CHALLENGE SHANGHAI

风启海湾
迎接挑战

2026上海海湾铁人三项公开赛

运动员手册

Triathlete Guide



CHALLENGE SHANGHAI

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CHALLENGE SHANGHAI

Organization
组织架构

指导单位 Guiding Unit

奉贤区人民政府

主办单位 Host

奉贤区体育局

奉贤区海湾镇人民政府

支持单位 Supporting Units

奉贤区委宣传部

奉贤区文化和旅游局

奉贤区现代服务业发展办公室

上海光明城市服务科技有限公司

行业备案 Industry Filing

中国铁人三项运动协会

承办单位 Organizer

上海尚海湾文化体育发展有限公司

运营单位 Operator

上海驿驿文化发展有限公司

协办单位 Co-organizer

上海海湾国家森林公园

CHALLENGE SHANGHAI

Challenge Shanghai Official Sponsor

官方赞助商

全球合作伙伴
Challenge Family Global Partners

Red Bull 奥地利 Red Bull 为你添翼

顶级合作伙伴
Official Partner

BIGK

官方中立技术服务
Challenge Family Global Partners

GIANT

官方支持商
Official Supporter

ELECTRO X 粒刻 | ZAOSU | 来伊份 LYFEN | SUNGARPO | Herbalife 康宝莱 | RUNEXUS 瑞耐客 | DeePlant 植电 | SASHUN 运动冷喷 | SOURMY 舒由美

铁人村合作伙伴
Ironman Village Partners

iGPSPORT 迹驰 | QUICK PRO | 2XU | FALCO 专注铁三TT公路

赛事支持伙伴
Event Supporting Partners

耐吉赛事

官方合作媒体
Challenge Shanghai Official Media

IRONCATS | 铁三TV IRON TRIATHLON TV ENDURANCE | 打铁123 | 铁三Logan 解凌峻

Challenge CEO
欢迎辞



Jort Vlam

欢迎来到首届挑战上海！我们非常荣幸能置身于这座极具标志性的城市，将世界顶尖运动员与本地同龄选手齐聚于此，在这壮丽的环境中展开激烈角逐。我们热切期待与当地团队和社区携手合作，让这项赛事成为中国铁人三项赛程中不可或缺的一场！

感谢大家对挑战上海比赛的热情投入与坚定支持，也感谢你们对挑战家族的信任。同时，我也要向所有为举办此次赛事付出辛勤努力的挑战上海团队成员表示衷心感谢。特别感谢无数志愿者、当地利益相关方、赞助商以及整个社区给予的支持。

Challenge Family始终以运动员为中心，我相信您将在全球各地我们举办的每一场比赛中，感受到这种友好、热情且包容的氛围，而在这里这一绝佳目的地，这种体验尤为突出。温暖的款待、快速的赛道以及优美的环境，共同营造出一场令人难忘的赛事体验。

祝您比赛顺利，期待在终点线与您相见！

Dear Athletes

Welcome to the inaugural Challenge Shanghai! We are excited to be in such an iconic city, bringing many of the world's top athletes to race alongside local age group athletes in this stunning setting. We are very much looking forward to working with the local team and community to establish this as a must-do race on China's triathlon calendar!

Thank you for your passion and commitment to race Challenge Shanghai and for your trust in Challenge Family. I also express my thanks to the entire Challenge Shanghai team who have worked so hard to bring this race to you. And special thanks must go to the countless volunteers, local stakeholders, sponsors as well as the local community for their support.

Challenge Family is all about the athlete and I know you will experience this for yourself with the friendly, welcoming and inclusive atmosphere that prevails at all our races around the globe and especially so here in this spectacular destination. The warm hospitality, the fast course and beautiful setting all combine to create an unforgettable race experience.

I wish you all the very best for your race and see you at the finish line!

CHALLENGE SHANGHAI

WELCOME MESSAGE FROM THE ORGANIZING COMMITTEE

赛事方欢迎辞

Dear Athletes,
Welcome to Challenge Shanghai 2026!
In 2026, Challenge comes to Shanghai for the first time. This marks not only a new beginning for an international triathlon event, but also a meaningful dialogue between sport and the city, and between people and nature.
We have chosen Haiwan, Fengxian, Shanghai, as the starting point of this journey.
Here, sea breezes sweep through vast forests, where the energy of the city meets the openness of nature. As a coastal destination looking towards Shanghai's future, Haiwan, Fengxian, is embracing the world with an open spirit, making sport a new connection between the city, its natural environment, and its people.
We envision Challenge Shanghai as more than a memorable race. We hope it will become an international platform showcasing the spirit of Shanghai and the distinctive character of Haiwan, Fengxian. We hope athletes from around the world will come together through sport, connect through challenge, and leave with lasting memories of this remarkable place.
Triathlon has never been solely about the limits of physical endurance. It represents the human courage to explore the unknown and go beyond what we once believed possible.
Every entry into the water, every pedal stroke against the wind, and every determined stride redefines our personal boundaries. Whether you are an experienced triathlete or embarking on your first Challenge journey, your presence will become part of this event's history.
We believe the true value of a great sporting event extends far beyond the glory of the finish line. It lies in inspiring more people to embrace sport, experience the power of challenge, and contribute to a lasting sporting culture within a city.
This is the founding vision of Challenge Shanghai and our commitment to the future.
We extend our sincere gratitude to every athlete, as well as the local government, volunteers, officials, partners, and event staff whose dedication makes this event possible. Athlete safety will always be our foremost responsibility, and we are committed to welcoming every participant with professional event organization and genuine care.
On October 24–25, 2026, let us come together in Haiwan, where the sea breeze meets the forest, to begin a new chapter in the story of Challenge Shanghai.
Let challenge bring the world together, and let sport make our city shine.
May you start with courage and return with pride.
We look forward to seeing you at the finish line!

Challenge Shanghai 2026
Organizing Committee

WELCOME MESSAGE FROM THE ORGANIZING COMMITTEE

赛事方欢迎辞

亲爱的运动员们：

欢迎来到2026 Challenge Shanghai！

2026年，Challenge首次来到上海。这不仅是一场国际铁人三项赛事的全新启程，更是一次体育与城市、人与自然之间的深度对话。

我们选择上海奉贤海湾作为这段旅程的起点。

这里，海风穿越万亩林海，城市的活力与自然的辽阔交相辉映。作为上海面向未来的滨海空间，奉贤海湾正以开放的姿态拥抱世界，让体育成为连接城市、生态与人文的新纽带。

我们期待，Challenge Shanghai不仅是一场值得铭记的比赛，更能成为展示上海城市精神、传递奉贤海湾独特魅力的国际窗口。让来自世界各地的运动员因赛事而相聚，因挑战而相识，也因这片土地而留下长久的记忆。

铁人三项所代表的，从来不只是体能的极限，更是人类不断探索未知、超越自我的勇气。

每一次跃入水中，每一次迎风骑行，每一步坚定奔跑，都是对自我边界的重新定义。无论你是久经赛场的铁人，还是第一次踏上Challenge征程的新朋友，你的到来，都将成为这场赛事历史的一部分。

