



INFORMATION ON THE COMPETITION

SPRINT-DISTANCE

Dear triathletes,

To ensure that you are all well prepared and relaxed for the competition, please read the following information about the event carefully.

All information and plans can also be found on the website. As there may be changes to the event schedule at short notice, please pay attention to the daily updated information, which we will also publish on the website under 'News'.

Please plan sufficient and generous time for your journey and immediate preparation for the competition as well as for orientation on the site and the way to the swim start. This will make for a more relaxed start.

We wish you a successful competition and lots of fun in the Rhine and on the streets of Cologne.

Your Cologne Triathlon-Team

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BEFORE THE COMPETITION

Late entries

If the participant limit has not already been reached, the closing date for entries is 23:59 on 24 August 2025. Late registrations on the day of the event are no longer possible.

Data changes & booking of additional services

If you still want to change your personal data (e.g. new address), you can do this independently via the change link from the registration confirmation until Saturday, 6 September 2025, 18:59. You can book additional services (e.g. an event shirt) until 24 August 2025.

Competition re-registrations

It is only possible to re-register for a longer distance - i.e. from the sprint to the Olympic or middle distance and from the Olympic to the middle distance - if the participant limit for the longer distance has not yet been reached. It must be made in writing via the change link in the e-mail registration confirmation and by 23:59 on 24 August at the latest. In the event of a change of registration, the participant must pay the difference between the entry fee already paid for the shorter distance and the current entry fee for the longer distance plus a processing fee of €25 to the organiser. The participant gives his direct debit authorisation for this. Re-registrations for a shorter distance are excluded.

Transfer of registration to another person

A change of registration to another person is possible via the change link from the registration confirmation until 24 August 2025 at 23:59. The additional services must be transferred. The processing fee is €25.

Withdrawal

Cancellation of the event is only possible with entry fee insurance from Generali (handled by Europ Assistance). Entry fee insurance can be booked as an additional service during the registration process. It is not possible to take out entry fee insurance after registration. Additional services are not covered by the entry fee insurance and are non-refundable. Cancellation of the event is not possible without entry fee insurance and no refunds will be made.

Starting license

As a participant in the sprint distance, you do not need a start pass or a day license.

RACE WEEKEND

Arrival and parking

The Cologne Triathlon takes place mainly in the Tanzbrunnen and the Rheinpark. From there you can also reach the swim starts on foot.

If you are travelling by car, we recommend that you use one of the surrounding public car parks:

- Car park LANXESS-Arena [Waze](#) | [Google Maps](#)
- Car park under the Zoobrücke/Claudius-Therme [Waze](#) | [Google Maps](#)
- Contipark at Heumarkt [Waze](#) | [Google Maps](#)
- Car park under the Severinsbrücke on the left riverside [Waze](#) | [Google Maps](#)
- Car park under the Severinsbrücke on the right riverside [Waze](#) | [Google Maps](#)
- Car park P21 [Waze](#) | [Google Maps](#)

If you are travelling by public transport (tram or train), please use the stop 'Cologne Messe/Deutz'. From Deutz railway station it is approx. 10 minutes on foot or 3 minutes by bike.

Important locations at the race weekend

- Tri.EXPO, bib number pickup and finish at the Tanzbrunnen [Waze](#) | [Google Maps](#)
- Swim start in Deutz harbour (Middle & Olympic) [Waze](#) | [Google Maps](#)
- Swim start at the Deutz bridge (Sprint) [Waze](#) | [Google Maps](#)
- Swim exit in the Rheinpark [Waze](#) | [Google Maps](#)
- Transition zone in Rheinpark [Waze](#) | [Google Maps](#)

Bib number pickup & Tri.EXPO at the Tanzbrunnen

On Saturday, 6 September 2025 and Sunday, 7 September 2025, the **Tri.EXPO** sports fair will take place at the Tanzbrunnen. Admission is free for all visitors.

