



INFORMATION ON THE COMPETITION

MIDDLE DISTANCE + RELAY

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.

Day licence & start pass

Each of you who does not have a [DTU start pass](#) or another start licence must purchase a day licence as a participant in the middle distance. The day licence will be automatically added to your online registration, unless you enter your start pass number. Please refrain from entering placeholders instead of your start pass number. If you subsequently submit a DTU start pass, the fees for the day licence will be refunded.

Note for relay teams: Relay participants on the middle distance do not need a day licence or a start pass!

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.

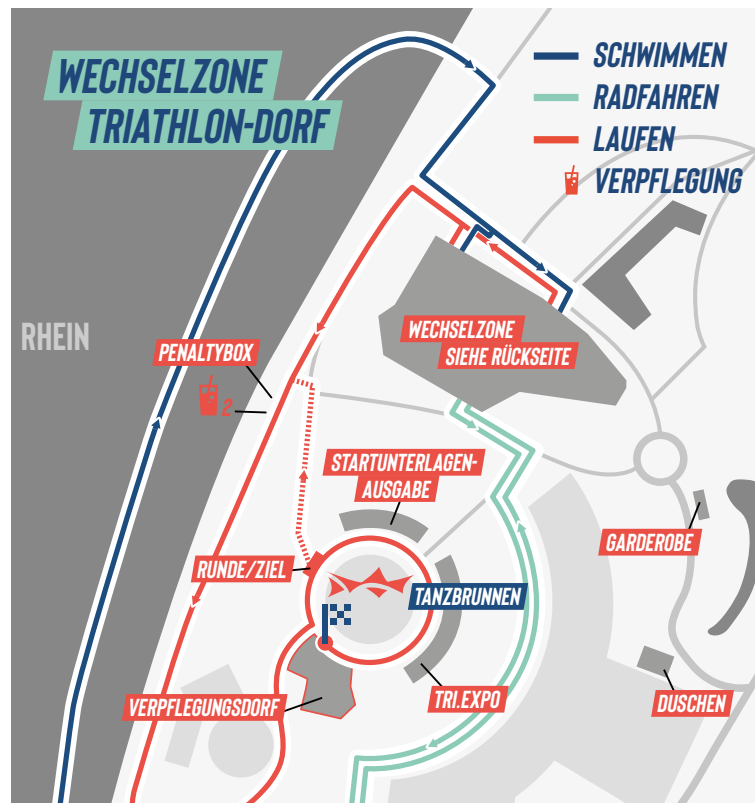


Figure 1: Overview map of the triathlon village in the Tanzbrunnen and the transition zone in the Rheinpark

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 middle distance on Saturday during the regular opening hours and on Sunday between 6:00 and 7:00 a.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 7:30. 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.

DURING THE COMPETITION

Race briefing

The race briefing for the middle distance will take place 15 minutes before the first start at 7:45 am at the swimming start in Deutz harbour. *Important:* Participation in the race briefing on site is mandatory, as changes can occur at short notice 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 for the race, you can watch the digital race briefing on our website.

SWIM

Swim start in Deutz harbour

The swimming start is located in Deutz harbour directly under the Severinsbrücke ([Waze](#) | [Google Maps](#)). The running distance from the transition area to the swim start in Deutz harbour is around 2,000 metres. So please allow enough time for the walk!

