

# *Athlete Guide*



***The Championship***  
***21.5. - 22.5.2022***  
***Challenge Šamorín***



Olympic Training  
Center Slovakia



x-bionic® sphere



## Index

Index	1-3
INTRODUCTION	
Welcome	4-5
Introduction	6
EVENT TIMETABLE	7
PRE EVENT INFORMATION	7
Transfer Service	7
Race venue Map	7
Rules and Regulations	8
Athletes Checklist	9
Information Desk	9
Parking	9
Expo	10
Massage	10
Medical	10
Bike Mechanics	11
Athletes Registration	11
Price list	12
Timing Info	13
Withdrawal & Timing Chip	14
Pasta Party	14
Race Briefing	14
Bike Check-in	14
Transition	15
RACE DAY INFORMATION	16
Race Bib	16
COURSE INFORMATION	16
SWIM COURSE	16
Swim Course Map	16
Warm Up Swim	16
Swim Start Procedure	17
Swim Support Swim Safety	17
Swim Rules	17
Cut-off Times	17



# THE CHAMPIONSHIP



TRANSITION SWIM TO BIKE	18
Transition Rules	18
Additional Info for Relay Team Member	18
BIKE COURSE	19
Bike Course Map	19
Bike Course Aid Stations	19
Traffic, Road Closures	20
Distance Markers	20
Collection Car (Broom Car) Information	20
Bike Rules	20
Penalty Box	20
Cut-off Times	20
TRANSITION BIKE TO RUN	21
Transition Rules	21
Additional Info for Relay Team Member	21
RUN COURSE	22
Run Course Map	22
Run Course Aid Stations	23
Distance Markers	23
Penalty Box	23
POST RACE INFORMATION	24
Finish Line, Finish Line Photo	24
Bike and Bag Collection	25
Result, Awards Ceremony, Flower Ceremony, Prize Money Breakdown	25
OFFICIAL SIDE EVENTS OF THE CHAMPIONSHIP 2022 TRYATHLON, OLYMPIC AND SPRINT DISTANCE	26
RULES AND REGULATIONS	27
Athletes Checklist - RACE DAY, TRANSITION, SWIM, BIKE, RUN	27
AFTER RACE, MEDICAL	28
Athletes Registration	28
Timing Info	29
Pasta Party	30
Race Briefing	30
Bike Check-In	30



# THE CHAMPIONSHIP

---



TRYATHLON DISTANCE	31
TryAthlon	31
Swim Course	31
Bike Course	32
Run Course	33
OLYMPIC DISTANCE	34
Swim support swim safety	34
Additional info for relay team member	34
Swim Course	34
Bike Course	35
Run Course	36
SPRINT DISTANCE	37
Swim Course	37
Bike Course	38
Run Course	39
ADDITIONAL INFORMATION	40
Lost & Found	40
Sponsor Information	40





## THE CHAMPIONSHIP



# Welcome to THE CHAMPIONSHIP 2022 at the amazing x-bionic® sphere



It's almost game time at The Championship! You are one of the lucky ones who have qualified for this great event and now can enjoy racing on and around the x-bionic® sphere in Šamorín, Slovakia. I am very much looking forward to enjoying your sporting achievements and would also like to wish you good luck.

One thing is for sure at The Championship not only the best professional athletes in the world, but also the best Age Group athletes will come together. You will be racing to determine who is the fastest, the best, the strongest athlete. Whoever that may be, I have a lot of respect for all of you and am especially grateful to you for racing at Challenge Family. Here everyone is a winner. At Challenge Family it's all about the athlete.

Thanks to your loyalty we can make it a spectacular race weekend in Šamorín again and you can trust me both Challenge Family and the x-bionic® sphere team will do everything to offer you a race you'll never forget. Of course, The Championship will be broadcast via a live stream, so family and friends who stay home can enjoy your performance and those of hundreds of other athletes. Even more fun, of course, is to just bring your family and friends with you. In Slovakia there are no COVID restrictions anymore, so we can celebrate an 'old fashioned' and 'normal' triathlon weekend!

What I really want to say to all of you enjoy this race. Enjoy our event, enjoy the crowd along the course, enjoy the hospitality of the x-bionic® sphere and enjoy the fact that you are one of the athletes who can come and race at The Championship.

For now, good luck and #SeeYouAtTheFinishLine!

**Jort Vlam**  
CEO – Challenge Family



# THE CHAMPIONSHIP



# A WARM WELCOME FROM THE CEO of x-bionic® sphere



Dear sports enthusiasts,

It is a great honor for the team of x-bionic® sphere to welcome again the World's triathlon elite in Šamorín. Our dedication in striving for excellence has been inspired in virtues that sport represents through societies all over the world which, as a matter of fact, is your daily routine.

The past months prevailed to challenge our lives in so many ways so we are even happier to meet yet again to another remarkable weekend full of triathlon. Together with the team of **CHALLENGEFAMILY** -we are trying to create year by year professional conditions for triathletes of all levels and exciting atmosphere for their families and teams, to enjoy this amazing event as much as possible.

We would like to thank our partners, local authorities and all our kind volunteers for their support. We would not have been able to deliver such an event without their cooperation & support.

As you all know the importance of each and every practice in your sport preparation, so is the importance of each member of x-bionic® sphere in providing the best possible experience for you while being inspired by your performances.

We can guarantee to all elite athletes, every single participating age-group athlete, our precious side events participants who as well as all the spectators that we will raise the bar of expectations a little higher this year to celebrate all your performances in this beautiful sport that triathlon is. Up to you now to go through the pre-race routine and to enjoy all the spheres of the race week with your triathlon family.

**Michal Kraus**  
CEO - x-bionic® sphere



## INTRODUCTION

This Athlete Guidebook contains very important information regarding the preparation for your race. The most important parts are:

- The program
- Cut-off times
- Registration process  
(Please do NOT forget your legal identification and your license of your national triathlon federation)
- The rules and regulations
- Timing chip attachment

If you are competing in the relay, the information in this guidebook is also applicable to you and your team.

Besides reading this guidebook, you're strongly advised to be present during the Race Briefings on:

### Race Briefing for Pro Athletes

Friday (20th May) at 15:00 – 15:45 pm in the Tuli® Cinema. It is mandatory for all pro athletes to attend the race briefing. If an athlete misses the briefing without informing the technical delegate at [thechampionship@challenge-family.com](mailto:thechampionship@challenge-family.com) will be removed from the start list. Athletes who informed the technical delegate about their delay and who are coming after the start of the briefing will be time-penalized at T1.

### Race Briefing for Age Group Athletes

Briefings for athletes will be uploaded on [thechampionship.de](http://thechampionship.de) and on the Challenge Family social media. Followed by an online Q&A session on our social media.

During these briefings, we will provide you with the latest information on the course, rules, and regulations.

## EMERGENCY

Emergency numbers in case of any emergency on the race day (SVK, ENG):

+421 911 011 697

+421 901 971 122

## LIVE STREAM BY TRIATHLON TODAY

Live Stream Presented by Triathlon Today will be available on the website: [live.challenge-family.com](http://live.challenge-family.com) and on Challenge Family YouTube channel.

## EVENT TIMETABLE

For full event timetable please visit the website [thechampionship.de](http://thechampionship.de)



## PRE EVENT INFORMATION

### Transfer Service

For any transfer inquiries, please visit our hotel reception or web: <https://www.carsen.sk/en/>

### Race venue map



## Rules and Regulations

The Race is following the World Triathlon rules. ([https://www.triathlon.org/uploads/docs/World\\_Triathlon\\_Competition\\_Rules\\_2022\\_20220128\\_xxx.pdf](https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_2022_20220128_xxx.pdf))

For a smooth and sporty course of the event, we feel compelled to draw your attention to some important rules:

- Participation in the event is at the participant's own risk. All participants have to follow [General Terms and Conditions](#).
- The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.
- The officials have the right to disqualify participants for reasons of misbehaviour during or before the race.
- The race directors have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.
- You shall adhere to the directions, instructions and rules of the officials (who can be recognized by clothing marked 'TECHNICAL OFFICIAL') under penalty of disqualification.

These include among others:

- The front of your Trisuit needs to be closed (no bare chest) at the latest 200m before the finish;
- Music devices (iPod, phones, etc) with earphones are not allowed;
- Action cameras (GoPro's etc) attached to your bike or helmet are not allowed;
- Supporters are not allowed to accompany you on bike on the bike- and run course;
- If you are caught drafting on the bike course, you'll receive a blue card which implies a 5 minute penalty in the penalty box; it is the athlete's responsibility to serve the penalty. If the penalty was not served the athlete is disqualified;
- If you are caught drafting 3 times and are shown a blue card 3 times you are disqualified;
- Blocking is prohibited! Blocking violation is punished by a yellow card (30 second in penalty box)
- The littering of trash during the competition outside the provided zones in transition area as well as at the beginning and ending of the aid stations of the bike and run courses will end in a disqualification.

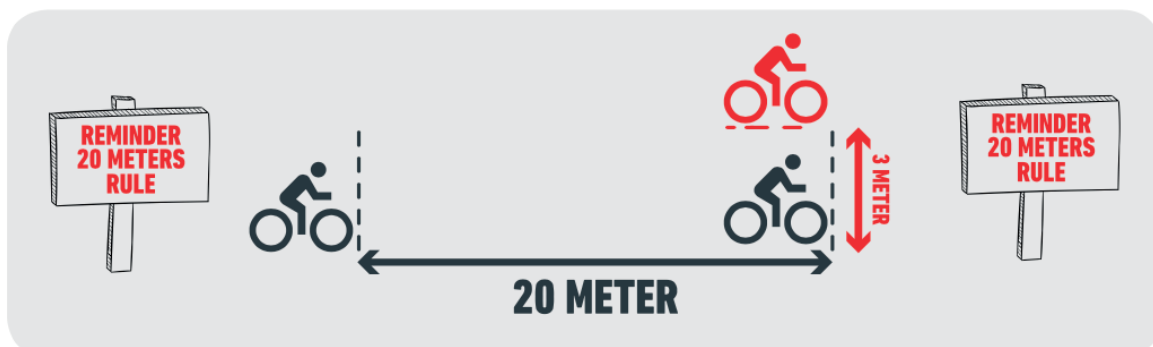
Penalties:

- Blue card means 5 minutes in the penalty box (for Drafting violation)
- Yellow card means 30 seconds in the penalty box (there are no penalty boxes on the bike course, all penalties have to be suffered on the run course)

World Triathlon RULE EXCEPTIONS:

At THECHAMPIONSHIP we allow you to cross the finish line with your family. However, we also ask you to consider the other athletes in the race and allow them a safe finish too, try to limit blocking other athletes please.

THECHAMPIONSHIP is a non-drafting race. Instead of the common World Triathlon 12 meter drafting rule, we will work with a special 20m long, 3m wide anti drafting zone. This zone is from the front wheel of the leading athlete to the front wheel of the overtaking athlete. Overtaking should take place within 40 seconds. Blocking is prohibited.





## Athletes Checklist

### RACE DAY CHECKLIST

#### TRANSITION

- ✓ Transition Area (opening times are available at [thechampionship.de](http://thechampionship.de))
- ✓ ID Wristband
- ✓ Nutrition to strap/secure to your bike
- ✓ Race number tattoo/decal on left upper arm and right upper arm

#### SWIM

- ✓ Race supplied Swim cap
- ✓ Timing Chip (applied to left ankle)
- ✓ Wetsuit (if applicable)
- ✓ Goggles

#### BIKE

- ✓ Bike seat post label
- ✓ Bike shoes (in red bag or clipped onto bike)
- ✓ Race Bib number (in red bag)
- ✓ Helmet (in red bag)
- ✓ Sunglasses (in red bag)
- ✓ Socks (in red bag)
- ✓ Clothing (in red bag)
- ✓ Nutrition & fluids (in red bag or on bike)

#### RUN

- ✓ Running shoes (in blue bag)
- ✓ Sunglasses (in blue bag)
- ✓ Hat (in blue bag)
- ✓ Socks (in blue bag)
- ✓ Clothing (in blue bag)
- ✓ Nutrition & fluids (in blue bag)

#### AFTER RACE

- ✓ Green After Race Bag, containing all of your post-race requirements & personal belongings including warm clothing. Please do not put any valuables into your race bags.

## Information Desk

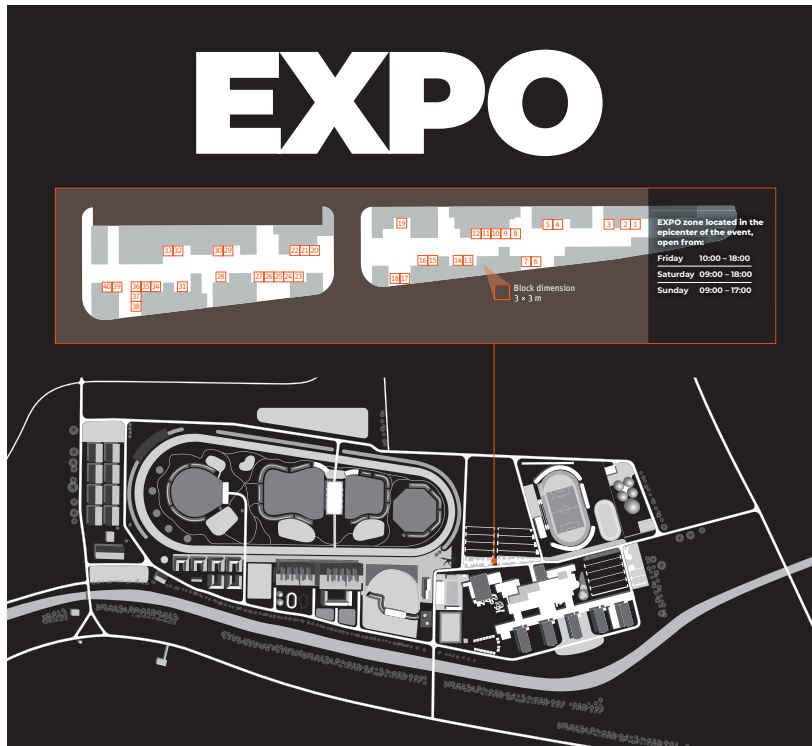
Our info desk is ready for you at the EXPO zone at CHALLENGEFAMILY booth and REGISTRATION office from FRIDAY until SUNDAY.

