

GENERAL RACEINFORMATION

OSTSEEMAN TRIATHLON GLÜCKSBURG

August 1 - 2, 2026

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Host & Organization

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3.8 km | 1.9 km



180 km | 90 km



42.1⁹ km | 21.1 km

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1 Scope and Basis

These General Raceinformation apply to the OstseeMan Triathlon Glücksburg, including the long-distance, middle-distance, and corresponding relay events. They are based on the official Notice of Race, the currently valid sports regulations of the German Triathlon Union (DTU), and the instructions of the competition management, the referees, and the security and order personnel on duty.

Participation is at your own risk. All participants are required to familiarize themselves with the applicable regulations, the courses, the transition zone procedures, the time limits, and the safety rules before the start.

1.1 Health Requirements

A triathlon places high demands on both body and mind. To ensure the race proceeds as safely as possible for everyone involved and to minimize health risks, we ask all participants to realistically assess their personal fitness level.

- Please only start if you are sufficiently prepared, well-trained, and physically capable of completing the respective discipline or distance. This naturally also applies to relay participants.
- We recommend that all participants have their fitness for competition medically assessed in advance. If you have been ill shortly before the event, are currently experiencing health issues, or have recently recovered from an illness, please be sure to obtain medical confirmation before the start that participation is safe.
- Should health problems, injuries, or accidents occur during the competition, the instructions of the competition management, medical staff, and emergency and rescue personnel must be followed without exception.
- In case of emergencies or accidents, please dial 112 immediately.

1.2 Basic Competition Rules

Throughout the entire competition, all participants and official support vehicles are required to comply with the provisions of the German Road Traffic Regulations (StVO). This applies in particular to the requirement to ride on the right side of the road on the cycling route, which applies to the entire route within the designated bike lane. Crossing the center line is prohibited.

In the event of gross or repeated violations of the StVO or police instructions, the organizer may be required to remove participants or support vehicles from the competition, provided this is ordered by the police. Serious violations include, in particular, failure to keep to the right, excessive speed endangering others, and other gross endangerments or damage.

It is not permitted to apply markings, lines, or characters to roadways, traffic signs, trees, posts, poles, or similar objects.

Participants share responsibility for accurate timing. The timing chip provided for this purpose must be worn properly on the left ankle during the competition so that split times and the finish time can be recorded.

The instructions of the race organizers, medical staff, and emergency and rescue personnel must be followed at all times.

By registering and participating in the OstseeMan, participants agree to acknowledge and comply with the following documents:

- The OstseeMan Notice of Race
- The General Terms and Conditions (GTC) for Participants
- The organizer's General Raceinformation (this document)
- The German Road Traffic Regulations (StVO)
- The current competition regulations of the German Triathlon Union (Sports Regulations, Organizer and Host Regulations, Anti-Doping Code, Referee Regulations) as well as the Rules of Procedure and Disciplinary Regulations www.triathlondeutschland.de/neu-imtriathlon/regelwerk.

2 General Information

2.1 Competitions

The OstseeMan is held as an individual and relay competition over the following distances:

- Long distance: approx. 3.8 km swim, 180 km bike, 42.2 km run.
- Middle distance: approx. 1.9 km swim, 90 km bike, 21.1 km run.
- Relay competitions for long-distance and middle-distance.

2.2 Eligibility

Individual

Individual participants must be at least 18 years of age to compete. Individual participants must hold a valid triathlon license from their national federation or a one-day license.

Relay

A relay team consists of a swimmer, a cyclist, and a runner. One person may compete in two disciplines. The following minimum ages apply for relay teams: swimming 14 years, cycling 18 years, running 18 years.

No triathlon or one-day license is required for relays. Women's, men's, and mixed relays will be held. There is no age group classification for relays.

2.3 Registration, Withdrawal, and Change of Registration

Registration is exclusively online via the registration system designated by the organizer. Registration is possible until the participant limit is reached or until the officially communicated registration deadline. Late on-site registrations are generally not permitted.

Withdrawal, re-registration, or transfer of a starting spot is only possible in accordance with the Notice of Race and within the deadlines specified therein. Changes must be made via the participant account in the registration system.

