



JUNE 26 - 28, 2026

ATHLETE GUIDE





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WELCOME

FROM RACE DIRECTOR



Dear Athlete,

On behalf of the Local Organizing Committee, we proudly welcome every one of you to Challenge Sandefjord 2026.

.....

Our 2,5 edition of Challenge Sandefjord is just around the corner. Our dream is to build a yearly event in the heart of Vestfold county. You keep coming back, and that means the world to us. This year, Challenge Sandefjord is all yours.

The team have worked hard to build the best possible race experience in Sandefjord. A new and exciting lineup of disciplines, a beautiful open water swim at Granholmen, a scenic bike course through the Norwegian countryside, and run laps through the heart of our city. We want you to finish with a smile – and a story to tell.

This year we welcome not just our classic middle distance and olympic+ athletes, but also those racing Aqua-Bike, Bike-Run, and Tri Together. Challenge Sandefjord is a race for everyone.

And don't forget: Challenge Sandefjord is an official qualifying race for The Championship. The top six in each age group qualify for the world's biggest middle distance triathlon.

We also have 10 spots for the famous Challenge Roth – the world's most entertaining triathlon. We will draw 10 winners from those who have finished the middle distance, and have committed to buy the slot after the award ceremony Sunday. 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, Challenge Sandefjord

WELCOME

FROM JORT VLAM, CEO CHALLENGE FAMILY



Dear Athletes

We are delighted to be back in Norway with you and celebrating another Challenge Sandefjord!

.....

It's wonderful to see so many athletes lining up to enjoy this spectacular course, testament to the dedication and commitment of the local team and community. So, thank you for travelling, whether from near or far, to experience this internationally renowned event.

Thank you also for your trust in Challenge Family. And I express my thanks to Olav Kyrre Fjeld and the rest of the team who have all worked so hard to bring this race to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their continued support.

Challenge Family is committed to delivering inclusive and welcoming events around the world. This is especially so here in Sandefjord with not only a full triathlon program, but a host of community events for all ages and abilities. The exceptional Norwegian hospitality, the stunning course and unique setting all combine to create an unforgettable weekend of sport for all.

I wish you all the very best for your race and see you at the finish line!



Jort Vlam
CEO, Challenge Family

TIMESCHEDULE

FRIDAY & SATURDAY

Friday, June 26th

WHEN	WHAT	WHERE
16:00	Registration open	Registration Tent Badeparken
20:00	Registration closing	Registration Tent Badeparken

Saturday, June 27th

WHEN	WHAT	WHERE
09:00 - 10:00	Social Run with TriSonen	<i>Spectator area</i> Badeparken
10:00	Registration open	<i>Registration Tent</i> Badeparken
15:00	Registration closing	<i>Registration Tent</i> Badeparken
10:00 - 15:00	EXPO Opens	Badeparken
13:00	T2 opens for After Swim bag check-in	Badeparken
16:30	T2 check-in closing	Badeparken
13:00	T1 open for bike check-in	Granholmen Camping
16:00	T1 check-in for bike closing	Granholmen Camping
14:00 - 15:30	Social swim	Granholmen Camping
16:15	Athlete Bus transfer to Badeparken	Granholmen Camping (Bus Stop)
17:00	Race Brief	Hjertnes Movie Theatre
18:00	Pasta Party	Afterfood tent finish area

TIMESCHEDULE

SUNDAY

Sunday, June 28th

WHEN	WHAT	WHERE
06:00	T2 open for after bike bag check in	Badeparken/finish area
06:00	Last minute registration opens	Badeparken/finish area
06:00	First Athlete Bus transfer from Badeparken to Granholmen	Badeparken/finish area
06:30	Last minute registration CLOSING	Badeparken/finish area
06:45	T2 CLOSING for after bike bag check in	Badeparken/finish area
06:45	Last Athlete Bus transfer from Badeparken to Granholmen	Badeparken/finish area
06:30	Transition opens for check-in	Granholmen Camping
07:45	Transition (T1) closing before start!	Granholmen Camping
08:00	START First wave Middle Distance	Granholmen Camping
08:20	START Olympic+ Distance	Granholmen Camping
08:50	START Supersprint Adult	Granholmen Camping
08:55	START Supersprint age 13-16	Granholmen Camping
10:30	Ceremony supersprint	Badeparken
11:50	First Athlete close to finish	Finish venue Badeparken
16:15 (approx)	Last Finisher	Finish venue Badeparken
16:30	Award Ceremony	Finish venue Badeparken
17:00	Challenge Roth lottery draw	Finish venue Badeparken

GENERALINFO

INTRODUCTION

This Athlete Guide contains very important information regarding the preparation for your race. The most important sections are:

- The program
- Registration process (please don't forget your ID and your license from your national triathlon federation)
- Rules and regulations
- Race venue and course maps

If you are competing in a relay, the information in this guide also applies to you and your team.

In addition to reading this guide, you are strongly advised to attend the Race Briefing.

RACE BRIEFING

Mandatory for all athletes!

The Race Briefing takes place at Hjertnes Movie Theatre on Saturday at 17:00 (doors close at 16:55). Attendance is mandatory for all athletes across all distances – Middle Distance, Olympic+, Supersprint, Aqua-Bike, Bike-Run, and Tri Together. The briefing will cover the latest course updates, safety information, and key rules including mount/dismount lines and drafting. Please bring your wristband, as it is required for entry.

