



# Athlete Guide

31 January - 01 February 2026



Headline Partner



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# Welcome to Abu Dhabi!



Welcome to Challenge Sir Bani Yas 2026, the Middle East's first long distance triathlon and one of the region's most distinctive endurance events. Held under the patronage of His Highness Sheikh Hamdan Bin Zayed Al Nahyan, Ruler's Representative in the Al Dhafra Region, this event returns to Sir Bani Yas Island following the highly successful inaugural edition.

Challenge Sir Bani Yas has quickly established itself as a benchmark for world class endurance sport, combining elite competition, exceptional organisation, and a truly unique destination. Set within one of the UAE's most remarkable natural environments, the race offers athletes an experience that goes far beyond the course itself.

At ADNEC Group, we are proud to support and deliver events that reflect Abu Dhabi's ambition to be a global hub for major sporting experiences. We commend every athlete taking on this challenge and thank you for being part of an event that celebrates resilience, ambition, and the pursuit of excellence. We wish you every success and an unforgettable race weekend on Sir Bani Yas Island.

**Humaid Matar Al Dhaheri**  
Group CEO of ADNEC Group

It is a pleasure to welcome you to Challenge Sir Bani Yas 2026 as the event returns to Sir Bani Yas Island for its second edition. Following the success of the inaugural race, this unique triathlon continues to grow in stature and appeal, attracting athletes from across the region and around the world.

Sir Bani Yas Island, one of Abu Dhabi's largest islands and most important nature reserves, provides an extraordinary setting for sport, adventure, and community participation. The event programme features a wide range of races, including professional, age group, and community competitions, ensuring opportunities for athletes of all ages and abilities to be part of the Challenge Sir Bani Yas experience.

At Abu Dhabi Sports Council, we remain committed to developing a diverse and inclusive sporting calendar that encourages participation, inspires performance, and supports healthy and active lifestyles. Challenge Sir Bani Yas reflects these values and showcases Abu Dhabi's ability to host distinctive, high quality international sporting events.

I wish all participants the very best of luck and hope you enjoy a memorable and rewarding race weekend.

**H.E. Aref Hamad Al Awani**  
Secretary General, Abu Dhabi Sports Council

# Welcome!



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## Dear Athletes,

We are delighted to be back with you at the spectacular Challenge Sir Bani Yas!

I'd like to acknowledge the continued support and patronage of His Highness Sheikh Hamdan Bin Zayed Al Nahyan, Rulers Representative in Al Dhafra Region which has enabled us to lead the way in delivering a ground-breaking event format, not only a first for the region, but a first for the world. Once again, Challenge Sir Bani Yas will make triathlon history, this year with the all-inclusive race village and floating hotel onboard the cruise ship – there's no other athlete experience like it!

Thanks to the vision and hard work of the ADNEC team, along with the support of the Abu Dhabi Sports Council, it is an honour to return to such a unique and stunning location. Following the success of last year's event, it's no surprise to see a record pro field, the largest ever in Challenge Family history over the middle distance, alongside thousands of age group athletes, all inspired to race on beautiful Sir Bani Yas Island.

Thank you for your passion and commitment to race Challenge Sir Bani Yas and for your trust in Challenge Family. I also express my thanks to the entire Challenge Sir Bani Yas team who have 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 support.

Challenge Family is committed to delivering inclusive and welcoming events around the world. This is especially so here in Abu Dhabi with not only a full triathlon programme, but a host of community events for all ages and abilities. The exceptional Middle Eastern hospitality, the cruise ship experience, the fast 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

# Schedule

## Friday 30 January



**ADNEC**  
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Sports Council

**CHALLENGE**  
SIR BANI YAS

TIME	NON CRUISE SHIP PARTICIPANTS	CRUISE SHIP PASSENGERS
08:00 - 09:30		Boarding of Cruise Ship Mina Port Abu Dhabi
10:00		Cruise Ships Departs Abu Dhabi
09:00 - 18:00	Race Village Opens Race Pack Collection & Bike Tech Support	
09:30 - 17:00	Age Group Bike & Run course familiarization	
10:00 - 18:00		Athlete Services: - Race Pack Collection - Pre Event Race Training - Onboard facilities including gym/treadmill / cycling indoor trainers / Bike Tech support / Hyperice Recovery
10:30 - 12:30	Age Group Swim course familiarization for middle and long distance	
13:00 - 21:00	Transition Check In - Bike Racking (all races) - optional	Bike Check-in on arrival - Optional
15:00 - 16:00		Race Briefing - Pros
16:00	Race Briefing - Age Group, All Triathlon Distances (Race Village)	Race Briefing - Age Group, All Triathlon Distances (On Board)
19:00		Ship arrival at Sir Bani Yas Island
19:00 - 21:00		Race Village and run course orientation, Bike racking (optional)

# Schedule

## Saturday 31 January



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Sports Council

CHALLENGE  
SIR BANI YAS

TIME	NON CRUISE SHIP PARTICIPANTS
05:00	Race Village Opens
05:30 - 06:40	Transition Check in - Long Distance
07:00	Race Start: Long Distance Triathlon
07:30 - 17:00	Race Pack Collection for all races except long distance (Closes 1 hour before your race start)
07:30 - 10:00	Transition check-in - Middle Distance & Olympic
10:30 - 14:30	Transition check-in - Olympic Distance
10:30	Race Start: Middle Distance Triathlon - Pro Men
10:40	Race Start: Middle Distance Triathlon - Pro Women
11:00	Race Start: Middle Distance Triathlon - Age Groupers
15:30	Race Start: Olympic Distance Triathlon
16:30	Race Start: Community Swimming Races
17:45 - 19:00	Award Ceremony Community and Olympic
19:15	Award Ceremony Triathlon (PRO's & middle-distance age groupers)

# Schedule

## Sunday 1 February



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**CHALLENGE**  
SIR BANI YAS

TIME	NON CRUISE SHIP PARTICIPANTS	CRUISE SHIP PASSENGERS
07:30	Race Village Opens	
07:30 - 09:30	Race Pack Collection For Community Races	
09:00	Race Start: Community Cycle Races	
10:00	Race Start: Community Running Races	
11:00 - 12:30	Award Ceremony - Long Distance Triathlon & Community Races	
12:00		Boarding of ship
13:00		Ship Departs Sir Bani Yas Island
15:00	Race Village Closes	
22:00		Ship arrives Mina Port (disembarkation optional)



