athletes are encouraged to consider more sustainable travel options such as public transport, carpooling or shared travel arrangements. The venue layout supports low-impact mobility, with accommodation, race facilities and key services located within walking distance.

During the race, athletes are asked to use designated littering zones, particularly after aid stations, to dispose of waste such as cups or gel wrappers. These zones are clearly identified along the course and help ensure that waste is collected efficiently and the race environment remains clean.

We also encourage athletes to retain small waste items until reaching the next disposal area where needed. Simple actions such as this contribute significantly to reducing environmental impact during the race. Efforts are made to minimise waste at source, including careful planning of nutrition and refreshment distribution to avoid unnecessary surplus. Any remaining usable products are redistributed locally, while organic waste is treated through the venue's on-site bio-gas facility, supporting energy recovery. To further reduce resource use, event communication is primarily digital. Athletes are encouraged to refer to the digital Athlete Guide and official channels for up-to-date information.

Finally, we invite all participants to be mindful of the venue and its surroundings. Please remain within designated areas, respect the local environment and follow guidance provided by event staff. Your contribution plays an important role in helping us deliver a more sustainable event.

Jort Vlam

CEO - CHALLENGE FAMILY

Dear Athletes, we are delighted to be back here on the world stage of The Championship, celebrating your achievements with you in the unrivalled setting of the x-bionic sphere!

For many years now, The Championship has witnessed the best of the best Challenge Family athletes coming together and racing for the prestigious Championship titles, while also providing a platform for those just starting out in the sport to be involved and discover a shared love of triathlon.

The Championship forever holds a special place in Challenge Family history and we are sure this year will be another incredible event to remember with record-breaking numbers on the start line!

Thank you for your passion and commitment to be here in Šamorín, whether racing The Championship or Challenge Šamorín and for your trust in Challenge Family. I'd also like to take this opportunity to thank the incredible x-bionic sphere team who have worked so hard over the past 12 months to bring this race to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their long-standing support.

Challenge Family is committed to delivering inclusive and welcoming events around the world. This is especially so here at the x-bionic sphere with not only a full triathlon programme, but a host of community events for all ages and abilities. The exceptional hospitality, the world-class setting, the challenging course, all combine to create an unforgettable weekend of sport for all.

I wish you all the very best for your race and see you at the finish line!



THE CHAMPIONSHIP

ATHLETE GUIDE 5

Michal Kraus

CEO - X-BIONIC® SPHERE

Dear athletes, it is our pleasure to welcome you to the 9th edition of The Championship and Challenge Šamorín at x-bionic® sphere. It is always a privilege to host world-class triathletes alongside dedicated age-group competitors, first-timers, teams, and supporters who share a passion for this extraordinary sport.

This year is record-breaking, with 2,400 registered athletes. We are truly grateful to each of you for being here—you are the heart of this triathlon weekend and the reason it continues to grow.

Triathlon is built on perseverance, discipline, and resilience—qualities that define you as athletes and inspire us as organizers to keep raising the standards. Together with Challenge Family, our goal is to deliver top-level conditions and an unforgettable experience for everyone involved.

Following last year's success, we are excited to welcome back our youngest competitors. The Junior Challenge has become a fantastic addition, and we look forward to seeing new talent begin their journey.

We also value our ongoing cooperation with Special Olympics, creating an inclusive space for all athletes in our triathlon family.

This event would not be possible without the support of our partners, local authorities, volunteers, and the Ministry of Sport and Tourism.

As you approach the start line, remember: every race is a chance to grow and create lasting memories. Race hard, race safe, and don't forget to smile. We wish you the best of luck and look forward to celebrating your achievements.



THE CHAMPIONSHIP

ATHLETE GUIDE 6

Simon Brunovský

PRESIDENT - SLOVAK TRIATHLON UNION

Dear athletes, distinguished guests and triathlon enthusiasts from around the world, it is with immense pride that I welcome you – on behalf of the Slovak Triathlon Union and the entire Slovak triathlon community – to the 2026 Challenge Family World Championships in Middle Distance Triathlon, here in the heart of Šamorín, Slovakia. This weekend belongs not only to those racing for the middle-distance world title, but also to all participants competing across the full range of triathlon disciplines.

As the newly elected President of the Slovak Triathlon Union, I bring a clear vision: to energize Slovak triathlon, embrace modern trends, and strengthen Slovakia's position on the global triathlon map. Events like this Championship are central to that mission. When the world's finest triathletes line up alongside passionate age-groupers and young athletes, it shows Slovakia is not just a host, but a true home for triathlon.

For the ninth time, Challenge Family will award World Championship medals here in Šamorín – a testament to the exceptional standard this venue consistently delivers.

This weekend showcases what triathlon is about: pushing limits, discipline, resilience, and the courage to challenge yourself. Whether you are racing for a world title, a personal best, or crossing the finish line for the first time, each of you embodies the spirit of this sport.

I firmly believe triathlon has the power to inspire. It is not reserved for the elite – it is for anyone willing to swim, ride and run toward a better version of themselves. Our goal is to make triathlon one of the most popular and accessible sports in Slovakia.

My sincere thanks go to the x-bionic® sphere team, all volunteers, and Challenge Family for making this event possible and for their continued trust in Šamorín and Slovak triathlon.

To all participants – from the youngest racers to seasoned champions – race with heart, enjoy every moment, and leave Šamorín with lasting memories. Welcome to Slovakia. Welcome to the Championship.



INTRODUCTION

This Athlete Guidebook contains very important information regarding the preparation for your race. The most important sections are:

- The program
- Cut-off times
- Registration process (Please do NOT forget your legal identification and your license from your national triathlon federation)
- Rules and regulations

If you are competing in a relay, the information in this guidebook also applies to you and your team.

In addition to reading this guidebook, you are strongly advised to attend the Race Briefings:

Race Briefing for Pro Athletes:

The Pro Athletes' race briefing will take place at the Tuli®Cinema on Friday (see the schedule for the exact time). Attendance is mandatory for all Pro athletes. Any athlete who misses the briefing will be removed from the start list. Athletes entering the briefing hall after it has started, as well as athletes who do not attend but inform the Technical Delegate about their absence, will receive a time penalty at T1. BIB numbers will be distributed at the race briefing.

Middle Distance Race Briefing – available online:

Briefings for athletes will be uploaded on thechampionship.de and on Challenge Family social media channels, followed by an online Q&A session with the Head Referee on-site (see event schedule).

Junior, Try-athlon, Sprint and Standard Distance Race Briefings:

Race briefings will be held approximately 30 minutes before the start at the start area of each race/distance.

EMERGENCY



Emergency contact number in case of an emergency on race day: **+421 911 011 697**

LIVE STREAM

The live stream will be available on the website live.challenge-family.com, on the **Challenge Family - YouTube** channel, or on **STVR Šport**.

EVENT TIMETABLE

For full event timetable please visit the website <https://thechampionship.de/race-information/time-schedule/>

PRE-EVENT INFORMATION

For any transfer inquiries, please visit the hotel reception or visit: www.carsen.sk. Alternatively, you can use the Bolt app for easy taxi bookings: www.bolt.eu.

LOST & FOUND

All lost and found items will be collected at the hotel reception. After the conclusion of the event, please email thechampionship@challenge-family.com to locate any missing items and schedule returns. Shipping fees will apply.

FLYING OF DRONES PROHIBITED !

It is not allowed to use Drones for taking pictures and videos in the whole event and course area. Unauthorized use of Drones will be reported to the police.

RACE VENUE MAP

- 1. Hotel Entrance
- 2. Trophy ceremony / Victory
- 3. Registration / Congress Foyer
- 4. Media Centre / Innovation
- 5. Celebration of the Champs / Legends' Bar
- 6. Press Conference / Tull' Cinema
- 7. Kids Zone
- 8. Expo Zone
- 9. Eagle Pavilion
- 10. Wallaby Pavilion
- 11. Shark Pavilion
- 12. Armadillo Pavilion
- 13. Thorny Devil Pavilion
- 14. Try-Athlon | Junior - Start
- 15. Wellness
- 16. Gym
- 17. Athletic Stadium
- 18. Bridge to Swim Start
- 19. Transition Zone / Depo
- 20. Swim Start
- 21. Finish
- 22. VIP Zone
- 23. Volunteer Office
- 24. Bike Service / From Friday
- 25. Pasta Party / Olym-Pick
- 26. Chill out & Recovery Zone
- 27. Gastro Zone
- 28. Triathlon License Check
- 29. Registration - KIDS RUN
- 30. Relay, Junior Transition Area



ATHLETES CHECKLIST

RACE DAY CHECKLIST

TRANSITION

- Transition Area (opening times are available at <https://thechampionship.de/race-information/time-schedule/>)
- ID Wristband
- Nutrition to strap / secure to your bike

SWIM

- Race supplied Swim cap
- Timing Chip (applied to left ankle)
- Wetsuit (if applicable)
- Goggles

BIKE (BLUE - AFTER SWIM BAG)

- Bike seat post label
- Bike shoes (in bag or clipped onto bike)
- Helmet (in bag)
- Sunglasses (in bag)
- Socks (in bag)
- Clothing (in bag)
- Nutrition & fluids (in bag or on bike)

RUN (ORANGE - AFTER BIKE BAG)

- Running shoes (in bag)
- Sunglasses (in bag)
- Hat (in bag)
- Socks (in bag)
- Clothing (in bag)
- Nutrition & fluids (in bag)
- Race BIB number - mandatory for a run (in a bag)

GREEN - AFTER RACE BAG

- Containing all of your post-race requirements & personal belongings including warm clothing. Please do not put any valuables into your race bags. Green After Race bag drop-off is at the start area. Collection is located at after race area.

EXPO ZONE

The Expo zone is located near the transition area.
The Food Court is located near the finish area.

FRIDAY: 10:00 – 18:00
SATURDAY: 08:00 – 18:00
SUNDAY: 08:00 – 18:00

1. Profiswim
2. X-BIONIC
3. Adeli
4. NAHA
5. OTSO SPORT
6. PILLAR
7. OAKLEY
8. CHALLENGE FAMILY
9. NAJŠPORT
10. ORLEN
11. GO CREATE
12. INFINIT EUROPE
13. PWC
14. TRISHOP



MASSAGE

After race massage is located in the Chill Out Zone, directly after the finish. Please notice: the massages are only for immediate relief, they last up to 15minutes, once you leave the Chill Out Zone, you can't go back in again. Applies only to Olympic distance athletes on Saturday and for Middle distance athletes on Sunday.

MEDICAL



During the event our Medical Team will take the best care of our athletes. If you have special medical needs, please inform our Medical Director before you start the race.

Name: Peter Lakomý
Phone: +421 910 976 134
Email: peter.lakomy@aprescue.sk

In case you need medical assistance in the days before or after the race, please contact the reception of x-bionic® sphere. In urgent and life threatening cases call European Emergency Number 112.

INFORMATION DESK

Our info desk is ready to assist you. Visit us at the EXPO and REGISTRATION office.

PARKING

Sufficient Parking space is available at x-bionic® sphere.

Professional bike service with **PRO** senior mechanics will be available:
At the **EXPO ZONE** (next to transition zone):

Thursday	12:00 – 18:00
Friday	08:00 – 18:00
Saturday	06:45 – 18:00
Sunday	06:45 – 18:00

See the pricelist in the next page.

ATHLETES REGISTRATION

LOCATION: X-BIONIC® HOTEL - Congress foyer, next to Tuli® Cinema

SEE SCHEDULE: <https://thechampionship.de/race-information/time-schedule/>

Don't forget to bring your personal identification, confirmation email (QR code), and triathlon federation license card for validation purposes. You can store your bike in the hotel room (If you are accommodated) or store your bike in front of the hotel reception (use a lock). Taking your bike with you to registration is not allowed.

The registration process takes place according to the following steps:

Before entering the registration area all athletes must pass through a Slovak Triathlon Federation desk for a license check. If you can't provide a valid triathlon licence (Try-athlon and Junior distances excluded) a day license must be acquired for 25.00 EUR at the checkpoint. Afterwards your entry information will be checked at the registration desk and you will receive your starting bags. All necessities for racing will be included in an envelope.

Additionally you will get a voucher for your Athletes Gift, which you can pick up at the Official merchandise store Farrier Restaurant 1st Floor (EXPO zone). Additional Pasta party can be purchased at the Olym-Pick restaurant entrance (22 EUR per Ticket).