Further details are set forth in the Notice of Race. This can be viewed online on the event website: www.ostseeman.de/wettkampf.html#Notice_of_Race

2.4 Classifications

Classification is based on the official DTU age groups, including ELITE, as well as age groups AK 18-19 and, starting with AK 20, in five-year increments up to a maximum of AK 85. Additionally, overall classifications and special classifications may be conducted.

Further details are specified in the Notice of Race. This can be viewed online on the event website: www.ostseeman.de/wettkampf.html#Notice_of_Race

2.5 Schedule

The current schedule is available online on the event website: www.ostseeman.de/wettkampf.html#zeitplan

3 Registration and Race Packets

3.1 Pickup and Contents

Race packets will be distributed at registration. To pick up your packet, you must bring a valid photo ID, your race pass or a one-day license, and the signed liability waiver. **Relay teams must present the liability waiver signed by all team members.** Race packets cannot be issued without all required documents.

The race packets include, in particular:

- Race number
- Bike number
- Three helmet numbers
- Temporary tattoos
- Transition bag
 - Individual: (blue, yellow, black)
 - Relay: none – except for double starters.
- Official swim cap
- Transponder with Velcro strap
- Athlete wristband
- Athlete gift
- Further information about the event & partners.

The athlete wristband must be put on immediately upon receipt and worn at all times until the end of the event. It grants access to the pasta party, transition area, and Athletes Garden, as well as free use of the shuttle bus.

3.2 Race numbers, identification, and timing chip

The race number must be worn on the back while cycling and on the front while running. The size must not be altered. No race number is worn during the swim.

Helmet numbers must be attached to the front, left, and right sides of the helmet.

The bike number must be attached to the seat post.

Tattoos must be applied independently to the left and right arms; relay participants must apply a number to the right arm and the X-tattoo to the left calf. Relay swimmers do not need a tattoo, as it is not visible under the wetsuit.

The timing chip must be worn on the ankle on race day. For relays, the chip serves as the baton and may only be handed over in the designated transition zones. The chip must be returned at bike check-out; the bike will only be released upon return of the chip.

4 Bike Check-In

Bike check-in takes place on Saturday at the entrance to the long-distance transition zone. The time is listed in the [schedule](#). You must bring:

- Bicycle with race number
- Bicycle helmet with three helmet stickers
- Race number
- Blue and yellow transition bags.

At check-in, you must put on your helmet and fasten the chin strap; you must wear your race number. Bikes cannot be dropped off on race day.

Only cycling shoes, bike computers, water bottles, and nutrition items that are properly secured in accordance with the rules may be placed on the bike. All other items must be placed in the transition bags. Only in relay races may the helmet also be attached to the bike.

After check-in, bicycles must be parked in the bike racks according to their race numbers. Full bike covers may not be used.

4.1 Parking at Bike Check-in

At bike check-in, parking lot P8 – Philosophenweg and the triangular parking lot at Sandwig/Förderstraße can be used free of charge for up to 30 minutes. Parking lot P1 – Athlete Parking – Sportplatz Uferstraße is also available free of charge. From here, it is approximately a 15-minute walk to the transition area

5 Transition Bags

You must write your race number on the transition bags yourself. The bags are located outdoors and will be covered with tarps overnight and, if necessary, in case of rain. We cannot guarantee that the bags will remain dry. The organizer assumes no liability for items in the streetwear bag.

- | | |
|-------------------|--|
| Blue bag | Swim → Bike.
Includes helmet, race number, cycling shoes (if not already on the bike), glasses, and other cycling gear. After the swim, place your swim gear in this bag; drop it off in the drop-off box behind the transition tent. |
| Yellow bag | Bike → Run.
Contains running gear. After the bike leg, place your cycling gear in this bag; drop it off in the drop-off box behind the transition tent. |

Black bag	Streetwear/After Race. Contains dry clothes, shower supplies, and personal items for after the race. Drop off on Sunday morning at the streetwear tent/registration; pick up after the race upon presentation of your race number.
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6 Transition Area

Access to the transition area is restricted to participants with an athlete wristband. Visitors and support staff are not permitted. The long-distance and middle-distance races have separate entrances and areas. The separate entrance for the middle-distance race is only valid on race day and must be used on Sunday morning. Restrooms are available in both areas. Bike service is available on Friday at the Expo and on Saturday and Sunday morning at the long-distance entrance.