# Event Venue



**CHALLENGE**  
SIR BANI YAS

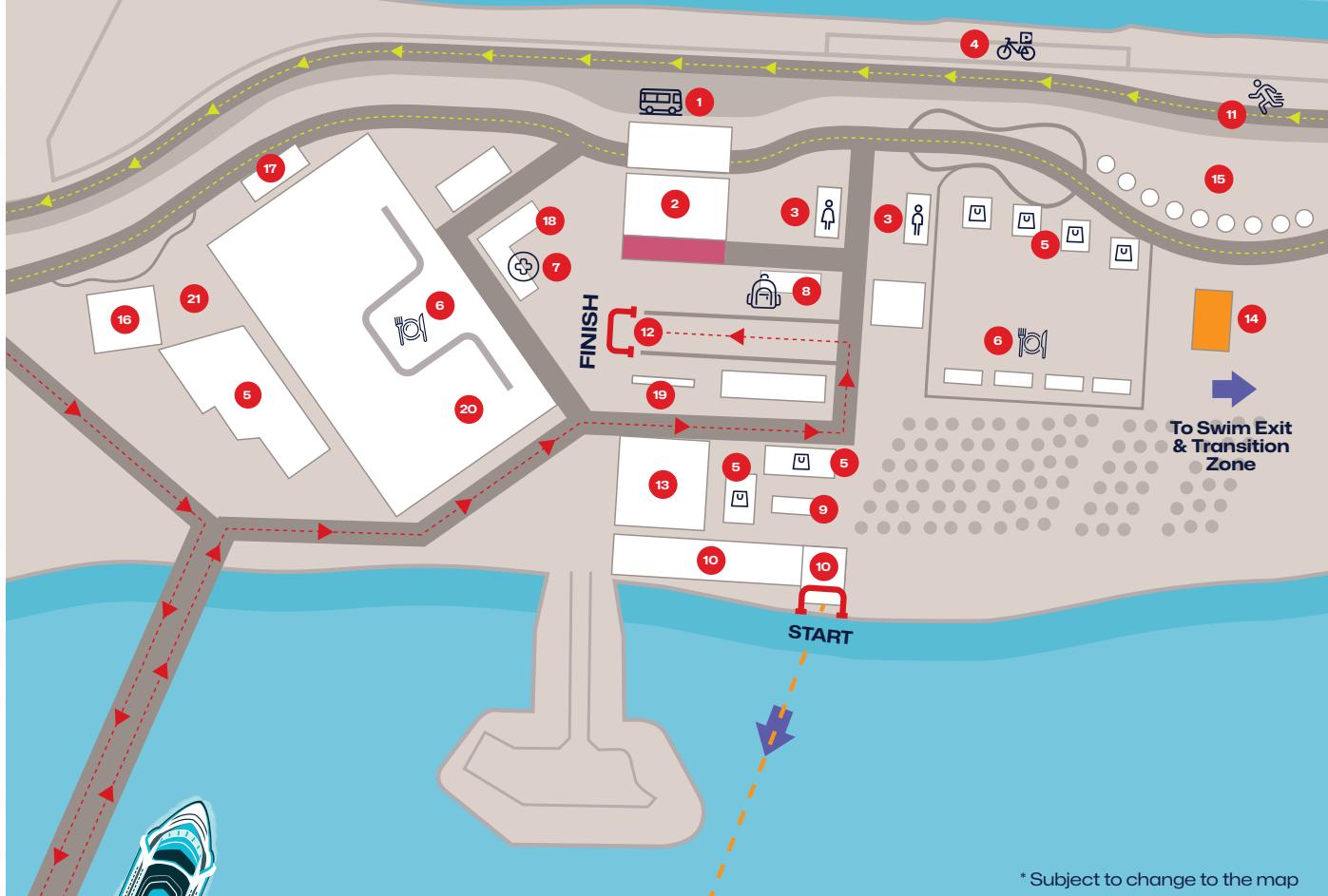


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\* Subject to change to the map

- 1 Shuttle Drop-off Area
- 2 Registration & Race Pack Collection
- 3 Toilets
- 4 Bike Park
- 5 Activations, Exhibition & Retail Zone
- 6 F&B Area
- 7 Medical Area

- 8 Bag Drop
- 9 Athlete Changing Room
- 10 Swim Start Area
- 11 Run Route
- 12 Race Finish Area
- 13 Athlete Recovery Area
- 14 Main Stage

- 15 Clubs & Partners Area
- 16 Kids Area
- 17 Organisers Technical Area
- 18 Media Office
- 19 Big Screen
- 20 VIP F&B Area
- 21 Kids Zone

FREE

Wi-Fi



User Name **SBYVISITORS**

Password **sbycruisebeach**

# Competition Breakdown



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**CHALLENGE**  
SIR BANI YAS

Discipline	Race Category	Age Eligibility	Distance		
Pro Category	Pro Category		Swim	Cycle	Run
Pro Triathlon	Pro Athlete Middle Distance	18+	1.9km	96km	21.1km
Age Group	Age Group		Swim	Cycle	Run
Triathlon	Challenge Middle Distance - Individual	18+	1.9km	96km	21.1km
	Challenge Middle Distance - Team	18+	1.9km	96km	21.1km
	Challenge Long Distance - Individual	18+	3.8km	180km	42.2km
	Challenge Long Distance - Team	18+	3.8km	180km	42.2km
Community Events	Side Events		Swim	Cycle	Run
Triathlon	Challenge Olympic Distance - Individual	18+	1.5km	45km	10km
	Challenge Olympic Distance - Team	16+	1.5km	45km	10km
Open Water Swim	Swim Challenge	6+	200m		
	Swim Challenge	6+	400m		
	Swim Challenge	8+	800m		
	Swim Challenge	12+	1600m		
Cycle	Cycle Challenge (30km flat)	12+		30km	
	Cycle Challenge (60km climb)	16+		60km	
	Cycle Challenge (90km climb)	18+		90km	
Run	Run Challenge (2.5km)	All Ages			2.5km
	Run Challenge (5km)	9+			5km
	Run Challenge (10km)	12+			10km

# Transportation



## TRANSFERS FROM ADNEC CENTRE ABU DHABI/AL DHANNAH CITY

### Pick-up Point:

**ADNEC Centre Abu Dhabi, Marina D**

[https://maps.app.goo.gl/WN3FGSJcVDiDzos58?g\\_st=iw](https://maps.app.goo.gl/WN3FGSJcVDiDzos58?g_st=iw)



A complimentary shuttle bus service will operate from ADNEC CENTRE Abu Dhabi to Jebel Dhannah Port. The journey will take approximately 3.5 hours.

Participants staying in Al Dhannah City can use the complimentary shuttle bus from Al Dhannah City Mall to Jebel Dhannah Port. The journey will take approximately 30mins

### Please note:

All participants must arrive 30 minutes before departure to ensure a timely transfer.

Bikes will not be allowed on the shuttle service.

Only boxed bikes will be allowed on board.

**Details regarding the shuttle schedule and booking process will be released in the 2<sup>nd</sup> Edition of your Athlete Guide and on the website.**

## SELF-DRIVE OPTION

Participants and their supporters can choose to self-drive directly to Al Dhannah City. Free parking will be available, and vehicles can be left safely while you participate in the event.

### Al Dhannah City (Mall)

<https://maps.app.goo.gl/q67GQ3UWorMeZ1gk7>



### Jebel Dhannah Ferry Port

<https://maps.app.goo.gl/1RbiPc1TcbRoA2do9>



### Please note:

You must register to access the Island and transport services via the shared link.

Please plan your travel accordingly and ensure your registration is complete to access the provided services

## REGISTRATION FOR FERRY TO ACCESS THE ISLAND IS COMPULSORY

**EVERY VISITOR NEEDS TO PRE-REGISTER  
ON THE LINK BELOW**

[Click here to Register to access the Ferry & Island](#)

# Before the Competition



## REGISTRATION AND RACE PACK COLLECTION

To take part in Challenge Sir Bani Yas, in the Triathlon or Community Races, you will need to register and collect your race pack before your designated race. Race pack collection will take place at the below locations and times.

### Race Pack Collection Point

## AL DHANNAH MALL, AL DHANNAH CITY

Date	Opening Times	Race Categories
Wednesday 28 January	11:00 am – 21:00 pm	All (No timing chips)*

\*Timing chips to be collected at the registration tent within the Race Village prior to your race.