THE RACE GEAR CONSISTS OF THE FOLLOWING ITEMS:

Race bib number to be worn on your chest or race belt during running.

- B.** Saddle stem flag/label, to be placed under the saddle of your bike.
- C.** Helmet race number stickers, to stick on the front, left and right side of your helmet.
- D.** Swimming cap, to be worn during the swim course.
- E.** Three TA bags, to be used as follows:
 - Blue** (after swim) = Containing bike outfit
 - Orange** (after bike) = Containing run outfit
 - Green** (after race) = Containing After race outfit
- F.** Athlete wristband that gives you access to participants' areas, to be worn around the wrist.
- G.** Timing Chip must be worn on the left ankle. Timing chips will be delivered and assigned when leaving the transition area.
- H.** Only official swimming cap, BIB number, wristband and stickers must be used. Using other equipment will be punished by DSQ.

Please check to ensure that all these items are present, your name and age-group category are correct. In case of deviations, please report this at the Registration Desk. If you forget or lose your chip or swim cap, please get a backup ones at the start area.



NAJŠPORT

BIKE MECHANICS

Thursday 12:00 - 18:00

Friday 08:00 - 18:00

Saturday 06:45 - 18:00

Sunday 06:45 - 18:00

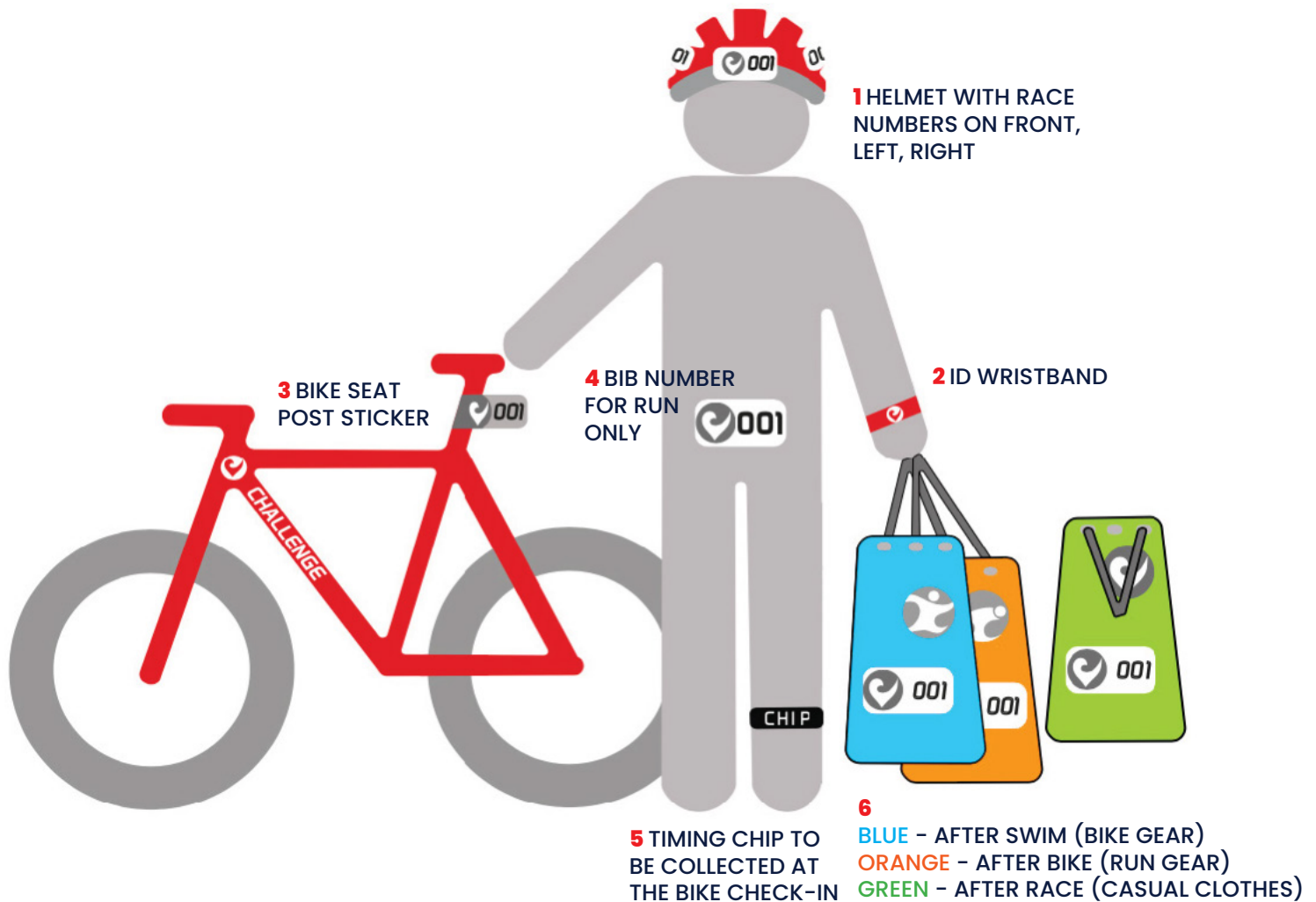
PLU	Category	Product name	Price
1	Service package	General control	50,00€
2	Service package	Small service operation	15,00€
3	Brakes	Hydraulic brake adjustment	19,00€
4	Brakes	Replacing brake pads (front/rear)	30,00€
5	Brakes	Cleaning the disc	10,00€
6	Brakes	Regrinding brake pads	20,00€
7	Brakes	Manual grinding disc	15,00€
8	Brakes	Brake bleeding (levers)	15,00€
9	Brakes	DOT venting, complete	45,00€
10	Brakes	MINERAL OIL venting, complete	34,00€
11	Brakes	Alignment of the disc	20,00€
12	Brakes	Replacing the disc	15,00€
13	Brakes	Brake cable replacement (external)	20,00€
14	Brakes	Brake cable replacement (internal)	35,00€
15	Brakes	Adjusting rim brakes (front/rear)	20,00€
16	Brakes	Replacing rim brake pads pair	15,00€
17	Wheels	Pair of defect - tube	15,00€
18	Wheels	Defect repair - Tubeless	15,00€
19	Wheels	Tube Exchange	12,00€
20	Wheels	Replacement of tube and tyre	20,00€
21	Wheels	Wheel pressure adjustment	5,00€
22	Wheels	Centring the wheel	35,00€
23	Wheels	Cassette: assembly, disassembly	15,00€
24	Wheels	Front hub, rear hub, freewheel: clearance adjustment	30,00€
25	Wheels	Freewheel: cleaning and lubrication	15,00€
26	Wheels	Topping up the sealant	15,00€
27	Wheels	Replacement of the tubeless tyre	35,00€
28	Drive	Alignment of the footing	20,00€
29	Drive	Shifter setting (front/rear)	20,00€
30	Drive	Replacing the shifter	35,00€
31	Drive	Gears: cleaning	20,00€
32	Drive	Di2, AXS, diagnostics	30,00€
33	Drive	Replacement of the shifting cable - external	25,00€
34	Drive	Replacement of the shifting cable - internal	35,00€
35	Drive	Chain lubrication	9,00€
36	Drive	Chain: replacement, shortening, adjustment	20,00€
37	Cockpit	Cockpit setup - 1 action (head and handlebars)	10,00€
38	Centre composition and handles	Medium composition: cleaning and lubrication	35,00€
39	Centre composition and handles	Pedals: assembly, disassembly	8,00€
40	Other	Complete washing	70,00€
41	Other	Rinse	20,00€
42	Other	Other work (1min)	1,00€

RACE PACK

The progress of your race is registered by a transponder attached to a soft rubber band with velcro. This transponder needs to be placed on your left ankle during all three parts of the race. As the chip is linked to your race number, please make sure the number the organization has, matches the number on the chip. Otherwise your time cannot be registered correctly during the race.

Information for Relay Starters:

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personally from swimmer to biker as well as from biker to runner. The handing over has to be made on the assigned spaces of the biker resp. the runner in the transition area. Helmets must stay checked-in in the transition area in the blue bag. Bikers are not allowed to wear the helmet before the chip is handed over by the swimmer, and they are obligated to pick up the helmet from the blue bag on the way to the bike, same as individual athletes.



WITHDRAWAL & TIMING CHIP

If you drop-out of the race, please inform one of the staff members on the course, at transition area, or at the finish line as soon as possible, and definitely before you go home, so we know that you are safe. Return your Timing Chip when checking out your bike. After the race you have to bring the timing chip to the bike check out to receive your bike.

PASTA PARTY

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Participation in the Carbo Loading party on Saturday is included in the entry fee, except for Try-Athlon, Junior and Kids Run. In addition, there are a limited number of tickets for accompanying persons. They are available at 20.00 EUR each at the Olym-Pick Restaurant entrance. Free entry for children under 12 years. The Pasta Party takes place in Olym-Pick. Entrance is only allowed with the Pasta Party ticket as handed out during registration.

SATURDAY | 23.5. | Sprint, Standard (Olympic), Open Middle Distance | 16:00 – 18:00

SATURDAY | 23.5. | The Championship | 18:00 – 21:30

FOLLOWING THE ALLOCATED PASTA PARTY TIMING SLOTS IS MANDATORY AND IS A CONDITION FOR ENTRY.

BIKE CHECK-IN

THE CHAMPIONSHIP, OPEN MIDDLE DISTANCE:

Time: Precisely check your category check-in and check-out time in the event schedule on the website. Athletes have to bring and present their bike, main bib number, helmet and blue bag. The helmet needs to be checked in too and can't be taken out of TA after checking in and stickers with bib applied on both helmet and bike. Check-in won't be allowed in case of some part of the equipment will be missing. All equipment must be in the blue bag hooked on the numbered rack

NO BIKE CHECK-IN ON SUNDAY (RACE DAY)

The bike check-in is located at the Farriers Arena at the top part of the Transition Area. At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the World Triathlon. Bikes and helmets must stay in the transition area overnight. This is applicable to relay teams, too.

BEFORE CHECKING-IN YOUR BIKE, MAKE SURE YOU HAVE CHECKED THE FOLLOWING THINGS:

1. Your bike is technically in order, e.g: your brakes are working and there are no open tubes on your handle bars.
2. The saddle stem flag / label is placed under your saddle.
3. On your head you have fastened your helmet containing 3 stickers with your bib number on the front, left and right sides.
4. You are carrying your own race bib number around your waist or in your hand.
5. There is no loose gear allowed on the ground in the Transition Area. Make sure everything is placed in the designated **BLUE** or **ORANGE** bags. Helmets have to be placed in the bag. Materials which are attached to your bike (shoes attached / nutrition) are allowed.
6. Your timing chip will be given to you while leaving the transition area – please present your ID wristband.



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RULES & REGULATIONS - MIDDLE DISTANCE

THE RACE IS ORGANISED UNDER THE WORLD TRIATHLON RULES.

thechampionship.de/race-information/waiver-rules/

FOR A SMOOTH AND SPORTY COURSE OF THE EVENT, WE FEEL COMPELLED TO DRAW YOUR ATTENTION TO SOME IMPORTANT RULES:

- Participation in the event is at the participant's own risk. All participants have to follow General Terms and Conditions. The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.
- The officials have the right to disqualify participants for reasons of misbehaviour during or before the race.
- The race directors, technical officials and medical team have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.
- You shall adhere to the directions, instructions and rules of the officials (who can be recognized by clothing marked TECHNICAL OFFICIAL) under penalty of disqualification.

THESE INCLUDE AMONG OTHERS:

- The front of your Trisuit needs to be closed (no bare chest) at the latest 200m before the finish;
- Music devices (iPod, phones, etc) with earphones are not allowed;
- Action cameras (GoPro's etc) attached to your bike or helmet are not allowed;
- Supporters are not allowed to accompany you on bike and run course;
- If you are caught drafting on the bike course, you'll receive a blue card which implies a 2 minute penalty in the penalty box; it is the athlete's responsibility to serve the penalty. If the penalty was not served the athlete is disqualified; if you are caught drafting 3 times and shown a blue card 3 times you are disqualified;
- Blocking is prohibited! Blocking violation is punished by a yellow card (30 second in penalty box)
- The littering of trash during the competition outside the provided zones in transition area as well as at the beginning and ending of the aid stations of the bike and run courses will end in a disqualification.
- It is the athlete's responsibility to serve the penalty.
- It is forbidden to insert bottle, nutrition etc. in your trisuit.
- It is not allowed to wear a BIB number during the swim. It is mandatory to wear a BIB number during the run in the front.

