

Athletes Guide AARHUS BAY TRIATHLON 2025



13. september 2025



Welcome

Aarhus 1900 Triathlon welcomes you to a festive day at Tangkrogen in Aarhus C!

We're continuing with our well-known concept: a simple, yet well-executed triathlon – delivered with lots of love.

Our event is for everyone: children, youth, recreational athletes, and elites.

Once again, we're proud to host the final race of the **Nordic Triathlon Cup**.

Read more about the series here: <https://my.raceresult.com/322260/info>

We look forward to seeing you at the starting line!

Best regards

The Event Committee, Aarhus 1900 Triathlon

Contact Information

Organizer: Aarhus 1900 Triathlon

Race Director: Marian Just Borsinski – marian.borsinski@outlook.com (+45 2245 4511)

Technical Delegate: Frank Friis

Website: www.aarhusbaytriathlon.com

Facebook: <https://www.facebook.com/aarhusbay>

Instagram: <https://www.instagram.com/aarhusbay/>

Photos: Aarhus 1900 Triathlon & Kent Madsen



Time Schedule - Please note that all times are given in Danish time zone.

Wednesday	10. September 2025		
19.00-20.00	Racebriefing	Youth	Teams
20.00-21.00	Mandatory Race Briefing	Elite	Teams
Saturday	13. September 2025		
08.00-08.30	Registration	Elite & Youth	Race-Office
08.30-09.00	Bike Familiarisation	Elite & Youth	Filtenborgs Plads
08.40-9.15	Bike Check-In	Youth	Transition
09.00-09.45	Bike Check-In	Elite	Transition
09.00-09.30	Bike Familiarisation	TRI400-10-2,5 & Kids	Filtenborgs Plads
09.30-13.00	Registration	TRI400-10-2,5 & Kids	Race-Office
09.30-9.40	Swim Warm Up	Youth 16-17	Swim Start
9.40-9.50	Line Up	Youth 16-17	Swim Start
09.50	Start	Youth 16-17	Swim Start

10.00-10.10	Swim Warm Up	Youth 14-15	Swim Start
10.10-10.20	Line Up	Youth 14-15	Swim Start
10.20	Start	Youth 14-15	Swim Start
11.20-11.30	Swim Warm Up	Elite Men	Swim Start
11.30-11.40	Line Up	Elite Men	Swim Start
11.40	Start	Elite Men	Swim Start
12.35-12.45	Swim Warm Up	Elite Women	Swim Start
12.45-12.55	Line Up	Elite Women	Swim Start
12.55	Start	Elite Women	Swim Start
13.20-13.50	Bike Check-In	Kids	Transition

13.20-14.10	Bike Check-In	TRI 400-10-2,5	Transition
13.50-14.05	Racebriefing	Kids	Swim Start
14.10	Start	Kids	Swim Start
14.10-14.25	Racebriefing	TRI 400-10-2,5	Swim Start
14.30	Start	TRI 400-10-2,5	Swim Start
15.00	Medal Ceremony	Youth & Elite	Finish Line
16.00	Medal Ceremony	TRI 400-10-2,5	Finish Line

General information

Event Area

The event venue is located at Tangkrogen in central Aarhus, along the waterfront by Strandvejen.

Address: Marselisborg Havnevej 2, 8000 Aarhus C.

Parking

Parking is available directly next to the event area. There are parking spaces along Marselisborg Havnevej, and additional parking is available at the Tangkrogen Parking Lot.

Location:

<https://maps.app.goo.gl/yow4WMsXNZhNBvgj8>

Race Package & Registration

Race package pickup will take place at the event area. Please refer to the schedule for exact times. Your race package will include your race number and bike stickers. You will receive your race package by stating your name and the race you are registered for. Athletes will have their race numbers marked on their upper arm and lower leg and are not required to wear a race number during the race itself. All athletes will be given a wristband at registration, which grants access to the transition area. Danish youth athletes are not allowed to race in national team suits, as with all other domestic races. Elite athletes must have their name printed on their tri suit—if not, they must wear a race belt. All athletes will receive their race number as a tattoo on arm and leg.

Bag Storage

It will be possible to store your bag in the transition area during the race. However, access to the transition area will only be permitted during the designated times for bike drop-off and pickup.

Catering

It will be possible to purchase coffee, cake, soft drinks, and food items at the event area.



**Time Trial and triathlon bikes are not allowed at this competition.
Races are draft legal.**

General information

Local Organization Committee (LOC) & infopoint

The LOC can be found in the same tent where you collect your race number. We're happy to help you with any questions you may have. You'll also find two volunteers wearing yellow vests around the event area - they are ready to assist you and answer any questions.

