



OFFICIAL RACE GUIDE

BLENDER SKG Communications S.A., headquartered in Thessaloniki, Greece, specializing in integrated marketing, advertising, and event management services, in co-organization with the Municipality of Thermaikos, is proud to present the **Triathlon Challenge Thermaikos 2026**, which will take place on **Sunday, 11 October 2026**, in **Nea Michaniona, Thessaloniki Regional Unit, Greece**. The event is a multisport competition featuring the following three race categories:

Sprint Triathlon | **Super Sprint Triathlon** | **Super Sprint Duathlon**

The races will be conducted in accordance with the following Terms and Conditions:

1. RACES | 1.1 SPRINT TRIATHLON

Race Distances: 750 m swim | 20 km bike | 5 km run

Race Start: Sunday, 11 October 2026 | 09:00

Course Information:

Transition Area: The location of the Transition Area is illustrated in the map below.

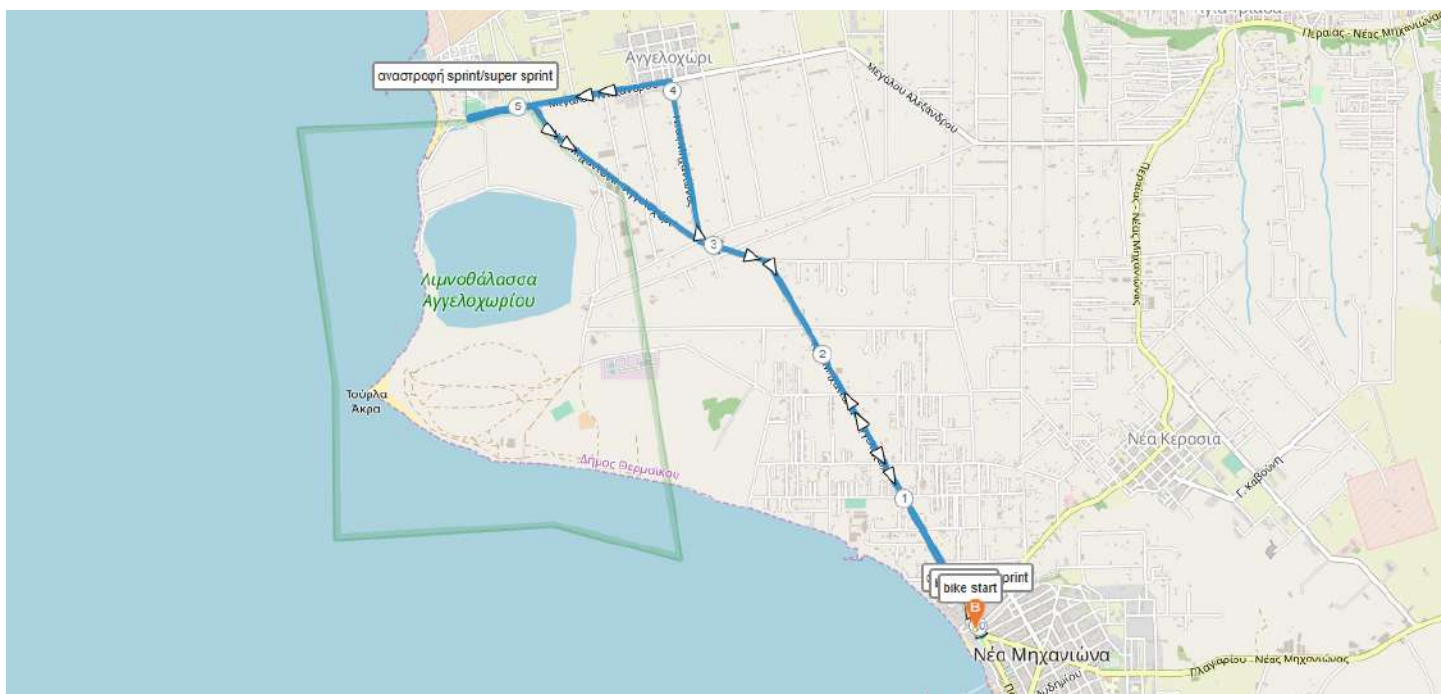


Swim Course: The swim course consists of a triangular route, starting from Nea Michaniona Beach (below Retselis Restaurant), as illustrated in the map below.

