



Udupi Triathlon

25 OCTOBER 2026

ATHLETE INFORMATION BOOKLET

4TH EDITION | KAUP BEACH, UDUPI

WELCOME TRIATHLETES

The 4th edition of the Udupi Triathlon starts at Kaup Beach on Sunday, 25 October 2026, with six race categories. Expect a calm sea swim off the Kaup Lighthouse, a flat, closed-road bike course along the coast to Mattu, and a shaded run along the seashore.

This guide is your single reference for race weekend. Read it fully: you are responsible for knowing the course, the schedule and the rules. Anything not covered here follows World Triathlon and IRONMAN age-group competition practice, and the Race Director's ruling is final.

NEW IN 2026

TRIATHLON 113 RELAY

Swim, bike and run the full 113 km as a team.

DUATHLON 111

90 km bike + 21.1 km run.

DUATHLON 50

40 km bike + 10 km run.

PENALTY-CARD SYSTEM

Blue and yellow cards with a penalty tent on the bike course.

12 M DRAFT ZONE

Aligned with international non-drafting rules.

DUATHLON FORMAT

Both duathlons are bike–run formats. There is no opening run.

RACE CATEGORIES & DISTANCES

Category	Format	Swim	Bike	Run	Total	Start
Duathlon 111	Bike–Run	—	90 km	21.1 km	111 km	07:15
Duathlon 50	Bike–Run	—	40 km	10 km	50 km	07:30
Triathlon 113	Swim–Bike–Run	1.9 km	90 km	21.1 km	113 km	07:00
Triathlon 113 Relay	Team of 2–3	1.9 km	90 km	21.1 km	113 km	07:00
Olympic Triathlon	Swim–Bike–Run	1.5 km	40 km	10 km	51.5 km	07:15
Sprint Triathlon	Swim–Bike–Run	750 m	20 km	5 km	25.75 km	07:45

All start times depend on the tide and may move by up to 30 minutes.

RACE SCHEDULE

SATURDAY • 24 OCTOBER

Time	Activity	Who
08:00 – 10:00	Swim qualifier session (200 m in 12 min)	Sprint: mandatory 113, Relay swimmers, Olympic: optional practice
10:30 – 15:30	Athlete check-in and race kit collection	All athletes Relay teams together
15:00 – 15:30	Race briefing (compulsory)	All athletes
15:00 – 18:00	Bike check-in and racking	All athletes

Venue: Kaup Beach • There is no athlete check-in on race day.

RACE SCHEDULE

SUNDAY • 25 OCTOBER

Time	Activity
06:15 – 06:45	Transition open for duathletes
06:15 – 06:45	Transition open for triathletes and relay teams
07:00	Duathletes assemble at holding pen / bike-out
06:45	Line-up: Triathlon 113 and Relay swimmers
07:00	Line-up: Olympic Triathlon
07:00	Start: Triathlon 113 and Relay
07:15	Start: Olympic Triathlon
07:15	Line-up: Sprint Triathlon
07:15	Start: Duathlon 111
07:30	Start: Duathlon 50
07:45	Start: Sprint Triathlon
09:00 – 11:00	Breakfast
12:30 – 14:30	Lunch
13:00	Prize distribution
13:00 – 17:00	Bike checkout

Start times may move by up to 30 minutes depending on the tide.

SWIM QUALIFYING SESSION

- Saturday, 24 October, 08:00 – 10:00 at the race venue.
- Mandatory for all Sprint Triathlon athletes.
- Sprint athletes must swim 200 m in the sea within 12 minutes.
- Athletes who do not attend or qualify may not be allowed to start, for safety.
- Triathlon 113, Relay swimmers and Olympic athletes may use the session as open-water practice.
- Sprint athletes start in waves of 10, 15–20 seconds apart, seeded by qualifier time.
- Triathlon 113, Relay and Olympic swimmers start in waves of 15, 10 seconds apart.

[Click Here For Location](#)

Your timing chip starts when you cross the start mat.