PENALTIES:

- Blue card means 2 minutes in the penalty box (for Drafting violation)
- Yellow card means 30 seconds in the penalty box

WORLD TRIATHLON RULE EXCEPTIONS:

At THE CHAMPIONSHIP we allow you to cross the finish line with your family. However, we also ask you to consider the other athletes in the race and allow them a safe finish too, try to limit blocking other athletes please.

THE CHAMPIONSHIP is a non-drafting race. A 20m long and 3m wide non-drafting zone will be applied to the middle distance course. This zone is from the front wheel of the leading athlete to the front wheel of the overtaking. The overtaking must be done on the left side and should not take longer than 45 seconds. Crossing the middle central line is strictly prohibited.



THE CHAMPIONSHIP

& MIDDLE DISTANCE OPEN

RACE DETAILS



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COURSE INFORMATION

SWIM COURSE

BY



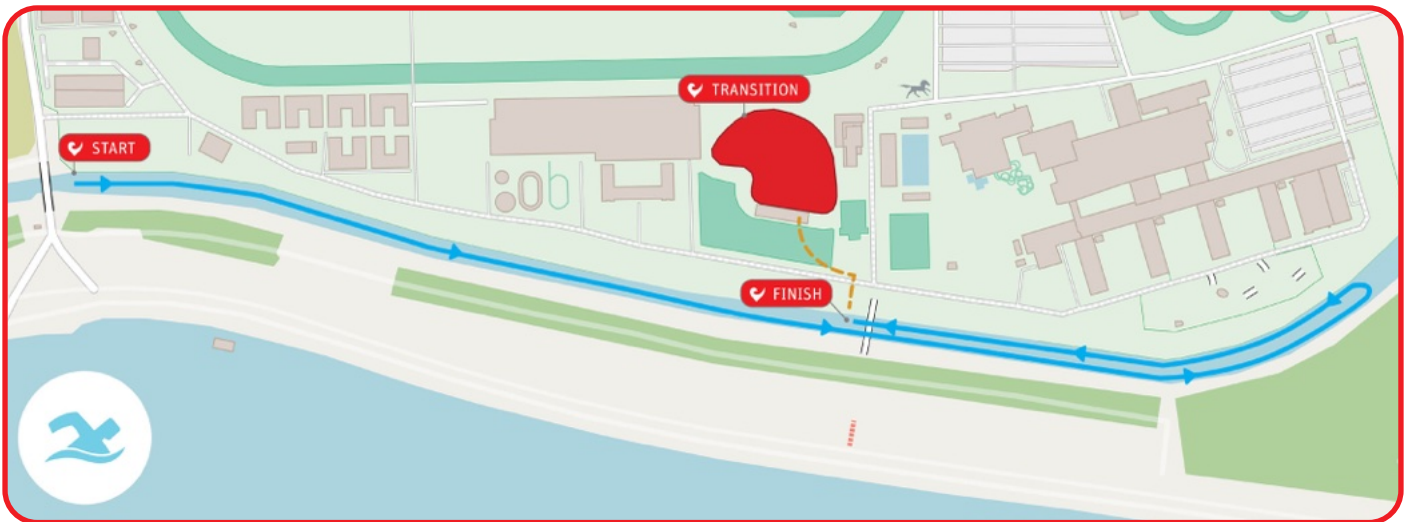
CUT-OFF TIMES

TIME LIMIT / CUT OFF TIMES

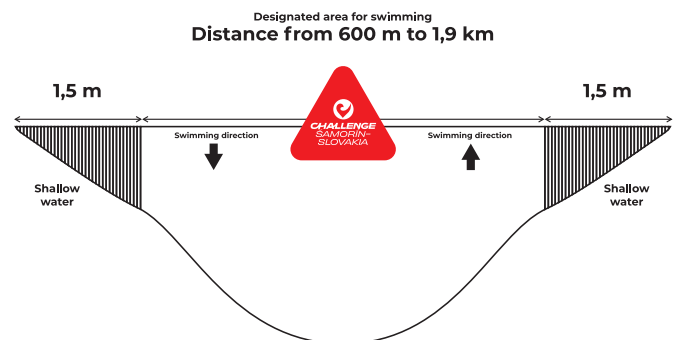
Swimming: 1h 00min.

Swimming + Biking: 5h 00min.

Swimming + Biking + Running: 8h 00min.

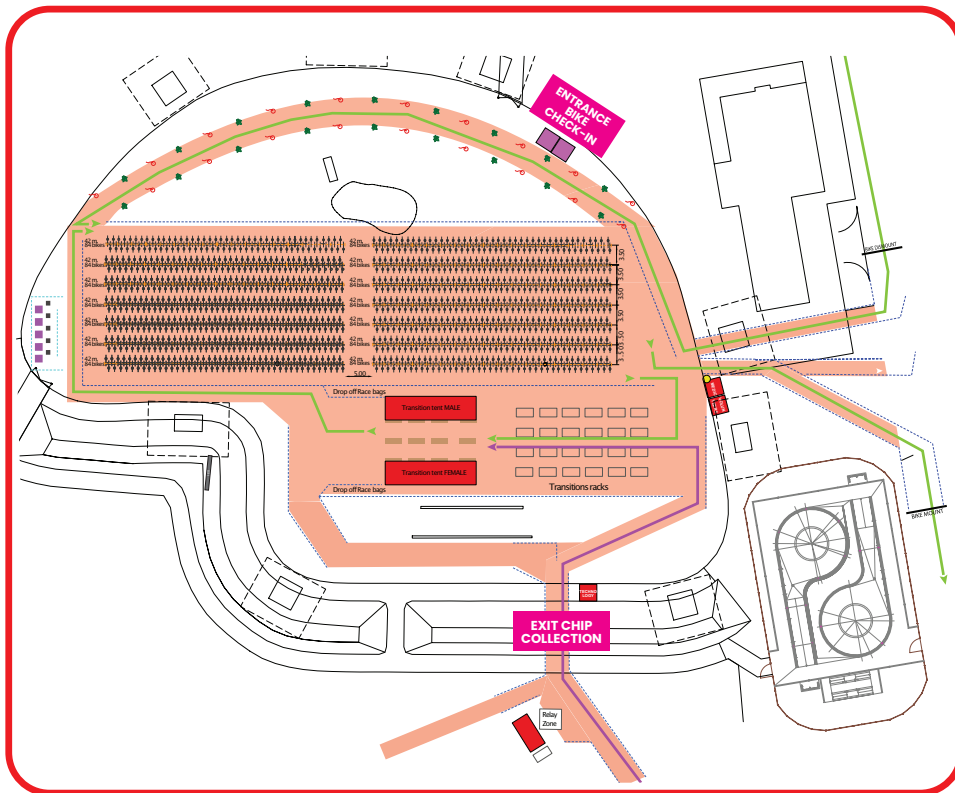


Please try to keep within marked area and avoid shallow waters on both sides.



Please try to keep within marked area and avoid shallow waters on both sides.

TRANSITION – SWIM TO BIKE



TRANSITION RULES

- Put all swimwear in **BLUE** bag.
- Wear helmet with fastened strap before getting the bike from the rack.
- Athletes must mount their bicycles after the mount line by having one complete foot contact with the ground after the mount line.

SWIM SAFETY

The swim course is guarded by life guards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention by hand waving above your head to the kayaks or lifeguards on the ground and they will come to assist you. Calm down, and try to lie on your back, your wetsuit will help you to float, and get close to the river bank where the water is shallow. Hand waving to spectators while swimming is strictly prohibited. If you withdraw during the swim or any other part of the race, it is vital you report it to a marshal immediately to let us know that you're safe.

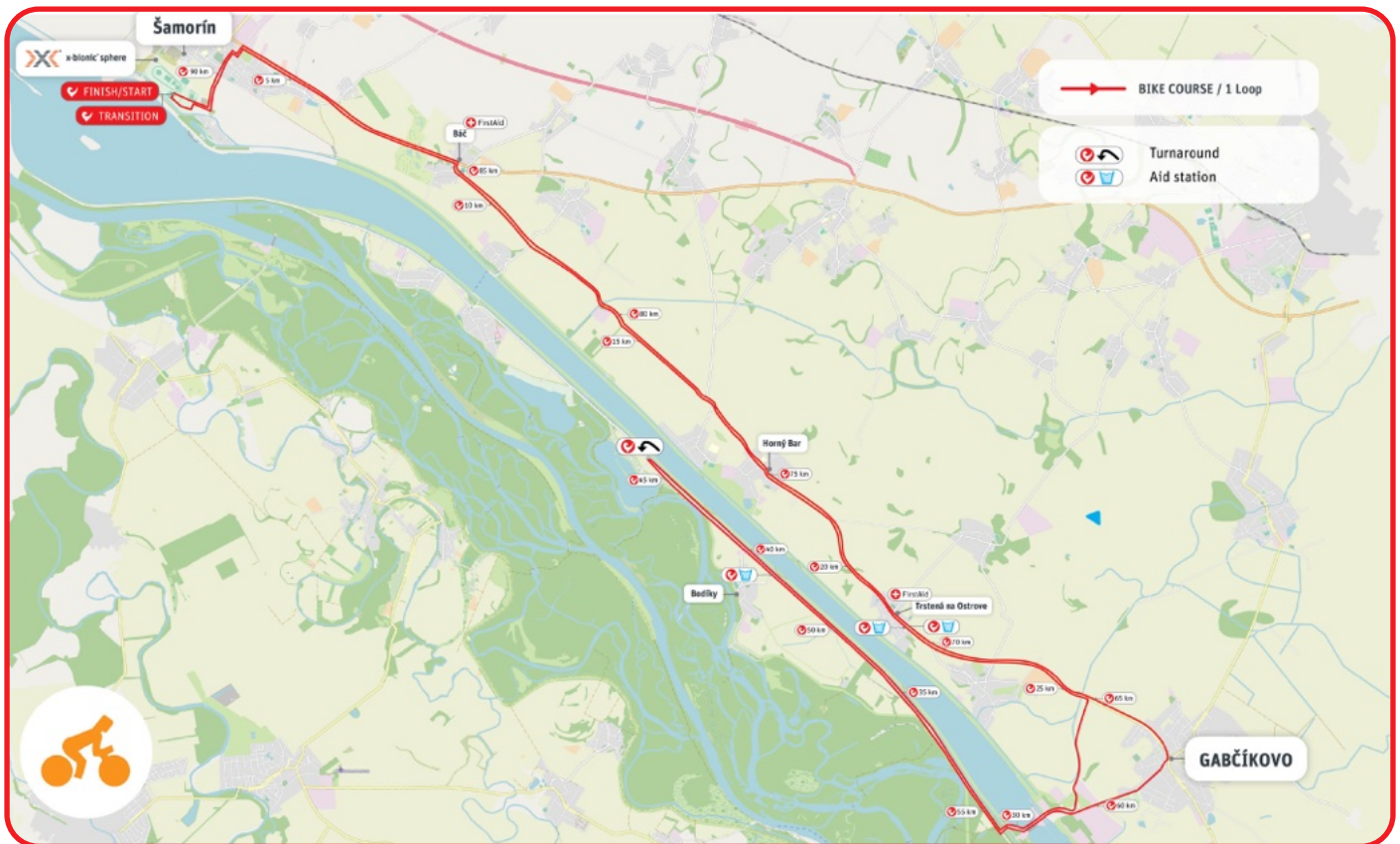
SWIM RULES

Wetsuit use is governed by the following values:
Mandatory: 15.9 °C and below
Forbidden for Pro Athletes: 22.0 °C and above
Forbidden for Age Group Athletes: 24.6 °C and above
Expected water temperature: 16.0 – 18.0 °C

THE FINAL DECISION WILL BE PUBLISHED ON SOCIAL MEDIA AND ON THE OFFICIAL BOARD IN THE TRANSITION ZONE 1 HOUR PRIOR TO THE START.

