

Welcome to the **SUZUKI World Triathlon Hamburg** presented by **HAMBURG WASSER**

On the weekend of July 11-12, 2026, the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER welcomes you with a sprint distance on Saturday and a standard distance on Sunday. Swimming in the Alster, cycling along the Elbe and Fischmarkt, running along the Alster and an emotional finish at the Rathausmarkt - these are just a few of the highlights that await you.

General

As of: September 25, 2025 / Subject to change, ongoing adjustments possible

Event date

July 11 and 12, 2026



Distances & routes

	Swimming	Cycling	Running
Sprint distance	0.5 km	20 km	5 km
Relay sprint distance	0.5 km	20 km	5 km
Standard distance	1.5 km	40 km	10 km
Relay standard distance	1.5 km	40 km	10 km

The current **route maps** will be available shortly on our website at the following link: <https://hamburg.com/triathlon.org/information/strecken/strecke-open-races/>.



Start times / Time limits

Sprint distance	Saturday, July 11 Morning	Water start
Standard distance	Sunday, July 12 Morning	Water start

You will find details about your start in the participant information or on our website at the latest. The start takes place in the water with approx. 150 other athletes from your starting block.

The following time limits apply to the individual disciplines. Participants who start in an early starting block have more time accordingly.

	Swimming + cycling	Swimming + cycling + running
Sprint distance	1:40	2:15
Standard distance	2:30	3:30

Schedule

We will publish a detailed schedule on our website well in advance. A few weeks before the event, we will also publish the current schedule in the participant information. The following schedule is subject to change.

Thursday, July 9, 2026			
11:00	7:00 p.m.	Distribution of race packets	Jungfernstieg
Friday, July 10, 2026			
11:00	7:00 p.m.	Distribution of race packets	Jungfernstieg
12:00	8:00 p.m.	Triathlon Expo	Jungfernstieg
Saturday, July 11, 2026			
Morning		Check-in transition area	Alstertor
Morning		Start sprint distance	Jungfernstieg
10:00	6:00 p.m.	Distribution of race documents (standard distance only)	Jungfernstieg
9:00	8:00 p.m.	Triathlon Expo	Jungfernstieg
Sunday, July 12, 2026			
Morning		Check-in transition area	Ballindamm
Morning		Start standard distance	Jungfernstieg
9:00	6:00 p.m.	Triathlon Expo	Jungfernstieg



Competition information

All competition information will be published on our website <https://hamburg.triathlon.org/> in good time before the event. Until then, our athlete service team at athletenservice.hamburg@triathlond-events.de will be happy to answer any questions you may have.

Travel

Traveling to and from our sporting events generates large amounts of CO2 emissions. By choosing your means of transportation, you can make an important contribution to a more sustainable event. Traveling by train emits approximately 80% less greenhouse gases per kilometer than traveling by car. Therefore, traveling by train is the most environmentally friendly option, if possible. Hamburg Central Station is about a 10-minute bike ride from the race packet pickup location at Jungfernstieg. Alternatively, Jungfernstieg can also be reached by S-Bahn and U-Bahn.

Entry fees

SPRINT DISTANCE*	PRICE LEVEL I	PRICE LEVEL II	PRICE LEVEL III
	Participants 1-500	Participants 501-1300	Participants from 1301
	95,-€	110,-€	115,-€
STANDARD DISTANCE*	Participants 1-500	Participants 501-1300	Participants from 1301
	105,-€	120,-€	130,-€
Sprint Relay*		165,-€	
Standard Relay*		185,-€	

* incl. HHTV association fee

** plus day license if applicable: Standard distance €20



The entry fee includes the following services:



Swim cap



Bib number



Timing with transponder



Digital Racebag with goodies



Triathlon-Fair at Jungfernstieg



Athletes service and -support



Racebag delivery and storage



Secured and closed race course



Aid stations before, during and after the race



Medical care in case of emergency



Emergency technical bike service before the race



online athletes information and race briefing



Finisher medal



Athletes Area with showers and changing



Online results and certificate download



Lost and found



Refreshing drink at the finish



Optional Bookings



Early check-out



Starting wave request



Medal engraving



Finisher-Shirt



Photo-Service



Premium-Package



- » When registering online, you have the option of booking your preferred starting block for a fee of €10. The exact starting blocks and times will be announced a few weeks before the competition.
- » You also have the option of checking out your bike one to two hours before the regular check-out time. There is a processing fee of €10 for this.
- » You can add a personalized medal engraving for a special price of €15. You can also have the engraving done on site at short notice for €18.
- » Would you like to book all three options and benefit even more? No problem! With the Premium Package, you can secure your desired starting block, an early check-out, medal engraving, and on top of that, you have the opportunity to have your loved ones hang your finisher medal around your neck at the finish line to celebrate your great success together. The Premium Package is available for €40.
- » When registering, you can also order the following products from the Zoot finisher collection until June 1, 2026. Both models are available in two styles (women & men). When ordering, please select your desired color, cut, and size.
 - Run Tee: €39.95