ATHLETE CHECK-IN

- Saturday, 24 October, 10:30 – 15:30 at the race venue.
- Check-in is compulsory. There is no check-in on race day.
- Bring government-issued photo ID: Aadhaar, driving licence or passport.
- Bring your registration confirmation email.
- Bring your bike and helmet for bike check-in; smart helmets are not allowed.
- Only the registered athlete can collect their own kit.
- Relay teams must check in together with every member present.

Athletes who do not complete check-in, attend the briefing and rack their bike in the allotted windows will not be permitted to start.

YOUR RACE KIT

- Race bib — worn on the run only, on the front
- Timing chip — worn on the left wrist
- Swim cap — compulsory; colour by category
- Bike seat-post sticker, helmet sticker and pump sticker
- Athlete wristband
- Transition bag
- Participation T-shirt / jersey
- Goodie bag and on-course nutrition
- Post-race breakfast and lunch coupons
- Finisher's medal and e-certificate on finishing

Your race kit must be checked carefully before race morning.

ATHLETE WRISTBAND

IDENTIFICATION

Fitted at check-in with your name, bib number and category.

ACCESS

Required for access to transition and post-race recovery areas.

MEDICAL ID

Acts as your medical identification during race weekend.

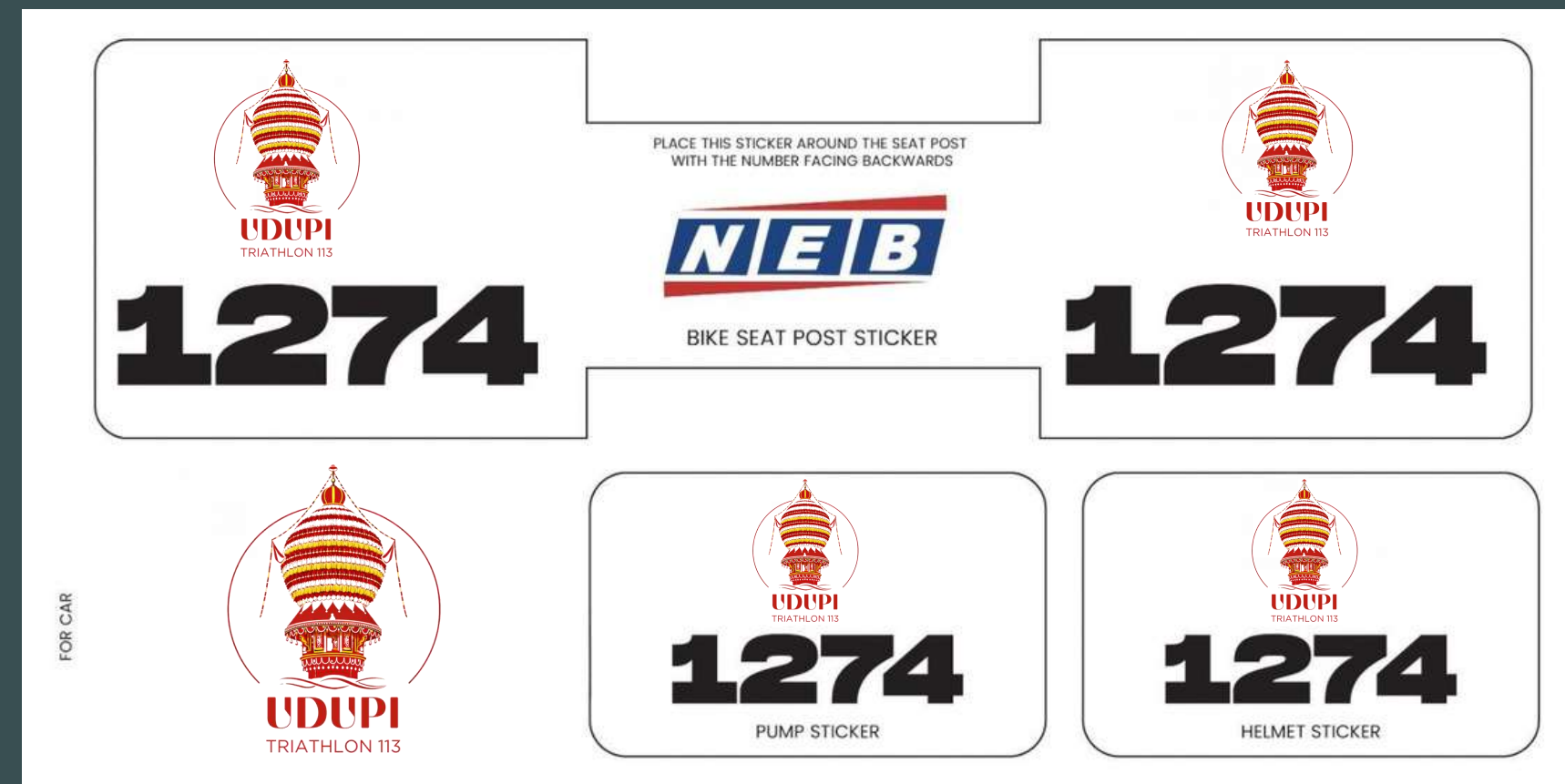
IMPORTANT

Wear it until bike checkout. Remove wristbands from previous events.



BIKE STICKERS

- Wrap the seat-post sticker around the seat post so the number reads from both sides.