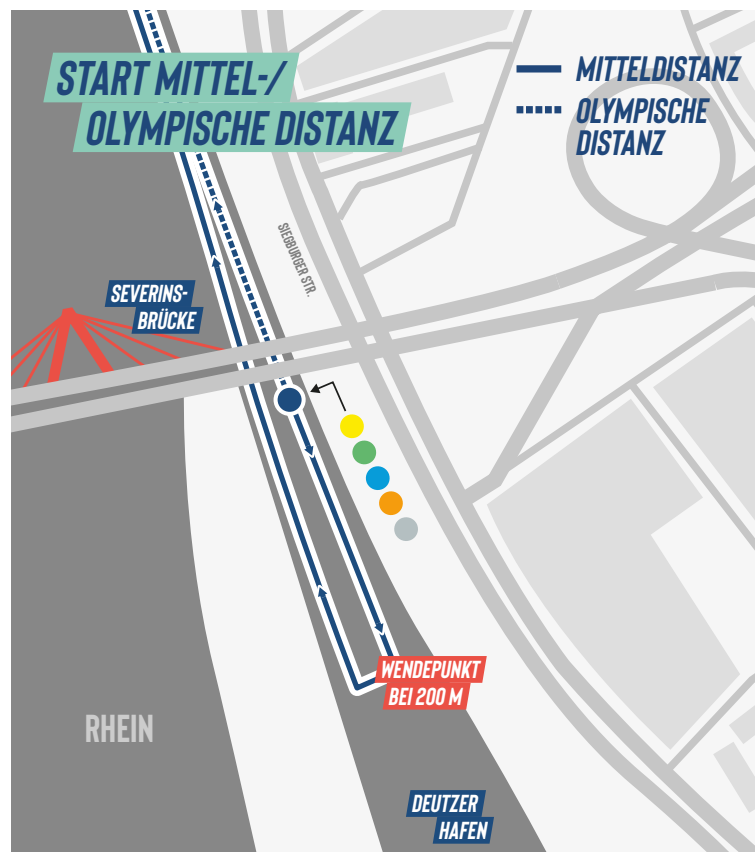


Figure 2: Swim start Deutz harbour

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






You enter the harbour basin via a staircase and a pontoon underneath the Severisbrücke. Before entering, you will cross a timing mat. There is no timekeeping there. It is for your safety only.

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

Start times & blocks

The swim start for the middle distance takes place in 5 starting blocks as a water start in the harbour basin. The starting blocks are organised according to age group. Each starting block is identified by its own colour of swimming cap. The exact allocation to the starting blocks will be made shortly before the day of the competition. A maximum of 300 athletes will start in each starting block at the same time.

The starting line in the harbour basin is marked by two buoys. The individual starting blocks for the middle distance start at 10-minute intervals. This results in the following start times:

Starting Block	Swimming Cap	Middle Distance
1		Professional men (golden swimming cap) Men AK 18-25
2		Professional women (golden swimming cap) Women all AK
3		Men AK 30 & Relay Teams
4		Men AK 35 + 40
5		Men aged AK 45 and older

Note: The professional men and women will receive a golden swimming cap. The men in these groups will start from the 1st starting block, the women from the 2nd starting block.

Important: Please be at the start on time. If you miss your start, your timing will still be started and you will not be allowed to start until the next starting block.

Swimming distance & special features in the Rhine

In the middle distance you swim 2,600 metres, 400 metres of which are without current in the harbour basin (note: turning point after 200 metres) and 2,200 metres with the current in the Rhine (700 metres 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 go to the start if you are sufficiently trained!
- All participants must wear a wetsuit (see below for details)!
- Wear your timing transponder on your left ankle and the swimming cap issued by us!
- Swimming goggles offer you a better view!
- Keep sufficient distance from the shore (approx. 10 metres)!
- All three bridges may only be swum through between the right bank of the Rhine (in the direction of swimming on the right!) and the first bridge pier!
- The boats of the DLRG and the canoeists limit the swimming distance towards the centre of the river!
- Orientate yourself towards the bank in good time before exiting!
- At the exit, swim as close to the bank as possible until your hands touch the bottom!

If you get a cramp while swimming or need help for any other reason, do not hesitate to make yourself noticed and speak to the accompanying persons.

As organisers, we offer you a safe environment for swimming in the Rhine with the above measures. However, it also requires responsible behaviour on the part of you athletes to ensure that you have a unique and safe experience in the Rhine. Participation in the competition is at your own risk.

Tip: It is permitted to wear a non-inflated life buoy as a belt while swimming. However, as soon as this is released, the athlete will be disqualified from the competition.

IMPORTANT: Please do NOT do a test swim 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.

BIKE

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.

Attention: modified bike course

Due to a parallel event at Lake Fühlingen the bike course for the middle and Olympic distances has to be shortened in northern Cologne by 1.2 kilometres per round. [You can download the new .gpx files on our website.](#)

The bike course passes through Cologne city centre and the north of Cologne and is completely closed to motor traffic. In the middle distance you have to complete 2 laps, which correspond to a total length of 75.3 km. The [road traffic regulations \(StVO\)](#) apply on the entire bike course.