## Parking

Sufficient Parking space is available at x-bionic® sphere.

## EXPO

The Expo is located near the finish line.



## EXPO

1 - 2  
3  
4  
13 - 14  
15 - 19  
20 - 22  
23 - 27  
28  
29 - 30  
31  
32  
33  
34 - 38  
39 - 40

**Challenge Family**  
**Medal Engraving Service**  
**Anfi**  
**Sailfish**  
**Food and drink**  
**Cyklospital**  
**Oakley**  
**Aqualung**  
**Go Create Performance**  
**Tri-Shop**  
**Konope.co**  
**Wahoo**  
**X-BIONIC**  
**Zone 3**

## Massage

After race massage is located in the Chill Out Zone, directly after the finish. Please notice: the massages are only for immediate relief, they last up to 15 minutes, once you leave the Chill Out Zone, you can't go back in again. Applies to all races EXCEPT Tri-athlon.

## Medical

During the event our Medical Team will take the best care of our athletes. If you have special medical needs, please inform our Head Medic before you start the race. For all medical inquiries contact our head of medical team from

### AP- RESCUE:

Name: Peter Lakomý

Phone: +421 910 976 134

Email: peter.lakomy@aprescue.sk

In case you need medical assistance in the days before or after the race, please contact the reception of x-bionic® sphere.

## Medal engraving

Personalized medal engraving is located at expo zone for only 10 €. You may purchase your engraving ticket directly at the expo zone. Medal engraving is available:

21 May 12:00 - 16:00

22 May 13:00 - 19:00





## Bike Mechanics



**Cyklospital**

- professional bike service with PRO senior mechanics will be available:

Thursday	17:00 – 22:00	next to the hotel entrance
Friday	10:00 – 18:00	at the EXPO zone
Saturday	09:00 – 18:00	at the EXPO zone
Sunday	09:00 – 17:00	at the EXPO zone

See the pricelist in the next page.

## Athletes Registration

**LOCATION: Energy Congress Room**

Don't forget to bring your personal identification and triathlon federation license card for validation purposes. You can store your bike in front of the hotel reception (use a lock).

The registration process takes place according to following steps:

Your entry information will be checked and you'll receive the necessities for racing in an envelope.

If you can't provide a triathlon union license card during the registration process, a day license must be acquired for Euro 10.00. (Will be provided by Slovak Triathlon Union at separated desk)

You will also be provided with three bags that are required during transitions and after the race.

Additionally you will get a voucher for your Athletes Gift, which you can pick up at the x-bionic® store (positions 34 38 at the EXPO zone)

At the final counter, you can buy additional entrance tickets for your families/friends to the Pasta Party (Euro 15 per Ticket), which takes place on Saturday evening. In case there is an issue with your registration, you will be assisted at this desk.

During the Registration Process you will receive all your race gear that you'll need during the race weekend. The race gear consists of the following items:

- Race bib number to be worn on your back during cycling and on your chest during running.
- Tattoos: decals with your bib number which need to be visibly placed on your body: one on your left upper arm and one on your left leg.
- Saddle stem flag/label, to be placed under the saddle of your bike.
- Helmet race number stickers, to stick on the front, left and right side of your helmet.
- Swimming cap, to be worn during the swim course.
- Three TA bags, to be used as follows:
  - Red** = Containing bike outfit
  - Blue** = Containing run outfit
  - Green** = Containing After race outfit
- Athlete wristband that gives you access to participants' areas, to be worn around the wrist. This wristband will also give you access to the Pasta Party.
- Timing Chip must be worn on the left ankle.
- Only official swimming cap, tattoos and stickers must be used. Using other equipment will be punished by DSQ.

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.

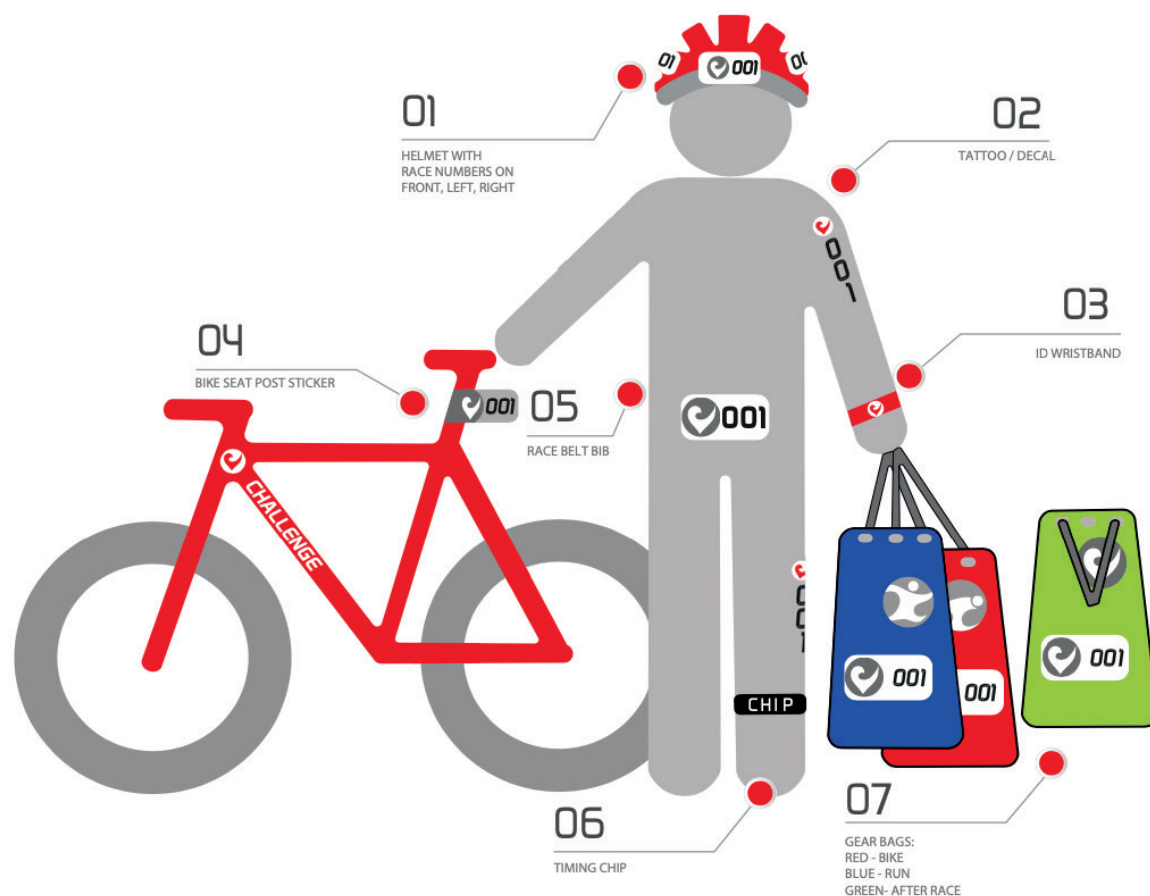


## Price list - service VAN



**Cyklo  
spital**

PLU	Category	Name of the product	price
1	Service packages	Preventive control, inspection	35,00 €
2	Service packages	Assembling the bicycle from the bag	45,00 €
3	Service packages	Small service operation	10,00 €
100	Brakes	Hydraulic brake adjustment	15,00 €
101	Brakes	Replacement of brake pads	18,00 €
102	Brakes	Disc cleaning	10,00 €
103	Brakes	Regrinding the brake pads	20,00 €
104	Brakes	Disc grinding, manual	10,00 €
105	Brakes	Shimano bleed (lever)	15,00 €
106	Brakes	DOT bleed, complete	29,00 €
107	Brakes	MINERAL OIL bleed, complete	25,00 €
108	Brakes	Disc straightening	15,00 €
109	Brakes	Disc replacement	12,00 €
110	Brakes	Brake line replacement, external	20,00 €
111	Brakes	Brake line replacement, internal	35,00 €
112	Brakes	V-Brake adjustment (front / rear)	15,00 €
113	Brakes	V-Brake brake pad replacement, pair	10,00 €
200	Wheels	Flat tyre - tube repair	10,00 €
201	Wheels	Flat tyre - tubeless tyre repair	10,00 €
202	Wheels	Tube - replacement	10,00 €
203	Wheels	Tyre and tube replacement	20,00 €
204	Wheels	Adjusting tyre pressure	3,00 €
205	Wheels	Wheel true - full	25,00 €
206	Wheels	Cassette sprocket: assemble, disassemble	15,00 €
207	Wheels	Front hub, freehub: ball bearings service	20,00 €
208	Wheels	Front hub, freehub: cone service	25,00 €
209	Wheels	Freehub body: cleaning and lubrication	15,00 €
210	Wheels	Freehub: cones adjustment	10,00 €
211	Wheels	Spoke replacement / 1 pc	15,00 €
212	Wheels	Replacement of pressed bearings	30,00 €
213	Wheels	Adding sealant	9,00 €
214	Wheels	Tubular tyre - sealed replacement	25,00 €
300	Drivetrain	Derailleur hanger: straightening	20,00 €
301	Drivetrain	Derailleur: setup (complete)	15,00 €
302	Drivetrain	Derailleur: replacement	30,00 €
303	Drivetrain	Gears: surface cleaning	15,00 €
304	Drivetrain	Di2, AXS, diagnostics	25,00 €
305	Drivetrain	Derailleur line replacement - outer	20,00 €
306	Drivetrain	Derailleur line replacement - inner	35,00 €
307	Drivetrain	Chain: Lubrication	5,00 €
308	Drivetrain	Chain: graphen lubrication	8,00 €
309	Drivetrain	Chain: replacement / shortening, adjustment	20,00 €
400	Cockpit	Cockpit settings - 1 operation (headset and handlebars)	10,00 €
500	Bottom bracket and crankset	Bottom bracket: cleaning and lubrication	30,00 €
501	Bottom bracket and crankset	Pedals: assemble, disassemble	5,00 €
502	Bottom bracket and crankset	Rear frame: replacement of ball bearings	89,00 €
503	Bottom bracket and crankset	Rear frame: cleaning and lubrication	49,00 €
600	Suspension	Fork / shock absorber: maintenance, adjustment	9,00 €
601	Suspension	Fork: small service	50,00 €
602	Suspension	Shock absorber: small service	60,00 €
700	Other	Full bike wash, detailing	50,00 €
701	Other	Rinse	10,00 €
702	Other	Other works (per minute)	1,00 €



## Timing Info

The progress of your race is registered by transponder attached to a soft rubber band with velcro. This transponder needs to be placed on your left ankle during all three parts of the race. As the chip is linked to your race number, please make sure the number the organization has, matches the number on the chip. Otherwise your time cannot be registered correctly during the race.

### Information for Relay Starters:

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from swimmer to biker as well as from biker to runner. The handing over has to be made on the assigned spaces of the biker resp. the runner in the transition area.



## Withdrawal & Timing Chip

If you drop-out of the race, please inform one of the staff members on the course, at transition area, or at the finish line as soon as possible, and definitely before you go home, so we know that you are safe. Return your Timing Chip when checking out your bike. After the race you have to bring the timing chip to the bike check out to receive your bike.

## Pasta Party sponsored by

For all athletes of the Olympic and Sprint Distance, participation in the Carbo Loading party on Saturday is included in the entry fee. In addition, there are a limited number of tickets for accompanying persons. They are available at Euro 15.00 each at the registration office. Free entry for children under 12 years.

The Pasta Party takes place in Olym-Pick. Participants are offered all sorts of food to prepare them best for the Challenge of the next day. Entrance is only allowed with the Pasta Party ticket as handed out during registration.

## Bike Check-In

### THE CHAMPIONSHIP, OPEN MIDDLE DISTANCE:

Saturday 16:00-18:00 near the Farrier's Steak House in x-bionic® sphere. Athletes have to bring and present their bike, main bib number, helmet. The helmet needs to be checked in too and can't be taken out of TA after checking in and stickers with bib applied on both helmet and bike. Check-in won't be allowed in case of some part of the equipment will be missing.