- Fix the helmet sticker on the front of your helmet.
- Do not alter the stickers.
- Remove old event stickers from your bike.
- Label your transition bag with a permanent marker.



Your bike must carry the race-issued identification stickers.

CHECKLIST

SWIM

Trisuit / swimsuit
Race swim cap
Goggles
Safety tow float

BIKE

Helmet
Bike shoes / socks / sunglasses
Bottles & nutrition
Spare tube / CO2 / mini-pump /
tyre levers

RUN

Running shoes
Race belt with bib
Cap / visor
Gels

MISCELLANEOUS

Sports watch / bike computer
Transition bag
Sunscreen / anti-chafe
Street bag / post-race clothes

COURSE MAP – SWIM

750 M FULL LOOP

- Triathlon 113 / Relay: 1 short loop of 400 m + 2 full loops
- Olympic: 2 full loops
- Sprint: 1 full loop

Kaup Beach / Arabian Sea



SWIM RULES

- Wear the race-issued swim cap over any other cap.
- Swimwear must be textile and must not cover the neck or extend past elbows or knees.
- Goggles are permitted.
- Fins, paddles, snorkels, gloves, pull buoys and other flotation aids are prohibited.
- Safety tow floats strapped around the waist are permitted and recommended.
- You may hold a kayak, boat or buoy to rest, provided you make no forward progress.
- Any forward progress with assistance is a DSQ.
- No support swimmers or crews are permitted.
- If you need help, stop, raise one arm and wave.

WETSUIT RULING

UP TO 28.8°C

Wetsuits are optional, but athletes wearing one are not eligible for podium awards.