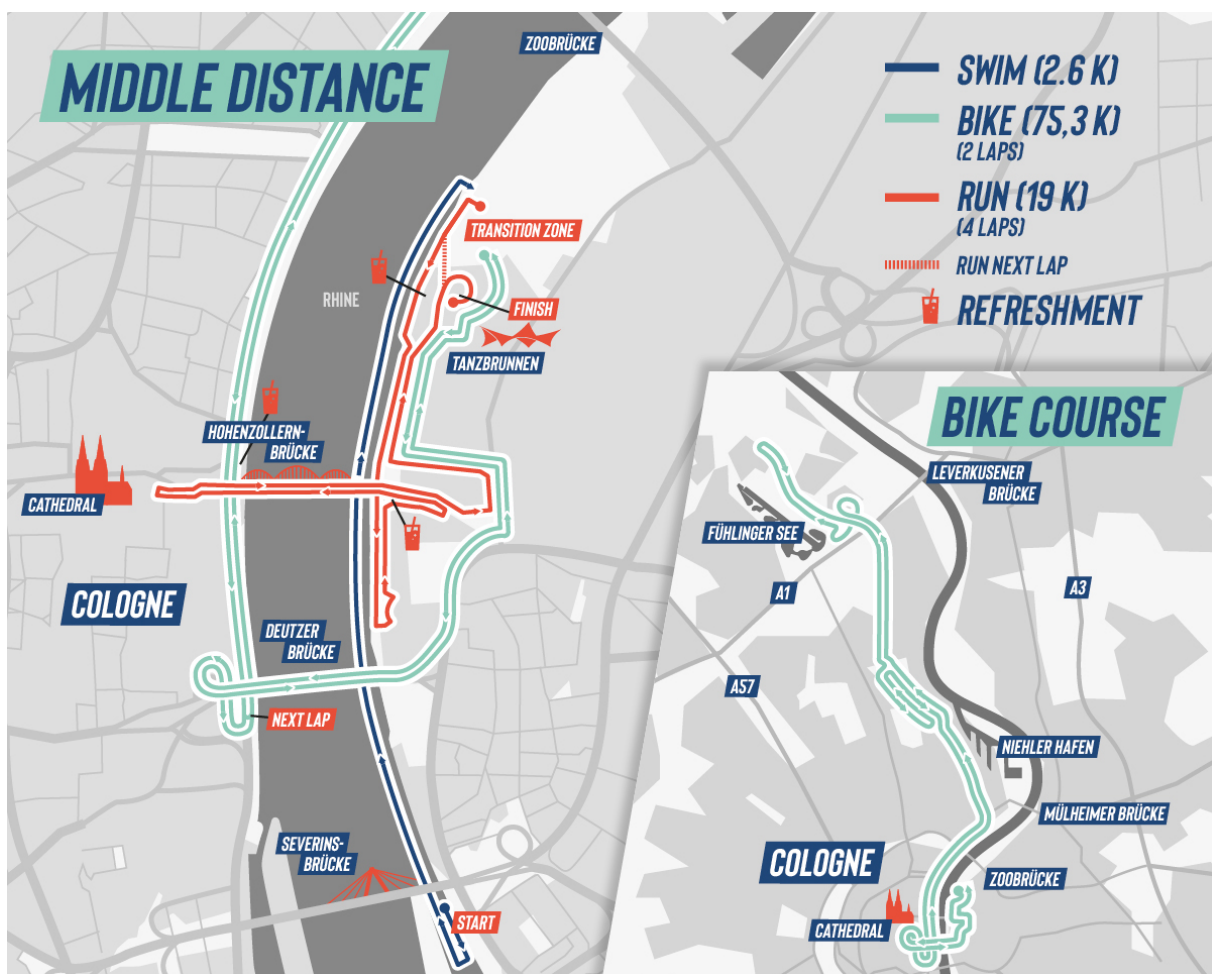


Figure 3: overview courses

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 'Fühlinger See' 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.

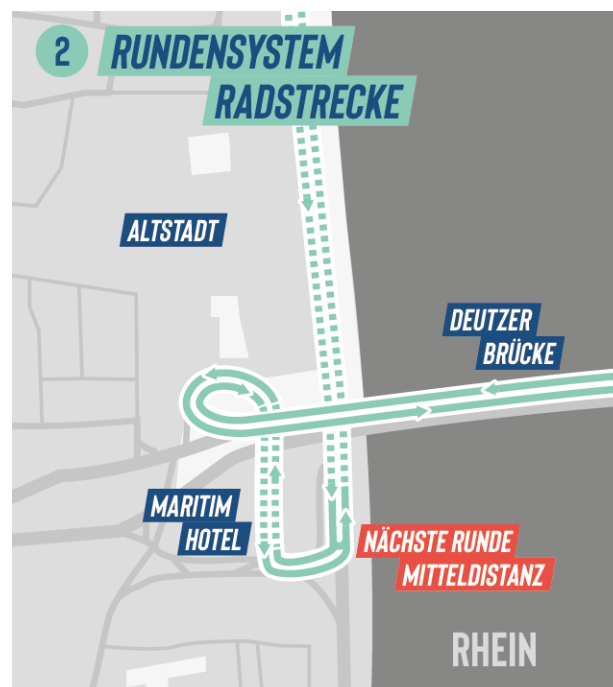


Abbildung 4: Rundensystem Radstrecke

Note: The turnout for the next lap is on the left bank of the Rhine after the exit from the Rhine bank tunnel at the Maritim Hotel. The Deutzer Brücke will only be crossed again at the very end - after the second lap.

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!

For the middle distance athletes, there will also be a refreshment point on the bike course at the Musical Dome after the passage through the tunnel in northerly direction, where water in bike bottles, an iso drink in bike bottles and an energy gel will be provided.