### NO BIKE CHECK-IN ON SUNDAY

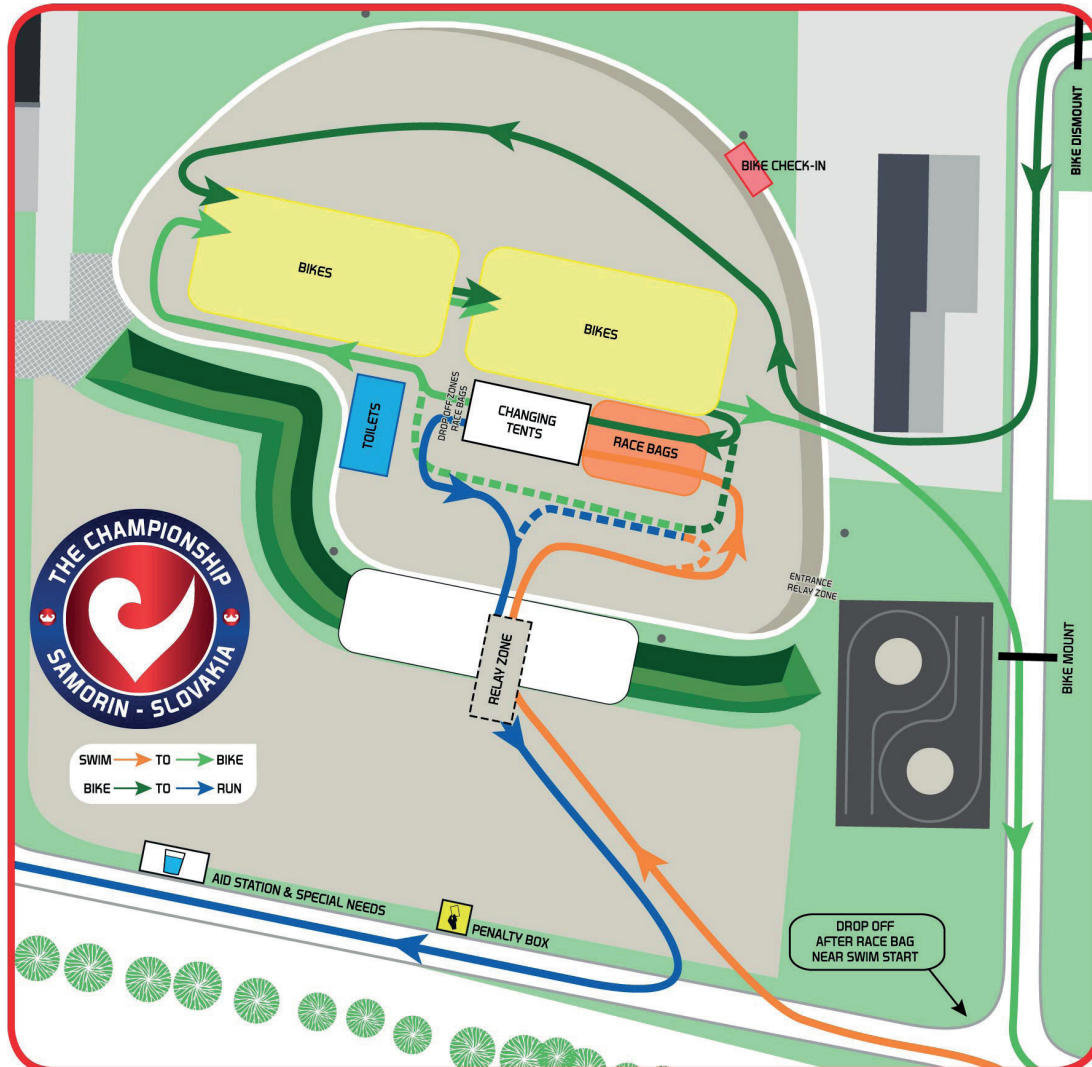
Athletes Bags can be checked in on 22 May between 6.30 a.m. and 9.00 a.m.

The bike check-in is located at the Farriers Arena at the top part of the Transition Area. At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the World Triathlon

Before checking-in your bike, make sure you have checked the following things:

- 1) Your bike is technically in order, e.g: your brakes are working and there are no open tubes on your handle bars.
- 2) The saddle stem flag/label is placed under your saddle.
- 3) On your head you have fastened your helmet containing 3 stickers with your bib number on the front, left and right sides.
- 4) You are carrying your own race bib number around your waist or in your hand.
- 5) Red and Blue bags can be placed on Sunday morning from 6.30 a.m. until 09.00 a.m. into transition zone.
- 6) There is no loose gear allowed on the ground in the Transition Area. Make sure everything is placed in the designated red or blue bag. Helmets have to be placed in the bag. Materials which are attached to your bike (shoes attached / nutrition) are allowed.

## Transition



During registration you will receive three differently coloured TA bags. These should be used as follows:

### RED bag

Contains all your bike gear that cannot be fixed onto your bike. Included helmet. In the TA, no loose gear is allowed on the ground. This bag is stored in a rack indicated by your bib number in the TA. This bag should be placed on the lowest part of the rack. After the swim, this bag will contain all your swimming gear and can be left after the changing tent.

### BLUE bag

Contains all your running gear. It is not allowed to leave this near your bike. This bag should be placed on the upper part of the rack. After the bike course, you put your bike gear in this bag and it can be left after the changing tent.

### GREEN bag

This bag contains your clean, dry clothes and materials that you need after the finish. This bag must be handed over just before the start (location: next to Swim entrance) and is NOT allowed on the rack in the Transition Area.

After the race, the green bags will be available to you in the Chill-out zone after the finish. The red and blue bags can be retrieved from the Transition Area where you've initially stored them.



# THE CHAMPIONSHIP



## RACE DAY INFORMATION

### Race Bib

It is not allowed to carry your race bib during the swim.

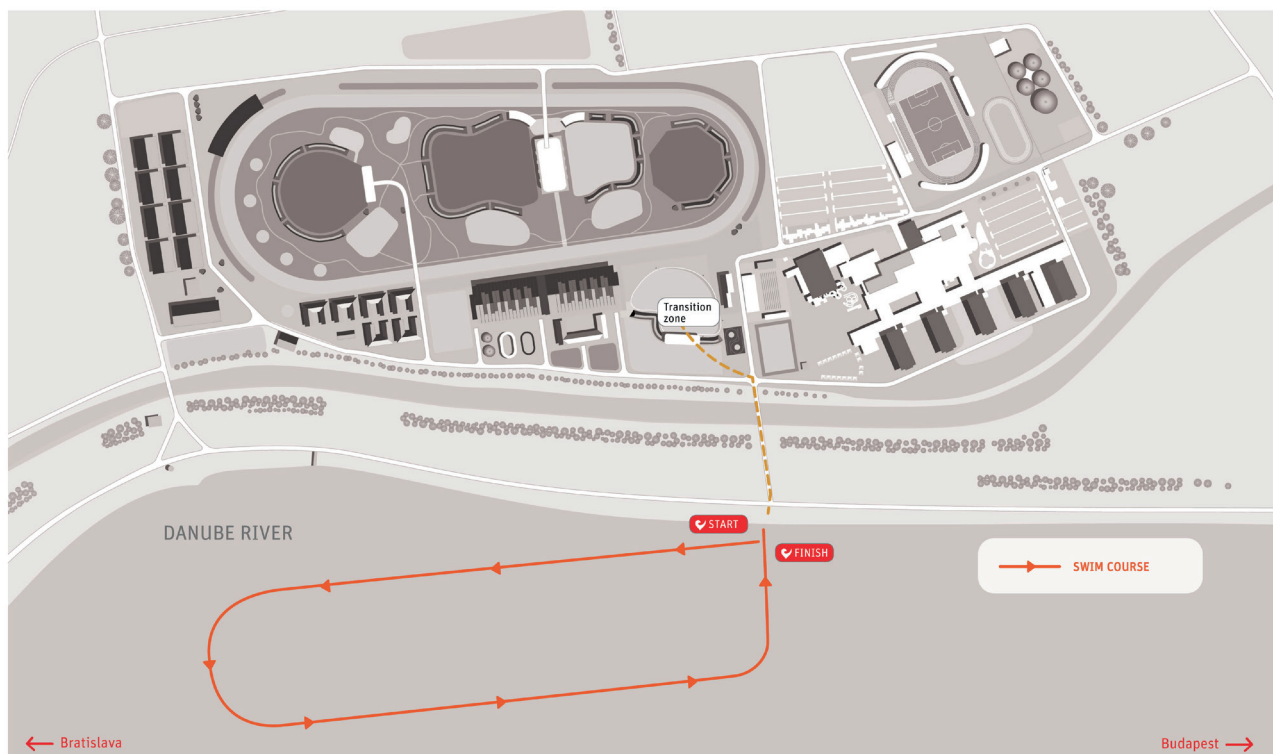
During the bike this is carried on the back and during the run it is carried on the front.

## COURSE INFORMATION

Swim course by **ZONE3**



**22nd May, 2022**  
**SWIM COURSE/ MIDDLE DISTANCE**  
course distance 1.9 km



## WARM UP SWIM

Before the swim start, there is only a limited possibility for a warm up swim. Preparing for the swim course is only possible during the Test Swim organized on Friday and Saturday before the race, from 7.00 am to 9.00 am.



## SWIM START PROCEDURE

1. Swim start is located on the Danube river bank. Wave start from the water for both PRO and AG athletes will be organised by waves of maximum 200 people.
2. Before entering the water, all athletes must pass a TIMING registration mat to record their presence.
3. All Pro athletes are called to enter the water first; one-by-one in order of their race number.
4. In the wave after the Pro's, several Age Group waves will be called to get ready for the start in the water.
5. Start is signalled by a horn.

## SWIM SUPPORT SWIM SAFETY

The swim course is guarded by lifeguards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention by waving your hand above your head to the kayaks and they will come to your rescue.

## SWIM RULES

Wetsuit use is governed by the following values:

**Mandatory:** 15.9 °C and below

**Forbidden for Pro Athletes:** 22.0 °C and above

**Forbidden for Age Group Athletes:** 24.6 °C and above

**Expected water temperature:** 14.5 - 18.0 °C

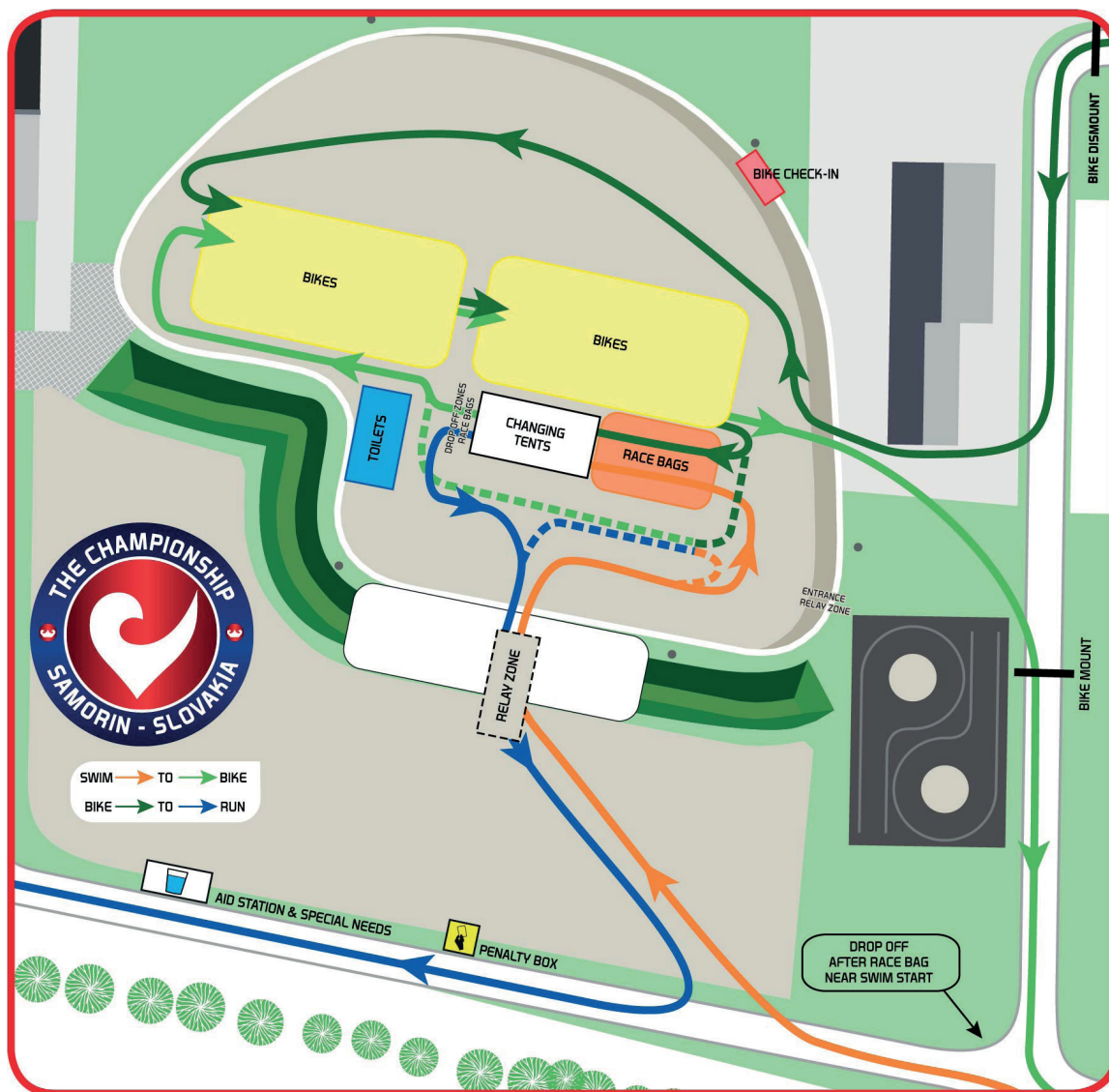
The final decision will be published on the official board, the start and in the **transition zone 1** hour prior to the start.

## CUT-OFF TIMES

Swim cut off is 1 hour after the start of the last starting wave.