ABOVE 28.8°C

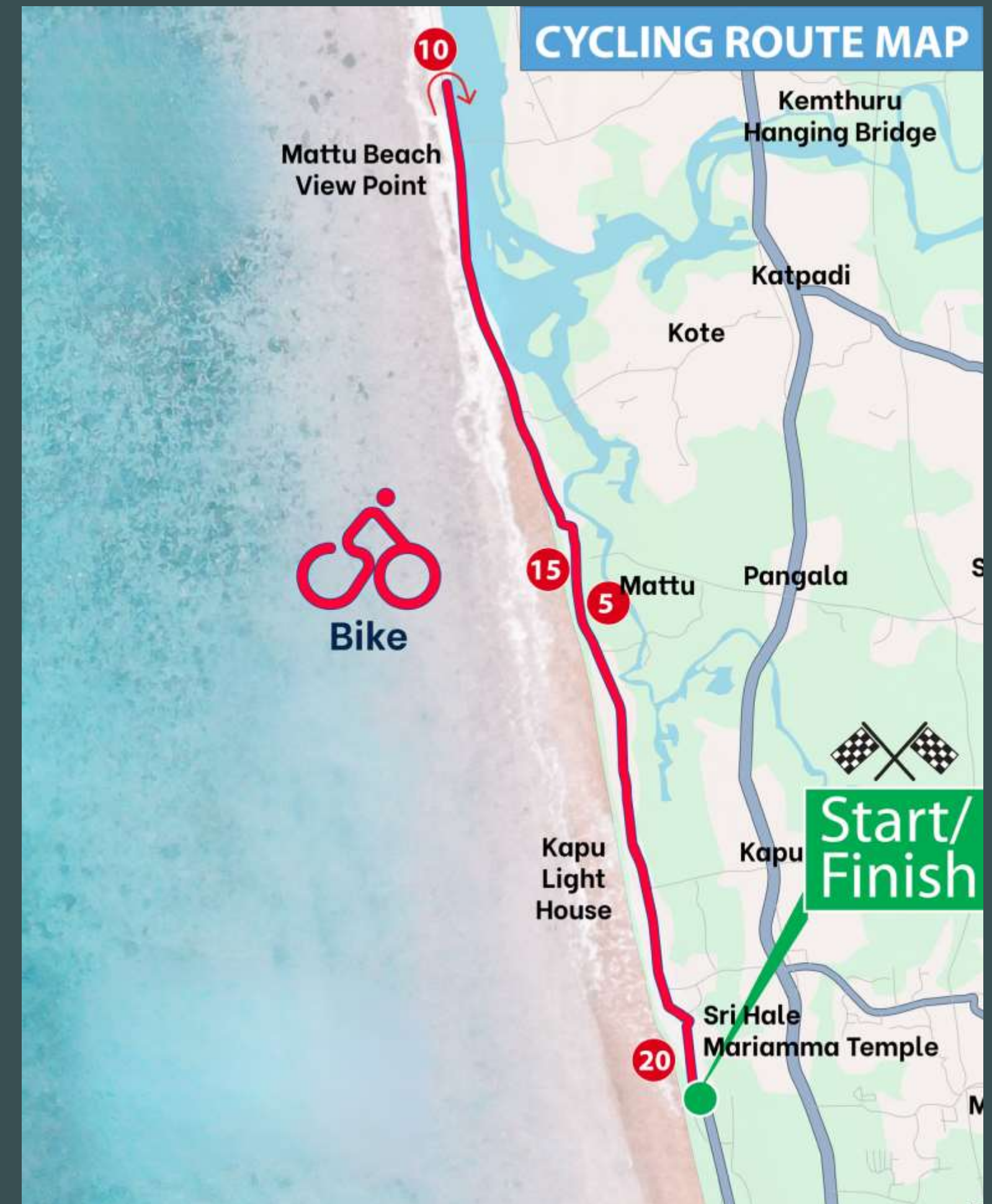
Wetsuits are prohibited for all athletes.

Expected water temperature: 28–29°C • Final ruling announced on race morning.

COURSE MAP – BIKE

20 KM OUT-AND-BACK

- Flat, closed-road 20 km out-and-back.
- Triathlon 113 / Relay / Duathlon 111: 1 short 10 km loop + 4 full loops.
- Olympic / Duathlon 50: 2 full loops.
- Sprint: 1 full loop.



