



HAMBURG WASSER  
World Triathlon  
Championship Series  
HAMBURG  
2021



Live and on-demand at  
**Triathlonlive.tv**

# Athletes' Guide

18-19 September 2021 | Hamburg, Germany

For more information and to register, visit [triathlon.org](https://www.competitions.com)



## World Triathlon Championship Series

Abu Dhabi | Bermuda | Yokohama | Leeds | **Hamburg** | Edmonton | Montreal | Chengdu

# Welcome to the HAMBURG WASSER World Triathlon



Dear athletes,

As the core team of the HAMBURG WASSER WORLD TRIATHLON, we are pleased to meet you all in Hamburg and hope you will enjoy racing to the fullest! We look forward to race day with pure excitement and anticipation, and we are crossing fingers that each of you will achieve his/her personal goals. Especially in these challenging times and despite all the obstacles that we as organizers have been facing in the last couple of months, our team gave its very best to offer you the opportunity to race. Circumstances might be different, nevertheless we'd like to thank all the volunteers and partners who stand with us and make this high-quality event possible.



With a grown partnership over the last years, Hamburg Wasser as our title sponsor also supports us now and emphasizes its commitment to endurance sports.

Finally, we would like to ask all of you to take care of yourselves and listen to your bodies' signals. Health is the most important thing!

We are really looking forward to experiencing a great event weekend together with you and we wish you lots of success, fun and top weather conditions.

Yours in Sport,

A stylized, dark signature of Oliver Schiek.

Oliver Schiek  
Managing Director  
IRONMAN Germany  
GmbH

A handwritten signature of Christin Ellefsen in blue ink.

Christin Ellefsen  
Race Director  
IRONMAN Germany  
GmbH

Jetzt mit  
neuen  
Designs

# Wasser in Bestform

Hol Dir Deine limitierte  
HAMBURG WASSER Flasche!

Gegen eine Spende für einen gemeinnützigen Zweck kannst Du Dir während des Triathlons in der HAMBURG WASSER Lounge auf der Reesendammbrücke eine der limitierten HAMBURG WASSER Flaschen sichern.



# Welcome to the World Triathlon Championships Hamburg



Greetings and a very warm welcome to the 2021 Hamburg Wasser World Triathlon Championship Series Hamburg,

It is my great pleasure to see the Series return to Hamburg's iconic city centre this year, as we continue the long road back towards the new normal for international sport. It was down to the hard work and close collaboration of so many that we were able to hold a standalone World Championships here last year while most sports were still on pause, and their success proved yet another example of the strength, resilience and adaptability of the World Triathlon family.

This year, we are able to return to the city centre course we know and love. While this weekend will also be a celebration of that fact, it is also imperative that the guidelines and protocols that have allowed it to happen continue to be followed to the letter. The safety of our athletes and all those involved in staging our races must always be our top priority, so we must look after and out for each other if we are to be able to continue on this positive path.

Over the years, Hamburg has become synonymous with both the top tier of World Triathlon racing and the very best in amateur competition. We have seen incredible champions, nail-biting finishes and legends written in both the individual and mixed relay events. Year after year, these two days have delivered unforgettable feasts of triathlon for thousands of participants at all levels of the sport.

It is precisely these kinds of events that have helped triathlon to become one of the fastest-growing sports on the planet, as evidenced by the phenomenal reception and engagement we saw during the Tokyo 2020 Olympic Games. I want to thank everyone involved for the dedication and passion they bring to what they do for playing their own part in that success.

The Local Organising Committee in Hamburg have done an amazing job in ensuring the safe hosting of the event in difficult conditions. My gratitude goes to everyone at the LOC, the city and its officials and the German Triathlon Union for their hard work, and of course to the hundreds of volunteers that are so relied upon.

I wish everyone the very best of luck in achieving whatever goals they set themselves this weekend, and I hope that you all have a safe and memorable experience in this magnificent city.

Yours in sport,

A handwritten signature in black ink, appearing to read 'Marisol Casado', written over a faint circular graphic element.

Marisol Casado  
President, World Triathlon  
IOC Member

# Welcome to Hamburg!

Liebe Triathletinnen und Triathleten!



Herzlich Willkommen zum 20. HAMBURG WASSER World Triathlon 2021 in der Active City und Triathlonhochburg Hamburg.

Wir freuen uns, dass in diesem Jahr der HAMBURG WASSER World Triathlon wieder auf dem gewohnten City-Kurs entlang der Sehenswürdigkeiten Binnenalster, Jungfernstieg, Reeperbahn und Rathausmarkt ausgetragen wird. Es freut mich, dass in das sportliche Programm erneut die Deutschen Paratriathlonmeisterschaften integriert sind.

