



RACE GUIDE





THANKS TO OUR PARTNERS





DEAR PARTICIPANTS!

We are very pleased that you are taking part in the 17th Trumer Triathlon!

On the following pages you will find all the important information about the triathlon weekend in Obertrum am See. Please take the time to read the relevant points carefully.

If you have any questions, you are welcome to send them to **event@g-sport.at**.

You are also welcome to contact us by phone: **0043 660/7690778**

But we ask you to: read first, then call! You can find almost all the information under "[Competition Info](#)" on the homepage.

In addition to the race guide, you will also receive the race magazine in the starter pack. In this booklet you will also find all the important information about the weekend. Only in German, but our team is happy to help you out.

We wish all participants successful competitions and a pleasant stay in the Salzburger Seenland!



PREPARATION

Please bring the QR-Code from the e-mail with you, either on your phone or printed.

For all those with an annual license: please bring the license for confirmation (also foreign licenses are valid)

[Read the regulations](#)

The conditions of participation do not have to be printed out and signed. By registering, you have accepted the rules of the event and thus the conditions of participation and the General Data Protection Regulation.

The **race briefing** is [available online](#). Final updates and last-minute information will be announced shortly before the start.



Triathlon licence Can either be purchased in the eventshop online or when collecting your bib.

Cancellation only possible via the insurance

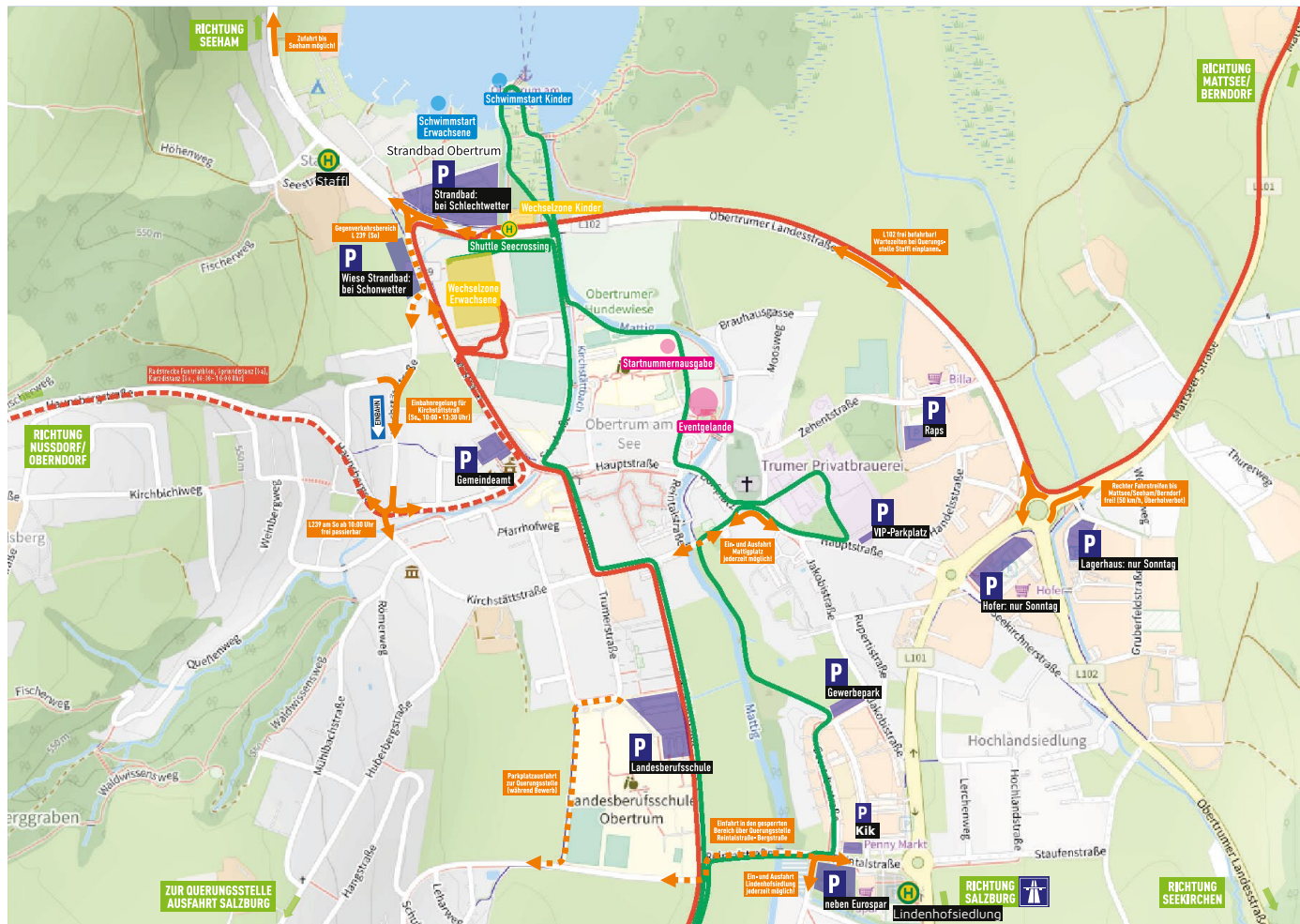
Transfer to next year: no longer possible
to another person - via Mail or at sight - € 15,00 administration fee

