

June 28, 2026



TRANSYLVANIA TRIATHLON FESTIVAL 2026

ATHLETE GUIDE – TRIATHLON AND AQUATHLON DISTANCES

!!GENERAL RULES FOR BICYCLES!!

For the **Sprint and Olympic** races, participation is allowed only with road bikes. **The use of** time-trial style handlebar extensions (aero bars) is not permitted, with the exception of elements that do not extend beyond the brake lever plane.

Within these races, drafting (riding in a pack) is allowed, but only between athletes of **the same sex** and **competing in the same race**.

In the **HALF** race, the use of both time-trial (TT) bikes and road bikes is allowed. Drafting is **strictly prohibited** for the entire duration of the cycling segment.

In the super sprint race, the use of road bikes, trekking bikes, and MTBs is allowed. **A TT bike and aero bars are NOT allowed.**

!!GENERAL RULES FOR SWIMMING !!

Normally, the water temperature is above 24°C, which means a wetsuit may not be used. If, on the day before the competition, the water temperature is below 24°C, the head referee may decide to allow the use of a wetsuit. The decision regarding wetsuit use will be made by the competition's head referee and will be announced the evening before the race.

1 Race Kit Pickup

 Date: Saturday, June 27, 2026, between 17:00 and 19:30

The statutory declaration form must be completed and signed.

To avoid crowding, you can download the form here:

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



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Race kits are collected in the courtyard of Rhédey Castle in Sângeorgiu de Pădure, according to the official schedule.

This is a **mandatory first step for all participants!**

📍 Google Maps link to the castle: <https://maps.app.goo.gl/gdVE6PUKZUuhV4Bs8>

👉 Here you will receive:

- your bib number
- your timing chip
- your gift package
- informational materials

🚗 2 Parking

Three designated parking areas (P1, P2, P3) will be available in town during the event. Please follow the **Police's** instructions to reach the competition area!

<https://maps.app.goo.gl/u4Fm5oTR1R5CTa2S8>

<https://maps.app.goo.gl/RKRrMecYmxjNkFNQ8>

👉 We recommend using **these official parking areas!**

🗣️ Q&A Session (participation not mandatory)

📅 Date: Saturday, June 27, 2026, 19:00

📍 Location: Rhédey Castle, Sângeorgiu de Pădure

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

🔔 During the session you can ask the technical delegate questions about:

- the courses and race rules
- how the transition zones work
- other questions



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How to reach the parking area on race day if you arrive after 7:00 AM?



Google Maps link for detour routes for:

P1, P2, P3

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 Moving between the PARKING AREA and the TRANSITION ZONE (swim start)

The distance between the parking areas and the Transition zone is approx. **2.2 km** and must be covered **on foot or by bicycle**.

 Google Maps link to the transit and start zone:

<https://maps.app.goo.gl/8RUU27QEaGhst4Ec7>

 From **7:00 AM**, the road will be closed to vehicle traffic along the access road to the **TRANSITION ZONE**; access will be allowed **only for pedestrians and cyclists**.

 Both participants and supporters must follow this rule for everyone's safety.

 Preparing the TRANSITION zone (swim→bike → run transition)

For the 2026 edition of the Transylvania Triathlon Festival, all triathlon races will use a single transition zone located on the dam of Lake Bezidu Nou.

Athletes will perform both transitions at the same location:

 Swim →  Bike

 Bike →  Run

 At the TRANSITION:

 +  +  the TRANSITION is organized in a single row of bike racks, with each participant having:

- a **numbered spot**
- there you will find a **box marked with your number**,



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What you need to do:

1. **Use the route indicated by the referees to access the TRANSIT zone** – do not disturb participants from previous waves
2. Place your bicycle on the rack, **at your designated spot**
3. Place your **helmet (unbuckled!) on the handlebars or in the box**
4. Cycling shoes, sunglasses, and your bib belt (if worn during the swim) may be left in front of the box



Auxiliary equipment (towel, sunscreen, gel, sunglasses, etc.) is placed in the box



