



Udupi Triathlon Nov 23, 2025

ATHLETE INFORMATION BOOKLET



WELCOME TRIATHLETES

It gives us immense pleasure to welcome you all to the third edition of the Udupi Triathlon. This is the first-of-its-kind triathlon in Udupi with three different race categories, with a sea swim and a bike, and a run course along the scenic beach roads of Udupi and Kaup beach.

At NEB Sports, we strive to provide the participants with the best race experience possible, and Udupi is one of the most beautiful locations to race a triathlon with untouched pristine beaches for swimming, calm and clear traffic-free, closed roads for cycling, and a picturesque run route dotted with trees, birds, boats, and houses along the seashore. The Udupi triathlons is as much about taking in the beauty of the race route and the city of Udupi as much as it is about having a fast, flat racing course to set those PRs. Our Race and Pre-race Expo will feature enthusiastic volunteers exuding boundless energy to support you during each leg of the race to ensure that you get the best-ever race experience. We'd like to express our sincere gratitude to all our event partners for extending their support whenever and wherever necessary to make this race a grand success, and to the Government officials of the state of Karnataka and the city of Udupi, for their invaluable support in hosting this event. It's the collaborative effort of these communities that makes this event a reality. Lastly, I want to acknowledge the coordination of numerous volunteers, local community members, and our dedicated staff for making this event safe and successful for you, the athletes. We understand that you've surmounted obstacles and achieved significant milestones to reach the starting line, and we are committed to doing everything in our power to assist you in reaching your goals on raceday.

Wishing each of you the best of luck!

Team NEB Sports

RACE SCHEDULE

SAT, 22nd Nov 2025

- Swim Qualification session for all Sprint Category triathletes from 7 am to 11 am at the venue.
- Bib distribution from 10 am to 3 pm at the venue.
- Bike Check-in at the transition zone at the venue from 3 pm to 6 pm
- Race Briefing at 3 pm at the venue
- (All race routes will be discussed, route maps will be shared and order of loops will be discussed during the briefing, hence it is compulsory for all athletes to attend the briefing)



[Click Here For Location](#)

SCAN HERE FOR LOCATION

SUNDAY, 23rd Nov 2025

NOTE : Start Time Depends on tide

- Transition Zone opens from 05:45 am to 06:45 am for all participants.
- Lineup for Triathlon: 113 participants at 06:30 am.
- Triathlon 113 Flag-off at 07:00 am.
- Lineup for Olympic Triathlon participants at 06:45 am.
- Olympic Triathlon Flag off at 07:15 am.
- Lineup for the Sprint Triathlon at 07:15 am based on timing categories. Sprint Triathlon Flag-off at 07:45 am.
- Breakfast from 09:00 to 11:00 am.
- Prize Distribution for all categories at the venue at 1:00 pm.
- Lunch from 12:30 - 2:30 pm.
- Race ends for all categories by 4 pm.
- Transition Zone opens from 1 pm to 5 pm for bike checkout.

SWIM QUALIFYING SESSION

- All the participants in the Sprint category must attend the swim qualifier session on Saturday, 22nd Nov 2025, morning between 7 am and 11 am. It is mandatory for all the Sprint category participants, and those who do not attend it might not be allowed to start the race on Sunday due to safety reasons.
- The Olympic triathlon and Tri 113 participants can use this session as a practice swim, and It is not mandatory for them.
- The qualifier session will be happening at the race venue, and the participants will have to Swim a distance of 200m within 12 minutes to qualify.
- The session will happen in the sea, and the route will be clearly marked with buoys and boats.
- The lineup for the swim start of the Sprint Tri on raceday will be in waves of 10, with a gap of 15-20 seconds behind each wave, and the lineup will be determined based on the qualifier timings of the participants. The swim start lineup for Olympic distance and Tri 113
- will be in waves of 15, with a gap of 10 seconds behind each wave.

ATHLETE CHECK-IN

- Athlete check-in on the day before the race day is compulsory for all participants of the Udupi Triathlon. Check-in timings are from 3 pm - 6 pm on Saturday, 22nd Nov 2025.
- At the venue.
- The athlete has to submit their bike during athlete check-in.
- Only the cycles provided by the athlete during the check-in will be available.
- Athlete Check-in will not be open on race day.
- If you do not check in during the designated Athlete Check-In hours, you will not be
- Permitted to race on Sunday, 3rd Dec.
- Street bags can be submitted at the baggage counter on raceday morning.
- Athletes can bring their transition bags and equipment, like a cycle pump, shoes, helmet, on raceday morning.

YOUR RACE KIT WILL CONTAIN THE FOLLOWING ITEMS

1. Entry to Race.
2. Participation T-shirt / Jersey.
3. Bicycle seat post sticker & Helmet Sticker.
4. Bib & Time-chip.
5. Swimming cap.
6. On-course nutrition.
7. E-certificate.
8. Finisher's Medal.
9. Special Goodie Bag.
10. Transition Bag.
11. Post-race Breakfast / Lunch Coupon.