Changes via Mail or at sight - € 15,00 administration fee

Registration Online-registration is possible until 2 hours ahead of the start of each contest (except contest is sold out)

ARRIVAL & PARKING

Please do only use the signed parking areas - just follow the signage.





SEECROSSING

Bib pick up

FR 15:00 - 18:00 in the school

Shuttle

from 16:15 departure at parking space Seespitz

Seecrossing 3km

17:15-17:30	Swim warm up
17:45	Race briefing
17:55	Check In swim start women
18:00	Start women
18:01	Check In swim start men
18:05	Start men

Seecrossing light 1,4km

17:45-18:00	Swim warm up
18:15	Race briefing
18:25	Check In swim start women
18:30	Start women
18:31	Check In swim start men
18:35	Start men

Award Ceremony

20:00 Trumer Platz

Cut-Off times

Competition	swim
Lake crossing	7.30 pm





SEECROSSING

In Seeham, the **bus for transporting clothes** is right next to the main entrance to the lido. Please mark with the start number! The transported luggage is to be accepted at the Seespitz car park.

The organizer reserves the right to announce a neoprene ban (in the heat!) or a neoprene obligation (in the cold!). This will be communicated no later than one hour before the start. If neoprene is banned, swimming is according to the FINA regulations, i.e. all FINA-compliant suits are allowed. [Here](#) you can check your suit for admissibility.

The swimming time is taken directly at the swimming exit.



TRIPLE

Bib pick-up

FR 15:00 - 18:00 in the school

Award ceremony

SO Triple light 14:30 Trumer Platz

SO Triple 16:00 Trumer Platz

Procedure

Your transition area spot remains the same throughout all three days. Use the same race number and swim cap for all three days. Return your timing chip only after Sunday's race.

Scoring

Points are awarded for each event. The winner of each event receives a maximum of 100 points. All other athletes receive points relative to the winner's time, using the following formula: $\text{Winner's time} \div \text{Your time} \times 100$. The total score is the sum of the points earned across all three events. The athlete with the highest total score wins the overall classification.

Trophy

The overall winners across all three days will receive a custom Wecubex metal trophy.

Cut-Off Times

Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.