RUN TEE



RUN TEE



- Hoodie: €89.95



HOODIE
FINISHER EXAMPLE



HOODIE
FINISHER EXAMPLE



- Bike Jersey: €79.95



- » The Hamburg Finisher Collection can be pre-ordered until June 1, 2026, as part of the online registration process. The pre-ordered items will then be produced. Items can also be purchased at the Zoot booth at the Expo without pre-ordering, but there is no guarantee that the desired cut or size will still be available.

Please note: Items pre-ordered and purchased online must be picked up at the Zoot booth at the Expo on the event weekend; there will be NO advance shipping!

- » Sportograf offers you a discount on your photo package as part of the online registration: Secure all your personal highlights now with the Sportograf photo flat rate from World Triathlon Hamburg. Relive your moments again and again – full of emotion, action, and goosebumps. Advance sales only €26.99 for the standard distance or €22.99 for the sprint distance.

Not sure what you want to book when you register and want to decide later? No problem! You can add all additional services at a later date via a link in your registration confirmation. Please note: Start block requests and merchandise items can only be booked until the end of registration phase 1 on June 1, 2026. All other additional services can be booked until the online registration deadline on July 1, 2026.

Day license or start pass

To participate in the standard distance, either a start pass or a day license is required. A day license can be purchased for €20 during the online registration process. If the participant does not have a valid start pass on the day of the event, the day license must be purchased on site. Individual starters in the sprint distance and relay participants in both distances do not need a start pass or day license.

A valid start pass and ID card must be presented in person when the start documents are issued.



Registration

Registration will open on September 26, 2025, and will be exclusively online. Registrations by email will not be accepted. By registering, you confirm that you have read and accepted the General Terms and Conditions for Participants.

Registration phase 1, with the option of individual start block selection, ends on June 1, 2026, six weeks before the event. Late registration is possible during **registration phase 2**, online until July 1, 2026, and on-site during accreditation from July 9, 2026, provided that starting places are still available. **From registration phase 2 onwards, individual start block selection and joint starts with the team are no longer possible!**

The online registration deadline is Wednesday, July 1, 2026, at 11:59 p.m. or when the participant limit for the respective distance has been reached.

The entry fee will be debited from the participant's account as a one-time direct debit in the form of a direct debit authorization. Participants from abroad can pay by credit card. If the rental chip is lost or not returned on the day of the event, a fee of €65 will be charged to the account after the competition. Any costs incurred by the organizer due to a return debit procedure caused by insufficient funds in the account must be reimbursed by the participant. Any bank charges shall be borne by the participant. In the event of chargebacks, additional costs will be incurred by the participants.

The right to a starting place only becomes valid after payment has been received. The starting lists can be viewed on the Internet approximately three months before the race.

By registering, each athlete accepts the sports regulations of the German Triathlon Union (at <https://www.triathlondeutschland.de>) and the conditions of the organizer and host (at <https://hamburg.triathlon.org/>).

The organizer reserves the right to reject registrations or impose a starting ban for reasons it deems important. In addition, the competition jury may disqualify athletes at any time for violations of the applicable rules.

Declaration of consent for minors

Online registrations by minors are not permitted. Minors may only be registered for events for which they are eligible by their legal representatives or persons authorized by their legal representatives (e.g., coaches, clubs). A signed declaration of consent from the legal representative must be sent to the organizer by the day before the event at the latest, either by post or as a scan by email to athletenservice.hamburg@triathlond-events.de. The form is available for download on our homepage at <https://hamburg.triathlon.org>.

Cancellation/late registrations

No refund of the entry fee will be made in the event of non-participation.

