

ONLINE RACE BRIEFING

A. GENERAL INFORMATION

Communication

Please take your time to read the ÖTILLÖ Online Race Briefing of the Swimrun season. For each event, you will receive an additional ÖTILLÖ Newsletter with the **Final Racer Info** via email. At the on-site registration, there will be an information table, where you can ask questions). Five minutes before each start we will have a quick briefing by the start line to inform you about race specifics.

On-site Registration

Please pick up your start pack during the distribution times found on the website. To receive your start pack, you will have to display your photo-ID and your personal QR-Code that you will receive via email two days before the race. If you race in a team, both team members need to come to the bib distribution together. If you plan to race with fins, you need to bring these so that we can verify that they are in line with the rules. Read the race specifics on the website to find out all requirements for your race.

Race Bibs & Swim Caps

The season bibs indicate your race distance and your category. The World Series participants wear a red bib & swim cap and follow the red signs on course, the Sprint participants wear an orange bib & swim cap and follow the orange signs on course, and the Experience participants wear a purple bib & swim cap and follow the purple signs on course. The colorful chest stripe indicates your race category.

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

Overview Bibs

| 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 |
|  |  |  |  |  |

For environmental reasons, the race bibs are washed and reused. Please do not cut or tear them apart.

Bag Drop

If there is a bag drop, we will let you know on our website and in Final Racer Info. Please bring just a small bag, not your luggage. We have limited space. Please do not leave any valuables, the bag drop is not guarded.

Energy Stations

Check out, where the energy stations are, on our interactive race maps. By clicking on the icon of each station on RaceDayMap, you can see exactly what is being served there. Please note that you need to carry your own **Foldable Cup** or **Soft Flask** since we do not serve single

use cups. Please note that you can buy all mandatory gear at our Merch stand onsite. Also, please throw your garbage in the garbage bins at the stations. Do not litter on course because you will be disqualified.

Finish Line

Please keep moving through the finish line. You will need to leave your race bib, timing chip, and GPS tracker (if applicable). This applies for all races.

Prize Giving Ceremony

The prize giving ceremonies are in the schedule for each race. Make sure you are there if you finished on the podium of your category.

B. RACE SPECIFIC INFO

How to Race

As a racer, you are responsible to come prepared to your race. That means that you must know the rules, read the schedule, and understand the course. Make sure you check the weather, air, and water temperatures and dress appropriately and use the correct equipment. Please respect other racers, the organization, and nature. Race at your best and do it in a respectful manner.

Mandatory Gear

1. MANDATORY GEAR THAT YOU NEED TO BRING YOURSELF

- 1 wetsuit per person
- 1 whistle per person
- 1 first aid pressure bandage (if racing in a team 1 per team)
- 1 foldable cup or soft flask per person

Please note that you can buy whistles, first aid pressure bandages, foldable cups, and soft flasks at the Merch stand onsite.

2. MANDATORY GEAR THAT YOU RECEIVE

At registration on-site you will receive the following:

- A timing chip one for each racer. That needs to be attached to your ankle. You attach it with the Velcro band in the starter pack, and you can have it underneath your sock. You need to return your chip. A lost or a non-returned chip will cost a fee of 100€.
- The race bib needs to be always worn on the outside.
- The Swim cap needs to be worn on all swims.
- If you receive a GPS tracker at registration, it must be carried (Solo: 1 per person/ Team: 1 per team).

Basic Rules

- If racing in a team, always stay together meaning not further apart than 5 meters. You will be penalized.
- It is not allowed to receive coaching or assistance from third parties or pacemakers that leads to an advantage over other teams, such as drinks, food, slipstream or similar. You will be disqualified.
- Any equipment e.g. gloves, paddles, pull buoys, swimming fins etc. you bring out on the course must be brought back to the finish line.
- It is not allowed to litter. You will be disqualified.
- Read the full rules on the webpage.

Cut-Offs

At ÖTILLÖ, a cut-off is a fixed checkpoint time by which a team must reach a certain point on the course to be allowed to continue. It exists to keep the race safe, make sure the event can finish within daylight, and prevent the safety team and volunteers from being overstretched.

What it means in practice

If a team misses a cut-off, they are stopped by the Race Director or other ÖTILLÖ staff there and cannot continue the official course. These cut-offs are firm and clearly marked on the race map, so athletes can pace themselves and plan transitions accordingly.

Why it matters

The relevance of a cut-off in swimrun is mostly about safety. The courses are long, remote, and often involve open-water swimming, trail running, and many transitions, so the cut-offs help ensure athletes do not get caught out after dark or in conditions that could become unsafe. They also help race organizers manage rescues, logistics, and course control in a predictable way.

Why athletes care

For competitors, cut-offs shape race strategy. They force teams to balance speed with efficient transitions and smart pacing, especially in the early sections where time lost can make later cut-offs unreachable. In short, a cut-off is not just a rule; it is one of the main factors that determines whether a team can realistically complete the race.

What happens if you miss a cut-off time in ÖTILLÖ?

If you miss a cut-off time in ÖTILLÖ, your race is over and you are pulled from the course or otherwise stopped from continuing. You are usually asked to hand in your bib, timing chip, and GPS tracker if applicable, and then either make your way back to the finish or be transported there by staff. It is not a punishment so much as a safety rule, because the cut-offs are firm and are there to protect athletes and the race organization.

Finish line cut-off

A finish line cut-off is important because it gives the race a safe end point and prevents the event from running into unsafe conditions such as darkness, fatigue, or overloading the safety team. It also keeps the race fair by making sure all athletes compete under the same fixed time limit. In ÖTILLÖ, the finish line cut-off is the moment the race officially ends, so it matters for both athlete safety and event control.

IMPORTANT: Showing respect to the people enforcing ÖTILLÖ cut-offs matters because they are applying the same safety rules to everyone, not making personal decisions on the spot. Their job is to keep the race safe, fair, and under control, so respecting them helps protect both athletes and the whole event.

It also reflects the sportsmanship ÖTILLÖ explicitly expects from athletes: follow instructions from race staff, treat officials with courtesy, and accept that cut-off times are firm.

Abandon the Race

- If you choose to abandon the race, please inform a person with a yellow staff vest as soon as possible.
- Either go to the finish line on your own, or we will organize transport back to the finish line for you.
- Drop off your bib, timing chip, GPS tracker (if applicable).

Safety

- Along the course, we have staff that wear yellow vests.
- We have safety boats/kayaks/SUP for swim sections.
- We have a medic team in pink vests along the course.
- If there is another racer that is in an emergency, help them until someone from the organization comes.

Course Marking

1. RUN SECTIONS

The entire course is marked, and you must follow the course. On land, we use:

- **Orange Flags** every 50-250m (dependent on the course).
- **White signs** for general directions at intersections.
- **Colorful signs** for courses splits. Follow the sign with the color of your race bib/swim cap.



2. SWIM SECTIONS

The entire course is marked, and you must follow the course. The swim sections are marked as follows:

- **Swim Section Sign** on each entry of a swim.
- **Orange Beach Flags** on each exit of a swim.
- **Buoys** on long swim sections or on a swim, where you cannot see the exit.
 - **Orange Buoy** is for directions, and you can swim on either side of it.
 - **Red and Green (Buoys) – Swim in between:** You need to swim between the two buoys.
 - **Directional orange buoys** – little/small orange buoys for better orientation on longer swims.



If you have any questions before the race — whether it's about rules, logistics, or gear — don't hesitate to get in touch. We're happy to help! Just send us an email at info@otilloswimrun.com and we'll get back to you as soon as possible.

GOOD LUCK AND HAVE FUN!