我们相信，一场伟大的赛事，其价值不仅在于终点线上的荣耀，更在于它能够激励更多人走向运动，让更多人感受挑战的力量，并为一座城市留下持续生长的体育文化。

这正是Challenge Shanghai的初心，也是我们面向未来的承诺。

在此，我们向所有运动员，以及为赛事倾注心血的当地政府、志愿者、裁判员、合作伙伴和工作人员致以诚挚的感谢。我们将始终以运动员安全为首要责任，以专业的赛事组织与真诚的服务，迎接每一位挑战者。

2026年10月24日至25日，让我们相聚海湾，在海风与林海之间，共同开启属于Challenge Shanghai的新篇章。

让世界因挑战而相聚，让城市因体育而闪耀。

愿你带着勇气出发，带着骄傲归来。

期待与你在终点相见！

CHALLENGE SHANGHAI

Pro Triathletes
职业运动员



Miao Hao(China)

2026 Challenge Slovakia World Championship 3:49:15 —— Challenge 斯洛伐克世锦赛 —— 刷新个人半程大铁纪录
2024 IRONMAN Hamburg European Championship 7:58:04 —— IRONMAN 汉堡欧锦赛 226K 大铁 —— 亚洲首位大铁破 8 小时
2024 IRONMAN KONA World Championship AG Champion —— IRONMAN 科纳世锦赛 —— 年龄组冠军
2022 IRONMAN KONA World Championship AG Champion —— IRONMAN 科纳世锦赛 —— 年龄组冠军
2022 IRONMAN Mallorca 3rd —— IRONMAN 马洛卡站 —— 全场季军

Alejandro Rilo(Spain)

2026 Challenge Gdansk 6th —— 格但斯克挑战赛——第6名
2026 Half Pamplona 4th —— 潘普洛纳半程赛——第4名
2025 Challenge Barcelona 7th —— 巴塞罗那挑战赛——第7名





Axel Beci(Spain)

Making his Challenge debut —— 挑战赛系列赛事首秀
2024 Mediterranean Epic Triathlon 9th —— 地中海史诗铁三赛——第9名
2024 Peniscola Infinitri 10th —— 佩尼斯科拉无限铁三赛——第10名
2023 Triathlon Fromista 9th —— 弗罗米斯塔铁三赛——第9名

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职业运动员



Brett Clifford(New Zealand)

2026 Challenge Gunsan 5th —— 群山挑战赛——第5名
2026 Challenge Taiwan Half 6th —— 中国台湾半程挑战赛——第6名
2025 Ironman 70.3 Shanghai 10th —— 上海70.3铁人三项赛——第10名

Ben Hamilton(New Zealand)

2024 Ironman 70.3 Sunshine Coast Champion —— 阳光海岸70.3铁人三项赛——冠军
2024 Ironman 70.3 St. George 2nd place —— 圣乔治70.3铁人三项赛——亚军
2023 Challenge Gunsan 3rd —— 群山挑战赛——第3名





Joel Wooldridge(Australia)

2025 Challenge Xiamen 10th —— 厦门挑战赛——第10名
2025 Hell of the West 6th —— 西部炼狱挑战赛——第6名
2024 Challenge Taiwan Half 3rd place —— 中国台湾半程挑战赛——第3名

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Pro Triathletes
职业运动员



Michael Boult(Australia)

2024 Ironman New Zealand 11th —— 新西兰铁人三项赛——第11名
2024 Ironman 70.3 Tasmania 6th —— 塔斯马尼亚70.3铁人三项赛——第6名
2023 Challenge Canberra 12th —— 堪培拉挑战赛——第12名

Nathan Dortmann(France)

2026 Challenge Gunsan 3rd —— 群山挑战赛——第3名
2025 Challenge Xiamen 7th —— 厦门挑战赛——第7名
2025 Hervey Bay 100 4th —— 赫维湾百公里赛——第4名





Nicholas Free(Australia)

2026 Hell of the West 2nd place —— 西部炼狱挑战赛——亚军
2025 Ironman 70.3 Shanghai 2nd place —— 上海70.3铁人三项赛——亚军
2023 Hervey Bay 100 Champion —— 赫维湾百公里赛——冠军

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职业运动员



Ognjen Stojanovic(Serbia)

2026 Challenge Gdansk Champion —— 格但斯克挑战赛——冠军
2025 Challenge Xiamen 2nd place —— 厦门挑战赛——亚军
2024 Challenge Xiamen Champion —— 厦门挑战赛——冠军

Sebastian Fuchs(Austria)

2026 Challenge Gdansk 10th —— 格但斯克挑战赛——第10名
2026 Challenge Mogan Gran-Canaria 5th —— 大加那利岛莫甘挑战赛——第5名
2025 Challenge Samarkand 7th —— 撒马尔罕挑战赛——第7名





Xander Marsh(New Zealand)

Making his Challenge debut —— 挑战赛系列赛事首秀
2026 Ironman 70.3 Sydney Top 20 —— 悉尼70.3铁人三项赛——前20名

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Pro Triathletes
职业运动员

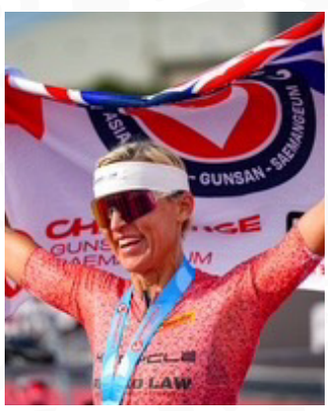


Alanis Siffert (Switzerland)

2026 Alpe D'Huez Champion —— 阿尔卑斯迪厄兹挑战赛——冠军
2026 Challenge Roth Champion —— 罗斯挑战赛——冠军
2026 Ironman 70.3 Shanghai Champion —— 上海70.3铁人三项赛——冠军

Amy Van-Tassell (USA)

2026 Challenge Gunsan 2nd place —— 群山挑战赛——亚军
2026 Challenge Taiwan Half 6th —— 中国台湾半程挑战赛——第6名
2025 Challenge Fortaleza 5th —— 福塔莱萨挑战赛——第5名
2024 Challenge Gunsan 5th —— 群山挑战赛——第5名





Caroline Bridges (U.A.E)

Making her PRO debut —— 职业赛首秀

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Pro Triathletes
职业运动员



Jasmine Brown (Australia)

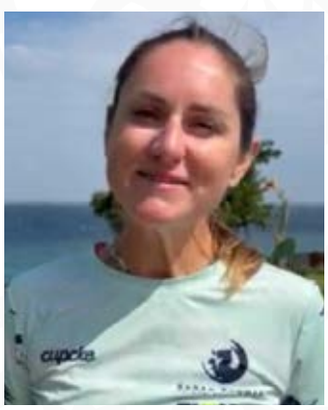
2026 Hell of the West 2nd place —— 西部炼狱挑战赛——亚军
2026 Challenge Wanaka Half 4th —— 瓦纳卡半程挑战赛——第4名
2025 Hervey Bay 100 4th —— 赫维湾百公里赛——第4名

Rachel Faulds (Canada)

2026 Challenge Gunsan 4th —— 群山挑战赛——第4名
2025 Challenge Xiamen 8th —— 厦门挑战赛——第8名
2025 Challenge Taiwan Half 5th —— 中国台湾半程挑战赛——第5名



Pro Triathletes
职业运动员



Sarah Thomas (Australia)

