



CHALLENGE
SANDEFJORD

JUNE 29th | 2025

ATHLETE GUIDE





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WELCOME

FROM RACE DIRECTOR



Dear Athlete,

On behalf of Sandefjord Triatlonklubb and the Local Organizing Committee, we proudly welcome every one of you to Challenge Sandefjord.

.....

After a tough attempt in 2024, we are back. Many athletes have asked the question: why again? The answer is easy. First, we have an obligation to all of you who did not start last year. This has been our key motivation: to make sure you can have a safe and fun race in Sandefjord. So thank you to all of you, who have decided to come back. We see this as a strong sign of support.

There are major changes this year.
We moved the start date from August to June.
We changed from Saturday to Sunday.
We changed the start time from 14:00 to 08:00.
We have changed the swim venue.
We have a new bike course.
We have adjusted the run course.

All of this because we want to have a safe race, and happy athletes in beautiful Sandefjord.

The organizing committee is eager to see you in Sandefjord.

And don't forget: Challenge Sandefjord is a qualifying race for the Championship. Top six in each age group qualify.

We also have 5 spots for the famous Challenge Roth. This gives you the chance to buy tickets to the world's most entertaining triathlon. Challenge Roth sold out in less than a minute! We will draw 5 winners by starting number, from those who have finished the middle distance. Be sure to be present at the award ceremony at 16:30 in Badeparken.

Good luck, and enjoy your Challenge.

Olav Kyrre Fjeld
Race Director

WELCOME

FROM JORT



Dear Athlete,

.....

On June 29, you will be at the starting line of Challenge Sandefjord. I am, of course, very happy that you have chosen Challenge Family in general and Challenge Sandefjord in particular. Last year, we unfortunately had to cancel this race at the last minute – much has been said about that – and that makes your decision to participate this year even more special. Of course, we are doing our utmost to give you an unforgettable experience this time.

With a beautiful open water swim, a scenic bike course through nature, and multiple run laps through the center of Sandefjord – not to mention the general beauty of Norway – you're in for what promises to be a spectacular race. Enjoy every moment from start to finish, chase personal bests, and soak it all in. A high-five to a volunteer now and then? Always appreciated!

I would like to thank our race director Olav Kyrre Fjeld, who's the driving force behind the Challenge Sandefjord, and his team to make the event happen.

For now, I wish you the best of luck with your final preparations, and we look forward to seeing you on June 29. We'll be cheering for you along the course and waiting for you at the finish line with the warm welcome that such an impressive achievement deserves!

Jort Vlam
CEO – CHALLENGE FAMILY

A handwritten signature in blue ink, appearing to be 'Jort Vlam', written in a fluid, cursive style.

TIMESCHEDULE



Friday, June 27th

WHEN	WHAT	WHERE
16:00 – 20:00	Registration opens	Home Hotel Atlantic

Saturday, June 28th

WHEN	WHAT	WHERE
10:00	Registration	Home Hotel Atlantic
10:00	Expo Opens	Badeparken
13:00	T1 open for bike check in	Granolmen Camping
15:00	T1 closing for check in	Granolmen Camping
15:00	Social swim	Granolmen Camping
16:15	Athlete Buss transfer to Badeparken	Granolmen Camping
17:00	Race Brief	Hjertnes Movie Theatre
18:00 – 20:00	Pasta Party	Badeparken

Sunday, June 29th

WHEN	WHAT	WHERE
06:00	First Athlete Buss transfer from Badeparken to Granholmen	Badeparken/ finish area
06:00 – 07:00	Last minute athlete registration	Granolmen Camping
06:30	Transition opens for check in	Granolmen Camping
07:45	Transition (T1) closing before start!	Granolmen Camping
08:00	START First wave Middle Distance	Granolmen Camping
08:20	START Olympic+ Distance	Granolmen Camping
08:50	START Supersprint Adult	Granolmen Camping
08:55	START Supersprint age 13–16	Granolmen Camping
11:50	First Athlete close to finish	Finish venue Badeparken
16:15 (aprox.)	Last Finisher	Finish venue Badeparken
16:30	Award Ceremony	Finish venue Badeparken

GENERAL INFORMATION



Race Package Pick-Up

Location: Home Hotell Atlantic

Opening Hours:

- Friday 16 - 20
- Saturday 10 - 14

Last Minute (limited capacity)

Granholmen Camping (camping cafe)

Sunday 06 - 07

Race Briefing

Location: Hjertnes Theatre

Time: 17:00, Saturday

Please Note! Attending the Race Briefing is essential to receive the latest updates.

INFOPOINT

The Infopoint is located in the registration area.

PASTAPARTY

The pasta party takes place right after the Race Briefing, Saturday at 18:00-20:00 in the Afterfood tent in Badeparken. Remember to bring your wristband for access. The pasta party is included in the start fee for all athletes. You are welcome to bring friends and family to the pasta party, they can purchase their tickets at the EXPO.

