ÖTILLÖ ATHLETE GUIDE

GENERAL INFORMATION

Communication

Please take the time to review this ÖTILLÖ athlete guide before race weekend. In the final week leading up to the race, you will receive an email containing important event details, reminders, and a link to the virtual race briefing.

During packet pickup on the day before the race, ÖTILLÖ staff will be available to answer any additional questions you may have. We will also hold a short pre-race briefing at the start line approximately five minutes before each start to review any final race-specific information and important safety updates.

On-site Packet Pickup

Please pick up your packet during the distribution times found on the website. To receive your packet, you must present a valid photo ID and your personal QR code that will be emailed to you two days before the race. You may also pick up another athlete's packet if you provide written permission from that athlete along with a copy of their photo ID.

Race Bibs & Swim Caps

Your race bib indicates both your event distance and race category. Each race distance has a designated bib and swim cap color, and participants must follow the matching course signage throughout the race:

- World Series participants wear a red bib and swim cap and follow the red course signs.
- Sprint participants wear an orange bib and swim cap and follow the orange course signs.
- Experience participants wear a purple bib and swim cap and follow the purple course signs

The colored stripe across your chest identifies your race category:

- Black = Men's Team
- Green = Mixed Team
- White = Women's Team
- Yellow = Men's Solo
- Blue = Women's Solo

Overview of Bib Categories

World Series Men's Team	World Series Mixed Team	World Series Women's Team	World Series Men Solo	World Series Women Solo
Sprint Men's Team	**Sprint Mixed Team**	**Sprint Women's Team**	**Sprint Men Solo**	**Sprint Women Solo**
Experience Men's Team	**Experience Mixed Team**	**Experience Women's Team**	**Experience Men Solo**	**Experience Women Solo**

As part of our sustainability efforts, the race bibs are washed and reused. Please return these at the finish line after your race. The swim cap is yours to keep.

Finish Line Bag Drop

A bag drop area will be available on race day. Please bring only a small bag, as storage space is limited. Do not leave valuables in your bag, as the bag drop area is unattended and ÖTILLÖ is not responsible for lost or stolen items.

Aid Stations

Please review the locations of all aid stations on course using the interactive race maps prior to race day. All ÖTILLÖ events are cup-free, so athletes are required to carry their own foldable cup or soft flask. If you do not already have a foldable cup, one will be provided at packet pickup. Soft flasks will also be available for purchase during packet pickup. Please dispose of all trash in the designated garbage bags at each aid station. Do not expect volunteers to pick up discarded items and note that intentional littering may result in disqualification.

Finish Line

After crossing the finish line, you will receive your finisher medal and be asked to return your race bib, Restube, and GPS tracker (if applicable). If you rented a wetsuit from us, please **empty all the pockets** and return it at the finish area as well. A race photographer will capture every finisher, so don’t forget to smile and celebrate your accomplishment as you cross the line.

Award Ceremony

Award ceremony times are listed in the official schedule for each race.

RACE SPECIFIC INFO

Racer Responsibility

As an athlete, it is your responsibility to arrive prepared for race day. This includes understanding the race rules, reviewing the event schedule, and familiarizing yourself with the course. Please check the forecasted weather conditions and make sure you are using the appropriate equipment for the conditions. We ask all participants to respect fellow racers, race staff and volunteers, local communities, and the natural environment throughout the event. Compete hard, race smart, and represent the spirit of swimrun with sportsmanship and respect.

Mandatory Gear

Mandatory equipment is in place for athlete safety and must be carried for the duration of the race.

1. MANDATORY – ATHLETE PROVIDED

- **Wetsuit** - Mandatory for all athletes, with no exceptions unless race staff determine otherwise on race morning based on weather and water conditions.
- **Whistle** - One per person. Solo athletes have a built-in whistle on your Restube.
- **Compression Bandage** - One per team. One per solo racer. Our races take place in remote environments, and this item is required so athletes can manage an injury and control bleeding until medical assistance arrives.
- **Tether / Tow Line** - One per team. Not required of solo racers. Teams are not required to use the tether during the race, but it must be carried at all times as a safety precaution. Race staff may require tether use in certain conditions, including rough weather or if teammates are consistently separating during swim segments.

2. MANDATORY – RACE PROVIDED

At packet picket you will receive the following:

- **Swim Cap** - Color coded to the event distance, worn on each swim.

- **Race Bib** (OSFA) - Each athlete must wear their bib on the outside of the wetsuit with numbers visible.
- **Foldable Cup** - Each athlete must carry a foldable cup or soft flask. Foldable cups will be provided at packet pickup.
- **Restube** (Solo Racers Only) - Auto inflating personal flotation device for emergencies.
- **GPS Tracker*** - If issued at packet pickup, one per solo racer or one per team.

* New this year: Athletes in our Elite division will wear GPS trackers for live race tracking. All other athletes will not receive a GPS tracker or timing chip. Instead, we use bib recognition technology, which automatically records your time by capturing your bib number as you cross the timing checkpoint. To ensure accurate results, your race bib must be worn on the outside of your wetsuit and **remain clearly visible at all times.**

Basic Rules

- If racing as a team, teammates must remain within 5 meters of each other at all times. Failure to do so may result in a time penalty or disqualification.
- Receiving coaching, pacing, or outside assistance from third parties that provides an unfair advantage is prohibited. This includes receiving food, drinks, or similar assistance from non-participants. Violations may result in disqualification.
- Any equipment you start the race with - including gloves, paddles, pull buoys, swimming fins- must remain with you for the entire race and be carried across the finish line.
- Littering is strictly prohibited. Any athlete found intentionally discarding trash outside of designated disposal areas may be disqualified.
- Read the full rules on our website.

Cut-Offs

ÖTILLÖ cut-off times are fixed checkpoints that athletes must reach in order to continue the race. These cut-offs are in place for athlete safety and race operations. If you miss a cut-off, you will be removed from the official course by race staff. All cut-offs are firm and clearly marked on the race map. Please treat all volunteers and officials with courtesy and respect.

Withdrawing From the Race

If you decide to withdraw from the race, notify a staff member as soon as possible. Return to the finish line on your own or wait for transportation assistance from race staff. Please remember to return your bib, Restube, timing chip, and GPS tracker (if applicable).

Safety

Race staff, volunteers, and medical personnel are positioned throughout the course to help ensure athlete safety. Swim sections could include safety boats, kayaks, and SUPs. If you find another athlete in an emergency, you are expected to assist them until race staff or medical personnel arrive.

Course Marking

1. RUN SECTIONS

The entire course is marked, and athletes must always stay on the official course. On land, course markings include:

- **Orange Flags** - Placed along the path to indicate the route you should follow.
- **White Directional Signs** - Used at intersections and key turns for general guidance.
- **Colored Course Split Signs** - Used where distances split from each other. Follow the sign that matches the color of your race bib and swim cap.

2. SWIM SECTIONS

The entire course is marked, and athletes must follow the official swim route at all times.

Swim sections are marked as follows:

- **Swim Section Sign** - On each entry of a swim.
- **Orange Beach Flags** - On each exit of a swim (in some cases these may be buoys instead of flags).
- **Buoys** - Used on long swim sections or swims where you cannot see the exit. These are directional buoys and you can swim on either side of them.

Questions?

If you have any questions before race day - whether about rules, logistics, or gear - please don't hesitate to reach out. We're happy to help. Contact us anytime at info@otilloswimrun.com and we'll get back to you as soon as possible.

GOOD LUCK AND HAVE FUN!