### Al Dhannah City (Mall)

<https://maps.app.goo.gl/q67GQ3UWorMeZ1gk7>



If you have entered online, you will have already agreed to our indemnity form however, you may still be asked to complete an indemnity on site if you have not completed the online indemnity.

### Race Pack Collection Point

## RACE VILLAGE – SIR BANI YAS ISLAND

Date	Opening Times	Race Categories
Friday 30 January	09:00 am – 18:00 pm	All
Saturday 31 January	07:30 am – 17:00 pm	All except Long Distance (refer to full schedule)
Sunday 1 February	07:30 am – 09:30 am	Community Events Only

### Race Village – Sir Bani Yas Island

<https://maps.app.goo.gl/xkvL6apPyimevku9A>



## IMPORTANT

When collecting your race pack, please bring a valid photo identification. Without photo ID, you will not be able to collect your race pack and wristband. If you are registering and collecting a race pack on behalf of a friend or family member, you will need to show a copy of their race entry and their ID.

# Before the Competition

Continued



## REGISTRATION AND RACE PACK COLLECTION (CONTINUED)

### Race Pack Collection Point

#### CRUISE SHIP

For participants who have booked cruise ship

Date	Opening Times	Race Categories
Friday 30 January	10:00 am – 18:00 pm	All

\*Timing chips will be included in your race pack



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Jamie@pressio.com

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# Your Race Pack



Your 2026 Challenge Sir Bani Yas Race Pack will contain the following:



**BRANDED SWIM CAP - FOR TRIATHLON AND SWIMMING EVENTS.**



**RACE ENVELOPE**



**ATHLETE IDENTIFICATION PACK**  
(including race number, sticker sheet, and wristband).



**EVENT RACE BAG**



**EVENT T-SHIRT**  
All athletes will collect their participant T-shirts at Race Pack Collection.

## Note: Your Timing Chip

- For Triathlons, Cycling and Swimming Races : Timing Chips are issued to athletes at race pack collection within the Race Village, and need to be handed back on the finish line.

- For the Community Run events, your bib number will contain a timing chip - there is no need for you to collect any additional timing chip.

## SWIM CAP

Triathletes and Swimmers will receive a swim cap as part of their race pack. Each category has an individual swim cap colour. You will need to wear your designated swim cap during the swim. Don't forget to check your start time and start in the correct wave.

## RACE NUMBER

You must know your race number in order to receive your Race Pack. Your race number will be published on our website when online registration has been closed. Each competitor will receive a unique race number. Triathletes need to attach the race number using a race belt. While cycling, we suggest you wear your race number on your back for easy identification. While running, your number must be worn on your front.

## BIKE SEAT POST STICKER

Please attach this sticker onto the seat post so that the number is clearly visible from both the left and right sides.

## WRISTBAND

Wristbands will act as your access to the race that you have registered for and related areas. For Triathletes, wristbands must be worn from the time you register until the time you check your bike out of transition after the race. If you do not have a corresponding wristband, you will not be allowed to check your bike in or out of transition.

## HELMET STICKER

Triathletes and Cyclists will have three helmet stickers, please stick the number to the front, left and right of your helmet for photography purposes.

# Your Race Pack

## Continued



### BAG STICKER

Attach the bag sticker to the strap of your race bag before you leave your bag at the bag drop area. To collect your bag, ensure that you are wearing your wristband with the corresponding number.

### TIMING CHIPS

For all Triathletes, Swimmers and Cyclists, you will collect your timing chip at Race Pack Collection within the Race Village. Your chip will be activated for you by the timing staff and you must wear this particular timing chip provided to you by the race organisers. Before your race, securely fasten your chip around your left ankle and do not remove it during the competition. After your race, please remove your ankle strap with the timing chip from your ankle and hand it to one of the chip collection staff after the finish line.

### Important

Timing chips must be handed in at the end of the race before leaving the finish area. You will be charged AED300 for your chip if you fail to return it.

### BAG DROP

There will be a bag drop available on race day in the Race Village where you can safely store your bag while you compete.

### Important

Your race number sticker must be attached to your race bag before you leave it at the bag drop. For the Community Events, the bag drop staff will tag your bag with your corresponding race number on your wristband. To collect your bag, ensure you are wearing your wristband with the corresponding number.

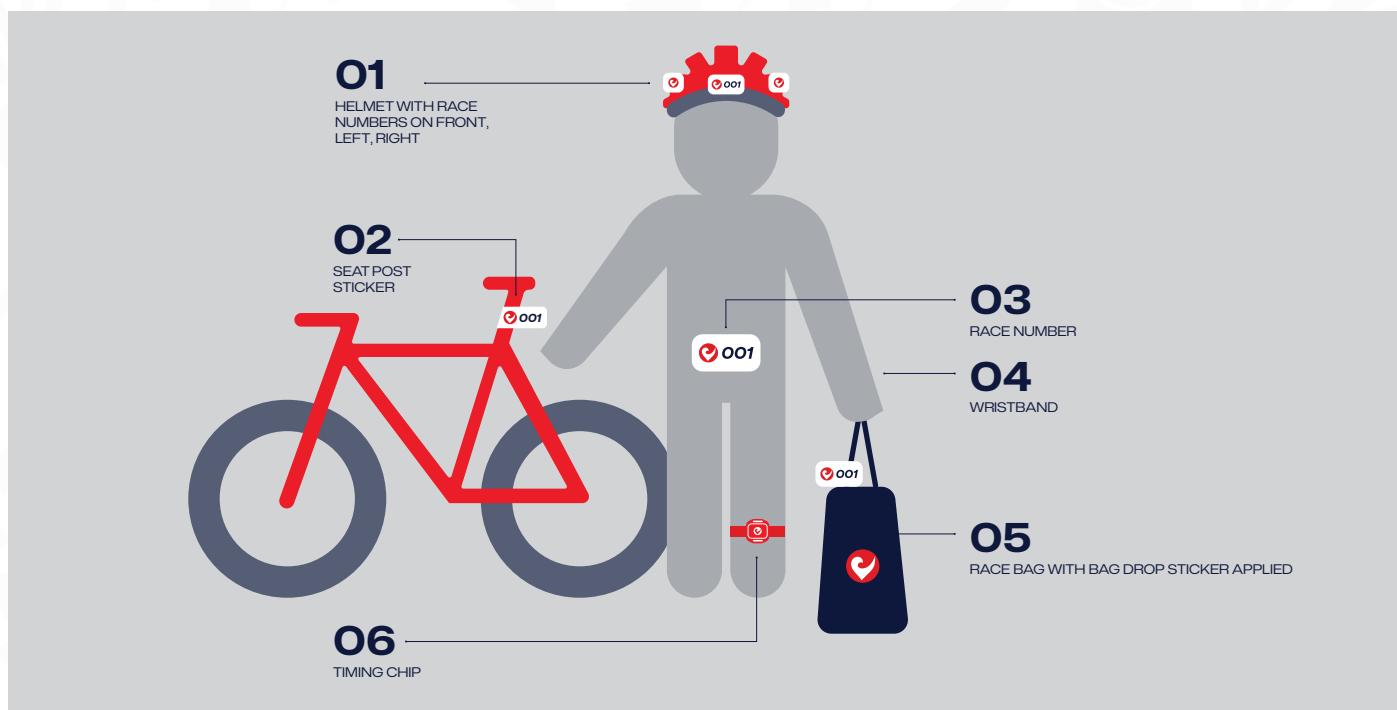
### RACE BRIEFING

Please read this guide thoroughly to cover the details around your race preparation.