2025 Challenge Gunsan 2nd place —— 群山挑战赛——亚军
2025 Challenge Taiwan Half 4th —— 中国台湾半程挑战赛——第4名
2021 Ironman Western Australia 2nd place —— 西澳大利亚铁人三项赛——亚军

Nicole Valentine (USA)

2026 Challenge Gunsan 3rd place —— 群山挑战赛——第3名
2026 Ironman 70.3 Shanghai 4th —— 上海70.3铁人三项赛——第4名
2024 Challenge Gdansk 6th —— 格但斯克挑战赛——第6名



CHALLENGE SHANGHAI

Race Weekend Schedule
赛事周末日程

10月23日（星期五）		
时间	**内容**	**地点**
9:30-18:00	信息台开放、自行车维修服务	海湾森林公园 主会场
9:30-18:00	铁人村开放	
9:30-18:00	运动员报到、领取参赛物品（分龄组所有组别，比赛当天不开放领物）	
10:00-10:30	职业组运动员技术会	赛事官方酒店
14:30-16:00	熟悉游泳赛道/游泳能力测试	游泳出发区
15:30-16:15	职业组运动员+分龄组精英运动员见面会	海湾森林公园 主会场
16:00-16:30	中距离113km分龄组中文技术说明会	
16:00-19:00	中距离113公里职业组、分龄组交车与放置换项包	
16:30-17:00	中距离113km分龄组英文技术说明会	
18:00-20:00	能量晚宴	赛事官方酒店

10月24日（星期六）		
时间	**内容**	**地点**
6:20-17:00	信息台开放、自行车维修服务	海湾森林公园 主会场
9:30-17:00	铁人村开放	
9:30-17:00	全程、骑跑、半程分龄组运动员报到，领物（比赛当天不开放领物）	
9:30-17:00	小铁人、小小铁人组别运动员报到、领取参赛物品	
6:20-7:00	职业组转换区开放	转换区
6:20-7:10	职业组芯片和泳帽领取	游泳检录区
7:15	男子中距离职业组比赛开始	游泳出发区
7:20	女子中距离职业组比赛开始	游泳出发区
7:15-8:30	分龄组转换区开放	转换区
7:15-9:10	分龄组芯片和泳帽领取	游泳检录区
8:30-9:00	第四届上海湾户外运动季暨2026年海湾红叶嘉年华开幕式	主会场舞台
9:15	中距离分龄组比赛开始 （关门时间：游泳1小时30分，游泳+骑行5小时30分，游泳+骑行+跑步8小时）	游泳出发区
11:10	鲜花仪式（中距离职业组运动员颁奖）	终点区
13:30-17:00	转换区开放运动员取车	转换区

CHALLENGE SHANGHAI

Race Weekend Schedule
赛事周末日程

10月24日（星期六）		
时间	**内容**	**地点**
15:00-16:30	熟悉游泳赛道/游泳能力测试（全程51.5km、半程25.75km）	游泳出发区
16:45-17:15	分龄组运动员技术会议（全程51.5km、半程25.75km）	海湾森林公园主会场
17:30-20:00	铁人之夜（中距离分龄组颁奖，赞助商抽奖，俱乐部奖，DJ，晚宴）	

10月25日（星期日）		
时间	**内容**	**地点**
5:30-16:00	信息台开放、自行车维修服务	转换区
9:00-16:00	铁人村开放	
5:30-6:45	转换区开放交车（全程51.5km、半程25.75km、骑跑两项）	
5:30-6:45	芯片和泳帽领取	游泳检录区
6:45-6:55	开赛仪式	游泳出发区
7:00	全程51.5km比赛开始 （关门时间：游泳1小时10分，游泳+骑行2小时40分，游泳+骑行+跑步4小时0分）	游泳出发区
7:10	骑跑两项50km比赛开始 （关门时间: 骑行1小时30分，骑行+跑步3小时30分）	换项区
8:30	半程分龄组25.75km比赛开始 （关门时间：游泳35分，游泳+骑行1小时20分，游泳+骑行+跑步2小时0分）	游泳出发区
10:00-11:30	转换区开放取车（全程51.5km、半程25.75km）	转换区
11:00	颁奖仪式（全程组、骑跑两项、半程组）	终点区
9:00-12:00	小铁人、小小铁人组别运动员（报到、领取参赛物品与芯片）	海湾森林公园主会场
12:00-13:00	小铁人转换区开放交车	转换区
13:15-13:30	开幕式	终点区舞台
13:30	小铁人组别8.8km比赛开始	骑车出发
14:00	小小铁人组别3.8km比赛开始	骑车出发
14:30	小铁人赛颁奖仪式	终点区
14:30-15:30	小铁人赛转换区开放取车	转换区

CHALLENGE SHANGHAI

Race Weekend Schedule
赛事周末日程

Friday, 23 October		
Time	**Content**	**Venue**
9:30-18:00	Information Desk Open, Bicycle Maintenance Service	Shanghai Haiwan National Forest ParkMain Venue
9:30-18:00	Expo Open	
9:30-18:00	Athlete Check-in & Race Packet Collection (All Age Groups; NO packet collection on race day)	
10:00-10:30	Pro Athlete Technical Briefing Mandatory	Official Event Hotel
14:30-16:00	Swim Course Preview / Swim Ability Test	Swim Start Area
15:30-16:15	Meet & Greet: Pro Athletes + Elite Age Group Athletes	Shanghai Haiwan National Forest ParkMain Venue
16:00-16:30	Chinese Technical Briefing for 113km Middle Distance Age Group	
16:00-19:00	Vehicle delivery and placement of change bags for the professional and age-specific groups in the mid-distance race of 113 kilometers	
16:30-17:00	English Technical Briefing for 113km Middle Distance Age Group	
18:00-20:00	Energy Dinner	Official Event Hotel

Saturday, 24 October		
Time	**Content**	**Venue**
6:20-17:00	Information Desk Open, Bicycle Maintenance Service	Shanghai Haiwan National Forest ParkMain Venue
9:30-17:00	Expo Open	
9:30-17:00	Olympic & sprint Distance Age Group Athlete Check-in & Race Packet Collection (NO packet collection on race day)	
9:30-17:00	Challenge junior Check-in & Race Packet Collection	
6:20-7:00	Transition Area Open for Pro Athletes	Transition Area
6:20-7:10	Chip & Swim Cap Collection for Pro Athletes	Swim Check-in Area
7:15	Men's Middle Distance Pro Race Start	Swim Start Area
7:20	Women's Middle Distance Pro Race Start	Swim Start Area
7:15-8:30	Transition Area Open for Age Group Athletes	Transition Area
7:15-9:10	Chip & Swim Cap Collection for Age Group Athletes	Swim Check-in Area
8:30-9:00	Opening Ceremony of the 4th Shanghai Bay Outdoor Sports Season & 2026 Bay Red Leaf Carnival	Finish Line Stage
9:15	Middle Distance Age Group Race Start Cut-off times: Swim 1h30m; Swim+Bike 5h30m; Swim+Bike+Run 8h	Swim Start Area
11:10	Flower Ceremony (Awarding ceremony for middle-distance professional athletes)	Finish Line
13:30-17:00	Transition Area Open for Athlete Bike Pick-up	Transition Area