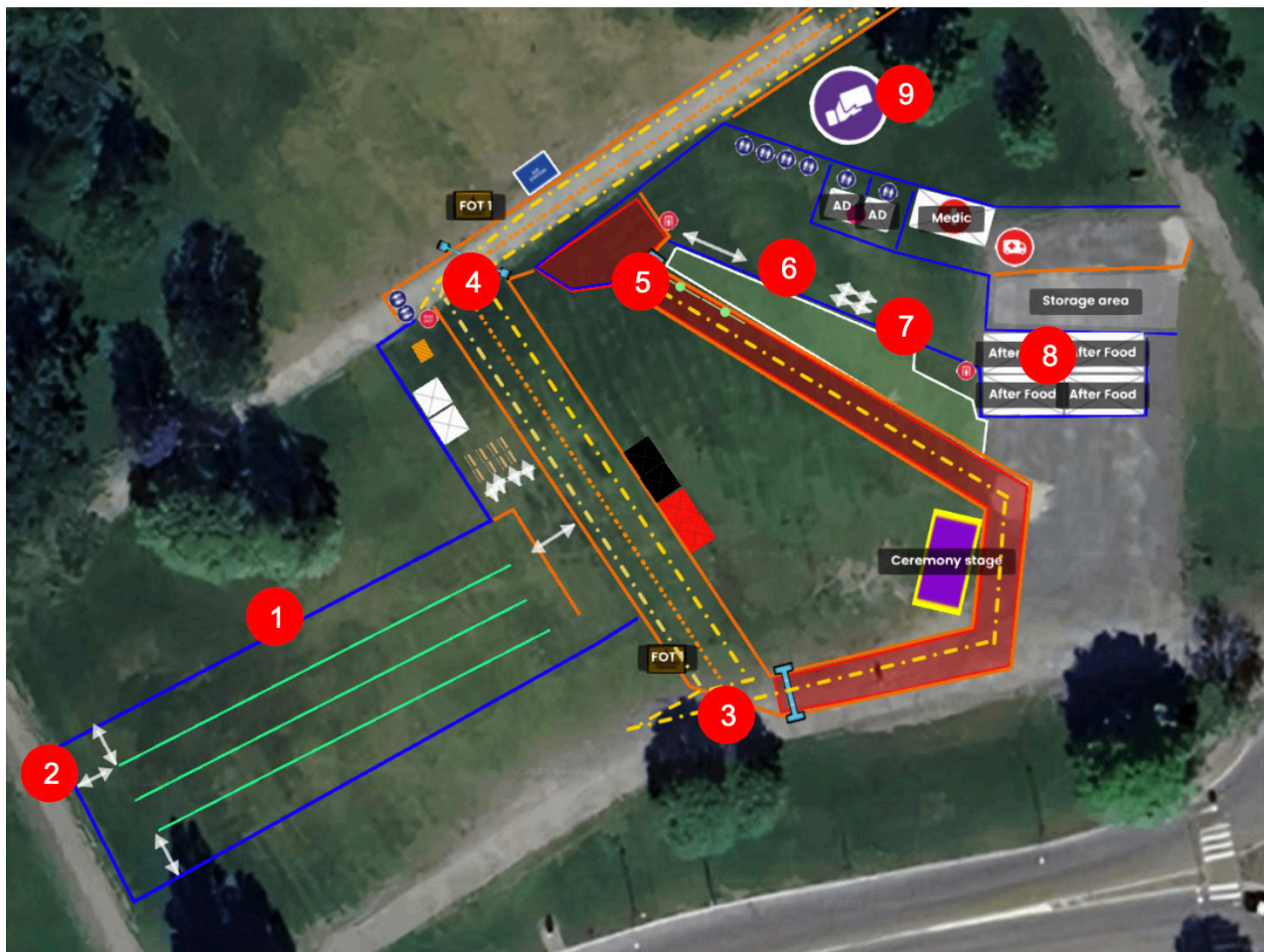


SCAN ME

RACEVENUE

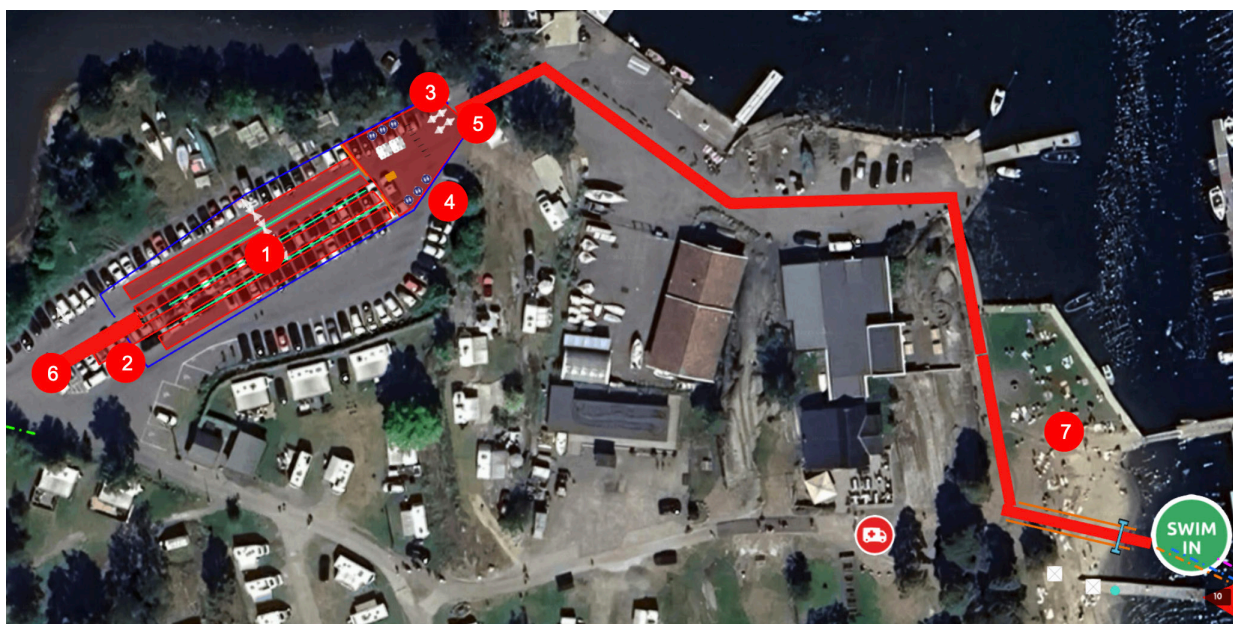


BADEPARKEN



(1) Transition zone - T2, (2) Bike in, (3) Lap point run, (4) Run out, (5) Finish - tears, good feeling, (6) Finisher T-Shirt pick up, (7) After Race Bag, (8) After Food Tent, (9) PENALTY BOX all segments - bike & run

