



**CHALLENGE**  
**SANDEFJORD**

# Race Briefing

28/06/2025

EVERY ATHLETE,  
EVERY CHALLENGE.

# Weather forecast & precautions



**Air: 16–20 °C**

**Wind: 5 m/s**

**Water: 17 °C**

## Søndag 29. juni

Tid	Vær	Temp.	Nedbør mm	Vind m/s	Vindbeskrivelse
02–08		15°		5 ➔	Lett bris fra vest
08–14		16°		5 ➔	Lett bris fra sørvest
14–20		23°		5 ➔	Lett bris fra vest
20–02		21°		5 ➔	Lett bris fra vest

 Sol opp 04:08  Sol ned 22:35

Your health is the priority.

Hydrate yourself a day before the race.  
Drink electrolyte drinks during the race.  
Use sun cream and a cap on the run.

Please, consider your withdrawal from the race  
if you had medical issues recently or if feel unwell on the race day.

Please always inform the officials about your withdrawal before leaving.



**Head Referee**  
Kurt Inge Dale



**Race Director**  
Olav Kyrre Fjeld



**Challenge Family  
Board member**

Richard Belderok



**Sandefjord Triatlonklubb  
Leader**

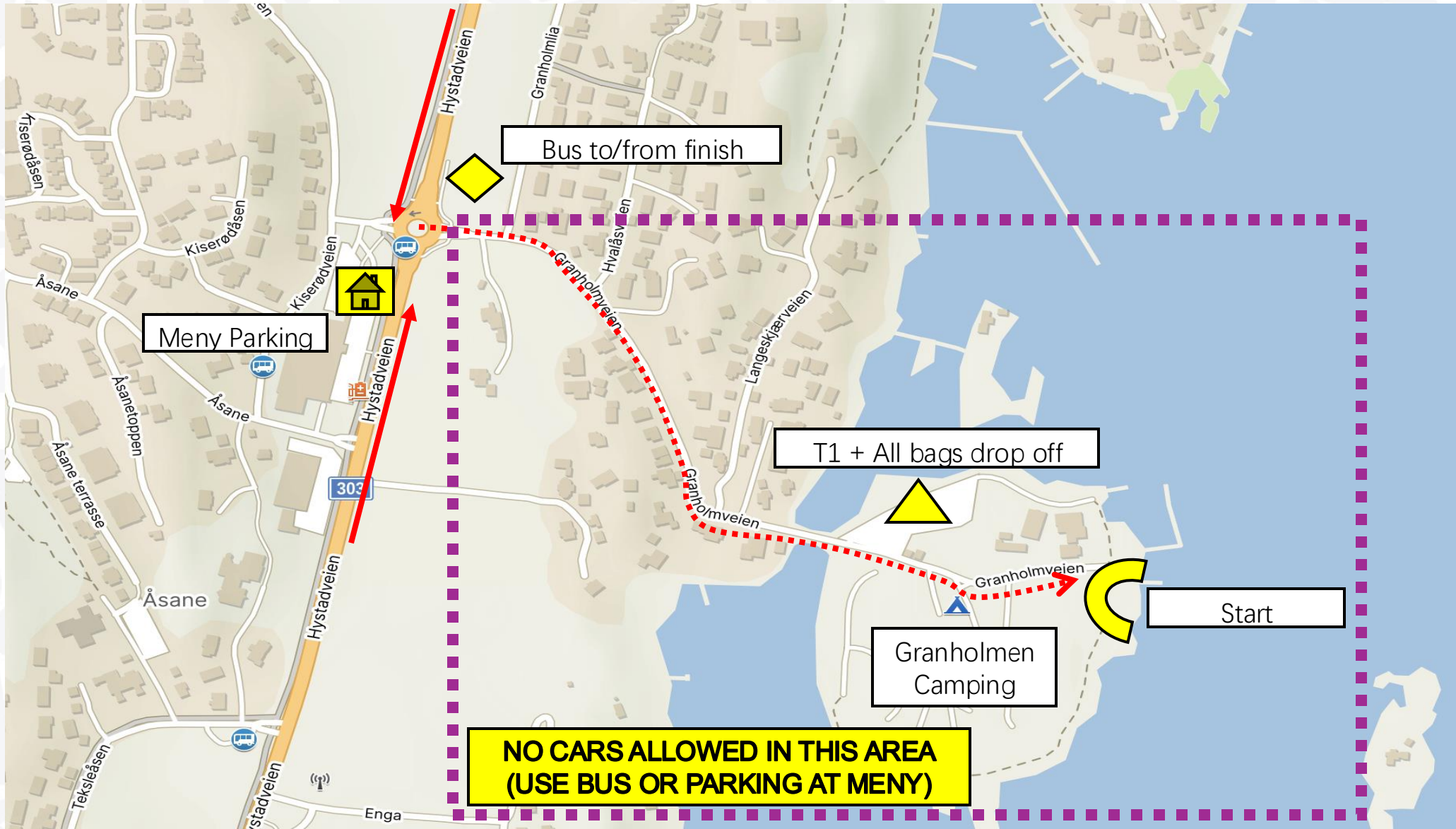
Oddbjørn Gjertsen



**Challenge Sandefjord  
Race Director**

Olav Kyrre Fjeld

# Arrival Sunday – GRANHOLMEN



## Parking

**Located at MENY Granholmen – 5 min walk from T1  
Cars are not allowed at the T1 and Start area.**

## Bus

**Shuttle bus from T2 at Badeparken starts at 06:00 on Sunday.  
It takes about 20 mins to get from T2 to T1 by bus and walk.  
**Only athletes** with wristband will be allowed.  
**No bike are allowed** on bus.**