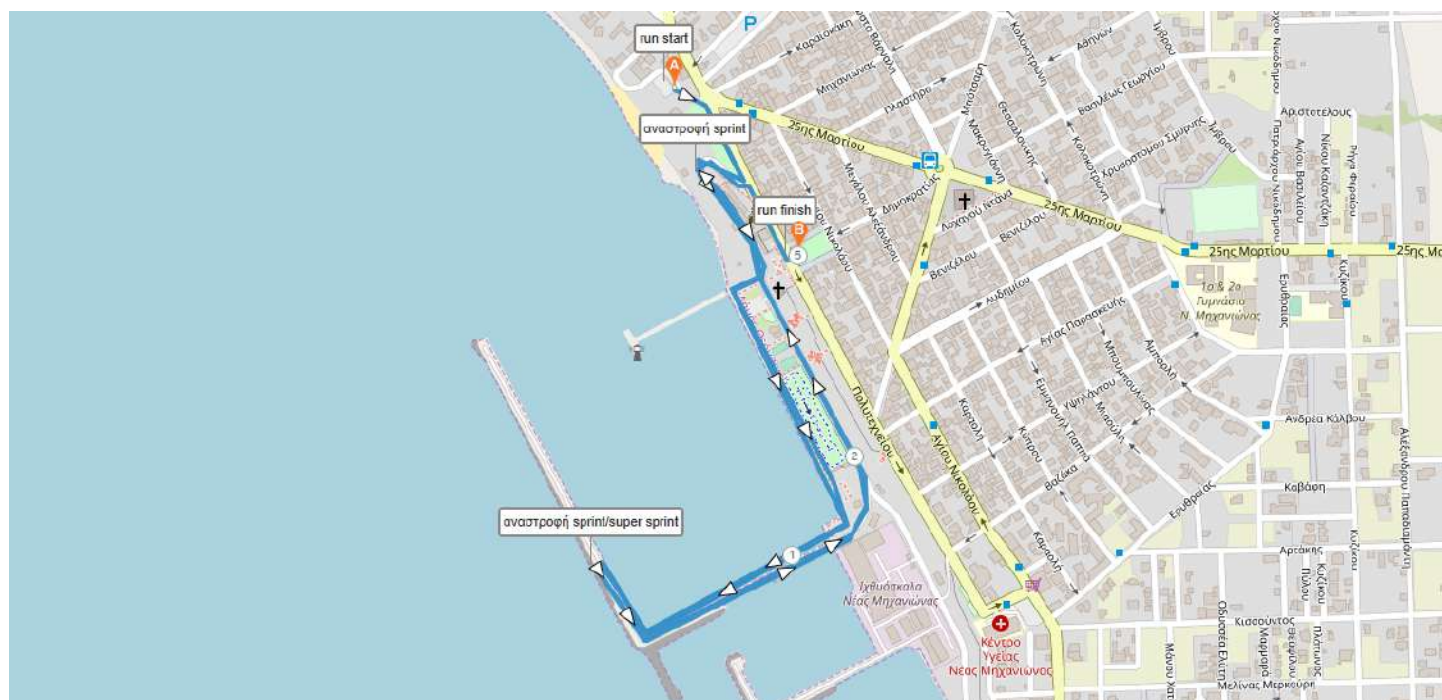


Bike Course: The bike course takes place on the Nea Michaniona–Aggelochori Road, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located just before Aggelochori Port, as shown in the map below.

The course consists of **two (2) laps of 10 km each**, for a total distance of **20 km**.



Run Course: The run course consists of **two (2) laps of 2.5 km each**, starting from the **Transition Area** near Nea Michaniona Beach. The turnaround point is located on the bridge, with the finish line at **Nea Michaniona Central Square**, as shown in the map below.



Time Limit:

The overall time limit for the Sprint Triathlon is **three (3) hours** from the official race start.

Participants who exceed the time limit must follow the instructions of the Race Officials and the Organizing Committee. For safety reasons, competitors may be required to withdraw from the course.

Eligibility:

Participation is open to athletes **born in 2010 or earlier** (16 years of age or older).

Athletes under the age of 18 must submit a **signed Parental/Legal Guardian Consent Form** when collecting their race package. By completing the registration process, the parent or legal guardian confirms their consent for the minor's participation and accepts the Terms and Conditions of the event on the minor's behalf.

Participation Requirements

Participation is governed by the regulations of the **Hellenic Triathlon Federation (HTF)**. Athletes must hold a valid annual athlete license issued by the HTF or another recognized national triathlon federation. Athletes who do not hold a valid annual license are required to obtain a **One-Day Race License (Day Pass)** prior to the event through the Hellenic Triathlon Federation website:

<https://hellastrathlon.gr/product/triathlon-pass/>

Participation in the event is **entirely at the athlete's own responsibility**.

Aid Stations

Aid stations will be available at the **bike turnaround points** and the **run turnaround points**.

Age Categories

A. Youth Category

- 16–17 years

B. Men & Women

- 18–29 years
- 30–39 years
- 40–49 years
- 50–59 years
- 60 years and over

Awards Ceremony

All athletes who successfully complete the race will receive a commemorative finisher's medal. The top three (3) overall male and female finishers will be awarded medals. In each Age Group category, medals will be awarded to the top three (3) male and female athletes, excluding the overall male and female winners.