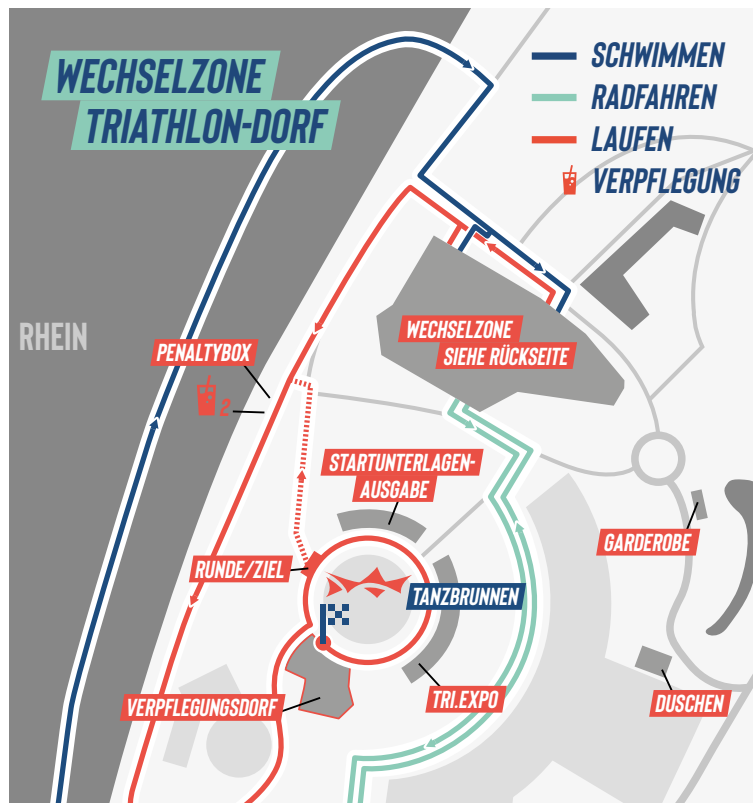


Figure 1: Overview map of the triathlon village in the Tanzbrunnen and the transition zone in the Rheinpark

Here you will receive your race package and all important information about the event. Please bring your confirmation of participation with you, which you received by email, to collect your race package. You can pickup your race package for the Sprint distance on Saturday during the regular opening hours and on Sunday between 6:00 and 12:30 p.m.

Opening hours Tri.EXPO:

- Saturday, 6 September 2025, 12.00 p.m. to 7.00 p.m.
 - Sunday, 7 September 2025, 11.00 a.m. to 5:00 p.m.
- (Please note: opening hours for handing out race packages on Sunday vary)

Important: You will receive a wristband with your race package, which you must wear during the entire race. Without a wristband you will not have access to the transition area and the swim start. Please enter your start number yourself in the space provided on the wristband.

Timing transponder

Your race time will only be measured with a transponder. This must be securely attached to your left ankle with the neoprene Velcro strap. You will receive the transponder together with your starting documents. After the race, the transponder must be returned when leaving the finish area. If the transponder is lost or not returned, you will be charged €80.00.

Racing numbers sheet

In your starting documents you will find a sheet with various racing numbers. These must be used as follows:

- The large start number at the top is the start number for cycling and running, which you wear with a start number band around your waist (at the back when cycling, at the front when running!).
- On the right are three helmet stickers (Helmet) for the front and both sides.
- Mark your bike with the seatpost number (seatpost sticker) on the seat tube.
- The 'Supporter' sticker is for labelling your starting bag, which you can hand in at the swim start.
- The 'Bag Tag' and 'Kit Labels' stickers are for labelling additional bags, which you can hand in at the cloakroom in the Rheinpark (with prior booking) or deposit at the bag deposit in the transition area.

Bike Check-In

You can check in your bike in the transition area on Saturday, 6 September 2025, between 15:00 and 19:00. On Sunday, 7 September 2025, bike check-in for the middle distance is possible from 6:00 to 13:00. We recommend the bike check-in on Saturday to start the race day on Sunday in a relaxed manner.