KIDS TRIATHLON

presented by



Bib pick up

SA 07:30 - 09:30 in the school

Check-In

08:00 - 09:00 Uhr transition zone parking space Seespitz

Race briefing

09:15 at transition zone

Start

10:00	Schüler E
10:20	Schüler D - 2 start waves for the boys
10:45	Schüler C
11:25	Schüler B - 2 start waves for the boys

Check-Out

11:50 - 12:30

Award ceremony

12:30 Trumer Platz



Course details





KIDS TRIATHLON

Please note that special specifications apply to the bikes and the **use of racing bikes is prohibited**, in addition:

- no road bike / gravel bike/ triathlon handlebars (bent handlebars) or trailers
- At least 40 mm tire width, no slick tires, only tires with profile
- only wheels with spoke construction, no 3 or 4 spokes or disc wheels

Start in 4 age groups, with the next age group only starting when all children of the previous starting group have finished. Start by gender, boys first, then girls.

Children competing in the School E category will be accompanied and assisted by an assigned volunteer during check-in. Once the race begins, they must complete the competition independently.

Parents are not permitted to enter the competition area at any time.

From the School D category onwards, athletes are required to complete the check-in and entire event independently. Volunteers will be available throughout the event if assistance is needed.

FLACHGAU SCORING

In the Kids Triathlon there is a general ranking as well as a ranking only for the children from the Flachgau. In this way, we want to motivate people to take part and also bring our „local heroes“ to the podium!



FUNTRIATHLON

presented by

Raiffeisen
Salzburg



Bib pick-up

SA 10:00 - 14:00 in the school

Check-In

12:30 - 13:30 transition zone

Warm up swim

13:15 - 13:30

Race briefing

13:40 at Strandbad

Line up start

13:50

Start

14:00 Schüler A

14:03 Rolling start

Start corridor „fast“: < 6 Min estimated swimming time

Start corridor „medium/slow“: > 6 Min estimated swimming time

Check-Out

17:00 - 18:30

Award ceremony

15:30 Trumer Platz

Cut-Off times

Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.



Course details





SPRINTTRIATHLON

presented by



Bib pick-up

SA 10:00 - 14:00 in the school

Check-In

12:30 - 14:00 transition zone

Warm up swim

14:15 - 14:30

Race briefing

14:40 at Strandbad

Line up start

14:50

Rolling Start

15:00

Start corridor „fast“: < 17 Min estimated swimming time

Start corridor „medium/slow“: > 17 Min estimated swimming time

Check-Out

17:00 - 18:30

Award ceremony

19:00 Trumer Platz



Course details

Cut-Off Times

Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.





CHARITY RUN

presented by **Raiffeisen Salzburg**



Bib pick-up

SA 15:00 - 17:45 in the school

Race briefing

18:00

Start

18:10

Award ceremony

19:20 Trumer Platz



Course details

CHARITY RUN

25. Juli 2026 18:10 Uhr
Obertrum am See

1 Runde = 1 Euro
30 Minuten hast du Zeit!
Wie viele Runden schaffst du?

Anmeldung auf www.trumer-triathlon.at!

Herzenswunsch-Hospizmobil des
ÖSTERREICHISCHES ROTES KREUZ

Anmeldung bis 30 Minuten vor Start geöffnet!
SELDABEI!

TRUMER Triathlon
Raiffeisen Salzburg
pure





OLYMPIC DISTANCE

Bib pick-up

SA 15:00 - 18:00 in the school
SO 06:30 - 08:00

Check-In

06:30 - 07:30 transition zone

Warm up swim

07:30 - 07:45

Race briefing

07:45 at Strandbad

Line up start

08:00

Rolling Start

08:15

Start corridor „fast“: < 32 Min estimated swimming time
Start corridor „medium/slow“: > 32 Min estimated swimming time

Check-Out

11:15 - 14:00

Award ceremony

14:30 Trumer Platz

Cut-Off Times

Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.



Course details





BIKE-RUN

Bib pick-up

SA 15:00 - 18:00 in the school
SO 06:30 - 08:00

Check-In

06:30 - 07:30 transition zone

Race briefing

07:45 at Strandbad

Line up start

08:30

Rolling Start

from 08:45

Check-Out

11:15 - 14:00

Award ceremony

14:30 Trumer Platz

Cut-Off times

Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.