Important: Failure to follow the above rules may result in a **time penalty!**



If everything above is ready, you are ready to enter the start zone



BEFORE THE START – SWIM PREPARATION

Before entering the water and starting, **make sure you have followed these three basic rules:**



3 essential things:

1. **Wear the timing chip on your ankle**
 - on either the right or left ankle, but make sure it is securely fastened!
 - without the chip, your official time cannot be recorded
 2. **Wear the swim cap provided by the organizers**
 - mandatory in all categories, for visibility and safety
 3. **Listen to the instructions of the race referees**
 - before the start, in the water, and at the start line
 - any change or important information is communicated by the officials
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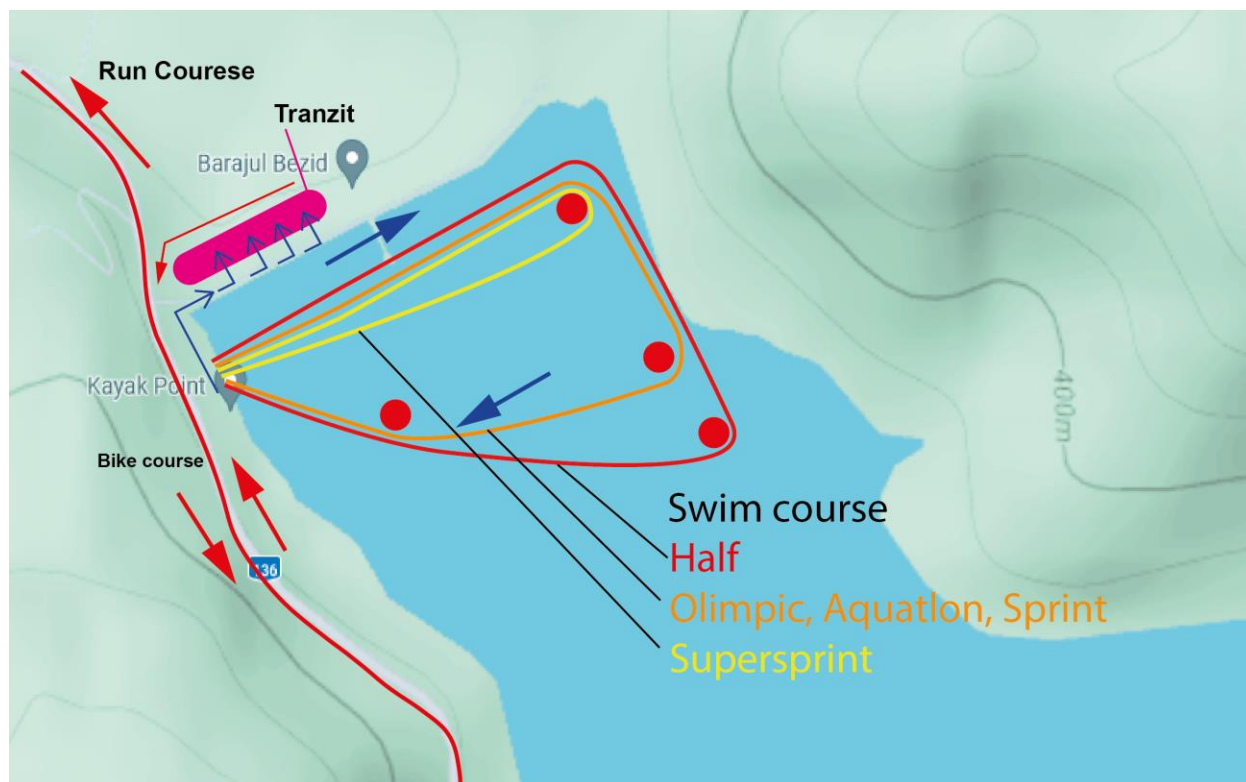


THE START – HOW THE RACE BEGINS

The start zone will be located on the shore of Lake Bezid, on the right-hand side of the dam.

The swim course will be marked with clearly visible buoys, and all buoys must be rounded with the right hand. This means the course will run **clockwise**.

Athletes are asked to carefully study the course map before the start and to follow the



instructions of the referees and the safety staff on the water.