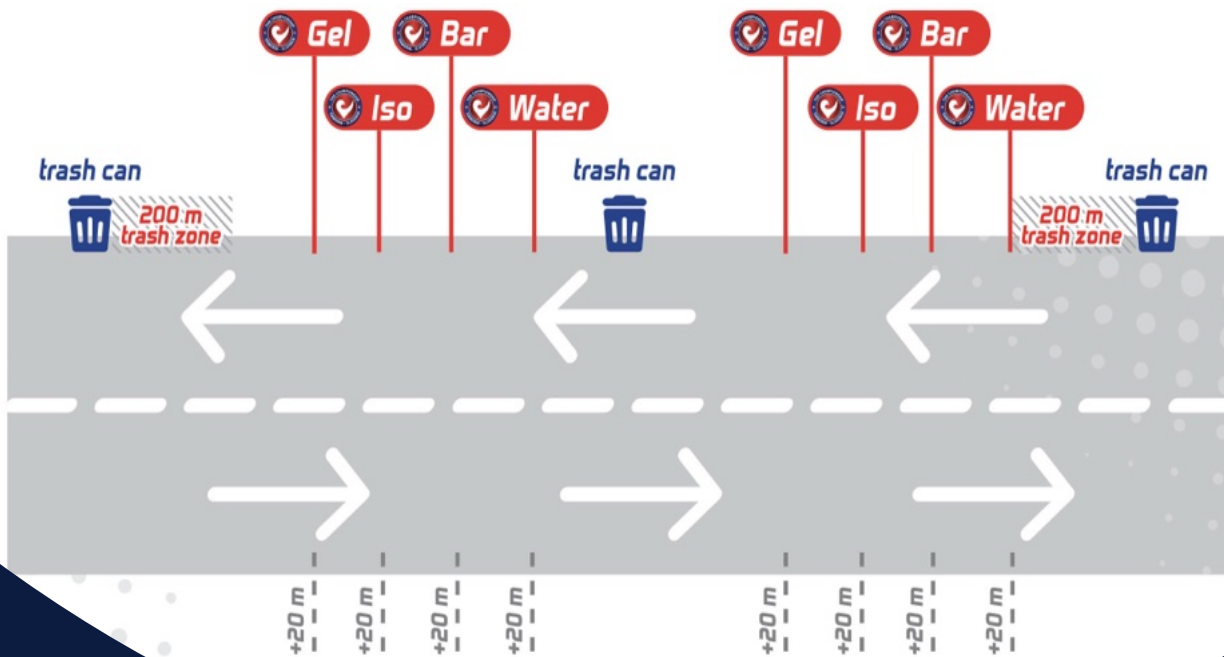
BIKE COURSE

BY PORSCHE



BIKE COURSE AID STATIONS

The bike lap has three aid stations. The locations of the stations are displayed on the previous bike course map and are roughly located 20 kilometers apart.



LITTERING ZONE

Please note that you're allowed to throw away your trash only in the special marked areas before and after an aid station. Do not litter the rest of the course with your garbage. In case you are spotted throwing away your materials like cups, sponges, drink bottles or empty gels, you get disqualified. This is in force for both the bike as well as the run course.

TRAFFIC, ROAD CLOSURES

The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to assist another athlete and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed. Failure to follow instructions will be penalized for blocking by a yellow card. It is strictly forbidden to pass an athlete on the right side.

DISTANCE MARKERS

There will be distance markers every 5 km on the bike course.

COLLECTION CAR

Please report to a volunteer at the bike course, then you will be picked up by the Collection car. Please note that there might be a long waiting time as the collection car drives behind the last athlete on the bike course. If possible, we recommend you to seek the nearest aid station where you can wait.

BIKE RULES

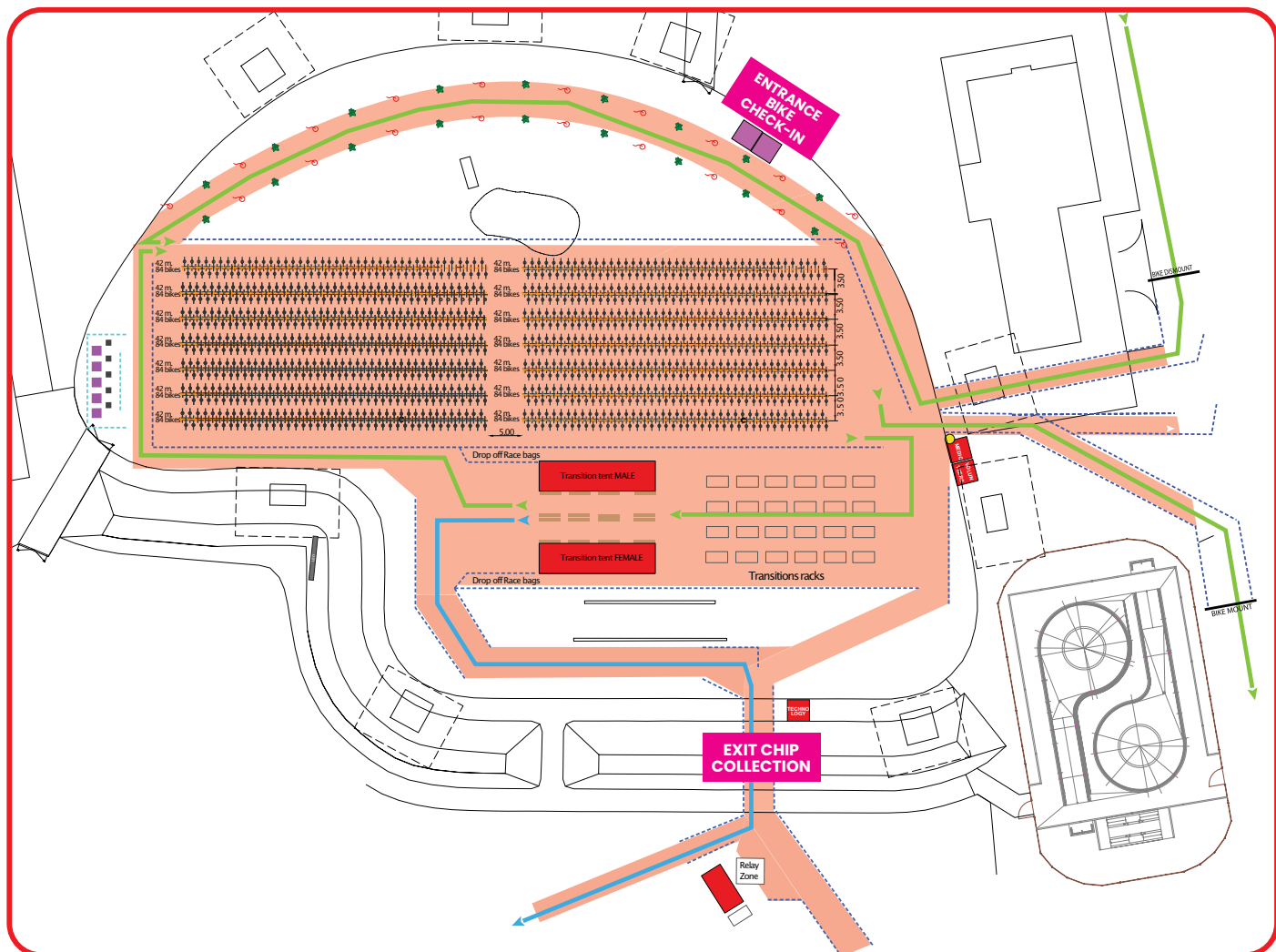
Drafting is prohibited! Minimum spacing 20 m long (front wheel to front wheel) overtaking time is a maximum of 45 seconds. On the bike course, the road traffic regulations are binding!

PENALTY BOX

Penalty box for penalties received at the bike course is located 300 m before dismount line. If an athlete gets a penalty, it's the athlete's own responsibility to stop at the penalty box.

Penalties for professional athletes in transition area, mount and dismount will be signed on the penalty board on the run course 300 m before the finish line (in each lap). No cards will be given in this area. It is the athlete's own responsibility to look at the penalty board. If the penalty is not taken, the athlete will be disqualified.

TRANSITION BIKE TO RUN



TRANSITION RULES

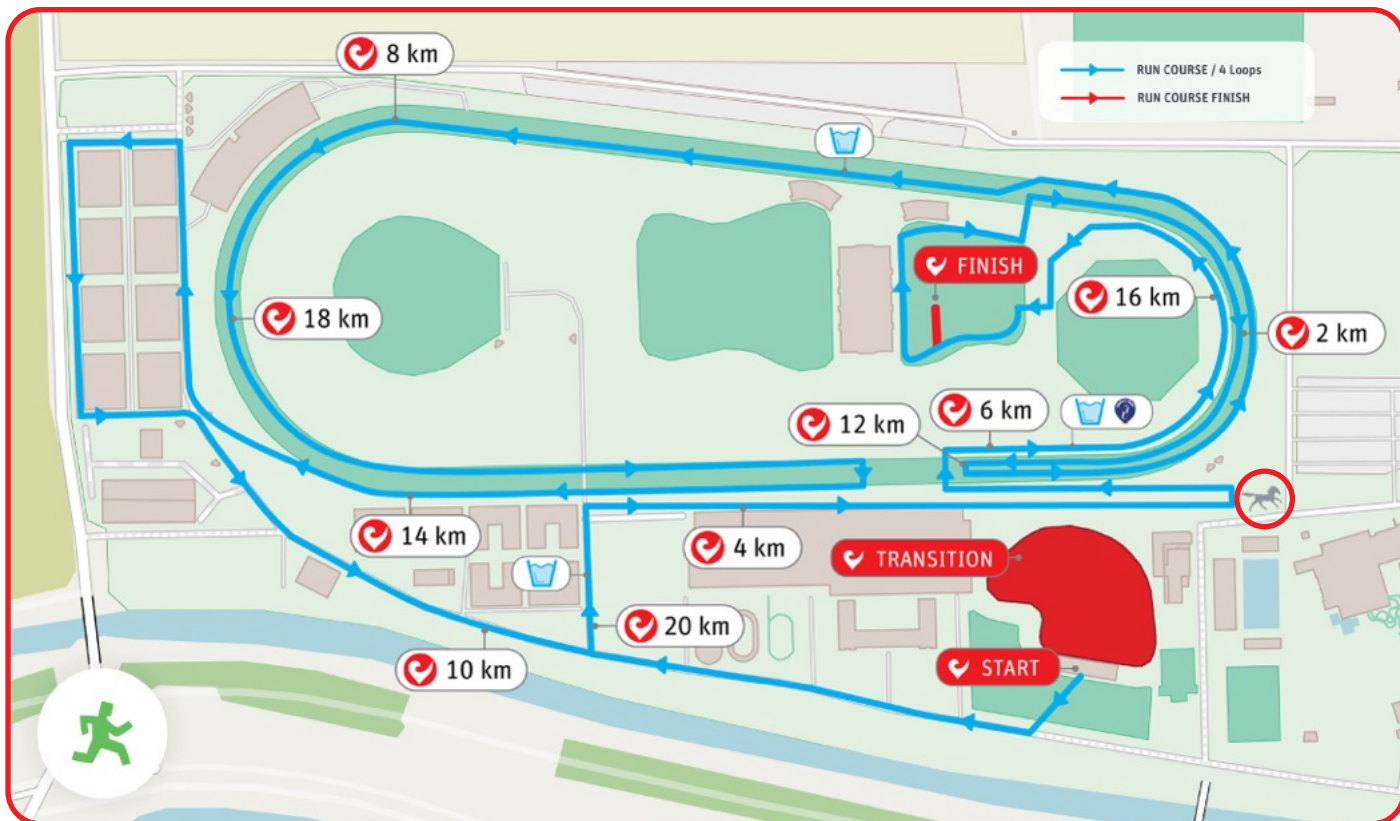
Athletes must dismount their bicycles before the dismount line by having one complete foot contact with the ground before the dismount line. Keep helmet strapped until bike is racked at your own BIB number. Put all Bikewear in **ORANGE** Bag (only shoes can stay firmly attached to the bike but are not allowed to be left on the ground near the bike).