ATHLETE WRISTBAND



A wristband printed with your race number and Name will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both the transition area and the post-race athlete recovery areas. Any wristbands from previous events must be removed.

BIKE STICKERS



You will receive the following stickers in your athlete packet: Bike frame Seat poststicker & Helmet sticker.

Make sure the Seat Post sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo **MUST** be visible. The helmet sticker will be affixed to the front of your helmet. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your transition bags with a permanent marker.

CHECKLIST

SWIM

- Tri Shorts / Trisuit / Swim Suit • Udupi Triathlon Swim Cap (Compulsory) • Swim Goggles • Towel after swim

BIKE

- Helmet
- Sunglasses
- Shoes & socks
- Water bottles
- Nutrition
- Tool Kit CO2 , Puncture kit , Pump , Extra Tubes etc
- Floor pump (pump up your tires before you leave home but leave the pump in your car just in case)

CHECKLIST

RUN

- Running Shoes
- Sunglasses
- Hat /Cap / Visor
- BIB Belt
- Nutrition/Gels

MISCELLANEOUS

- Training Device (Garmin watch / bike Computer / HR strap etc)
- Transition Bag
- Sunscreen
- Chamois Cream
- Vaseline
- Big Smile For Photographs
- Post Race Warm Clothes

AID STATIONS

Aid stations are approximately every 10 kms on the bike and approximately a 1.5km apart on the run. The general offerings are as follows:

BIKE COURSE

- Water sipper
- Enerjiva Orange Electrolyte sipper
- Banana
- First Aid Kit / Pain Relief spray



RUN COURSE

- Water & Ice
- Enerjiva Orange Electrolyte
- Chikki / Candies
- Banana / Oranges
- Salt
- First Aid Kit / Pain Relief spray
- Sponges

CUT OFF TIMINGS

The following are the cutoff timings for each category. There are separate cut-off timings for each leg, and they will be adhered to strictly.

Any athlete who misses the swim and bike cut-off timings will still be allowed to continue the race and finish it, but athletes who do not meet the overall cut-off might be asked to exit the course post cut-off.

Sprint Triathlon



SWIM

1 LOOP OCEAN SWIM

Cut-off : 30 mins after start



CYCLE

1 LOOP OF 10K OUT AND BACK

Cut-off : 2 hours after start



RUN

1 LOOP OF 2.5K OUT AND BACK

Cut-off : 3 hours after start

Olympic Triathlon



SWIM

1 LOOP OCEAN SWIM

Cut-off : 1 hour after start



CYCLE

2 LOOP OF 10K OUT AND BACK

Cut-off : 3 hours 15 mins after start



RUN

1 LOOP OF 5K OUT AND BACK

Cut-off : 4 hours 30 mins after start

113K Triathlon



SWIM

1 LOOP OCEAN SWIM

Cut-off : 1 hour 10 mins after start



CYCLE

4.5 LOOPS OF 10K OUT AND BACK

Cut-off : 5 hours 30 mins after start



RUN

1 LOOP OF 10.5K OUT AND BACK

Cut-off : 8 hours 30 mins after start

ATHLETE CHECKIN RULES

- 1. Participants must proceed to check-in during the allocated times and attend the compulsory race briefing at 3 pm on SAT, 22nd Nov 2025 at the race venue.**
- 2. Participants must rack their bicycles during the allocated times.**
Participants failing to adhere to this rule are prohibited from starting the race.
- 3. The timing chip must be worn throughout the entire race around the left ankle.**
- 4. In the event that the timing chip is lost or malfunctioning it is the Participant's responsibility and will be disqualified.**
- 5. Start numbers may not be reduced in size or altered and must be always visible.**

BIKE CHECK-IN RULES

1. Participants must proceed to check-in their bicycle at the transition area within the designated times only.

2. You must bring your helmet with you to bike check-in for a safety inspection.

Note: smart helmets are not allowed.

3. Athletes need to check-in their bike (with bike sticker attached) and rack it in its designated place.

4. During the check-in Participants are allowed to leave their helmets and bike-shoes so long as they are attached to their bicycle (small equipment such as tool box, bike bottles and bento boxes are also permitted).

5. All other gear like hydration bottles, nutrition, gels, etc can be brought on raceday morning

SWIMMING RULES

1. All swimmers are required to wear proper swimming attire (trisuit/swimsuit/swim shorts) during the entire swim course.
2. Trisuits should not extend past the elbow or knees.
3. All swimmers must wear the swim caps provided by the Organiser.
4. Swim goggles may be worn.
5. Fins, paddles, snorkels, pool buoys, life jackets or any other swimming aids are not allowed.
6. Wetsuits and Float Buoys (strapped around the waist) are allowed.
7. Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification.
8. No person other than the participants and officials are permitted in the swim course.
9. Swimmers facing difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
10. Once assistance is rendered, the competitor must retire from the competition.