Der HAMBURG WASSER World Triathlon trägt dazu bei, dass die Hamburgerinnen und Hamburger zur Bewegung inspiriert werden. Die City wird auch in diesem Jahr zu einer höchst attraktiven Sportarena, in welcher die Kombination zwischen Leistungssport und den Bereichen Breiten- und Behindertensport mustergültig gelingt. Wir nennen das „Active City“.

Die Sportart Triathlon hat sich seit ca. 15 Jahren geradezu phänomenal in der Hamburger Sportlandschaft entwickelt mit einem Schwerpunkt im Breitensport. Das Athletenfeld, das aus vielen Erstteilnehmerinnen und -teilnehmern besteht, stellt eine ideale Möglichkeit dar, um neu in den Sport zu finden.

Der HAMBURG WASSER World Triathlon trägt als Top Ten Veranstaltung erheblich dazu bei, dass die Mitgliederzahlen in Triathlonsparten der Vereine kontinuierlich steigen konnten. Ich bin durchaus optimistisch, dass diese Entwicklung sich noch fortsetzen wird.

Mein Dank geht an die vielen Triathlonfans, die gleich in welcher Funktion, einen Anteil am Zustandekommen dieses tollen Events unter diesen herausfordernden Umständen haben. Ich wünsche dem Starterfeld ein tolles Sportwochenende in Hamburg.

A handwritten signature in blue ink, consisting of a stylized 'A' followed by a long horizontal stroke that tapers off to the right.

Andy Grote  
Senator der Behörde für Inneres und Sport  
Freie und Hansestadt Hamburg



**AKTIV SEIN**

**IN HAMBURG**

**Nicht was Du tust ist wichtig, sondern  
*dass* Du etwas tust. Wir bewegen Hamburg.  
Gemeinsam sind wir ACTIVE CITY.**

#HamburgActiveCity



Alle Infos:  
[www.hamburg.de/active-city](http://www.hamburg.de/active-city)  
[@hamburg.active.city](https://twitter.com/hamburg.active.city)  
[@HH\\_Active\\_City](https://twitter.com/HH_Active_City)



# SCHEDULE

## THURSDAY 16.09.2021

10:30 – 19:30	Mobil Krankenkassen Accreditation	Gänsemarkt
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## FRIDAY 17.09.2021

10:30 – 19:30	Mobil Krankenkassen Accreditation	Gänsemarkt
12:00 – 20:00	Triathlon-Expo	Jungfernstieg

## Saturday 18.09.2021

07:45 – 10:30	Check-In Athletes Sprint Distance	Alstertor / Ballindamm
07:45 – 16:00	Bag Drop Off and Pick Up	Reesendambrücke
08:00 – 18:00	Mobil Krankenkassen Accreditation (Olympic Distance only)	Gänsemarkt
09:00 – 20:00	Triathlon-Expo	Jungfernstieg
09:00 – 11:30	Start Individual Athletes and Relays Sprint Distance	Alsteranleger
10:00	First Finisher Sprint Distance	Rathausmarkt
10:15 – 12:15	Early-Check-Out <i>(only if booked in advance)</i>	Alstertor / Ballindamm
12:30 – 15:30	Official Check-Out	Alstertor / Ballindamm
14:20	Finish closed Sprint Distance	Rathausmarkt
15:30	Start Elite WOMEN <b>ARD Livestream</b>	Start Area Jungfernstieg
16:30	Finish Elite WOMEN	Rathausmarkt
16:40	Award Ceremony Elite WOMEN	Rathausmarkt
18:00	Start Elite MEN <b>ARD Livestream</b>	Start Area Jungfernstieg
19:00	Finish Elite MEN	Rathausmarkt
19:10	Award Ceremony Elite MEN	Rathausmarkt

## SUNDAY 19.09.2021

06:15 – 09:30	Check-In Athletes Olympic Distance	Alstertor / Ballindamm
06:15 – 16:00	Bag Drop Off and Pick Up	Reesendambrücke
07:30 – 10:45	Starts Individual Athletes and Relays Olympic Distance	Alsteranleger
09:00 – 17:30	Triathlon-Expo	Jungfernstieg
09:20	First Finisher Olympic Distance	Rathausmarkt
10:15 – 12:15	Early-Check-Out <i>(only if booked in advance)</i>	Alstertor / Ballindamm
12:30 – 15:30	Official Check-Out	Alstertor / Ballindamm
14:00	Finish closed Olympic Distance	Rathausmarkt
14:40	Start Elite Mixed Team Relay <b>ZDF Livestream</b>	Rathausmarkt / Kleine Alster
16:00	Finish Elite Mixed Team Relay	Rathausmarkt
16:05	Award Ceremony Elite Mixed Team Relay	Rathausmarkt

# COVID-19 INFORMATION FOR THE EVENT



Here you can find a summary of the **Covid-19 guidelines** for the Hamburg Wasser World Triathlon Championship Series Hamburg 2021. By complying with the regulations imposed on us our goal is to ensure the safety of everyone and to minimize the risk of infection, so that realising the event is possible without any issues from a health perspective. In order to comply with the required distance and hygiene rules and to reduce crowds and contact points, the following measures have been put in place:

The rules are frequently displayed on **posters / signs** and reiterated through announcements on the event are. Disinfectant dispensers are available on the entire event are. Please take advantage of this opportunity and **disinfect your hands regularly**. Security personnel is deployed to regulate admission to the individual event areas and to check the respective **distance and hygiene rules** are getting realised.