CHALLENGE SHANGHAI

Race Weekend Schedule
赛事周末日程

Saturday, 24 October		
Time	**Content**	**Venue**
15:00-16:30	Swim Course Preview / Swim Ability Test (OD 51.5km & Sprint 25.75km)	Swim Start Area
16:45-17:15	Age Group Technical Briefing (51.5km & 25.75km)	Shanghai Haiwan National Forest ParkMain Venue
17:30-20:00	Triathlete Night (Award presentation for age groups at medium distances, sponsor's lucky draw, club awards, DJ, and dinner)	

Sunday, 25 October		
Time	**Content**	**Venue**
5:30–16:00	Information Desk Open, Bicycle Maintenance Service	Transition Area
9:00–16:00	Expo Open	
5:30–6:45	Transition Area Open for Bike Check-in (51.5km & 25.75km & Duathlon)	
5:30-6:45	Chip & Swim Cap Collection	Swim Check-in Area
6:45-6:55	Race Opening Ceremony	Swim Start Area
7:00	Olympic Distance Race Start Cut-off times: Swim 1h10m; Swim+Bike 2h40m; Swim+Bike+Run 4h	Swim Start Area
7:10	Duathlon 50km Race Start Cut-off times:Bike 1h30m; Bike+Run 3h30m	Run Start Area
8:30	Sprint Distance Race Start Cut-off times: Swim 35m; Swim+Bike 1h20m; Swim+Bike+Run 2h	Swim Start Area
10:00–11:30	Transition Area Open for Bike Pick-up (Full 51.5km & Half 25.75km)	Transition Area
11:00	Award Ceremony（Full Distance、Duathlon、Half Distance）	Finish Line
9:00–12:00	Challenge junior Check-in, Race Packet & Chip Collection	Shanghai Haiwan National Forest ParkMain Venue
12:00–13:00	Transition Area Open for Bike Check-in – Challenge junior	Transition Area
13:15–13:30	Opening Ceremony	Finish Line Stage
13:30	Challenge junior 8.8km Race Start	Bike Start Area
14:00	Challenge junior 3.8km Race Start	Bike Start Area
14:30	Challenge junior Award Ceremony	Finish Line
14:30–15:30	Transition Area Open for Bike Pick-up – Challenge junior	Transition Area

CHALLENGE SHANGHAI

Pre-Race
赛前

1. 运动员报到

10月23日9:30-18:00 (113km分龄组和所有组别);
10月24日9:30-17:00(全程、半程、骑跑两项、小铁人分龄组);
10月25日10:30-11:30（小铁人组别运动员）
报到地点：海湾森林公园主会场；
联系人：于海龙；
手机：+86-13811046985

1. Pre-Race

Race Kits Pick-up time:
9:30-18:00,October 23(All Age Groups);
9:30-17:00,October 24(Olympic Distance,Sprint Distance &Duathlon Age Group, Challenge Junior);
Venue:Shanghai Haiwan National Park,Race expo;
Contact person: Hailong Yu;
Mobile: +86-13811046985

2. 运动员报到时请提供以下材料：

(1)个人有效证件原件和复印件
(2)近半年内的血压与心电图体检报告
(3)游泳能力证明，深水合格证或过去一年内的铁人三项/公开水域完赛证书
(4)有签字的参赛声明

2.Triathletes are requested to provide the following documents upon check-in:

1.Original and copy of personal valid documents
2.Blood pressure and electrocardiogram examination reports within the past six months

3.Proof of swimming ability, Deep water certification or a triathlon/open water completion certificate from the past year
4.Signed statement of participation

·组委会将为运动员购买保险，请还没有提供身份信息的联系客服邮箱:service@challenge-shanghai.com 或微信: BigK-DS2
The organizing committee will purchase insurance for the athletes. Those who haven't provided their identity information should contact the customer service by email:service@challenge-shanghai.com or WeChat: BigK-DS2

3. 分龄组运动员装备领取

1. 赛前报到领取参赛包，内含：手环、号码布、纹身贴、自行车贴、头盔贴、赞助商物资、跟屁虫、定制水壶（中距离）、换项袋、双肩包。
2. 分龄组运动员计时芯片与泳帽将在比赛当天早晨游泳下水前的检录处领取。
3.完赛可获得纪念T 恤、奖牌、浴袍、赛事赞助商物资。

4. 接力组运动员装备领取

不需要全队3人同时到场，派1名代表即可统一领取全队所有物资前提：领物代表携带材料
1. 本人有效身份证件原件
2. 全队所有参赛队员身份证/护照复印件（或照片电子版备查）

4. Relay Team Kits Collection:

It is not necessary for all three team members to be present; one representative may collect all team supplies on behalf of the entire team, provided the following materials are brought by the representative:
1. Original valid ID document of the representative
2. Photocopies (or digital photos) of ID cards/passports of all team participants

5. 团队装备领取

10人及以上对团报团队将享受「专属俱乐部团体签到通道」无需排队等候，快速完成检录。团队成员不支持代领，需要选手本人凭有效身份证件领取。

5. Team Kits collection:

Groups of 10 or more people who register as a team will enjoy an "exclusive club group check-in channel" without having to queue up, allowing for quick check-in. Team members are not allowed to collect on behalf of others; each player must collect their equipment personally with a valid ID.



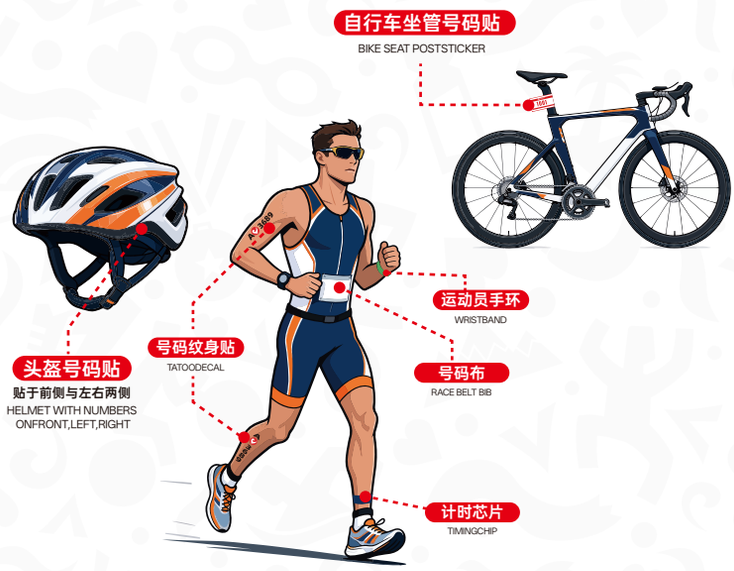


新闻
News

选手相册
Athlete Photo Gallery

3.Packet Pick-Up For Age Groups

(1) Check in before the race to receive the race bag ,which contains: bracelet, bib number,tattoo sticker,bike sticker,helmet sticker ,water bottle (Middle Distance), transition bag and backpack.
(2)Timing chips and caps will be collected at the check-in point on race morningbefore the swim.
(3)Finishers will receive T-shirt, medal, bath towel ,Sponserd items and other supplies.