PASTA PARTY

The pasta party takes place right after the Race Briefing, Saturday 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. Friends and family are welcome – they can purchase tickets at the EXPO.

LOST & FOUND

All lost and found items will be collected at the Infopoint in the registration area. After the conclusion of the event, please email info@challengenorway.no to locate any missing items and arrange returns. Shipping fees may apply.

DRONES

Flying of drones prohibited!

It is not allowed to use drones for taking pictures or videos anywhere in the event or course area. Unauthorized use of drones will be reported to the police.

EXPO

Location: Badeparken

Opening Hours: Friday 16:00 – 20:00 and Saturday 10:00 – 15:00 at the registration tent, Sunday approx. 10:00 – 16:00 at the spectator area.

BIKE MECHANICS

- Saturday 13:00 - 16:00 / at bike check, Granholmen
- Sunday 06:00 - 07:30 / at T1, Granholmen



SHOP

O2 EXPERTEN

- Kiprun (shoes and vests)
- YMR Track Club (clothing)
- Våga (caps)
- Socks from SHYU

226ERS

- Nutrition

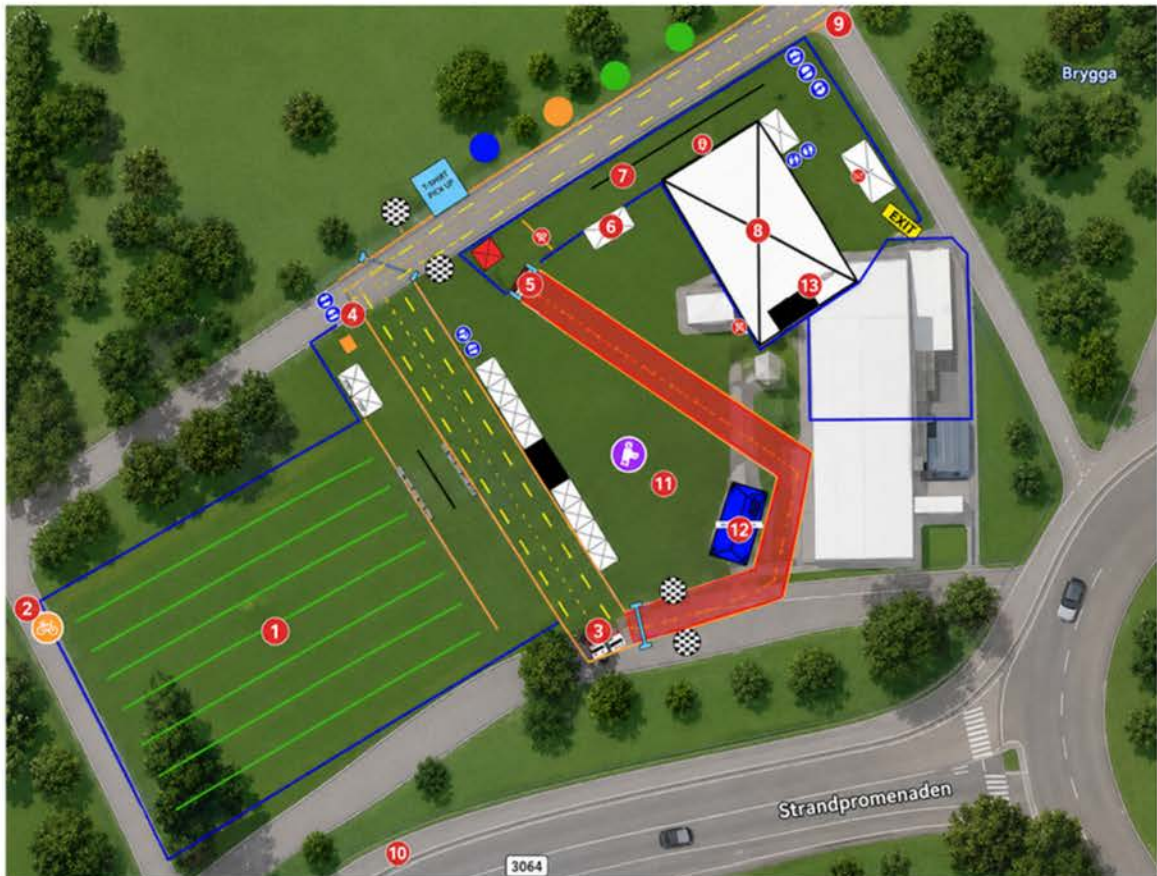
CHALLENGE SANDEFJORD

- Race belt
- T-shirts
- Hoodie
- Dry Bag



RACEVENUE

BADEPARKEN



- | | | |
|---------------------------------|---------------------------------|------------------------|
| 1 Transition Zone - T2 | 6 Finisher T-Shirt Pick Up | 11 Spectator Area |
| 2 Bike In | 7 After Race Bag | 12 Ceremony Stage |
| 3 Lap Point Run | 8 Pasta Party & After Food Tent | 13 Registration & EXPO |
| 4 Run Out & Relax Exchange Zone | 9 PENALTY BOX RUN Segment | |
| 5 Finish Area | 10 Transfer Bus Pick Up | |