GRANHOLMEN



(1) Transition zone - T1, (2) Check-in point, (3) Race Bag Rack, (4) After Race Bag Container, (5) In from swim, (6) Bike out, (7) Medic

RACECOURSE

MIDDLE / OLYMPIC+ / SUPERSPRINT



SWIMCOURSE

The Challenge Sandefjord Middle Distance courses will be new for 2025. The swim will take place at Granholmen Camping, five km from the city center. It will be a rolling start with five-second intervals. It is 100 meters to the first buoy, where you turn right. The swim will be two laps of 950 meters. After the first 950 meters, you exit the water and run back to the starting point for lap number two.

WARM-UP

Before the swim start you can warm up in the designated area.

START PROCEDURE

It's a rolling start for Middle Distance, Olympic+ and Supersprint.

Please find the sign with your estimated swim time and line up 20 minutes before your start.

SWIMMING RULES

Swim Cap: The swim cap provided by the organizer must be worn to indicate your competition group. If you wish to use two swim caps, the one provided by the organizer must be worn on top.

Bib Number: Swimming with the bib number is prohibited.

Wetsuits:

- Mandatory if the water temperature is below 15.9°C.
- Prohibited if the water temperature is above 24.5°C (temperature will be announced at the race briefing).

Socks: Wearing socks during the swim is forbidden. Socks allowed when wetsuit is mandatory.

Wetsuit Removal: The wetsuit may only be completely removed in the transition zone. You must place the wetsuit into the BLUE After Swim bag yourself.

Race Withdrawal: If you need to stop the race, please return your timing chip to one of the officials.

Shortcutting: Shortcutting the course is strictly forbidden.

SWIM SAFETY

The swim course will be monitored by lifeguards on boats, with additional support from water rescue personnel in kayaks. If you encounter any problems during the swim, please draw attention to yourself by waving to one of our lifeguards.

SWIM → BIKE

RULES IN THE TRANSITION AREA 1

Swim Gear: Place your swim gear in the BLUE After Swim bag.

Helmet: You must put on and fasten your helmet before removing your bike from the rack.

Mounting the Bike: You may only mount your bike after the mount line. One foot must remain on the ground until you are past the mount line.

BLUE After Swim Bag



INFORMATION FOR RELAYS

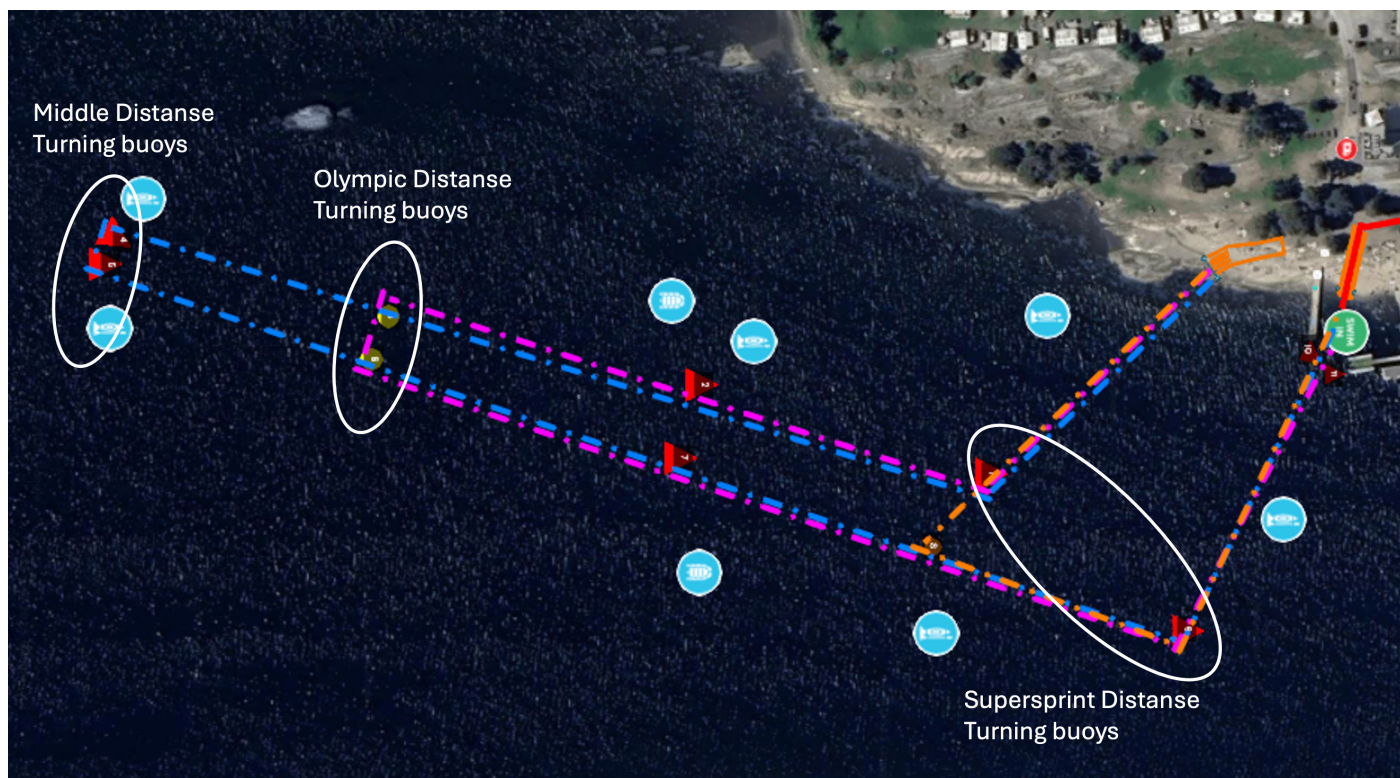
Handover Location: The relay handover area is located next to the "drop-off" in the transition area.