Cycling is prohibited in the transition zone. Before picking up your bike, you must put on your helmet and fasten the chin strap. After cycling, you must dismount before the transition line.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#wechselzone

7 Swimming

7.1 Start and Course

Wearing the official swim cap is mandatory. The swim start is a mass start for each start block. Before the start, every participant must walk over the timing mat with their timing chip at the entrance to the start box. After checking in, the start area must not be left. Entering the start area from the side will result in non-registration and may lead to disqualification.

The swim course consists of one or two 1.9 km laps in a clockwise direction. Swimmers must stay to the left of the orange buoys and to the right of the yellow buoys. Cutting the course will result in disqualification; touching land is not permitted. Only rescue service boats and race officials are allowed to enter the swim course on race day.

Training on the swim course outside of the competition is not possible due to boat traffic.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#swim

7.2 Wetsuit Policy and Safety

Wetsuits are permitted up to a water temperature of 24.5°C. The final decision will be announced one hour before the race start. The average water temperature in Glücksburg in August is 18°C.

If you need assistance in the water, raise your arms clearly and actively signal to the rescue personnel. DLRG rescue personnel are on duty both on the water and on land.

8 Cycling

8.1 Basic Rules

On the entire cycling course, riders must keep to the right in their respective bike lanes and follow all traffic laws. Crossing the center line is prohibited. Drafting, as well as blocking or restricting other participants, is prohibited. The minimum distance to the rider ahead is 12 m; the passing maneuver must be completed within a maximum of 25 seconds.

Helmets are mandatory. The chin strap must be fastened before the bicycle is removed from its stand and must remain fastened until the bicycle is parked or handed over again after the cycling course. Upper-body clothing is mandatory; the race number must be worn on the back.

8.2 Course, Traffic, and Support

Long-distance participants complete four laps of approximately 45 km each; middle-distance participants complete two laps. A penalty box is located at km 43. Restrooms are located at Munkbrarup School/VP1, Brönstrup/turnaround point, Petersenallee forest parking lot/penalty box, and Sandwigstraße/VP2, among other locations. Traffic may be traveling in the same direction on some sections of the course. Special caution is required in areas with oncoming traffic and speed bumps; do not attempt to pass in these areas.

There is no bike service providing mechanical support on the cycling course. Participants must generally be able to resolve mechanical issues on their own. Emergency vehicles can transport bicycles and athletes.

A detailed overview is available online on the event website at: www.ostseeman.de/strecken.html#bike

8.3 Bike Fitting and Attachments

Containers carried for beverages, tools, spare parts, or food must be made of unbreakable material and secured in accordance with the rules. The following applies specifically to attachments:

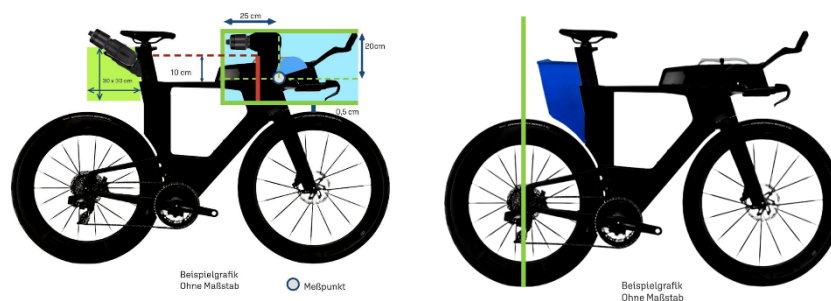
- Rear: Mounts, containers, and bottle holders must fit within an imaginary 30 x 30 cm frame; a maximum of two bottles, each up to 1 liter. Integrated tool boxes (containing CO2 cartridges, tire levers, etc.) are exempt from this rule.
- Integrated beverage systems at the rear may be larger than 30 x 30 cm, hold a maximum of 2 liters, and must not extend beyond the vertical line through the rear axle. Additional rear attachments are then not permitted.
- Top tube: Attachments may utilize the length of the top tube, be no more than 10 cm high from the top edge of the top tube, and be no wider than the top tube. When combined with attached, movable parts on the handlebars, a joint must be present, and no body part may rest on parts of the frame structure or the attachments.
- Handlebars/armrests: Measured from the lowest edge of the elbow/armrest (or, if none is present, from the lowest edge of the athlete's elbow in the intended aero position), all items attached to the handlebars or armrests (bottles, mounts, containers, etc.) must be within:

- a maximum of 25 cm toward the saddle and
- a maximum of 20 cm in height and
- a maximum of the frontmost point of the handlebars or armrests, and
- a maximum of 0.5 cm from the highest point of the front wheel

No part of the body may rest on the attached objects, bottles, mounts, containers, etc. The arms must not be covered from above. A total volume of 2 liters is permitted.