- The start takes place **from the water**
- Participants enter the lake and line up at the level of the imaginary start line
- The start will be given at the signal of the head referee, in accordance with the rules

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- Each athlete must cover the distance corresponding to their category, following the course marked with buoys

SWIM DISTANCES FOR EACH CATEGORY

- Half (2×950 m)
- Olympic/Aquathlon (2×750 m)
- Sprint (1×750 m)
- Super Sprint (1×375 m)

RACE DESCRIPTION FOR EACH DISTANCE

Half Distance and Half Relay

The swim leg takes place over two laps.

After completing the first lap, athletes will exit the water and run along the shore, passing under the TTF inflatable arch, after which they will re-enter the water to begin the second lap.

After completing the second lap, athletes will exit the water in the same area and head toward the transition zone.

The length of one lap is approximately **950 m**.

Olympic Distance, Olympic Relay, and Aquathlon

The swim leg takes place over two laps.

After completing the first lap, athletes will exit the water and run along the shore, passing under the TTF inflatable arch, after which they will re-enter the water to begin the second lap.

After completing the second lap, athletes will exit the water in the same area and head toward the transition zone.

The length of one lap is approximately **750 m**.

Sprint Distance

The swim leg takes place over a single lap.

After completing the course, athletes will exit the water in the swim start/finish area, passing under the TTF inflatable arch, after which they will head toward the transition zone.

The length of the lap is approximately **750 m**. (the same swim course as the Olympic Distance.)

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Super Sprint Distance

The swim leg takes place over a single lap. (different from the distances above).
After completing the course, athletes will exit the water in the swim start/finish area, passing under the TTF inflatable arch, after which they will head toward the transition zone.
The length of the lap is approximately **375 m**.