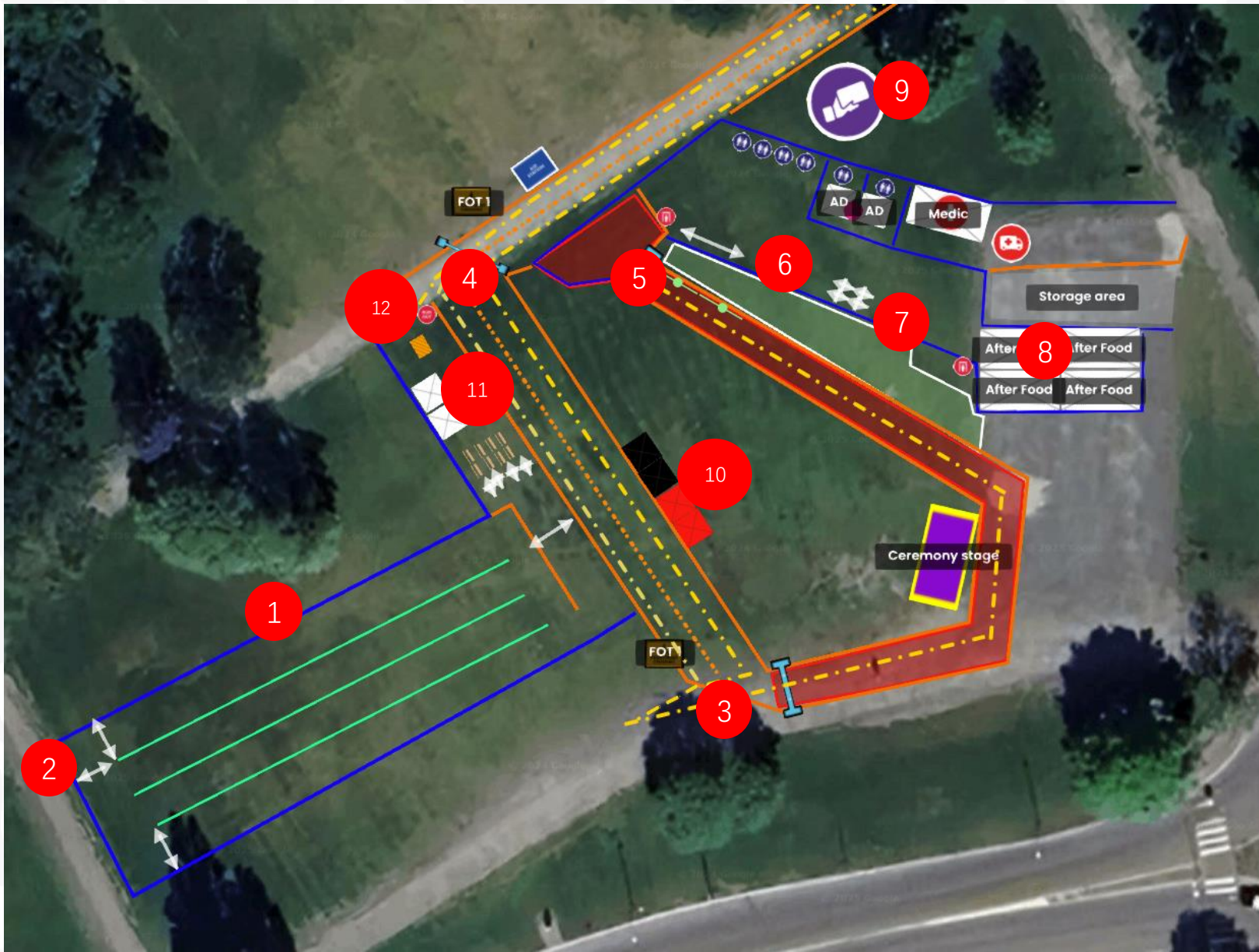
## Bike mechanics

**Mechanics will be at T1 on Sunday morning.**

# Venue map – GRANHOLMEN



# Venue map – BADEPARKEN



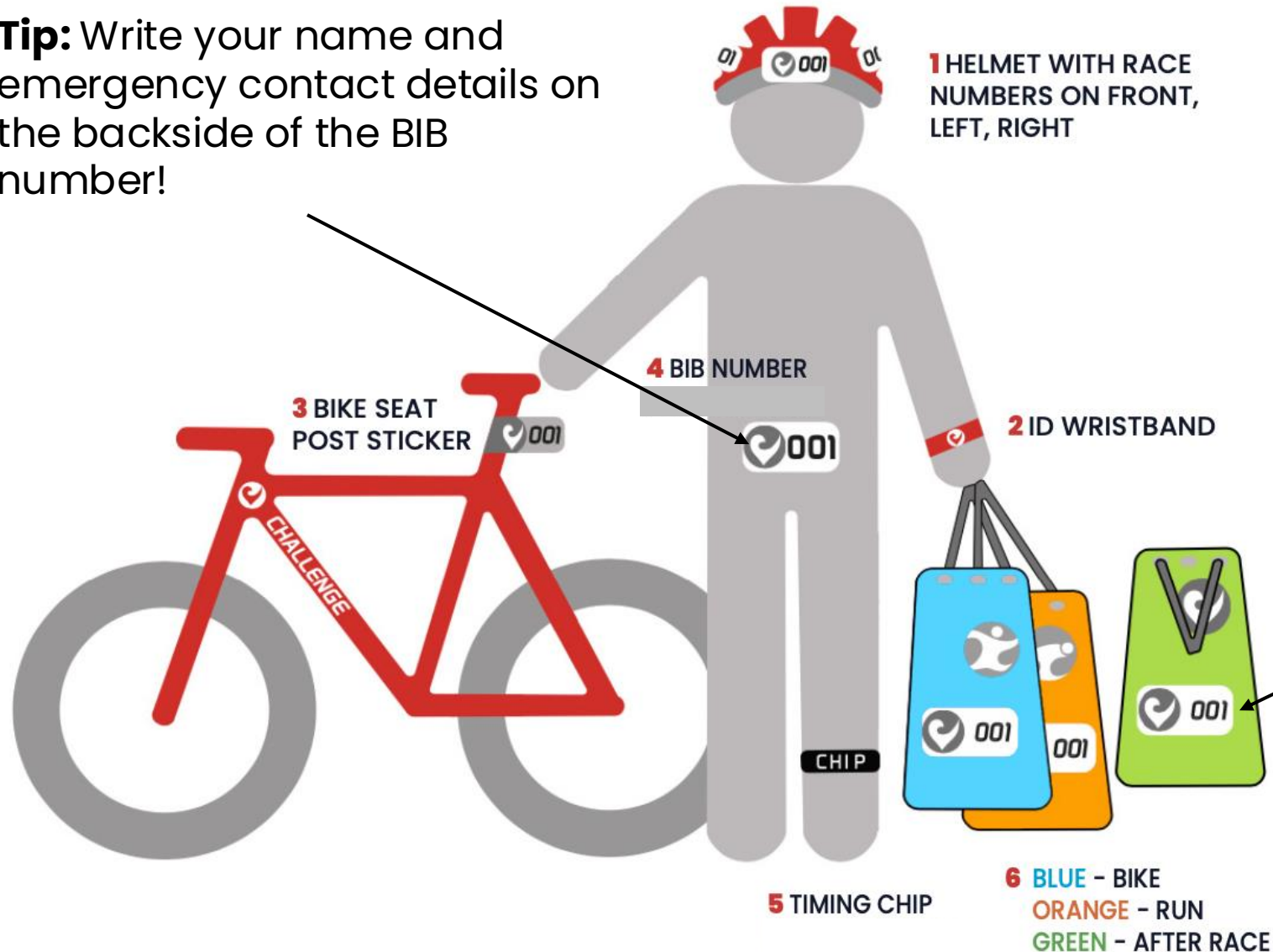
- 1 Transition zone (T2)
- 2 Bike In
- 3 Lap point run
- 4 Run Out
- 5 Finish
- 6. Finisher T-shirt Pick-up
- 7 After Race (green) + After Swim (blue) Bags Pick-up
- 8 After Food Tent
- 9 Penalty Box
- 10 EXPO
- 11 Relays Teams Changing point
- 12 Bag drop off

# Race Schedule – SUNDAY



06:00 – 07:00	Last minute athlete registration	Granholmen Camping
06:30	Transition opens for check in	Granholmen Camping
07:45	Transition (T1) closing before start!	Granholmen Camping
08:00	START First wave Middle Distance	Granholmen Camping
08:20	START Olympic+ Distance	Granholmen Camping
08:50	START Supersprint Adult	Granholmen Camping
08:55	START Supersprint age 13-16	Granholmen Camping
11:50	First Athlete close to finish	Finish venue Badeparken
16:15 (approx)	Last Finisher	Finish venue Badeparken
16:30	Award Ceremony	Finish venue Badeparken