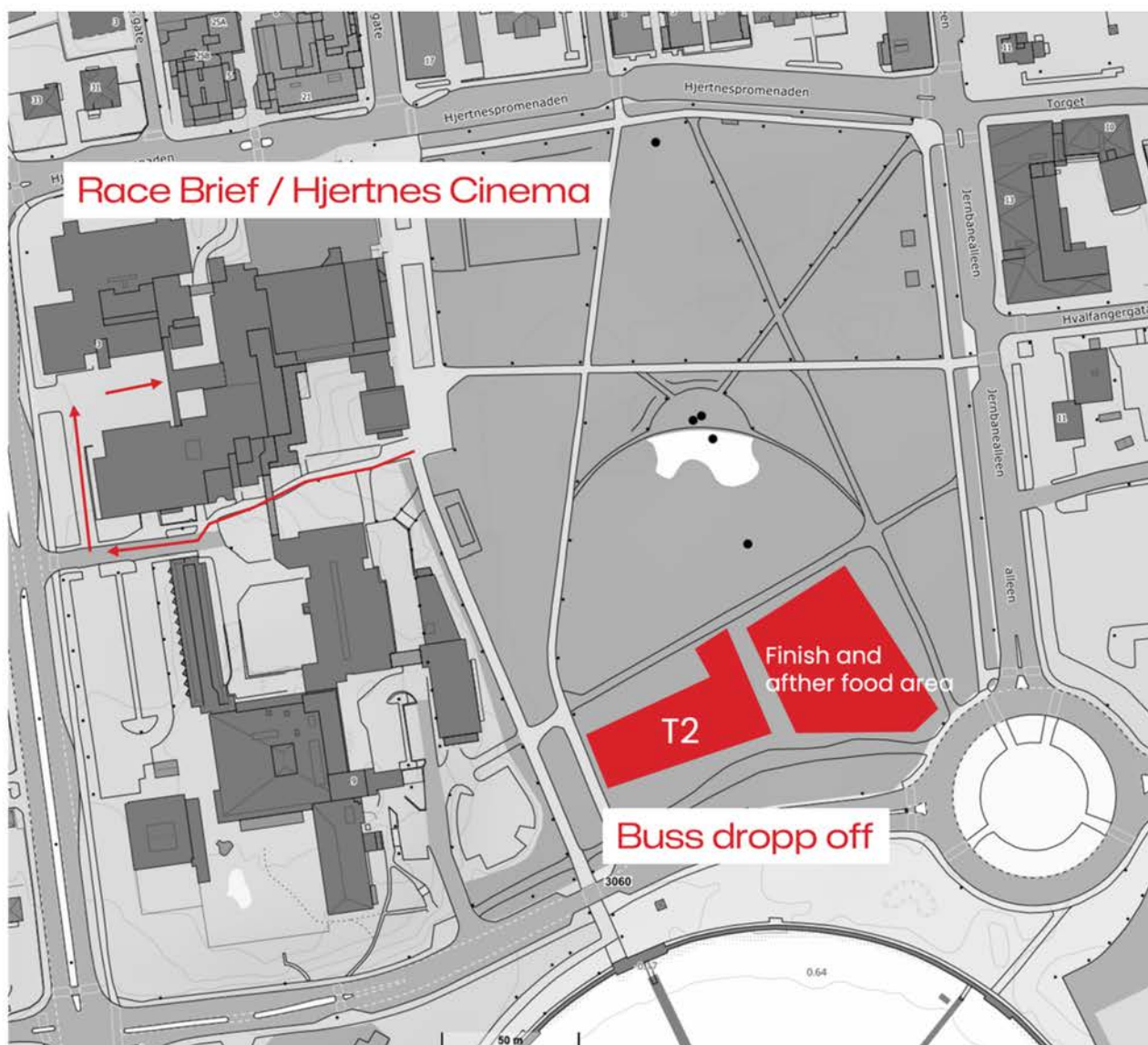
GRANHOMEN



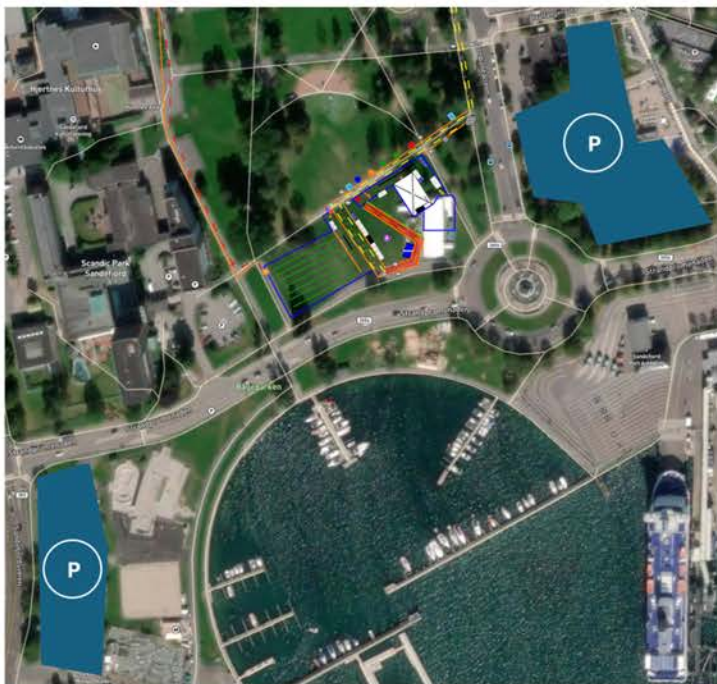
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|----------------------------|-----------------------|-----------------------|
| 1 Transition Zone - T1 | 5 In From Swim | 9 Australian Exit Lap |
| 2 Check-in Point | 6 Bike Out | 10 SWIM Start |
| 3 Race Bag Rack | 7 Medic | 11 SWIM Exit |
| 4 After Race Bag Container | 8 Relay Exchange Zone | |

RACE BRIEF

The Race Briefing takes place at Hjertnes Cinema Centre. Find your seat before the doors close at 16:55 – the briefing starts promptly at 17:00. Follow the signage from the park.