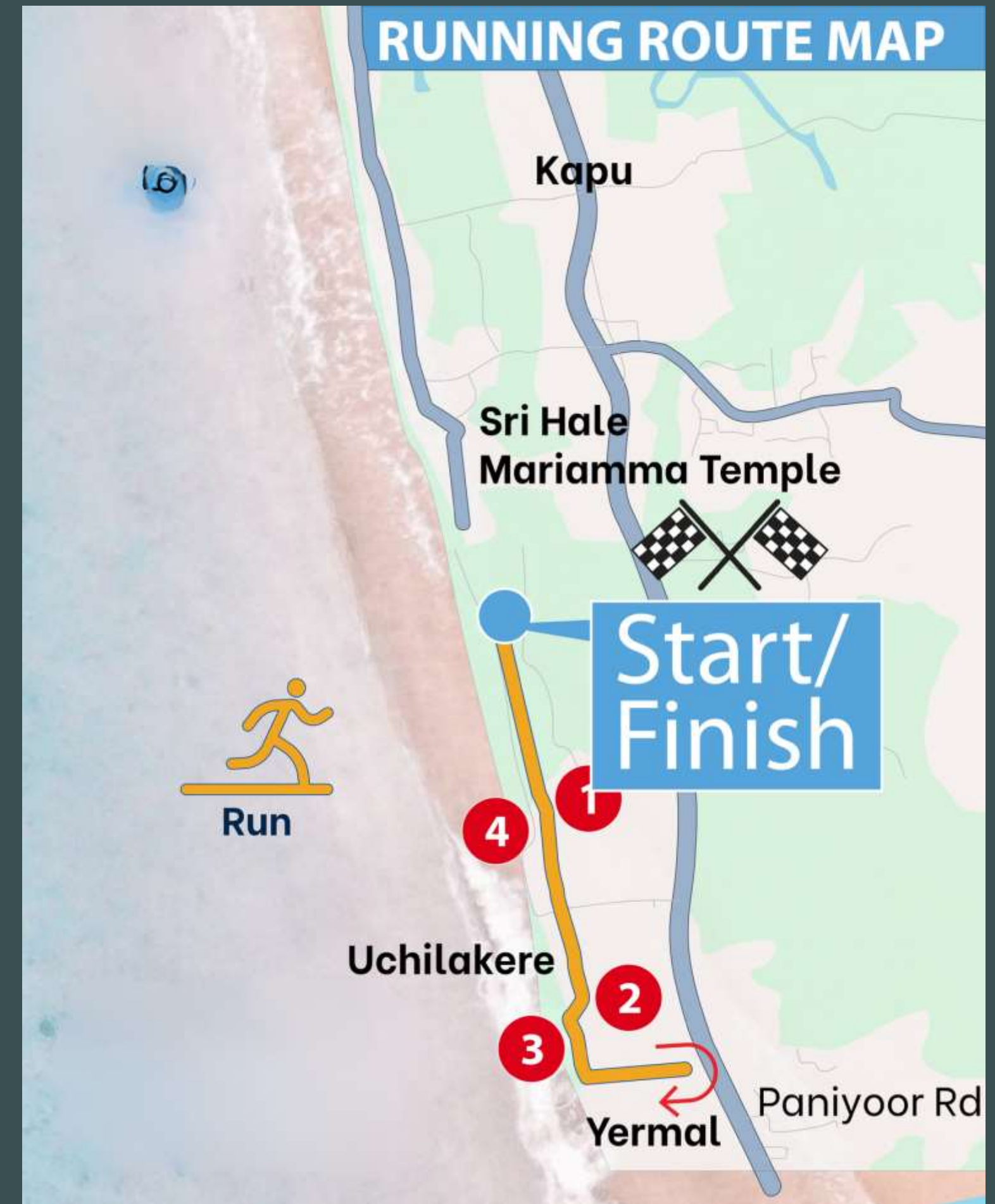
CYCLING RULES

- Keep a 12 m draft zone.
- Ride on the left; pass on the right and complete the pass within 25 seconds.
- If passed, drop back out of the 12 m zone before re-passing.
- Do not block the right side of the lane.
- Helmet fastened from unracking until racking.
- Mount and dismount only beyond the marked lines.
- No bare torso; front zip must stay connected at the bottom and shoulders covered.
- No headphones, earphones, phones or cameras.
- No support vehicles, pacers or outside assistance.
- E-bikes and motor assist are prohibited; aero bars and aero helmets are allowed.

COURSE MAP – RUN

5 KM OUT-AND-BACK

- Triathlon 113 / Relay / Duathlon 111: 1 starter loop of 1.1 km + 4 full loops.
- Olympic / Duathlon 50: 2 full loops.
- Sprint: 1 full loop.