Timing Chip: Each relay team will receive a timing chip. The swimmer must personally hand this chip to the cyclist at the designated handover spot.

SWIM COURSE MAP ON PAGE 9

RACECOURSE

SWIM COURSE



BIKECOURSE



Enjoy scenic Norwegian countryside on the bike course. The Middle Distance covers two laps (85 km), Olympic+ is one lap (45 km), and Supersprint features a 10 km out-and-back route from Granholmen to the city center. All athletes finish in Badeparken after cycling through Sandefjord's charming streets. Be sure to have your friends and family cheering for you in the city center!

BIKE RULES

Helmet: Must be worn with the chin strap always securely fastened.

Bib Number: Must be displayed visibly on your bike, helmet, and back.

Traffic Regulations: Road traffic regulations (StVO) apply. You must ride on the right side of the road.

Body Coverage: The upper part of your body must be covered.

Support Vehicles: Personal support vehicles (cars, motorcycles, bicycles, etc.) and external assistance are prohibited.

Drafting: Drafting is not allowed. Maintain a distance of at least 20 meters from the rider in front.

Overtaking: Overtaking must be completed within 40 seconds.

BIKE COURSE MAP ON PAGE 11

RACECOURSE

MIDDLE / OLYMPIC+ / SUPERSPRINT



PENALTIES

BLUE card: 2 minutes time penalty in the Penalty Box for middle distance.

RED card: Immediate disqualification (in case of serious rule violations).

ISSUING PENALTIES DURING BIKE SEGMENT

Penalties are issued by the Technical Official as follows:

1. **Whistle:** A whistle is blown to signal a penalty.
2. **Calling the Bib Number:** The athlete's bib number is announced.
3. **Reason for Penalty:** The reason for the penalty is stated.
4. **Showing a Card:** The Technical Official will show a blue or red card.

Penalties can be issued post-violation, and multiple athletes may be penalized simultaneously. "I didn't hear anything" is not an acceptable excuse.

PENALTY BOX

Responsibility: Athletes are responsible for correctly serving their penalties. Upon receiving a card, regardless of color, you must proceed to the penalty box located on the run course.

Failure to Serve: Failure to enter the penalty box and serve the penalty will result in automatic disqualification.

Serving the Penalty: Enter the penalty box, serve the penalty time, and then continue the race. The Technical Official will determine when you may resume racing.

IF YOU NEED TO STOP DURING THE BIKE SEGMENT

1. **Stopping the Race:** If you need to stop, go to the nearest volunteer (plentiful on the bike course).
2. **Handing Over the Chip:** Give your timing chip to the volunteer and explain why you are stopping.
3. **Pick-Up Arrangements:** The volunteer will contact the bike team leader to arrange your pick-up.

BIKE → RUN

RULES IN THE TRANSITION AREA 2

Dismounting: You must dismount your bike before reaching the dismount line.

Helmet: Keep your helmet on until your bike is securely placed back on the rack.

Cycling Gear: Place your cycling gear in the orange After Bike bag.