4. 运动员技术会议

1. 中距离113km 分龄组运动员中文技术会
时间：10月23日(星期五)16:00-16:30
地点：海湾森林公园主会场
2. 中距离113km 职业组运动员英文技术会
时间：10月23日(星期五)10:00-10:30
地点：上海临港美爵酒店会议室
所有职业组运动员必须参加
3. 分龄组运动员技术会议(全程51.5km、半程25.75km、骑跑两项50km)
时间：10月24日(星期六)16:45-17:15
地点：终点区域主席台

4.Triathletes Technical Meeting

1.Middle Distance Age Group Chinese Technical Meeting
Time:16:00-16:30,Friday,October 23
Place:Main Stage, Shanghai Haiwan National Forest Park
2.Middle Distance Pro Group English
Technical Meeting Time:10:00-10:30, Friday,October 23
Place: Mercure Hotel
Mandatory for PROs
3. Age Group Technical Meeting (Olympic Distance,Sprint Distance, Duathlon)
Time:16:45-17:15,Saturday,October 24th
Place:Main Stage, Shanghai Haiwan National Forest Park

5. 职业组、分龄组精英运动员见面会

职业组+分龄组精英运动员见面会
时间：10月23日(星期五)15:30--16:15
地点：海湾森林公园主会场

5.Pro and Age Group Elite Triathletes Meet &Greet

1.Pro and Age Group Elite Triathletes Meet &Greet
Time:15:30-16:15, Friday,October 23
Venue:Main Stage, Shanghai Haiwan National Forest Park

6. 深水测试、游泳试水开放时间

1. 分龄组组无有效深水合格证的运动员需在赛区进行铁人三项游泳能力测试，测试合格后方可参赛， 试水必须佩戴游泳安全浮球(“跟屁虫”)。铁人三项组别赛事包提供跟屁虫。
2. 职业组运动员无需参加游泳能力测试。
1. 时间：
10月23日(星期五)14:30-16:00
10月24日(星期六)15:00-16:30
2. 地点：游泳赛道
3. 测试内容：连续游泳200米；头、手露出水面踩水30秒，测试合格后方可参赛；测试不合格视 为退赛且报名费不予退还。

6.Swimming Proficiency Tests &Swim Course Familiarization

1. Age Group Triathletes without a valid deep water certificate are required to have swimming proficiency tests in the race area,and can compete only after passing the tests. They must wear a Swimming Safety Buoy(Float Bag)during swim course familiarization.The triathlon group package includes a buoys.
2.No need of swimming proficiency tests for Pro Group.
Time:
14:30-16:00,Friday,October 23
15:00-16:30,Saturday,October 24
2.Location:Swim course
3.Tests: 200 meters of continuous swimming;treading water for 30 seconds with head and hands out of the water.Triathletes can join the competition only after passing the tests. Failing the test will be regarded as withdrawal from the race and the entry fee will not be refunded.

7. 转换区开放交车时间

10月23日16:00-19:00 中距离113km 职业组、分龄组交车
10月25日5:30-6:45全程51.5km、 半程25.75km、 骑跑两项50km 分龄组交车。
10月25日12:00-13:00 小铁人交车
注意：进入转换区交车，需要在贴好车架号码和头盔号码，同时佩戴好头盔。

7.Transition Area Bike Check in time

16:00-19:00,Friday,October 23,Middle Distance 113km Pro Group and Age Group vehicle handover.
5:30-6:45,Sunday, October 25 ,Olympic Distance,Sprint Distance,Duathlon Age Group vehicle handover.
10:00–13:00 on October 25, Challenge junior vehicle handover.
Note: Enter the transition area to rack your bike, ensuring that both the frame number and helmet number are properly

8. 自行车技术服务

(1)开放时间：
10月23日9:30-18:00
10月24日5:30-17:00;
10月25日5:30-11:00
(2)服务地点：自行车技术服务位于换项区入口处旁边。
10月22日13:30-17:00 官方酒店一楼入口处

8.Bike Technical Services

1.Opening hours:
9:30-18:00,Friday,October 23
5:30-17:00,Saturday,October 24
5:30-11:00,Sunday,October 25
2.Service Location: Beside the transition entrance.
13:30-17:00,Thursday,October 22, Official hotel ground floor entrance

9. 铁人之夜

分龄组运动员凭运动员手环参加：运动员晚宴，中距离分龄组颁奖，赞助商抽奖，罗特名额抽奖。
亲友如须参加请现场通过二维码购买餐票，现场检票入场。

时间：
中距离能量晚宴 10月23日(星期五) 18.00-20.00 地点：临港美爵酒店**宴会**厅
铁人之夜 10月24日(星期六)17:30-20:00 地点：海湾公园主会场

餐券购买二维码

9.Triathlete Night

Energy dinner October 23th, Friday at Lingang Grand M ercure
Triathlete Night October 24th at **Main Stage**,Shanghai Haiwan National Forest Park
Guests and relatives wishing to attend must purchase meal tickets on-site via the QR code and check in at the entrance.
If you are a foreigner without a Chinese mobile phone number or WeChat account, please purchase the meal vouchers on-site.

铁人之夜流程：

17:30 选手入场签到，自助晚宴同步开放，DJ 暖场；
18:00 主持人开场；
18:05–18:40 中距离分龄组颁奖；
18:40–19:10 各大俱乐部奖项颁奖；
19:10–19:25 参赛选手集体生日庆典；
19:25–20:30 DJ 派对自由交流、幸运抽奖，选手自由用餐社交；

Triathlete Night Program:

17:30 Contestants check in and dinner buffet opens; DJ sets begin to warm up the atmosphere.
18:00 Host welcomes guests and introduces the event.
18:05–18:40 Awards ceremony for middle-distance age-group categories.
18:40–19:10 Presentation of awards to various clubs.
19:10–19:25 Group birthday celebration for participating athletes.
19:25–20:30 DJ party, lucky draw, and casual dining and socializing.