**Tip:** Write your name and emergency contact details on the backside of the BIB number!



**Tip:** Write your name and BIB number on all of your bags!

- 1. ID wristband is on your wrist.**
- 2. Race BIB number is ready.**
- 3. Helmet is on your head and strapped.**
- 4. Stickers placed on the left, right and front side of your helmet.**
- 5. All transition bags (blue, orange, green) bear your race number.**  
→ All items must be in the designated bags. Helmet and BIB must also be stowed in the bag. Shoes and nutrition attached to the bike are allowed
- 6. Your bike is safe (brakes, sharp edges).**
- 7. Bike number is attached to your seat post.**

**Timing chip on your left ankle.**

**BLUE** bag with helmet and BIB hanged on a hook in the T1.

**GREEN** and **ORANGE** bags – dropped off at the T1.

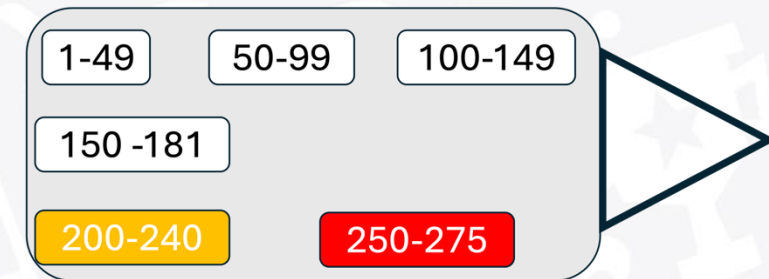
→ Find your BIB and place both bags on the trailer outside T1 (we transport it to T2)

**Nutrition and all your equipment in TA ok and checked.**

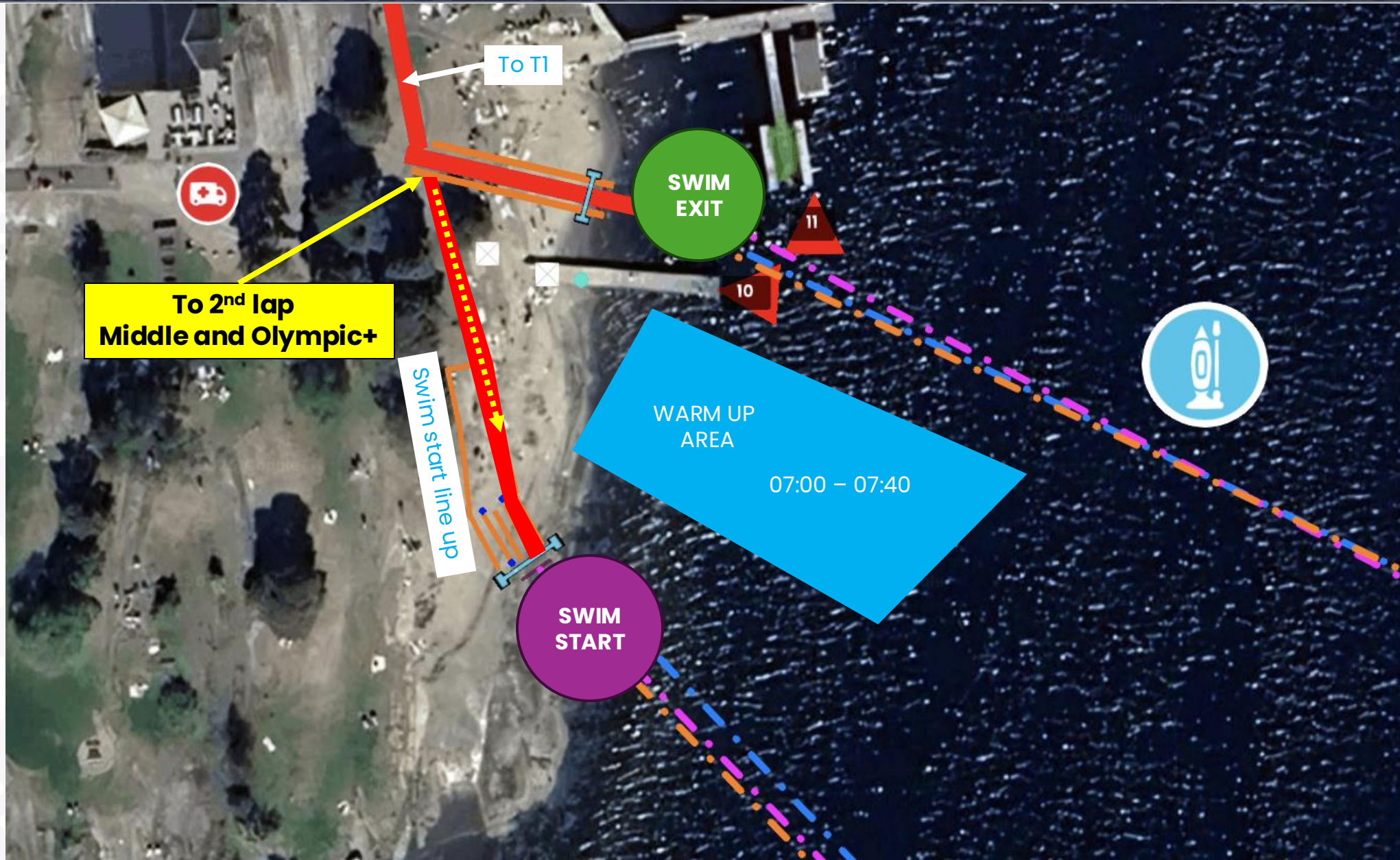
**Enough time to get to the start is planned.**