Course details





BIKE-RUN

The following additional regulations apply to the Bike-Run event:

- The course follows the same route as the Olympic Distance race, excluding the swim segment.
- The start will take place as a rolling start from a separate holding area in front of the transition zone. Depending on the frequency of incoming athletes from the Olympic Distance race, Bike-Run participants will be released into the athlete flow.
- The transition is carried out as usual, and all transition zone regulations must be observed.
- Net timing will only begin once participants cross the Bike-Out timing mat.



HALF DISTANCE

presented by



Bib pick-up

SA 15:00 - 18:00 in the school
SO 06:30 - 08:00

Check-In

06:30 - 08:15 transition zone

Warm up swim

08:15 - 08:30

Race briefing

08:30 at Strandbad

Line up start

08:45

Rolling Start

09:00 PRO Men
09:03 PRO Ladies
09:06 start rolling start



Course details

Start corridor „fast“: < 35 Min estimated swimming time
Start corridor „medium/slow“: > 35 Min estimated swimming time

Check-Out

14:00 - 17:00

Award ceremony

16:00 Trumer Platz

Cut-Off Zeiten

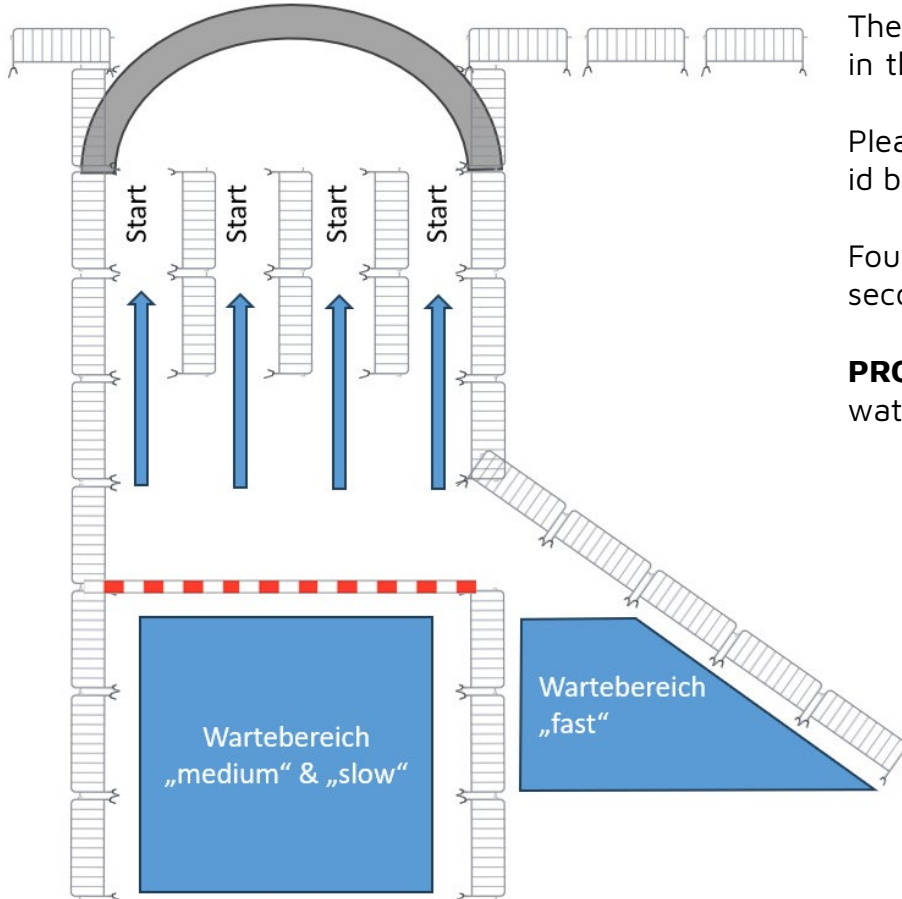
Competition	swim	Start last round on bike	End last round on bike	End running
Lake crossing	7.30 pm	-	-	-
Sprint	3.40 pm	4.20 pm	5 pm	5.30 pm
Half distance	10.10 am	12.40 pm	2.00 pm	4.45 pm

The time limits will be monitored in the transition area and if the time limit is exceeded, the participants will be taken out of the race.