By the end of the last transition all equipment – regardless whether used or not – must be deposited in the corresponding numbered bag provided, with the following exceptions:

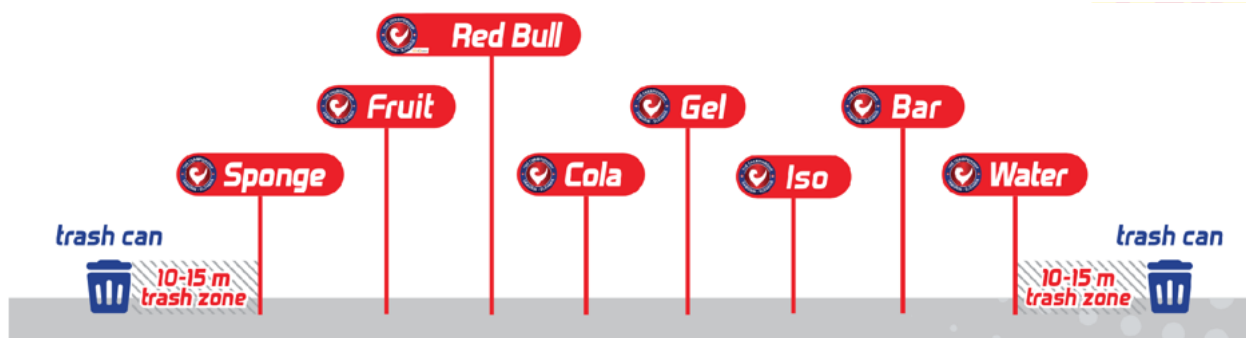
- Bike shoes, which may remain fixed on the pedals;
- Bike equipment other than helmet and glasses, if placed on the bike previously in Transition 1 may remain on the bike.

RUN COURSE

BY



On the run course, four aid stations are located approximately 2 kilometers apart from each other. Nutrition is served in the following order: At the aid station will be served: Water, RedBull, Coca-Cola, PowerBar (iso drink, bar, gel) and fruits. Check out the Challenge Family Nutrition Guide and some tips.



Info on Personal Needs Station:

Athletes can bring their own food and drinks and ask accompanying people to pass them the food on the first table of the first aid station (only on the run course). The race organizer does not assume any responsibility for this private service. Please note that Referees will monitor the Personal needs aid station. No handover service provided.

DISTANCE MARKERS

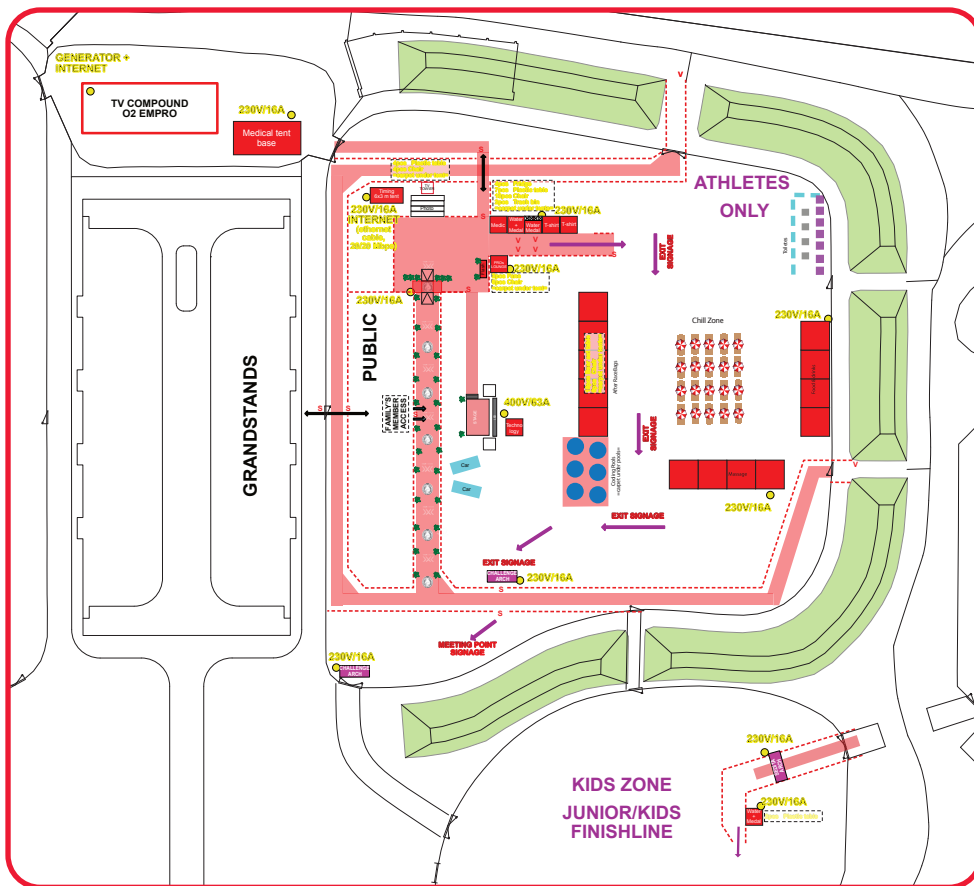
There will be distance markers at 1km, 10km, 15km and 20km.

PENALTY BOX

There is one penalty box on the run course for PRO Athletes only. It is located 300m before the finish line (each lap).

POST RACE INFORMATION

FINISH LINE



Congratulations! You made it! Our volunteers are ready to assist you after you finish. First, you'll receive your medal and finisher shirt. If you require immediate medical assistance, our volunteers will help you get to the medical center located near the finish line.

Your family members and relatives are allowed to enjoy the last meters of your race and cross the finish line together with you. They are allowed to enter the finish line only at the designated area as shown in the map below. Family members are not allowed to enter after race - chill out zone.

THE GREEN AFTER RACE BAG (if dropped-off at the start area) is available at the Chill Out. Please make sure you have attached the sticker with your bib number on the bag, in order to retrieve it. When exiting the Chill-Out Zone, you can quickly reunite with your friends and relatives again.

BIKE AND BAG COLLECTION

The bike check-out is located at the Transition Area. After the last bike-finish of the race, all athletes can retrieve their bikes from the Transition Area. **You will only be allowed to collect your bike if you RETURN YOUR CHIP! You will be charged in case of loss.** The Transition Area is only accessible by athletes wearing a participant ID wristband. Upon check-out, athletes are requested to pick up their bike, helmet, and red and blue transition bags.

MEDAL ENGRAVING

Medal engraving is located at the official merchandise store. Medal engraving is available for price 15€:

SATURDAY | 23.5. | 11:00 - 18:00

SUNDAY | 24.5. | 13:00 - 18:00

RESULTS

The results of the race will be available in the Challenge Family official app and on our website:
www.thechampionship.de

RACE PHOTOS

Photos of THE CHAMPIONSHIP are made by FinisherPix. These will be made available to you by e-mail in the days after the race. After that you can decide to buy them and download a package or to order special items.

FINISH LINE STREAMING

We will be online streaming all the athletes crossing the finish line on Sunday. Visit the Challenge Family YouTube channel to watch.

FLOWER CEREMONY

The Top 3 of Pro male and female athletes overall will have an award ceremony in the stadium on the race day itself. This award ceremony will be held as soon as the fastest three men and women have finished.

AWARDS CEREMONY

THE CHAMPIONSHIP and Middle Distance Open category Award Ceremony takes place on Sunday evening at Victory Congress Hall. The winning pro-athletes and the winners in all Age Groups are celebrated during this. Please be present to receive your award during this ceremony. Age Group athletes can not win prize money.

1 ST	15.000 € + 1 WEEK STAY IN STRATO SPHERE	5 TH	4.000 € + 1 WEEK STAY IN JUNIOR SUITE	8 TH	2.000 € + 1 WEEK STAY IN JUNIOR SUITE
2 ND	9.000 € + 1 WEEK STAY IN JUNIOR SUITE	6 TH	3.000 € + 1 WEEK STAY IN JUNIOR SUITE	9 TH	1.500 € + 1 WEEK STAY IN JUNIOR SUITE
3 RD	7.000 € + 1 WEEK STAY IN JUNIOR SUITE	7 TH	2.500 € + 1 WEEK STAY IN JUNIOR SUITE	10 TH	1.000 € + 1 WEEK STAY IN JUNIOR SUITE
4 TH	5.000 € + 1 WEEK STAY IN JUNIOR SUITE				

IN THE AGE GROUPS, AWARDS CAN BE WON IN THE FOLLOWING CATEGORIES.

M/W18 – age 18 to 24	M/W40 – age 40 to 44	M/W55 – age 55 to 59	M/W70 – age 70 to 74
M/W25 – age 25 to 29	M/W45 – age 45 to 49	M/W60 – age 60 to 64	M/W75 – age 75 to 79
M/W30 – age 30 to 34	M/W50 – age 50 to 54	M/W65 – age 65 to 69	M/W80 – age 80 to 84
M/W 35 – age 35 to 39	Relay Teams (Men, Women, Mixed)		

TOP 3 athletes in each category will be awarded.

TOP 6 athletes in each category will qualify for THE CHAMPIONSHIP 2027.



CHALLENGE ŠAMORÍN- SLOVAKIA

PRESENTED BY



OFFICIAL SIDE EVENTS

**OF THE CHAMPIONSHIP 2026 - TRY-ATHLON DISTANCE,
STANDARD DISTANCE, SPRINT DISTANCE.**

ATHLETE GUIDE 27

RULES AND REGULATIONS

For a smooth and sporty course of the event, we feel compelled to draw your attention to some important rules:

Participation in the event is at the participant's own risk.

All participants have to follow [General Terms and Conditions](https://thechampionship.de/race-information/waiver-rules/).
<https://thechampionship.de/race-information/waiver-rules/>

The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.

The officials have the right to disqualify participants for reasons of misbehaviour during or before the race and after.

The race directors, technical officials and medical team have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.

You shall adhere to the directions, instructions and rules of the officials (who can be recognized by clothing marked 'TECHNICAL OFFICIAL') under penalty of disqualification. It is the athlete's responsibility to serve the penalty given to him or her.

THESE INCLUDE AMONG OTHERS:

- The front of your trisuit must be fully closed at all times (no bare chest allowed);
- The use of music devices (such as iPods or phones) with earphones is prohibited;
- Action cameras (e.g. GoPros) mounted on your bike or helmet are not permitted;
- Supporters are not allowed to accompany you on the bike or run courses;
- Littering outside the designated zones in the Transition Area, or outside the marked areas at the start and end of aid stations on the bike and run courses, will result in disqualification;
- Drafting is strictly prohibited in the Sprint and Standard (Olympic) races. The drafting zone is 12 meters, and overtaking must be completed within 25 seconds;
- Time trial bikes and aero handlebars are not allowed in the Try-Athlon race (drafting-legal).

PENALTIES FOR DRAFTING:

- 1 minutes in Standard distance
- 30 seconds in Sprint distance

Penalty box is located on the run course only (300 m before the finish line). Penalties from a bike must be served in the penalty box on the run.