ORANGE After Bike Bag



BIKE AID STATION FLOW



Littering



Water



ISO



BAR



BANANA



ISO



Water



Littering

RACECOURSE

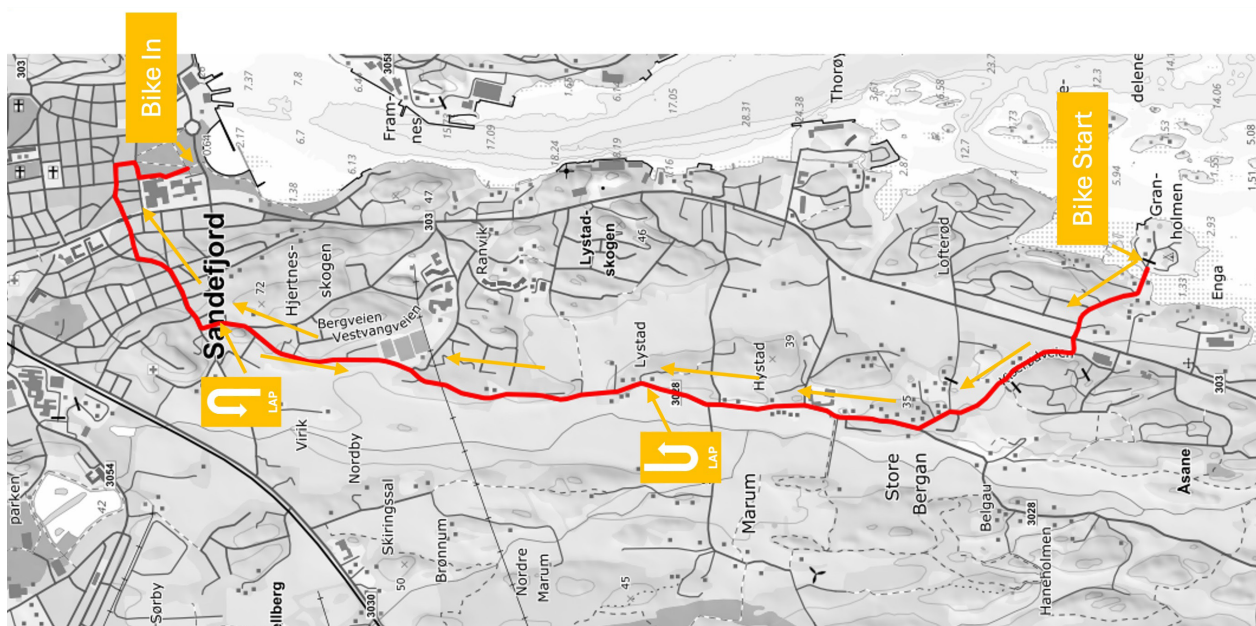
BIKE COURSE



MIDDLE / OLYMPIC+

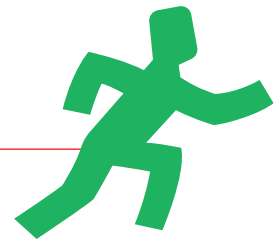


SUPERSPRINT



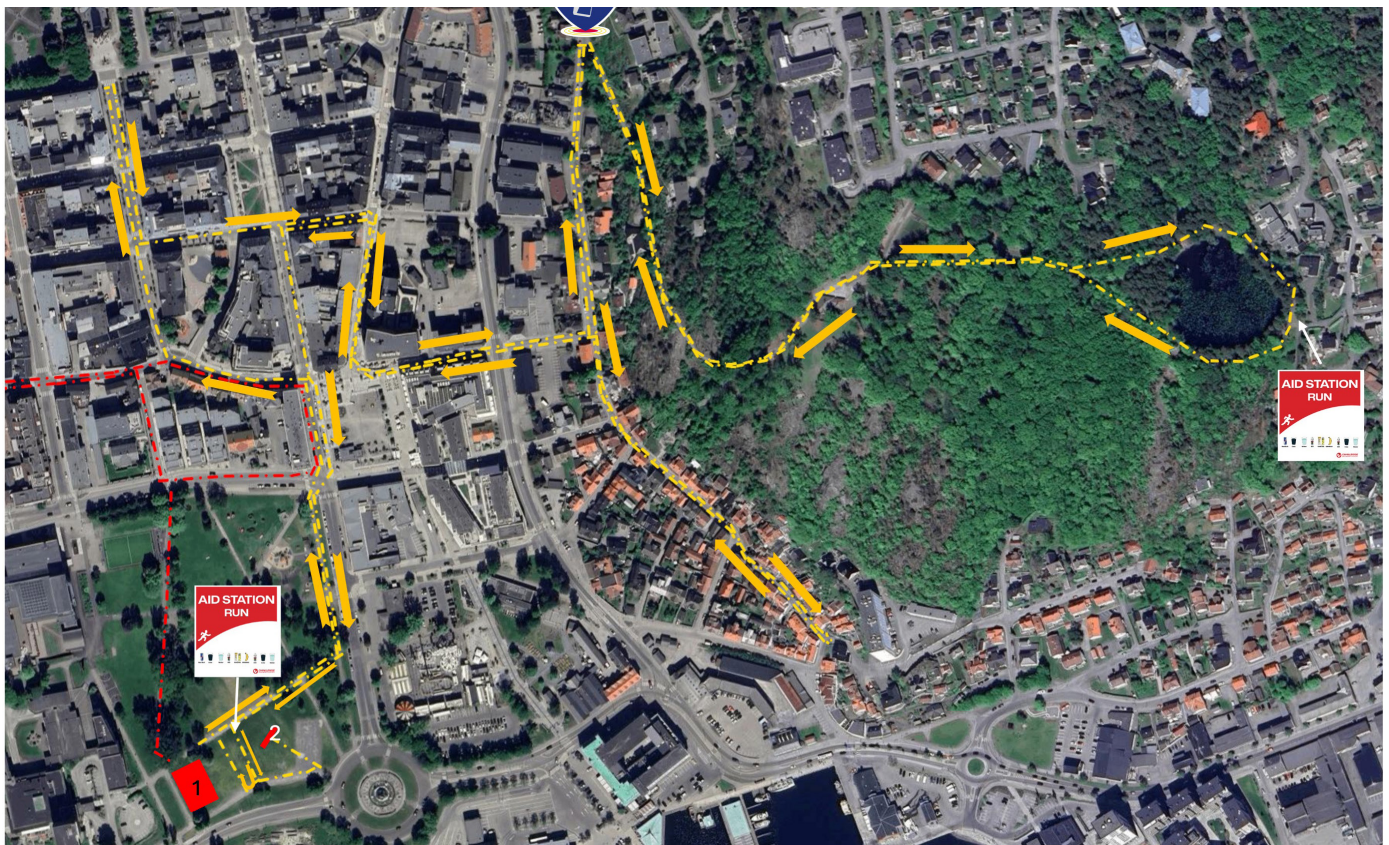
RACECOURSE

MIDDLE / OLYMPIC+



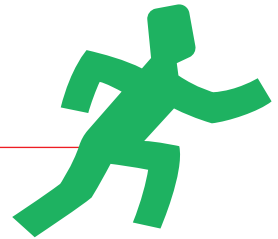
After the bike leg, you'll run through the heart of Sandefjord and up to Brydedammen, where you'll find an aid station. On the way back, you'll pass through charming Bjerregata, lined with white houses typical of a Norwegian harbor town. The Middle Distance includes 4 laps, Olympic+ 2 laps, both finishing in lively Badeparken.

RUN AID STATION FLOW



RACECOURSE

SUPERSPRINT



The Supersprint run is 2.5 km through the city center, completed over two laps. You'll pass close to the finish line before your final stretch into lively Badeparken. A fun, fast course with great energy!