There are no time limits in the other contests.



Rolling Start



Participants will be assigned to the start corrals based on their self-estimated swim time. The recommended target times can be found in the information for each respective race.

Please choose your start corral fairly to avoid blocking other athletes.

Four athletes will enter the water every five seconds.

PRO Middle Distance: Mass start from the waterline.



RACE REGISTRATION

Swim caps

Triple



Kids & Schüler A



Women



Men



PROs



At race registration, you will receive:

- Race number
- Swim cap (if you do not already have one)
- Wristband (required for access to the transition zone and finish area refreshments)
- Race number stickers for your helmet and bike
 - Triple participants: 2 bike stickers + drop bag
 - Seecrossing: drop bag sticker
- Timing chip including Velcro strap
- Goodie bag and participant gift

If you already have a Trumer Triathlon swimming cap in the right color, we would ask you to reuse it in terms of sustainability.

All athletes must return their timing chip immediately after finishing the race in the finish area or, in the case of the Lake Crossing, after exiting the water (exception: Triple participants). If you withdraw from the race, the timing chip must be returned either upon withdrawal or, at the latest, during check-out in the transition area.

IF THE CHIP WITH THE VELCRO IS NOT RETURNED, THE CHIP OR THE BAND IS DEEMED TO HAVE BEEN PURCHASED AND THE ATHLETE WILL BE CHARGED 80 EUROS.



NEOPRENE - YES/NO

The water temperature at Obertrumer lake is currently at 23°C.

The decision on whether wetsuits are permitted will be made by the Technical Officials in accordance with the Austrian Triathlon Federation (ÖTRV) Competition Rules no later than one hour before the start of the race.

This information will be published immediately by the organizer on the event website, social media channels, at the race office, and via on-site announcements.

The decision is made according to the following rules:

Up to and including 1,500 m swimming:

22.0°C and above: Wetsuit prohibited

15.9°C and below: Wetsuit mandatory

From 1,501 m swimming and above:

24.6°C and above: Wetsuit prohibited

15.9°C and below: Wetsuit mandatory



PRIOR TO RACE

Lake crossing

Access for participants is via the main entrance to the Strandbad Seeham and Matzing.

Kids triathlon

Access is directly from the transition zone at the Seespitz car park out to the Seespitz (start and water exit are directly at the Seespitz)

All other competitions

Access via Strandbad Obertrum. Access for spectators is free for swim starts.

The **warm-up** takes place to the right of the starting area, please stick to the timeline, after that time ALL participants must have left the water.

PLEASE DON'T LEAVE YOUR WASTE BEHIND!



CHECK IN - CHECK OUT TRANSITION ZONE

Please allow sufficient time for travel, parking, race number collection, and equipment preparation to ensure you complete check-in before it closes.

Please check your bike for functionality before check-in.

At check-in, the bicycle helmet must be closed and the start number must be worn in a clearly visible position. The stickers on the bike and crash helmet must already be attached. The bicycles are to be parked on the bicycle racks according to the position corresponding to the start number. Only essential race equipment may be left in the transition area. Boxes, bags, or other personal storage items are not permitted.

Access to the transition area is only permitted for athletes! In the relays, only cyclists are allowed access to the transition area.

After this check-out time, both bikes and equipment will be put aside, the organizer assumes no liability.

TRANSITION ZONE





RELAY

For relay teams, the timing chip will be handed over in a separately designated area directly in front of resp. after the transition area.

If a competitor swims for a relay and continues the competition as an individual athlete, he has:

- wear both timekeeping chips on the ankle when swimming
- hand over the relay timing chip in the relay handover zone first
- then make your own change at the single change place in order to continue the race as a single starter

The bike course is sufficiently marked and cordoned off, but compliance with the StVO is mandatory!

