



PADDLEBOARD COMPETITION

<https://transylvaniatrithlonfestival.ro/>

1. RACE START – SCHEDULE AND START WAVES

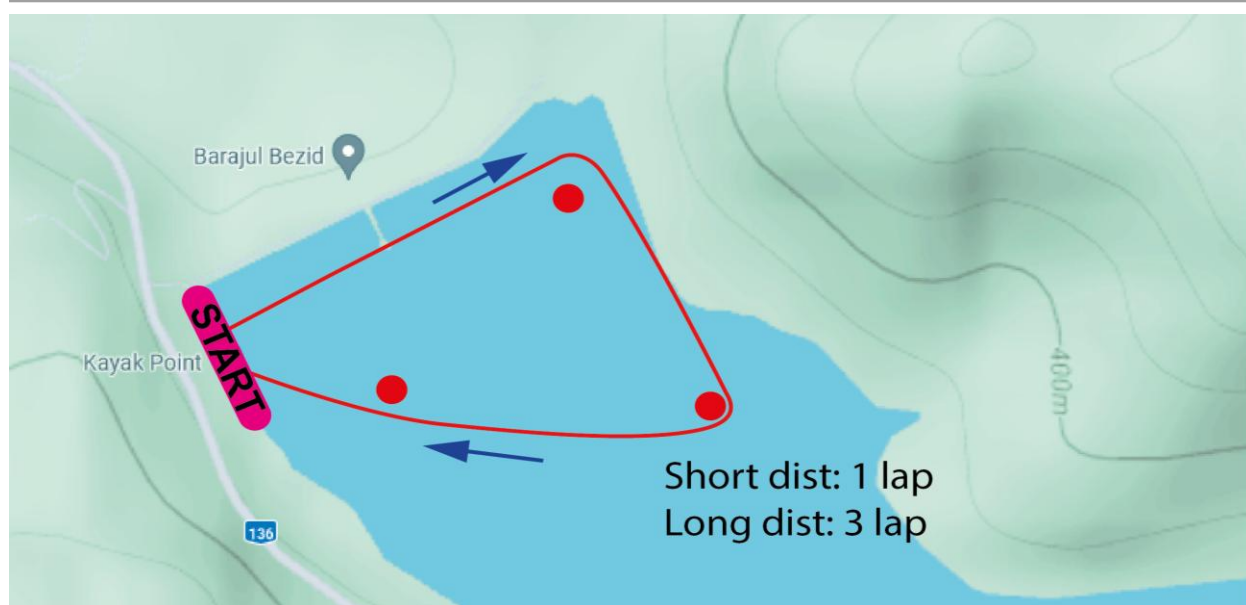
The Stand-Up Paddle (SUP) competition will take place on Saturday, June 27, at Lake Bezid.

<https://maps.app.goo.gl/iTRtgreZVQpz39qg9>

Category Start time

Short distance 1.5 km 🕒 09:30

Long distance 4.5 km 🕒 10:00



🚗 2. PARKING AT THE VENUE

Parking spaces at Lake Bezidu Nou are limited, so please arrive early!

👮 Traffic will be directed by the police

👷 trained volunteers will help organize parking.

🔊 Please follow the instructions received from traffic staff and volunteers!

🚫 Do not park in places where you may block access, especially on the race course or emergency access routes!





🏆 3. RACE PACK PICK-UP AND TIMING

A liability declaration must be completed and signed.

To avoid congestion, you can download the form here:

<https://transylvaniatrithlonfestival.ro/athlete-info/general-information/>

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

📦 Pick up your race pack at the registration point!

🕒 **RACE KIT PICK-UP FOR ALL CATEGORIES TAKES PLACE BETWEEN 8:15 AND 9:15**

Package contents:

- 🕒 Timing chip
- 🎽 Race vest with inscription
- 📋 Race number to be attached to the front of the vest
- 📁 Gift pack
- 📄 Information materials

🕒 **Timing chip – mandatory!**

- Attach it to the right or left ankle
- The chip records the entire SUP race time
- Your result is valid only if the chip is detected at the start and finish
- **!** Do not leave the chip in the tent, on your towel, or on the shore – it must be on your ankle before the start!

💡 Tip: Fasten the chip securely, but not too tightly – it should be comfortable throughout the race.

📌 4. SUP PREPARATION – INFLATING THE BOARD

Only inflatable stand-up paddle boards (inflatable SUPs) are permitted in the competition – rigid boards are not accepted at the start!

📌 Where can you inflate your SUP?

The organizers have designated two official areas:

1. **Near the start area, on a specially marked section of the shore**
 2. In the Kayaking Bezid area, where helpers and pumps will be available
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🏁 5. START PROCEDURE AND COURSE

▶ The start takes place in the water!

- All start waves begin in the water, at the referees' signal
- Participants line up in the water, next to their own SUPs, behind the imaginary start line
- After the signal, each participant completes their own distance on the marked course

📌 Important:

Each participant must complete the official distance.

- 🕒 To avoid congestion on the course, there may be time gaps between start waves.

📏 The course:

- It is clearly marked with floating buoys
- **All buoys must be rounded on the outside, to the right-hand side**
- The short distance consists of 1 lap.
- The long distance consists of 3 laps on the same course. On each lap, participants must exit the water and cross the timing mat on the shore.

🏁 6. FINISH – FINAL TIME

- When exiting the water, you will cross the timing mat
- The final time is recorded only if your chip passes over that mat

🔴 Attention: Do not jump over it and do not go around it – clearly cross the mat while walking or running!

🏆 **All participants who finish the race receive a Finisher medal**

After finishing, go directly to the rehydration and recovery area

💧 7. POST-RACE REHYDRATION

On the shore, after the race, a complete hydration and recovery point will be waiting for you:

- **Water**
- **Isotonic drink**
- **Pepsi Cola**
- **Fruit (bananas, apple, etc.)**
- **Snacks**
- **Wet sponges, ice**
- **Shaded relaxation area**



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- **Basic medical assistance, if needed**

📦 Tip: After longer races, do not forget to replenish your fluid and mineral reserves!

♻️ 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 garbage 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 sports event!

🏆 9. LAST BUT NOT LEAST – AWARD CEREMONY

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

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

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