The following options are available for **canceling your starting place**:



1. **Cancellation:** If you cancel by May 12, 2026, a voucher for the full amount paid will be issued, minus a processing fee of €20. The voucher can be used for any subsequent events in the TriathlonD event series (<https://www.triathlonD-events.de>) until the end of the following year.
2. **Participant exchange:** For a processing fee of €20, the starting place can be exchanged with another athlete until the online registration deadline on Wednesday, July 1, 2026. The change link from the registration confirmation can be used for this purpose. If the participant exchange takes place after registration phase 1, the start number will not be reprinted.
3. A distance change is possible until the online registration deadline on Wednesday, July 1, 2026, via the link in the registration confirmation, subject to a processing fee of €20, provided that there are still places available for the corresponding distance. When changing to a longer distance, the corresponding difference in the entry fee to the current price level must be paid. No refund will be given for the difference if you change to a shorter distance. Distance changes must also be made via the link in the registration confirmation. It is not possible to switch between relay and individual competitions!

Late registrations are possible during the opening hours of the race packet distribution, but no later than the day before the respective race, for a late registration fee of + €10 on top of the respective entry fee, provided that the maximum number of participants has not yet been reached.

Changes to registration details

The data provided during registration can be changed until the registration deadline via the link in the registration confirmation. For the Finisher Collection, the size can be edited until June 1, 2026. After the registration deadline, changes can still be requested during accreditation.

Eligibility criteria / age limit

- » All races are open to athletes in the age groups, provided there are no health concerns.
- » Participation in the sprint distance is possible for those born in 2010 or earlier.
- » Participation in the sprint distance relay is possible for those born in 2012 or later.
- » Participation in the standard distance is possible for those born in 2008 or earlier.
- » Participation in the standard distance relay is possible for swimming and running for those born in 2012 or later and for cycling for those born in 2011 or later.
- » The DTU sports regulations apply to equipment.



Competition requirements

Swimming:

- » The swimming event takes place in the Alster and is conducted as an open water event.
- » The temperature tables of the DTU Sports Regulations apply. A decision on whether neoprene swimsuits may be worn will be made by the responsible competition director one hour before the start of each event on the day of the competition.
- » The swimming caps issued by the organizer must be worn at all times.
- » The organizer is entitled to stop the swimming discipline for an athlete in individual cases if it becomes apparent that the athlete is unable to complete the course or is putting themselves in danger.

Cycling:

- » All bicycles that comply with DTU regulations are permitted.
- » The ban on drafting applies to all competitions in accordance with the DTU sports regulations.
- » The race number must be worn on the back when cycling.
- » Ensure that the front and rear brakes are in good working order.
- » Helmets are mandatory.
- » The German Road Traffic Regulations (StVO) apply throughout the entire cycling course.
- » Instructions from the police and security personnel must be followed.
- » The organizer is entitled to stop the athlete from cycling in individual cases if it becomes apparent that the route cannot be completed or the specified time limits cannot be met.
- » The exact route of [the cycling course](https://hamburg.com/rund_um_dein_rennen/strecke/eingesehen) can be found on the website https://hamburg.com/rund_um_dein_rennen/strecke/eingesehen.

Running:

- » It is prohibited to be accompanied and/or assisted on the running course.
- » The race number must be worn on the front during the run.
- » Wearing upper body clothing is mandatory.
- » The organizer is entitled to stop an athlete from running in individual cases if it is apparent that they will not be able to complete the course or meet the specified time limits.
- » The exact course of the [running route](#) can be viewed on the website.



Age group classifications and rankings

The age group classification is based on the year in which the respective age is reached. The classification into competition and scoring classes for the sprint distance and standard distance is based on the DTU sports regulations.

Age group	Age
Age group 18	18-19
Age group 20	20-24
Age group 25	25-29
Age group 30	30-34
Age group 35	35-39
Age group 40	40-44
Age group 45	45-49
Age group 50	50-54
Age group 55	55-59
Age group 60	60-64
Age group 65	65-69
Age group 70	70-74
Age group 75	75 - 79
Age group 80	80-84
Age group 85	85-89

In addition, there are the following classifications:

- » Team classification (minimum three, maximum 50 participants)
- » Company classification SUZUKI Firmencup (minimum of three participants)
- » There will be three open classifications in the relay competition (women, men, mixed)
- » The SUZUKI Firmencup will also be held and scored as a relay
- » Hamburg Company Sports Championship in the sprint and standard distance
- » Power & Pace Trophy

The [Power & Pace](#) Trophy promises an unforgettable triathlon weekend, where we will compete together as a community. With our own starting group and an exclusive award ceremony for Power & Pace members only, the event will be a special experience. Join us and experience triathlon together with the Power & Pace community!