1.2 SUPER SPRINT TRIATHLON

Race Distances: 400 m swim | 10 km bike | 2.5 km run

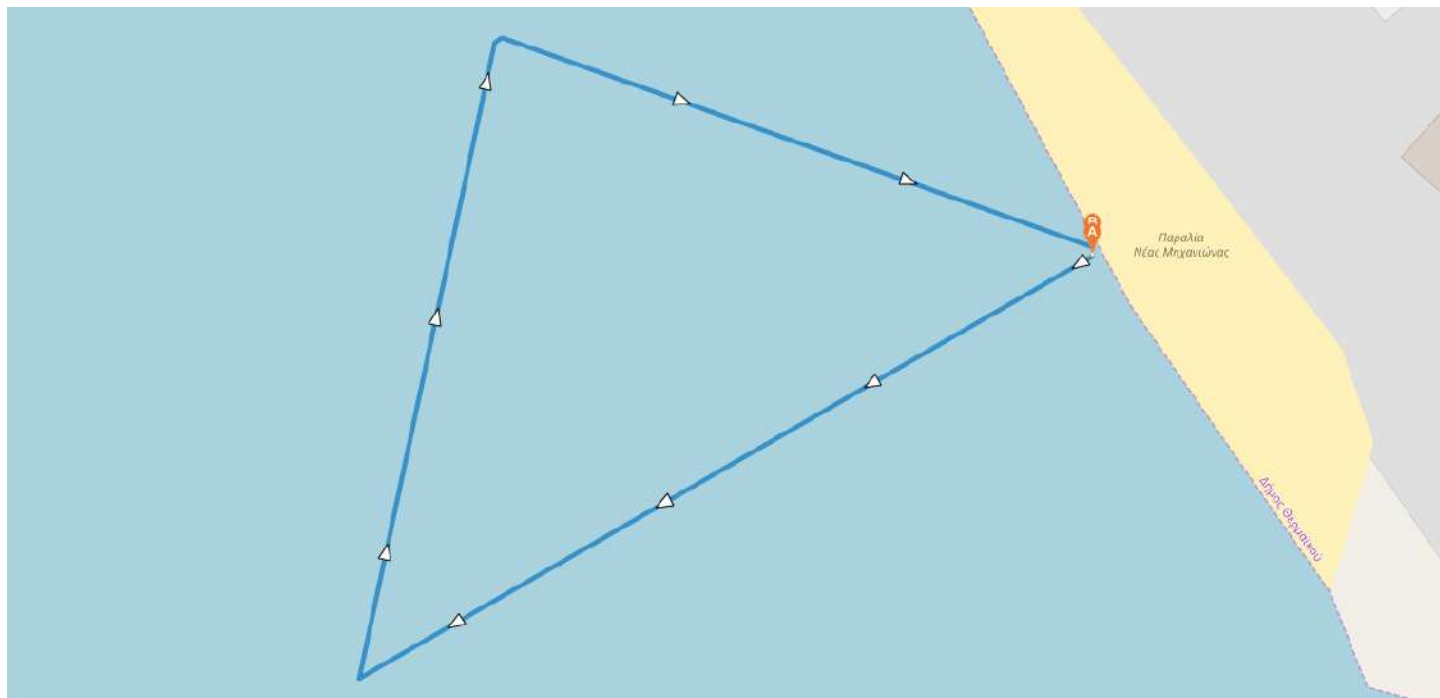
Race Start: Sunday, 11 October 2026 | 09:20

Course Information:

Transition Area: the location of the Transition Area is illustrated in the map below.

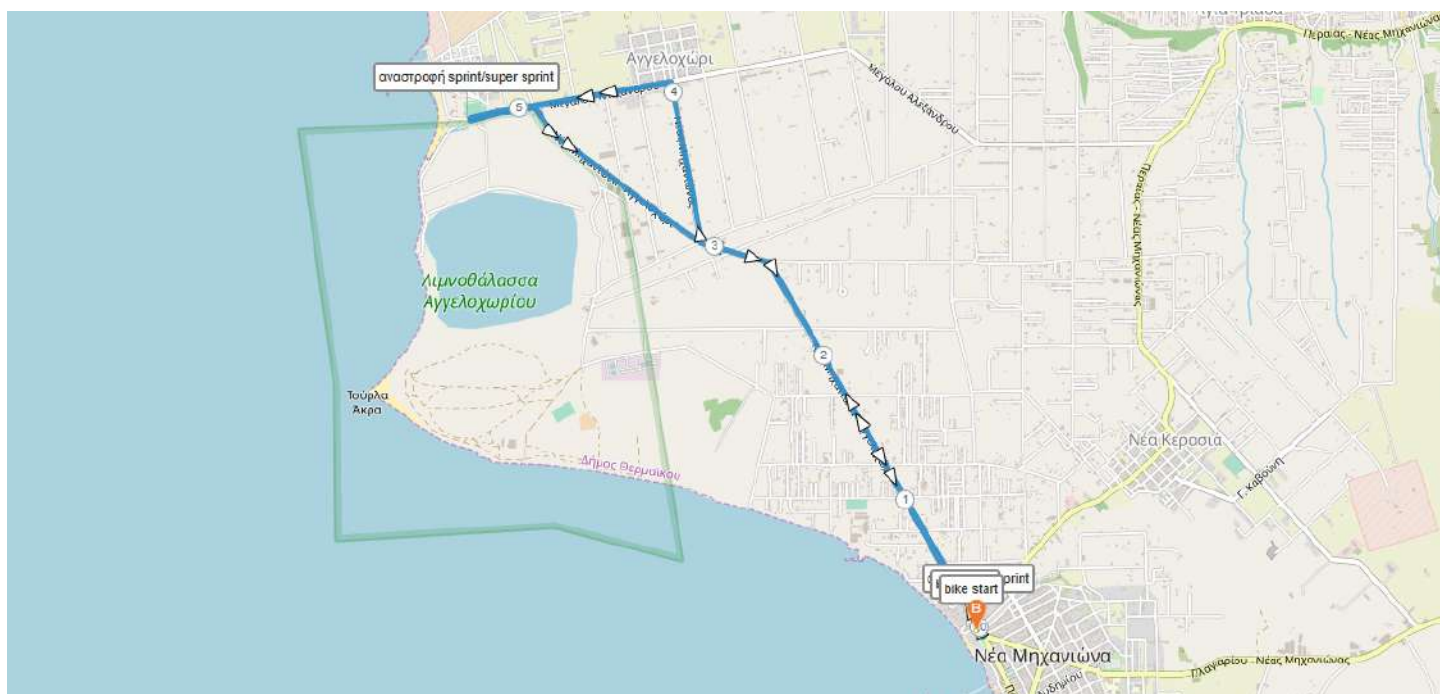


Swim Course: The swim course consists of a triangular course, with the start located at Nea Michaniona Beach (below Retselis Restaurant), as shown in the map below.