Please prepare your bike and your belongings for the transition before the bike check-in. When entering the transition area, your bike, helmet and the correct placement of the start numbers (helmet and bike) will be checked. Each athlete can only check in their own bike. If you are not sure about the regulations, please refer to the [DTU sports regulations](#).

Note: Your bicycle and helmet must be checked in together! The tube ends of the bike handlebars must be closed. Openings can be closed independently in advance with cork plugs.

Please note: If you only check in your bike on Sunday, please note that there may already be competition activity in parts of the transition area. This must not be disturbed! The instructions of our helpers on site must be followed.

Transition area

The transition area in the Rheinpark can only be accessed via the designated entrances and exits. Only athletes with the event wristband are authorised to enter.

The transition area is organised by competition. After bike check-in, each participant will be allocated a free transition place in a row corresponding to their competition by our helpers on site. All places are marked so that you can find your way easily during the transition. All personal belongings must be kept within your own transition area.

Important: It is not permitted to leave boxes or bags at the transition area. Only the items required for the competition may be placed at the transition area. Other items may be removed by the race judges. The items required for the race include Bike, helmet, cycling shoes, running shoes, cycling/running clothing, socks, and a towel.

Note: Additional bags that are not required for the race can either be handed in at the cloakroom in the Rheinpark (outside the transition area, only with prior booking) or deposited at the bag drop-off point (inside the transition area). Please mark your bags with the provided race number stickers. At the wardrobe in the Rheinpark will also be dropped off the bags from the swim start.

During the competition, there will be one-way traffic in the transition area. The running paths are marked in the following figure.



Figure 1: transition area

Wardrobe / Bag Drop-Off

The wardrobe is located in the Rheinpark and is staffed by helpers. You can book this service when you register. If you have booked the additional bag drop-off, you can leave a bag there with items that you do not need for the race (e.g. your shower things). Please mark your bag with the race number stickers provided. Additional bookings can be made until 23:59 on 24 August 2025 via your personal change link.

You can also hand in your start bag at the swim start in the mesh boxes provided, which will then be transported to the wardrobe in the Rheinpark (free of charge). The grid boxes are sorted according to race number circles. Please note that only the official event bag with a number label can be handed in at the swim start.

After the race you can pick up your additional bag and the swim bag at the wardrobe in the Rheinpark.

Please note: We accept no liability for the wardrobe!

DURING THE COMPETITION

Race briefing

The race briefing for the sprint distance will take place 15 minutes before the first start, at 13:15, at the swim start at the Deutzer Brücke. *Important:* Attendance at the on-site race briefing is mandatory, as last-minute changes may occur at any time!

Additionally, we will offer a race briefing for all distances on Saturday, September 7, at 14:00 at the Tanzbrunnen.

Tip: For optimal preparation, you can watch the digital race briefing on our website ahead of the event.

SWIM

Swim start at the ‚Deutzer Brück‘

The swim start for the sprint distance is located on the right riverside, at the Deutzer Brücke, below the Rheinboulevard ([Waze](#) | [Google Maps](#)). The walk from the transition area to the swim start at Deutzer Brücke is approximately 1,500 meters. Please allow enough of time for the walk!