A live Race Briefing will take place on board the cruise ship and in the village for all Triathlon Categories with an opportunity to ask any final questions you may have - briefing times as follows:

- Pro-Athlete Middle Distance (On-board the Cruise Ship)  
**Triathlon: 15:00 - 16:00**
- Age Group Long, Middle and Olympic Distance (On-board the cruise ship & in the race village)  
**Triathlon: 15:00 - 16:00**

Your final race briefing will take place on the start line 15 minutes before you start.



# Triathlon Transition Check-In



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Date	Race Category	Time	Notes
<b>Friday 30 January</b>	Long, Middle and Olympic Distance	<b>13:00 - 21:00</b>	Transition check-in and bike racking (Long and Middle)
<b>Saturday 31 January</b>	Long Distance	<b>05:30 - 06:40</b>	Transition zone final check and placement of run equipment and nutrition.
	Pro-Athletes	<b>07:30 - 10:00</b>	Transition zone final check and placement of run equipment and nutrition
	Age Group Middle Distance	<b>07:30 - 10:00</b>	Transition check-in and bike racking or final check
	Olympic Distance	<b>10:30 - 14:30</b>	Transition check-in and bike racking

During check-in, a safety check will be carried out on your bike and helmet. Please ensure the following for a quick and efficient bike check-in:

Safety First – your bike must be in good working order or you will not be allowed to start. 	Helmets straps checked. 	Handlebar plugs must be present and secure, and brakes must be in good working order. 	Ensure your tyres are pumped to the correct pressure. 
To ensure bikes remain secure, entry into and exit from transition is controlled by wristband and race numbers. Please have your wristband and race numbers ready for inspection for bike check-in and check-out. 	All bikes must be racked personally onto the racking area which is allocated to your event distance. Each racking area will be marked according to your race number and distance category. Racking positions will be numbered individually. 	Only registered athletes are allowed in transition – no family or friends please. 	

## Transition Set-Up

Ensure that your race equipment is arranged neatly next to your bike within the area allocated to your race category. Please be mindful of other competitors when setting up your transition area. No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed in transition and should be safely stored at the bag drop.

# Bike Technical Support



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## BIKE MECHANIC SERVICES

Our bike technical partner, Wolfi's, will offer bike mechanic support and will be available in the Race Village during athlete check-in on race day.

Date	Venue	Open Times	Task Description
Friday 30 January	Race Village - Transition Zone	09:00 - 18:00	Basic mechanical support
	Cruise ship	10:30 - 18:00	Basic mechanical support
Saturday 31 January	Race Village - Transition Zone	05:30 - 18:00	Basic mechanical support
Sunday 1 February	Race Village - Wolfis Stand	07:00 - 14:00	Boxing (pre-bookings only) and basic mechanical support

Note – while minor tweaks and repairs will not be charged for, our bike technical partner (Wolfi's) may charge for any repairs they deem fit and all spares including tubes, cables and spokes will be charged for. Bike unboxing and boxing is also a chargeable service. For further details or to book a time slot, please see contact details below.

Event Partner	Location	Phone	Email
Wolfi's	Wolfi's Stand in the Event Race Village	+971 800 965 347	rental-hud@wolfis.ae

## Need a Bike for Challenge Sir Bani Yas?

Wolfi's Bike Rental at Al Hudayriyat Island, Abu Dhabi, has you covered!

Gear up for the ultimate triathlon experience at Challenge Sir Bani Yas with a high-quality bike rental from Wolfi's. Enjoy a hassle-free, convenient rental service so you can focus on the race. Your bike will be ready for you at the event. Book your bike today and ride with confidence!

Rental bike collection will be from the Wolfi's stand within the Race Village on Sir Bani Yas Island.

**RENT A BIKE**

<https://www.challenge-sirbaniyas.com/bike-rental/>



VISIT OUR  
**FLAGSHIP STORE**  
**IN ABU DHABI**

AL HUDAYRIYAT ISLAND



SALES  
-  
WORKSHOP  
-  
RENTAL  
-  
BIKE FITTING

**VOTED  
BEST  
BIKE SHOP  
— IN THE —  
WORLD  
— BY GCN —**



SCAN ME TO SEE  
CONTACT DETAILS &  
AWESOME CONTENT

# The Competition



## START TIMES

Final briefings will take place 15 minutes before the start of each wave at the swim start assembly point on Terminal Beach.

**Saturday 31 January 2026**

Competition	Race Start Time	Estimated End
Triathlon - Long Distance (Age Groups)	07:00	00:30
Triathlon - Middle Distance Pro Men	10:30	14:10
Triathlon - Middle Distance Pro Women	10:40	14:30
Triathlon - Middle Distance (Age Groups)	11:00	19:30
Triathlon - Olympic Distance	15:30	19:30
Community Race - Swim 1600m	16:30	17:15
Community Race - Swim 800m	16:45	17:15
Community Race - Swim 400m	17:00	17:15
Community Race - Swim 200m	17:15	17:30

**Sunday 1 February 2026**

Competition	Race Start Time	Estimated End
Community Race - Cycle 90km	09:00	12:30
Community Race - Cycle 60km	09:05	11:45
Community Race - Cycle 30km	09:10	11:15
Community Race - Run 10km	10:00	11:30
Community Race - Run 5km	10:10	10:45
Community Race - Run 2.5km	10:15	10:35

# The Swim



## WETSUIT USE

The water temperature is taken one hour before the start of each event. Using the below table, the start official will announce whether or not wetsuits will be permitted to be worn during the swim. Notice will be posted at the information centre in the race village, as well as at the swim start.

## AGE GROUP

Race Distance	Forbidden	Mandatory
Up to 1500m	22°C and above	15.9°C and below
1501m and longer	24.6°C and above	15.9°C and below

The water temperatures and ambient air temperatures will be monitored in accordance with the World Triathlon competition rules. Final instructions regarding any of the changes due to temperatures will be announced 1 hour before each race start time.

The average race course water temperature for late January at the race venue is 18-22 degrees.

## SWIM COURSE CUT-OFF TIMES

Race Distance	Cut-off Time (time lapsed after your race start time)
Long distance	2h 20 minutes
Middle Distance	1h 10 minutes
Olympic Distance	50 minutes



## SWIM START

- Each category will be self seeded in a rolling start format to provide all athletes with the best possible start experience.
- The swim start assembly point is located on Terminal Beach which is positioned on the southeast of the island and offers calm waters.
- Please arrive at the swim start 20 minutes before your start wave.
- Please listen to and comply with announcements from staff and officials.
- Technical Officials will call each category forward into the start pens prior to the beginning of the rolling start.

- If you are a strong and competent swimmer, you may wish to place yourself towards the front of the start line up for your category. For those less experienced or nervous, we would suggest placing yourself towards the back of the rolling start for your wave.
- As you reach the water's edge for the start, you will be instructed when to enter the water by the officials.
- Your race time does not start until you cross the start line underneath the start arch, regardless of where you are positioned within the category start.

## SWIM COURSE DESCRIPTION

Launch yourself into the turquoise crystal-clear waters of the Arabian Gulf. The swim course loop is positioned on the southeast of the island, protected from swells, and offering calm waters. Average water temperature: 18 - 22 degrees.

- The length of the swim course is as follows:
  - Long Distance = 3.8km
  - Middle Distance = 1.9km
  - Olympic Distance = 1.5km
- Community Swim = 200m, 400m, 800m or 1600m
- All age group swim courses flow in an anti-clockwise direction.
- All age group swim starts will operate off a rolling start format.
- Lifeguards from our swim safety team will guide you and help if needed.