Please note the danger spots such as „tight curves“ or „steep descents“ as well as designated aerobar and overtaking bans.

We also expressly point out that the road has special road damage in several places. These places are marked and the driving behavior must be adapted to the situation!

Drafting is prohibited for all distances!





AID STATIONS

Following refreshment stations await you:

BIKE COURSE

Water and Iso (all distances)

Bars and Bananas (Olympic & half distance)

Fun triathlon KM 8,5

Sprint triathlon KM 8,5 - KM 21

Olympic distance KM 8,5 - KM 21

Half distance KM 8,5 - KM 38 - KM 67,5

RUNNING COURSE

Water and Iso (all distances)

Red Bull Cola and Energy, Gels and bananas (Olympic & half distance)

Fun triathlon KM 1

Sprint triathlon KM 1 - KM 4

Olympic distance KM 1 - KM 5 - KM 6,5

Half distance KM 1 - KM 5 - KM 6,5 - KM 10,5 - KM 12 - KM 16 - KM 17,5

NO LITTERING: Rubbish and drinking bottles may only be thrown away in the marked zones before and after the refreshment stations!





WHILE THE RACE

SELF CATERING

Only items that can be carried on your person or on your bike are permitted. Personal nutrition or supplies at the aid stations are not allowed.

Track escort

Accompanying the participants on the competition courses, especially when cycling or running, is strictly prohibited and will result in immediate disqualification without warning to the participant concerned.

Toilets can be found:

- transition zone
- parking slot Seespitz (running course)
- Berufsschule (bike course & aid station run)



RACE BREAK OFF PENALTY BOX

BREAK OFF OF THE RACE

If a participant decides not to continue and end the competition during the competition, he/she has to report to the next marshal. To do this, the start number must be handed in and the break off of the race must be communicated to the race director. The timing chip must be handed in at the finish area or in the transition area.

PENALTY BOX

If penalties are imposed by the referees, they must be served in the respective penalty box.

On **Saturday** the bike course penalty box is located in front of the entrance to the transition area (about 10 meters before the descent line).

On **Sunday**, the Penalty Box will be located in Außerhof along the bike course 2km ahead of the transition zone (between Mattsee and Obertrum, clearly marked).

Important: If a relay cyclist receives a penalty, he must first serve the penalty in the penalty box and only then can he hand it over to the relay runner.

The penalty box for the running course is located on the natural grass pitch right next to the running course.