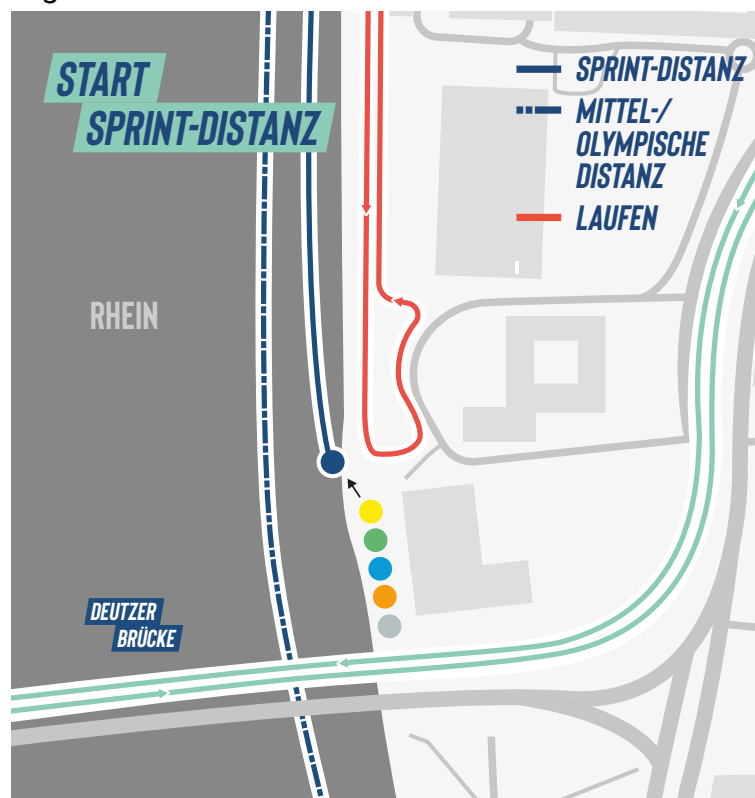


Figure 2: Swim start at the Deutzer Brücke

At the swim start, you will need to check in first. For the check-in, you will need your event wristband, the correct swim cap (colour of your starting block), the timing transponder on your left ankle, and your wetsuit.

The entry into the Rhine will be via a ramp, and depending on the water level, a short staircase directly into the water. Right before the water's edge, there is a timing mat that will record each participant's individual start time.

Note: At the swim start, you can drop your start bag into the provided grid boxes, which will then be transported to the wardrobe in the Rheinpark.

Start time & blocks

The swim start for the sprint distance will take place in 5 start waves as a rolling start directly into the Rhine. The start wave allocation is based on the expected finish time you provided during registration. Each start block will be marked with a distinct swim cap color. The exact assignment to start blocks will be made shortly before the competition day. A maximum of 300 athletes will start simultaneously in each block.

During the rolling start, three athletes will start together from each block and run into the water as a group. The order within each start block is determined by the athletes themselves. The individual start blocks will begin with a 15-minute interval. The following start times will apply for the sprint distance:

Starting Block	Swimming Cap	Sprint Distance
1		Men <1:00-1:30 h
2		Women <1:00-1:50h
3		Men 1:35-1:50 h
4		Women ≥1:55 h
5		Men ≥1:55 h

Important: Please be at the start on time. If you miss your start, you will be allowed to start in the next starting block.

Swimming distance & special features in the Rhine

For the sprint distance, you will swim 1,500 meters with the current in the Rhine (750 meters distance extension due to the current).

During the competition, the Rhine will be closed to shipping on the right bank of the Rhine especially for the triathlon. The DLRG and the water police as well as numerous helpers on boats and in canoes will accompany you on the course. In addition, we have distributed sighting posts on land along the entire swim course.

You will be registered via the timing mats at the entry and exit points. This allows us to see how many participants are in the water.

Swimming in the Rhine requires different rules and measures compared to swimming in stagnant water. We therefore urge you to observe the following when swimming in the Rhine:

- Only start if you are sufficiently trained!
- All participants are required to wear wetsuits (see below for details)!
- Wear your timing transponder on your left ankle and the swim cap we provide!
- Goggles provide better visibility!
- Keep a sufficient distance from the shore (approx. 10m)!
- The Hohenzollernbrücke may only be crossed between the right bank of the Rhine (to the right in the direction of swimming!) and the first bridge pier!
- Towards the middle of the river, the DLRG boats and canoeists mark the swim distance!
- Orient yourself to the shore well in advance of exiting!
- At the exit, swim as close to the shore as possible until your hands touch the bottom!