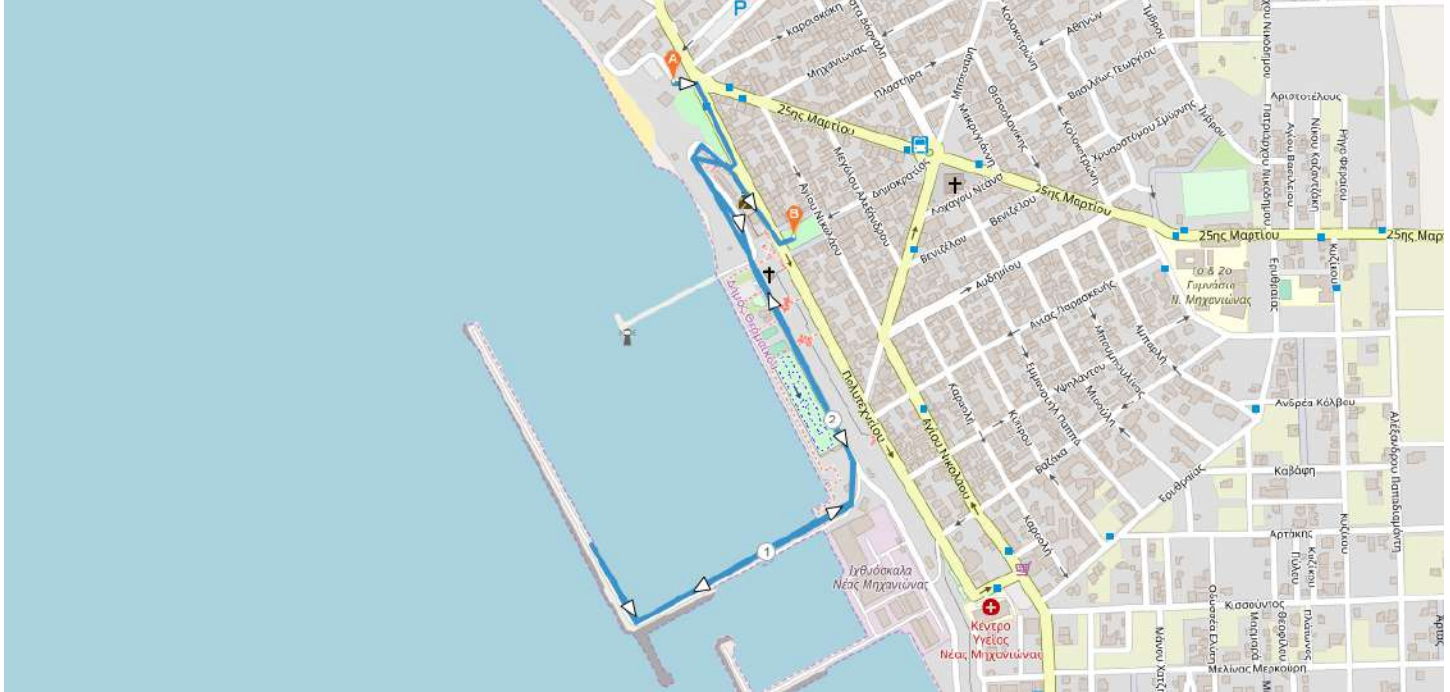


Bike Course: The bike course takes place on the Nea Michaniona–Aggelochori Road, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located just before Aggelochori Port, as shown in the map below.

The course consists of one (1) lap of 10 km.



Run Course: The run course consists of one (1) 2.5 km lap, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located on the bridge, with the finish line at Nea Michaniona Central Square, as shown in the map below.



Time Limit

The overall time limit for the race is three (3) hours from the official race start.

Participants who exceed the time limit must follow the instructions of the Race Officials and the Organizing Committee. For safety reasons, competitors may be required to withdraw from the course.

Eligibility

Participation is open to athletes born in 2014 or earlier (12 years of age or older).

Athletes under the age of 18 must submit a signed Parental/Legal Guardian Consent Form when collecting their race package.

By completing the registration process, the parent or legal guardian confirms their consent for the minor's participation and accepts the Terms and Conditions of the event on the minor's behalf.

Participation is governed by the regulations of the Hellenic Triathlon Federation (HTF). Athletes must present either:

- a valid HTF Health Card, signed and stamped by a cardiologist and issued within one (1) year prior to the race date; or
- a valid annual athlete license issued by the Hellenic Triathlon Federation (HTF) or another recognized national sports federation.

Participation in the event is entirely at the athlete's own responsibility. Acceptance of the Terms and Conditions is confirmed during the online registration process.

Aid Stations

Aid stations will be available at the bike turnaround point and the run turnaround point.

Age Categories

A. Youth Category

- 12–17 years

B. Age Groups (Men & Women)

- 18–29 years
- 30–39 years
- 40–49 years
- 50–59 years
- 60 years and over

Awards Ceremony

All athletes who successfully complete the race will receive a **commemorative finisher's medal**.