Mouth and nose covers are mandatory throughout the entire event area.

**Important: It must be a medical grade face mask (surgical mask or FFP2). Cloth masks, scarves etc. are not permitted.**

In general, we would like to point out that there should be **no spectator hotspots**. Please keep enough distance from each other and disinfect your hands regularly.

This year, the finish area will be set up **without spectator access**, so that there can be no crowds. We would like to ask you in the interest of all to forego the support of family and friends on site this year. We are doing everything we can to ensure that you will have an unforgettable triathlon even without the support of your beloved fans.



## Contact tracing (LUCA App)

In order to be able to carry out a successful event, the contact details of all persons admitted to the event must be collected. All athletes should have already registered in advance with their contact details on the website. Other people who enter the event site must also register.

In order to be able to guarantee contact tracing, the Luca app is used for the Hamburg Wasser World Triathlon 2021. Every person who enters the event areas accreditation, expo and public catering must check in with the Luca app and check out again when leaving the areas.

You can find information about the Luca app at: [www.luca-app.de](http://www.luca-app.de). The Luca app is available free of charge for Android and iOS users. Please download the app before entering the event site in order to reduce unnecessary waiting times. Here is the link for the download: <https://www.luca-app.de/get-app/>

# COVID-19 INFORMATION FOR THE EVENT

## **!!!IMPORTANT!!! Admission for the race (proof of vaccination)**

According to the City of Hamburg, only fully vaccinated people are allowed to take part in the Hamburg Wasser World Triathlon. We must therefore ask every participant to observe this requirement accordingly, as we as the organizer are not allowed to make any exceptions.

## **Only athletes with a coronavirus vaccination certificate according to §2 point 5 of the HmbSARS-CoV-2 containment regulation are admitted to the Hamburg Wasser World Triathlon.**

This means that a proof of coronavirus vaccination must be presented when picking up your athlete pack. This proof must meet the following criteria:

- The last required vaccination must have been administered at least 14 days ago
- Only vaccines approved in the EU are accepted. You can find an overview of the vaccines here: [www.pei.de/impfstoffe/covid-19](http://www.pei.de/impfstoffe/covid-19)
- Fully recovered athletes will only be allowed admission in combination with at least one vaccination.
- The vaccination certificate must be available digitally or in paper form in one of the following languages: German, English, French, Italian or Spanish.
- For more information on the Corona Containment Protection Ordinance of the City of Hamburg, please visit: <https://www.hamburg.de/verordnung/>
- If you are not 100% sure that your vaccination certificate will be accepted, please contact our participant management in advance.

## **IMPORTANT: Athletes without a valid vaccination certificate will not receive any starting documents and will not be admitted to the competition.**

### **Auszug aus der HmbSARS-CoV-2-Eindämmungsverordnung §2 Punkt 5**

(5) Ein Coronavirus-Impfnachweis im Sinne dieser Verordnung ist ein Nachweis hinsichtlich des Vorliegens einer vollständigen Schutzimpfung gegen das Coronavirus in deutscher, englischer, französischer, italienischer oder spanischer Sprache in verkörperter oder digitaler Form, wenn die zugrundeliegende Schutzimpfung mit einem oder mehreren vom Paul-Ehrlich-Institut im Internet unter der Adresse <https://www.pei.de/impfstoffe/covid-19> genannten Impfstoffen erfolgt ist und

1. entweder aus einer vom Paul-Ehrlich-Institut im Internet unter der Adresse <https://www.pei.de/impfstoffe/covid-19> veröffentlichten Anzahl von Impfstoffdosen, die für eine vollständige Schutzimpfung erforderlich ist, besteht und seit der letzten erforderlichen Einzelimpfung mindestens 14 Tage vergangen sind oder
2. bei einer genesenen Person aus einer verabreichten Impfstoffdosis besteht.

# Wechseln will gekonnt sein!

Jetzt Vorteile  
sichern!