If you experience a cramp or need assistance for any other reason while swimming, don't hesitate to make yourself known and approach the accompanying support personnel.

As the organizer, we provide a safe framework for swimming in the Rhine with the above measures. However, it also requires responsible behavior from you, the athletes, to ensure a unique and safe experience in the Rhine. Participation in the competition is at your own risk.

Tip: You are allowed to wear a rescue buoy in an uninflated state as a belt while swimming. However, once it is inflated, the athlete will be disqualified from the competition.

IMPORTANT: Please do not swim test swims in the Rhine beforehand!

Wetsuit requirement

For safety reasons, wearing a wetsuit is mandatory for all participants, regardless of the water temperature. The triathlon association has granted us special authorisation for this. You can find the requirements for the wetsuit in the [DTU sport regulations](#).

ATTENTION: No wetsuit - no start!

Tip: Our swimming partner [sailfish](#) offers wetsuit hire at our Tri.EXPO in the Tanzbrunnen (please note the opening times of the Tri.EXPO!). The costs for this are 50€ rental fee + 150€ deposit.

Swim exit

The swim exit for all distances is located at the Rheinpark at approx. Rhine kilometre 689.5 ([Waze](#) | [Google Maps](#)) and is clearly marked with a blue sailfish archway and two beachflags with the event logo.

Please note: The ground at the swim exit is stony and slippery. There will be helpers ready to support you if necessary.

On the way to the transition area, be sure to run on the carpet that has been laid out in places and please make sure you cross the timing mat at the entrance to the transition area so that we can be sure that you are back on land.

CYCLING

Cycling course

Note: Before the bike can be taken off the bike stand, the bike helmet must be put on and locked and may only be opened and taken off again for the second change when the bike is back on the bike stand.

The bike course passes through Cologne city centre and the north of Cologne and is completely closed to motor traffic. For the Sprints distance you have to complete one

shortened lap, which correspond to a total length of 20.0 km. The [road traffic regulations \(StVO\)](#) apply on the entire bike course.