Safety

There will be no additional security personnel assigned specifically to the transition area. Athletes are responsible for their own bikes. The transition area is fenced off, and bikes may only be removed upon showing the athletes wristband. Volunteers will be present to monitor the area. Access to the transition area is restricted to athletes and parents of children participating in the kids' triathlon. Parents of children participating in the kids' race are welcome to take part in the race alongside their children. However, this must be communicated to us in advance at

contact@aarhusbaytriathlon.com

First Aid

Medical staff will be available in the event area throughout the day to provide first aid if needed. There will also be a first responder on a motorcycle patrolling the bike course.

Nearest Hospital: Skejby Hospital

Emergency Numbers: Call the medical helpline at 70 11 31 31 for non-life-threatening situations, or dial 112 in case of serious injury or emergency.

Competition Rules

The event follows the competition rules of Triathlon Denmark. You can find the full rulebook at the following link:

<https://www.triatlon.dk/wp-content/uploads/2025/04/2025-04-24-Konkurrenceregler.pdf>



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Racebriefing

The following race briefings will be held:

- Youth: Online via Teams only
- Elite: Online via Teams only
- Kids' Triathlon: At the swim start on race day
- TRI400-10,25: At the swim start on race day



Event Area Map

A = Anti Doping Office

R = Race Office & Registration

W = Toilets

L = Spectator Tent

F = Food Truck

S = Finish Area



Swim Course

Youth: 1 laps of 375m (150m to the first buoy)

Elite: 2 laps of 375m

(with australian exit) (150m to the first buoy)

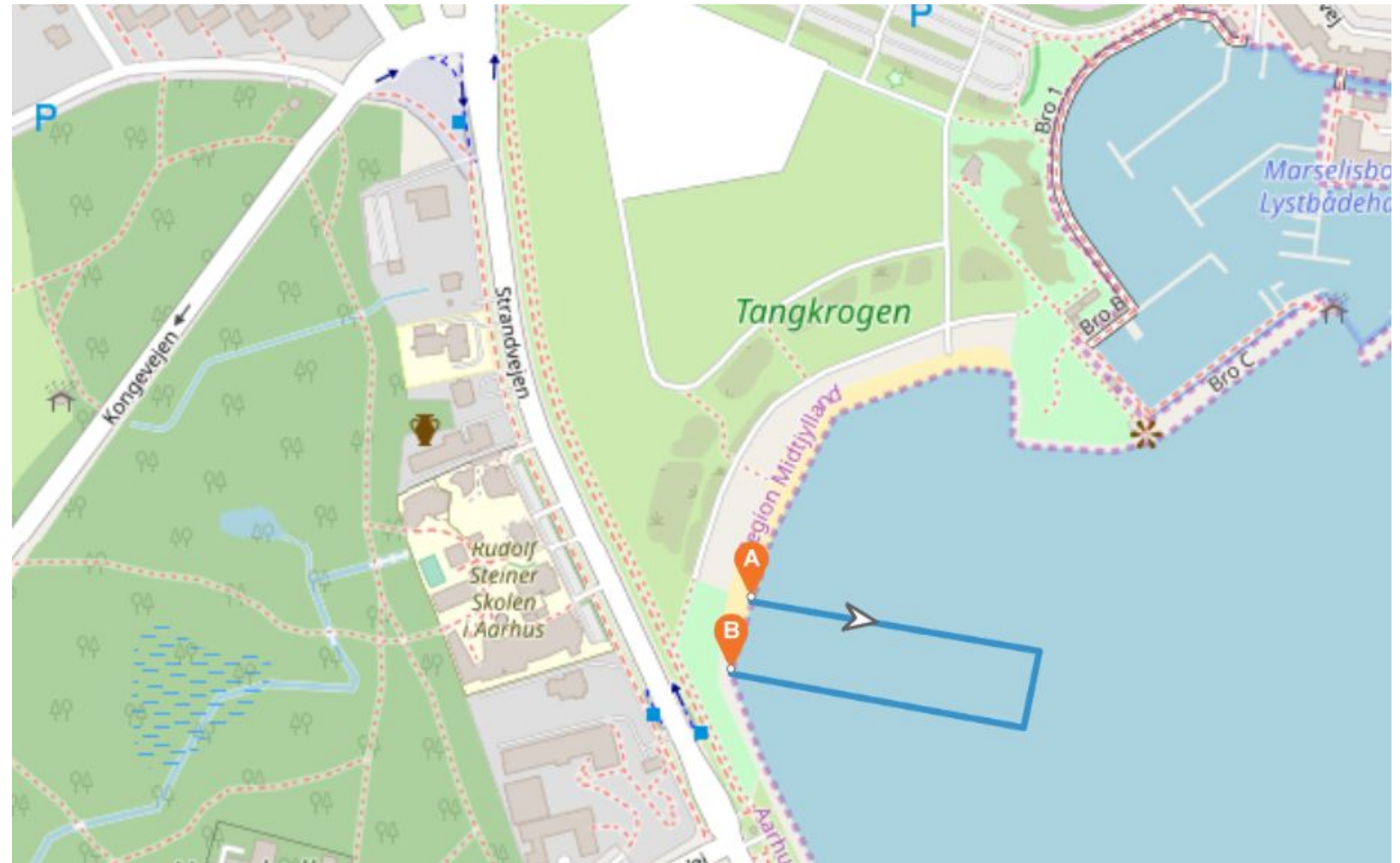
TRI 400-12-2,5: 1 lap of 375m (150m to the first buoy)