CYCLING RULES

1. Support vehicles or pacers are not allowed at any time.
2. All athletes must obey traffic rules while on the cycling course unless otherwise directed by a race official.
3. Wearing of headphones is not allowed at any time.
4. Drafting is not allowed at any time (the draft zone is 14 metres from front wheel to front wheel or 7 bike lengths).
5. No bare torso is allowed at any time.
6. Overtaking must be done only on the right side.
7. Helmets must be worn from the moment the bike is removed from the rack, until after it is replaced after the cycle leg.
8. Cycles must be mounted only beyond the mount line. Failure to do so will lead to disqualification
9. Aerobars and aero helmets are allowed.
10. Motorized cycles, e-bikes, and cycles with any other motor based pedal assist are not allowed

RUNNING RULES

- 1. Runners must always wear their race numbers clearly visible at the front of their adorned apparel.**
- 2. Support vehicles or pacers are not allowed.**
- 3. Runners must run on the designated path for the entire route.**
- 4. No bare torso is allowed at any time**
- 5. Wearing headphones is not allowed at any time**
- 6. Runners must collect the loop bands at the completion of every loop and wear them on the wrist till completion of the race.**

COURSE MAP - SWIM

The length of each loop is 750m.

Sprint distance triathletes will do one loop of the entire course (750m).

Olympic distance triathletes will do two loops of the entire course (750 x 2).

Tri 113 triathletes will do one loop of the short course (400m x 1) and two loops of the entire course (750m x 2).



COURSE MAP - BIKE

The length of each loop is 20 km.

Sprint distance triathletes will do one loop of the entire course (20 km).

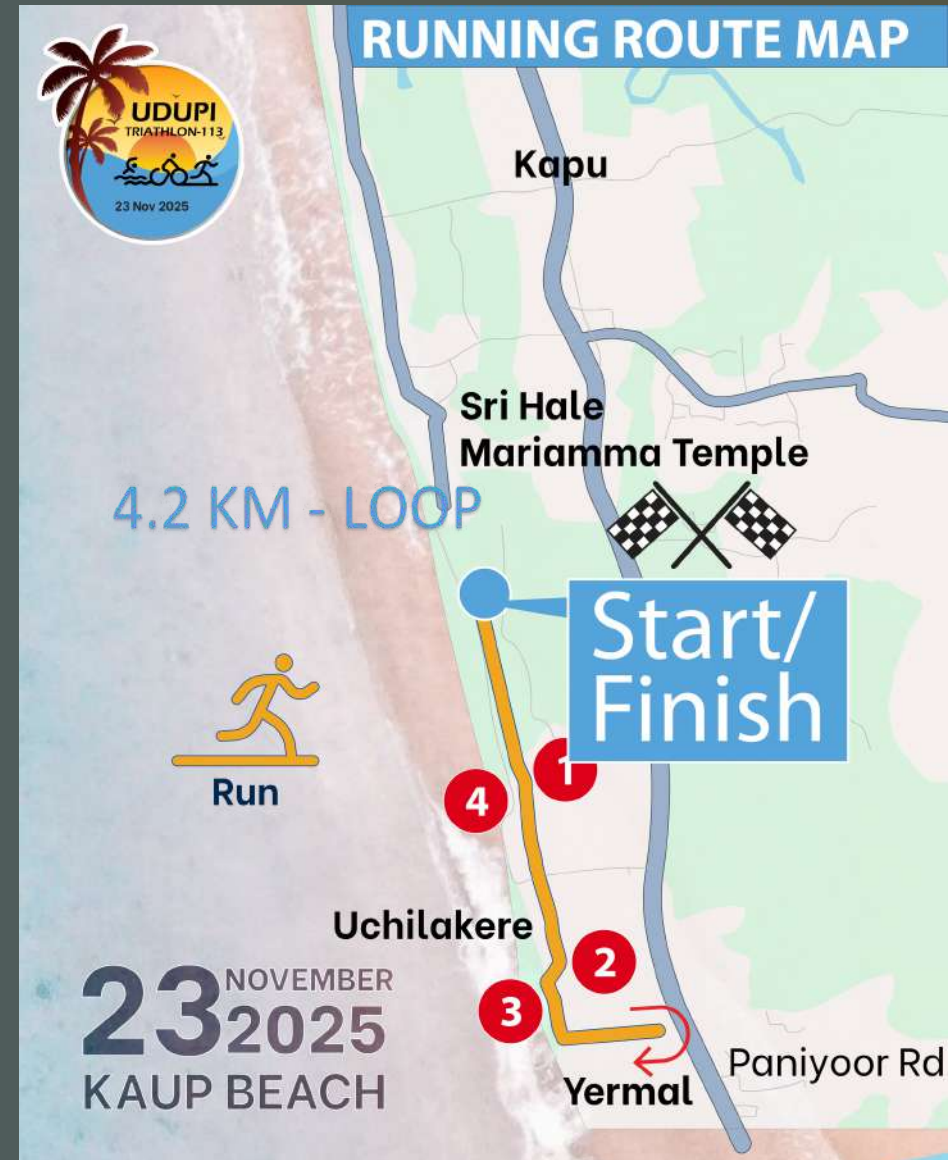
Olympic distance triathletes will do two loops of the entire course (20 km x 2)