## Transition Swim to Bike



## TRANSITION RULES

- Put all swimwear in **RED** bag.
- Wear helmet with fastened chin strap before getting the bike from the rack.
- One foot has to be on the ground after the mountline.

## ADDITIONAL INFO FOR RELAY TEAM MEMBER

Transition for the Relay Teams is near the entrance of Transition Zone.

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personally from swimmer to biker. The handing over has to be made on the assigned spaces.



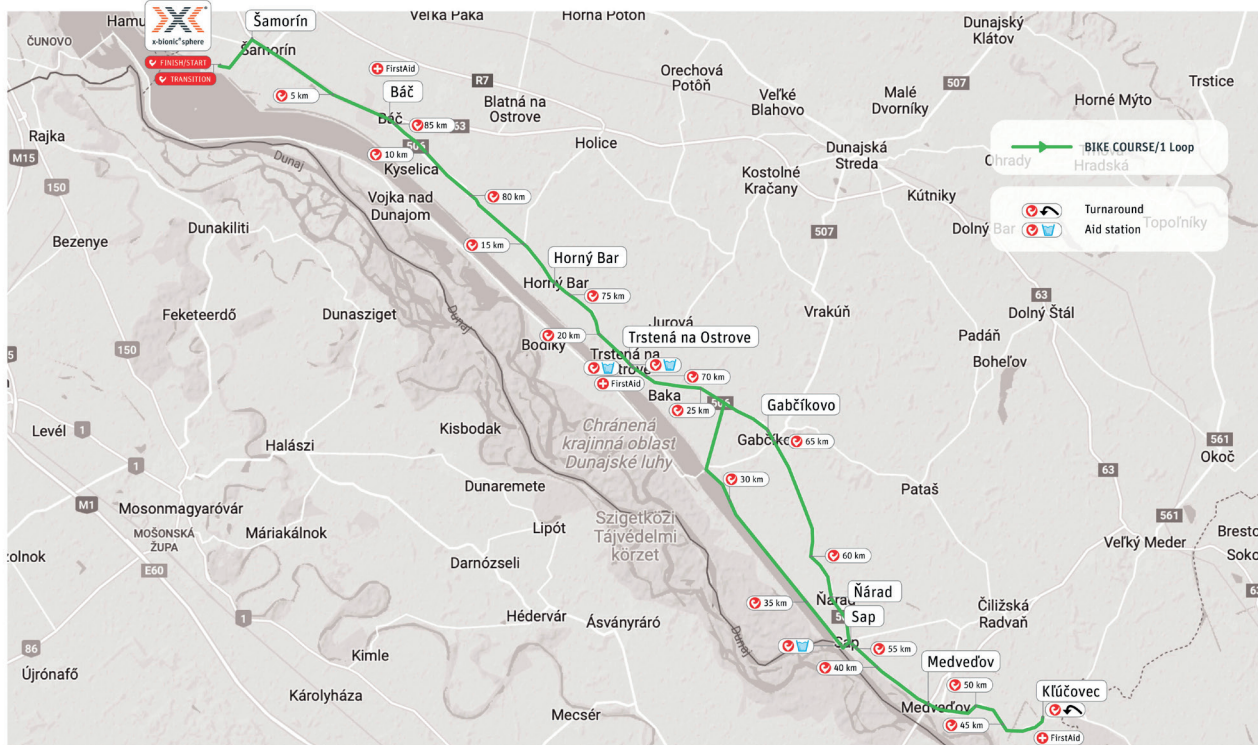
# THE CHAMPIONSHIP



## Bike course

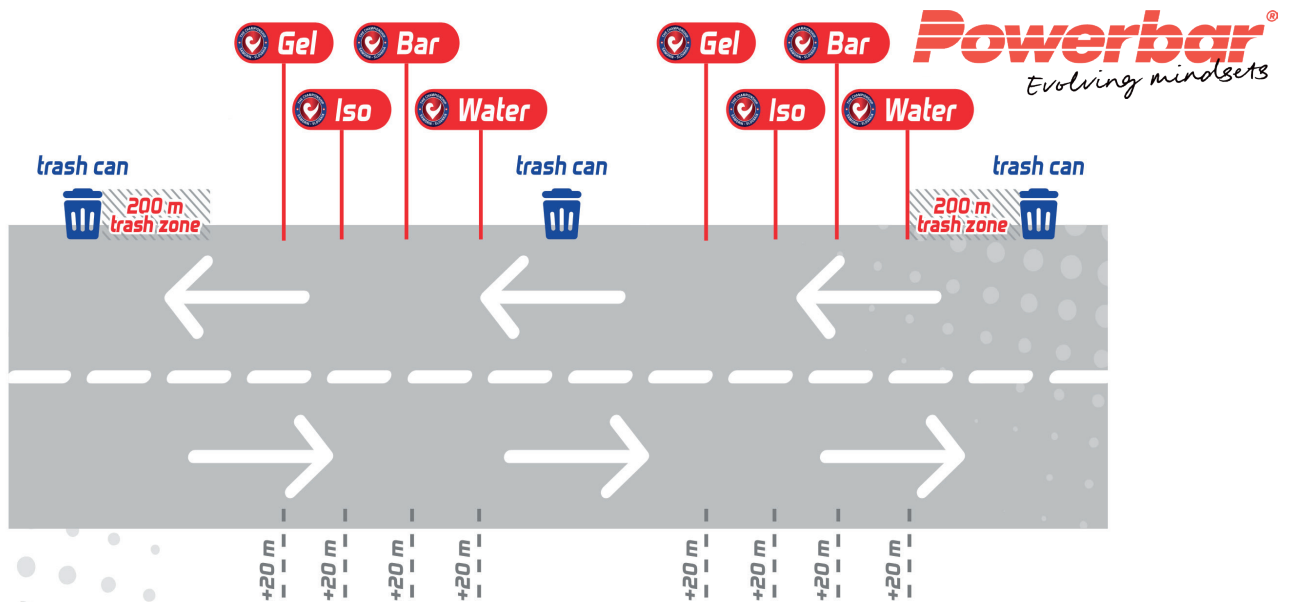


22nd May, 2022  
**BIKE COURSE/MIDDLE DISTANCE**  
course distance 90 km/1 loop



## BIKE COURSE AID STATIONS

The bike lap has two aid stations. The locations of the stations are displayed on the previous bike course map and are roughly located 20 kilometers apart.







## Littering Zone

Please note that you're allowed to throw away your trash only in the special marked areas before and after an aid station. Do not litter the rest of the course with your garbage. In case you are spotted throwing away your materials like cups, sponges, drink bottles or empty gels, you get disqualified. This is in force for both the bike as well as the run course.

## TRAFFIC, ROAD CLOSURES

The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to casualty and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed. Failure to follow instructions will be penalized for blocking by a yellow card. It is strictly forbidden to pass an athlete on the right side.

## DISTANCE MARKERS

There will be distance markers every 5 km on the bike course.

## COLLECTION CAR (BROOM CAR) INFORMATION

Please report to a volunteer at the bike course, then you will be picked up by the Collection car.

## BIKE RULES

- Drafting is prohibited! Minimum spacing 20 m long (front wheel to front wheel) overtaking time is a maximum of 40 seconds.
- On the bike course, the road traffic regulations are binding!

## PENALTY BOX

Penalty box for penalties received at the bike course is located at the beginning of the run course. If an athlete gets a penalty, it's the athlete's own responsibility to stop at the penalty box.

Regarding relay teams, the biker has to inform the runner independently and autonomously about his/her imposed time penalty.

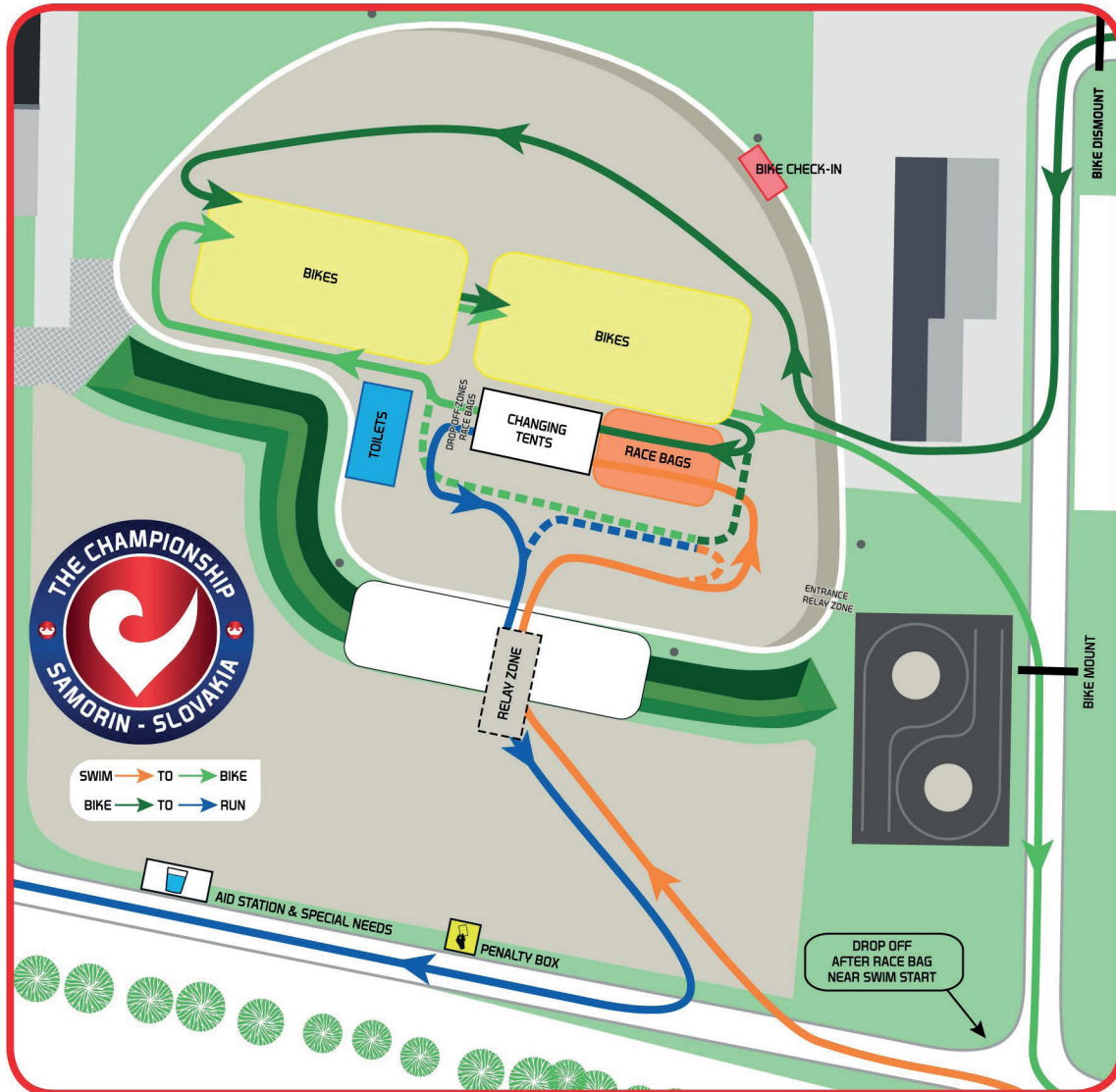
Penalties for professional athletes in transition area, mount and dismount will be signed on the penalty board. No cards will be given in this area. It is the athlete's own responsibility to look at the penalty board at the penalty box. If the penalty is not taken, the athlete will be disqualified.

## CUT-OFF TIMES

### Time limit / Cut Off times

Swimming:	1 hours 00 minutes / 12.00 a.m.
Swimming + biking:	5 hours 30 minutes / 16.30 p.m.
Swimming + biking + running:	8 hours 00 minutes / 19.00 p.m.

## Transition Bike to Run



## TRANSITION RULES

Dismount before dismount line. Keep helmet strapped until bike is racked at your own BIB number. Put all Bikewear in **BLUE** Bag (only shoes can stay attached to bike) but are not allowed to be left on the ground near the bike.

## ADDITIONAL INFO FOR RELAY TEAM MEMBER

Transition for the Relay Teams is near the exit of Transition Zone. Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from biker to runner. The handing over has to be made on the assigned spaces.



