




JUNE 29. 2025

ATHLETE'S GUIDE TRANSYLVANIA TRIATHLON FESTIVAL 2025 – TRIATHLON RACES

1 Race Packet Pickup

Race packets can be collected in the **courtyard of Rhédey Castle** in Sângeorgiu de Pădure, according to the schedule published on the website and official program.

 Google Maps link to the castle: [TO BE INSERTED]


 At the pickup point, you will receive:


- your **bib number**
- your **timing chip**
- a **starter gift pack**
- and important **race information**

This is the **first required step** for every participant before race day!

2 Parking

During the event, **four designated parking areas** will be available throughout the city: P1, P2, P3, and P4.

 The exact locations of these parking zones will be confirmed by the local authorities and published in the final race info.


 Please **only use the official parking areas** to avoid disrupting local traffic or the course setup.





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 **Traffic will be managed by local police**, with the help of our trained volunteers.

 We kindly ask all participants to **follow the directions given by police and volunteers at all times** to ensure smooth parking and access for everyone.

 **3 Q&A session**

 Date: **Saturday, June 28, 2025**

 Time: **19:00**

 Location: **Rhedey Castle, Sângeorgiu de Pădure**

 Google Maps link: <https://maps.app.goo.gl/gdVE6PUKZUuhV4Bs8>

During the you have the possibility to ask your questions from the technical delegate about:

- the **race courses** and event **rules**
- clarify the **transition zones and procedures**
- provide last-minute updates
- any other remaining questions

 **4 Race Day – Sunday, June 29, 2025**

 **Step 1: Drop off your gear in T2 (Bike → Run Transition Zone)**

As soon as you arrive and park in Sângeorgiu de Pădure, your **first task** is to:

 Walk or ride your bike to **T2**, located **next to the House of Culture on Morii Street**

 At T2:

- You will find a **numbered spot** based on your bib number





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- There will be a **numbered box** waiting for you, where you must place **everything you will not need for the run** (e.g. helmet, cycling shoes, gloves)

In front of the box, you may place your **running equipment**, such as:


- running shoes
- cap or visor
- sunglasses
- gels or accessories for the run

 **IMPORTANT:**


Any gear left outside your designated area will result in a **time penalty!**

 **Getting from T2 to T1 (Swim Start)**

The distance between T2 and T1 is approximately **2.2 km**, and must be covered **on foot or by bike**.

 Starting from **7:00 AM**, the road connecting T1 and T2 will be **closed to vehicle traffic** – Access is permitted **only for participants and spectators on foot or by bike**.

 Please follow the route as directed by volunteers and officials!

 **5 T1 – Swim → Bike Transition**

The T1 transition zone is located on the **upper dam of Lake Bezid**, where you switch from swimming to cycling.

 T1 is arranged in **two rows of bike racks**, and each athlete has:

- a **numbered rack spot**
- a **numbered box** matching their bib number



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✔ **What you need to do:**

1. Enter T1 using **only the route designated by the race officials**
→ This avoids disturbing athletes from earlier waves still on the course
2. Place your bike in the rack at your assigned spot
3. Hang your **helmet (unfastened!) on your handlebars**
4. Cycling shoes, glasses, and race number belt (if not worn during the swim) can be placed next to your box

📦 In the box, place:

- towel
- sunscreen
- any extra accessories you won't use during the ride

⚠ Just like in T2:

Any items left outside your assigned area may result in a time penalty!

🏠 **6 Swim Start – Preparation, Rules & Timing**

Before entering the water and starting your swim, please ensure the following three key requirements are met:

✔ **Three Essential Rules:**

1. **Timing chip must be securely fastened to your ankle**
 - Left or right ankle is allowed
 - If it's missing or not registered, your result will not be valid



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2. **You must wear the swim cap provided by the organizers**
 - This ensures visibility and safety in the water
 3. **Follow all instructions given by race officials**
 - On land, in the water, and at the start line
 - Any last-minute announcements (e.g., wave start changes) will be made by the officials
-

Swim Start Procedure

- The race will start **from inside the water**
 - Athletes will line up **behind the start line** (marked by buoys or floating rope)
 - Start will be given by a **signal from the head referee**
 - **Each athlete must swim the exact distance** for their category on the clearly marked buoy course
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Swim Finish – Timing Mats

- You will exit the water via a designated path
- **At the water exit, a timing mat will record your swim time**
- You must step over the mat for your time to be valid

 Do not skip, jump over, or run around the timing mat – your time will not register properly if you do!

