

Race Manual

Version 1.0 – Thursday, 10th August 2023

Attention! All participants in Oslo Triathlon are required to read and understand this information. The contents are important information that you need to participate in Oslo Triathlon 2023.

Contact Us

NB! The days before the event are very busy, but we try to respond to all requests. We appreciate your thoroughly reading this information before you ask. Most answers should be found here.

Thanks for your understanding!

RACE RESULTS

We use a high-quality timing system from Race Result and Norwegian RaceTracker. Follow participants live via the link at www.oslotri.no or <https://my.raceresult.com/231577/results/>

WELCOME TO OSLO TRIATHLON

Norway's first triathlon

Since 1983, Oslo Triathlon has been arranged at Sognsvann without interruption and we in the organizing committee and Sportsklubben Rye are very proud to be able to continue the tradition. The idea to establish a triathlon in Norway was born after seeing the 1981 Ironman in Hawaii on television.

Long distance swimmers Steinar Robarth and Jack Tunsjø went to the source and met Valerie Silks in 1982, who is regarded as Ironman Hawaii's mother. With much good advice in the luggage they came back excited to get to work planning Oslo Triathlon.

Over the succeeding 40 years Oslo Triathlon has been arranged, we estimate we have had nearly 18000 participants. From just 500 participants in the first years, the popularity and the renown of the sport has grown, but even if in some years there were just 100-150 participants, we have never had to cancel except for the pandemic year 2020.



See you at the Transition!

Greetings from the Oslo Triathlon

CONTENTS

(should be filled-in automatically)

DIDN'T MANAGE TO READ IT ALL? THEN YOU MUST AT LEAST KNOW:

CHECK THE KEY, RISKIEST PARTS OF YOUR BICYCLE!

This competition is "draft illegal," that is, there should be a reasonable distance between participants when cycling:

- Minimum distance to the bicycle in front of 10 meters
- Passing of other participants must take no longer than 20 seconds.

- Nakedness in the transition zone is prohibited.
- Participants must wear a bottom and a top while cycling and running.
- Earbuds/headphone (music, telephone, etc.) prohibited during the competition.
- Coaching and providing assistance during cycling is prohibited.

Violation of NTF's Rules of Competition may result in the participant receiving a verbal warning, a time penalty, disqualification or suspension.

Any time penalty is served in the area marked Straffeboks ("penalty box") near the transition zone:

- For sprint: 1 minute
- For longer distances: 2 minutes

Participants penalized with a time penalty will generally be issued a card by the judge (yellow or blue for drafting) and their start numbers will be called if necessary for safety reasons. Start numbers of participants who must serve a time penalty are shown on a board next to the Straffeboks ("penalty box").

IMPORTANT!! Participants themselves are responsible for checking the board and stopping in the Straffeboks; they will be disqualified if they do not stop.

PROGRAM

THURSDAY, 10TH AUGUST

9:00 – 18:00	START NUMBER COLLECTION Braasport, Ullevål Stadion
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FRIDAY, 11TH AUGUST

9:00 – 18:00	START NUMBER COLLECTION Braasport, Ullevål Stadion
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SATURDAY, 12TH AUGUST

6:30	SECRETARIAT OPENS
6:30 – 7:30	CHECK-IN TRANSITION ZONE HALF-DISTANCE
7:30 – 9:00	CHECK-IN TRANSITION ZONE OLYMPIC
7:00 – 9:30	CHECK-IN TRANSITION ZONE SUPERSPRINT
8:00	Braasport sales point and bicycle service opens
8:00	START HALF-DISTANCE
9:00 – 9:30	START OLYMPIC DISTANCE Waves according to start times listed
10:00	START SUPERSPRINT TRYATHLON AND AKVATLON
10:00 – 12:30	CHECK-IN TRANSITION ZONE SPRINT AND RELAY Check-in for Relay is open until 13:00
11:30 – 12:00	BARNATRILEIK – TRI4FUN Children's Triathlon Rolling start 11:30 – 11:45
11:50	Live Music in the Area by Paul Allen and Erik Norheim
12:00	Equipment can be collected from the Transition Zone by Olympic
12:10	AWARDS CEREMONY OLYMPIC AND SUPERSPRINT On the stage at the Arena
12:30 – 12:50	START SPRINT DISTANCE Waves according to start times listed
13:00	START RELAY
15:00	AWARDS CEREMONY SPRINT AND RELAY On the stage at the Arena
16:00	DISMANTLING: ANYONE WHO WISHES TO HELP—YES, YOU—IS HEARTILY WELCOME!