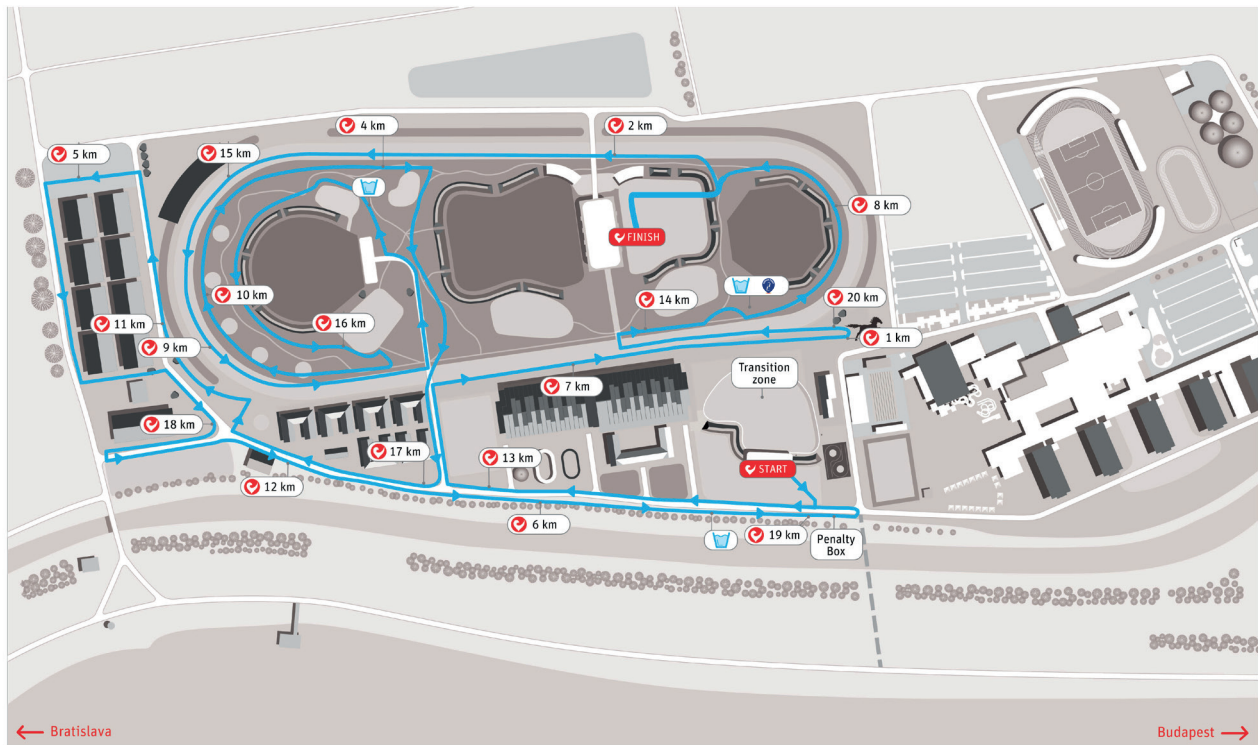
# THE CHAMPIONSHIP



## Run course

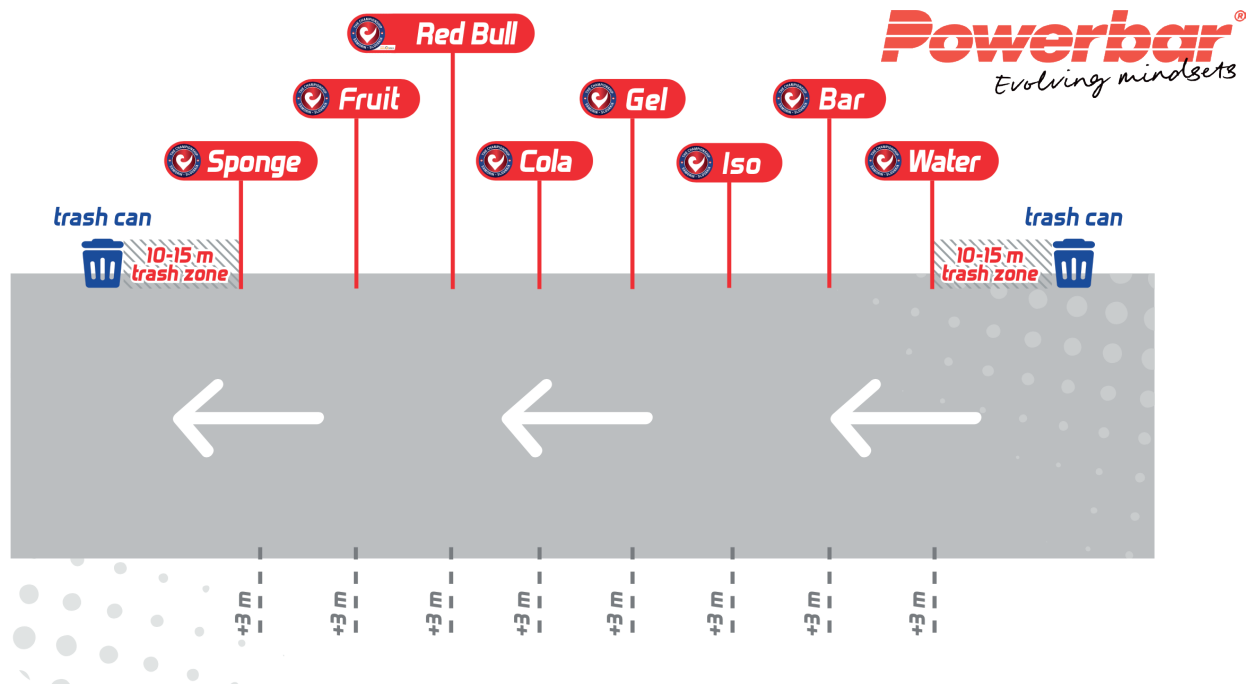


22nd May, 2022  
**RUN COURSE/MIDDLE DISTANCE**  
course distance 21 km/3 loops



## RUN COURSE AID STATIONS

On the run course, four aid stations are located approximately 2,5 kilometers apart from each other. Nutrition is served in the following order:



At the aid station will be served: Water, RedBull, Coca-cola, [PowerBar](#) (iso drink, bar, gel) and fruits. Check out the [Challenge Family Nutrition Guide](#) and some tips.

### Info on Special Needs Station

Athletes can bring their own food and drinks and ask accompanying people to pass them the food and drink at a special area at the first aid station (only on the run course). The special needs aid station is on the run course. Every athlete is asked to organize the provision of their own food and drinks with the help of accompanying persons. The race organizer does not assume any responsibility for this private service. Please note that Referees will monitor the special needs aid station.

## DISTANCE MARKERS

There will be distance markers every 1 km on the run course.

## PENALTY BOX

There is one penalty box close to the first aid station on the run course.



# THE CHAMPIONSHIP



## POST RACE INFORMATION

### Finish Line

Congratulations! You made it! Our volunteers are ready to assist you after you finish.

First, you'll receive your medal and finisher shirt. If you require immediate medical assistance, our volunteers will help you get to the medical center located near the finish line.

Directly next to the red carpet there's a Friends and Family Zone to meet-up your relatives and friends after the finish before you go to the Chill-Out Zone. In the Chill-Out zone all sorts of refreshments are available for athletes only. Please note, that the Chill-Out zone is dedicated to athletes only, please ask your relatives to wait for you outside.

The green transition bag (as prepared before the race) is available at the Chill Out. Please make sure you have attached the sticker with your bib number on the bag, in order to retrieve it. When exiting the Chill-Out Zone, you can quickly reunite with your friends and relatives again.





## Bike and Bag Collection

The bike check-out is located at the Transition Area. After the last bike-finish of the race, all athletes can retrieve their bikes from the Transition Area. You will only be allowed to collect your bike if you RETURN YOUR CHIP! You will be charged in case of loss. The Transition Area is only accessible by athletes wearing a participant bracelet. Bike pick-up is only possible with the BIB number and after returning your chip. Upon check-out, athletes are requested to pick up their bike, helmet, and red and blue transition bags.

## Medal engraving

Medal engraving is located at expo zone.

Medal engraving is available:

21 May 12:00 - 16:00

22 May 13:00 - 19:00

## Results

The results of the race will be available on our site: [www.thechampionship.de](http://www.thechampionship.de) and on the Challenge Family social media.

## Finish Line Photo

Photos of THECHAMPIONSHIP are made by Marathon Photos. These will be made available to you by e-mail in the days after the race. After that you can decide to buy them and download a package or ordering special items.

## Flower Ceremony

The Top 3 of Pro male and female athletes overall will have an award ceremony in the stadium on the race day itself. This award ceremony will be held as soon as the fastest three men and women have finished.

## Awards Ceremony

The final Award Ceremony takes place on Sunday evening, 22 May, at Tuli® Cinema at 7.30 p.m.

The winning pro-athletes and the winners in all Age Groups are celebrated during this ceremony plus the Abus Awards for the fastest male and female age group bike split and Wahoo Awards for the fastest male and female transition times in every age group. Please be present to receive your award during this ceremony.

1.place	Euro 15.000 + 1week in Strato sphere	6.place	Euro 3.000 + 1week in Junior suite
2.place	Euro 9.000 + 1week in Junior suite	7.place	Euro 2.500 + 1week in Junior suite
3.place	Euro 7.000 + 1week in Junior suite	8.place	Euro 2.000 + 1week in Junior suite
4.place	Euro 5.000 + 1week in Junior suite	9.place	Euro 1.500 + 1week in Junior suite
5.place	Euro 4.000 + 1week in Junior suite	10.place	Euro 1.000 + 1week in Junior suite

Age Group athletes can not win prize money. In the Age Groups, awards can be won in the following categories:

M/W18 — age 18 to 24	M/W40 — age 40 to 44	M/W55 — age 55 to 59	M/W70 — age 70 to 74
M/W25 — age 25 to 29	M/W45 — age 45 to 49	M/W60 — age 60 to 64	M/W75 — age 75 to 79
M/W30 — age 30 to 34	M/W50 — age 50 to 54	M/W65 — age 65 to 69	M/W80 — age 80 to 84
M/W 35 — age 35 to 39	Relay teams		





**OFFICIAL SIDE EVENTS  
OF THE CHAMPIONSHIP 2022  
TRYATHLON, OLYMPIC AND SPRINT DISTANCE**





## CHALLENGE SAMORIN TRYATHLON CHALLENGE SAMORIN OLYMPIC / SPRINT DISTANCE



### Rules and Regulations

For a smooth and sporty course of the event, we feel compelled to draw your attention to some important rules:

Participation in the event is at the participant's own risk. All participants have to follow [General Terms and Conditions](#).

The participant grants indemnity to the organization against all liability and claims possibly resulting from participation in the event.

The officials have the right to disqualify participants for reasons of misbehaviour during or before the race.

The race directors have the right to withdraw participants from the competition for the latter's personal protection, e.g. for medical reasons.

You shall adhere to the directions, instructions and rules of the officials (who can be recognized by clothing marked 'TECHNICAL OFFICIAL') under penalty of disqualification.

#### These include among others:

- The front of your Trisuit needs to be closed (no bare chest);
- Music devices (iPod, phones, etc) with earphones are not allowed;
- Action cameras (GoPro's etc) attached to your bike or helmet are not allowed;
- Supporters are not allowed to accompany you on bike on the bike- and run course;
- The littering of trash during the competition outside the provided zones in the Transition Area as well as at the beginning and end of the aid stations of the bike and run courses will end in a disqualification.
- It's not allowed to use time trial bikes within tryathlon distance (drafting is allowed) within tryathlon.

### Athletes Checklist RACE DAY

#### TRANSITION

- ☑ Transition Area for the Tryathlon, Sprint, Olympic distance is accessible Saturday, 21 May between 6:30 - 8:15
- ☑ ID Wristband
- ☑ Nutrition to strap/secure to your bike

#### SWIM

- ☑ Race supplied Swim Cap
- ☑ Timing Chip (applied to left ankle)
- ☑ Wetsuit (if applicable)
- ☑ Goggles

#### BIKE

- ☑ Bike seat post label
- ☑ Bike shoes (in bag or clipped onto bike)
- ☑ Race Bib number (in the bag)
- ☑ Sunglasses (in the bag)
- ☑ Clothing (in the bag)
- ☑ Helmet (in the bag)

#### RUN

- ☑ Running shoes (in the bag)
- ☑ Sunglasses (in the bag)
- ☑ Hat (in the bag)
- ☑ Clothing (in the bag)





## CHALLENGE SAMORIN TRIATHLON CHALLENGE SAMORIN OLYMPIC / SPRINT DISTANCE



### Medical

During the event our Medical Team will take the best care of our athletes. If you have special medical needs, please inform our Head Medic before you start the race. For all medical inquiries contact our head of Medical Team from

#### AP - RESCUE:

Name: Peter Lakomý

Phone: +421 910 976 134

Email: peter.lakomy@aprescue.sk

In case you need medical assistance in the days before or after the race, please contact the front reception of x-bionic® sphere.

### Athletes Registration

**LOCATION:** Energy Congress Room ([see schedule](#))

Don't forget to bring your personal identification and triathlon federation license card for validation purposes. You can store your bike in the hotel room (If you are accommodated). Taking your bike with you to registration is not allowed.

The registration process takes place according to following steps:

Your entry information will be checked and you'll receive the necessities for racing in an envelope.

If you can't provide a triathlon union license card during the registration process, a day license must be acquired for Euro 10.00. (It will be provided by Slovak Triathlon Union at separated desk)

You will also be provided with three bags that are required during transitions and after the race.