RUNNING RULES

- Wear your bib on the front, fully visible and unfolded.
- Run, walk or crawl — but stay on the marked course.
- No bare torso; zip your top fully before the finish line.
- No headphones, pacers, support vehicles or outside assistance.
- Shoes with a stack height above 40 mm, or with more than one rigid plate, are prohibited.
- Discard rubbish only inside aid-station litter zones.
- Family and friends may not enter the finish chute or run alongside you.
- Collect a lap band at the end of each full loop and wear it on your wrist.

TRANSITION

OPENING

Duathletes: 06:15–06:45

Triathletes & relay: 06:15–06:45

SATURDAY RACKING

Rack with seat-post sticker. Helmet and bike shoes may stay attached. Small items are allowed. Full bike covers are not allowed.

RACE MORNING

Bring nutrition, bottles, transition bag and pump. Nothing may be left on the ground in aisles.

T1

Change only in the changing tent. Fasten helmet before unracking; wheel bike to mount line.

T2

Dismount before line, rack your bike, remove helmet and head to run-out.

CHECKOUT

13:00–17:00. Wristband and matching bib number required.

TRIATHLON 113 RELAY

- Teams of 2–3 race the full 113 km course.
- Start with the Triathlon 113 field at 07:00.
- In a 2-member team, one athlete races two legs.
- Categories: Men, Women and Mixed.
- Mixed teams must have at least one man and one woman.
- All members must check in together with photo ID.
- Each member signs their own waiver and receives their own wristband and street bag.
- The team shares one bib number.

CHANGEOVERS

All handovers happen inside the relay pen. Swimmer transfers the timing chip to the cyclist; cyclist racks the bike before transferring the chip to the runner.

FINISH

Teammates may join the runner at the Relay Meeting Point and cross the line together.

RELAY — WHO WEARS WHAT?

Item	Worn by
Green swim cap	Swimmer
Timing chip	Each athlete during their leg, on the left ankle
Seat-post & helmet stickers	Cyclist
Race bib	Runner

The timing chip is the relay baton.

DUATHLON 111 & DUATHLON 50

	Duathlon 111	Duathlon 50
Bike	90 km (10 km + 4 × 20 km)	40 km (2 × 20 km)
Run	21.1 km (1.1 km + 4 × 5 km)	10 km (2 × 5 km)
Start	From 07:15	After last Duathlon 111 athlete (07:30)

Race Instructions

- Both duathlons are bike–run races. There is no opening run.
- Set up in transition before the race.
- Assemble at the holding area with your helmet fastened and bike ready.
- Line up in bib order.
- Timing chip starts when you cross the start mat.
- All bike and run rules apply in full.

Note: All start times depend on the tide and may move by up to 30 minutes.

DUATHLON START

DUATHLON START

- Set up in transition before the race.
- Assemble at the duathlon holding area before the start.
- Helmet must be fastened.
- Line up in bib order.
- Duathlon 111 starts at 07:15.
- Duathlon 50 starts at 07:30, after the Duathlon 111 athletes.
- Timing chip starts when you cross the start mat.
- Mount only after the mount line.
- All bike and run rules apply in full.

AID STATIONS

BIKE COURSE • APPROX. EVERY 10 KM

Bike course
Water
Orange electrolyte
Banana
—
First-aid kit + pain-relief spray

RUN COURSE • APPROX. EVERY 1.5 KM

Run course
Water + ice
Orange electrolyte , Fast&Up gels
Banana
Orange, chikki, candies, salt
Sponges + splash zone
First-aid kit + pain-relief spray

Bike: slow down, do not stop, and call out what you need. Run: keep left when taking aid and right when not.

CUT-OFF TIMINGS

Category	Swim	Swim + Bike	Overall finish
Triathlon 113 / Relay	1 h 10 min	5 h 30 min	8 h 30 min
Olympic Triathlon	1 h	3 h 15 min	4 h 30 min
Sprint Triathlon	30 min	2 h	3 h
Duathlon 111	—	4 h 30 min (bike)	7 h 30 min
Duathlon 50	—	2 h 15 min (bike)	3 h 30 min

- Cut-offs run from your individual start time — when you cross the start mat.
- Athletes missing a swim or bike cut-off may be allowed to continue at the Race Director's discretion.
- Athletes who do not finish within the overall cut-off may be asked to leave the course.
- The course closes for everyone at 15:30.