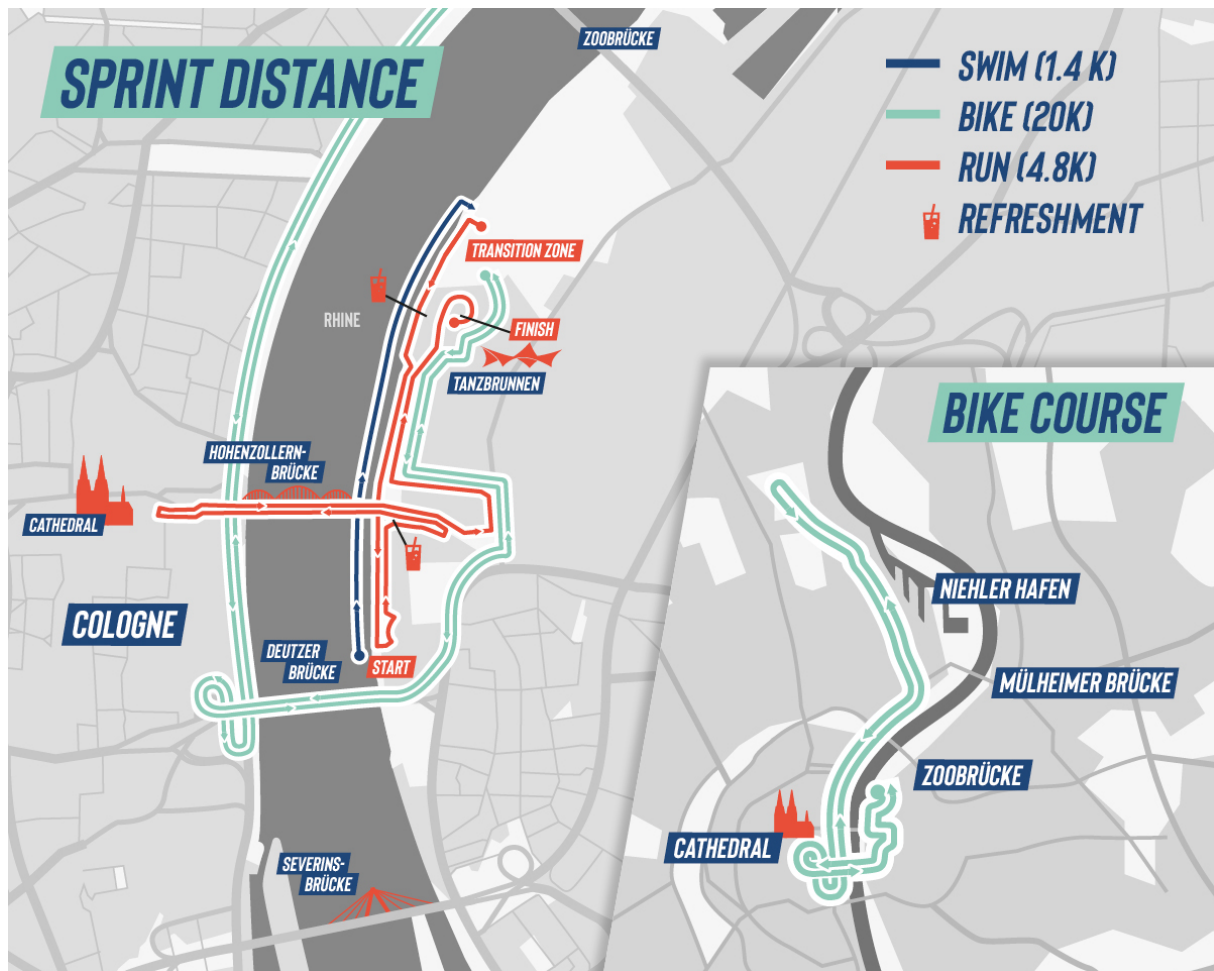


Figure 3: Overview Courses

The ascent onto the bike at the beginning ('mount') and the descent from the bike at the end of the bike course ('dismount') is marked by a ground marking and corresponding signs. Overtaking is prohibited for all athletes in both directions on the first and last sections of the course from the transition area to the exit from the Staatenhaus/Tanzbrunnen.

The circuit runs across the 'Deutzer Brücke', along the Rhine, across the 'Industriestraße' up to the 'Niehler Ei' and back. Checkpoints will be set up using timing mats. There will be a kilometre marker every 10 kilometres.

All danger points, especially the turning points, are signposted or marked on the ground.

Please note: The cycle route is in the opposite direction on almost all sections of the route and is limited by pylons as a centre divider. You must ride on the right at all times! Please look around carefully before overtaking manoeuvres!

Important notes on cycling

- Only bikes in accordance with the [sport regulations](#) may be used!
- The start number must be worn on the back when cycling!
- Helmets are compulsory!
- No slipstreaming on the entire course!
- Riding on the right is prohibited on the entire course!
- Each participant is responsible for counting the laps!
- There are three 180° turns on the circuit!

Please note: The instructions of the police and the security staff must be followed at all times.

RUNNING

Running course

The running course is an approx. 5 km circuit along paved and closed-off paths on the banks of the Rhine. It is mostly gridded and includes crossing points for passers-by. For the Sprint-Distance you have to complete one lap, which correspond to a total length of approx. 5 km.

The circuit leads along the Kennedy-Ufer on the Rhine Boulevard, over the Hohenzollern Bridge to Cologne Cathedral and back via Charles-De-Gaulle-Platz to the Tanzbrunnen. Checkpoints will be set up using timing mats. Every 2 kilometres there will be a colour-coded kilometre sign (1st lap = blue, 2nd lap = red, 3rd lap = green, 4th lap = yellow) so that you have a visual aid for counting the laps.