Team scoring / Joint start with friends

Participants who want to be recorded with their team in a separate ranking must start at the same distance. The team can consist of family members, friends, hobby teams, communities, or other loose connections. Please note that the team is not necessarily the club you are competing for. Your club will be asked separately in the registration form! The team captain who creates the team during registration must inform the other team members of the team name so that all team members can join the team. The other team members can find and select the team in a drop-down menu during registration. A team consists of at least three and at most 50 participants.

Teams with fewer or more participants will not appear in the team rankings! All participants will also appear in the individual rankings. The best three participants from each team will be included in the team rankings. We will try to divide the teams so that the participants from each team start together in one starting group. Larger groups may be divided into several consecutive starting blocks.

PLEASE NOTE: If an individual team member has booked a preferred starting block, this will be prioritized in the starting block allocation and placed before the joint start of the team!

For registrations made during the late registration phase (this also applies to registrations via a participant exchange), a joint start with the team cannot be accommodated.

Firmencup presented by SUZUKI

All companies participating in our company ranking should refer to the separate [announcement for the SUZUKI Firmencup](#). To be recognized as a company team, all team members must be bound to the registering employer by an employment contract. A company team consists of at least three participants per distance. A company can register any number of participants. The company team ranking is determined by the order in which the participants cross the finish line. Further information can be found on the website.

Relays

At least two participants must compete in a relay. Young people under the age of 18 are not allowed to complete two individual disciplines in succession.

Hamburg Company Sports Championships

For the second time, the Hamburg Company Sports Championships will be held over the sprint and standard distances. The fastest three women and the fastest three men over both distances will be ranked.

Anyone who is a member of a company sports club (BSG) is eligible to participate. A list of all existing company sports clubs is available in the registration process as a drop-down menu. By selecting your BSG, you will automatically participate in the championships at your distance.

Can't find your company sports club in the list? Do you have questions about the championships? Feel free to send an email to triathlon@bsv-hamburg.de



Women's starting block

Due to high demand in previous years, we will also be offering a separate starting block for women in 2026. When registering, you can sign up for the women's starting block free of charge, provided it is not already fully booked. Simply tick the box to do so. Please note that a booked preferred starting block and the joint start of a mixed-gender team will always be given priority when assigning starting blocks.

Competition rules

The SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER will be held in accordance with the DTU sports regulations. These and other regulations can be found at: <https://www.triathlondeutschland.de/neu-im-triathlon/regelwerk>.

The event is based on the competition rules of the German Triathlon Union (sports regulations, event organizer regulations, Bundesliga regulations, anti-doping code, referee regulations) as well as legal and procedural regulations and disciplinary regulations. By registering, each participant accepts the competition rules and legal and procedural regulations, and in particular the anti-doping code, as binding. These regulations serve to ensure the uniform and equal practice of the sport and are not contestable in court. Compliance with and acceptance of these regulations is a prerequisite for participation in the event. Each athlete is responsible for the technical safety of his or her equipment and must ensure that it complies with the rules.

Timekeeping

Timing is carried out by our partner race result Timing BW with the aid of a timing chip provided by the organizer. Relay teams receive only one timing chip, which is passed from swimmer to cyclist and from cyclist to runner within the transition zone.

If the timing chip is lost or damaged, a fee of €65 will be charged to the participant. The timing chip must be returned when checking out the bike and upon presentation of your race number when leaving the transition area.

Social Media

Feel free to mention us in your posts and/or stories on your social media channel about your preparation for the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER. You can tag the following channels: World Triathlon Hamburg Insta ([@wtcshamburg](#)), TriathlonD Insta ([@triathlond_events](#)), World Triathlon Hamburg Facebook ([@hamburgtriathlon](#)), and TriathlonD Facebook ([@triathlondevents](#)).

#TriathlonD #TriathlonDEvents #WTCShamburg #HamburgTriathlon #Hamburg24



Volunteers

Every year, more than 1,500 volunteers work at the World Triathlon Hamburg, giving their all to make the event unforgettable for all participants. We are once again looking for hard-working helpers who would like to actively support us for the next race. You can find all the information you need about becoming a volunteer [here](#).

Contact

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