RACEPARKING



BADEPARKEN

Free parking is available in the marked areas (blue P) on Sunday. Additional parking can be found throughout the city centre.

GRANHOLMEN

On Saturday, park at the upper section of the MENY car park (see map) when checking in your bike.

Please note: you cannot drive down to the camping area for bike check-in. It is a 5-minute walk from the car park.



TRIPLE
ATHLON
THE CHAMPIONSHIP
SAMORIN-SLOVAKIA

3:46:28

FINISH



THE CHAMPIONSHIP

SAMORIN-SLOVAKIA


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FAMILY**

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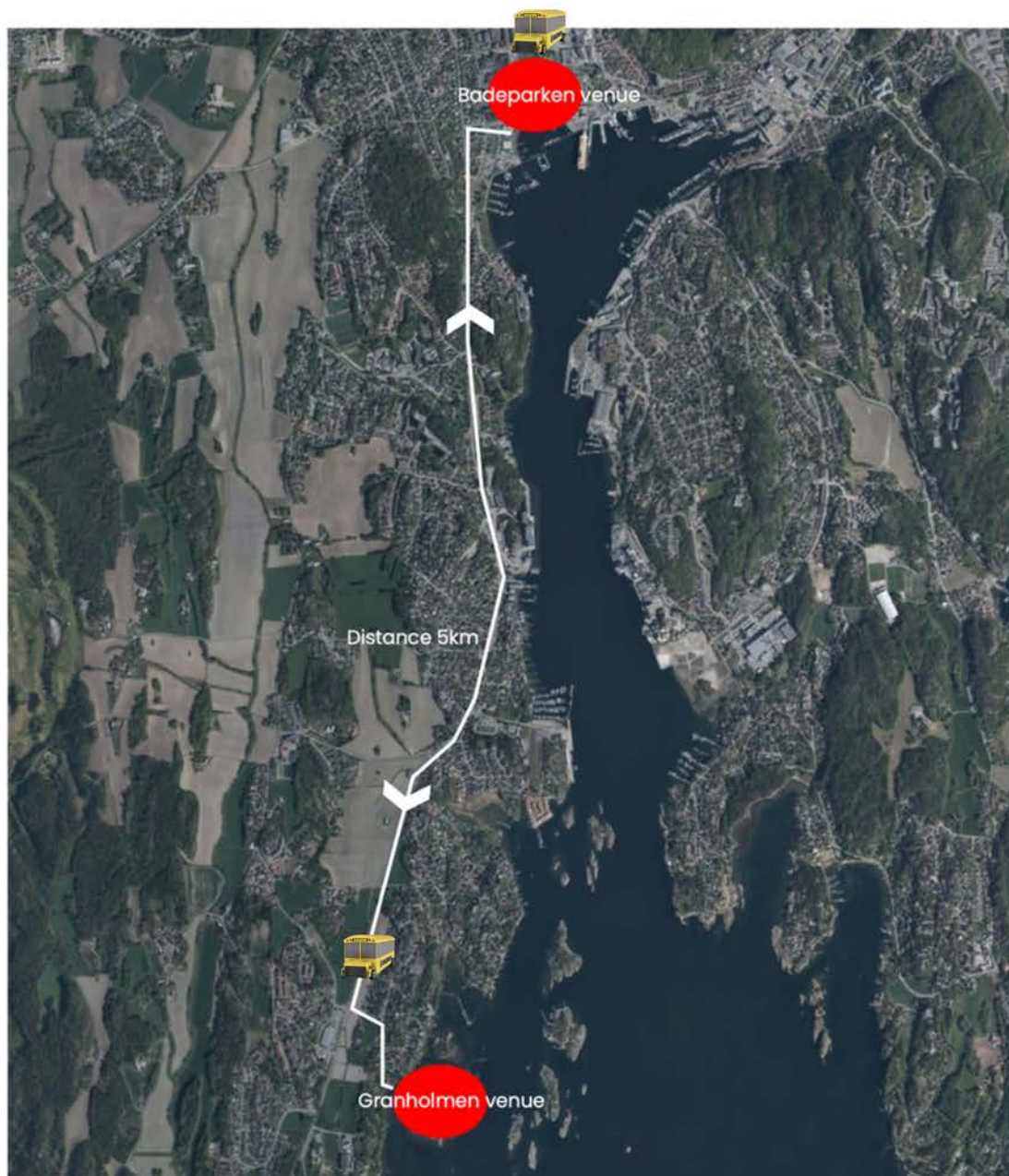
GETTING AROUND

To & FROM BADEPARKEN TO GRANHOLMEN

The two race venues are located 5km apart. Badeparken is the city venue – this is where T2, the finish line, and the after-race area are located. Granholmen is the swim start and T1 venue.

A walking and cycling path runs between the two venues and is the recommended route for spectators and athletes travelling between locations on race day.

The athlete bus transfer from Granholmen departs from the bus stop [\(linked\)](#). On Sunday morning, the bus departs from the sea side at Badeparken.