TRUMER TRIATHLON PARTY

**WURLIZZER
KOMMANDO**

LIVE ON STAGE

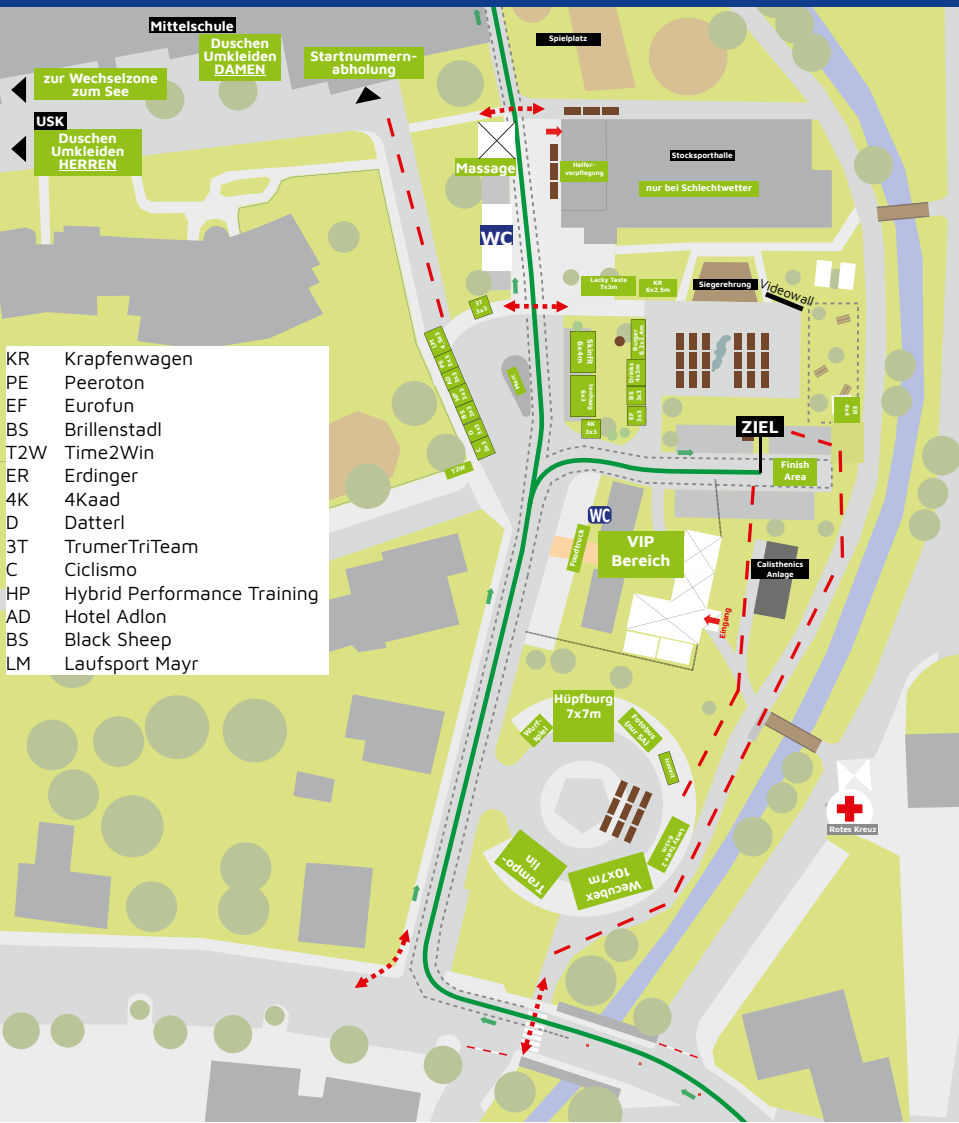


Free entrance!

**SA 25.07.2026
19:30 at Trumer Platz**



TRUMER VILLAGE



KR	Krapfenwagen
PE	Peeroton
EF	Eurofun
BS	Brillenstadl
T2W	Time2Win
ER	Erdinger
4K	4Kaad
D	Datterl
3T	TrumerTriTeam
C	Ciclismo
HP	Hybrid Performance Training
AD	Hotel Adlon
BS	Black Sheep
LM	Laufsport Mayr

Take some time before and after your races to visit the exhibitors in our Trumer Village.

A great children's programme also awaits you at the round parking area:

- Raiffeisen bouncy castle & throwing game
- Giant trampoline
- Photo bus (Saturday only)
- Ice cream truck
- Metall crafts for children by Wecubex

The following food trucks will keep you well fuelled throughout the weekend:

- D's Burger: Burgers
- Lucky Taste: Bowls, wraps, pizza and various fries
- Krapfenwagen: Traditional Austrian doughnuts, frozen yoghurt and coffee



AFTER THE RACE

MASSAGE

Of course, a massage service is also available after the race. Enjoy your massage supported by Generali and let yourself be pampered.



HAVE A SHOWER

Showers and changing rooms for women are available at school.
Showers and changing rooms for men are at USK.

RESULTS

All results will be published on [Time2Win](#).



PHOTO SERVICE

Share your sporting experience with the whole world!

To make your dream triathlon an unforgettable experience Sportograf's photography team will be on site to support you throughout to photograph the race in the best possible way.

The link for the pictures you can find in the result list next to your name as well as on our homepage under [Pictures & Results](#).

LOST & FOUND

Lost property will be taken from the swim start to the transition area and then to the competition office. Items lost on site are taken to the competition office, valuable items like phones or keys will be handed to the moderation.