- If you get into difficulty, lie on your back and raise your arm. A lifeguard will come to your aid and, if necessary, arrange a safety boat to take you out of the water.
- For the Community Swim you will need to run through the finish line on the beach.
- For Triathlon Categories, you must follow the signs to transition and then follow the signage to your allocated bike rack. Transition marshals will be present should you need assistance.
- After your swim, wetsuits (if allowed) may only be rolled down as far as your hips until you reach your bike. Wetsuits can be removed completely only when you have reached your bike rack. Please place your wetsuit next to your bike rack in a tidy fashion in your transition box.

# Transition



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**Change at  
your rack.**



**Put your helmet  
on and securely  
fasten it BEFORE  
removing your  
bike from the  
rack.**



**Ensure that you  
are still wearing  
your timing chip  
on your ankle for  
the bike section  
– if not, report  
this to officials in  
transition.**



**Please note that  
nudity is strictly  
forbidden.  
  
Please make  
use of the  
change rooms  
provided in the  
transition zone.**



# Bike Course



## BIKE COURSE CUT-OFF TIMES

Race Distance	Distance	Cut-Off Time
Long Distance	180km	10 hours and 30 minutes
Middle Distance	96km	5 hours and 30 minutes
Olympic Distance	45km	2 hours
Community Cycle	90km	If not started last lap within 2 hours - then cut-off and given a 60km time
Community Cycle	60km	Course Cut-Off 12:30pm
Community Cycle	30km	Course Cut-Off 12:30pm

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish).

## BIKE COURSE DESCRIPTION

Loop of the island ring road circuit. The flat smooth and fast rolling surface of the Island ring road takes you around the entire Island. However, your climbing legs will also be tested as you traverse the inter-connecting roads reaching up to 100m above the sea level, offering you glorious views of the island. All with the added benefit of no traffic to contend with. Average daytime temperature: 24 - 27 degrees. Bike Course rules:

- A clothed upper body is mandatory.
- No personal music devices are permitted.
- The mount line is located shortly after exiting transition.
- The bike loops incorporate public roads on the Island.
- You are responsible for keeping a count of the number of laps yourself. During the race, timing mats on the course will verify whether you have completed the whole lap and the correct number of laps corresponding to their race course.

- Athletes are instructed to ride on the right and overtake on the left-hand side.
- Triathletes:
  - Do not return to transition until you have completed all of your laps.
  - After you complete your final lap, move into transition, where you will be instructed to dismount BEFORE the dismount line.
- **Penalty Boxes** – the locations of the penalty boxes are indicated on the route maps. It is the athletes' responsibility to check if they have been issued with a penalty, and then to serve out the penalty in the demarcated area as per the World Triathlon Competition Rules.
- **Bike Mechanic Zones** – the locations of the mechanic zones are indicated on the route maps. This service will be available for athletes on course. It is the athlete's responsibility to carry out all necessary minor repairs.

# Nutrition / Aid Stations



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## AID STATIONS ON THE BIKE COURSE

**On the cycle course, aid stations will provide a variety of hydration depending on which station it is:**

- Water
- Water bottles (bottles for easy exchange)
- Stealth electrolyte drinks
- Stealth energy gels
- Bananas & oranges
- Basic mechanical support (limited)
- Medical

### Aid Station frequently on the cycle course

- Aid stations are positioned approximately every 15-20kms.

### Bringing your own nutrition and hydration:

- If athletes require any specific and personal nutrition and/or hydration, they are encouraged to carry this themselves.

### Toilets

- Select Aid stations will have portable toilets available. Check the course map for specific locations.

### Steer clear of the deer ring your bell!

Sir Bani Yas wildlife reserve makes up more than half of this incredible island and is home to more than 17,000 free-roaming animals, including Arabian oryx, gazelles, giraffes, hyenas, and cheetahs. Many of the antelope are free roaming on sections of the bike course so please exercise caution and use this bell to pre-warn the antelope of your presence.



## DRAFTING RULES - TRIATHLON

**A 20 m drafting zone is in place to promote clean, fair, individual racing.**

- Drafting off another athlete or motor vehicle is forbidden.
- Athletes must reject any attempts by others to draft. An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing. An athlete who approaches from any position to take advantage of the draft is responsible for avoiding the draft.

An athlete may enter a bike draft zone in the following circumstances:

- If the athlete enters the draft zone and progresses through it within 40 seconds then completes the overtaking manoeuvre.
- For safety reasons 100m before and after an aid station or transition area.
- During an acute turn.
- If the technical delegate excludes a section of the course because of narrow lanes, construction, detours or other safety reasons.

## DRAFTING PENALTIES

- It is forbidden to draft in a race declared as 'draft illegal' (all Triathlon races are DRAFT ILLEGAL).
- Athletes who draft are subject to a time penalty sanction and will be notified by Technical Officials.
- Sanctioned athletes must stop in the next penalty box and follow directions from the referee.
- It is the sanctioned athlete's responsibility to stop in the next Penalty Box. Failing to do so will result in disqualification.

### The Penalty for Drafting is:

- Long Distance – 3 minutes
- Middle Distance – 2 minutes
- Olympic Distance – 1 minute
- 2 drafting penalties will result in a DSQ

## OVERTAKING

- An athlete is passed when another athlete's front wheel is ahead of theirs.
- Once overtaken, an athlete must move out of the draft zone of the leading athlete within 5 seconds.
- Athletes must keep to their side of the course and not create a blocking incident. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.



# Transition 2



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Refer to transition flow diagrams.



All riders must dismount BEFORE the dismount line at transition and push your bike to its racking position.



Bikes must be returned to the same racking position.



Helmets may only be unclipped and removed once your bike is racked.



# Run Course



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## RUN COURSE DESCRIPTION

A flat coastal run featuring multiple loops through the heart of the race village. With one of the most scenic and distinctive routes, runners are treated to stunning views of the aqua blue Arabian Gulf and rugged natural landscapes, culminating in a breathtaking finish. Average daytime temperature: 24 - 27 degrees.

- While running, race numbers must be worn on your front.
- A clothed upper body is mandatory.
- No personal music devices are permitted.
- After you complete your final lap, enter the finish chute.
- You are responsible for counting the correct number of laps according to your race course. After the race, a timing mat on the run course will verify whether you have completed the correct number of laps. Athletes will be disqualified for not completing the correct number of laps corresponding to your race course.
- Penalty Boxes – the locations of the penalty boxes are indicated on the route maps. It is the athletes responsibility to check if they have been issued with a penalty, and then to serve out the penalty in the demarcated area.

Race Distance	Distance	Total Race Cut-Off Time
Long Distance	42km	17 hours
Middle Distance	19.4km	8 hours
Olympic Distance	10km	4 hours
Community Run	10km	no
Community Run	5km	no
Community Run	2.5km	no

If you are unable to complete your race within the allocated time frame, you will be asked to leave the course and your result will be listed as DNF (Did Not Finish).

# Nutrition / Aid Stations



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## AID STATIONS ON THE RUN COURSE:

**Aid stations on the run course will be stocked with a variety of hydration depending on which station it is:**

- Water
- Stealth Energy gels
- Sprite and or Coke
- Sweets, Dates and Fruit Cake
- Oranges
- Bananas
- Stealth Electrolytes
- Ice
- Savoury foods
- Coffee

## Aid Station frequently on the run course:

- Aid stations are located approximately every kilometre to keep you hydrated and fuelled throughout the run.