IMPORTANT MESSAGE TO ALL PARTICIPANTS

For better information flow during the competition, this year Oslo Triathlon is establishing its own Operations Center to be manned 7-17 Saturday, 12th August.

If you as a participant wish to notify us about an accident or any other situation that you think can affect the safety of the arrangement, please contact us at the following numbers:

Primary +47 90999091

Secondary +47 90088855

The Operations Center will forward your message to the correct recipient whether the Race Leader, medical team, police, Zone Leaders or others. In serious accidents, the Operations Center can in consultation with you decide that you should call and coordinate directly with 113.

IF IN DOUBT, CALL 113!

Remember to always give the following information to the Operations Center:

1. Name and any start number.
2. What happened.
3. Where and when the incident happened.
4. Your own telephone number so that Operations Center can contact you.

If you forget, Operations Center will ask you for this information when you call.

If, for any reason, you don't manage to contact Operations Center, in case of accident or other incident you can always call 113 directly.

ENERVIT – NEW COOPERATION PARTNER

On our team this year we are lucky to have the Italian company Enervit as a cooperation partner. Enervit is the market leader in Italy with a market share of 65% and is growing here in Norway. We have received help from their nutrition team to put together nutritional guidance in two different versions, either with the Enervit Red line or with the new series C2:1PRO, which a long line of professional athletes swear by, among others the professional cycling team UAE Team Emirates, with Tadej Pogcar and Adam Yates leading and the Italian ski legend Federico Pellegrino.

C2:1PRO is a mixture of glucose and fructose that can result in a higher uptake of energy for top athletes. Competitors metabolize 60 grams carbohydrates per hour. For tips on how this series can help you to perform better under a triathlon read more here: [Triathlon C21PRO tips](#). For those of you who follow top competitors like Gustav Iden and Kristian Blummenfelt, you have perhaps read how they activate and train their bodies to take up energy during competitions in order to perform optimally. We recommend all to test how their own body reacts to the products before they use them during competition. In many ways, you can say that nutrition is the fourth discipline in Triathlon. And especially in the longer races can that be the difference between reaching the finish line and not.

[Click here to read more nutrition tips from Enervit.](#)

It will be possible to buy Enervit products at good prices at Braasport and at the Arena.

PICK-UP OF START NUMBER

Before 8th August, we will send out an email with information on collection of the start number. Please show this email when you collect your number to make the process faster. Didn't get it? Check your SPAM filter! If anyone else will collect your number, they must show us the email.

Start number collection is open Thursday, 11th and Friday, 12th August between 9:00 and 18:00 at:

Braasport Ullevaal

Sognsveien 75

0855 Oslo

Tel. +47 22 23 00 33

There's free parking for 1 hour and easy access by public transport. In the shop, you will find almost everything you need and you get assistance from experienced salespersons. Prices at Braasport Ullevaal shall always be the same as on their webshop.

Construction work is being done, so please use the entrance near Thon Hotel Ullevål. There is now a 20% discount on all products in the shop, with certain exceptions.

It will also be possible to pick-up your start number at the Secretariat at the Arena from 6:30 for participants from outside Oslo and late registrants, but we recommend you do this in good time. Start numbers must be picked up at least 1 hour before the start of the relevant distance (not applicable to Childrens Triathlon). No start numbers will be handed out after that deadline.

We recommend you buy a start number belt to attach your start number, or to make your own. If you need a start number belt, please ask about that when you collect your start number.

If you have an annual license, you must bring it and show it when you pick-up your start number.