There are two refreshment stations on the run course. The first is located shortly after the transition area in the Rheinpark, north of the Tanzbrunnen. A second refreshment station is on the ramp to the Hohenzollern Bridge. This can be used both on the way there and on the way back.

Note: Our donation mat is located on the Rheinboulevard at around kilometre 1.3. By crossing this timing mat, you can donate to the RTL-Kinderhaus am Kölnberg, which is supported by the GIVING BACK Foundation of our partner Carglass® Germany. After

you have passed the donation mat, whether once or several times, we will contact you after the event and ask for a donation.

Important notes on running

The start number must be worn clearly visible on the front of the body when running.

- It is compulsory to wear upper body clothing.
- It is forbidden to be accompanied on the course.

Nutrition during the competition

There are two aid stations on the run course. The first is located shortly after the transition area in the Rheinpark, north of the Tanzbrunnen. A second aid station is on the ramp to the Hohenzollern Bridge. This can be used both on the way there and on the way back.

Water, cola, an iso drink and an energy gel from our partner Dextro Energy and bananas will be served at the aid stations on the running course.

Note: During the race, please ensure that you only use the designated littering zones at the aid stations to dispose of your waste.

Tip: It is possible to organise your own nutrition at the aid stations if you are self-organising.

In addition, there will be the opportunity to refresh yourself with snacks and drinks in the finish area in the Tanzbrunnen after the race.

Competition rules & Penalty Box

The event is based on the [competition regulations](#) of the [German Triathlon Union \(DTU\)](#). The competition judges will ensure that the rules are observed along the entire course. If a time penalty is imposed by the judges during the race, it must be served in the penalty box. The penalty box is located at the start of the running course approx. 200 metres after leaving the transition area, right before the first refreshment point. If an athlete crosses the finish line without serving their time penalty, they will be disqualified.

Finish

The finish is in the centre of the Tanzbrunnen. At the end of the running lap, turn right from the track into the finishing shoot. The turn-off to the finish will be announced in good time with a sign.

At the finish you will receive your finisher's medal and then a small refreshment in the post finish area.