Doppelt profitieren für Gesundheitsbewusste: Sichern Sie sich Spitzenleistungen und jede Menge geldwerte Pluspunkte mit einem geschickten Wechsel. In unserem Bonusprogramm fitforcash belohnen wir Sie mit einem Bonus oder einem Zuschuss zu Ihren privaten Gesundheitskosten. Jetzt schnell sein und über fitforcash, Sportler-Check-up und Co. informieren: [mobil-krankenkasse.de](https://www.mobil-krankenkasse.de)



## TITLE SPONSOR



## MAIN SPONSOR



## CO-SPONSORS AND PARTNERS



INTERNATIONAL  
FEDERATION  
PARTNER

## MEDIA-PARTNER



# RACE COURSE AGE GROUP RACES

**Swimming in the Alster, cycling along the Elbe and Reeperbahn, running on the Alster and an emotional finish at the Rathausmarkt:**

## Sprint distance (0.5-20-5 km)

The individual routes of this popular format can be mastered by everyone. People swim in the Inner Alster, up to the steps to the Rathausmarkt. The transition area is on Ballindamm and then you cycle twice to the fish market and back. The run is on the left bank of the Alster and through the city. Top athletes need less than an hour for the 25.5 kilometers in Hamburg! But everyone who needs more than two hours will also be celebrated like winners on the Rathausmarkt.

## Olympic distance (1.5-40-10 km)

The world's most popular format of the triathlon among amateur triathletes - perhaps because of the catchy name. The total of 51.5 kilometers of racing are divided into 1,500 meters of swimming (through the Inner and Outer Alster), 40 kilometers of cycling (three times from the Alster to the Altona town hall and back) and 10 kilometers of running (along the Alster to the Rathausmarkt). Attention: Drafting is forbidden, like it is for the sprint distance!



## RACE DAY CHECKLIST

- Proof of Vaccination
- Medical Mouth-Nose-Cover
- Proof of Registration
- Photo ID
- Swim Goggles
- Wetsuit
- Bike & Bike Helmet
- Running Shoes / Bike Shoes
- Bottle
- Post-Race Clothing
- Towel



# Für Erfrischungs- Liebhaber.

reine natürliche Zutaten

nur 25 kcal pro 100 ml

isotonisch & vitaminhaltig (B9, B12, C)



**ERDINGER**   
**ALKOHOLFREI**

Natürlich. Sportlich. Erfrischend.

# RACE INFORMATION

All the important information regarding your start at the **HAMBURG WASSER World Triathlon 2021** can be found here!

## BEFORE THE RACE

**Mobil Krankenkassen Akkreditierung** | Gänsemarkt

Thursday, September 16, 10:30 -7:30

Friday, September 17th, 10.30-7.30

Saturday, September 18, 8:00-6:00 (OD only)

This year, every athlete must **personally pick up** his starting documents from the accreditation tent and present the confirmation of registration, his valid identification document and his **proof of vaccination**. At the accreditation, the athlete has to confirm that they neither have symptoms nor have they been in contact with someone within the past 14 days who tested positive for Covid19. Every athlete must wear medical grade mouth and nose cover during the entire accreditation process.

Then, the athlete will receive the following:

**1 red athlete wristband** that must be worn until check-out

**1 timing chip** (Championship) & 1 Velcro strap  
Please attach the timing chip to the ankle with the Velcro strap.

**1 swimming cap** Must be worn during the swim part of the competition.

**1 Bib** Please separate the vouchers attached to the right side of the bib before the competition. The voucher for a non-alcoholic ERDINGER, which is attached to the bib at the bottom left, as well as the voucher for the medal engraving (if pre-ordered) remain on the bib during the race. This will give you a free non-alcoholic ERDINGER in the finish area or rather the medal engraving is located behind the "ToGo" finish catering.

**1 packet of safety pins** ATTENTION: Please bring your own bib band! If you do not have a bib band, we will provide you with safety pins at the accreditation. Alternatively, you can also purchase a bib band at the expo. Please attach your bib with the help of the safety pins or the bib band.

**1 helmet number** Please stick the number on the front of your helmet.

**1 bike number** Stick this either to the seat post or to the seat stays so that it is clearly visible from both sides. Attention: The number must be attached before check-in and may only be removed again after check-out, not in the transition area!

**1 starter bag** To hand in your personal belongings

before the start.

### Race briefing

The official race briefing will only take place online this year.

[https://hamburg.triathlon.org/rund\\_um\\_dein\\_rennen/wettkampfbesprechung/](https://hamburg.triathlon.org/rund_um_dein_rennen/wettkampfbesprechung/)

### B.O.C. Bike service

Our official bike service Partner B.O.C. has set-up a service stand for you

in the check-in area at the Alstertor, which is manned during check-in times and during competition times.

Each participant pays for the necessary spare parts himself.



### Check-in transition area

**NEW:** This year you will receive **fixed check-in times** to check in and set up your place in the transition area. Please only come to the check-in at your allotted time and wear medical mouth and nose cover.