## Toilets

- Select Aid stations will have portable toilets available. Check the course map for specific locations.



# Relay Teams



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If you are competing as part of a Relay Team, each individual team member must attend registration. All team members must present a valid photo ID and sign the indemnity form before they receive their wristband. Each team will receive a race pack containing the following:

- 3x wristband, one for each team member.
- 1 swim cap to be worn by the swimmer.
- 1 sticker sheet, to be used on the cyclist's bike and helmet as demonstrated under the race pack section of this guide.
- 1 race number to be worn on the runner's front.

All relay team members must be fitted with a wristband at registration. All relay team members will be allowed access into transition.

The handover zone is inside transition. You must attach your timing chip to your teammate's left ankle before they are allowed to start their own leg of the race.

To avoid congestion, only the cyclist should be in the handover zone ready for the changeover from the swim course to bike race. Likewise, only the runner should be in the handover zone for the changeover from bike race to running. During the race, three relay team members should never be in the handover zone at the same time.



# Relay Team



## SWIMMER

Wear the timing chip around your left ankle. After your swim, run into transition and, at the handover zone, attach your timing chip to the left ankle of your cyclist.

## CYCLIST

In the handover zone, your helmet must be on your head, securely fastened. Wait for your swimmer to attach the timing chip to your left ankle before you leave the handover zone. Remove your bike from its rack and make your way to the mount line. After the cycle you must rack your bike in its original position before running to the handover zone where you will attach the timing chip around your runner's left ankle.



## RUNNER

In the handover zone, be ready with your race number on your front. After the bike has been racked, your cyclist will run to the handover zone and place the timing chip around your left ankle, following which you can then proceed onto your run. Make sure your race number is visible on your front as you cross the finish line.

## FINISHING TOGETHER

All relay athletes can finish the race as a team. There is a designated relay team meeting point at the beginning of the finish chute. When your runner enters the finish chute, you will be given access so you and your team can cross the finish line together.

# Course Maps

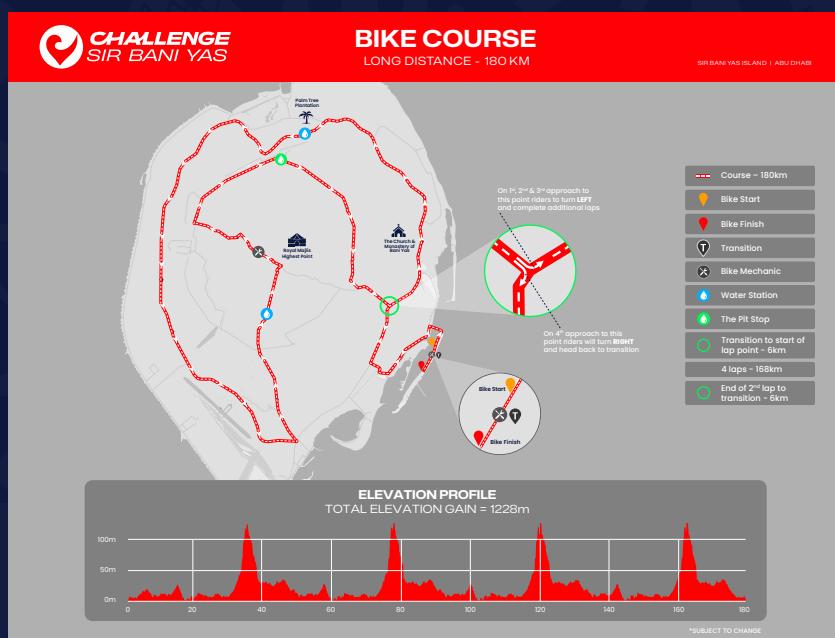


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## LONG DISTANCE TRIATHLON



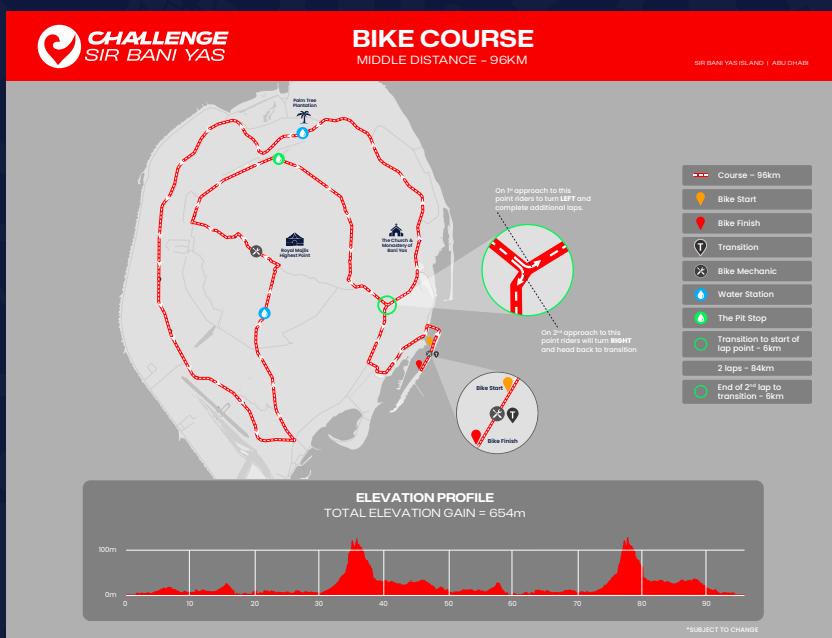
\* Courses are subject to change

# Course Maps

Continued



## MIDDLE DISTANCE - (PRO-ATHLETE AND AGE GROUP)



\* Courses are subject to change

# Course Maps

Continued

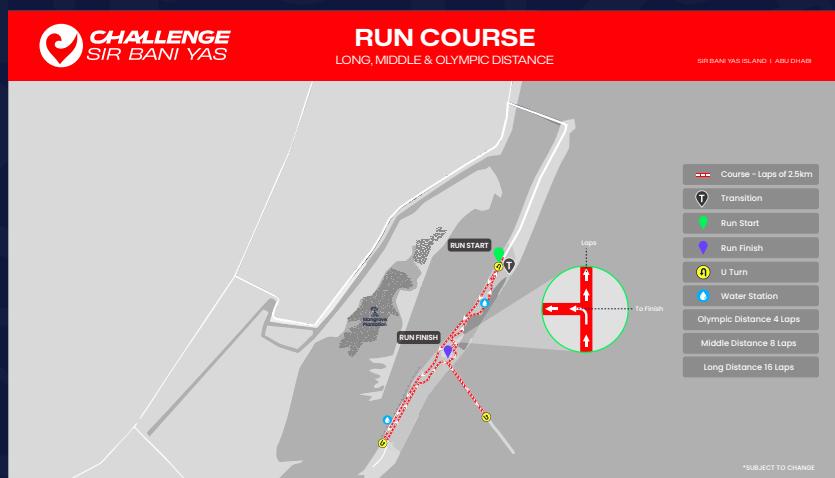
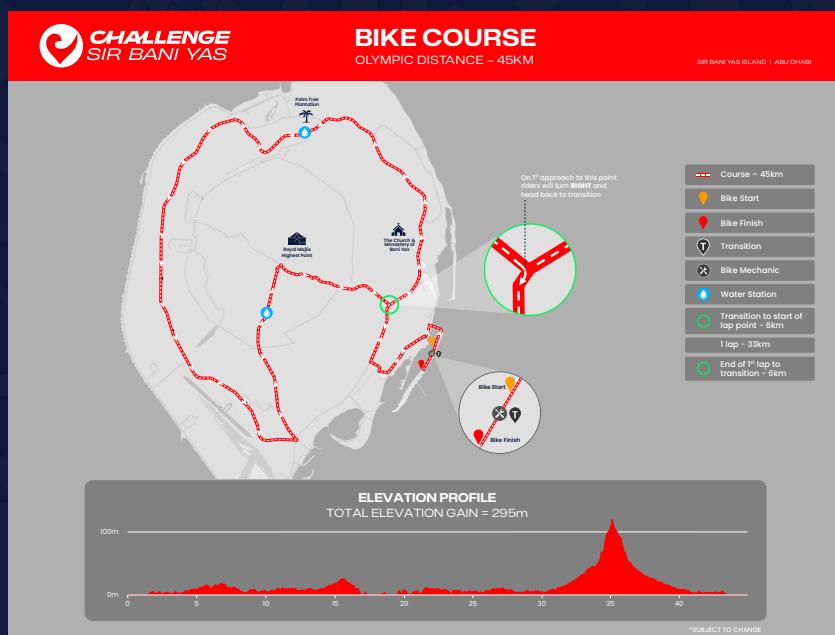


