

Otepää triathlon

Nordic cup stage

GENERAL INFORMATION

DATE: 26th July 2026

LOCATION: Otepää Arena, Pühajärv and surroundings

ORGANIZERS: NGO Triatlioniakadeemia, Otepää city

www.triatlioniakadeemia.ee

HEAD ORGANIZER: NGO Triatlioniakadeemia, phone: +372 5907 4335, e-mail:

voistlused@triatlioniakadeemia.ee

HEAD REFEREE: Ago Arro, email: ago@trismile.ee

RULES: [World Triathlon rules](#)

DISTANCES

Start 1: 0,375 km swim, 10 km bike, 2,5 km run (Youth B, youth A, juniors, elite)

Start 2: 0,15 km swim, 4 km bike, 1 km run (Children D, C, amateurs)

Start 3: 0,05 km swim, 0,5 km run (Children E, Children D)

Kids' run: 0,5 km (born 2016 and later)

Start 4: 1,5 km swim, 40 km bike, 10 km run (F/M 18 – 80+, teams)

PROGRAMME

Sunday, July 26

8.00	Race centre open
8.30-13.30	Race material pick-up and on-spot registration (end 15 minutes before respective start)
9.15-9.45	Transition area check in for start 1
9.50	Race briefing at the start area for start 1
10.00	START 1 (youth B, A, junior, elite men)
10.05	START 1 (youth B, A, junior, elite women)
10.55-11.15	Transition area check out for start 1
11.15-11.45	Transition area check in for start 2
11.50	Race briefing at the start area for start 2
12.00	START 2 (children D, C boys)
12.02	START 2 (children D, C girls)
12.07	START 2 (amateurs)
12.20-12.35	Transition area check in (at the beach) for start 3
12.25-12.45	Transition area check out for start 2
12.35	Race briefing at the start area for start 3

13.15	START 3 aquatlon (children E, children D)
13.20	START 3 run (born 2016 and later)
12.45-13.45	Transition area check in for start 4
13.00	Award ceremony for starts 1 and 2
13.50	Race briefing at the start area for start 4
14.00	START 4 (F/M 18 – 80+)
14.05	START 4 (teams)
16.45-18.10	Transition area check out for start 4
18.15	Award ceremony for start 4

**The organizers have the right to make changes in the programme.*

AGE GROUPS

Only age-groups defined in the race regulations are allowed in the respective start. Under-agers want need permission from parent/guardian.

Men and women, boys and girls are considered separately.

Amateur Distance

The amateur distance is designed for participants who:

- Have little to no prior experience with triathlon;
- Wish to try a triathlon for the first time or participate in a more relaxed format;
- Prefer a calm and supportive environment where the goal is to challenge yourself rather than compete with others.

Please note: While amateur participants will be timed, no official rankings or leaderboards will be produced.

1. start: 0,375/10/2,5

Juniors: born 2007-2008

Youth A: born 2009-2010

Youth B: born 2011-2012

Elite

2. start; 0,15/4/1

Children D: born 2015-2016

Children C: born 2013-2014

Amateurs: born 2012 and earlier

3. start: 0,05/0,5

Children E: born 2017-2018

Children D: born 2015-2016

Kids' run: born 2016 and later

4. start: 1,5/40/10

F/M 18-19: born 2007-2008

F/M 20-24: born 2002–2006

F/M 25-29: born 1997–2001

F/M 30-34: born 1992–1996

F/M 35-39: born 1987–1991

F/M 40-44: born 1982-1986

F/M 45-49: born 1977-1981

F/M 50-54: born 1972-1976

F/M 55-59: born 1967-1971

F/M 60-64: born 1962-1966

F/M 65-69: born 1957-1961

F/M 70-74: born 1952-1956

F/M 75-79: born 1947-1951

F/M 80+ : born 1946 and earlier

Teams (male, female, mixed): born 2012 and earlier

NB! Participants born in 2007 and 2008 can choose to compete in either the Junior or the 18–19 age category. While it is possible to participate in different categories at different events, to be eligible for the overall „Töeline Triatleet“ series ranking, participants must meet the specific series requirements set for their chosen age group.

Amateur Category Participation

Amateurs are included in the “Töeline Triatleet” series. However, no rankings are determined for this category; instead, the number of completed participations is tracked.