- **NEW:** You have to wear your **red athlete wristband** on your wrist when entering the transition area.
- Please have your timing chip and your start number ready for identification at check-in.
- Put on your bicycle helmet: The helmet must meet the norm of the currently valid safety standard and will be checked for fit and norm at check-in.
- Our volunteers will write your start number on your hand so that you have your start number ready during the entire race.
- Check in everything you need for cycling and running.
- Make sure that your bike is in perfect technical condition.
- You have to hang the bike yourself in the holder provided at your parking space.
- There is a box at each parking space. In the transition area, the clothing must be carefully placed in the box! This applies to both before the race and during the competition!

## Transition area

This year there will always be two starting waves mixed together in their designated area within the transition area. This means that starting block A, for example, is in the transition area together with starting block C. You can freely choose your place within this starting block. Nevertheless, please make sure that if you're part of start wave A, your bike is parked in a spot with the letter A on it. To the right and left of you, there will be bikes from start wave C. The spots within your starting block are therefore alternating respectively. Please adhere to the guidelines so that sufficient distance can be maintained during the race.

**Important note:** Please hand in everything you need after the competition in your starter bag at the central starter bag drop-off point on the Reesendambrücke in the direction of the pre-start area, because you are only allowed to re-enter the transition area at the official check-out time after you have crossed the finish line. No exceptions!

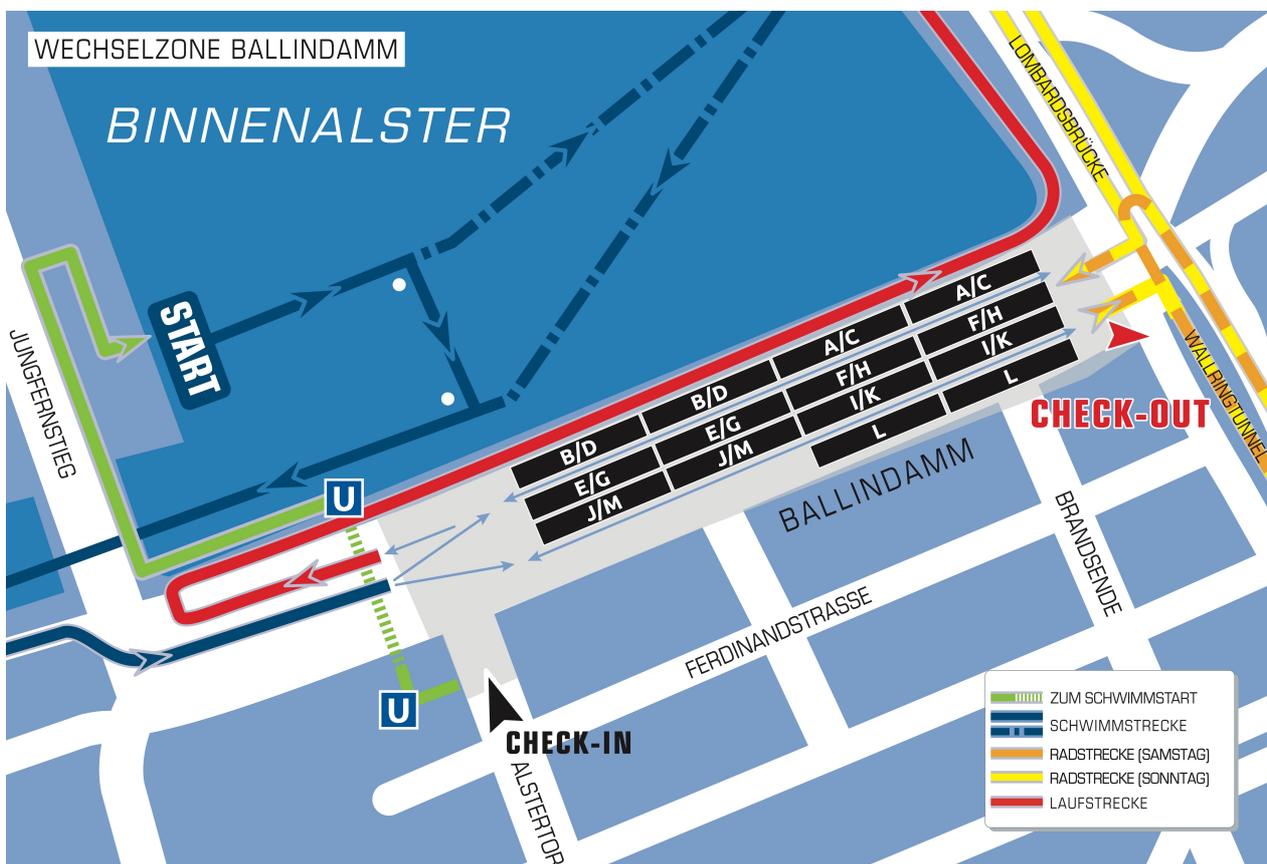
## Check-In und Startzeiten nach Startblöcken