Changes in the members of a relay and, under special conditions, changes in the start wave (taking into account the sizes of the waves), can be made when you collect your start number. You can also pay for a one-time license if you haven't already done so.

For relay teams, each member without an annual license must have a one-time license.

START NUMBER TIMING CHIP

Attach the CHIP with neoprene band around your ankle. It should not be attached to your arm or anywhere else, and shall be attached throughout the event.

NO TIMING CHIP = NO TIME

Relay teams: The timing chip is your baton, passed from the first to second to third stage participant, but it must be placed on the ankle so that your team's passings will be registered.

The timing chip is delivered to the relevant person in the finish area. If you forget to deliver it, you will be charged NOK 600!

NB! If you collect the start envelope and choose not to start, you must return the timing chip either to the Secretariat or, by mail, to Race Tracker within 3 days:

RaceTracker AS

Tåsenveien 26

0853 Oslo

Put on the start number after the swimming stage.

The start number should be visible on the back during the cycling stage and worn on the front during the running stage (therefore it's smart to attach the start number to a start number belt or an elastic

band that you can just pull around and save time). They'll be for sale where you pick-up your start number at Braasport or at the Arena.

Remember to fill in your personal information on the back of the start number!

Regarding the stickers you got in the start envelope, attach the big one around your seat post. If you are driving to the event and carry your bicycle on the outside of your vehicle, we recommend you attach the sticker after you arrive to avoid damage by wind and rain.

Your helmet should be marked with the stickers on the front and side. In addition, there are two stickers you can use to mark your baggage and other belongings.

RACE REGULATIONS

Follow the general regulations of the Norwegian Triathlon Association (NTF). All participants are required to read and understand the race regulations.

Oslo Triathlon's Participants Guide is written in accordance with the race regulations of the NTF, which themselves are rules under those of the International Triathlon Union (ITU).

The purposes of race regulations are to:

- Ensure fair competition in the spirit of good sportsmanship
- Ensure participants' safety before, during and after the race
- Promote ingenuity and skill without unnecessary limitations
- Penalize participants who gain an unfair advantage

LICENSE

All participants in NTF sanctioned races must have a license. You can choose between an annual license or a one-time license. A license can be purchased at registration or at start number pick-up. Read more about the license rules and prices [here](#).

One-time licenses are personal and an insurance that covers participants. Hence, it is illegal to race under someone else's name. Contact the organizer to change the name of the participant. A fee of NOK 150 will apply.

EQUIPMENT REQUIREMENTS

All participants must use a swim cap. We recommend a very visible color.

Participants must show their helmet is certified (CE-mark), with straps that are in working condition. Further, the bicycle shall be in good condition with good tyres and well-working brakes.

The type of bicycle is your choice; electric bicycles are prohibited.

No equipment that gives an extra propulsion or that gives extra flotation is allowed.

Gloves and socks are not allowed in the swimming stage.

Participants who do not comply with the equipment requirements can be refused to start.

WETSUITS

In accordance with the NTF rules, the following rules apply to the use of wetsuits:

Length	Prohibited over	Required under	Maximum time in water
750 m	22C	15.9 C	30 min
1500 m	22C	15.9 C	1 hour 10 min
1900 m	22C	15.9 C	1 hour 30 min

NB! Remember to write your name in your wetsuit.

If wetsuits are prohibited, participants shall use an approved trisuit, swim shorts or swimsuit.

JUDGES

Will patrol the race course. The penalty box is placed at the Arena next to the Transition Zone, right after the mount line. During the bicycle stage, the judge will be on a motorcycle.

TRASH

Sportsklubben Rye and Oslo Triathlon wish to be environmentally friendly. This means that we do not accept trash thrown around the arrangement. If you are seen to throw trash along the course outside of the designated "disposal zone", you will be disqualified. Thank you for using the trash cans set up around the area and to sort your garbage.

START/FINISH/ARENA

The Transition Zone and Arena are below the area of the Norges Idrettshøgskole. The Transition Zone and Secretariat are located on the asphalt next to the tennis courts and the Arena and Finish Line on the grassy field.