CUT-OFF TIMES:

TRY-ATHLON: Swim: 0:15 hrs Swim+Bike: 0:55 hrs Swim+Bike+Run: 1:30 hrs

SPRINT: Swim: 0:30 hrs Swim+Bike 1:30 hrs Swim+Bike+Run: 2:15 hrs

STANDARD: Swim: 0:50 hrs Swim+Bike 2:20 hrs Swim+Bike+Run 3:30 hrs

TRY-ATHLON

SWIM COURSE

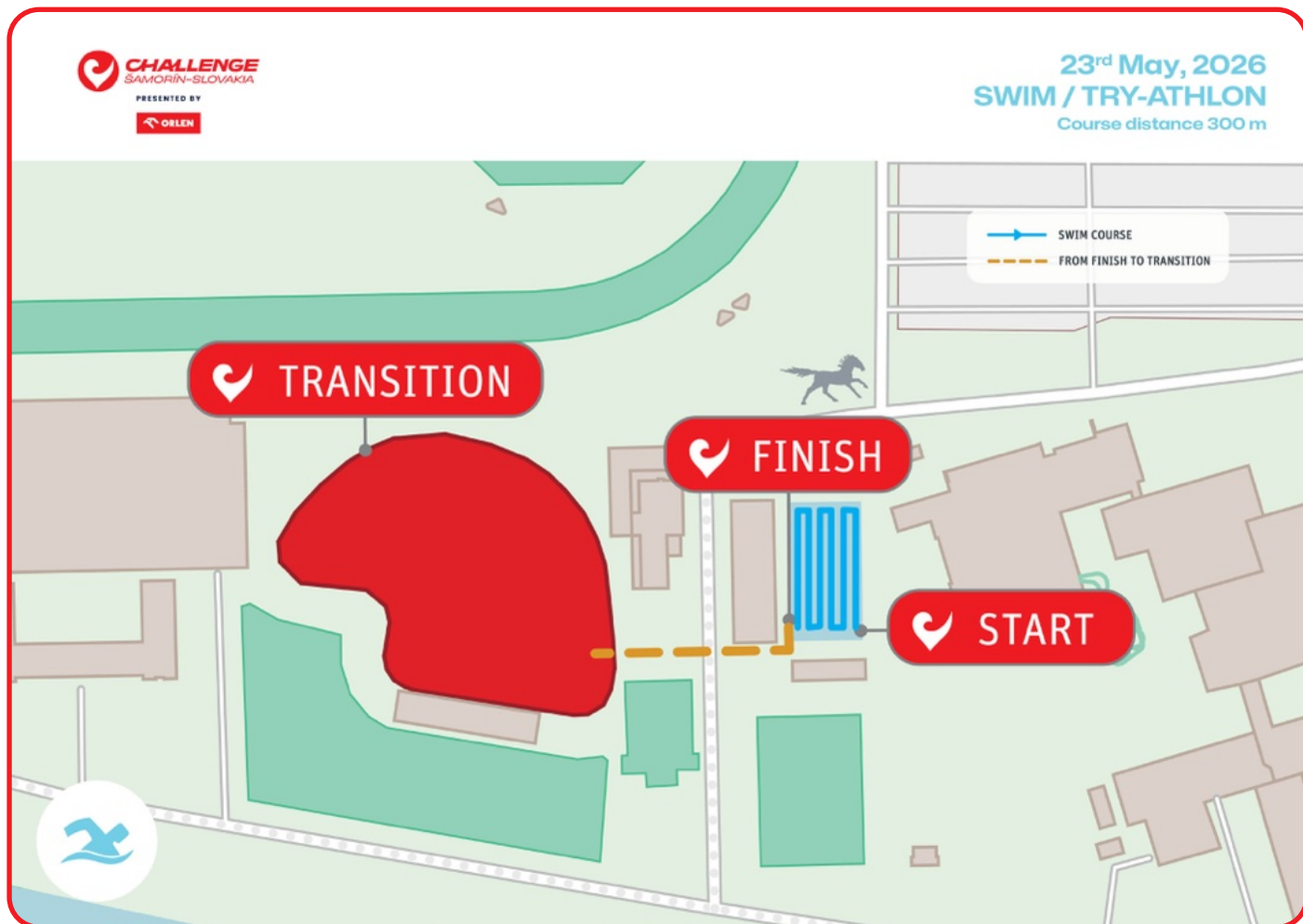
BY



The race will use a time-trial start format: athletes will begin one at a time every 10 seconds, in the order they arrive (first come, first serve). Access to the pool is through the outdoor Aquatic Sphere entrance, located next to the horse statue. The swim will take place in a pool, and wetsuits are not allowed. Warm-up is permitted until 30 minutes before the race start.

GREEN AFTER RACE BAG:

Leave your green bag at the swim start in Aquatic sphere and collect the bag after the race at the chill out zone.



TRY-ATHLON

ATHLETE GUIDE 29

BIKE COURSE

BY PORSCHE

Drafting is allowed in Try-athlon. Time trial bikes and aero handlebars are prohibited. REMEMBER: First, put your helmet on before touching your bike in the transition area. **The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to assist another athlete and be aware of potential cars alongside the course.** We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed = DSQ. It is strictly forbidden to pass an athlete on the right side.



TRY-ATHLON

ATHLETE GUIDE 30

RUN COURSE

BY



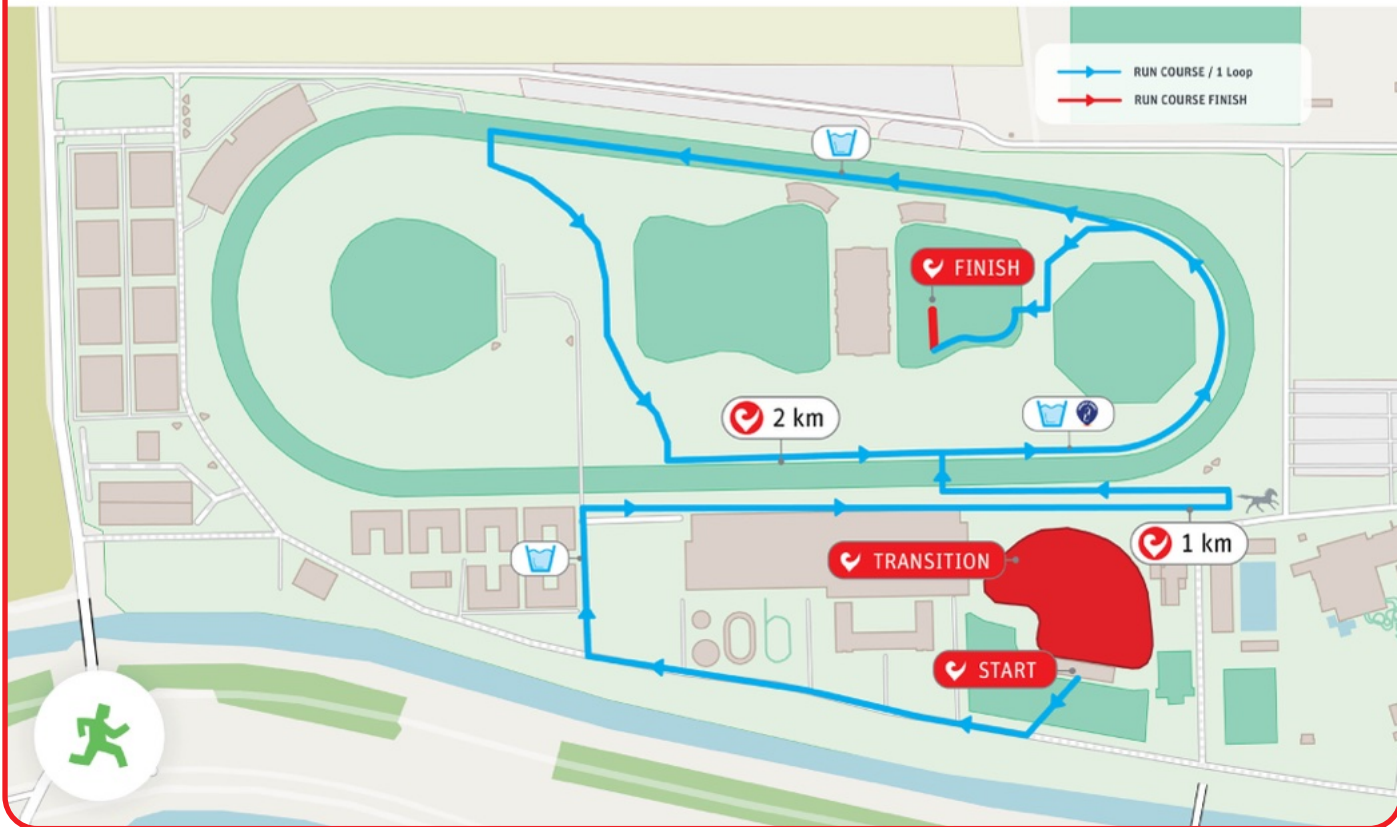
PRESENTED BY



23rd May, 2026

RUN / TRY-ATHLON

Course distance 3 km / 1 Loop + Finish



TRY-ATHLON

ATHLETE GUIDE 31

STANDARD

SWIM START

The start procedure will be organised as a wave start by age-group categories with gaps between each wave (see the event schedule for more details). An athlete will be disqualified if he or she will start within another age group. DSQ if you start too early, and normal start time if you go later. The swim course is guarded by lifeguards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention by hand waving above your head to the kayaks or lifeguards on the ground and they will come to your rescue. Calm down, and try to lie on your back, your wetsuit will help you to float, and get close to the river bank where the water is shallow. Hand waving to spectators while swimming is strictly prohibited. If you withdraw during the swim or any other part of the race, it is vital you report to a marshal immediately to let us know that you're safe. Wetsuit rules are, as per World Triathlon Competition Rules, dependent on water temperature (mandatory from 15.9°C and lower). Warm-up is possible until 30 mins before the start of the race.