### Sprint Distance, 18. September 2021

Start wave	Check-In transition area	Pre-start area	Start area	Start time
A	07:45 - 08:15	08:45	08:45	09:00
B	07:45 - 08:15	08:45	09:00	09:15
C	08:00 - 08:30	09:00	09:15	09:30
D	08:15 - 08:45	09:15	09:30	09:45
E	08:30 - 09:00	09:30	09:45	10:00
F	08:45 - 09:15	09:45	10:00	10:15
G	09:00 - 09:30	10:00	10:15	10:30
H	09:15 - 09:45	10:15	10:30	10:45
I	09:30 - 10:00	10:30	10:45	11:00
J	09:45 - 10:15	10:45	11:00	11:15
K	10:00 - 10:30	11:00	11:15	11:30

### Olympic Distance, 19. September 2021

Start wave	Check-In transition area	Pre-start area	Start area	Start time
A	06:15 - 06:45	07:15	07:15	07:30
B	06:15 - 06:45	07:15	07:30	07:45
C	06:30 - 07:00	07:30	07:45	08:00
D	06:45 - 07:15	07:45	08:00	08:15
E	07:00 - 07:30	08:00	08:15	08:30
F	07:15 - 07:45	08:15	08:30	08:45
G	07:30 - 08:00	08:30	08:45	09:00
H	07:45 - 08:15	08:45	09:00	09:15
I	08:00 - 08:30	09:00	09:15	09:30
J	08:15 - 08:45	09:15	09:30	09:45
K	08:30 - 09:00	09:30	09:45	10:00
L	08:45 - 09:15	09:45	10:00	10:15



## Starter bag drop-off

The central bag drop-off is located on the Reesendammbrücke. From here it is only a few meters in the direction of the pre-start area at the Alster jetty. Our volunteers will show you the way. Leaving shoes and clothing at the pre-start area is not permitted!

## Wetsuit: yes or no?

As a rule, wearing a wetsuit is voluntary when the water temperature is up to 22 ° C. Wearing a wetsuit is prohibited above 22 ° C. The race director can prescribe the wearing of a wetsuit in particularly adverse weather conditions. Current information on water temperature and water quality can be found in the accreditation area or on the Internet at [www.hamburg-triathlon.org](http://www.hamburg-triathlon.org)  
**Important:** To avoid confusion, we recommend that you write your name on your suit!

## Sailfish Wetsuit rental

*Gänsemarkt | Sailfish-Booth at the expo*

Our partner Sailfish is providing the opportunity for you to inexpensively rent a wetsuit from Thursday before the competition. You can inquire about the rental conditions directly at the Sailfish booth.

## DURING THE RACE

### Aid Station

The aid stations are located at the swim start and every 2.5 km on the running track. At the aid stations you can get energy bars and isotonic drinks, water from HAMBURG WASSER and bananas and oranges from GLOBAL FRUIT POINT.

**Important note:** Throwing away rubbish on the racetrack can result in disqualification. Please use the littering zones provided at the aid stations. Thanks very much.

**Important note:** there is **NO TEST SWIMMING** this year. In addition, it is NOT possible to do a warm up in the water before the start. A warm up on land is recommended.

### Swim

- The start area is located at the Alster pier (Jungfernstieg)
- **IMPORTANT:** This year there will be a **Rolling Start** for the first time. This means that two athletes will go over a ramp into the water every four seconds. Before you start heading into the water, you should find yourself in the

appropriate pre-start areas.

- You have to enter the pre-start area 30 minutes before your start time and then advance to the start area on the blue carpet. Please be on time!
- It is important that you wear a **medical mouth and nose cover** until shortly before the start. You can remove this shortly before the start and throw it into a designated bin. After the race you will get a new one.
- The HAMBURG WASSER swimming route is marked by buoys and floating lines. Please refer to the course map for the exact route.
- Please always keep enough distance from the other participants, even in the water.
- If you are wearing a wetsuit, you are only allowed to pull it down to your hips before you reach your bike and to take it off at your designated spot within the transition area.

You can find current information on water temperature and water quality in the accreditation area or on the internet at [www.hamburg-triathlon.org](http://www.hamburg-triathlon.org)

### Transition 1

- You have to put your helmet on and lock it before you take your bike out of the stand!
- You have to push your bike to the exit of the transition area. Only once you have left the transition area and crossed the green line on the ground can you get on and drive.

### Bike

- When cycling, the bib must be worn on your back.
- The bike course runs on two 10-km laps for the sprint distance and on three 13-km laps for the Olympic distance. Each athlete is responsible for counting the number of bike laps they have cycled.
- Drafting is prohibited and will result in time penalties or disqualification! A minimum distance of 12 m to the athlete in front must be observed. When overtaking, you have to keep a lateral distance and complete the overtaking process quickly.
- Please always drive on the right-hand side of the lane, especially if participants are coming towards you on the other side of the street.