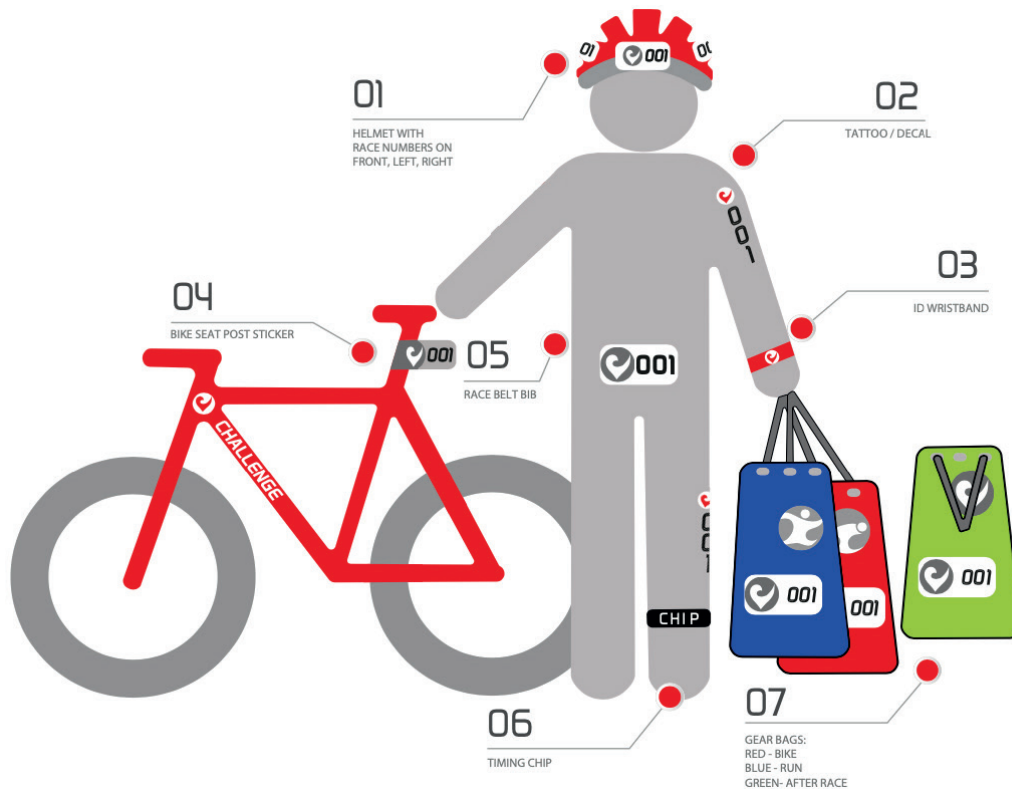
Additionally, you will get a voucher for your Athletes Gift, which you can pick up at the x-bionic® store (positions 34 38 at the EXPO zone).

At the final counter, you can buy additional entrance tickets for your families/friends to the Pasta Party (Euro 15 per Ticket), which takes place on Saturday evening. In case there is an issue with your registration, you will be assisted at this desk.

During the Registration Process you will receive all your race gear that you will need on Friday. The race gear consists of the following items:

- Race bib number to be worn on your back during cycling and on your chest during running.
- Tattoos: decals with your bib number which need to be placed on your body: one on your left upper arm and one on your right upper arm (only the Relay swimmers have to place the tattoos on the upper arms).
- Saddle stem flag/label, to be placed under the saddle of your bike.
- Helmet race number sticker, to stick on the front, left and right side of your helmet.
- Swimming cap, to be worn during the swim course.
- Three TA bags, to be used as follows:
  - Red** = Containing bike outfit
  - Blue** = Containing run outfit
  - Green** = Containing After race outfit
- Athlete wristband that gives you access to participants' areas, to be worn around the wrist. This wristband will also give you access to the Pasta Party.
- Timing Chip must be worn on the left ankle.
- Only official swimming cap, tattoos and stickers must be used. Using other equipment will be punished by DSQ.

Please check to ensure that all these items are present. In case of deviations, please report this at the Information Desk.



## Timing Info

The progress of your race is registered by transponder attached to a soft rubber band with velcro. This transponder needs to be placed on your left ankle during all three parts of the race. As the chip is linked to your race number, please make sure the number the organization has, matches the number on the chip. Otherwise your time cannot be registered correctly during the race.

### Information for Relay Starters:

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from swimmer to biker as well as from biker to runner. The handing over has to be made on the assigned spaces of the biker resp. the runner in the transition area.



## CHALLENGE SAMORIN TRYATHLON CHALLENGE SAMORIN OLYMPIC / SPRINT DISTANCE



### Pasta Party sponsored by

For all athletes of the Olympic and Sprint Distance, participation in the Carbo Loading party on Saturday is included in the entry fee. In addition, there are a limited number of tickets for accompanying persons. They are available at Euro 15.00 each at the reception of Olym-Pick restaurant or at the registration office. Free entry for children under 12 years. The Pasta Party takes place inside Olym-Pick restaurant. Participants are offered all sorts of food to prepare them best for the Challenge of the next day. Entrance is only allowed with the Pasta Party ticket as handed out during registration or purchased additionally.

### Race Briefing

It is obligatory for all athletes to attend the race briefing:

Race Briefing Olympic Distance: Saturday, May 21, 2022 at 10.05 - 10.15 at the Danube river bank  
Race Briefing Sprint Distance: Saturday, May 21, 2022 at 09.25 - 09.35 at the Danube river bank  
Race Briefing Tryathlon: Saturday, May 21, 2022 at 08.10 - 08.20 at the x-bionic® aquatic sphere

### Bike Check- In

Bike and Bike Helmet check-in on Saturday 21 May, 2022 06:30 – 08:15.

Location: Farrier's arena in x-bionic® equestor sphere

At the bike check-in, your bike is checked for safety and adherence to the regulations as set out by the World Triathlon. Before checking-in your bike, make sure you have checked the following things:

- 1) Your bike is technically in order, e.g: your brakes are working and there are no open ends on your handle bars.
- 2) The saddle stem ag/label is placed under your saddle.
- 3) On your head you have fastened your helmet containing 3 stickers with your bib number on the front, left and right sides.
- 4) You are carrying your own race bib number around your waist or in your hand.
- 5) There is no loose gear allowed on the ground in the Transition Area. Make sure everything is placed in the designated red or blue bag.

Materials which are attached to your bike (shoes attached / nutrition) are allowed.

During registration you will receive three differently coloured TA bags. These should be used as follows:

#### RED bag

Contains all your bike gear that cannot be fixed onto your bike. Included helmet. In the TA, no loose gear is allowed on the ground. This bag is stored in a rack indicated by your bib number in the TA. This bag should be placed on the lowest part of the rack. After the swim, this bag will contain all your swimming gear and can be left after the changing tent.

#### BLUE bag

Contains all your running gear. It is not allowed to leave this near your bike. This bag should be placed on the upper part of the rack. After the bike course, you put your bike gear in this bag and it can be left after the changing tent.

#### GREEN bag (only for Olympic and Sprint distance)

This bag contains your clean, dry clothes and materials that you need after the finish. This bag must be handed over just before the start (location: next to Swim Entrance) and is NOT allowed on the rack in the Transition Area. After the race, the green bags will be available to you in the Chill-Out zone after the finish. The red and blue bags can be retrieved from the Transition Area where you've initially stored them.

#### TRYATHLON:

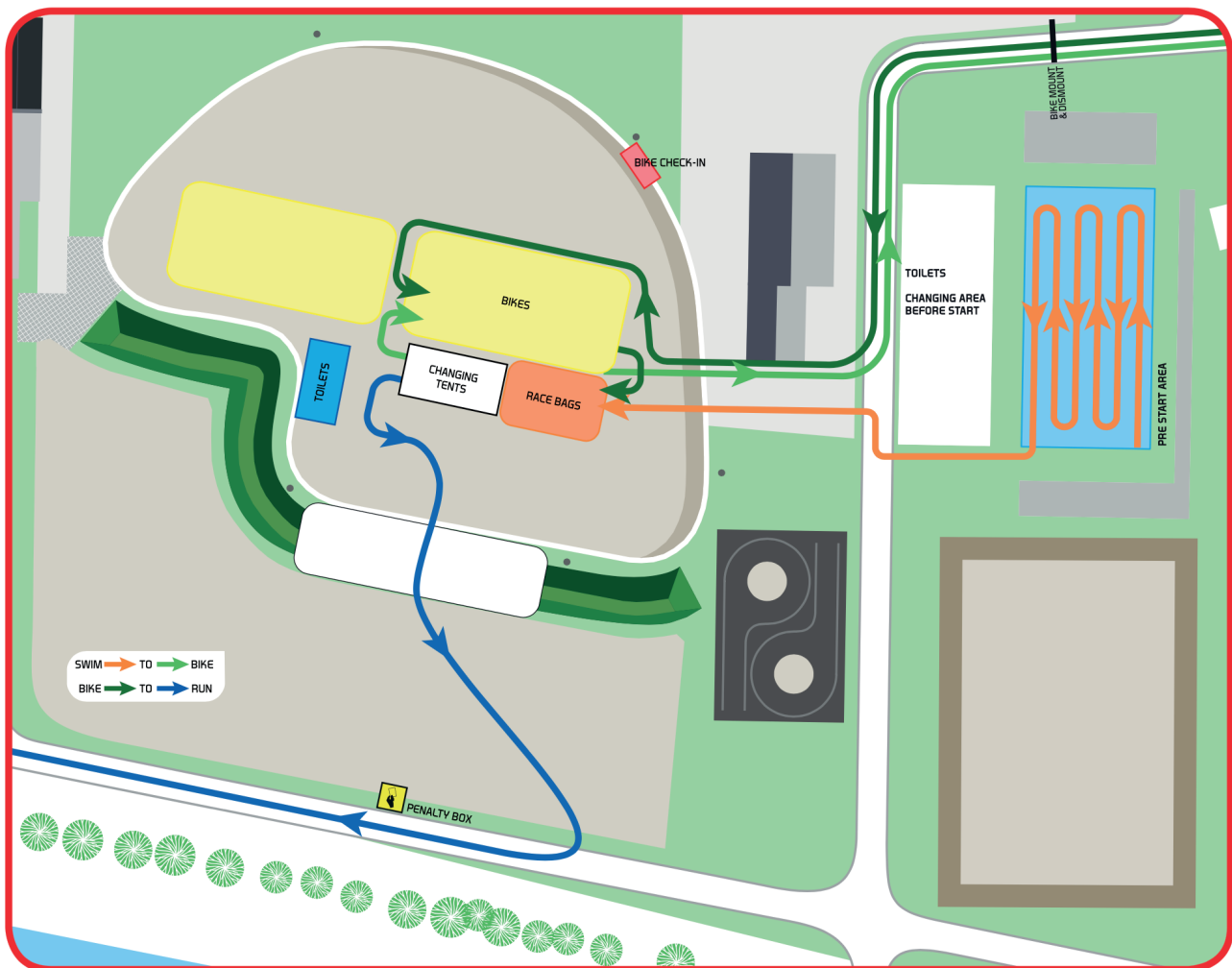
Leave your green bag at the swim start in aquatic sphere and after the race- you can pick your bag up at the same designated area

## COURSE INFORMATION

### Tryathlon

#### Swim course

The start procedure is following a time trial procedure. Every 10 seconds one athlete will start (first come, first serve). Entrance to the swimming pool is via outside Aquatic sphere entrance (next to the horse statue).





## CHALLENGE SAMORIN TRYATHLON



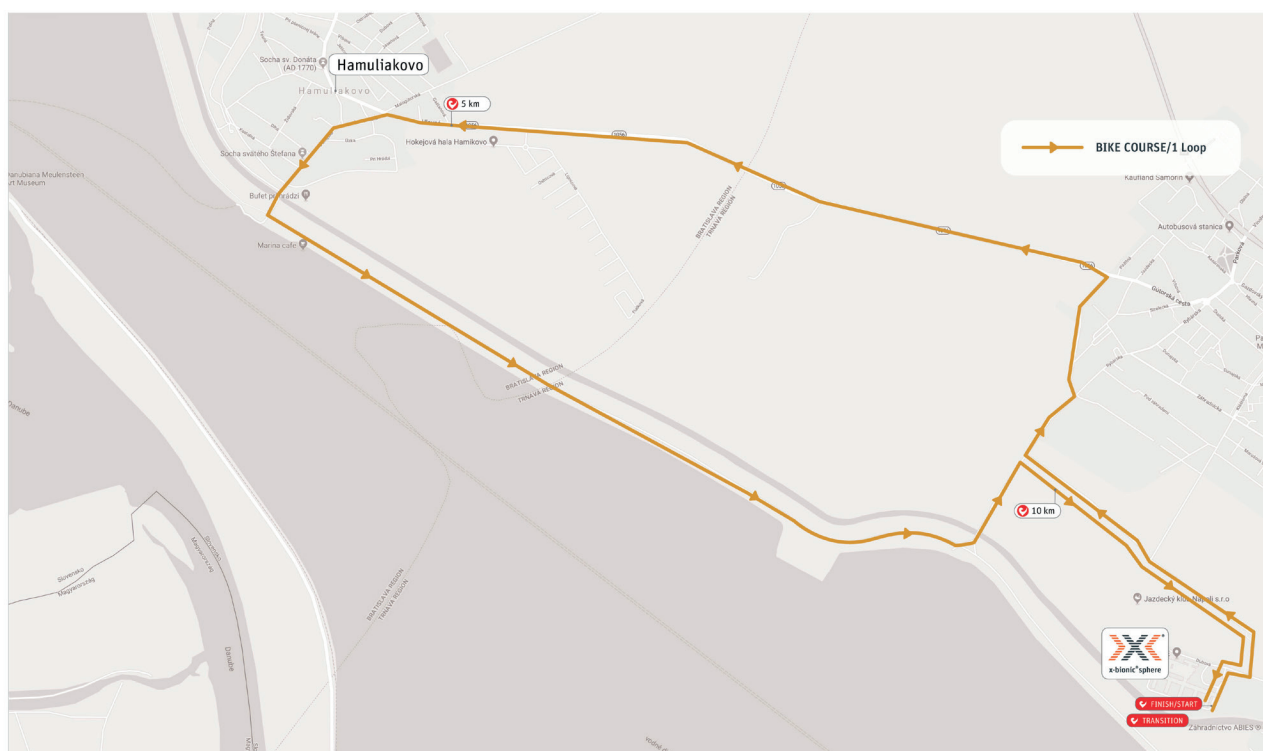
### Bike course

#### TRAFFIC, ROAD CLOSURES

The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to casualty and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed. It is strictly forbidden to pass an athlete on the right side. Drafting is permitted for the Tryathlon only. It's not allowed time trial bikes within Tryathlon.