It is wise to acquaint oneself with the course information and the Transition Zone before the start.

Nearest address:

Sognsvann Snøpark, 0863 Oslo

GPS coordinates: 59°58'06"N 10°43'38"E

There will be a mobile coffee bar, club tents, sales tent and live music in the Arena so take a stroll between starts, or while you wait for your darling to make it to the finish line. Remember to cheer on the participants.

PARKING

We strongly recommend you leave your car at home this day since there is limited access to the area. There is very good connection to public transport. On the weekends, your bike travels free on the T-bane and for Oslo residents, you can bike to the race. The nearest T-bane stop is "Sognsvann."

There's free parking at Sognsvann, but generally there are a lot of visitors on the weekend so there will be limited places. Out of respect for other participants, we ask you to let your car stand until all the cycling is over at about 15:00. Alternative parking is at the Lyn field, Norges Idrettshøgskole, or limited street parking on Nordbergveien, as well as (paid) parking house at Ullevål Stadium and taking the T-bane.

WC / CHANGING ROOMS

This year, the changing room at NIH (Idrettshøgskole) will be open from 7:00. Here there are toilets, changing area, and showers. Therefore, there will not be temporary toilets in the Arena area. Also, there are public toilets near Sognsvann.

PHOTOGRAPHY SERVICE

Oslo Triathlon cooperates with Sportograph. Have your start number visible and SMILE at the photographers that are placed along the course and let them do their job!

The pictures can be found following the link below a couple of days after the race. The pictures are shown with the use of facial recognition so you download the picture of yourself (which is deleted after use).

We have chosen Sportograf because they are good and have very reasonable prices: Just NOK 230 for all pictures of you plus pictures of the arrangement as a whole!

As long as enough people buy pictures, they'll be back next year.

Register yourself now so that you get a message when the pictures are ready:

<https://www.sportograf.com/shop/event/9804>

Remember to look through all the unsorted pictures to put all of those that include you in your personal photo pack.

START TIMES / START WAVES

Your start time is marked on your start number unless there have been changes since printing. The applicable start times, regardless of any others, are those of published start list at <https://my.raceresult.com/231577/participants>.

For the swimming start, it is very important that you pass the check point before you enter the start area. This is necessary to control how many participants are in the water and for correct timing. If you do not do this, at worst you can be disqualified.

RACE BRIEFING

The obligatory race briefing is this guide you are now reading. There will still be important messages given before the start regarding conditions that can have changed since this was published, as well as other important messages. Hence, it is important that you read this and come to the start area in good time.

TRANSITION ZONE

The Transition Zone will be reserved for participants only, and only participants with a valid start number/tattoo will have access to the Transition Zone. With the exception of when you are headed to the start, you must show your start number in order to enter or leave the Transition Zone.

Opening times for transition zone

Check-in Half Distance 6:30-7:40

Check-in Olympic 7:00 – 9:00

Check-in Akvatlon and Tryathlon 7:00 – 9:45

Equipment can be retrieved from 12 noon.

Check-in Sprint 10:00 – 12:30

Check-in Relay 11:00 – 12:45

Participants are assigned a place in the Transition Zone (marked with your start number) for their own use. But it is tight, so please have only the essentials. It is wise to have a small towel on which to arrange your belongings so they are ready for use, as well as to use it to dry your legs before putting on your bike shoes. Use your own container for your wetsuit, as well as your helmet, etc. after use.

When you check-in, we will control that you have the sticker on your bike, its brakes are effective, and that your helmet is CE-marked and sits correctly on your head, e.g., the straps/fastenings are correct (have your helmet correctly on your head when you check-in). To avoid unnecessary queuing, please check all this yourself before you check-in. Remember that all the stickers should be in place before you check-in.

There are 5 entry/exits from the Transition Zone:

1. Check-in / check-out (Remember your start number)
2. Entry for T1 (after swimming)
3. Exit from T1 (to the cycling)
4. Entry for T2 (after cycling)
5. Exit from T2 (to the running)

Storage of bags or similar under your bike in the Transition Zone is not allowed. Instead, these must be marked with the sticker from the set of start numbers and placed in the designated area along the edge of the Transition Zone. In order to collect bags and bikes after the race, you must show your start number.