Kids: 1 lap of 200m (25m to the first buoy)

(Close to the beach)

Beach start with starting boxes for elite and youth.

300m to the transition.



Bike Course

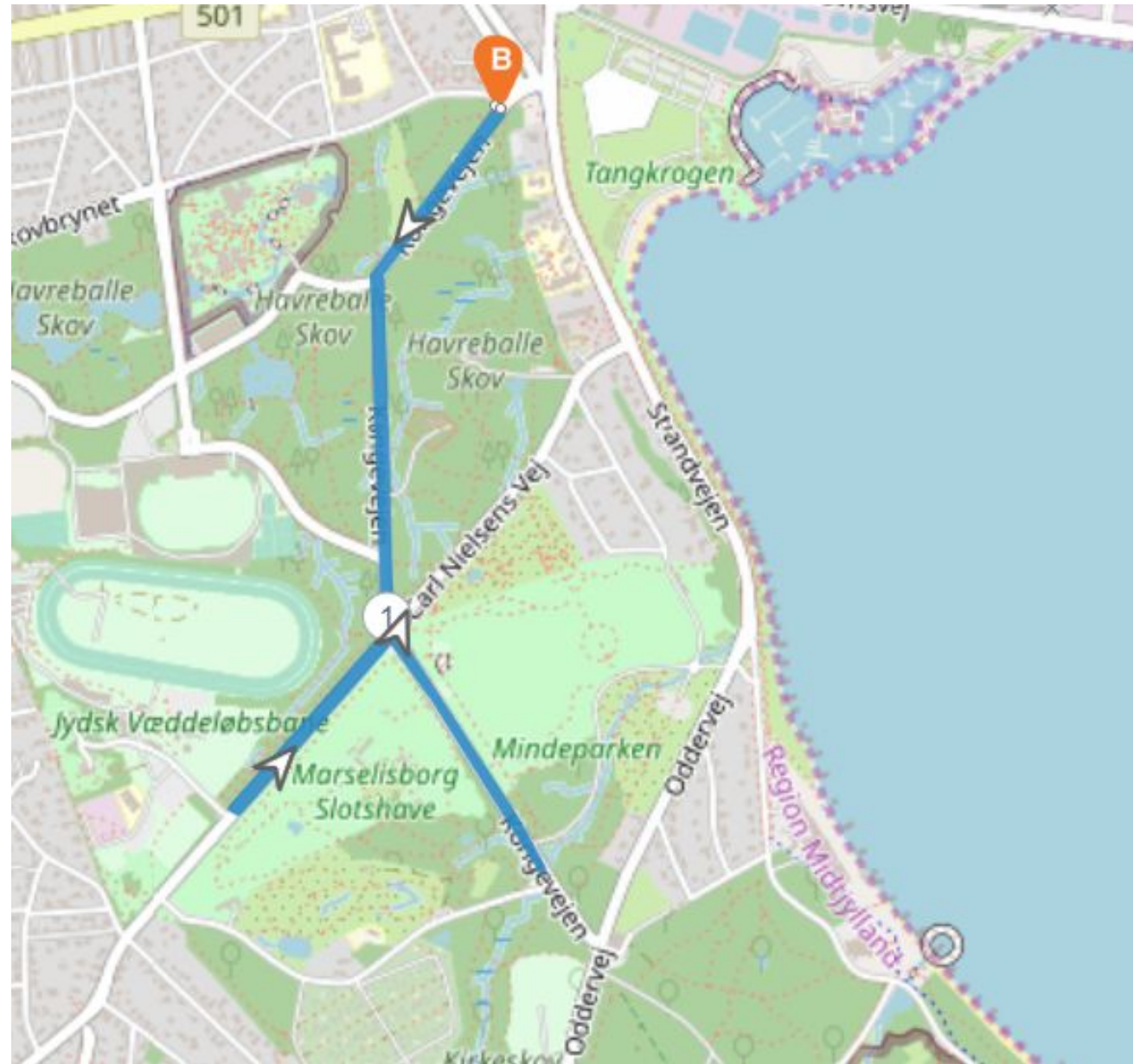
Youth: 2 laps of 4 km

Elite: 5 laps of 4 km

TRI 400-12-2,5: 3 laps of 4 km

Kids: 1 lap of 4 km

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Run Course