QUALIFY NOW!
24 MAY 2026

www.thechampionship.de



ATHLETES CHECK-LIST



1. REGISTRATION

Location: Registration takes place at Home Hotel Atlantic. Please note that registration must be done in person.

LICENSE

Requirement: If you do not have a license from your national federation or if you haven't already purchased one during online registration, you must do so at registration before picking up your start kit.

Payment: You can pay by credit card or VIPPS.

License Costs:

- NOK 250 for the day license (Age 25+)
- NOK 200 for the day license (Age 20-24)
- NOK 200 for the day license (Students)
- NOK 100 for the day license (Age 17-19)
- NOK 50 for the day license (Age 13-16)
- NOK 300 for the day license (Relay Teams)

What to Bring to Registration

ID Card: Required for identification.

Bib Number: Know your bib number (The start list with bib numbers will be sent out before the race and can be found on the website).

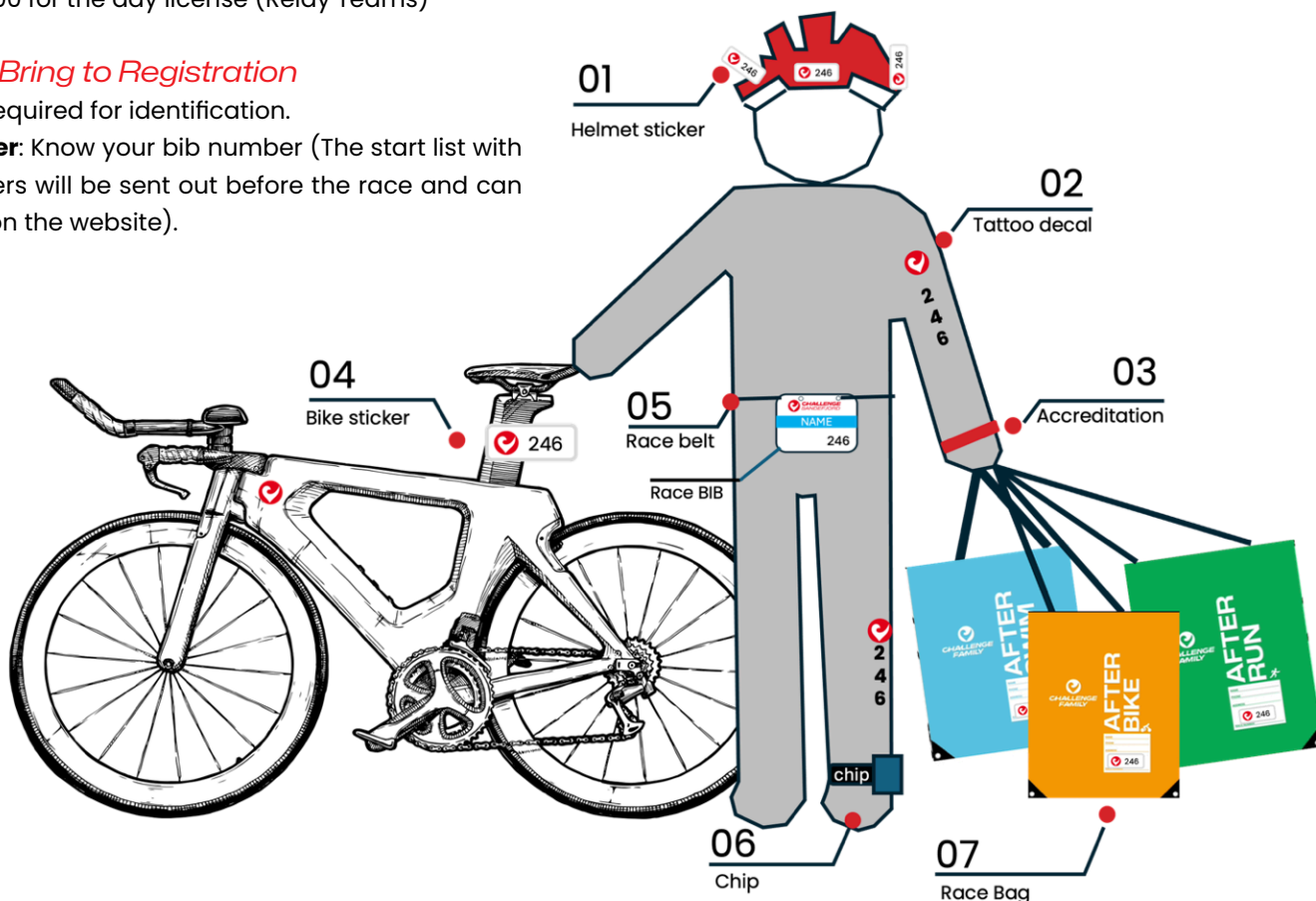
The Start Package Contains

- 1 bib number
- 1 sticker sheet
(with bike, 3 helmet, and 3 bag numbers)
- 1 swim cap
- 3 transition bags (only for individual starters)
- Timing chip + chip band

Please check all documents and items received carefully. Any discrepancies must be reported immediately at the registration desk.

The Athlete Wristband Serves As

- Access to the Pasta Party
- Access to the transition area
- Access to the start area
- Access to the relaxation zone



ATHLETES CHECK-LIST



2. BIKE CHECK-IN

Timing: Bike check-in (including bike, helmet, shoes) and transition bag check-in (bike/run) will take place on Saturday from 13:00–15:00. Last minute registration Sunday morning at Granholmen from 06–07. NB! Limited capacity Sunday morning, so please pick up your race kit Friday or Saturday.