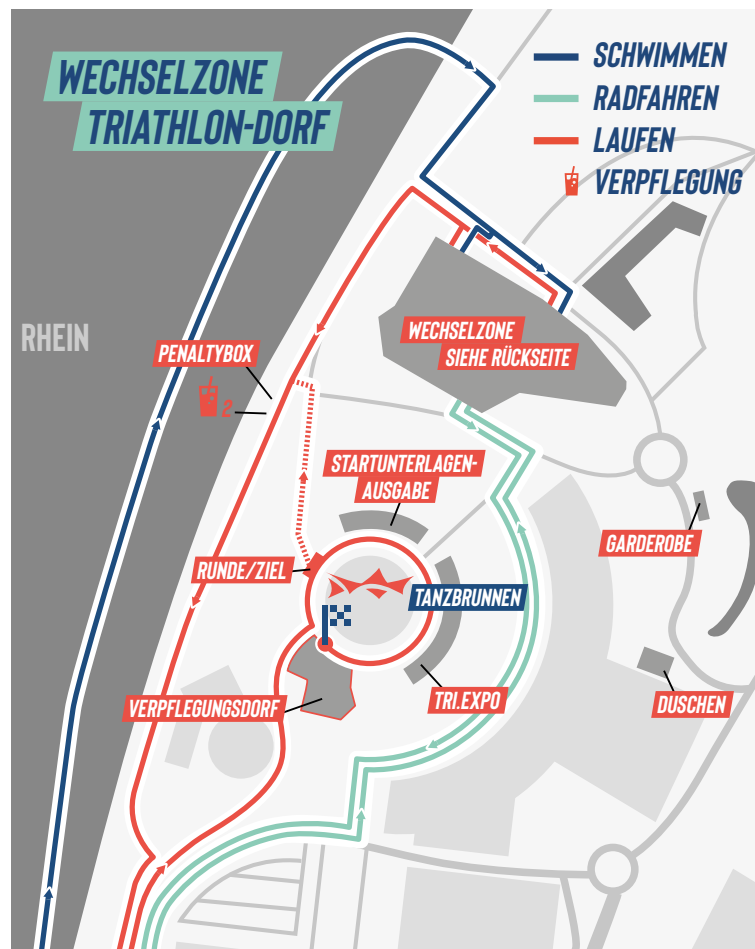


Figure 4: Triathlon-village at the Tanzbrunnen

Important: Before leaving the finish area, you must return your timing transponder to the designated boxes at the exit. If you loose or fail to return the transponder, we will charge you €80.00.

AFTER THE COMPETITION

Showers

There are a limited number of showers in a shower truck near the transition area (approx. 2 min walk).

Bike Check-Out

After the end of the race you can only take your bikes out of the transition area on presentation of your original start number. The bike check-out is open from 1.00 p.m..

Your bikes must be collected from the transition area by 6.00 p.m. at the latest. After that we can no longer take responsibility for them.

Note: Please make sure you take all your personal belongings with you from the transition area and do not leave anything behind. Also check that you have packed the correct wetsuit.

Attention: Please also note that in the case of an early bike check-out, there may still be competition activity in parts of the transition area. This must not be disturbed! The instructions of our helpers on site must be followed.

Award ceremonies

All award ceremonies will take place on the stage in the **Tanzbrunnen** from approx. 12:45 pm. The first three men and women in each competition will be honoured. In addition, the fastest three relay teams and the winners of the Studi-Werk Cup will be honoured. All honours will be announced by the moderator. The award ceremonies will take place at approximately the following times:

Approx. 12.45 p.m. Middle distance, men, women & relays, places 1 - 3

Approx. 1.45 p.m. Olympic distance, men, women & relays, places 1 - 3

Approx. 3.35 p.m. Sprint distance, men & women, places 1 - 3

Approx. 3.45 p.m. Studi-Werk-Cup, all competitions

Please note: The times are not binding, as there may always be delays during the course of the event!

Medal engraving

If you have booked the medal engraving, you will receive an individually engraved wooden plate with your name and finish time by post after the event. On the back of your medal, which you will receive immediately after crossing the finish line, you will find a small wooden notch into which you can then stick the plate yourself.

SCHEDULE

Saturday, 6 September 2025:

12:00 - 19:00	Race pack collection in the Tanzbrunnen
12:00 - 19:00	Tri.EXPO in the Tanzbrunnen
14:00	Race briefing in the Tanzbrunnen
15:00 - 19:00	Bike check-in in the transition area in the Rheinpark

Sunday, 7 September 2025:

06:00 - 12:30	Race pack collection in the Tanzbrunnen
06:00 - 13:00	Bike check-in in the transition zone in the Rheinpark
07:45	Race briefing middle distance
08:00 - 08:40	Start middle distance in the Deutz Harbour
10:15	Race briefing Olympic distance
10:30 - 11:30	Start Olympic distance in the Deutz Harbour
11:00 - 17:00	Tri.EXPO in the Tanzbrunnen
approx. 11:30	first finish middle distance
approx. 12:15	first finish of the Olympic distance
approx. 12:45	Middle distance award ceremony in the Tanzbrunnen
13:00 - 18:00	Bike check-out in the transition area in the Rheinpark
13:15	Race briefing sprint distance
13:30 - 14:30	Start sprint distance at the Deutz Bridge
Approx. 13:45	Award ceremony Olympic distance in the Tanzbrunnen
Approx. 14:30	First finish of the sprint distance
Approx. 15:35	Award ceremony sprint distance in the Tanzbrunnen
Approx. 15:45	Award ceremony Studi-Werk-Cup in the Tanzbrunnen
Approx. 17:00	Closing time for all distances