#madetomakeyoufaster

[sailfish.com](http://sailfish.com)

- At the turning point your time is recorded with the timing chip.
- ATTENTION: Please adhere to the given time limits on the route:  
 Sprint Distance: 2 hours 15 minutes  
 Olympic Distance: 3 hours 30 minutes  
 All athletes who cannot finish the race within the given time limit must end the competition early. You will be informed of this by the referees deployed.
- Keep the direction to get to the running track. Turn right when exiting the transition area (exit marked as "Run Course")

### Run

- When running, the bib must be worn in the front.
- Upper body clothing is mandatory.
- At the turning point, the time is taken by means of the timing chip.
- At the beginning and at the end of the run course you run through an approx. 25 m long tunnel. Please run in one line of each other and don't overtake.
- ATTENTION: Please adhere to the given time limits on the route:

Sprint: 2 hours 15 minutes

Olympic: 3 hours 30 minutes

All athletes who cannot reach the goal within the given time limit must end the competition early. You will be informed of this by the referees deployed.

### Closed Finish

The official finish will be closed at 2.20 on Saturday and 2.00 on Sunday.

Participants who have not crossed the finish line by this time have to terminate the competition early. You will be informed of this by the referees along the course.

## LOTTO HAMBURG TRIATHLON RELAYS

- Each relay participant is given a yellow wristband in order to be recognizable as a relay participant.
- Each relay is only given one timing chip to be worn around the ankle. The timing chip serves as a "relay baton" and must be passed on between the disciplines from one relay team member to the next.
- The swimmer enters the pre start area on their own and will start the swim at the specified time. After exiting the swim, the swimmer runs to the transition area to meet the cycling relay team member.
- Before the start of the swimmer, the cyclist checks into the transition area together with the swimmer and runner (important so that you know where the bike is in the transition area!) And goes to his specific spot. The bike must be hung in the allocated space.
- Once the cyclist has put on the timing chip, they take their bike off the bike rack and push it to the end of the transition area. Only once they have crossed the green mount line can they get onto the bike and ride off.
- When the cyclist returns from the bike, they dismount in front of the dismount line at the entrance to the transition area and push the bike back to its designated spot. Only once having reached the respective space and having hung the bike back onto the bike rack, do they pass on the timing chip onto the runner.
- The runner checks into the transition area in due time and goes to the bicycle parking space. They remain in this place waiting for the cyclists to return, to receive the timing chip then and there.
- Crossing the finish line together: Unfortunately, it is NOT possible to cross the finish line together this year.

### Transition 2

- You have to get off your bike before entering the transition area and before the red dismount line and push the bike through the transition area to your spot!
- In the transition area, always walk on the right side of your transition area channel on the blue carpet (even if your bike is on the left)
- You have to keep your helmet closed until you have hung your bike in the bike rack.

## AFTER THE RACE

### Finish

- Unfortunately, it is not possible to cross the finish line with friends or partners this year. So please run across the finish line one by one!
- This year you have to take the medal yourself from a table that will be set up in the finish area at the exit on the way to the post-race aid station.
- You will be provided with water in the finish area. Please only remain in this area for a short amount of time and continue on in the direction of the post-race aid station.
- On the way to post-race aid station, you will be given a new medical **mouth and nose cover**, which you should wear from this point on. In addition, you will be given a bag to collect your post-race snacks and replenishments „to Go“.

### Athlete area

**ATTENTION:** There will be **NO athlete area** this year. This means that, unlike usually, there will be **NO showers, changing rooms or massage services**.

### Medal engraving

You have the option of having your medal engraved individually (name, distance, finisher time). The engraving takes place behind the "ToGo" post-race replenishment station. If pre-ordered you will find the respective voucher on your bib. Otherwise you can book the medal engraving spontaneously on site.

### Bike Pick-Up | Check out

The official check-out for all start waves is possible between 12.30 and 3.30 both on Saturday (18.09.) and on Sunday (19.09.). The entrance for the check-out is directly via „Alstertor“, just like the entrance for the check-in.

Please understand that the check-out can only start once the last participant has left the transition area and is on the run course. When entering and leaving the transition area, you will be asked for your start number and timing chip. So please have both ready so that a quick check-out is possible for all athletes.

**ATTENTION:** As the check-out is set up as one way traffic, the check-out exit is located at the end of the transition area near Ferdinandstor. Please remember this in case of planning your time after the race.

After the check-out process has been completed and you have left the transition area, you can also remove your red athlete wristband.

### Returning your timing chip

The timing chip must be returned at check-out after the race. If the timing chip is not handed in, the organizer will charge a fee of EUR 46.00. You will receive a receipt as proof of return, which you should keep until the end of the year.

### Results & disqualifications

Results and certificates will be published promptly on [www.hamburg-triathlon.org](http://www.hamburg-triathlon.org).

Disqualifications will be posted and published on the day of the race at the information stand on the Reesendammbrücke.