SWIMCOURSE

MIDDLE / OLYMPIC+ / SUPERSPRINT

The swim takes place at Granholmen Camping, five kilometres from the city centre. The start is rolling, with five-second intervals between athletes. It is 100 metres to the first buoy, where you turn right.

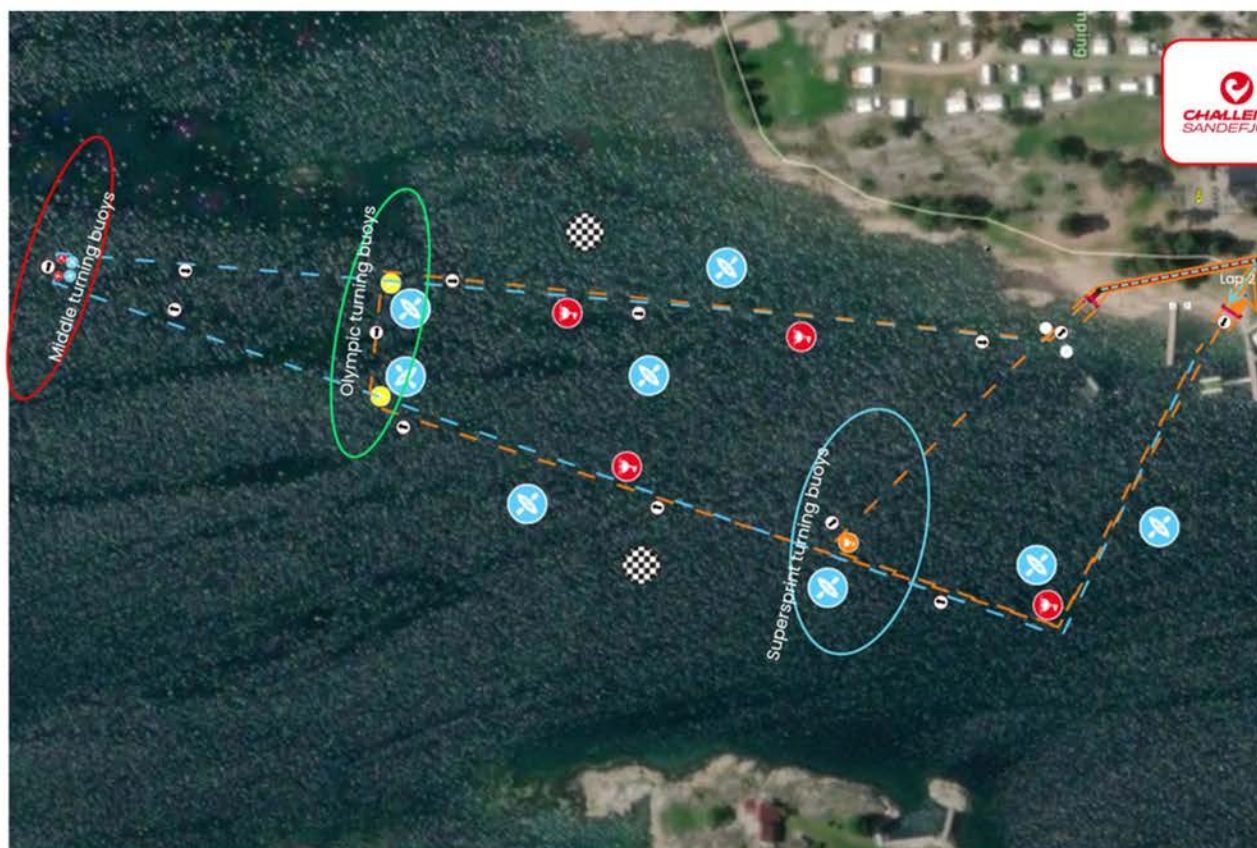
- **Middle Distance** – two laps of 950 metres. The Challenge Nordic buoys are your turning buoys.
- **Olympic+** – two laps of 750 metres. The large yellow buoys are your turning buoys.
- **Supersprint** – one lap of 375 metres. The smaller red buoys are your turning buoys.

WARM-UP

A warm-up area is available before the swim start. Please keep the designated area clear for warming up only.

START PROCEDURE

It's a rolling start for Middle Distance, Olympic+, and Supersprint. Find the sign matching your estimated swim time and line up no later than 20 minutes before your start.



SWIMCOURSE

MIDDLE / OLYMPIC+ / SUPERSPRINT

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.

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

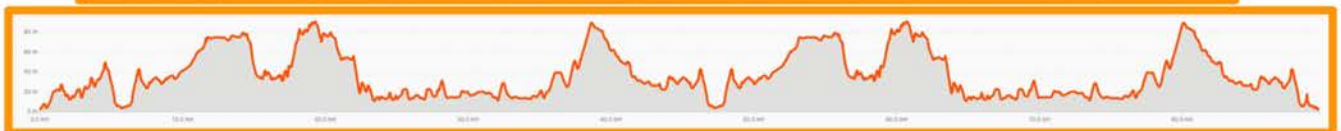
Handover Location: The relay handover area is located next to the "drop-off" in the transition area.

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.

BIKECOURSE

MIDDLE / OLYMPIC+

Enjoy scenic Norwegian countryside on the bike course. The Middle Distance covers two laps (85 km), Olympic+ is one lap (45 km). 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! The GPX file is available for download [\[here\]](#).