NOTE to local athletes. Please pick up your race kit Friday. This helps the registration crew a lot.

Please Note Before Bike Check-In

- The bike must be free of technical defects (e.g., brakes, etc.).
- The bike sticker should be placed under the saddle.
- Your helmet should have the three race number stickers attached (front, left, right). The helmet must be worn and securely fastened during check-in.
- You must wear or carry your bib number around your waist or in your hand. No tattoos are allowed.
- There should be no loose equipment on the ground in the transition area. All items must be in the designated bags. Helmets must also be stowed in the bags. However, materials attached to the bike (e.g., shoes, food) are allowed.

3. RACE BRIEF

The race briefing will cover important details and last-minute instructions. Please make sure to attend the briefing, as it is crucial for your race day preparation.

Key Topics Covered

Mount Line: You must mount your bike after crossing the mount line.

Dismount Line: You must dismount your bike before reaching the dismount line.

Drafting: Maintaining a distance of at least 20 meters between your front wheel and the front wheel of the athlete in front of you is required. Refer to the provided picture for clarity.

Safety: How will the organizer make this a safe race for you.

Reminder

- The Race Brief information is mandatory for all athletes.
- Please bring your wristband with you, as it is required to enter the race briefing.

COMPETITION RULES



SUPERSPRINT

To ensure a safe and fair competition, we follow the rules established by the Norwegian Triathlon Federation. If you are new to the sport and have any questions, please ask us for clarification.

STOP & GO Penalty: If you violate a rule, a referee will instruct you to STOP, explain the infraction, and then allow you to GO.

Penalties:

- **Mount Line Violation:** You must wait until you have passed the mount line before getting on your bike.
- **Dismount Line Violation:** You must dismount your bike before reaching the dismount line.

Drafting: The Supersprint is a NO Drafting competition. Drafting is not allowed, unlike in the Tour de France. Detailed explanations will be provided at the Race Briefing.

MIDDLE DISTANCE

To ensure a safe and fair competition, we adhere to specific rules. If you're new to the sport and have any questions, please ask for clarification.

Below are the most common violations. By practicing good sportsmanship and following these rules, you set a positive example for others.

Middle Distance and Olympic+

Mount Line: You must mount your bike after crossing the mount line.

Dismount Line: You must dismount your bike before reaching the dismount line.

Drafting: Maintaining a distance of at least 20 meters between your front wheel and the front wheel of the athlete in front of you is required. Refer to the provided picture below for clarity.



Exception to the National Competition Rules

Rule 18.4.1: Drafting is allowed when you are passing the athlete in front of you, but the overtaking must be completed within 40 seconds.

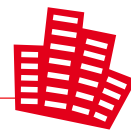
Rule 18.4.3: You may enter the drafting zone 100 meters before and after aid stations or transitions.

Rule 18.4.4: Drafting is permitted in sharp turns.

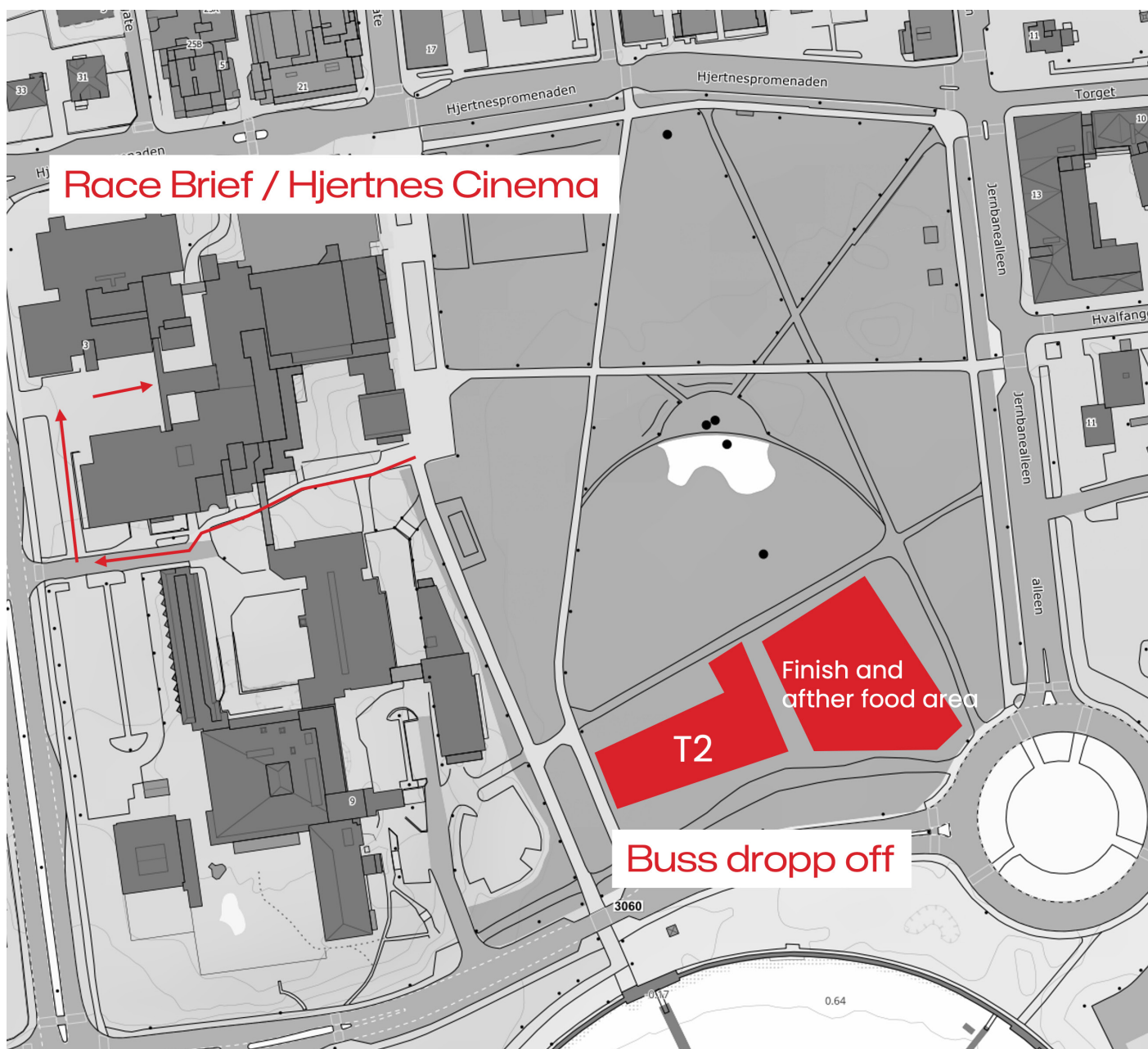
At Challenge Sandefjord, fairings and bike boxes provided by the bike manufacturer are allowed.