10. 亲友安排

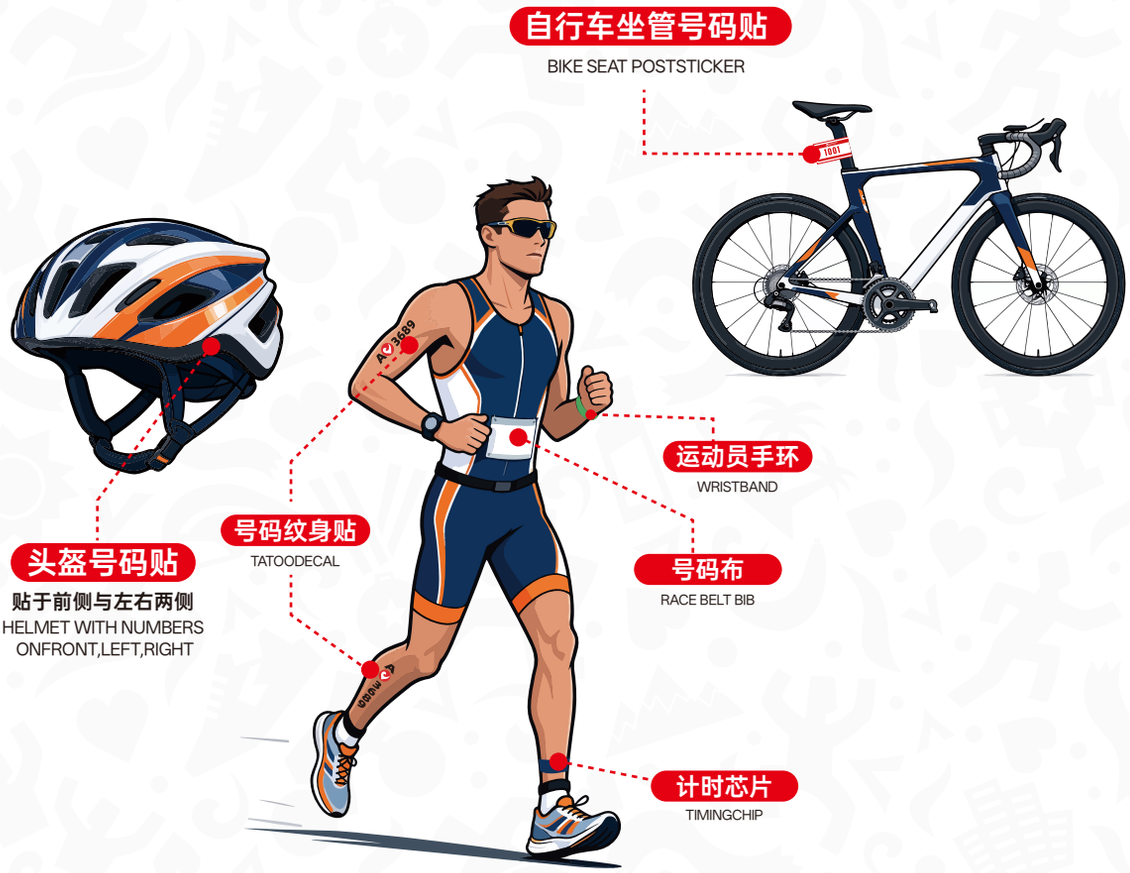
赛事期间，参赛运动员及1名同行亲友凭赛事手环可免费进入上海海湾国家森林公园，无需另外购买门票。超出免费人数的亲友，按照公园相关规定享受半价入园优惠。
参赛选手可在赛事报到手环领取处领取亲友手环。

10.Relative

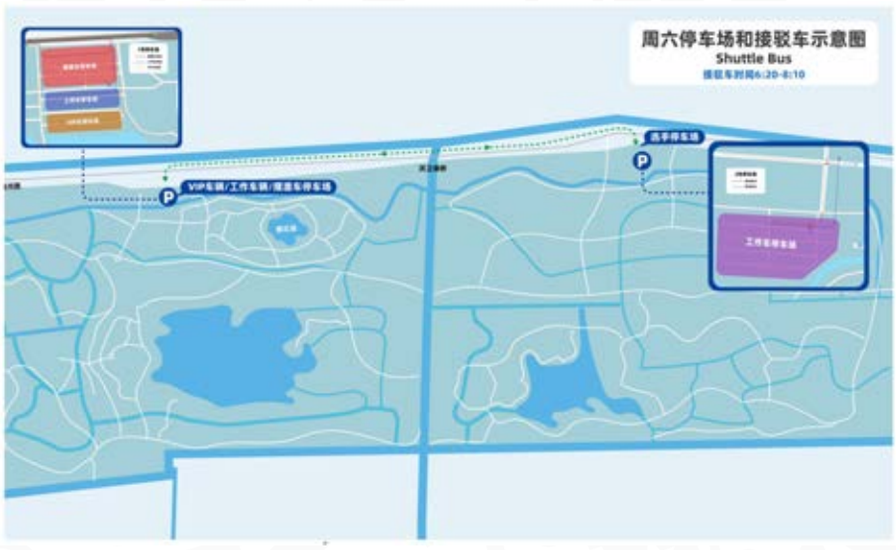
During the event, the participating athletes and one accompanying family member can enter Shanghai Haiwan National Forest Park for free with the event wristband, without the need to purchase additional tickets. For the accompanying family members exceeding the free limit, they will enjoy a 50% discount on park admission according to the park's regulations.

The accompanying family members can obtain the wristbands at the registration desk for the event.




自行车坐管号码贴
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运动员手环
WRISTBAND
号码纹身贴
TATOODECAL
号码布
RACE BELT BIB
头盔号码贴
贴于前侧与左右两侧
HELMET WITH NUMBERS
ONFRONT,LEFT,RIGHT
计时芯片
TIMINGCHIP


周六晚宴进出场动线
Saturday dinner entry and exit flow


周六停车场和接驳车示意图
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支付宝App推出专为境外游客服务的支付和旅行服务，致力于满足境外游客在中国使用移动支付的需求，让全球游客都能简单快捷地使用支付宝。
Overseas tourists can download Alipay App and bind a bank card (international cards are also supported on Alipay) to start their mobile payment journey across China.
境外游客可以下载支付宝，绑定银行卡后（目前支付宝已经支持绑定国际银行卡），就能在全国使用。
Whether to shop in brick-and-mortar stores, hail a cab, take public transport, book flight tickets or hotels, global travelers can all pay with Alipay.
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Additionally, Alipay also offers online translation, currency conversion, and other services to enhance the travel experience of global tourists in China.
此外，国际游客还可以使用支付宝提供的在线翻译、汇率查询等服务，提升来华旅行体验。
Payment made easy with Alipay at merchants
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You Can also Pay with Your Home E-wallets
您也可以选择使用您的电子钱包
Alipay+ is a suite of innovative cross-border digital payment and marketing solutions connecting global brands with mobile-savvy consumers worldwide. Alipay+ allows you to pay with your home e-wallets at merchants that display the 支 | Alipay+ logo, while enjoying additional perks.
Alipay+ 作为一套创新的跨境数字支付和营销解决方案，助力全球商家与移动时代消费者建立广泛连接。对于消费者来说，见 支 | Alipay+ 即可用自己手机上常用的电子钱包付款，享受便利和优惠。
When shopping at merchants in the Chinese mainland (except for special occasions), if you have AlipayHK, Kakao Pay, Touch 'n Go eWallet, OCBC, TrueMoney, MPay, Changi Pay, NAVER Pay, Toss Pay, Hipay or other Alipay+ partner e-wallet on your phone, just open it and pay directly once you see 支 | Alipay+ .
当您在中国内地商户消费购物时（特殊场景除外），如果您使用AlipayHK, Kakao Pay, Touch 'n Go eWallet, OCBC, TrueMoney, MPay, Changi Pay, NAVER Pay, Toss Pay, Hipay 或其他Alipay+合作的电子钱包，见到 支 | Alipay+ 标识，您可使用该电子钱包进行支付。
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Customer service hotlines
Chinese service：95188
English service：0571-26886000
Multilingual service：4001545118

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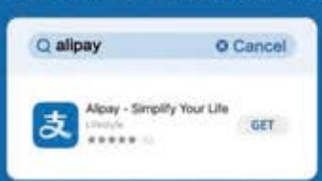
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CHALLENGE SHANGHAI

Transportation Guide
交通指南

·**自驾停车地点：**上海海湾国家森林公园1号/2号门停车场
·**停车时间说明：**
10月23日 海湾公园1号门停车场全天开放
10月24日 海湾公园1号门停车场7点前开放，7点后请停至2号门停车场1号停车场预计解封时间15:00
10月25日 海湾公园1号门主停车场7:00前开放1号主停车场预计解封时间10:00