**Warm-up time is limited to 7:00–07:40 am only.**

**Be ready for the specific start time assigned to you.**



# Swim start area map





# SWIM COURSE



Middle Distance  
Turning buoys

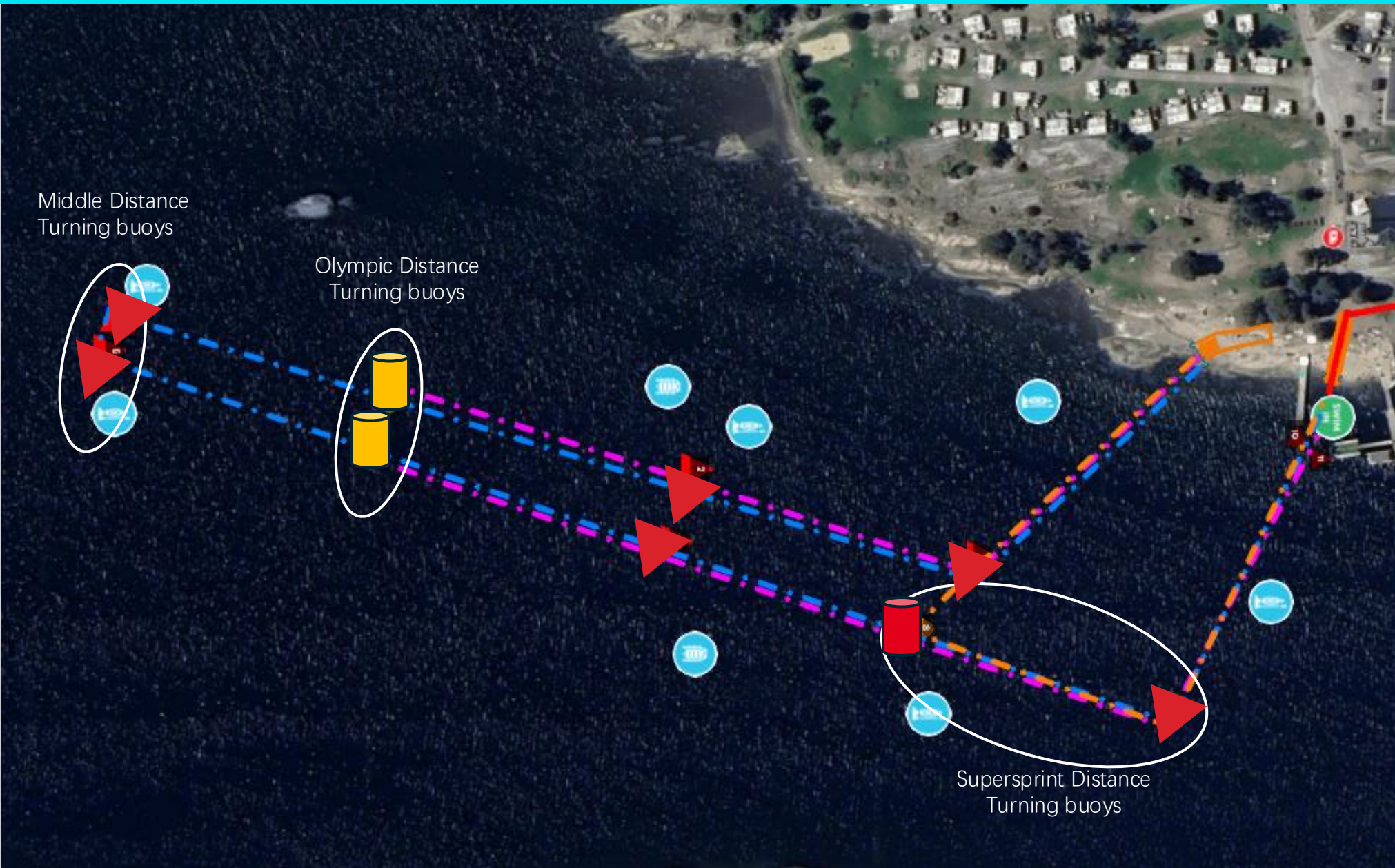
Olympic Distance  
Turning buoys

Supersprint Distance  
Turning buoys

**Supersprint**  
**1 lap**

**Olympic+**  
**2 laps**

**Middle**  
**2 laps**



**Temperature: ~17 °C**

**Warm up times: 07:00 – 07:40**

**Laps: Middle Distance and Olympic+ -> Two laps / Supersprint -> one lap**

**Colours of buoys: Red, Yellow & White**

**All buoys must be on your left should except the 1<sup>st</sup> buoy (100m from the start)**

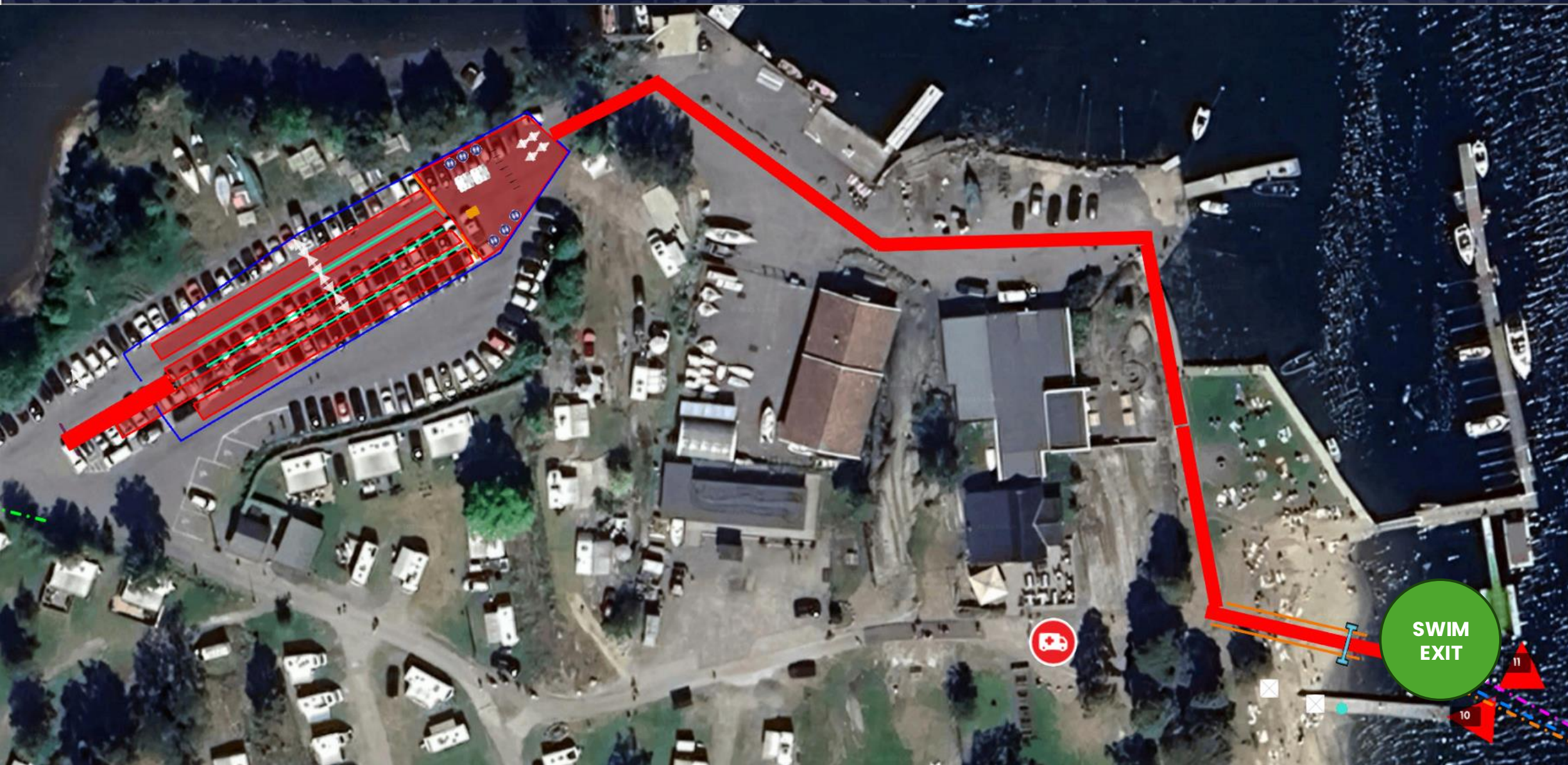
**Wetsuit rules: Highly recommended. Expected to be optional. Final decision will be made 1 hour before the start. Temperature below 15.9 = wetsuit mandatory. Socks allowed when wetsuit mandatory.**