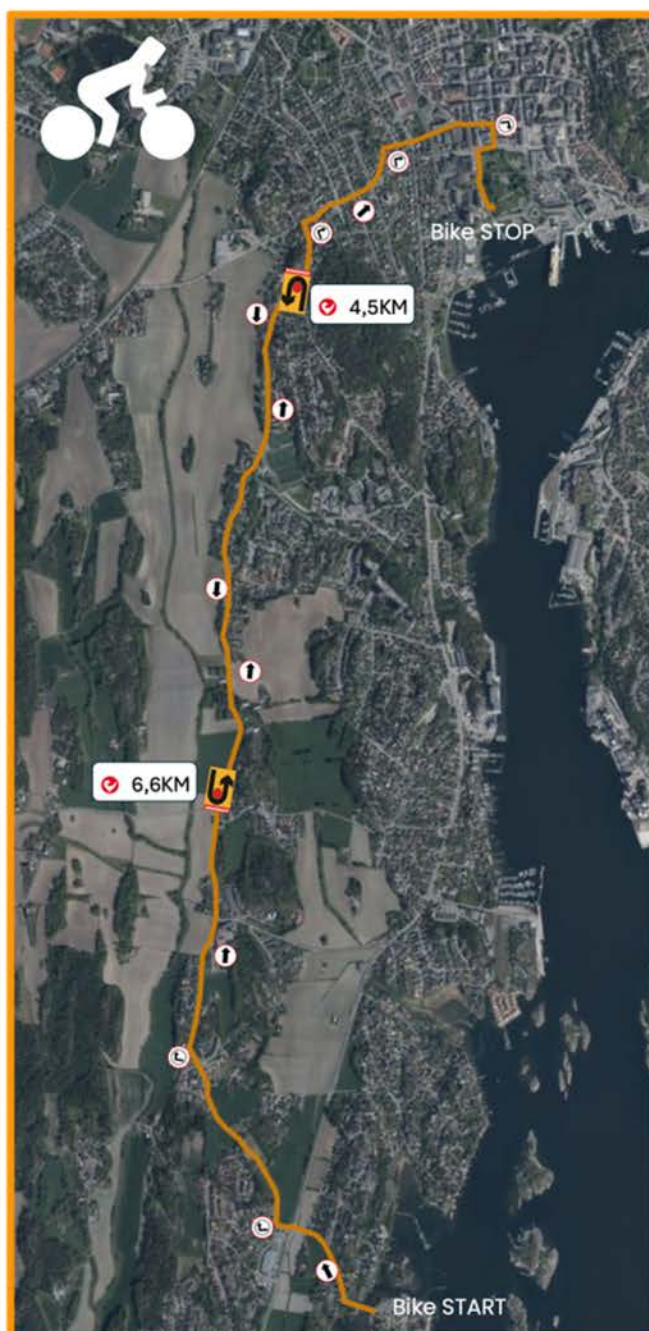


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BIKECOURSE

SUPERSPRINT

The Supersprint bike course 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! The GPX file is available for download [\[here\]](#).



BIKECOURSE

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

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.

STOPPING THE RACE

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.

After Bike bag:

