

Racebook Edition 2026

Races XS & TRIKIDS

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Programme & access

Saturday programme at Benfeld lake:

- **2:15pm till 30 min before start** : Bib collection
- **3:40pm to 6:30pm** : XS & Trikids races start at Benfeld lake
- **7:15pm** : Awards ceremony formats XS et Trikids
- **Non-stop** : Drinks & food at Benfeld lake



Access and parking in Obernai and Benfeld
+ Traffic map Obernai ↔ Benfeld

Available at: <https://triathlon-obernai.fr/acces/>



Please read the event regulations at:

<https://triathlon-obernai.fr/reglement/>



Pre-race organization

1. Bib collection

Race bib collection takes place at Benfeld lake from 2:15 p.m. on Saturday.

- Bring a triathlon license or an identity document for non-triathlon licensees.
- Bib collection possible for a third person subject to complete registration and to have their triathlon license or identity document (copy or digitized).

2. Pick-up of price

Collect your price (belt) when you pick up your race bib.



ROUTES:

<https://triathlon-obernai.fr/triathlon-l1/>

<https://triathlon-obernai.fr/trikids1/>



You don't start after picking up your bib? Please **return your bib with the timing chip included or inform information desk** to avoid unnecessary searches that could delay the release of results.

Equipment

CONTENTS OF THE BIB KIT	Quantity	Details
Bike stickers	1	To be attached to the seatpost
Bib number with integrated timing chip	1	To be attached at three points on the race belt

Practical Informations - Swim suit

Swim suit rental Zoggs, minimum size XS - Online booking required before 05.28

- Pick-up on Saturday at the information desk of the Benfeld lake (XS format)
- Return on Saturday until 6:30 p.m. at the information desk of Benfeld lake



- Swim suit **mandatory** if water temperature $<16^{\circ}$
- **Allowed** if water temperature is between 16° and $24,5^{\circ}$
- **Forbidden** if water temperature $>24,5^{\circ}$

Practical Informations - Swim cap

A swim cap is mandatory. It may be personal or purchased at the Triathlon shop in Obernai or Benfeld.

Any buoyancy aid is prohibited (buoy, armbands, fins, pull buoy, etc.)

Race schedules

	XS	Trikids 1	Trikids 2	Trikids 3
Distances (swim/bike/run)	320m/10km/2,8km	50m/1,3km/0,6km	150m/2,5km/1,2km	250m/4,9km/1,7km
Age group	Born 2012 and before	Born 2017-2020	Born 2015-2016	Born 2013-2014
Bib collection	Saturday : 2:15pm till 15 min before start			
Opening/closing of transition area in Benfeld	2:30pm/3:25pm	3:30pm till 15 min before start		
Race briefing	3:30pm	5:05pm	05:35pm	6:20pm
Starting times	3:40pm	5:15pm	5:45pm	6:30pm
Awards	7:15pm at Benfeld lake			
Bike recovery	4:45pm-7:30pm	5:45pm-7:30pm	6:30pm-7:30pm	7pm-7:30pm



General race information

Transition area - Access:

- Bike compliant and identified with the sticker
- Helmet on head,
- Chin strap closed Bib attached to the belt with 3 points
- Chip attached to the left ankle
- Sticker on left arm or leg (L format)
- Swim cap
- Bag for repatriation to Obernai by the organization
- The organization marks your arm (S and M)
- The refereeing judges verifies your compliance

No aid stations during the race, only after the final finish.



Swim

Warm up possible in the dedicated area up to 10 minutes before the start and outside the races in progress

Start: Be at the start line 10 minutes before (H-10 min) for the briefing. Swim cap on. The bib remains at your bike spot.

Course: The courses are marked and supervised by kayaks.

Swim > bike transition

- Change into cycling gear (helmet, shoes, bib at the back, etc.). Remaining items must not extend into the neighboring space.
- Movement within the transition area is on foot only; mounting the bike must be done on the road at the designated line.

In the event of a withdrawal, please **inform the referees or volunteers** at the finish line by handing them your timing chip. This helps speed up the publication of results by avoiding unnecessary searches.



Bike

- Maintain a safe distance, do not change lanes without checking, and respect standard traffic rules (keep right, overtake on the left, etc.).
- The courses are closed to traffic and marked by volunteer marshals as well as ground signage.v

Bike > running transition

- Leave your bike in the numbered slot.
- Place any remaining items without encroaching on the neighboring space.
- Head to the run exit with your bib worn on the front and without your helmet.



Running

- Bib worn at the front and clearly visible.
- Strictly no littering or abandoning equipment on the course.
- The course is marked by volunteer marshals and ground signage.

At the finish: Smile!

- Keep your bib for collecting your bike and belongings.
- Enjoy the aid station.

Bike and gear collection:

In the transition area, wearing your bib and at the scheduled times (see page 5).

For a successful triathlon

Is this your first triathlon? Volunteers and referees in “educational mode” are here to help you succeed, but here are a few recommendations and tips.

For parents: Throughout the triathlon, no outside assistance or accompaniment is allowed (nutrition, clothing, etc.).

The child must be self-sufficient, while still being supported if needed by the organizers or referees.

Behavior: Triathlon is a sport based on respect; I must not in any way hinder other competitors or use inappropriate or aggressive language.

My parents and supporters must follow the same rules in a spirit of sportsmanship.

Clothing:

- For boys: swimsuit + T-shirt or tri-suit (cycling shorts or shorts optional)
- For girls: one-piece swimsuit with top or tri-suit (T-shirt, cycling shorts or shorts optional)
- For everyone: race belt, cycling helmet, swim goggles (optional), running shoes

Referees are responsible for **ensuring compliance with the sporting regulations of the French Triathlon Federation** (RS FFTri). The main objectives of these regulations are:

- Equal opportunities for all
- The safety of competitors, spectators, road users, and venue users
- Respect for the environment
- Respect for partners, the public, and volunteers
- A positive image of sportsmanship

Their role will mainly be preventive and educational, but please take note of some possible interventions listed opposite.



Referee interventions

Indicative examples – refer to the FFTri Sporting Regulations:

<http://www.fftri.com/actualite/reglementation-sportive-2026/>

- **Verbal warning:** Preventive correction; educational action for a minor, correctable fault.
- **Yellow card (Stop & Go):** Stop for compliance (incorrectly positioned or fixed bib, improper clothing, wearing headphones, cutting through the transition area, unfastened helmet strap, etc.).
- **Blue card (XS only):** Drafting on the bike. Requires a stop in the penalty zone located at the end of the bike course at the entrance to the transition area. Stop duration under referee control: 1 minute.
- **Red card (XS):** Disqualification (littering, confirmed drafting, refusal to comply, inappropriate behavior, etc.).