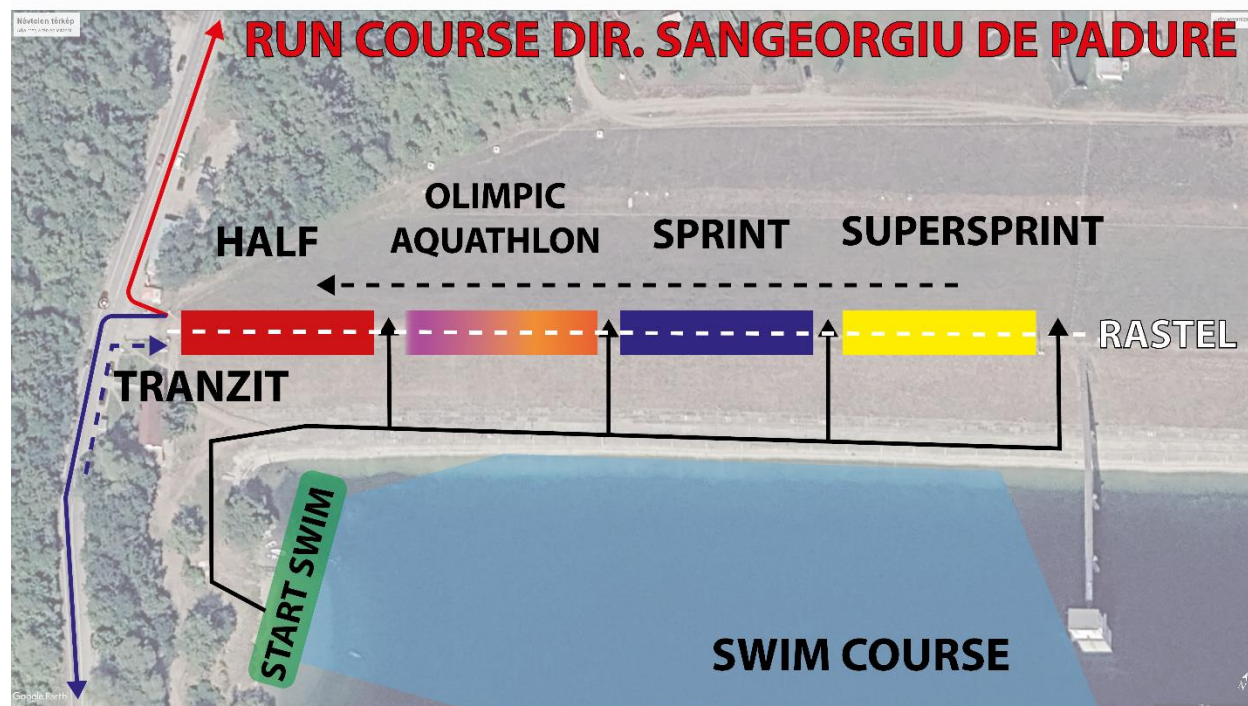
🚩 END OF THE SWIM LEG

- At the end of the swim leg, you will exit the water along a guided path
- **At the water exit there is a timing mat**
- **Your time is only recorded if you cross that mat with your chip**

🛑 Do not jump over it or go around it! You must clearly step over the timing zone!

🏊 → 🚴 – Transition: Swim → Bike

START+TRANZIT MAP



BIKE LAP DIR. HARGITA COUNTY



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After exiting the water, athletes will follow the blue carpet leading to the transition zone. There will be a clearly marked lane for each race, so that competitors can correctly access the transition zone.

In the transition zone, athletes will make the changeover between the swim and bike legs, in accordance with the competition rules.

The exit toward the bike course will be on the left-hand side, where the bike mount line (Mount Line) will also be located, marked with a clearly visible green line.

Competitors are required to push their bicycle up to the Mount Line. Mounting the bicycle before this line is prohibited.

- *MAIN RULE: EVERYTHING THAT WAS USED GOES IN THE BOX. ONLY CLIPLESS CYCLING SHOES MAY BE LEFT CLIPPED TO THE PEDALS*

Special situations – Relay and Aquathlon

Relay teams will make the changeover between team members in the transition zone, next to the bicycle. The timing chip will also be handed over here.

Aquathlon competitors will follow the same swim course as the Olympic distance up to the water exit and entry into the transition zone. After crossing the transition zone, they will not go onto the bike course, but will turn right and continue directly onto the run course. All movement flows will be clearly marked and signposted in the transition zone.

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Number of laps:

- **Half distance:** 4 laps
- **Olympic:** 2 laps
- **Sprint:** 1 lap
- **Super sprint:** ½ lap (to the marked turnaround point)

 The time and course are monitored – at the turnaround points there will be a **timing mat and antennas**. Each competitor must count their own laps

HYDRATION POINTS – CYCLING

Main point – after the intersection toward Bezid village

- Here you can receive:
 - **Water** – from volunteers wearing orange vests
 - **Isotonic drink** – from volunteers wearing blue vests

Bottle exchange (Olympic & Half distance only)

- Throw away your empty bottle or hand it to the volunteers
- You will receive a full bottle in exchange

 This exchange is only permitted in the exchange zone! Exchanging items between participants is not allowed!

Secondary point – athletes will have two secondary hydration points at the two turnaround locations

- Only **water**, served in single-use cups
- Near the transit zone, portable toilets will be set up (hydration point 1)
- Waste rules also apply here:

 **Littering is permitted only between the „Littering Area Start” and „End” signs!**
Outside this zone, littering results in a **time penalty**.