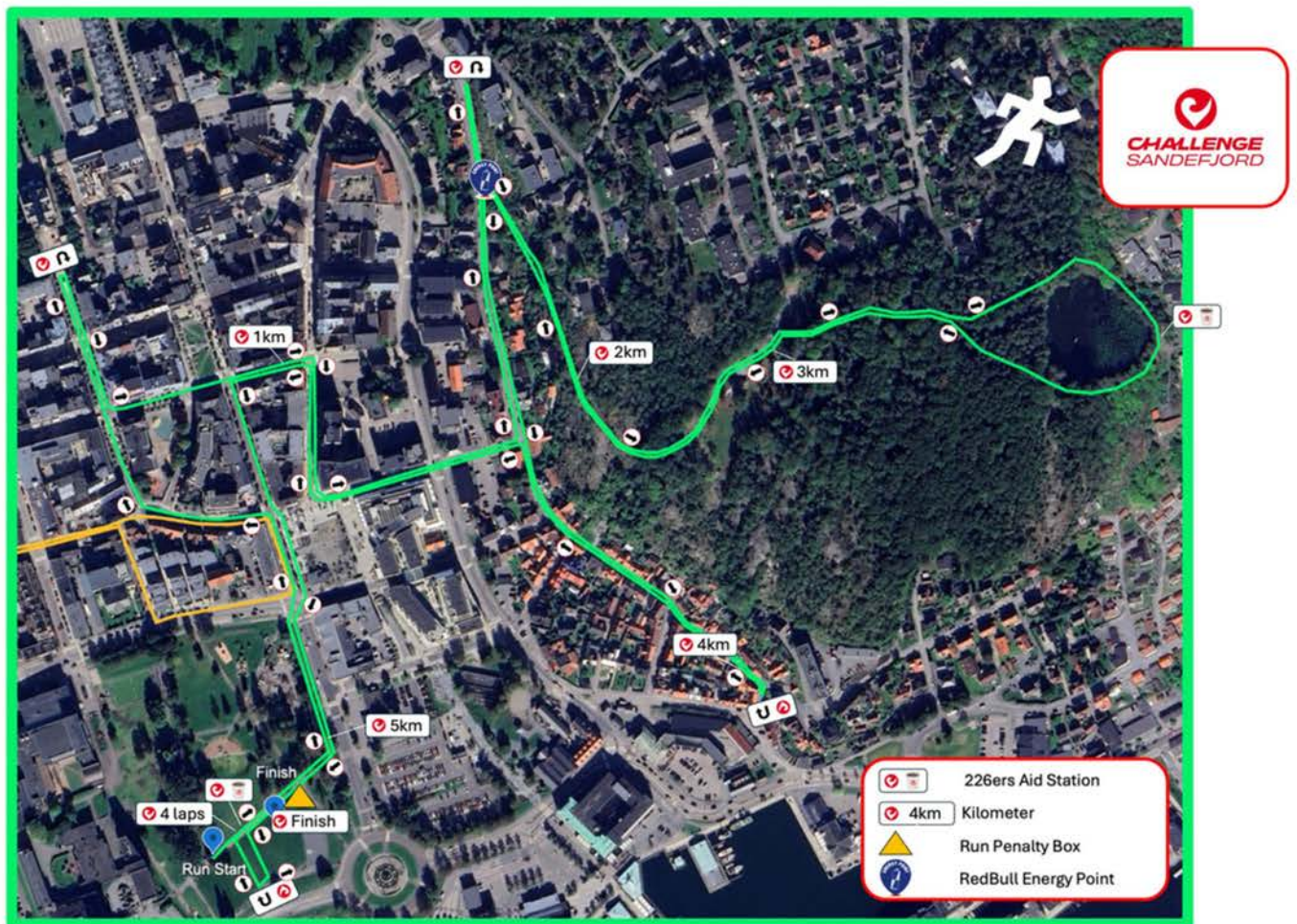


RUNCOURSE

MIDDLE / OLYMPIC+

SANDEFJORD BREDBÅND RUN COURSE

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.



 LITTERING AREA START						 LITTERING AREA END
-----------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------

RUNCOURSE

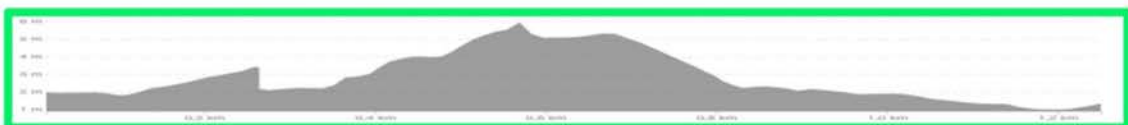
SUPERSPRINT

SANDEFJORD BREDBÅND SUPERSPRINT RUN COURSE

After the bike leg, you'll run two flat laps through the city centre of Sandefjord, with one aid station per lap at the start of the run course.



- 226ers Aid Station
- 2km Kilometer
- Run Penalty Box



LITTERING AREA START	VANN WATER	ISO	GEL	BANANA	COLA	LITTERING AREA END

ATHLETESUPPORT

NEMUS – Your Partner in Performance and Recovery



During Challenge Sandefjord, the NEMUS team will be on-site to answer questions, offer advice on training and ergonomics, and perform quick assessments of any concerns you may have. Post-race recovery and treatment will also be available to help you bounce back after the finish line.

You will find us in the spectator area.

ATHLETES CHECK-LIST

1) REGISTRATION

Location: Registration takes place at the tent in Badeparken. 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).

Students with a student discount must bring a valid student ID.