Take care of other participants around you and keep your area tidy. Remember to take your wetsuit, swim cap and goggles with you to the start. If the water is cold, it may be wise to wear your own swim cap under that from the organizers.

After the swim, fasten your helmet before you unrack your bike. The start number shall be on your back when cycling.

Get on your bike after the mount/dismount line. At the end of bike stage, get off your bike before the mount/dismount line.

After bike stage:

If you have a time penalty, that must be served before you enter the Transition Zone. It is the participant's responsibility to check whether their number is written on the board and stop in the Penalty Box.

Rack your bike before you take off your helmet and start the run.

During the run, your start number should be on your front. You are not allowed to run bare chested.

Be polite with judges and officials.

If you want more tips, we recommend the linked video:

<https://www.youtube.com/watch?v=Gwo5O6CN9gE>

SWIMMING

The swim course is in Sognsvann. The Half Distance is a lengthened round of 1900 m. The Olympic round is 1500 m and you go around 4 orange buoys. The Sprint round is 750 m and you go around 2 orange buoys. The SuperSprint round (Akvation and Tryation) is 400 m and you go around 1 yellow buoy. The buoys shall be swum around on the outside (your left shoulder). All races swim 1 round of their respective courses.

Ensure that you are in the right place for the start. The fastest swimmers stand in front. It's very unpleasant to have faster swimmers all around you when they want to pass you in the water. If you are uncertain or inexperienced in open water, we recommend that you choose a position in the back or on the sides of the main group.

After swimming, there is an approximately 300 m run to the Transition Zone.

It can be wise to have some flip-flops or similar to protect your feet when you go down to the start. Mark them with your name so you might find them again.

CYCLING

From T1 (entry to Transition Zone from swimming), you must run about 30 m to the mount/dismount line where you can get on your bike and start cycling.

IMPORTANT! After the mount line, the next 500 meters is narrow with oncoming cyclists before you get to Sognsveien. This is a NO-PASS ZONE. The bike course goes down Sognsveien to Carl Kjelsens vei to Maridalsveien and in to Skar, the furthest into the valley Maridalen, before turning at the turning point.

- Half Distance shall bike **5 rounds, that is, 5 turnings at Skar and 4 at Brekke**, totalling 88 km.
- Olympic shall bike **2 rounds, that is, 2 turnings at Skar and 1 at Brekke**, totalling about 40 km.
- Sprint shall bike to Skar and the same way back to T2, totalling about 23 km.
- Tryathlon shall turn around at Låkeberget at the sign. It's important to see where that is in advance!

WARNING! WARNING!

You are responsible for ensuring that you are registered by the timing equipment at Skar and at Brekke. Really slow down before you round the equipment since other cyclists can enter the zone. This is especially true at Brekke.

After the last turning at Skar, cycle to the Transition Zone for T2.

Get off the bike at the dismount line.

Mount line:

Get on the bike after the mount line. The cyclist must touch the ground at least once after the mount line. If not, this is viewed as incorrect mounting.

Dismount line:

Get off the bike before the dismount line. The cyclist must touch the ground at least once before the dismount line. If not, this is viewed as incorrect dismounting.

Remember that the speed limit applies also to race participants. The speed limit on Sognsveien is now 30 km/h, as well as on the small street Carl Kjelsens vei it is reduced to 30 km/h and at the turning point in Maridalen. Elsewhere on Carl Kjelsens vei the speed limit is 40 km/h. Other stretches, the speed limit is 50 and 60 km/h. Breach of traffic rules can lead to reactions from the police like in any other situation as a driver.

Despite your wearing a start number, you do not own the road. It is open to other traffic and the normal rules of the road apply!

Breach of traffic rules and reckless driving leads to **immediate** disqualification.

Marshals along the cycle course are instructed to report participants who create a dangerous situation to the chief judge.