PENALTIES

Card	Penalty	Offences
Blue	2 minutes	Drafting; illegal pass on the left; littering outside litter zones
Yellow	30 seconds	Blocking; helmet unfastened; bare torso/open zip; headphones
Red	Disqualification	Third blue card; skipping penalty tent; outside assistance; dangerous conduct; cutting course

SERVING A PENALTY

An official calls your bib number and shows the card. Stop at the next penalty tent on the bike course before the dismount line and serve the required penalty. Failure to serve the penalty is a DSQ.

GENERAL RULES

- Timing chip must remain on the left wrist throughout the race.
- A lost or malfunctioning timing chip is the participant's responsibility.
- No outside help, support crews, pacers or supplies.
- Respect volunteers, officials, spectators and other athletes.
- Keep race equipment inside the transition zone.
- No nudity outside changing tents.
- No headphones.
- Know the complete course and your loop count.
- Do not physically help another athlete make forward progress.
- Medical assistance is always allowed.

Important Time Chip Instructions

- **Mandatory Wearing:** Each participant must wear the time chip on their wrist throughout the race.
- **Chip Allocation:** Time chips will be assigned to participants during bike check-in.
- **Chip Submission:** Participants must return their time chips after completing the race, during bike check-out.
- **Lost Chip Charges:** A penalty of ₹1,000 per chip will be charged for any lost time chip.

Note: All participants are required to follow these instructions to ensure smooth race operations and accurate timing.

MEDICAL & SAFETY

BEFORE THE RACE

Write your medical condition, allergy or medication and emergency contact on the back of your bib. If you feel unwell on race morning, do not start and tell a race official.

HEAT & HYDRATION

Late October in coastal Karnataka can be hot and humid. Arrive hydrated, use sunscreen and pace for the heat.

STOP & GET HELP

Chest pain, unusual shortness of breath, dizziness, numbness, confusion or stopping to sweat are warning signs. Seek help immediately.

HOW TO GET HELP

Swim: raise one arm and wave. Bike/run: go to the nearest aid station or tell an official, volunteer, athlete or marshal. Give your bib number.

WEATHER DISCLAIMER

- The Race Director may change the race to keep athletes safe.
- The start may be delayed.
- The course may be shortened or modified.
- Dangerous sea conditions may result in the swim being replaced with a run.
- The race may be stopped or cancelled due to unsafe conditions.
- Heavy rain or thunderstorms may affect the race.
- Registration fees are not refundable if the race is cancelled or shortened for weather or safety reasons.

Safety of athletes takes priority over the race schedule.

RACE ENTRY & REGULATIONS

- Registration closes on 15 October 2026.
- No on-the-day entries.
- Participants must be 18 years old on race day.
- No changes between race categories after registration closes.
- Entries and bib numbers are not transferable or refundable.
- Participants must provide correct registration details.
- Athletes using another person's bib or timing chip will be disqualified.

AWARDS & RESULTS

PRIZE DISTRIBUTION

13:00

Top three men and women in each category and top three relay teams receive podium trophies.

PODIUM ELIGIBILITY

Wetsuit wearers and NC athletes are not eligible for podium awards.

Results and finisher e-certificates will be published online after the race.

RACE WEEKEND REMINDER

- Complete athlete check-in on Saturday, 24 October.
- Attend the compulsory race briefing.
- Rack your bike during the allotted window.
- Check your race kit, timing chip, stickers and wristband.
- Know your category, course loops and cut-off times.
- Start times may change due to tide.
- Listen to officials and follow all safety instructions.

Read the complete Athlete Information Booklet before race day.



SEE YOU ON THE START LINE

KAUP BEACH, UDUPI

25 OCTOBER 2026

UDUPI TRIATHLON

ATHLETE INFORMATION BOOKLET

TEAM NEB SPORTS