**If you have problems, give a signal to the kayaks (wave a hand).**

**Our water safety kayaks and rescue boats ready to assist you.**

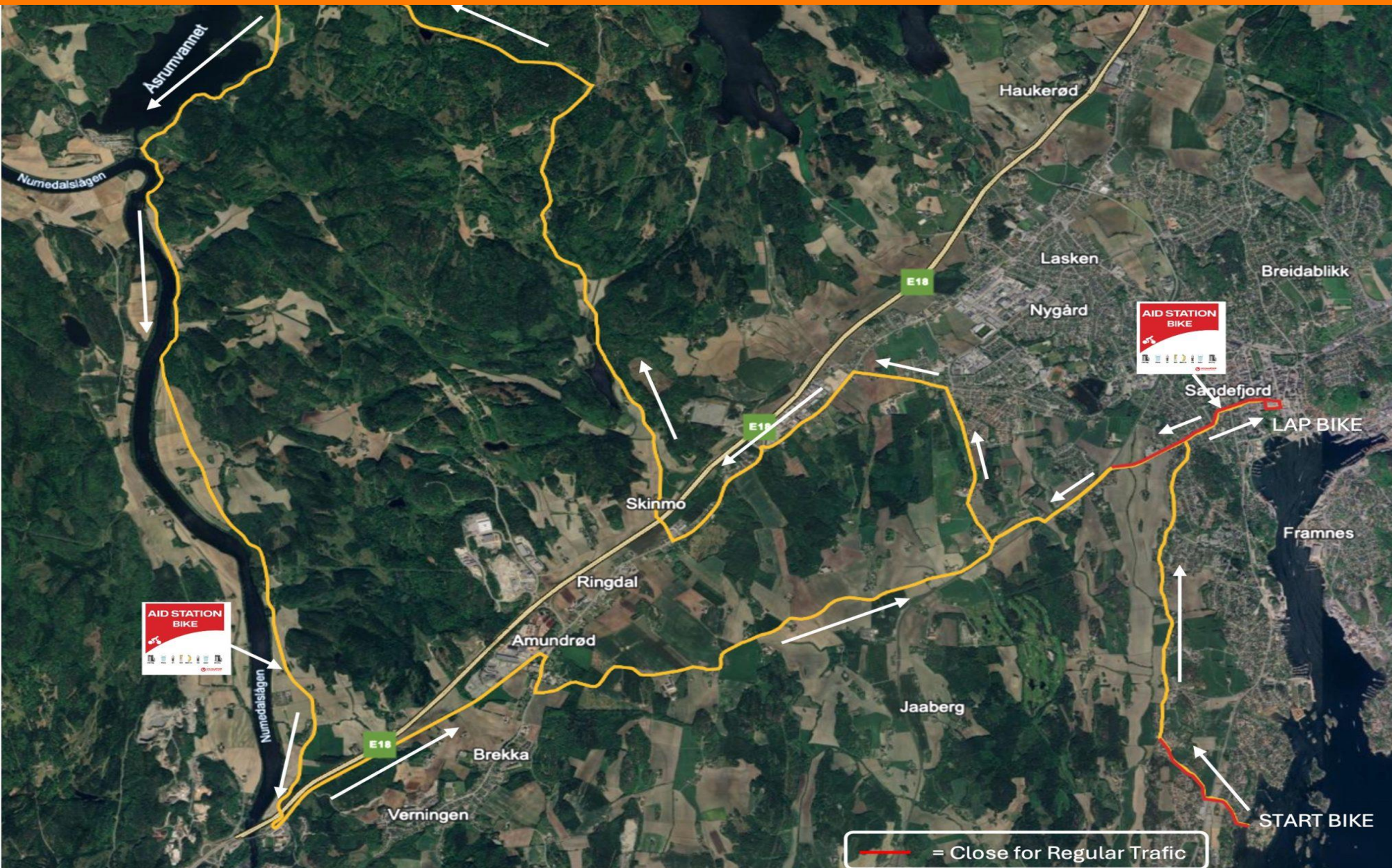
**Lay on your back – wetsuit will help you to float.**

**There are no leading kayaks or boats – you are obligated to know the course.**





# Middle and Olympic+ Bike COURSE



**Olympic+**  
1 lap

**Middle**  
2 laps

**BIB number must be on your back during the bike course .**

**Electronic devices – headphones or plugs are not allowed.**

**There are no bike mechanics on the bike course.**

**There are no leading bikes – you are obligated to know the course and count the laps.**

## Traffic Operations:

- **Two section closed for traffic**
- **Four section with one way drive**
- **The rest – open to regular traffic**

*Athletes are obligated to respect traffic rules, clear the way in case of emergency services respond and be aware of cars driving alongside, and on the course.*