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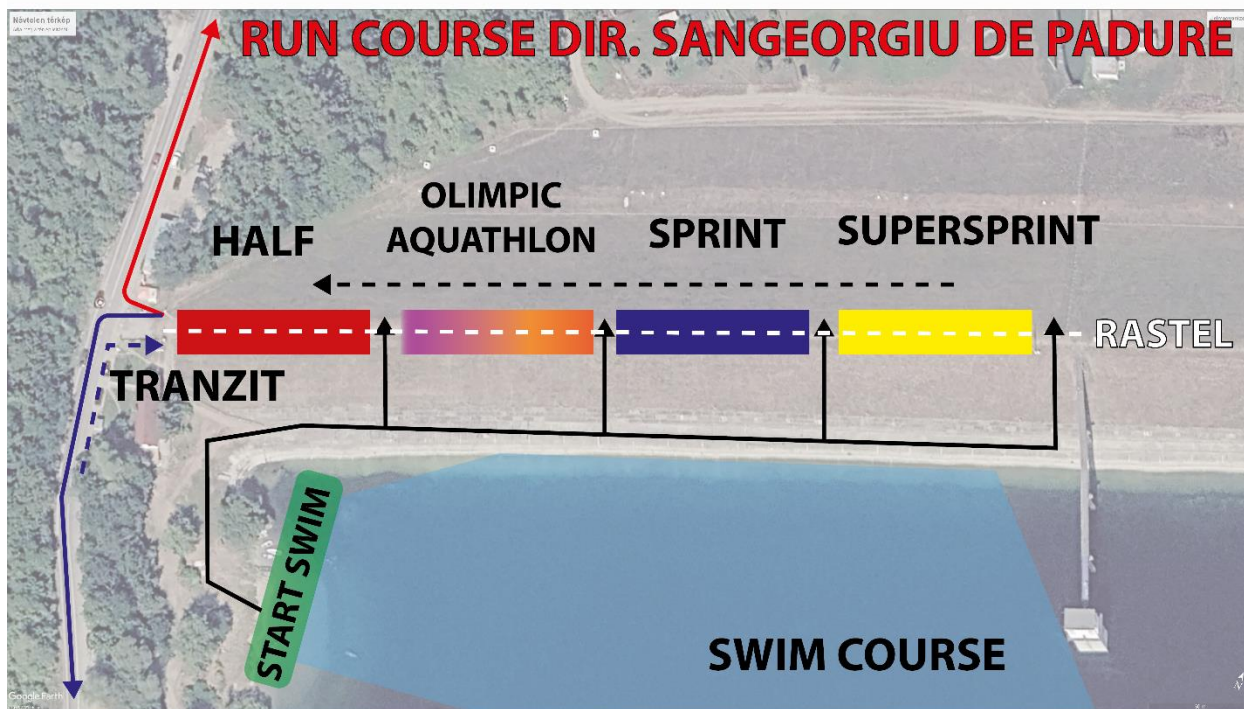
 →  **TRANSITION – Bike → Run**

Once you have completed the required number of bike laps:

1. Re-enter the transition zone on the dam
2. Follow **the instructions of the referees and volunteers**
3. **You must dismount your bicycle at the „Dismount” line**, clearly marked before entering the transition zone

 If you cross this line without dismounting, you will receive a time penalty!

START+TRANZIT MAP



BIKE LAP DIR. HARGITA COUNTY

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In the transition zone:

 Place your bicycle on the rack marked with your number

 Place in your personal box:

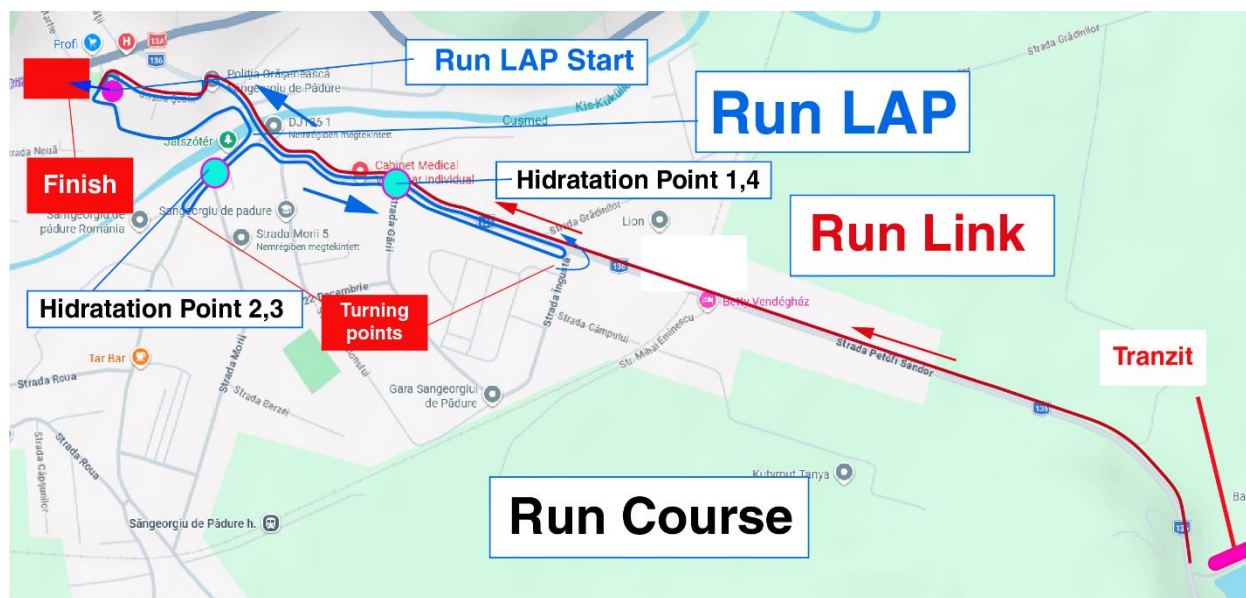
- your helmet
- cycling shoes (may also be left clipped to the pedals)
- other accessories used on the bicycle