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 middle distance you have to complete 4 laps, which correspond to a total length of approx. 19 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.

Note: The turn for the next lap is in the Tanzbrunnen and will be announced in good time with a sign. Turn left onto the next lap and right into the finishing shoot.

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. Both refreshment points can be used on each lap.

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.

- Each participant is responsible for counting the laps!
- It is compulsory to wear upper body clothing.
- It is forbidden to be accompanied on the course.

Nutrition during the competition

For the middle distance athletes, there will be an aid station on the bike course at the Musical Dome after the passage through the 'Rheinufertunnel' in northerly direction, where water in bike bottles, an iso drink in bike bottles and an energy gel will be provided. The aid station can be approached on every lap.

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. Both aid stations can be used on each lap. 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. In addition, there will be the opportunity to refresh yourself with snacks and drinks in the finish area in the Tanzbrunnen after the race.

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.

Note for relay teams: Relay team participants will receive a second wristband at the race number pickup, which also gives the swimmer and cyclist access to the post finish area.

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.

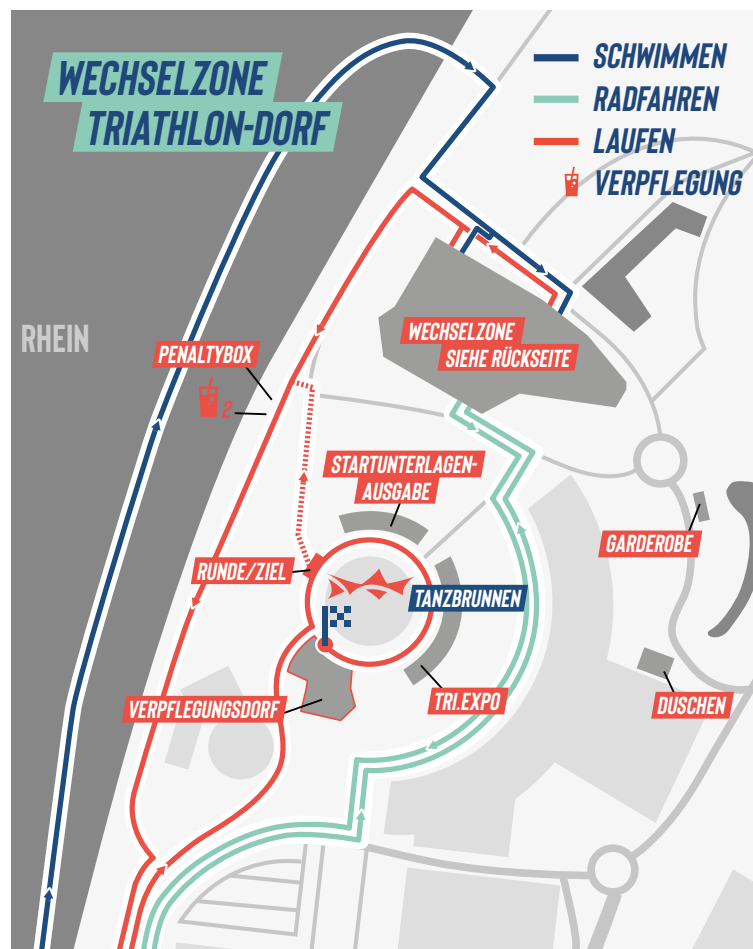


Figure 5: Triathlon-village at the Tanzbrunnen

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.

SPECIAL INFORMATION FOR RELAY-TEAMS

A relay consists of at least two athletes. Young people under the age of 18 may not complete two individual disciplines in succession. Relay team members can still be swapped until 6 September at 18:59 via the change link.

A team captain will be appointed at the time of registration and will be responsible for communication and organisation with the other relay team members. The team captain collects the starting documents and distributes them to the other team members.

In particular, make sure that all three team members wear the wristbands that you received with the start documents on the day of the event. This is the only way to get into the transition area for the relay change (white wristband) and the refreshments at the finish.

There is a separate area in the transition zone for the relay teams. Both changes take place here during the race. During the first changeover, the swimmer runs into the relay changeover area, hands over the timing transponder to the cyclist, who runs on to his bike and continues the race. During the second changeover, the cyclist first parks his bike at the appropriate changeover area before running to the relay changeover area and handing over the timing transponder and race number to the runner.

Attention: Please keep to the designated relay transition area and only stay in this area of the transition zone while waiting for your active athlete. In all other areas of the transition zone, the individual athletes are competing and must not be disturbed under any circumstances!

Note: Due to the narrowness of the finish channel, it is not permitted for relay teams to finish together. The runner will receive 3 medals after crossing the finish line, one for each relay team member. However, all three relay team members have access to the finish refreshments, where you can drink your finisher Kölsch together.

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