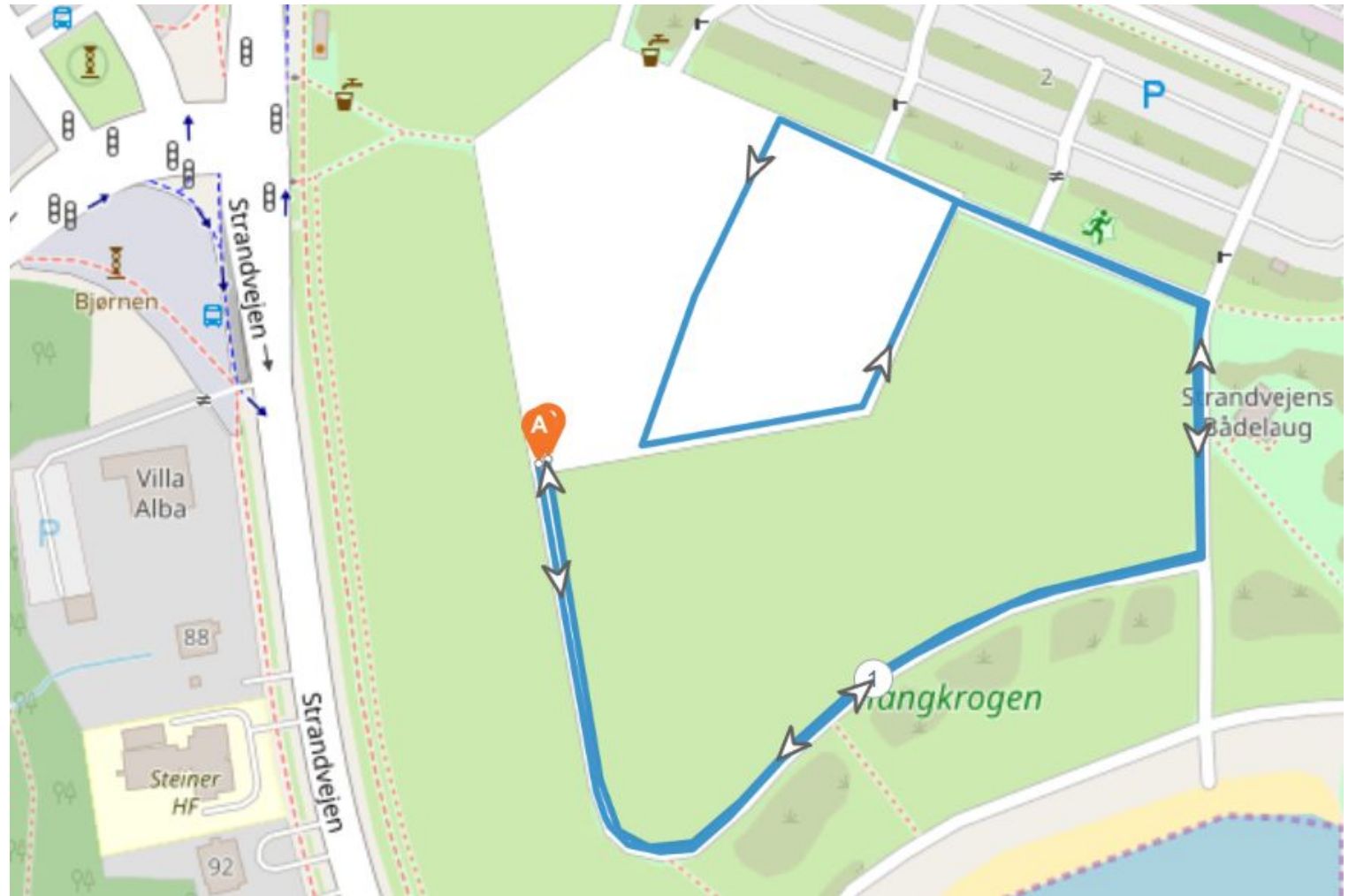
Youth: 2 laps of 1,25 km (No Aid Station)

Elite: 4 laps of 1,25 km (Aid Station with water, every lap)

TRI 400-12-2,5: 2 laps of 1,25 km
(Aid Station with water, every lap)

Kids: 1 laps of 1,25 km (No Aid Station)

Penalty box will be 100m out of T2.



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