- Adhesive tape is permitted only for expressly authorized purposes, such as covering the valve opening on disc wheels, sealing containers, securing the handlebar ends, attaching food and drink to the top tube within the 10-cm rule, or securing the race number.

Bike computers, computer mounts, grips, and shift levers are exempt from the special attachment regulations but remain subject to DTU Sports Regulations § 23.2, 23.3, and 23.9.



9 Running

Upper-body clothing is mandatory on the running course. The race number must be worn on the front. Accompaniment by support staff, family, or friends on the course is not permitted.

A blue lap wristband will be issued at the start of each new lap. Restrooms are located at VPI Beckerwerft and VP3 Hanseatische Yachtschule, among other places.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#run

10 Cut-off Times

The following cutoff times apply:

Discipline	Middle Distance	Long Distance
Swim	1 hour 10 minutes	2 hours 10 minutes
Swim + Bike	5 hours 30 minutes	9 hours 30 minutes
Swim + Bike + Run	8 hours	15 hours

11 Catering & Waste Disposal

11.1 Cycling Refreshments

There are aid stations on the bike course at Munkbrarup and Sandwig Hill, as well as a self-service station/Special Needs area at the Petersenallee forest parking lot next to the Penalty Box. Water, Squeezy Energy Drink, bananas, Squeezy Energy Gel, and Energy Bars will be available.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#verpflegung

11.2 Refreshments for the Run

There are aid stations along the running course at Glückselig, Beckerwerft, and the Hanseatische Yachtschule. Depending on the station, water, cola, broth, Squeezy Energy Drink, bananas, pretzels, Squeezy Energy Gel, and Energy Bars are available.

The Hanseatische Yachtschule also serves as a self-catering station.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#verpflegung

11.3 Special Needs

Special Needs may only be provided at the official self-catering stations. The Special Needs station for cycling is at the Petersenallee forest parking lot next to the Penalty Box. The self-catering station for running is at the Hanseatische Yachtschule. Transportation, storage, and distribution are the sole responsibility of the participants.

Support staff may only hand out food and drinks within the officially marked area before and after the Special Needs station. Outside these areas, this may be considered unauthorized assistance.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#verpflegung

11.4 Waste Disposal / Bottle Exchange

Disposing of items outside of refreshment and littering zones is prohibited. Littering zones are marked with signs. Failure to comply will result in disqualification. Used water bottles may only be disposed of in the designated collection bins at the beginning and end of the refreshment stations.

12 Relays

Relay participants must apply their race number tattoos to their right arm on their own. In addition, the X-tattoo must be affixed to the left calf. It must also be placed on the calf if knee-high socks are worn. Swimmers do not need a tattoo.

The timing chip serves as the baton in relays. The handoff may only take place at the designated handoff points.

Before crossing the finish line, the swim and bike relay members of each team may join the runner to cross the finish line together.

12.1 Middle Distance

The handoff zone for the middle-distance relay is located in the upper section of the middle-distance transition area and is clearly marked. During the swim-to-bike transition (T1), the swimmer runs to the handoff zone, where the cyclist is waiting without their bike. During the bike-to-run transition (T2), the cyclist first parks the bike at the bike rack and then runs to the transition zone.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#wechselzone

12.2 Long Distance

The transition zone for the long-distance relay is located at the bike. During the swim-to-bike transition (T1), the swimmer runs to the LD relay bike racks, where the cyclist is waiting with their bike. During the bike-to-run transition (T2), the handoff also takes place at the bike's location.