→ **REMEMBER:** Littering outside designated littering zones will result in disqualification (DSQ).

RACEBRIEF



The Race Brief is at the Hjertnes Cinema Centre. Make sure you find your seat before we start. The doors is closed at 16:55. And the brief starts 17:00.



EXPO



Location: Badeparken

Opening Hours:

- Saturday: 10:00 – 13:00 & 16:00 – 19:00
- Sunday: 10:00 – 17:00

Visit the EXPO to shop Challenge Sandefjord gear and other essentials, including:

- T-shirts
- Hoodies
- Race belts
- Caps
- Dry bags
- Elastic bands to speed up your transition

You'll also find:

- 229ers nutrition
- Challenge Sandefjord Shop
- Blankstjern Coaching
- Girls Tri Club
- Mechanics from Velocity Sport





CHALLENGE FAMILY

RACE CALENDAR 2025/26

	CHALLENGE MOGÁN-GRAN CANARIA  SPAIN, 26 APR 2025	MIDDLE
	CHALLENGE TAIWAN  TAIWAN, 26 APR 2025	LONG MIDDLE OLYMPIC
	CHALLENGE GALLIPOLI  TÜRKIYE, 4 MAY 2025	MIDDLE
	CHALLENGE CESENATICO  ITALY, 11 MAY 2025	MIDDLE
	CHALLENGE SALOU  SPAIN, 11 MAY 2025	MIDDLE
	THE CHAMPIONSHIP  SLOVAKIA, 18 MAY 2025	 MIDDLE
	CHALLENGE ST PÖLTEN  AUSTRIA, 25 MAY 2025	MIDDLE
	LOTTO CHALLENGE GDAŃSK  POLAND, 22 JUN 2025	MIDDLE
	CHALLENGE SANDEFJORD  NORWAY, 29 JUN 2025	MIDDLE
	CHALLENGE KAISERWINKL-WALCHSEE  AUSTRIA, 29 JUN 2025	MIDDLE
	SAIL CHALLENGE CAP QUÉBEC  CANADA, 29 JUN 2025	MIDDLE OLYMPIC
	DATEV CHALLENGE ROTH  GERMANY, 6 JUL 2025	LONG
	CHALLENGE NEW JERSEY STATE  USA, 20 JUL 2025	OLYMPIC
	CHALLENGE TURKU  FINLAND, 27 JUL 2025	MIDDLE
	CHALLENGE GUNSAN-SAEMANGEUM  KOREA, 17 AUG 2025	MIDDLE
	CHALLENGE SAMARKAND  UZBEKISTAN, 24 AUG 2025	MIDDLE
	CHALLENGE FORTALEZA  BRAZIL, 31 AUG 2025	MIDDLE
	CHALLENGE MALAYSIA  MALAYSIA, 31 AUG 2025	MIDDLE
	CHALLENGE BEIJING  CHINA, TBC SEP 2025	OLYMPIC
	SAIL CHALLENGE ESPRIT MONTRÉAL  CANADA, 7 SEP 2025	MIDDLE OLYMPIC
	CHALLENGE ALMERE-AMSTERDAM  NETHERLANDS, 13 SEP 2025	LONG MIDDLE
	CHALLENGE SANREMO  ITALY, 21 SEP 2025	MIDDLE
	CHALLENGE VIEUX BOUCAU  FRANCE, 11 OCT 2025	MIDDLE OLYMPIC
	CHALLENGE PEGUERA MALLORCA  SPAIN, 18 OCT 2025	MIDDLE
	CHALLENGE FORTE VILLAGE SARDINIA  ITALY, 26 OCT 2025	MIDDLE
	CHALLENGE BARCELONA  SPAIN, 26 OCT 2025	MIDDLE
	CHALLENGE XIAMEN  CHINA, 2 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE CANBERRA  AUSTRALIA, 15-16 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE FLORIANÓPOLIS  BRAZIL, 6 APR 2025	MIDDLE
	CHALLENGE ISRAMAN  ISRAEL, 30 JAN 2026	LONG MIDDLE
	CHALLENGE SIR BANI YAS  ABU DHABI, 30 JAN - 1 FEB 2026	LONG MIDDLE OLYMPIC
	GALLAGHER INSURANCE CHALLENGE WĀNAKA  NEW ZEALAND, 21 FEB 2026	MIDDLE
	GDANSK MARATHON  POLAND, 19 APRIL 2026	MARATHON



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RACES FOR THE CHAMPIONSHIP

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