10月24日、25日比赛日期间，参赛选手凭参赛号码布或报名邮件、注册信息可享受免费停车；其他日期停车收费标准为10元/次，不限停放时长。
10月24日将受自行车赛道封路影响，海湾公园1号门停车区域在7:00-15:00临时关闭。封闭期间，如有领物等相关需求的选手，请前往2号门停车场停车，或选择骑自行车前往赛事报到区域。

·**官方酒店接驳车：**运动员优先，亲友凭亲友手环免费乘坐（上限2人），自行车允许带上接驳车
·**官方酒店接驳车上车点：**上海临港美爵酒店-上海市奉贤区云樱路268弄1-3号

接驳车运营时间表：

选手接驳信息表

日期	行程方向	发车间隔	运行时间
10月23日	上海临港美爵酒店—上海小木屋花园度假村—上海海湾国家森林公园（预计25分钟）闭环运行	【准点始发】发车间隔60分钟	【9:00-18:00】（每个准点发车）
10月24日		【准点始发】发车间隔60分钟	【10:00-14:00】（每个准点发车）
		发车间隔30分钟	【14:00-18:00】（人满发车）
10月25日		发车间隔60分钟	【9:30-12:30】（每个半点发车）

（开赛前）选手接驳信息表

日期	行程方向	发车间隔	运行时间
10月24日	上海临港美爵酒店—上海小木屋花园度假村—上海海湾国家森林公园（预计25分钟）闭环运行	行程：从上海临港美爵酒店始发 发车间隔15分钟	6:00-8:15
10月25日			5:15-7:15

（返程）开赛后场地—始发地点接驳信息表			
日期	行程方向	发车间隔	运行时间
10月23日	上海海湾国家森林公园1号门—上海小木屋花园度假村—上海临港美爵酒店（预计25分钟）闭环运行	满员即走，空车不发	10:00-19:00
10月24日		发车间隔60分钟	12:00-18:00
		发车间隔30分钟	18:30-21:00
10月25日		发车间隔15分钟	10:00-12:00
			14:00-16:00

海湾公园2号停车场接驳车
上车地点： 2号停车场门口
10月24、25日在2号停车场与公园1号门之间将运行接驳车，人满即走/每20分钟
10月24日 7:00-8:20 人满即走，8:20-16:00每20分钟发车
10月23号周五 由于公园内有学生团体秋游，所有运动员可以携带自行车从1号门入口推入至换项区放车

接驳服务由challenge上海赛事组委会免费提供，步行至主会场约2.5km，建议选手周六、周日自行车前往主会场，具体乘坐安排请以现场指引为准。

Official hotel shuttle pick-up point:

Shanghai Lingang Mercure Hotel No. 1-3, 268 Linying Road, Fengxian District, Shanghai

Athlete Shuttle Schedule (Outbound)			
Date	Route	Frequency	Operating Hours
Oct 23	Grand Mercure Shanghai Lingang → Shanghai Cabin Garden Resort → Shanghai Haiwan National Forest Park (Approx. 25 mins one-way, circular route)	Departs on the hour60-minute intervals	9:00-18:00 (Hourly on the hour)
Oct 24		Departs on the hour60-minute intervals	10:00-14:00 (Hourly on the hour)
		30-minute intervals	14:00-18:00 (Departs when full)
Oct 25		60-minute intervals	9:30-12:30 (Every half-hour)

Pre-Race Athlete Shuttle Schedule (Outbound)			
Date	Route	Frequency	Operating Hours
Oct 24	Grand Mercure Shanghai Lingang → Shanghai Cabin Garden Resort → Shanghai Haiwan National Forest Park	Departs from Grand Mercure Shanghai Lingang	6:00-8:15
Oct 25			5:15-7:15

Post-Race Return Shuttle Schedule (Venue → Hotel)			
Date	**Route**	**Frequency**	**Operating Hours**
Oct 23	Gate 1, Shanghai Haiwan National Forest Park→ Shanghai Cabin Garden Resort → Grand Mercure Shanghai Lingang	Departs when full; no departure if empty	10:00-19:00
Oct 24		60-minute intervals	12:00-18:00
		30-minute intervals	18:30-21:00
Oct 25		15-minute intervals	10:00-12:00
			14:00-16:00

Self-driving parking location: Parking lot of Bay Park Gate 1/2
Parking time explanation:
October 23rd: Bay Park Gate 1 parking lot is open all day
October 24th: Bay Park Gate 1 parking lot is open until 7:00 AM, after 7:00 AM please park in Gate 2 parking lot
Gate 1 parking lot is expected to be released at 15:00
October 25th: Bay Park Main Parking Lot 1 is open until 7 AM, after 7 AM please park in the small parking lot of Gate 1
Main Bay Park Parking Lot 1 is expected to be released at 10:00 AM.
On Friday, October 23rd: as there will be student group outing in the park, all athletes were allowed to push their bicycles through the entrance at Gate 1 and check-in at the transition area.
Shuttle bus at parking lots: Athletes first, relatives and friends can take the shuttle for free with a family member's wristband (up to 2 people)
During the competition dates on October 24th and 25th, participants can enjoy free parking with their race bib number or registration email. The parking fee on other days is 10 yuan per time, with no limit on parking duration.
On October 24th, the bicycle race track will cause road closure. The parking area at Gate 1 of Bay Park will be temporarily closed from 7:00 to 15:00. During the closure period, if there are any requirements such as picking up items, the participants should park at the 2nd Gate parking lot or choose to ride a bicycle to the event registration area.
Shuttle bus at parking lots: Athletes first, relatives and friends can take the shuttle for free with a family member's wristband (up to 2 people). Bike are allowed to take on the bus.
Pick-up location: Bay Park Gate 1 entrance, Bay Park Gate 2 parking lot entrance
On October 24th and 25th, shuttle buses will operate between Gate 1 of Bay Park and Gate 1 of the park, leaving when full and leaving immediately upon full occupancy / every 20 minutes
October 24th: Leave immediately upon full occupancy from 7:00 to 8:20, leave every 20 minutes from 8:20 to 16:00

The shuttle service will be provided free of charge by the Challenge Shanghai Organizing Committee. It is about 2.5km away from the main venue by foot. Participants are recommended to ride bicycles to the main venue on Saturday and Sunday. Please follow the on-site instructions for specific transportation arrangements.

CHALLENGE SHANGHAI

Race Day
比赛日

游泳赛道
Swimming Course



1. 比赛距离

中距离游泳距离1.9公里，需要游外圈两圈(A-B-E-F-A-B-E-F-A)。
全程游泳距离1.5公里，需要游外圈两圈(A-B-C-D-A-B-C-D-A)。
半程游泳距离750米，只需游外圈一圈 (A-B-C-D-A)。
提示：
(1)分龄组泳帽、芯片在游泳下水前的检录区领取；
(2)游泳将按照分龄组组别滚动出发，逆时针游进；
(3)游泳必须绕过所有浮漂的外侧，游泳第二圈需要上岸绕过浮漂再下水，违规将会受到处罚。

Swim Distance:

Middle Distance:1.9km,2 laps of outer circle (A-B-E-F-A-B-E-F-A).
Olympic Distance:1.5km,2 laps of outer circle (A-B-C-D-A-B-C-D-A).
Sprint Distance:750 meters,1 lap of outer circle (A-B-C-D-A).
Note:
1.Swimming caps and timing chips will be received at the check-in area before the swim starts for age groups.
2.Rolling start according to age groups and counter-clockwise swim.
3.Swimmers must go around outside of all buoys.For the second lap of swimming, you need to get out of the water, go around the buoy, and then get back in.Violations will result in penalties.