A detailed overview can be found online on the event website at: www.ostseeman.de/strecken.html#wechselzone

13 Penalties, Disqualifications, and Appeals

Drafting is subject to time penalties of 2 minutes in the middle distance and 3 minutes in the long distance (blue card). Other infractions are penalized with 30 seconds in the middle distance or 1 minute in the long distance, unless the rules of the sport or a referee's decision stipulate a different sanction (yellow card).

Disqualification occurs in particular upon a red card or upon accumulating a total of three blue or yellow cards. If a card is shown on the bike course, the athlete must stop at the next penalty box and report the penalty to the referees or serve it there. Failure to do so results in disqualification.

Appeals against preliminary results may be submitted to the Referee Panel at the Race Office up to 30 minutes after the preliminary results are published.

14 After the Race

For organizational reasons, re-entry into the finish channel is not permitted. After crossing the finish line, athletes will receive post-race refreshments in the Athletes Garden. The Athletes Garden is reserved exclusively for athletes, medical staff, and volunteers.

The finisher shirt and streetwear bag will be distributed in the Streetwear Tent upon presentation of the race number. Showers and post-swim rinsing are available at the Fördeland Therme until 2200 hrs. with an athlete wristband. Massage services by TigerBalm are available in the finish area.

14.1 Bike Check-Out

Bikes will be released upon presentation of the race number and return of the timing chip. Long-distance bikes must be picked up by 2230 hrs., and middle-distance bikes by 1930 hrs. on race day. After that time, the organizer assumes no liability or responsibility for security.

If you need to retrieve your bike from the transition zone due to early withdrawal, you must first go to registration. With the help of a volunteer, you can retrieve your bike from the transition zone upon presentation of your race number and timing chip.

14.2 Finish Line Party

To conclude the OstseeMan Triathlon, the legendary Finish Line Party, including a closing ceremony powered by *Glücksburg Consulting (GLC)*, will take place starting around 2100 hrs.

15 Results & Awards Ceremony

Upon crossing the finish line, every finisher will receive a medal.

Results will be published online continuously during the competition. Finisher certificates can be printed online via the event website.

The award ceremonies will take place on the stage right at the finish line. The middle-distance awards ceremony is scheduled to begin at 1800 hrs., and the long-distance ceremony at 1845 hrs. Times are subject to change depending on the race. Winners are asked to gather to the left of the grandstand 10 minutes before their respective ceremony.

Prizes and awards that are not claimed in person on the day of the awards ceremony will be forfeited.

16 Safety & Medical Care

A medical service and first-aid station are located in the finish area; emergency services are on duty along the course. During the swim, DLRG lifeguards will ensure the safety of the competition.

If the race is stopped while participants are on the bike course, emergency personnel will direct them to slow down and stop at clearly visible locations. Emergency vehicles may display red flags. From assembly points, participants will either slowly follow the course back to the transition area or be transported en masse to the transition area in police emergency vehicles. Announcements may be made in the area before Sandwig Hill.

17 Travel & Parking

In the immediate vicinity of the event grounds, you will find several parking lots and Park & Ride facilities. For athletes, the P1 – Uferstraße Sports Field is available free of charge. Additionally, there are other free parking options. As an alternative means of travel, we recommend that athletes and guests use the shuttle bus.

On race day (Sunday), a shuttle bus will run from 0430 hrs. to 1030 hrs., transporting athletes and visitors from the surrounding parking areas to the event grounds. The ride is free for registered athletes upon presentation of their wristband. People without a wristband pay 1.50 EUR per trip for the bus. Due to limited capacity, bicycles cannot be transported.

A detailed overview is available online on the event website at: www.ostseeman.de/info-point/anreise.html

Spectator areas are located primarily in the start and finish zones as well as along the course. Live updates, split times, and a livestream will be available online on the event website and on-site.

18 EXPO & Merch

The Sports Expo will take place in the Kurpark. Merchandise will be available on Friday and Saturday at registration and on Sunday in the area next to the Athletes Garden.

A detailed overview can be found online on the event website at: www.ostseeman.de/info-point/expo.html

19 Miscellaneous

The competition will generally take place regardless of weather conditions. In the event of extreme conditions, the organizer may adjust, shorten, interrupt, or cancel the competition. Changes to the course, distances, or times will be communicated by the organizer. Participants must follow the instructions of the competition management, referees, police, emergency services, and volunteers.