*Crossing middle central line is not allowed.*

# Bike course – Safety

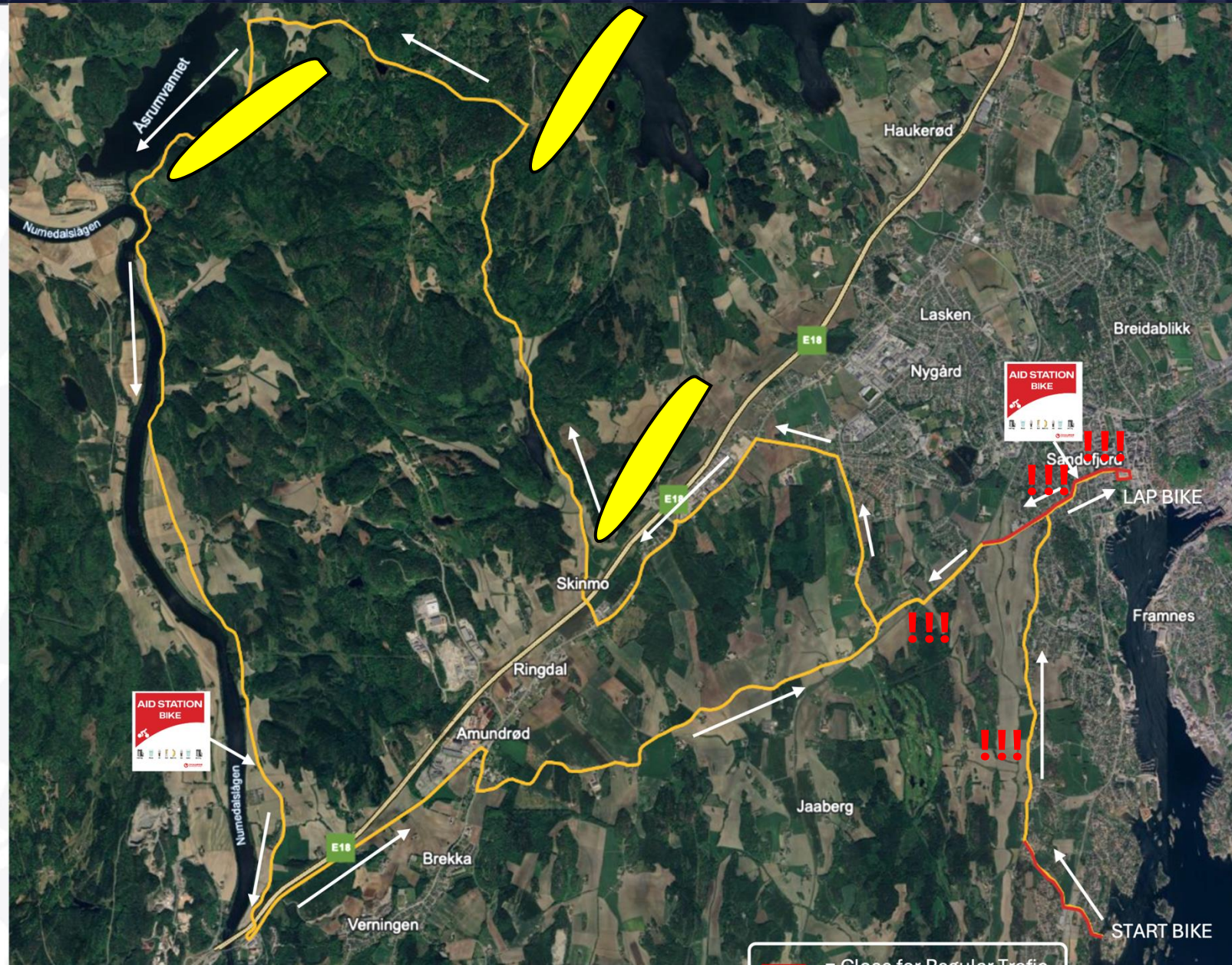
## SLOW DOWN

3 beach flags located on the bike course mark areas where you should slow down!



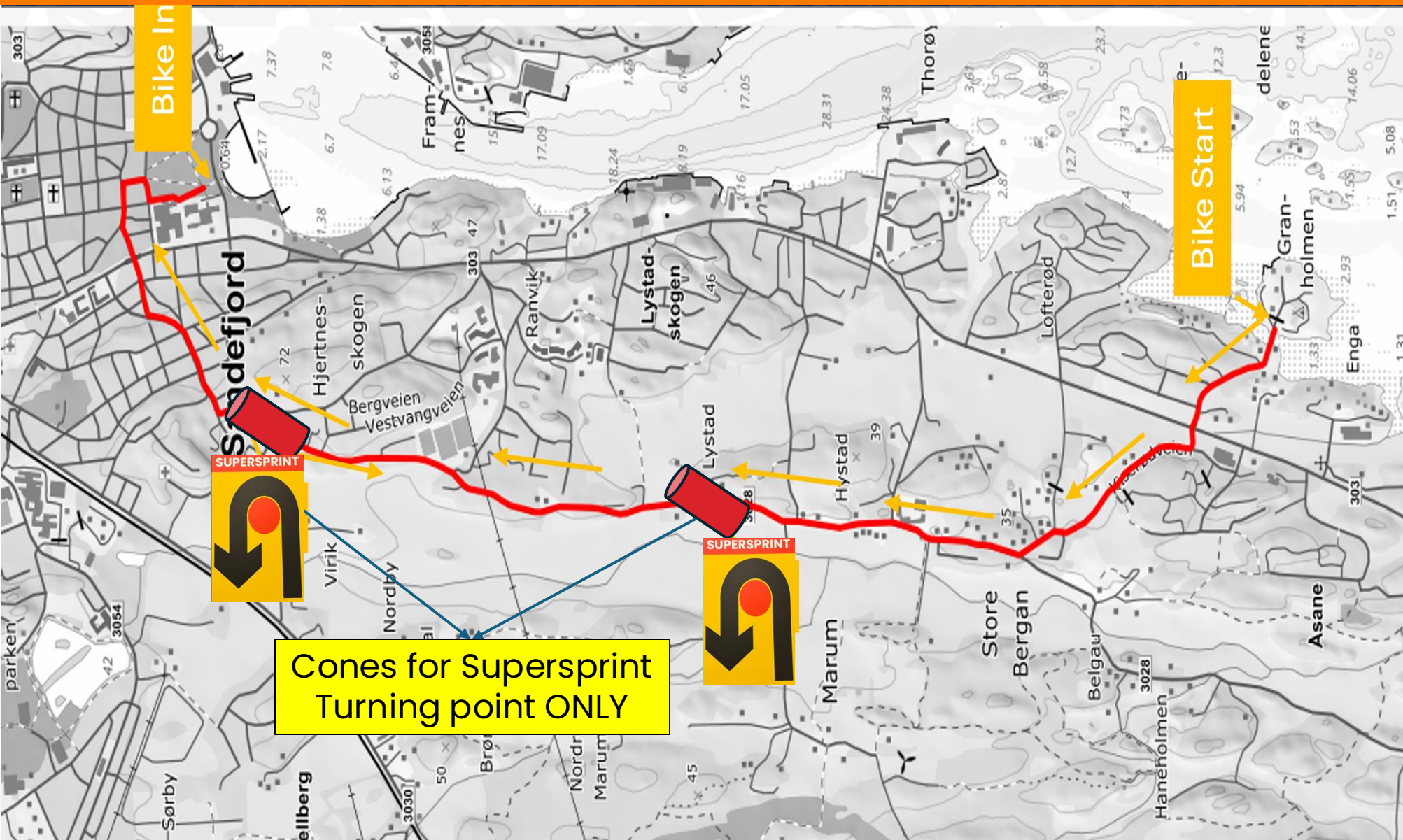
## OTHER POINTS OF ATTENTION

- Speed bumps
- Tunnels (2)
- Sharp turns in downhill

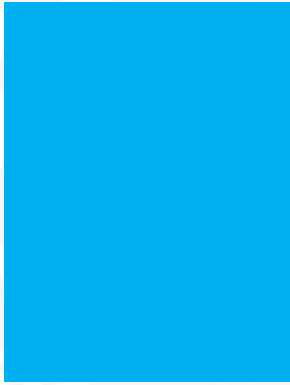




# Supersprint Bike COURSE



**Two U-Turns  
and then to  
finish**



**Blue card**

**Drafting penalty**

**MD: 2 mins**

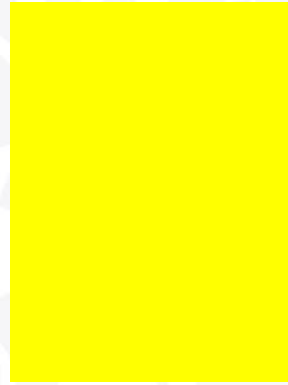
**OD: 1 min**

**SP: 30 sec**

Served at run penalty box

The third drafting offence = DSQ

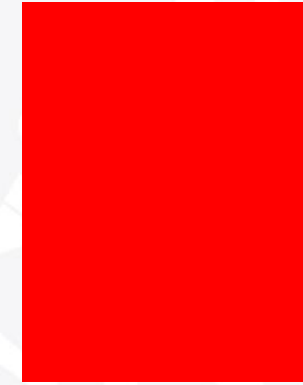
Drafting violations cannot be protested.