**21st May, 2022**  
**BIKE COURSE/TRYATHLON**  
course distance 13 km/1 loop





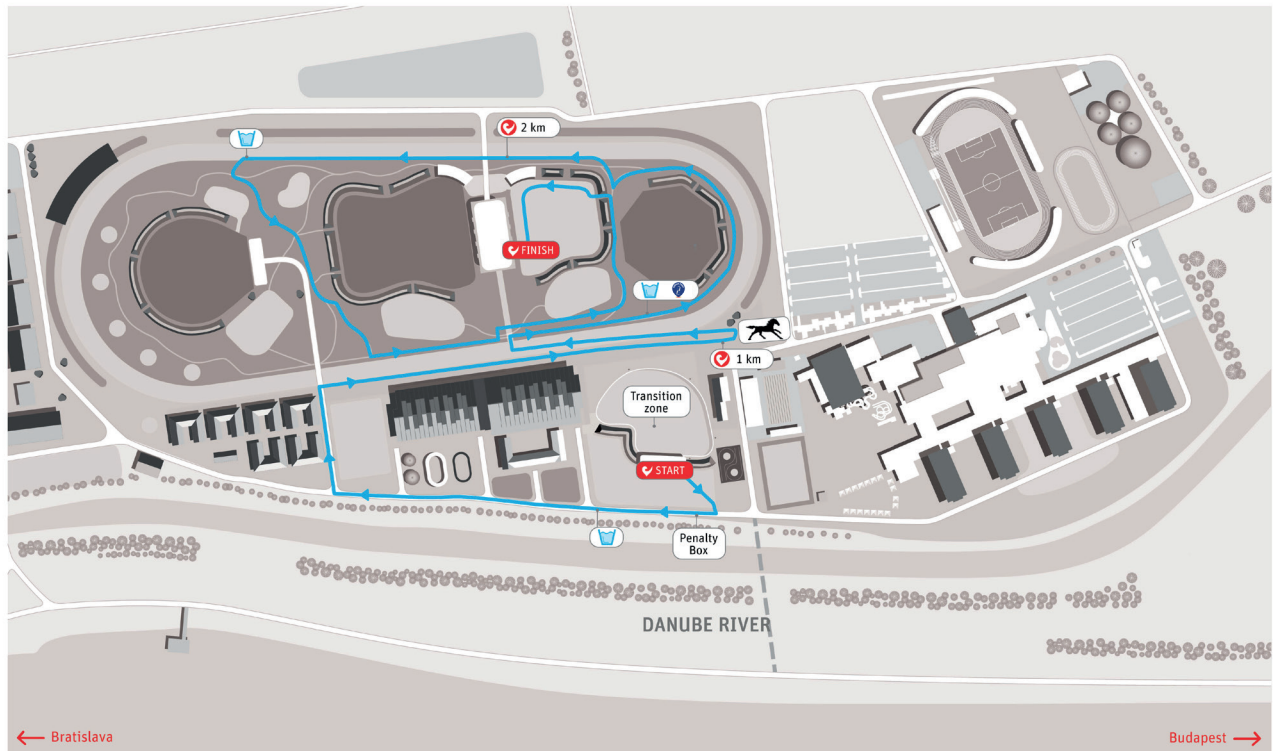
## CHALLENGE SAMORIN TRYATHLON



### Run course



21st May, 2022  
**RUN COURSE/TRY-ATHLON**  
course distance 3 km/1 loop





## Olympic Distance

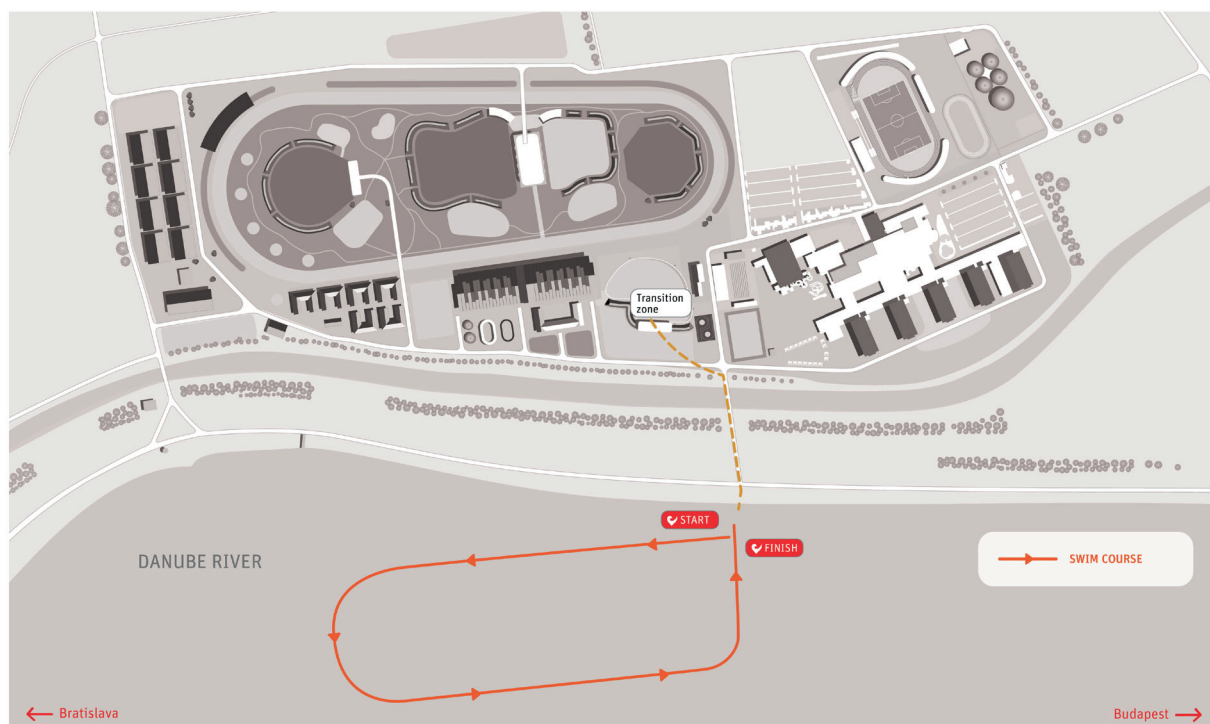
### SWIM START

The swim course is guarded by lifeguards and medical staff on boats and supported by volunteers in kayaks. Are you having issues during the swim? Draw attention by hand waving above your head to the kayaks and they will come to your rescue.

### Swim course



**21st May, 2022**  
**SWIM COURSE/ OLYMPIC**  
course distance 1.5 km



### ADDITIONAL INFO FOR RELAY TEAM MEMBER

Transition for the Relay Teams is near the entrance of Transition Zone.

Each relay receives a transponder for the time-keeping. This transponder has the additional function of a relay baton, therefore it has to be handed over personal from swimmer to biker. The handing over has to be made on the assigned spaces.



## CHALLENGE SAMORIN OLYMPIC

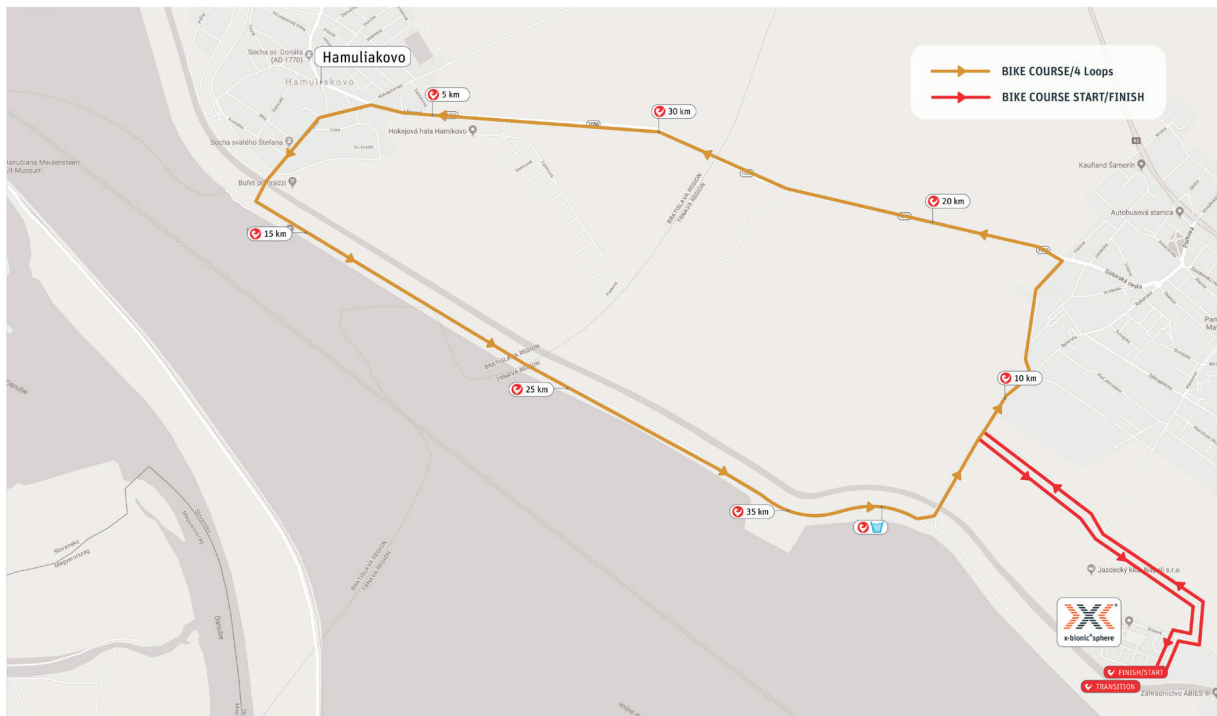


### Bike course

Drafting for the Olympic Distance is not permitted. Minimum spacing 10 m long (front wheel to front wheel). Overtaking time is maximum 20 seconds. Time trial bikes are allowed. The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to casualty and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed. It is strictly forbidden to pass an athlete on the right side.