The streets and roads are open to the public, but we have done what we can to limit the traffic. The transport authorities have suspended Bus 25 from Carl Kjelsens vei, as well as set out additional signs. In addition, there are over 60 marshals of various types along the course: two different types of marshals and some police officers.

Stationary marshals wearing distinctive jackets (see picture)—and obviously police—have the power to stop vehicles with hand signals and will do their best to give participants unhindered movement. At the same time, participants must comply with their direction. Note that this is a new position that came into force 01.01.2018 and it is not clear that all vehicle drivers are aware of it, so be attentive.

REGULATION OF BICYCLE RACES ON PUBLIC ROADS

If there is no stationary marshal or police officer to stop traffic or pedestrians, then the normal traffic rules, including right-of-way rules, apply.

Marshals with normal yellow vests are marshals without any traffic police powers. They have the duty to inform and indicate the way, but not to stop other traffic.

It is important that you pay attention to the traffic situation even if you are cycling at full effort.

PARTICULARLY DANGEROUS PLACES ON THE BICYCLE:

The following places are particularly risky and you must be particularly alert, adjust your speed and take no chances:

- Narrow section of Sognsveien
- Roundabout Sognsveien/Carl Kjelsens vei
- Carl Kjelsens vei: Pedestrians crossing many places, bad pavement, narrow the entire route
- Intersection of Carl Kjelsens vei and Maridalsveien is busy with busses and other vehicles.

Here you must be very alert!

CONDITION OF PAVEMENT ON MARIDALSVEIEN

FINALLY this year are we overjoyed to be able to offer brand new pavement from Brekke to Hammeren. On the other hand, the pavement on Carl Kjelsens vei is bad. This stretch is the most dangerous and we encourage everyone to be careful and look for bad pavement, other road users, and other obstacles. Remember the right air pressure and take an extra tyre tube and

pump/cartridge. Novices might use fatter tyres, e.g., hybrid/cyclocross. You must be self-sufficient to handle punctures and minor repairs so that you can finish the race and not be forced to quit the race.

REMEMBER TO HAVE WITH YOU!

Extra tyre tube and pump/CO2 cartridge

Possibly a patch kit

Bike tools

“It’s better to go a bit harder on the run than to take chances on the bike!”

“An accident or a puncture can ruin your whole day!”

RUNNING

The running course is clockwise around Sognsvann, ending with a run through the Arena to the finish line.

- Half Distance shall run rounds,
- Olympic shall run **2 rounds, but the first round includes a small loop in through the Arena before starting on the second round.**
- Sprint shall run 1 round and then through the Arena to the finish line.

DRINK STATIONS

There will be 2 drink stations on the running course at 0.1 km and 3.0 km (and 5.1 km and 8 km...). We will serve sports drink from **SPONSOR SPORT FOOD** and water.

You will be served drinks, fruit and other food in the finish area after finishing.

RELAY

Triathlon relay is a team competition with 3 members in the Sprint distance. This is perfect for friends, businesses and teams where the participants manage different sports. Each team consists of a swimmer, a cyclist and a runner. The timing chip is the “baton.”

Note! You must fasten the timing chip to the ankle of next participant in order to register the time. If you hold the chip in your hand, you risk your time not being registered.

The next participant must wait in their assigned place, the transition place, where the baton/timing chip is transferred. Handing over the baton/timing chip at any other place results in disqualification. The Transition Zone is very crowded and we remind you that only the person who is receiving the baton can be there.

The normal rules apply also to the relay race.

For the maps of the courses, see those for the Sprint distance.

Start 13:00.

PS: If you want your team to cross the finish line at the same time and you won't hinder other participants, then please do so!

SUPERSPRINT AKVATLON

Since it's not practical to arrange a full triathlon within the, especially cycling, framework specified by the NTF, we have decided to offer our youngest triathletes a SuperSprint Akvatlon, that is, swimming + running.

SuperSprint is reserved for youth 13 – 17 years old. The distance is 400 m swimming and 5 km running on the same course as the Sprint distance, that is, 1 round around Sognsvann.

NOTE: Even though the Supersprint Akvatlon has no cycling, you shall still enter the Transition Zone after swimming to shift to running, and we have set aside an area within the Transition Zone for you.