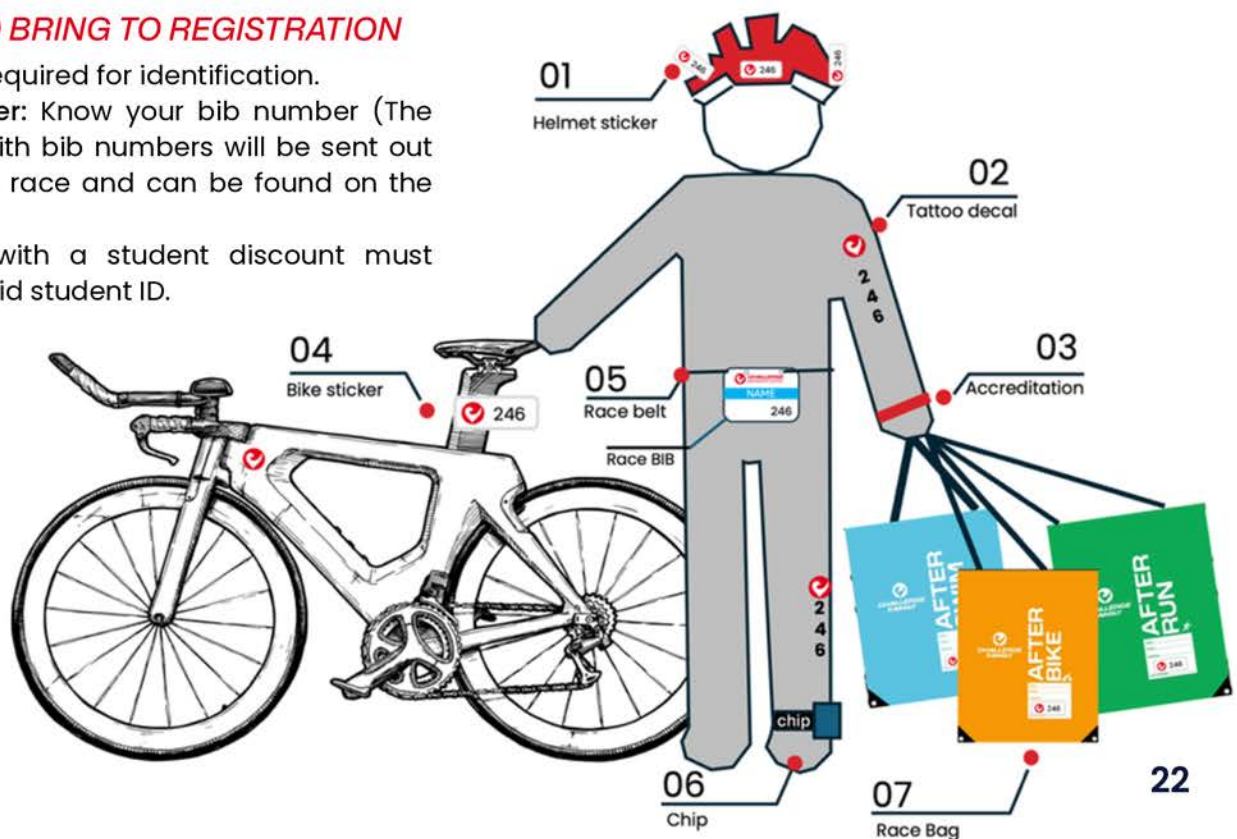
THE START PACKAGE CONTAINS

- 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

- 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 13:00-16:00 at T1 [Granhomen](#).

NOTE to local athletes. Please pick up your race kit Friday. This helps us manage registration efficiently.

PLEASE NOTE BEFORE 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. The briefing is at [Hjertnes Movie Theatre](#)

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.



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).

MIDDLEDISTANCE

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.

THE CHAMPIONSHIP

CHALLENGE SAMORÍN, SLOVAKIA

The top 6 male and top 6 female athletes in every age group qualify directly to The Championship in Samorín, Slovakia. If you finish in the top 6 but are not present at the awards ceremony, your slot rolls down to the top 12 in your age group.

You must be present at the ceremony to claim your slot.





CHALLENGE FAMILY

RACE CALENDAR 2026

	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
	CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 18 APR 2026	MIDDLE
	GDANSK MARATHON POLAND, 19 APR 2026	MARATHON
	CHALLENGE FLORIANÓPOLIS BRAZIL, 19 APR 2026	MIDDLE
	CHALLENGE TAIWAN TAIWAN, 23-26 APR 2026	LONG MIDDLE OLYMPIC
	CHALLENGE CESENATICO ITALY, 10 MAY 2026	MIDDLE
	CHALLENGE SALOU-COSTA DAURADA SPAIN, 10 MAY 2026	MIDDLE SHORT
	THE CHAMPIONSHIP SLOVAKIA, 24 MAY 2026	MIDDLE
	CHALLENGE ST PÖLTEN AUSTRIA, 31 MAY 2026	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 21 JUN 2026	MIDDLE
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 28 JUNE 2026	MIDDLE
	SAIL CHALLENGE CAP QUÉBEC CANADA, 28 JUNE 2026	LONG MIDDLE OLYMPIC
	CHALLENGE SANDEFJORD NORWAY, 28 JUNE 2026	MIDDLE
	DATEV CHALLENGE ROTH GERMANY, 5 JULY 2026	LONG
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, 12 JULY 2026	MIDDLE
	CHALLENGE TURKU FINLAND, 26 JUL 2026	MIDDLE
	CHALLENGE FORTALEZA BRAZIL, 30 AUG 2026	MIDDLE
	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 12 SEP 2026	LONG MIDDLE
	SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 13 SEP 2026	MIDDLE OLYMPIC
	CHALLENGE SAMARKAND UZBEKISTAN, 13 SEP 2026	MIDDLE
	CHALLENGE SANREMO ITALY, 4 OCT 2026	MIDDLE
	CHALLENGE VIEUX BOUCAU FRANCE, 10 OCT 2026	MIDDLE OLYMPIC
	CHALLENGE PEGUERA MALLORCA SPAIN, 17 OCT 2026	MIDDLE
	CHALLENGE MALAYSIA MALAYSIA, 18 OCT 2026	MIDDLE
	CHALLENGE SHANGHAI CHINA, 24 OCT 2026	MIDDLE
	CHALLENGE BARCELONA SPAIN, 25 OCT 2026	MIDDLE SPRINT OLYMPIC
	CHALLENGE FORTE VILLAGE SARDINIA ITALY, 25 OCT 2026	MIDDLE
	CHALLENGE XIAMEN CHINA, 7 NOV 2026	MIDDLE OLYMPIC
	CHALLENGE CANBERRA AUSTRALIA, 22 NOV 2026	MIDDLE OLYMPIC
	CHALLENGE FLORIANÓPOLIS BRAZIL, 29 NOV 2026	MIDDLE



ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP



Secure your DATEV Challenge ROTH slot



YOU can do DATEV Challenge ROTH

By placing a note with your name and starting number in the lottery machine at the registration office, you commit to purchasing a slot for the DATEV Challenge ROTH 2027. You have to be present at the prize-giving ceremony at the finish venue to claim your slot.

Challenge Sandefjord have 10 entries for the 2027 edition of DATEV Challenge ROTH

This opportunity goes to the middle distance participants.

DATEV Challenge ROTH is widely considered the world's most iconic and prestigious long-distance triathlon. Described as a "triathletes dream" or the "Tour de France of Triathlon".

Athletes and spectators overwhelmingly describe it as an emotional, impeccably organized event, renowned for its massive crowds and electrifying atmosphere.



THANK YOU!

OUR SPONSORS & PARTNERSHIPS

RENTAWRECK

Moller Bil

Sandefjord



226ERS