7 Bike Segment – Rules, Laps & Aid Stations

After completing your swim and transition in T1, you'll head out onto the bike course.





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Mount Line – Important Rule

You may **only mount your bike after the clearly marked “Mount Line.”**

- This line will be painted on the road and monitored by race officials
- Mounting the bike before the line results in a **time penalty**

Riding Rules & Direction

- **Ride on the right side** of the road (standard European traffic direction)
- The course is **lap-based**, and the number of laps depends on your race category:

Distance	Number of Laps
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Half Distance	4 laps
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Olympic	2 laps
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Sprint	1 lap
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Supersprint	½ lap
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The Supersprint turnaround point is near the main aid station and clearly marked.

Timing Checkpoint

At the turnaround point, a **timing mat will verify your laps.**

 Missing a lap or not crossing the mat may lead to disqualification.

Bike Aid Stations





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 **Main Aid Station – Bezid Village Turnoff**


- Volunteers with **orange vests** will hand out **water**
- Volunteers with **blue vests** will hand out **isotonic drinks**


 **Bottle exchange is available** for Olympic and Half distance athletes:

- Discard your empty bottle in the marked zone or hand it to a volunteer
 - You'll receive a full bottle in return (water or isotonic)
-

 **Secondary Aid Station – Turnaround Point**


- Only **water in disposable cups**
- Quick refill option, no bottle exchange

 **Littering is only allowed between the signs: “Littering Area Start” and “End.”**
Throwing trash outside these zones will result in a **time penalty**.

 **8 T2 – Bike → Run Transition**

After completing your required bike laps:

1. Return to the city along the T1–T2 link segment
2. **Follow the instructions** of referees and volunteers
3. **You must dismount your bike before the clearly marked “Dismount Line”**

 Failing to dismount before the line will result in a **time penalty**


 **Inside the T2 Zone:**





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- Place your bike on the **rack at your numbered spot**
- Put your **helmet, cycling shoes, and any bike accessories** into your **numbered transition box**

 Prepare for the run:

- Put on your running shoes
- Add your cap/visor and sunglasses if needed
- Gels or energy items can be taken along

 Just like in T1:

Leaving gear outside your designated area may result in a time penalty

 **Race Bib – Mandatory for the Run**

- Your race number **must be visible on the front** during the run
- If you're using a race belt, make sure to **rotate it to the front** before heading out

 **9 Run Course – Loops & Aid Stations**

The run course consists of a **2.5 km loop**. Each athlete must complete the correct number of loops based on their race category:

Distance	Loops
Supersprint	1 loop (2.5 km)
Sprint	2 loops (5 km)
Olympic	4 loops (10 km)






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Distance Loops

Half Distance 8 loops (20 km)

Lap Tracking

- At the turnaround point of each loop, you must **cross a timing mat**
- This records and validates each completed lap

 Organizers will monitor your progress, but **it is your responsibility to keep track of your own laps**

Run Aid Stations – Every ~800 m

There are **3 aid stations per loop**, roughly every 800 meters, offering:

- **Water** (in disposable cups)
- **Isotonic drink**
- **Pepsi Cola**
- **Fruits** (bananas, oranges – as available)
- **Cold sponges**
- **Ice**
- **Cooling spray/mist** (if temperatures require it)

Littering Rules







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- You may only discard trash between the signs:
 “Littering Area Start” and “Littering Area End”
- Throwing cups, sponges, or wrappers elsewhere may lead to a **time penalty**




10 Finish Line – Final Timing & Recovery

All athletes are responsible for **counting their own laps**.

After completing the correct number of loops:

-  Enter the **finish chute** and run through the official **finish arch**
-  Your **final time will be recorded by the timing mat** placed directly under the finish line

At the Finish Line:

-  **All finishers receive a Finisher medal**
-  **Finish line photos** will be taken automatically
-  Volunteers will either:
 - remove your timing chip
 - or ask you to hand it over yourself

Recovery Area – Athlete Zone

After crossing the finish line, you'll enter the **Athlete Zone**, where you can recover and refresh:


- **Cold water, isotonic drinks, Pepsi**
- **Fruits, snacks, sandwiches**
- **Sponges, ice, misting spray (weather dependent)**






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- **Shaded seating and rest area**
- **Basic medical assistance available if needed**

 Please help us keep the area clean – plenty of trash bags and bins are available!

And Finally... The Awards Ceremony

The official prize ceremony will take place at the **Rhédey Castle courtyard**, at the time specified in the program.

 All finishers are welcome – **not just podium athletes!**

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