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## OLYMPIC DISTANCE



\* Courses are subject to change



## MEDALS AND RECOVERY

After the finish line, head to the recovery area where you will receive your finisher medal and refreshments.



## TIMING CHIPS

All timing chips must be returned in the finish area immediately after the race. Failure to do so will result in a AED300 fine which will be charged by the Organiser after the event.



## BAG COLLECTION

After exiting the athlete recovery zone, you will be able to collect your bag from the bag drop area.



## MEDICAL ASSISTANCE

First Aid and Emergency Medical Services will be available during the event – throughout competition times as well as during course familiarisations, to provide any medical attention or emergency transfers by ambulance to a nearby hospital or to the medical centre provided at the event village finish area.



## RESULTS

After the competition, provisional results will be available online on the event website shortly after the race. There will be podium awards for the race categories so stick around to congratulate our winners. All finishers will also receive a digital results certificate.

# After Your Race

Continued



## STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

**Saturday 31 January 2026**

### Pro Middle Distance Triathlon (Men/ Women)

1st USD	2nd USD	3rd USD	4th USD	5th USD	6th USD	7th USD	8th USD	9th USD	10th USD
12,000	8,000	4,000	2,000	1,500	850	650	500	300	200

### Middle Distance Triathlon - Age Group

	Men			Women			
18-23 years	1st	2nd	3rd	1st	2nd	3rd	
24-29 years	1st	2nd	3rd	1st	2nd	3rd	
30-34 years	1st	2nd	3rd	1st	2nd	3rd	
35-39 years	1st	2nd	3rd	1st	2nd	3rd	
40-44 years	1st	2nd	3rd	1st	2nd	3rd	
45-49 years	1st	2nd	3rd	1st	2nd	3rd	
50-54 years	1st	2nd	3rd	1st	2nd	3rd	
55-59 years	1st	2nd	3rd	1st	2nd	3rd	
60-64 years	1st	2nd	3rd	1st	2nd	3rd	
65-69 years	1st	2nd	3rd	1st	2nd	3rd	
70+ years	1st	2nd	3rd	1st	2nd	3rd	
Teams - Mixed Gender	1st						
Teams - Male   Female	1st			1st			

### Olympic Triathlon - Age Group

18-23 years	1st	2nd	3rd	1st	2nd	3rd	
24-39 years	1st	2nd	3rd	1st	2nd	3rd	
40-49 years	1st	2nd	3rd	1st	2nd	3rd	
50-59 years	1st	2nd	3rd	1st	2nd	3rd	
60+	1st	2nd	3rd	1st	2nd	3rd	
Teams - Mixed Gender	1st						
Teams - Male   Female	1st			1st			

# After Your Race

Continued



## STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

Community SWIM - 200M	Men			Women		
u8 years	1st	2nd	3rd	1st	2nd	3rd
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
12+ years(Open)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 400M						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u14 years	1st	2nd	3rd	1st	2nd	3rd
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40+ years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 800M						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u14 years	1st	2nd	3rd	1st	2nd	3rd
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40+ years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ years (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community SWIM - 1600M						
u18 years	1st	2nd	3rd	1st	2nd	3rd
18-23 years	1st	2nd	3rd	1st	2nd	3rd
24-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ years (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd

# After Your Race

Continued



## STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category.

**Sunday 1 February 2026**

The Awards ceremony on Sunday will include The Championship Qualifiers Awards, as well as Challenge Roth Slot Winners so don't miss out!

Long Distance - Age Group	Men			Women		
18-23 years	1st	2nd	3rd	1st	2nd	3rd
24-29 years	1st	2nd	3rd	1st	2nd	3rd
30-34 years	1st	2nd	3rd	1st	2nd	3rd
35-39 years	1st	2nd	3rd	1st	2nd	3rd
40-44 years	1st	2nd	3rd	1st	2nd	3rd
45-49 years	1st	2nd	3rd	1st	2nd	3rd
50-54 years	1st	2nd	3rd	1st	2nd	3rd
55-59 years	1st	2nd	3rd	1st	2nd	3rd
60-64 years	1st	2nd	3rd	1st	2nd	3rd
65-69 years	1st	2nd	3rd	1st	2nd	3rd
70+ years	1st	2nd	3rd	1st	2nd	3rd
Teams - Mixed Gender	1st					
Teams - Male   Female	1st			1st		

# After Your Race

Continued



## STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

Community Run - 2.5KM	Men			Women		
u6 years	1st	2nd	3rd	1st	2nd	3rd
u8 years	1st	2nd	3rd	1st	2nd	3rd
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-59 years (Open)	1st	2nd	3rd	1st	2nd	3rd
60+ (Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community Run - 5KM						
u10 years	1st	2nd	3rd	1st	2nd	3rd
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd
Community Run - 10KM						
u12 years	1st	2nd	3rd	1st	2nd	3rd
u16 years	1st	2nd	3rd	1st	2nd	3rd
16-39 years (Open)	1st	2nd	3rd	1st	2nd	3rd
40-49 years (Masters)	1st	2nd	3rd	1st	2nd	3rd
50-59 years (Veterans)	1st	2nd	3rd	1st	2nd	3rd
60+ (Super Veterans)	1st	2nd	3rd	1st	2nd	3rd

# After Your Race

Continued



## STAGE AWARD CATEGORIES

Please note that the online results will be displayed by age category for personal records only, and therefore may not match the award categories below.