REGISTRATION

Registration for Otepää triathlon is open online at www.triatloniakadeemia.ee until 22nd July 2026. Re-registration is possible for an additional fee (10 euros) in the self-service system (<https://iseteenindus.triatloniakadeemia.ee>) until 22nd of July

On-site registration and distribution of starting materials will take place at the race centre at the times indicated in the schedule. For all distances, starting materials will be issued up to 15 minutes before the closing time of the corresponding start transition area.

Competitors are required to present photo identification when collecting their starting materials.

The transfer of a participation to someone else is not allowed. The organiser reserves the right to refuse to register a competitor if it deems it appropriate. In the event of cancellation of the event for reasons beyond the control of the organisers (force majeure), the entry fee will not be refunded.

Otepää Triathlon entry fee includes:

- Professional organisation by NGO Triatloniakadeemia
- Marked race courses
- Start number
- Timing (except start 3)

- Changing tents
- Outdoor toilets
- Medical aid
- Aid stations
- Finisher medal for all finishers
- Electronic diploma
- Refreshments at the finish

Otepää triathlon	Until 11.01.2026	12.01- 10.05.2026	11.05- 21.06.2026	22.06- 22.07.2026	On-site 26.07.2026
Start 1 (0,375+10+2,5) (Youth A, B, juniors, elite)	25 €	25 €	25 €	25 €	40 €
Start 2 (0,15+4+1) (Children D, C)	10 €	10 €	10 €	10 €	15 €
Start 2 (0,15+4+1) (Amateurs)	15 €	15 €	20 €	20 €	25 €
Start 3 (0,05+0,5) (Children E, Children D) Kids' run 0,5km (born 2016 and later)	5 €	5 €	5 €	5 €	10 €
Start 4 (1,5+40+10) (F/M 18-80+)	70 €	80 €	90 €	100 €	120 €
Start 4 (1,5+40+10) (teams)	110 €	120 €	130 €	140 €	160 €

*** Participation is free for citizens of Otepää. To register, please contact voistlused@triatloniakadeemia.ee**

A participant is registered for the competition only after the entry fee has been paid. The amount of the entry fee is calculated based on the time of payment, not the time of registration.

By registering, the participant (parent/guardian in case of a minor) confirms that he/she is responsible for his/her (child's) own health, agrees to the general conditions of the competition and accepts that the organiser is not liable for any damage to the participant's health or damage to or loss of personal property.

By registering for the event, the participant confirms their agreement to the data processing principles of NGO Triatloniakadeemia.

<https://iseteenindus.triatloniakadeemia.ee/en/customer-data-processing-principles-triatloniakadeemia>

COMPETITION RULES

The World Triathlon rules (available [here](#)) apply. By registering for the event, the competitor agrees to accept the World Triathlon Rules, to abide by the current Estonian Traffic Regulations and to comply with the World Anti-Doping Code.

All registered athletes must be prepared for doping control. Refusal to submit to a doping control or evasion of a doping control will be considered a doping rule violation.

RACE BRIEFINGS

Otepää triathlon information meetings will take place 10 min before the respective start in the start area, 5 min before start 3 start in the start area.

DRAFTING

Drafting is allowed on the 1st and 2nd start. Draft legal races, women are allowed to draft after other women and men are allowed to draft after other men.

The following restrictions apply to bicycles in Start 1 and 2:

- Only traditional links with corked handlebars are allowed.
- Tempo handlebars are not allowed.
- Sprockets and drinking bottles attached to the handlebars are not allowed.
- Wheels must have at least 12 spokes and must have a brake on each leg.

Equipment Rules for the Amateur Distance

The aim of the amateur distance is to welcome participants who do not have specialized equipment. Therefore, the use of the following is prohibited in the amateur class:

- Time Trial (TT) bikes;
- Aero bars (clip-on or integrated);
- Disc wheels;
- Other professional-level aerodynamic gear (e.g., aero helmets, integrated handlebar hydration systems).

Standard road bikes, gravel bikes, and mountain bikes (MTB) are all permitted.

Drafting is prohibited at the 4th start.

The draft zone between the competitors is 12 m. The draft zone will be controlled by the race referees. Violation of the drafting rules will result in a time penalty of 1 min, which must be taken in the penalty box in the transition zone. A second breach of the drafting rules will result in disqualification.

NOTE 1: The compliance of the bike with the rules will be checked when the equipment is

brought to the transition area.

COMPETITION REFEREES

The referees will check compliance with the rules.

COMPETITION JURY

Protests will be settled by a jury. The exact composition of the jury will be announced on the day of the race.

Any wish to lodge a protest must be notified to the head referee no later than 15 minutes after the last competitor has finished the relevant distance.