The **top three (3) overall male and female finishers** will be awarded medals.

In each **Age Group category**, medals will be awarded to the **top three (3) male and female athletes**, excluding the overall male and female winners.

1.3 SUPER SPRINT DUATHLON

Race Distances: 2.5 km run | 10 km bike | 2.5 km run

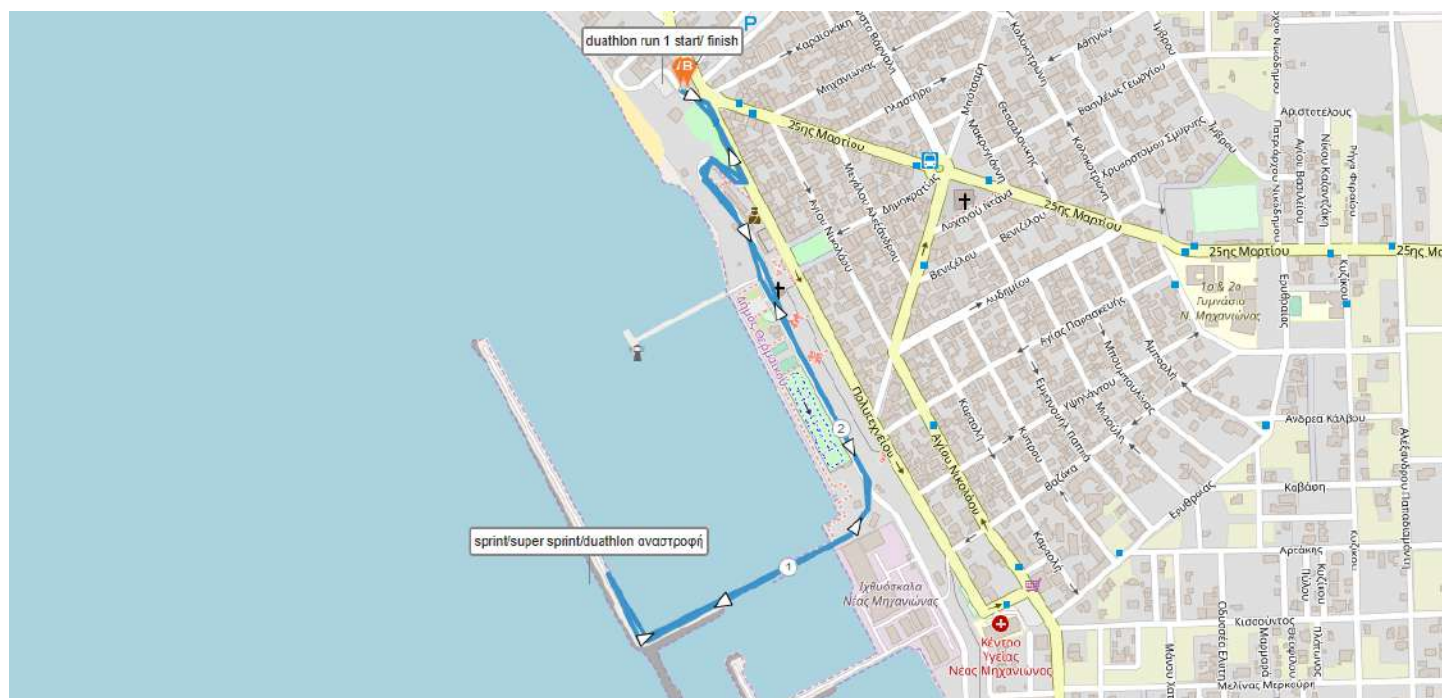
Race Start: Sunday, 11 October 2026 | 09:30

Course Information:

Transition Area: The location of the Transition Area is illustrated in the map below.