Start 10:00.

SUPERSPRINT TRYATLON

Oslo Triathlon has an objective of offering an event for everybody. Hence, we have a new distance, SuperSprint Tryathlon. The distance is open to anyone over age 18 who wants to try a short triathlon. It's perfect for you if you are new to the sport, or it's been awhile since you have participated, or you just want to try out a short distance.

The distance is 400 m swim, 10 km cycling (turn around at Låkeberget parking place), and 2.5 km running. The race uses the same course as Sprint and Olympic distances, but with different turning points. The turning points for both the cycling and the running are marked with signs, but you yourself must look out for the signs since the course marshals may not be easily able to detect the color of your start number and direct you accordingly.

Start 10:00.

CHILDRENS' TRI ACTIVITY

Our offer to the youngest is a triathlon activity, where you can without stress try out the sport on your own terms and fulfil your first "triathlon." The offer is available for kids 6-12 years old. There is no timing or results list and is therefore a rolling start between 11:30 and 11:45, and the offer is available until about 12 noon.

We let the eldest kids start first and then groups of about 10 kids organized according to age / readiness.

SWIMMING

The length of the swim is according to your own wishes where you can round a buoy at 25 m or at 50 m and can choose the number of rounds. The water is about 50 cm deep out to 25 m and you can walk on the bottom if you wish. If you wish to use a life vest, floating vest, water wings or similar, feel free. Safety is the primary concern if you have any doubt about your child's swimming abilities. The important thing is to take part and enjoy it.

TRANSITION ZONE

The Transition Zone is on the grass next to the beach. Note: The Transition Zone for the children is not at the same place as for the adults/youth! (see map)

After the swim, the kids run up from the beach to the assigned place in the Transition Zone, where they have placed their cycling clothes and running clothes. The bicycle is placed at the assigned place on the support. For those who need it, it's great if a support team member stands ready to help with the clothing shifts. While the participant is out cycling, we appreciate it if the same support member could go to the place where the bike shall stand to be ready to take the bike and helmet after use.

CYCLING AND RUNNING

The children shall cycle a course to the beach volleyball court adjacent to Sognsvann and back, about 700m. For those who wish, it's possible to extend the cycle loop up towards the Arena via Løkka gård (farm) and back to the beach volleyball court, about 1100 m. Afterwards, the kids cycle back to their place in the Transition Zone, deposit their bicycles, and run to the finish line in the same direction as the adults on the grassy field at NIH, about 450 m. Here, medals, t-shirts, water, fruit, and small snacks await.

EQUIPMENT

Clothes for swimming, cycling and running (free choice of what to wear)

Towel/blanket to stay warm in before the swim (look at the weather forecast)

Towel to dry oneself after swimming, if desired

Bicycle with functioning brakes (required)

All bicycles should have a bike stand

Helmet with functioning straps/mechanism (required)

One pair of shoes for both cycling and running. Cycling shoes are not recommended.

PRIZE CEREMONIES / T-SHIRTS / MEDALS / RESULTS SERVICE

The results service after the race can be found at <https://www.oslotri.com>.

Representatives of our timing service, RaceTracker, will be available at the finish area to handle any problems and questions.

T-shirts and medals are handed out after the finish line. Certificates are printed out by participants from the results list.

Prize ceremonies are held according to schedule.

Prizes to the 3 best men/women in HalfDistance/Olympic/Sprint/SuperSprint distances as well as the best relay team in men/women/mixed.

NB! Prizes are not mailed/delivered to you and participants must be present to receive them.

VOLUNTEERS

Our volunteers are the backbone of the arrangement and they are here to ensure that participants have a good day and a good experience. Many of them use their own free time so that the arrangement can take place. Please keep that in mind and show respect and thankfulness that they are there for you...then the day will be even better.

COOPERATION PARTNERS

We wish, last but not least, to give a big thank you to our sponsors and our partners: Without you, no Oslo Triathlon could be organised. We hope that you, too, also appreciate their contribution to our arrangement.

Many thanks for your support!