

June 27, 2026

LONG-DISTANCE SWIMMING COMPETITION RULES 2026

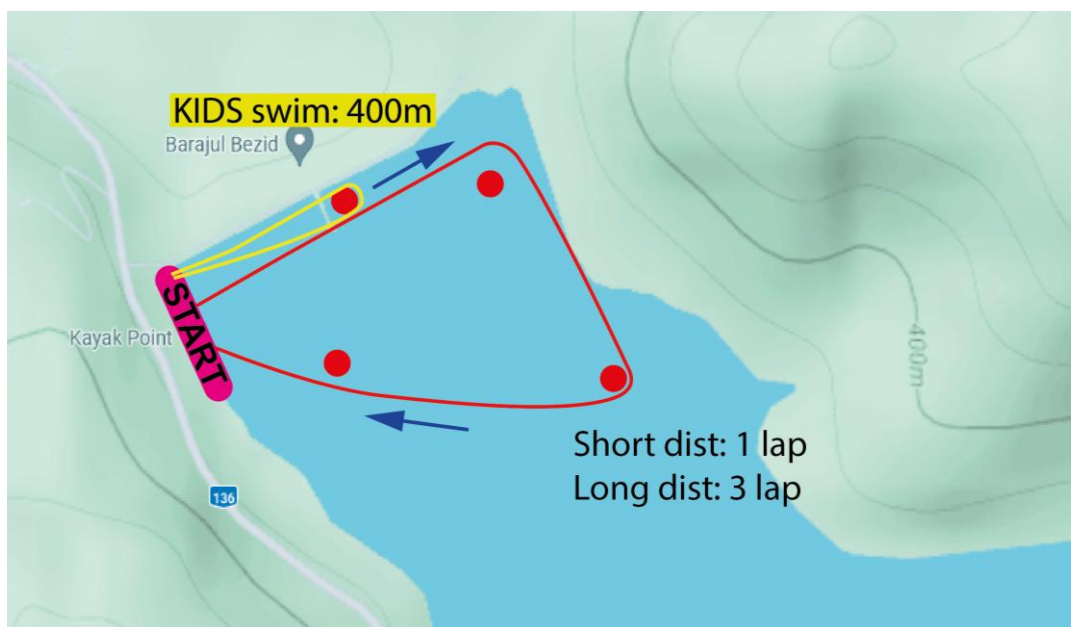
<https://transylvaniatrithlonfestival.ro/>

1. RACE START – SCHEDULE AND START WAVES

The open-water swimming competition will take place on Saturday, June 27, at Lake Bezid, in three main time slots:

<https://maps.app.goo.gl/iTRtgzeZVQpz39qg9>

Category	Start time
Children 400 m	🕒 12:00
Adults 1.5 km	🕒 13:00 short distance
Adults 4.5 km	🕒 13:30 long distance



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2. PARKING AT THE VENUE

Parking at Lake Bezid is limited, so please arrive early!

 Traffic will be directed by the police on the access roads and in the designated areas.

 Volunteers will assist with parking management.

 Please follow all instructions given by the police and volunteers!

 Parking is prohibited in places that block access, especially on rescue routes or race sections!

3. RACE PACK PICK-UP AND TIMING

The liability declaration must be completed and signed.

To avoid crowding, you can download the form here:

<https://transylvaniatriathlonfestival.ro/athlete-info/general-information/?lang=en>

After you have parked and arrived at the lake, your first step is:

 Pick up your race pack at the registration point!

Package contents:

- Timing chip
- Swim cap (mandatory for the sprint and long distance)
- Gift pack
- Information materials

Category Time

Children  10:30-11:30 race kit pick-up

Adults  11:30-12:30 race kit pick-up

Timing chip – mandatory!

- It must be fastened to the right or left ankle



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- It records the full swimming time – your result is valid only if the chip is active between the start and the finish
- **Do not leave it in the tent, on your towel or on the shore – it must be worn before the start!**

💡 Tip: Fasten the chip securely, but not too tightly – it should be comfortable for swimming!

👨👩 4. CHILDREN'S RACES – DETAILS AND SAFETY

- Children will start by age groups, in separate waves
- **A new wave will start only after all participants in the previous wave have reached the finish**
- We ask parents and coaches for patience – safety and clear organization are priorities

🛟 Safety:

- The use of a safety buoy is mandatory in the children's races!
- The organizers can provide buoys upon request, but personal equipment is also allowed

🏊 5. ADULT CATEGORIES – Sprint and Long Distance (1500 m & 4500 m)

- There will be a time gap between the two distances – the 4.5 km race will start 30 minutes later.
- This helps avoid congestion on the course and ensures the orderly running of the event

🛟 For these distances, the safety buoy is not mandatory, but it is strongly recommended, especially for beginners or participants taking part in their first open-water swimming competition

🏊 6. SWIM RACE START AND PROCEDURE

🚩 The start takes place in the water!

- Each race wave will start from the water, at the referee's signal
- Participants will line up in the water, behind the start line





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- After the start signal, each participant swims the distance corresponding to their category on the marked course

✦ Important: The course must be completed exactly according to the official distance – shortening the route is not allowed.

Course to follow:

- The course is marked with visible buoys
- All buoys must be rounded on the outside, keeping them on your right-hand side
- The short distance consists of 1 lap.
- The long distance consists of 3 laps on the same course. At each lap, participants are required to exit the water and pass over the timing mat on the shore.

Finish – Official timing

- After completing the course, swim toward the shore through the marked finish area
- The final timing mat is located at the water exit
- Your time will be recorded only if the chip passes over this mat

● Attention: Do not jump over it or go around it! Pass clearly over the timing mat – walking or running

All participants who finish the race receive a Finisher medal!

After the finish line, go directly to the rehydration and recovery area.

7. REHYDRATION AND RECOVERY AFTER THE RACE

During the open-water swimming event there will be no hydration points on the course, but after the race, on the shore, all participants will have access to a full recovery area:

What you will find in the rehydration area:

- Cold water
- Isotonic drink
- Pepsi Cola
- Fruit (bananas, apple, etc.)
- Snacks
- Cold sponges, ice
- Shaded relaxation area with seating





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- **Basic medical assistance and recovery support**

📦 Useful tip: Do not neglect hydration and rebalancing after exertion – for longer distances it is essential to replace lost salts and minerals.

♻️ **8. RESPONSIBLE PARTICIPATION – OUR SHARED RESPONSIBILITY**

Please contribute to the smooth running of the event through behavior that is:

- **civilized**
- **sportsmanlike**
- **environmentally responsible**

🗑️ You will find trash bags and bins in all areas. 👉 Do not leave cups, packaging, towels or clothes on the ground – we respect nature and each other!

🙌 Thank you for being part of this special sporting event!

🏆 **9. LAST BUT NOT LEAST – AWARD CEREMONY**

The official award ceremony will take place in the courtyard of Rhédey Castle at the time mentioned in the official program, 17:00.

<https://maps.app.goo.gl/T7pHsRTv8DqDCjUNA>

🏅 All finishers are welcome, not only those on the podium!

GOOD LUCK TO EVERYONE!