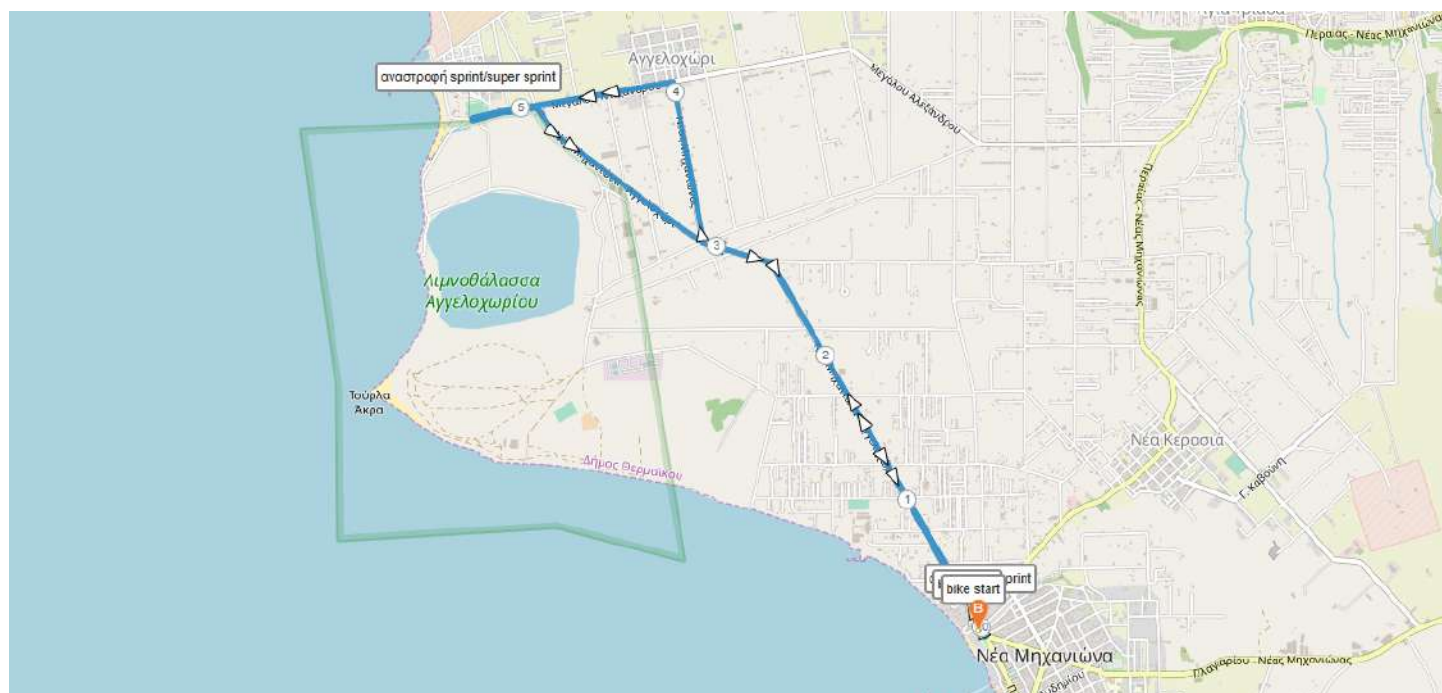


Run Course 1: The first run course consists of one (1) 2.5 km lap, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located on the bridge, and the course returns to the Transition Area, as shown in the map below.



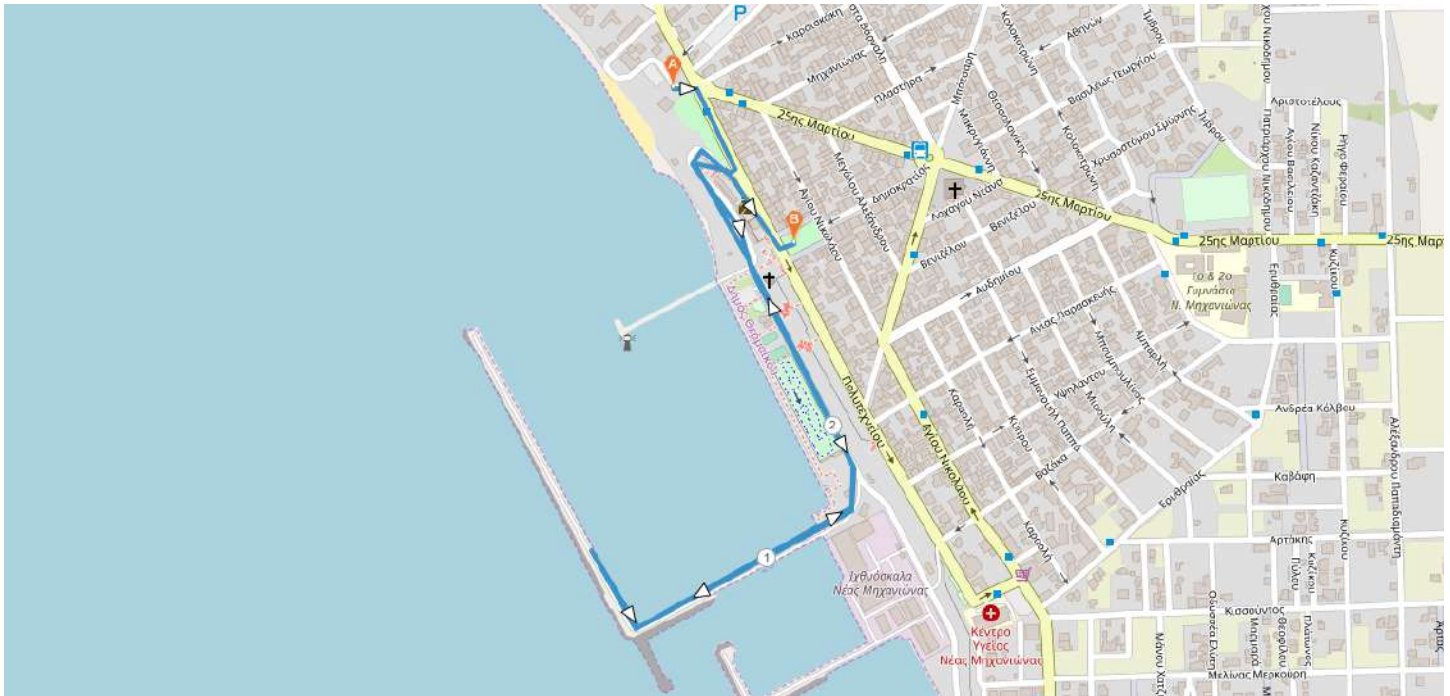
Bike Course: The bike course takes place on the Nea Michaniona–Aggelochori Road, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located just before Aggelochori Port, as shown in the map below.

The course consists of one (1) 10 km lap.