### Lost and Found

Valuables can be handed in or picked up at the information booth on Reesendammbrücke. Lost property from the transition area can be handed in or picked up directly at the check-in.

### Athletes' Race photos

Finisherpix.com is our official photo partner for capturing your most exciting moments at HAMBURG WASSER World Triathlon. Each participant can view and order their photos within 24 to 48 hours after the end of the event by entering their start number or surname on the finisherpix.com website.

### Medical care

More than 100 members of the German Red cross medical staff will cover the HAMBURG WASSER World Triathlon. The water rescue service is on duty with lifeboats on the swim course. The DRK aid centers are located on the Rathausmarkt (1x swim exit and 1 x finish area) as well as on Ballindamm, at the corner of Reesendamm and the corner of Lombardsbrücke. Any medical services on the competition and event grounds are included in the entry fee and will not be charged extra.

Necessary patient transport and treatments in hospital and doctors' offices are to be paid for by the participant. You should make sure to have sufficient health insurance coverage. We ask all participants to follow the instructions of the medical staff at all times. If you have any questions about participants, please call the

**DRK EMERGENCY HOTLINE**  
**040/582277**

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# ELITE RACE 18.09.2021

## EINZELRACE SPRINT DISTANCE



### Sprint Distance (0.75-21-5 km)

In contrast to the 10,000 age group athletes, the 110 best short-distance triathletes in the world will swim 750 meters through the Inner Alster. Due to the enormous power density, drafting off other athletes is permitted on the 21 kilometers on the bike (6 laps) according to the rules of the World Triathlon. Only the running route with its five kilometers corresponds exactly to the length that the hobby sprinters have to complete. After a good 26 kilometers, there are only seconds between the best. They need around 45 minutes from the Alster pier to the finish at Rathausmarkt. Action is guaranteed!

**START WOMEN 15:30 – via Livestream on [www.ard.de](http://www.ard.de)**

**START MEN 18:00 – via Livestream on [www.ard.de](http://www.ard.de)**

# ELITE RACE 19.09.2021

## MIXED TEAM RELAY



### Mixed-Team-Relay (4 x 0.3-7-1.6 km)

The youngest and fastest racing format of the international triathlon, the Mixed Team Relay, gets down to business even quicker. A national team consists of four athletes - two women and two men. According to the woman-man-woman-man principle, they each complete an entire triathlon one after the other over the super sprint distance of almost 9 kilometers. The handover to the next team member takes place in a marked area on the Rathausmarkt with a handshake. The team whose last athlete reaches the finish line first will be celebrated as the winner.

**START 14:40 – via Livestream as part of ZDF Sportstudio at [www.zdf.de](http://www.zdf.de) and showing highlights on TV (ZDF) from 16.20**

# THANK YOU!

We want to thank all of our hard-working helpers and volunteers, our partners, sponsors and the city of Hamburg, that have all made the Hamburg Wasser World Triathlon Championship Series Hamburg 2021 an incredible and one-of-a-kind event. Thank you so much!

**Please mark July 9th/10th 2022 in your calendars – that is the date for the 21st edition of the Hamburg Wasser World Triathlon event.**

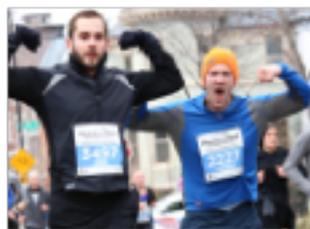
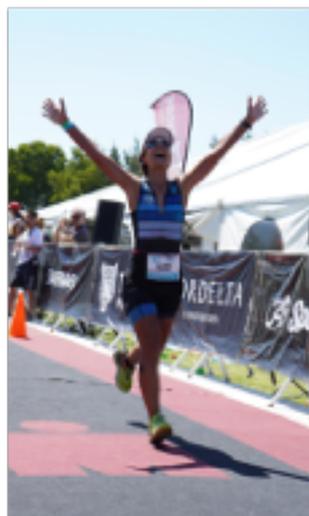
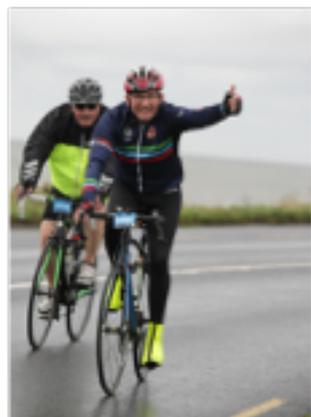
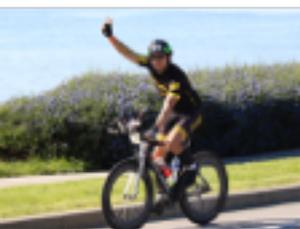
Registration is open from end of October 2021 onwards at [www.hamburg.com/triathlon.org](http://www.hamburg.com/triathlon.org)!





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