Tri 113 triathletes will do one loop of the short course (10 km x 1) and four loops of the entire course (20 km x 4).



COURSE MAP - RUN

The length of each loop is 5 km.
Sprint distance triathletes will do one loop
Olympic distance triathletes will do one loop of the short course (1.6 km) and two loops of the entire course (5 km x 2).
Tri 113 triathletes will do four loops of the entire course (5 km x 4) and will do an extra loop of 550 m at the beginning of the run.



RULES & REGULATIONS - GENERAL

- 1. The Organisers reserve the right to limit and refuse entries.**
- 2. The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.**
- 3. The Organisers reserve the right to amend the Rules and Regulations without prior notification.**
- 4. The Organisers reserve the right to amend the race course with prior notice to participants.**
- 5. It is the Participant's responsibility to fully understand the rules and avoid infringements.**
- 6. The entry and bib number is not transferable or refundable under any circumstances.**
- 7. Organizers has right to cancel any offline registration without any prior notice and the amount paid will be refunded back to the participant.**

RULES & REGULATIONS - RACEDAY

- 1. Unless otherwise pre-approved by the Event Director no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.**
- 2. The use of banned substances with the intent to improve performance, eliminate the sense of fatigue or for any other purpose is not allowed at any time and doping tests may be performed at random on participants.**
- 3. Participants must not refill hydration or nutrition outside the designated aid stations provided by the Organisers.**
- 4. Participants must respect rules and be respectful to the volunteers, spectators, and the Organiser throughout the event.**
- 5. Participants are not allowed to throw away their waste outside the litter zones and garbage bins provided throughout the event.**
- 6. Participants must refuse any outside help during the race (e.g., support, supplies, technical assistance)**
- 7. Participants are not allowed to leave all or part of their race equipment outside the Transition Zone**
- 8. Nudity outside the changing tents is not allowed.**
- 9. Wearing headphones is not allowed at any time.**
- 10. Participants must be familiar with the entire course, and it is their responsibility to follow the correct route**

WEATHER DISCLAIMER

- 1. In the event of inclement weather, the Organisers reserve the right to delay the start of the race, shorten the race or modify the course.**
- 2. Should inclement weather persist after the delay, the Organisers reserve the right to cancel the race without any refund of registration fees.**
- 3. In the event of dangerous open water conditions only, the Organisers reserve the right to replace the swim with a run.**
- 4. In case of inclement weather conditions that might deter the course of the race(very heavy rain, thunderstorms, etc), or deem the race conditions unsafe for participation, the Organisers reserve the right to call off the race as the safety of the participants is of utmost importance.**

RULES AND REGULATIONS - RACE ENTRY

- 1. The race is open to athletes of all nationalities.**
- 2. On-the-day entries will not be accepted.**
- 3. Participants must be 18 years old on race day.**
- 4. No changes between race distances are permitted**
- 5. Participants racing under an assumed name or age or giving false information will be disqualified and risk suspension or expulsion from other NEB Sports events.**
- 6. Prior to race day, in the event of inclement weather, force majeure or other hazardous conditions, the Organizers reserve the right to reschedule or cancel the race without any refund of registration fees.**
- 7. The Organizers will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.**
- 8. Participants found to have interchanged their timing bib tag with another individual, will be disqualified from the event and shall not be allowed to apply or participate in the subsequent edition of the event.**

SUNDAY, 23rd Nov 2025

- **Transition Zone opens from 05:45 am till 06:45 am for all participants. Lineup for Triathlon 113 participants at 06:45 am Triathlon 113 Flag-off at 07:45 am Lineup for Olympic Triathlon participants at 07:00 am Olympic Triathlon Flag off at 07:30 am Lineup for Sprint Triathlon at 07:30 am based on timing categories Sprint Triathlon Flag-off at 08:00 am Breakfast from at 09:00 - 11:00 am Prize Distribution for all categories at the venue at 1:00 pm Lunch from 12:30 - 2:30 pm Race ends for all categories by 4 pm Transition Zone opens from 3 pm till 5 pm for bike checkout**