Run 2: The second run course consists of one (1) 2.5 km lap, starting from the Transition Area near Nea Michaniona Beach. The turnaround point is located on the bridge, with the finish line at Nea Michaniona Central Square, as shown in the map below.

- **Run 1** → επιστροφή στη Transition Area
- **Bike Course** → one (1) 10 km lap
- **Run 2** → τερματισμός στην Nea Michaniona Central Square



Time Limit

The overall time limit for the race is three (3) hours from the official race start.

Participants who exceed the time limit must follow the instructions of the Race Officials and the Organizing Committee. For safety reasons, competitors may be required to withdraw from the course.

Eligibility

Participation is open to athletes born in 2014 or earlier (12 years of age or older).

Athletes under the age of 18 must submit a signed Parental/Legal Guardian Consent Form when collecting their race package.

By completing the registration process, the parent or legal guardian confirms their consent for the minor's participation and accepts the Terms and Conditions of the event on the minor's behalf.

Participation is governed by the regulations of the Hellenic Triathlon Federation (HTF). Athletes must present either:

- a valid HTF Health Card, signed and stamped by a cardiologist and issued within one (1) year prior to the race date; or

- a valid annual athlete license issued by the Hellenic Triathlon Federation (HTF) or another recognized national sports federation.

Participation in the event is entirely at the athlete's own responsibility. Acceptance of the Terms and Conditions is confirmed during the online registration process.

Aid Stations

Aid stations will be available at the bike turnaround point and the run turnaround point.

Age Categories

A. Youth Category

- 12–17 years

B. Age Groups (Men & Women)

- 18–29 years
- 30–39 years
- 40–49 years
- 50–59 years
- 60 years and over

Awards Ceremony

All athletes who successfully complete the race will receive a commemorative finisher's medal.

The top three (3) overall male and female finishers will be awarded medals.

In each Age Group category, medals will be awarded to the top three (3) male and female athletes, excluding the overall male and female winners.

2. ELECTRONIC TIMING & RESULTS

Electronic timing will be provided for all race categories.

All participants must wear the **timing chip** issued by the Race Secretariat together with their race bib.

Electronic timing mats will be positioned at the **start, finish**, and at designated points along the course to record intermediate split times. Any athlete who fails to cross the timing mats at the start, the designated timing checkpoints, or the finish line will be **automatically disqualified**.

Official race results will be published on the event's official website following the completion of the races.

The official race ranking is determined by each athlete's **official finish time (gun time)**. **Net time** and **split times** are provided for informational purposes only and do not affect the official race standings.

3. SAFETY & MEDICAL SUPPORT

Comprehensive medical coverage will be provided throughout the event, including the presence of medical personnel, mobile medical units, **National Emergency Centre (EKAB)** ambulances, and fully staffed first aid stations located at strategic points along the race courses.

The **Hellenic Police Traffic Department**, in cooperation with the relevant authorities, will assist with traffic management to ensure the safe conduct of the event.

All participants are strongly advised to undergo a recent medical examination, including a cardiovascular assessment, before taking part in the race.

Participation in the event is **entirely at the athlete's own responsibility**. Athletes under the age of 18 must provide **written consent from a parent or legal guardian**.

Acceptance of the **Terms and Conditions** and the **Participant Waiver and Declaration** is completed during the online registration process. Participants may also be required to sign a printed copy of the declaration when collecting their race package.

4. REGISTRATION – ENTRY METHODS – ENTRY TYPES – RACE PACKET COLLECTION

4.1 Registration

Registration for the **Triathlon Challenge Thermaikos** is available online through the event's official website (triathlonchallenge.gr), subject to race capacity.

Online registration will close on **Wednesday, 30 September 2026, at 24:00 (midnight)**.

If places remain available, on-site registration will also be offered at the **Race Secretariat** during **Race Packet Collection** on the day before the event (**Saturday, 10 October 2026**), at **Nea Michaniona Central Square**, between **14:30 and 20:30**.

Under exceptional circumstances, the Organizing Committee reserves the right to amend the online registration deadline and/or the maximum number of participants in each race category.

4.2 Entry Types

Entries are available in the following categories:

A. Individual Entry:

For individual athletes participating in one of the available race categories.

B. Relay Team Entry

A team of **two (2) or three (3) athletes** may compete in the **Sprint Triathlon, Super Sprint Triathlon, or Super Sprint Duathlon**, with each team member completing one or more disciplines of the selected race.

C. Group Entry

Group entries require a minimum of **ten (10) individual and/or relay registrations** for any of the available race categories: **Sprint Triathlon, Super Sprint Triathlon, or Super Sprint Duathlon**.

Group registrations may be submitted by **sports clubs, fitness centers, companies, schools, public or private organizations, as well as groups of friends**.

For **Relay Team Entries**, a **Team Captain** must be designated to serve as the primary point of contact with the Organizing Committee throughout the registration process and the event.

The personal information provided during registration must be **true, complete, and accurate**. If a registration is submitted by a third party on behalf of a participant, it is deemed that the participant has authorized the disclosure of their personal data to the Organizing Committee for the purposes of administering the event.

4.3 Race Packet Collection

Race bibs, timing chips, and all other event materials must be collected **in person** by registered athletes from the **Race Secretariat** during the designated opening hours. Participants must present a valid photo ID or another official identification document (e.g. passport or driver's licence).