**Yellow card**

**Blocking 30 sec**

Served at run penalty box



**Red card**

**DSQ**

An athlete may finish the race.  
Protests must be made and reported to HR in 15 mins after finish. Fee: 400 NOK.

Can also be given without showing a card, then it will be displayed in the finish area.

## Drafting

Drafting is not allowed.

Non-drafting zone: 20 m

Overtaking must be done within 40 sec

Caught drafting: time penalty (blue card)

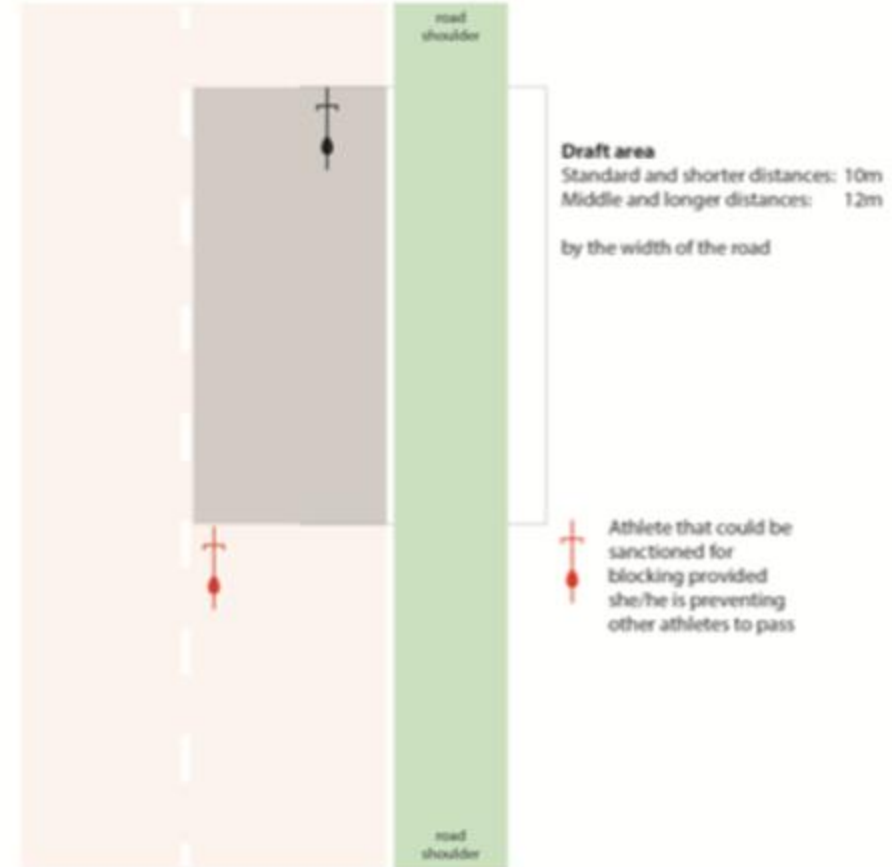


## Blocking

Do not block or get behind an athlete passing.

Please ride on the right side of the road.

Caught blocking: 30 seconds time penalty (yellow card)



## -> Serve your penalty

*All penalties to be served in the run penalty box. There is no penalty box on the bike course.*



