

Otepää triathlon

GENERAL INFORMATION

DATE: 27th July 2025

LOCATION: Otepää Arena, Pühajärv and surroundings

ORGANIZERS: NGO Triatloniakadeemia, Otepää city

www.triatloniakadeemia.ee

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

voistlused@triatloniakadeemia.ee

RULES: [World Triathlon rules](#)

DISTANCES

Start 1: 0,75 km swim, 20 km bike, 5 km run (female juniors)

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

Start 3: 0,15 km swim, 4 km bike, 1 km run (Children D, C)

Start 4: 0,05 km swim, 0,5 km run (Children E)

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

Start 6: 0,75 km swim, 20 km bike, 5 km run (male juniors)

PROGRAMME

Sunday, July 27

7.00	Race centre is open
7.00-7.45	Transition area check-in for start 1 (female juniors)
7.50	Start 1 race briefing in the start area (female juniors)
8.15	START 1 (female juniors)
9.15-9.35	Transition area check out for start 1(female juniors)
9.30	Award ceremony start 1
8.00-13.30	Race material pick-up and on-spot registration (ends 15 minutes before closing check-in for respective start)
9.15-9.45	Transition area check-in for Start 2
9.50	Start 2 race briefing at the start area
10.00	START 1 (male Youth B, A)
10.02	START 1 (female Youth B, A)
10.50-11.15	Transition area check-out for Start 2
11.15-11.45	Transition area check-in for Start 3

11.50	Start 3 race briefing at the start area
12.00	START 3 (Children D, C boys)
12.02	START 3 (Children D, C girls)
12.20-12.35	Transition area (at the beach) check-in for Start 4
12.25-12.45	Transition area check-out for Start 3
12.35	Start 4 race briefing at the start area
12.40	START 4 (Children E)
12.45-13.45	Transition area check-in for Start 5
13.00	Award ceremony for start 2 and 3
13.50	Start 5 race briefing at the start area
14.00	START 5 (F/M 18 – 80+)
14.05	START 5 (teams)
16.45-18.10	Transition area check-out for Start 5
18.15	Award ceremony for start 5
18.15-18.45	Transition area check-in for start (male juniors)
19.00	START 6 (male juniors)
20.15-20.35	Transition area check-out for start 6 (male juniors)
20.30	Award ceremony (male juniors)

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.

1. start: 0,75/20/5

Juniors: born 2006-2007 (female)

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

Youth A: born 2008-2009

Youth B: born 2010-2011

3. start: 0,15/4/1

Children D: born 2014-2015

Children C: born 2012-2013

4. start: 0,05/0,5

Children E: born 2016-2017

5. start: 1,5/40/10

F/M 18-19: born 2006-2007

F/M 20-24: born 2001–2005

F/M 25-29: born 1996–2000

F/M 30-34: born 1991–1995

F/M 35-39: born 1986–1990

F/M 40-44: born 1981-1985

F/M 45-49: born 1976-1980

F/M 50-54: born 1971-1975

F/M 55-59: born 1966-1970

F/M 60-64: born 1961-1965

F/M 65-69: born 1956-1960

F/M 70-74: born 1951-1955

F/M 75-79: born 1946-1950

F/M 80+ : born 1945 and earlier

Teams (male, female, mixed): born 2011 earlier

6. start: 0,75/20/5

Juniors: born 2006-2007 (male)

NB! In order to take part on “Töeline triatleet” series, athletes born in 2006 and 2007 must decide whether they participate in junior category or F/M 18-19. To participate in the individual series competition, athletes must compete in the same age group in all competitions. This does not apply to the team competition.

REGISTRATION

Registration for Otepää triathlon is open online at www.triatloniakadeemia.ee until 23rd July 2025. Re-registration is possible for an additional fee (10 euros) in the self-service system (<https://iseteenindus.triatloniakadeemia.ee>) until 23rd 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 Children E)
- Changing tents
- Outdoor toilets
- Medical aid
- Aid stations
- Finisher medal for all finishers
- Electronic diploma
- Refreshments at the finish

Otepää triathlon	6.01. - 2.02.2025	3.02. - 20.04.2025	21.04. - 22.06.2025	23.06. - 23.07.2025	On site 27.07.2025
Start 1 and start 6 (0,75+ 20 +5) (juniors)	35 €	35 €	35 €	35 €	50 €
Start 2 (0,375+10+2,5) (Youth A, B)	25 €	25 €	25 €	25 €	40 €
Start 3 (0,15+4+1) (Children D, C)	10 €	10 €	10 €	10 €	15 €
Start 4 (0,05+0,5) (Children E)	5 €	5 €	5 €	5 €	10 €
Start 5 (1,5+40+10) (F/M 18-80+)	69 €	79 €	89 €	99 €	120 €
Start 5 (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 on the basis of 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, children in E class 5 min before the start in the start area.

DRAFTING

Drafting is allowed on the 1st, 2nd, 3rd and 6th 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, 2, 3 and 6:

- 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.

Drafting is prohibited at the 5th start.

The draft zone between the competitors is 10 m. The draft zone will be controlled by the race referees. Violation of the drafting rules will result in a time penalty of 2 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 consisting of a representative of the race organiser. 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, 3rd 4th and 6th start will be a mass start. Start 5 is a rolling start.

Swimming will take place in Lake Pühajärve. Competitors have to swim 1 lap in all starts. 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.

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.

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, 2nd and 6th start. Water and isotonic beverages will be offered to the competitors at the 5th 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 4th 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 and 6 (juniors) swim + bike + run: 1h 30 min

Start 2 (youth B, youth A) swim + bike + run: 1 h 10 min

Start 3 (children D, children C) swim + bike + run: 35 min

Start 4 (children E) ajavõttu ei ole

Start 5 (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, 3rd, 5th and 6th start, electronic diplomas for all finishers. 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!