The amount of the protest fee is 50 €, which will be refunded if the protest is upheld.

NOTE! It is not possible to protest a penalty for drafting!

RACE COURSES

Swim

The 1st, 2nd and 3rd start will be a mass start. Start 4 is a rolling start. Swimming will take place in Lake Pühajärve.

The use of a wetsuit is allowed if the water temperature is 21.9°C or less (from age 60-64 to the oldest age group 24.5°C or less). If the water temperature is 15.9°C or less, wearing a wetsuit is compulsory. The official water temperature will be measured 1 hour before the start. When swimming, it is compulsory to wear a swimming cap. It is preferred that the swimmer wears a swim cap brought from home, but if there is no swim cap, one can be obtained from the organisers.

Aquathlon participants are permitted to use buoyancy aids (e.g., armbands, swim rings, or vests). However, the use of propulsion aids (e.g., fins or hand paddles) is strictly prohibited. For all other distances, the use of both buoyancy aids and propulsion aids is prohibited.

Bike

The cycling course goes through Otepää's streets and the surrounding roads. The penalty box is located at the end of the cycling course just before the transition area.

Run

The run course goes around Lake Pühajärve. Participants in the 3rd start (Kids' Run) must complete the course independently. Parents are not permitted on the course.

Transition area

The transition area is located at the Aedlinna Arena. Entrance to the transition area is only possible on presentation of the competition number. Only competitors, referees and organisers with special permits are admitted to the transition area.

NOTE: The competitor brings and carries his/her own equipment, no one will be allowed to enter the transition area with the competitor. Bike, helmet and other equipment must be brought to the transition area early so that the competitor has time to bring the equipment into line with the rules if necessary.

The transition area is enclosed by a fence. After the race, the competitor must collect the equipment at the time indicated in the timetable. Any equipment left in the transition area and not collected in time will be taken to the race registry. During the competition, the bikes will be guarded by persons authorised by the organiser.

TEAMS

The exchange of the competitor in the teams will take place in the transition area by handing over the timing chip. When swimming with the wetsuit, the swimmer takes it off and only then hands the chip to the rider, who then moves to the bike and starts the race. At the end of the bike race, the competitor places the bike in the transition area and hands the timing chip to the runner, who waits at the designated place.

CATERING

Water will be offered on the run course to competitors of the 1st and 2nd start. Water and isotonic beverages will be offered to the competitors at the 4th start.

Water will be served at the finish of all races.

Reusable cups will be used at aid stations and finish area at Otepää triathlon. Cups must be returned to marked collection points.

TIMING

Timing chips will be given to competitors by the organiser and collected after the race. The lost chip will be invoiced to the competitor (€70). There will be several different timing points on the race course to give each competitor swimming, cycling and running breaks, as well as a finishing time.

There will be no timing at the 3rd start.

Race number must be visible in the front when crossing the finish line, number must not be blocked with arms.

TIME LIMITS

Start 1(youth B, youth A, juniors, elite) swim + bike + run: 1 h 10 min

Start 2 (children D, children C, amateurs) swim + bike + run: 35 min

Start 3 (children E, children C, born 2016 and later): no time limit

Start 4 (F/M 18 – 80+, teams) swim + bike + run: 4 h

AWARD CEREMONY

Prizes for top three finishers in all age groups in the 1st, 2nd(except amateurs) and 4th start, electronic diplomas for all finishers. There is no award ceremony for amateurs. A prize raffle will be held between amateur athletes. Participation in the award ceremony is mandatory to

receive the prize. If the competitor is unable to attend the award ceremony, his/her coach or representative may come to collect the prize. There will be no subsequent prize-giving.

MEDICAL SERVICE

The race organizer will ensure that medical aid is available at the race centre throughout the race.

If you notice anyone in distress on the course, we ask participants to inform medical personnel, who will wear distinctive markings, event staff, or emergency services by dialing 112.

LOST AND FOUND

All found items will be collected to the registration tent on race day. After the race please send you enquiries to: voistlused@triatloniakadeemia.ee

The organizers will keep lost and found items for 7 days after the race.

PARKING

It is mandatory to follow the instructions of the police, referees and traffic controllers when parking and during the race.

ORGANIZER'S RIGHTS

The organizers have the right to use photos and videos made by the organizers.

The organiser reserves the right to make changes to the guidelines. Any changes to the competition rules will be announced on the competition website:

www.triatloniakadeemia.ee

In case of a dispute, rules in Estonian will be taken as base!