**21st May, 2022**  
**BIKE COURSE/OLYMPIC**  
course distance 40 km/4 loop







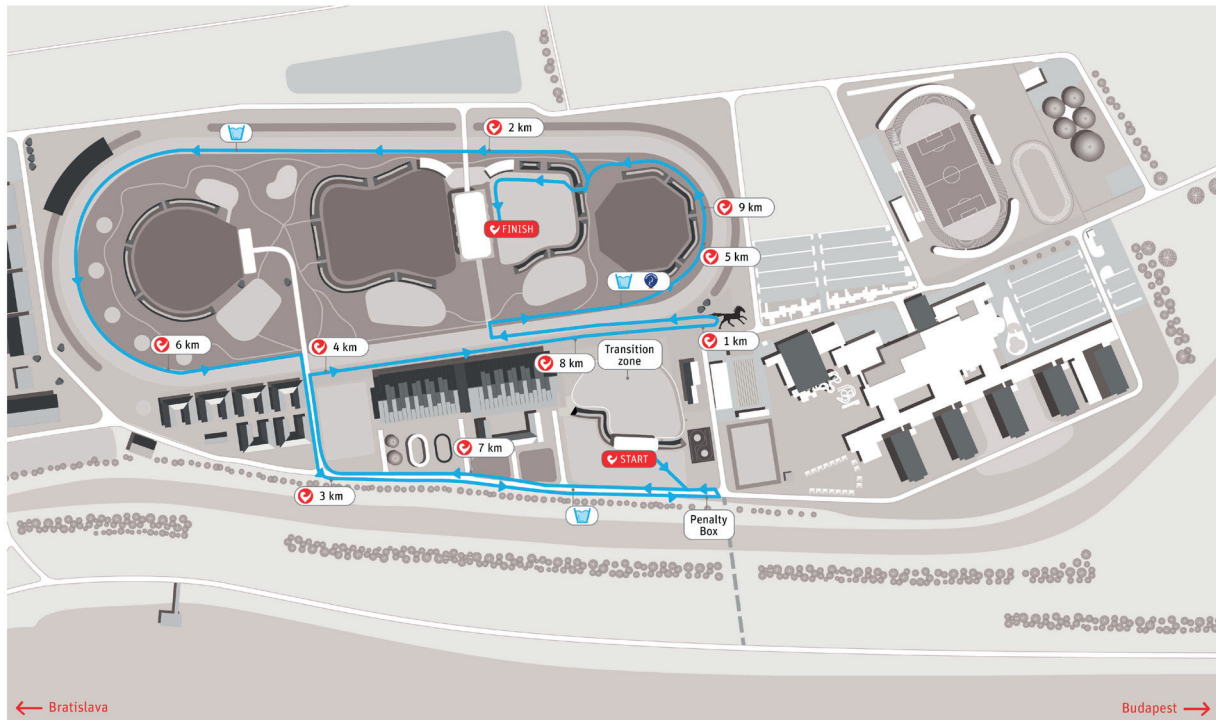
## CHALLENGE SAMORIN OLYMPIC



### Run course



21st May, 2022  
**RUN COURSE/OLYMPIC**  
course distance 10 km/2 loops





## CHALLENGE SAMORIN SPRINT DISTANCE

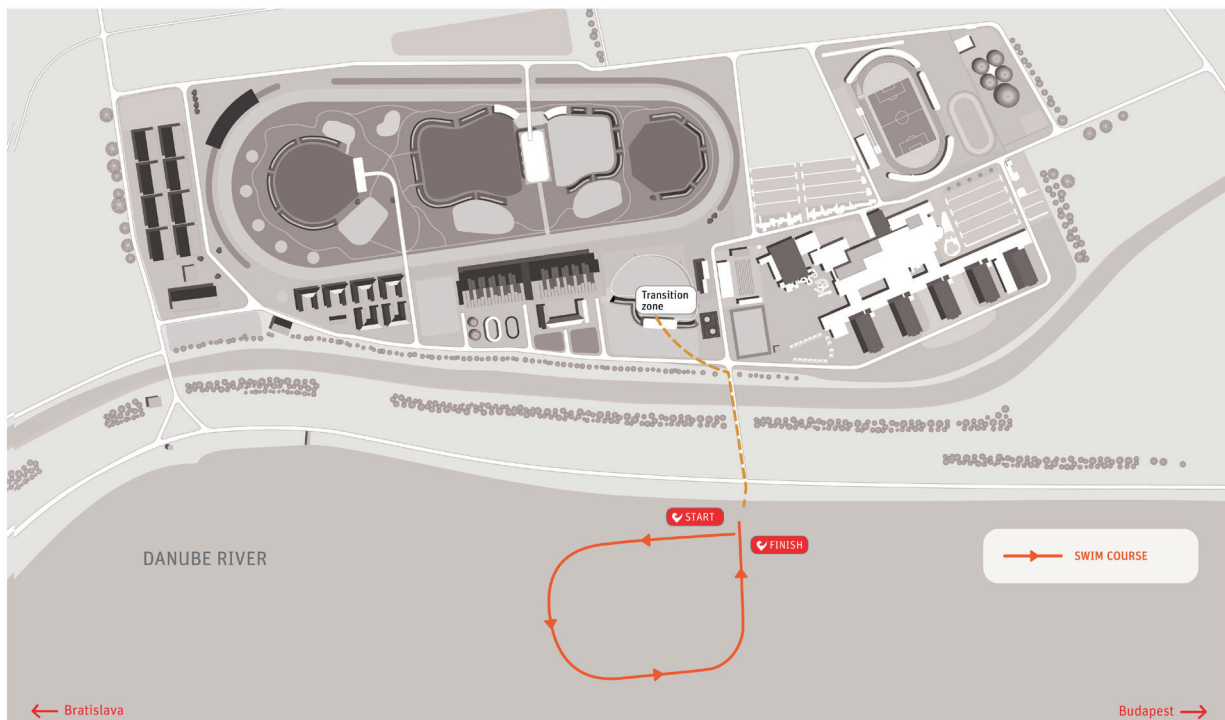


# Sprint Distance

## Swim course



21st May, 2022  
**SWIM COURSE/ SPRINT**  
course distance 750 m





## CHALLENGE SAMORIN SPRINT DISTANCE



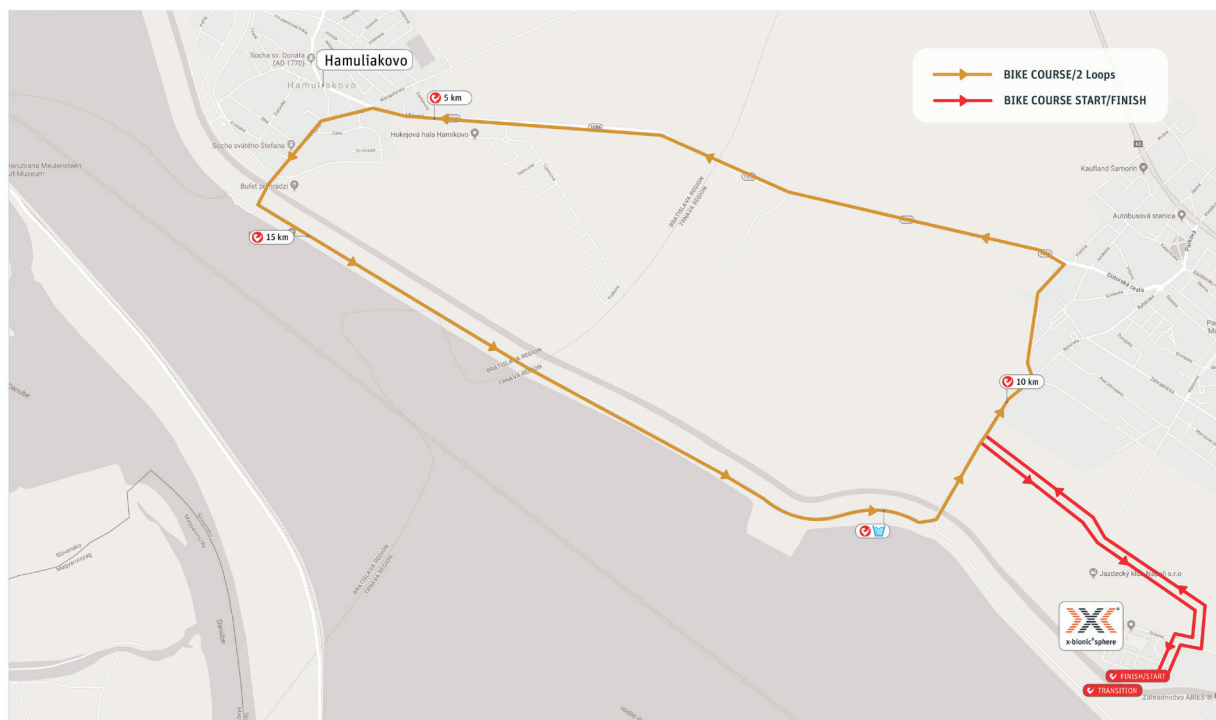
# Sprint Distance

## Bike course

The course is closed for traffic, but as an athlete, you are still obligated to respect traffic rules, clear the way in case of emergency services respond to casualty and be aware of potential cars alongside the course. We ask you to keep to the right side of the road to allow other athletes to pass you on the left side. Crossing the central middle line is not allowed. It is strictly forbidden to pass an athlete on the right side.



21st May, 2022  
**BIKE COURSE/SPRINT**  
course distance 20 km/2 loops





## CHALLENGE SAMORIN SPRINT DISTANCE

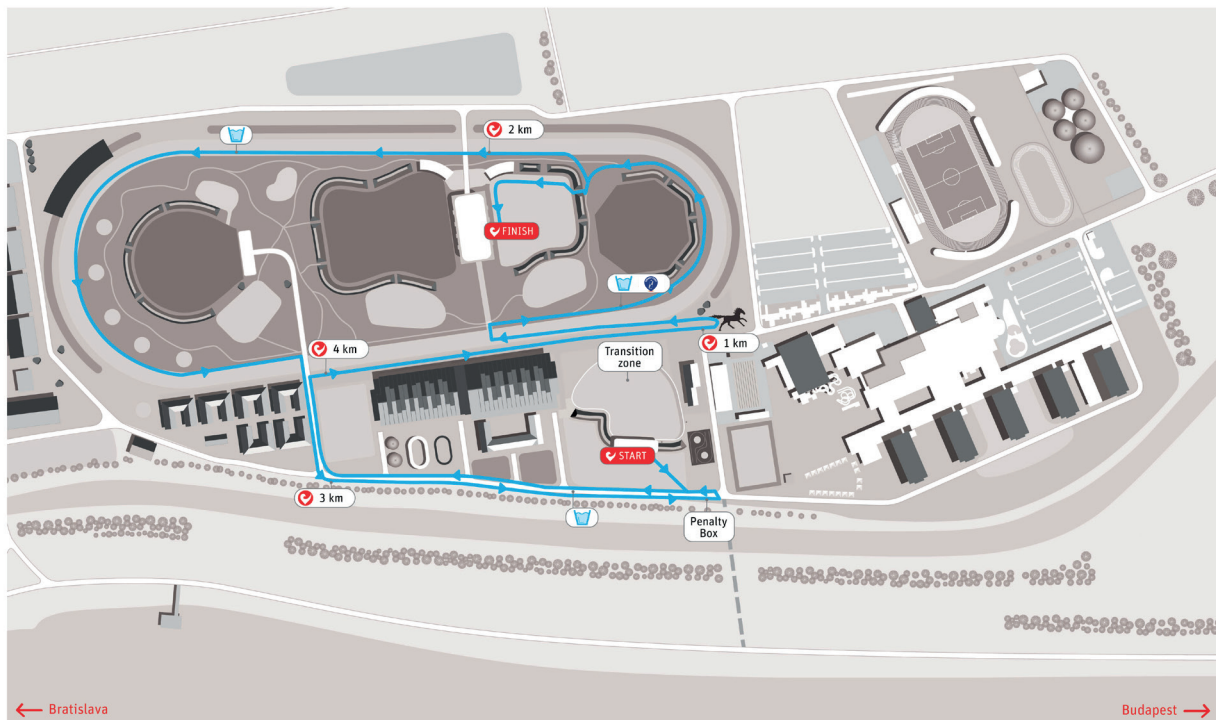


# Sprint Distance

## Run course



21st May, 2022  
**RUN COURSE/SPRINT**  
course distance 5 km/1 loop





## CHALLENGE SAMORIN TRYATHLON CHALLENGE SAMORIN OLYMPIC / SPRINT DISTANCE



## LOST & FOUND

All lost and found items will be collected at the hotel reception.

After the conclusion of the event, please email [thechampionship@challenge-family.com](mailto:thechampionship@challenge-family.com) to locate any missing items and schedule returns. Shipping fees will apply.

## ADDITIONAL INFORMATION

It is not allowed to use Drones for taking pictures and videos in the whole event and course area.

These signal disturbs the signal for the TV livestream.

Unauthorized using of Drones will be reported to the police.

## SPONSOR INFORMATION





# HAPPY BIRTHDAY

YOU INSPIRE US!

Rostrøm Morten  
Hrivkova Michaela  
Fleischer Steffen  
Kutács Zsolt  
Matveev Sergey  
Kroener Andreas  
Tikkanen Tuomas  
Reng Franziska  
Knechtle Cyrill

THANK YOU FOR HAVING TO CELEBRATE YOUR BIRTHDAY WITH  
US! THANKS TO ALL TRIATHLETES WHO SENT US THEIR STORY



# RACE CALENDAR 2022



All races are qualification  
races for The Championship



**CHALLENGE  
FAMILY**  
*wearetriathlon!*



**CHALLENGE PUERTO  
VARAS**

CHILE, 20 MAR 2022  
MIDDLE



**OTSO CHALLENGE SALOU**

SPAIN, 3 APR 2022  
MIDDLE



**ANFI CHALLENGE MOGAN  
GRAN CANARIA**

SPAIN, 23 APR 2022  
MIDDLE



**CHALLENGE TAIWAN**

TAIWAN, 23 APR 2022  
FULL/MIDDLE



**CHALLENGE RICCIONE**

ITALY, 1 MAY 2022  
MIDDLE



**CHALLENGE LISBOA**

PORTUGAL, 7 MAY 2022  
MIDDLE



**CHALLENGE MALTA**

MALTA, 15 MAY 2022  
MIDDLE



**THE CHAMPIONSHIP**

SLOVAKIA, 22 MAY 2022  
MIDDLE



**SPORTLAND N-Ö  
CHALLENGE ST. PÖLTEN**

AUSTRIA, 29 MAY 2022  
MIDDLE



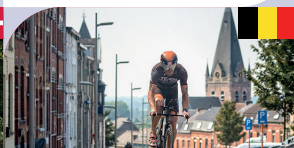
**CHALLENGE  
GUNSAM-SAEMANGEUM**

KOREA, 29 MAY 2022  
MIDDLE



**GARMIN CHALLENGE  
HERNING**

DENMARK, 11 JUN 2022  
MIDDLE



**SKODA CHALLENGE  
GERAARDSBERGEN**

BELGIUM, 12 JUN 2022  
MIDDLE



**CHALLENGE WALES**

WALES, 18 JUN 2022  
MIDDLE



**LOTTO CHALLENGE  
GDANSK**

POLAND, 19 JUN 2022  
MIDDLE



**CHALLENGE KAISERWINKL  
WALCHSEE**

AUSTRIA, 26 JUN 2022  
MIDDLE



**CHALLENGE VANSBRO**

SWEDEN, 3 JUL 2022  
MIDDLE



**DATEV CHALLENGE  
ROTH**

GERMANY, 3 JUL 2022  
FULL



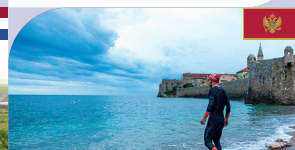
**CHALLENGE TURKU**

FINLAND, 31 JUL 2022  
MIDDLE



**CHALLENGE ALMERE  
AMSTERDAM**

NETHERLANDS, 10 SEP 2022  
FULL/MIDDLE



**CHALLENGE BUDVA  
MONTENEGRO**

MONTENEGRO, 25 SEP 2022  
MIDDLE



**CHALLENGE SANREMO**

ITALY, 25 SEP 2022  
MIDDLE



**CHALLENGE PEGUERA  
MALLORCA**

SPAIN, 15 OCT 2022  
MIDDLE



**CHALLENGE  
FLORIANOPOLIS**

BRAZIL, 4 DEC 2022  
MIDDLE



**INTEGRITY HOMES  
CHALLENGE WANAKA**

NEW ZELAND, 18 FEB 2023  
MIDDLE



**IPPG CHALLENGE  
VIETNAM**

VIETNAM, MAR 2023  
MIDDLE





**CHALLENGE**  
**FAMILY**  
wearetriathlon!



# QUALIFY NOW

21 MAY

# 2023



THECHAMPIONSHIP.DE



x-bionic® sphere