SWIM COURSE

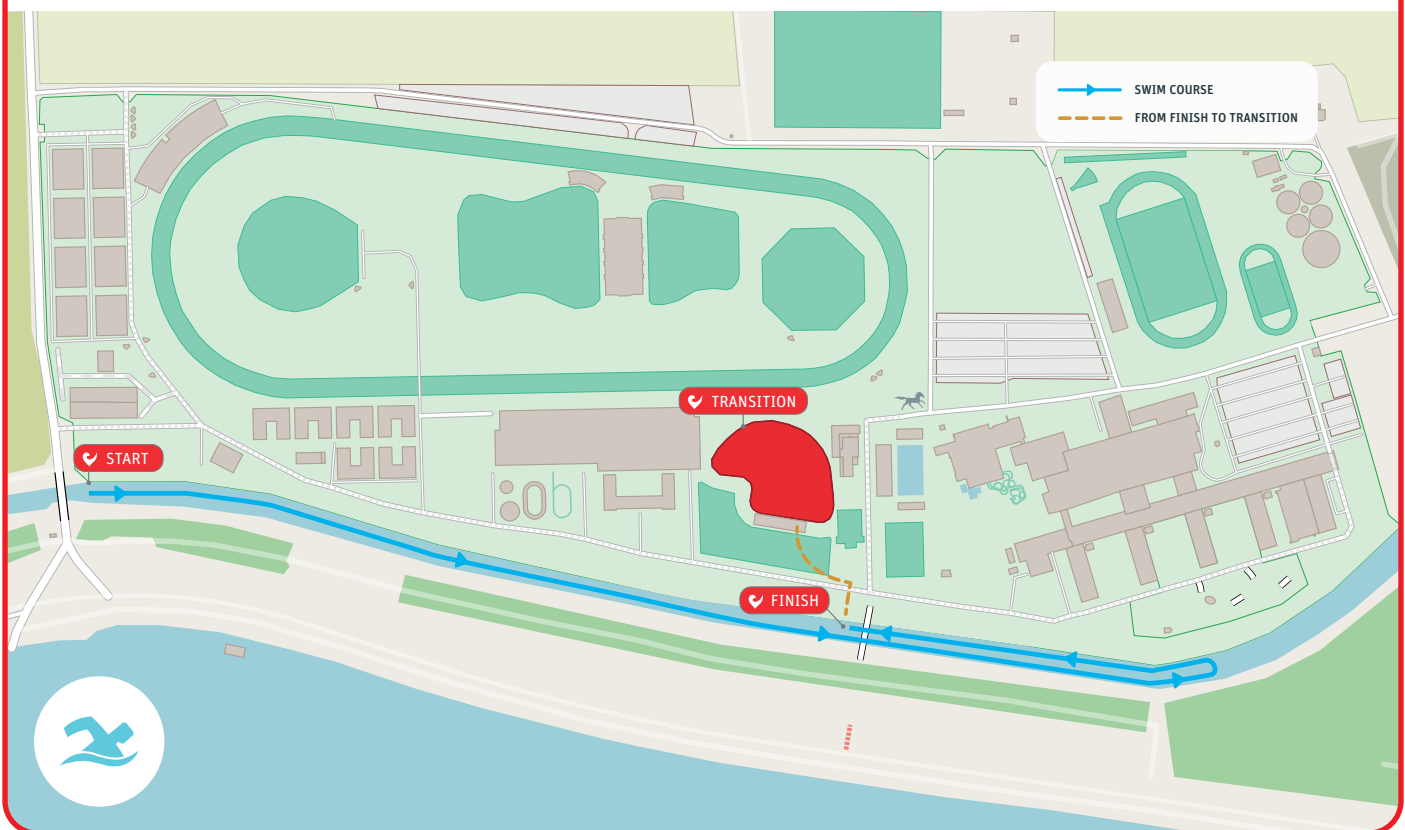
BY



PRESENTED BY



23rd May, 2026
SWIM / STANDARD
Course distance 1.9 km



STANDARD

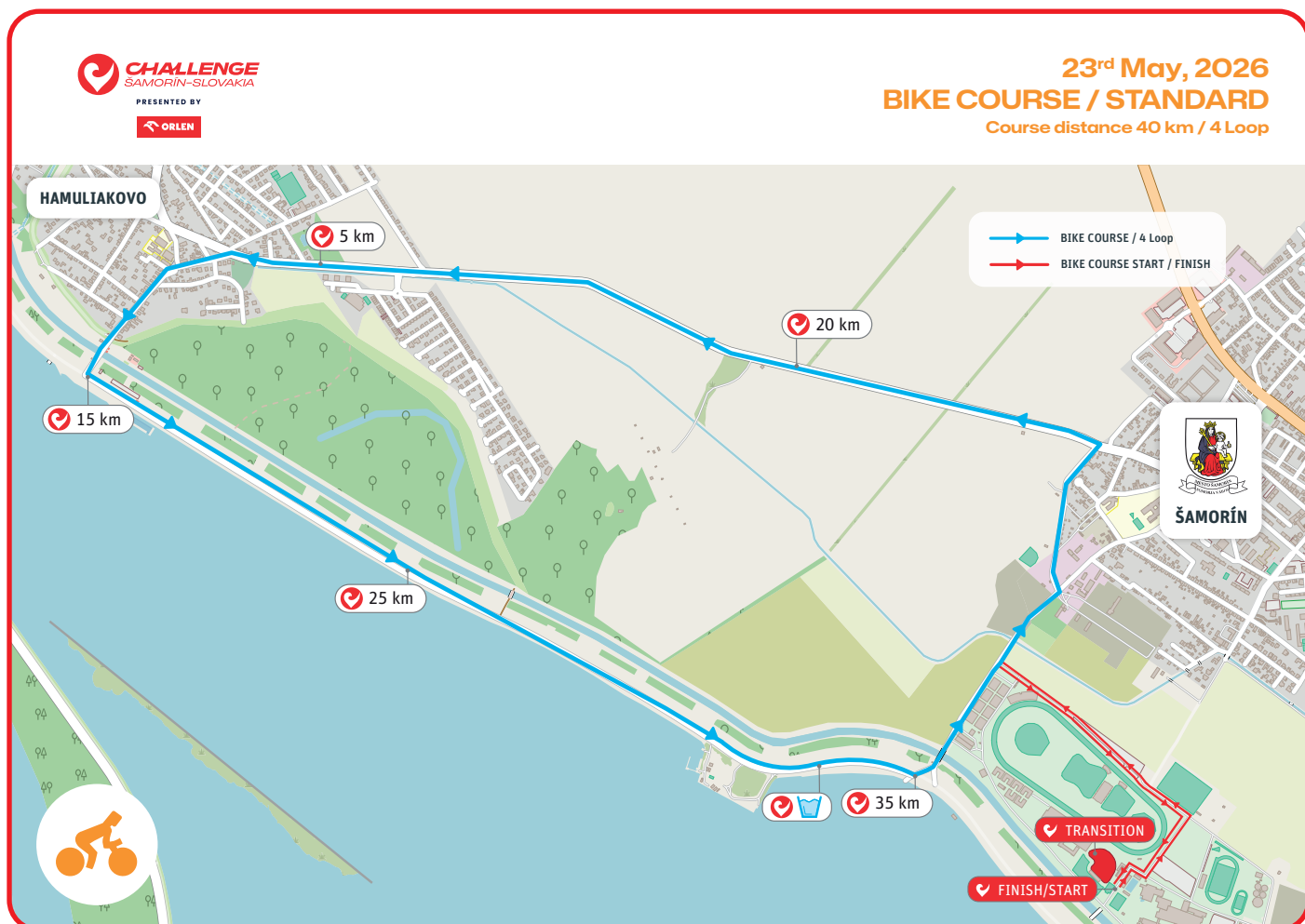
ATHLETE GUIDE 32

BIKE COURSE

BY PORSCHE

Drafting for the Standard Distance is not permitted. Minimum spacing 12 m long (front wheel to front wheel). Overtaking time is maximum 25 seconds. Time trial bikes and road bike with aero bars are allowed. The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to assist another athlete and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed = DSQ. It is strictly forbidden to pass an athlete on the right side.

REMEMBER: First, put your helmet on before touching your bike in the transition area.



STANDARD

ATHLETE GUIDE 33

RUN COURSE

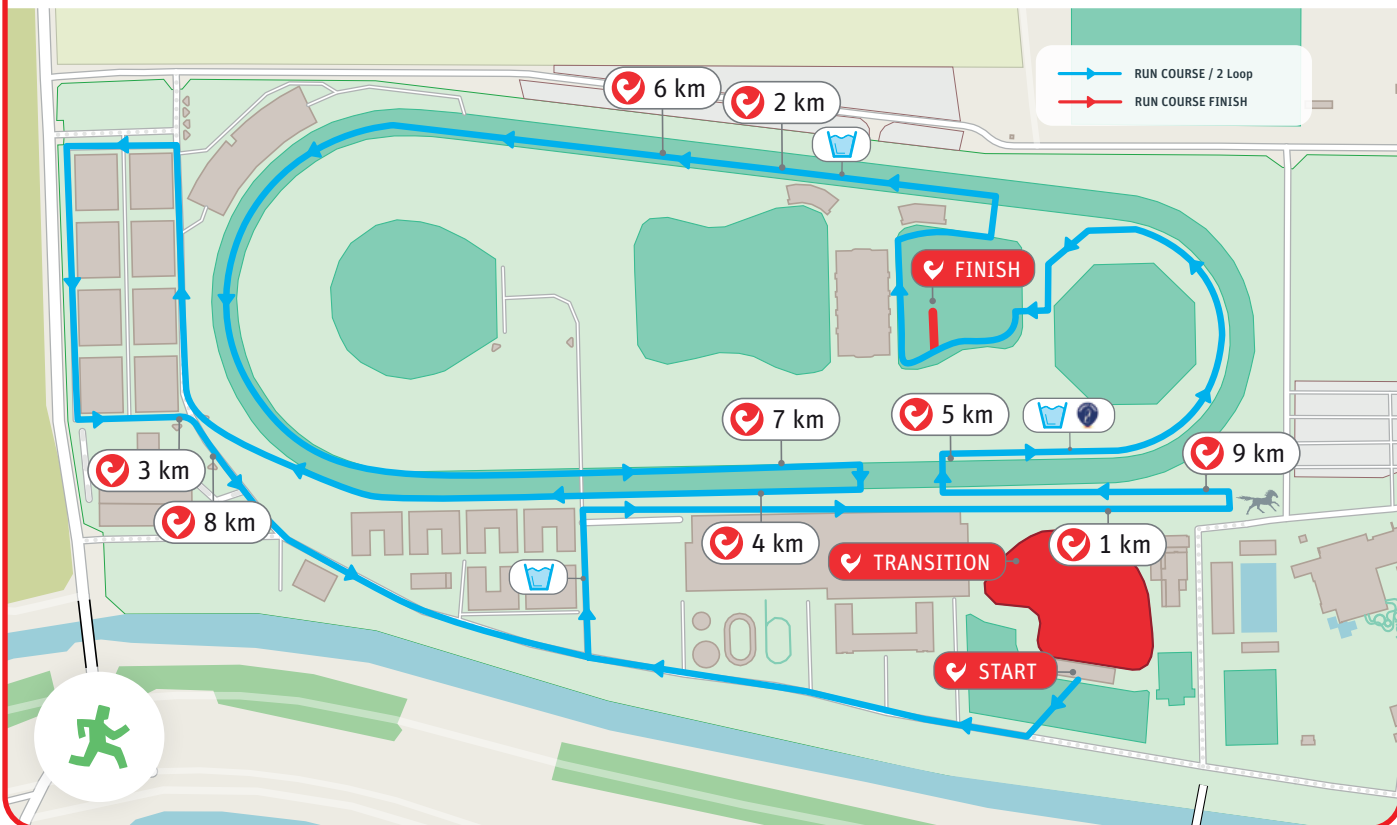
BY



PRESENTED BY



23rd May, 2026
RUN / STANDARD
Course distance 21 km / 2 Loop



STANDARD

ATHLETE GUIDE 34

SPRINT

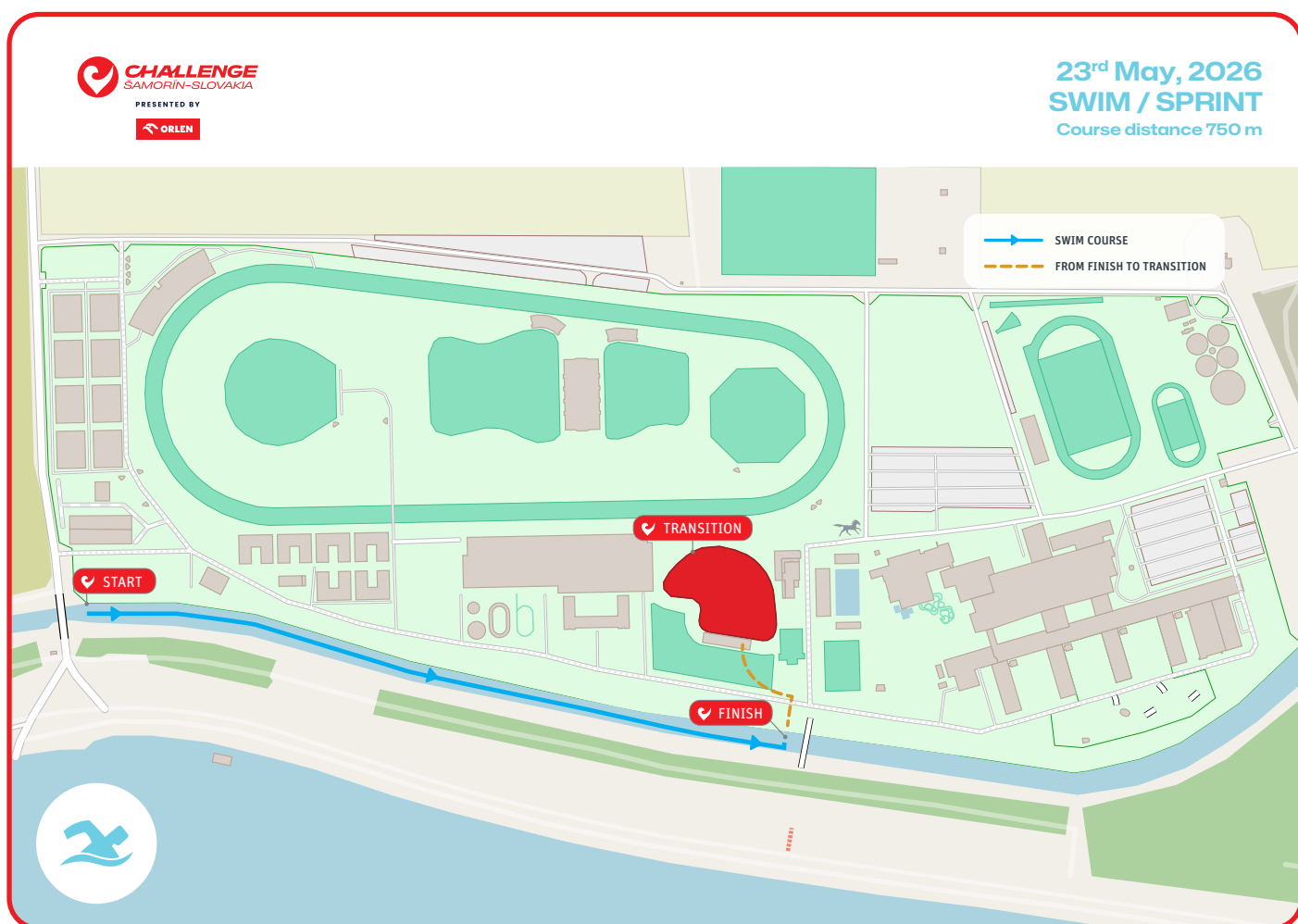
SWIM COURSE

BY



The start procedure will be organised as a wave start by age-group categories with gaps between each wave (see the event schedule for more details). An athlete will be disqualified if he or she will start within another age group. DSQ if you start too early, and normal start time if you go later.