A registered athlete may authorize a third party to collect their race packet on their behalf by providing a written authorization. The authorized representative must present a copy of the participant's identification document or another valid form of official identification. Collection by a third party is entirely at the participant's own responsibility.

Race packets for **Relay Teams** must be collected exclusively by the team's designated **Team Captain**.

Participant substitutions and race category changes are **not permitted** during race packet collection. Only updates or corrections to the personal details of an already registered participant may be processed.

Race bibs are **strictly personal, non-transferable**, and may not be exchanged or used by any other person.

5. PARTICIPATION RULES

Participants must comply with all instructions issued by the **Organizing Committee**, Race Officials, volunteers, and event staff, including directions to withdraw from the course or discontinue the race whenever deemed necessary for safety reasons.

Athletes are responsible for reading and complying with all instructions issued by the Organizing Committee prior to the event, including the **Technical Guide**, **Race Schedule**, and any other official communications published on the event's official website.

During the bike leg, the use of a **properly certified cycling helmet** is mandatory. The helmet must be securely fastened at all times, from the moment the athlete removes their bicycle from the **Transition Area** until it has been returned to its designated position after completing the bike course.

Athletes must bring only the equipment necessary for the race into the **Transition Area**. Personal bags and belongings must be left exclusively in the designated **Storage Area**.

The use of any equipment or device that may distract the athlete or compromise safety is strictly prohibited in the **Transition Area** and throughout the race, including:

- music players (e.g. MP3 players, iPods)
- mobile phones
- headphones or earbuds (wired or wireless)
- action cameras
- any communication or entertainment device requiring active use during the race

All such devices must remain outside the race course.

Failure to comply with these regulations may result in **disqualification** from the event.

6. ENTRY FEES

The entry fees for each race category are shown below:

Sprint Triathlon

- Individual Entry: **45€**
- Relay Team Entry: **45€ / ανά ομάδα**

Super Sprint Triathlon

- Individual Entry: **35€**
- Relay Team Entry: **35€ / ανά ομάδα**

Super Sprint Duathlon

- Individual Entry: **30€**
- Relay Team Entry: **30€ / ανά ομάδα**

A **10% discount** applies to **Group Entries** consisting of a minimum of **ten (10) individual and/or relay registrations** across any of the available race categories: **Sprint Triathlon, Super Sprint Triathlon, and Super Sprint Duathlon.**

The Race Packet Includes:

Sprint Triathlon | Super Sprint Triathlon

1. One (1) official event technical T-shirt
2. One (1) swim cap
3. One (1) mesh drawstring bag
4. High-precision electronic timing
5. Race bib
6. Commemorative finisher's medal
7. Hydration stations throughout the race

Super Sprint Duathlon

- One (1) official event technical T-shirt
- One (1) mesh drawstring bag
- High-precision electronic timing
- Race bib
- Commemorative finisher's medal (*awarded upon successful completion of the race*)
- On-course hydration

In the event of non-participation, registered athletes may request the shipment of their race bib and the contents of the Race Packet after the event. Shipping costs shall be borne by the registered participant.

REFUND & CANCELLATION POLICY

The following cancellation policy applies to all registered participants:

- **Until 31 August 2026: 100% refund***
- **From 1 September 2026 onwards:** Entry may be deferred to the **2027 Triathlon Challenge Thermaikos**.

* For cancellation requests submitted by **31 August 2026**, the full entry fee will be refunded, less a **€2 bank transaction fee**.

Requests to update or correct the details of valid registered participants will only be accepted by email at info@triathlonchallenge.gr and must be submitted no later than **30 September 2026**, to allow sufficient time for the timing system to be updated.

The event will take place on the scheduled date **regardless of weather conditions**. Only in the event of exceptional circumstances or **force majeure** does the Organizing Committee of the **Triathlon Challenge Thermaikos** reserve the right to cancel the event.

Should the event be cancelled following consultation with and approval by the competent public authorities, institutional partners, and the relevant safety and health authorities, **entry fees will not be refunded** to registered participants. Instead, participants will have the option to receive their **Race Packet** by mail.

7. DATA PROTECTION & USE OF PHOTOGRAPHIC AND VIDEO MATERIAL

By registering for and participating in the event, participants acknowledge and accept that their personal data (including their name, age, gender, and contact details) will be collected and processed solely for purposes directly related to the organization and operation of the event, including registration, timing, and the publication of official race results.

For the proper administration of the event, personal data may be shared with service providers directly involved in the delivery of the event (such as the official timing company), solely for the purposes described above. No personal data will be used or disclosed to third parties for any other purpose.

Participants have the right to access, correct, or request the deletion of their personal data by contacting the Organizing Committee at info@triathlonchallenge.gr or **+30 2310 442104**. Any additional processing of personal data will only take place with the participant's explicit consent.

By participating in the event, participants grant the Organizing Committee permission to capture and use photographs, video recordings, and other audiovisual material featuring them for promotional, communication, and publicity purposes, without entitlement to any financial compensation. Such material may be published in printed and digital media and may include the participant's name.

Photographs and video recordings may remain available on the event's official website and communication channels as part of the event's historical archive and promotional material. Participants may request the removal of such material by contacting the Organizing Committee.

The Organizing Committee reserves the right to amend the event schedule, the Terms and Conditions, and the Competition Rules. Any such changes will be announced through the event's official website.

For detailed information regarding the race courses and the event, please visit the official website: www.triathlonchallenge.gr