**Location km: 5,2km / 27km**

**Nutrition products delivered by: 226ERS**

**Littering only allowed in the litter zone**



**Littering**



**Water**



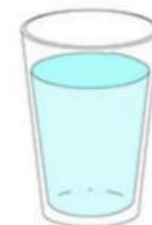
**GEL**



**BANANA**



**ISO**



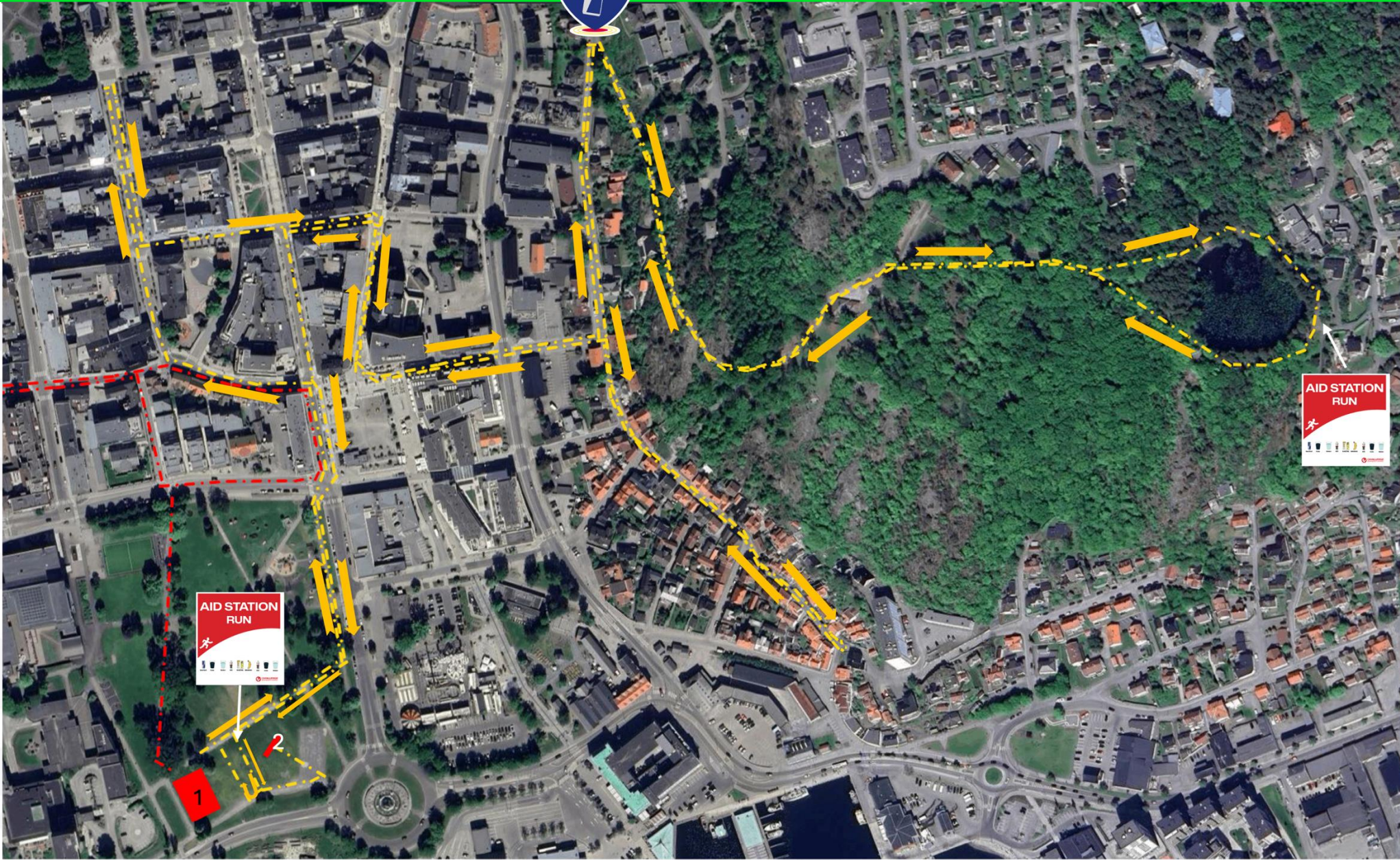
**Water**



**Littering**



# Middle and Olympic+ Run COURSE



**Olympic+  
2 laps**

**Middle  
4 laps**





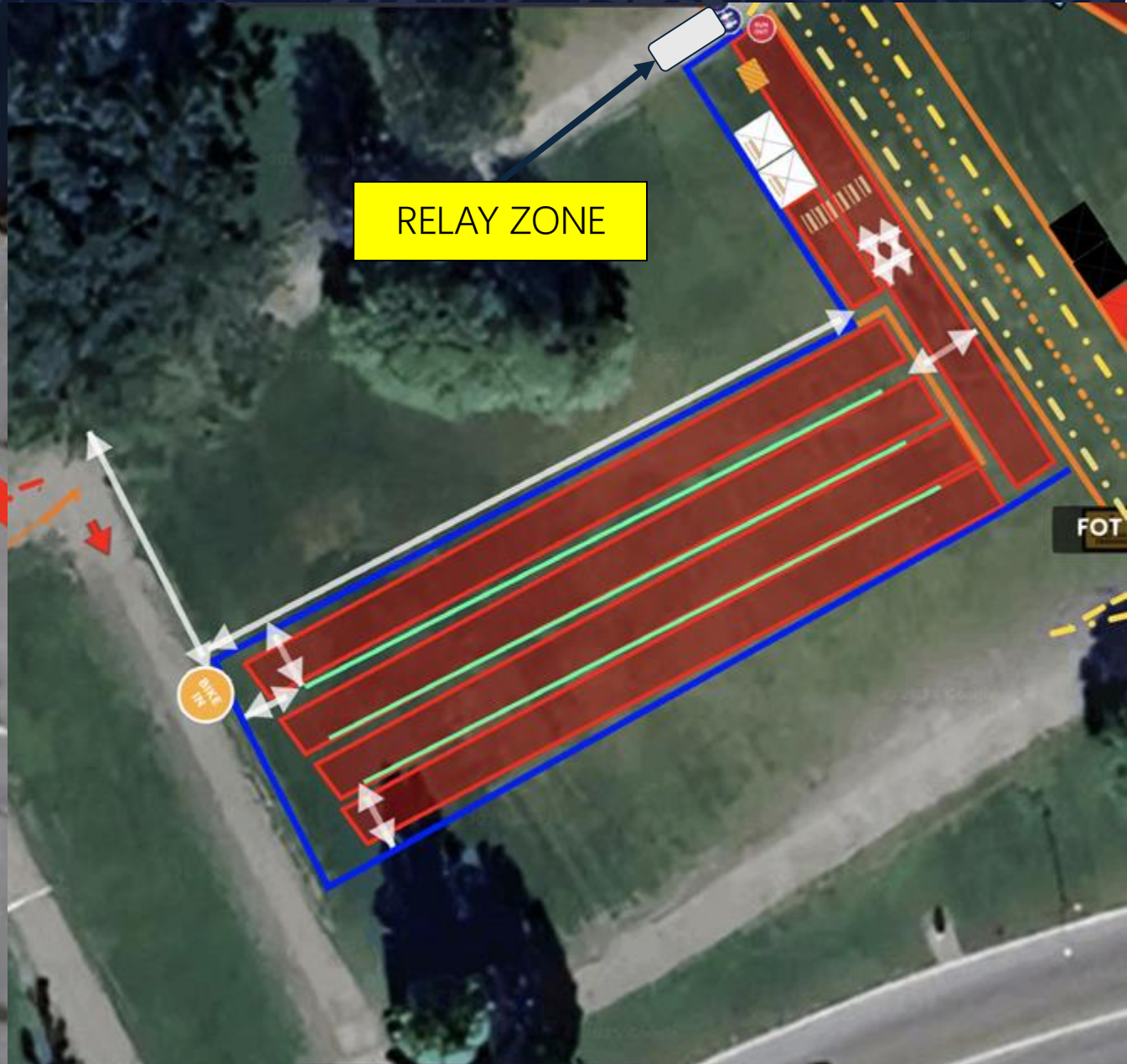
# Supersprint Run COURSE



**2 laps**



# Relay Teams – Changing points



**Run course is closed to traffic.**

**BIB number must be on front during the run course .**

**Electronic devices – headphones or plugs are not allowed.**

**There are no leading bikes – you are obligated to know the course and count the laps.**

**Right after T2**

**After 2,5 km**

**Nutrition products delivered by: 226ERS and RedBull**

**Littering only allowed in the litter zone**



**Red Bull**



**Cola**



**Water**



**ISO**



**BAR/GEL**



**BANANA**



**ISO**



**Cola**



**Water**

**Medal and Finisher T-shirt.**

**Bike check-out after the last AG athlete passes through the T2.**

**Athletes are requested to pick up their bike and 3 bags.**

**You will only be allowed to collect your bike if you RETURN YOUR CHIP and show BIB number.**

**Awards Ceremony starts at 16:30 at the Finish line:**

- TOP AG and Relays will be awarded
- TOP 6 middle distance athlete get qualified for TheChampionship
- Lucky lucky draw for Challenge Roth 2026 will start after Award Ceremony

## **Challenge Family World Championship Slovakia, 23-24/05/2026**

**TOP 6 AG Athletes Middle distance + Relays**

**Rolldown TOP 12**

**Qualification medal to be received during the awards**

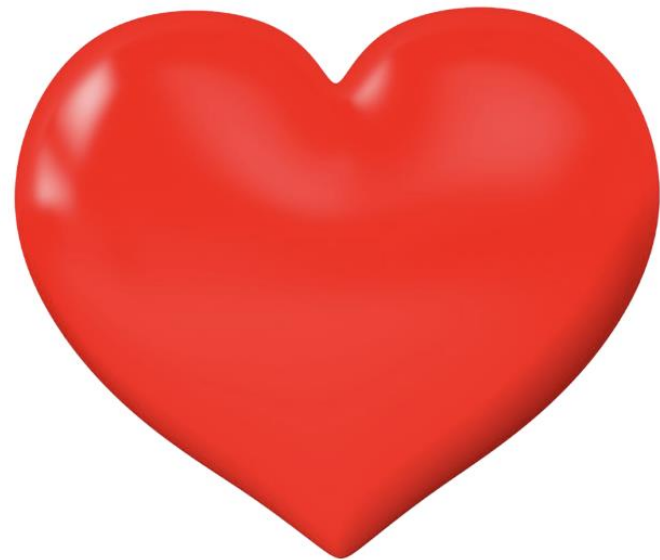


PRESENTED BY



**DO YOU HAVE ANY QUESTIONS?**

# Thanks to Volunteers



# Thanks to Partners



Handelsbanken

MAXBO



VELOCITY  
SPORT

HOME HOTEL  
ATLANTIC





**CHALLENGE**  
**SANDEFJORD**

Enjoy Your Race!

See you at the finish line!

EVERY ATHLETE,  
EVERY CHALLENGE.