The swim course is guarded by lifeguards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention by hand waving above your head to the kayaks or lifeguards on the ground and they will come to your rescue. Calm down, and try to lie on your back, your wetsuit will help you to float, and get close to the river bank where the water is shallow. Hand waving to spectators while swimming is strictly prohibited. If you withdraw during the swim or any other part of the race, it is vital you report to a marshal immediately to let us know that you're safe. Wetsuit rules are, as per World Triathlon Competition Rules, dependent on water temperature (mandatory from 15.9°C and lower). Warm-up is possible until 30 mins before the start of the race.



SPRINT

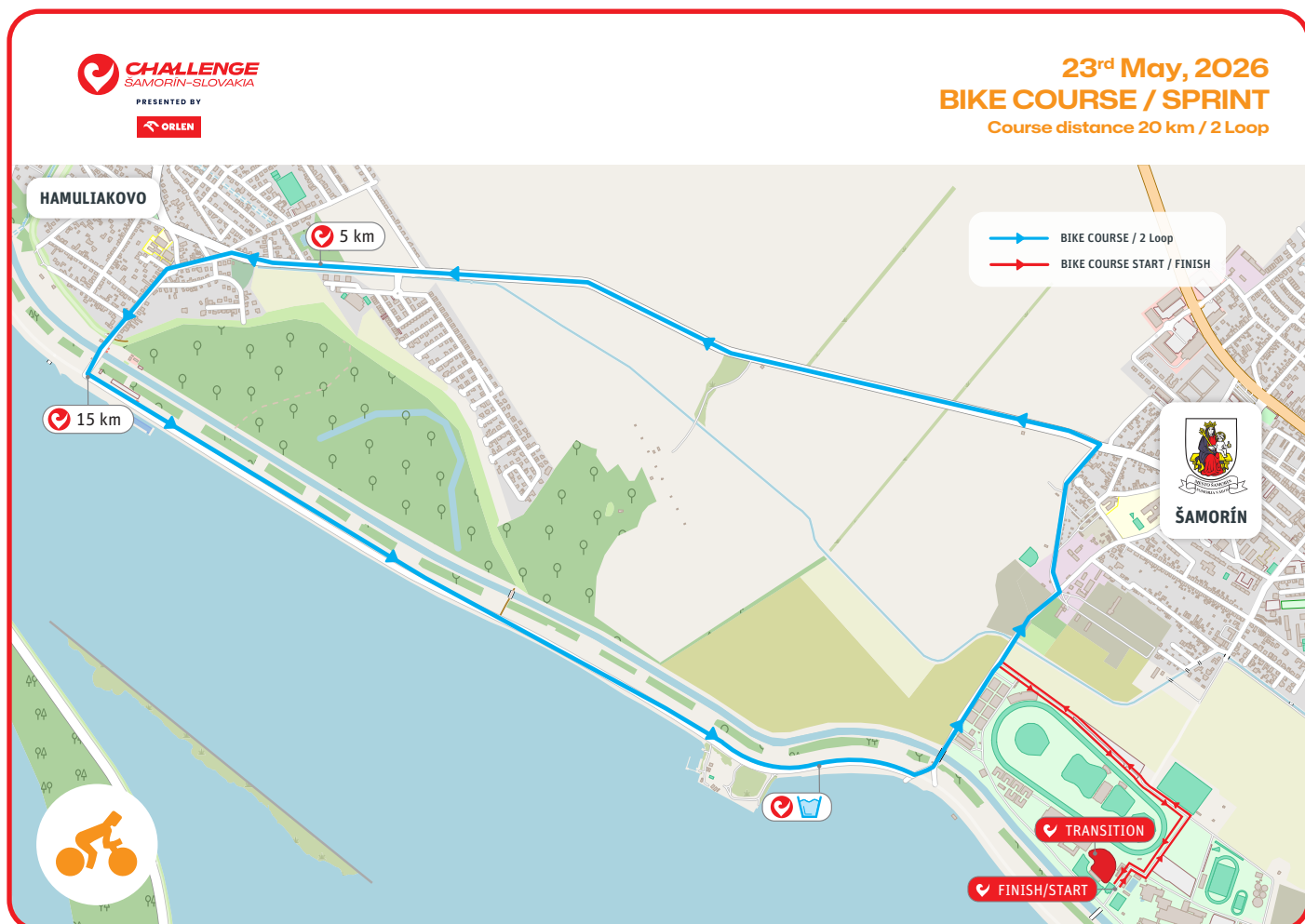
ATHLETE GUIDE 35

BIKE COURSE

BY PORSCHE

Drafting for the Sprint Distance is not permitted. Minimum spacing 12 m long (front wheel to front wheel). Overtaking time is maximum 25 seconds. Time trial bikes and road bike with aero bars are allowed. The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to assist another athlete and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed = DSQ. It is strictly forbidden to pass an athlete on the right side.

REMEMBER: First, put your helmet on before touching your bike in the transition area.



SPRINT

ATHLETE GUIDE 36

RUN COURSE

BY



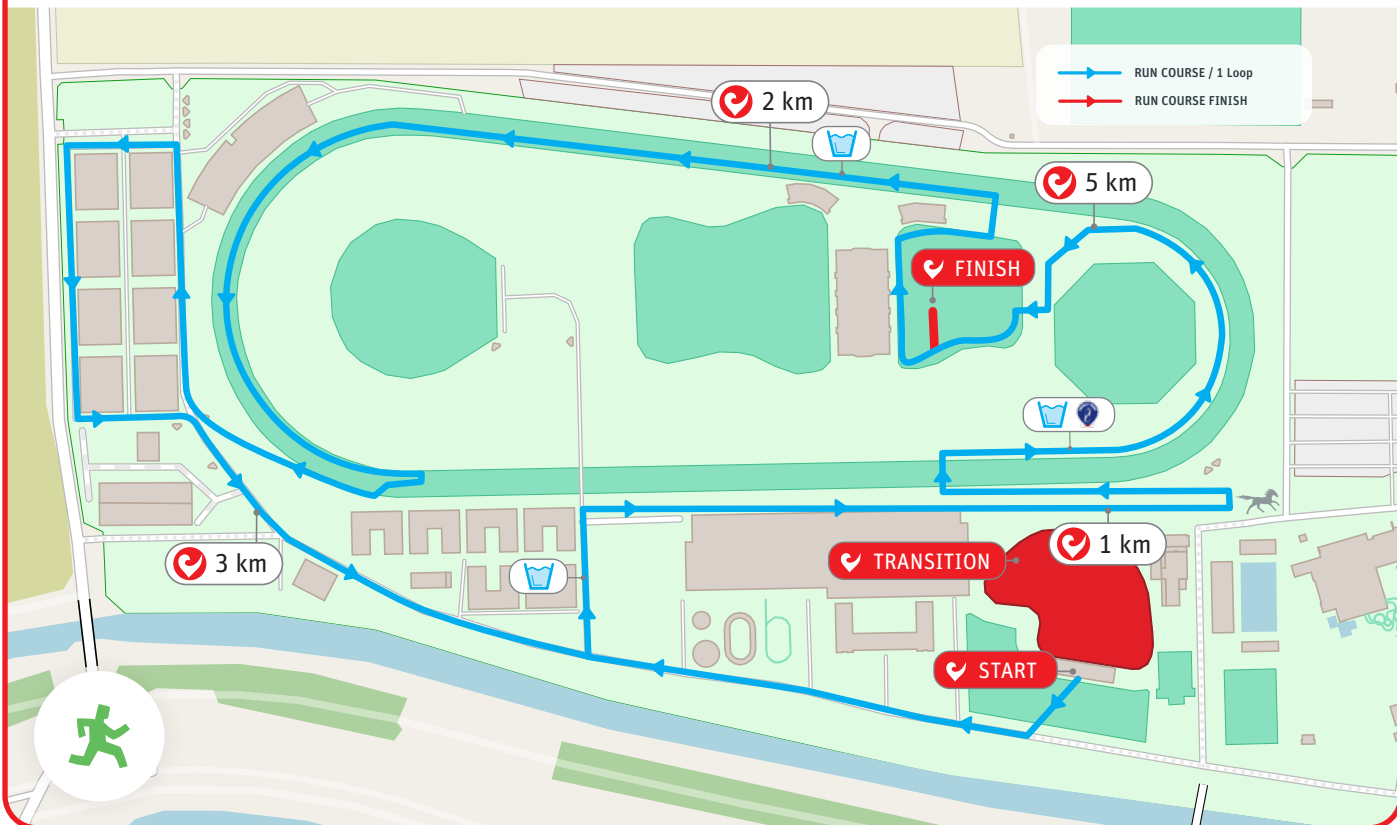
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23rd May, 2026

RUN / SPRINT

Course distance 5 km / 1 Loop



SPRINT

ATHLETE GUIDE 37

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Martin Blasko
Sergeeva Marina
Priscilla Deegan
Annemarie Dostálová
Radovan Štěpánek
Jan Kubanek
Barbora Lániková
Patrik Kováč
Rodrigo Suchil
Lenka Zsigová
Kevin Garin

THANK YOU FOR CELEBRATING YOUR
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ALL TRIATHLETES WHO SENT US THEIR STORY



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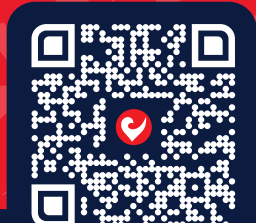
CHALLENGE FAMILY

RACE CALENDAR 2026

	CHALLENGE ISRAMAN ISRAEL, 30 JAN 2026	LONG MIDDLE		CHALLENGE TURKU FINLAND, 26 JUL 2026	MIDDLE
	CHALLENGE SIR BANI YAS ABU DHABI, 30 JAN – 1 FEB 2026	LONG MIDDLE OLYMPIC		CHALLENGE FORTALEZA BRAZIL, 30 AUG 2026	MIDDLE
	GALLAGHER INSURANCE CHALLENGE WĀNAKA NEW ZEALAND, 21 FEB 2026	MIDDLE		CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 12 SEP 2026	LONG MIDDLE
	CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 18 APR 2026	MIDDLE		SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 13 SEP 2026	MIDDLE OLYMPIC
	GDANSK MARATHON POLAND, 19 APR 2026	MARATHON		CHALLENGE SAMARKAND UZBEKISTAN, 13 SEP 2026	MIDDLE
	CHALLENGE FLORIANÓPOLIS BRAZIL, 19 APR 2026	MIDDLE		CHALLENGE SANREMO ITALY, 4 OCT 2026	MIDDLE
	CHALLENGE TAIWAN TAIWAN, 23-26 APR 2026	LONG MIDDLE OLYMPIC		CHALLENGE VIEUX BOUCAU FRANCE, 10 OCT 2026	MIDDLE OLYMPIC
	CHALLENGE CESENATICO ITALY, 10 MAY 2026	MIDDLE		CHALLENGE PEGUERA MALLORCA SPAIN, 17 OCT 2026	MIDDLE
	CHALLENGE SALOU-COSTA DAURADA SPAIN, 10 MAY 2026	MIDDLE		CHALLENGE MALAYSIA MALAYSIA, 18 OCT 2026	MIDDLE
	THE CHAMPIONSHIP SLOVAKIA, 24 MAY 2026	MIDDLE		CHALLENGE SHANGHAI CHINA, 24 OCT 2026	MIDDLE
	CHALLENGE ST PÖLTEN AUSTRIA, 31 MAY 2026	MIDDLE		CHALLENGE BARCELONA SPAIN, 25 OCT 2026	MIDDLE OLYMPIC
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, TBC JUNE 2026	MIDDLE		CHALLENGE FORTE VILLAGE SARDINIA ITALY, 25 OCT 2026	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 21 JUN 2026	MIDDLE		CHALLENGE XIAMEN CHINA, 7 NOV 2026	MIDDLE OLYMPIC
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 28 JUNE 2026	MIDDLE		CHALLENGE CANBERRA AUSTRALIA, 22 NOV 2026	MIDDLE OLYMPIC
	SAIL CHALLENGE CAP QUÉBEC CANADA, 28 JUNE 2026	LONG MIDDLE OLYMPIC		CHALLENGE FLORIANÓPOLIS BRAZIL, 29 NOV 2026	MIDDLE
	CHALLENGE SANDEFJORD NORWAY, 28 JUNE 2026	MIDDLE			
	DATEV CHALLENGE ROTH GERMANY, 5 JULY 2026	LONG			



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THE CHAMPIONSHIP LIVE
24 MAY 2026 FROM 8:15AM CEST

RACE START: 8:30AM
COMMENTARY: BELINDA GRANGER

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