Organizers reserve the right to adjust awards based on final participation numbers in each category

Community Cycle - 30KM		Men			Women		
u14 years		1st	2nd	3rd	1st	2nd	3rd
u18 years		1st	2nd	3rd	1st	2nd	3rd
18-23 years		1st	2nd	3rd	1st	2nd	3rd
24-39 years		1st	2nd	3rd	1st	2nd	3rd
40-49 years		1st	2nd	3rd	1st	2nd	3rd
50-59 years		1st	2nd	3rd	1st	2nd	3rd
60+		1st	2nd	3rd	1st	2nd	3rd
Community Cycle - 60KM							
u23 years		1st	2nd	3rd	1st	2nd	3rd
23-39 years		1st	2nd	3rd	1st	2nd	3rd
40-49 years		1st	2nd	3rd	1st	2nd	3rd
50-59 years		1st	2nd	3rd	1st	2nd	3rd
60+		1st	2nd	3rd	1st	2nd	3rd
Community Cycle - 90KM							
u23 years		1st	2nd	3rd	1st	2nd	3rd
23-39 years		1st	2nd	3rd	1st	2nd	3rd
40-49 years		1st	2nd	3rd	1st	2nd	3rd
50-59 years		1st	2nd	3rd	1st	2nd	3rd
60+		1st	2nd	3rd	1st	2nd	3rd



∞ Meta

# PERFORMANCE AI GLASSES

Your new way to train

Hey Meta, tell me my stats



Cassandre Beaugrand

# After Your Race

Continued



## LOST AND FOUND

Any lost and found which has been handed in, can be collected from the Race Village Information Desk.



## BIKE CHECK-OUT

Bike check-out is at the same location as bike check-in. If you do not have a corresponding wristband, you will not be allowed to check your bike out of transition.



## HEAT ILLNESS

In order to prevent heat illness, please familiarise yourself with the guidelines created by the World Triathlon Medical Committee.

## BIKE CHECK-OUT TIMES

Date	Race Category	Time	Notes
Saturday 31 January	Middle Distance and Long Distance	15:00 - 00:30	TZ Bike Check-out
	Olympic Distance	18:00 - 00:30	TZ Bike Check-out
Sunday 1 February	All Triathlon Races	7:00 - 10:00	TZ Bike Check-out

All bikes must be removed before bike check-out closing time – the organisers reserve the right to remove any unclaimed equipment after this time.

**PLEASE NOTE THAT ALL DETAILS INCLUDED IN THIS GUIDE ARE SUBJECT TO CHANGE. A SECOND EDITION OF THE GUIDE WILL BE RELEASED BEFORE THE EVENT.**



# The Championship Qualification



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SIR BANI YAS

Challenge Sir Bani Yas is a qualifying race for The Championship, Slovakia, 24 May 2026.

## HOW TO SECURE YOUR SLOT:

### Age Groupers:

1

One slot is awarded to each of the top six (6) finishers in each male and female age group increment. Slots will be awarded in both the full distance and the middle distance races.

2

Slots will roll down in each category up to 12th place.

3

Qualifiers will have four (4) weeks to confirm their spot after qualifying at Challenge Sir Bani Yas.

4

Qualifiers will receive their slot by email after the race.

### Professional Athletes

1

One slot for each of the top six (6) male professional finishers in the middle distance race.

2

One slot for each of the top six (6) female professional finishers in the middle distance race.

3

Slots will not roll down.



**QUALIFY NOW!**  
**24 MAY 2026**

[www.thechampionship.de](http://www.thechampionship.de)

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# Qualification for Team UAE



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SIR BANI YAS

Challenge Sir Bani Yas has been confirmed as a qualification race for resident athletes in the UAE to qualify for TEAM UAE and participate in The World Triathlon Championship Finals Pontevedra, Spain, September 23-27, 2026.

Olympic and Middle distance are both qualifying races.

## Qualifiers must first meet the following eligibility requirements:

1

Be either a UAE national or a UAE resident who has a valid residency for 2 consecutive years.

2

The athlete must be 18 years or older

3

The athlete must be a valid member of the UAE Triathlon Federation.

4

The athlete cannot have raced in a World Triathlon Grand Final event representing another country for a period of 2 years.



# Sponsors



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# CHALLENGE FAMILY

## RACE CALENDAR 2026

 <b>CHALLENGE ISRAMAN</b> ISRAEL, 30 JAN 2026	LONG MIDDLE	 <b>CHALLENGE TURKU</b> FINLAND, 26 JUL 2026	MIDDLE
 <b>CHALLENGE SIR BANI YAS</b> ABU DHABI, 30 JAN - 1 FEB 2026	LONG MIDDLE OLYMPIC	 <b>CHALLENGE FORTALEZA</b> BRAZIL, 30 AUG 2026	MIDDLE
 <b>GALLAGHER INSURANCE CHALLENGE WĀNAKA</b> NEW ZEALAND, 21 FEB 2026	MIDDLE	 <b>CHALLENGE ALMERE-AMSTERDAM</b> NETHERLANDS, 12 SEP 2026	LONG MIDDLE
 <b>CHALLENGE MOGÁN-GRAN CANARIA</b> SPAIN, 18 APR 2026	MIDDLE	 <b>SAIL CHALLENGE ESPRIT MONTRÉAL</b> CANADA, 13 SEP 2026	MIDDLE OLYMPIC
 <b>GDANSK MARATHON</b> POLAND, 19 APR 2026	MARATHON	 <b>CHALLENGE SAMARKAND</b> UZBEKISTAN, 13 SEP 2026	MIDDLE
 <b>CHALLENGE FLORIANÓPOLIS</b> BRAZIL, 319 APR 2026	MIDDLE	 <b>CHALLENGE SANREMO</b> ITALY, 4 OCT 2026	MIDDLE
 <b>CHALLENGE TAIWAN</b> TAIWAN, 23-26 APR 2026	LONG MIDDLE OLYMPIC	 <b>CHALLENGE VIEUX BOUCAU</b> FRANCE, 10 OCT 2026	MIDDLE OLYMPIC
 <b>CHALLENGE CESENATICO</b> ITALY, 10 MAY 2026	MIDDLE	 <b>CHALLENGE PEGUERA MALLORCA</b> SPAIN, 17 OCT 2026	MIDDLE
 <b>CHALLENGE SALOU-COSTA DAURADA</b> SPAIN, 10 MAY 2026	MIDDLE	 <b>CHALLENGE BARCELONA</b> SPAIN, 25 OCT 2026	MIDDLE OLYMPIC
 <b>THE CHAMPIONSHIP</b> SLOVAKIA, 24 MAY 2026	MIDDLE	 <b>CHALLENGE FORTE VILLAGE SARDINIA</b> ITALY, 25 OCT 2026	MIDDLE
 <b>CHALLENGE ST PÖLTEN</b> AUSTRIA, 31 MAY 2026	MIDDLE	 <b>CHALLENGE XIAMEN</b> CHINA, 7 NOV 2026	MIDDLE OLYMPIC
 <b>CHALLENGE GUNSAN-SAEMANGEUM</b> KOREA, TBC JUNE 2026	MIDDLE	 <b>CHALLENGE CANBERRA</b> AUSTRALIA, 22 NOV 2026	MIDDLE OLYMPIC
 <b>LOTTO CHALLENGE GDAŃSK</b> POLAND, 21 JUN 2026	MIDDLE	 <b>CHALLENGE FLORIANÓPOLIS</b> BRAZIL, 29 NOV 2026	MIDDLE
 <b>CHALLENGE KAISERWINKL-WALCHSEE</b> AUSTRIA, 28 JUNE 2026	MIDDLE	 <b>THE CHAMPIONSHIP SAMORÍN-SLOVAKIA</b>	ALL RACES ARE QUALIFICATION RACES FOR THE CHAMPIONSHIP
 <b>SAIL CHALLENGE CAP QUÉBEC</b> CANADA, 28 JUNE 2026	LONG MIDDLE OLYMPIC		
 <b>CHALLENGE SANDEFJORD</b> NORWAY, 28 JUNE 2026	MIDDLE		
 <b>DATEV CHALLENGE ROTH</b> GERMANY, 5 JULY 2026	LONG		

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