 Any equipment left outside the box = **time penalty**

Bib number – MANDATORY for the run!

- The bib number must be worn **on the front**, visible, on a race belt or attached with elastic

RUN – COURSE, LAPS AND HYDRATION



The run course is organized as a **loop**, with each lap being **2.5 km**. The loop starts at the **FINISH** zone and is connected to the transit zone by a **2.5 km** running course. Participants must complete a number of laps depending on the chosen distance. **Lap counting starts near the finish zone.**

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Number of laps:

- **Super sprint:** goes directly into the FINISH line after covering only the 2.5 km link
- **Sprint:** Link + 1 lap (5 km)
- **Olympic:** Link + 3 laps (10 km)
- **Aquathlon:** Link + 3 laps (10 km)
- **Half:** Link + 7 laps (20 km)

Timing

- there are 2 timing points on the course
- You must cross it on every lap for the lap to be validated

 Organizers will monitor the number of laps only through timing, so it is each participant's responsibility to count their own laps!

HYDRATION POINTS – Running

There will be **2 hydration points per lap** on the run course, which can be accessed from two directions, going and returning, i.e. **approx. every 800 m.**

These offer:

- **Water** – single-use cups
- **Isotonic drink**
- **Pepsi Cola**
- **Sponges soaked in cold water**
- **Ice**

Sanitation rule:

- Waste may be thrown away **only in the marked Littering Area Start–End zone**
- Throwing wrappers or cups outside this zone results in a **time penalty**

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🚩 FINISH

Each participant is responsible for counting their own laps!
Once you have completed the correct number of laps:

- ➡ Enter the finish zone through the marked gate
- ➡ Cross the **final timing mat** – this records the official time

FINISH ZONE MAP



RUN LAP

🎉 In the finish zone:

🏅 Every participant who reaches the finish line receives a Finisher medal

🕒 Volunteers will:

- collect your timing chip, or
- ask you to remove it and hand it over



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💧 RECOVERY ZONE – ATHLETE LOUNGE

After the finish line, you enter the special area for athletes:

- Water, isotonic drink, Pepsi
- Fruit, snacks, sandwiches
- Sponges with cold water, ice
- Shaded spots for relaxation
- Basic medical assistance (if needed)

💬 Please keep the area clean – there are plenty of trash bags available!

📌 In addition to the rest area reserved for athletes, a food court area will also be available for spectators and companions.

🏆 LAST BUT NOT LEAST: THE AWARDS CEREMONY

🏆 The official awards ceremony will take place in the courtyard of Rhédey Castle, at the time indicated in the official program, from 17:00.

<https://transylvaniatrithlonfestival.ro/athlete-info/general-information/?lang=ro/#program>

All participants are welcome – **not just those who reach the podium!**

Full Competition Rules is available here:

<https://transylvaniatrithlonfestival.ro/competition-rules/?lang=en>

GOOD LUCK TO ALL!