2.游泳赛道规则

1、运动员可以使用任何泳姿进行比赛，也可以踩水或漂浮。
2、职业组运动员游泳赛段无需佩戴跟屁虫，分龄组运动员游泳赛段必须佩戴跟屁虫，不得裸露上身， 运动员在完成检录后可进入游泳出发区。

3 、运动员可以站立在水底或抓住静止物体休息，如浮漂或静止的船只，但不得借助其他外力辅助 前进，比赛中禁止使用呼吸管、脚蹼、手套、手蹼、夹腿板或者抱着跟屁虫前进，违规者将被取消 比赛资格。
4、60岁及以上所有组别和距离、60岁以下组中距离，低于24.6度允许穿胶衣，60岁以下全程/半程组别水温低于22度时，运动员可选择使用防寒泳衣，当水温低于16℃时，所有选手都必须穿着防寒泳衣。
5 、防寒泳衣任何部位的厚度都不能超过5毫米。如果泳衣是由两部分组成，则结合处的厚度也不 能超过5毫米的限制。
6 、防寒泳衣不可以覆盖运动员脸部、手部及脚部。
7、在游泳赛段禁止运动员佩戴耳机等电子设备。
8、遇紧急情况，运动员应高举单臂求救，竞赛管理人员和医疗工作人员一旦发现运动员身体状况不 适合继续进行比赛则运动员必须停止比赛，否则他们有权力将运动员移出游泳赛道，运动员退赛后 计时芯片将立即被回收。
9、如果受其他天气条件影响，如：强风、暴雨、温度变化及涌流变化等，组委会可调整游泳比赛距 离或规定使用防寒泳衣，最终决定由技术代表于比赛开始前1小时做出并向参赛运动员宣布。

2.Swim Course Rules

1.Triathletes may use any stroke to propel themselves through the water.They may also tread water or float.
2.No need of the Safety Buoy for Pro Group,while Age Group must use the Safety Buoy during the swim. No upper body can be exposed.Triathletes will be allowed to enter the swim start area after check-in.
3.Triathletes may stand underwater or rest by holding on to an stationary object,such as a buoy or stationary boat,but no forward progress should made with assistance.It is prohibited to use snorkel,flippers,gloves,paddlers or pull buoys,or hold the safety buoys for forward progress.Violators will be disqualified.
4.For all age groups and distances for athletes aged 60 and above, as well as for middle-distance events in the under-60 age group, wetsuits are permitted when water temperature is below 24.6°C. For full or half-distance events in the under-60 age group, athletes may choose to wear thermal wetsuits when water temperature drops below 22°C. When water temperature falls below 16°C, all participants must wear thermal wetsuits.
5.Wetsuits cannot exceed 5 mm thickness anywhere.If the wetsuit is made in two pieces, the combined thickness in the overlapping areas may not exceed the 5 mm thickness limit.
6. A wetsuit should not cover the face,hands,or feet.
7.Headsets or other electronic devices are prohibited during the swim segment.
8.In an emergency,an triathlete should raise an arm overhead and call for assistance. The Race Officials and medical personnel reserve the right to remove triathletes from the course if such removal is determined medically necessary.Timing chips should be returned once after the triathlete retires from the competition.
9.If other weather conditions dictate,i.e.,high winds,heavy rain,changing temperature, current,etc.the organizing committee may adapt limits of the swim length or adopt provisions about the use of wetsuit.The final decision will be made one hour before the start and will be clearly communicated to the triathletes by the Technical Delegate..

CHALLENGE SHANGHAI

转换区
Transition Area



1.赛前转换区开放交车时间

10月23日16:00-19:00中距离113km 职业组、分龄组交车(中距离113km 职业组、分龄组提前一天交车)
10月24日5:30-7:30比赛日当天中距离113km 职业组 (5:30-6:10) 、分龄组运动员可再次进入转换区将比赛所需其他物品放置在转换区，如头盔、骑行鞋、水壶等
10月25日5:30-6:45全程51.5km、半程25.75km、 骑跑两项50km 分龄组交车 交车必须佩戴头盔!

1.Pre-race Transition Area Bike Check-in:

16:00-19:00,October 23, Middle Distance Pro Group and Age Group(check in bikes one day before the race).
5:45-7:30, October 24 ,Middle Distance Pro Group (5:30-6:10) and Age Group can re-enter the Transition Area on race day to leave other equipment,such as helmets,cycling shoes, water bottles,etc.
5:30-6:45,October 25, Olympic Distance,Sprint Distance, Duathlon Age Group.
Note:Triathletes are requested to wear their helmets for bike check in.

2. 赛后转换区开放取车时间：

10月24日13:30-17:00(中距离113km 职业组、分龄组)
10月25日10:00-11:30(全程51.5km、 半程25.75km、 骑跑两项50km分龄组)

2.Post-race Transition Area Bike Check-out:

13:30-17:00,October 24 (Middle Distance Pro Group and Age Group)
10:00-11:30,October 25 (Olympic Distance,Sprint Distance, Duathlon Age Group)

3. 换项区规则

(1)运动员接触自行车的整个过程都必须戴好头盔。
(2)运动员必须使用指定的车架位置，并将自行车放上车架。
(3)除自行车赛段，在换项区内不允许骑行。上车线和下车线是换项区的一部分，选手在出上车 线后才能开始骑车，在下车线前提前下车，才能进入转换区。
(4)只有在比赛中需要用到的装备方可放置在转换区内，其他所有物品和装备须于比赛开始前转移出转换区；

(5)运动员必须把后续赛段需要使用的所有比赛装备放置在距离物品盒0.5米之内的地方。如果没有提供物品盒，上述装备需放置在距离车架号码或信息牌中心投影点0.5米之内。如果提供物品盒，则物品盒须放置在距离车架号码或信息牌0.5米之内。

3.Transition Area Rules

(1)The helmet must be securely fastened on the head at all times when the triathlete is in possession of the bike;
(2)Triathletes must rack bikes by seat at the designated spot;
(3)Cycling is prohibited inside the transition area.Mount and dismount lines are part of the transition area.Triathletes must mount their bikes after the mount line and dismount before the dismount line to enter the transition area;
(4)Only equipment to be used during the competition can be left in transition.All other belongings and equipment are to be removed before competition starts;
(5)Triathletes must place within 0.5m of the box all equipment to be used at a later stage in the event.If a box is not provided,the 0.5m will be measured from the point on the ground immediately below the rack number or name plate.The box,if provided,must be within 0.5m from the rack number or name plate.

骑行赛道
Bike Course



1. 比赛距离



中距离骑行距离90km，需要骑行4圈 T-(A-B-C-A)*4-T
全程骑行距离40km，需要骑行3圈 T-(A-C-A)*3-T
骑跑两项骑行距离40km，需要骑行3圈T-(A-C-A)*3-T
半程骑行距离20km，只需骑行1圈 T-A-C-A-T
提示：
中距离自行车赛道共设1个补给站，在离自行车赛道C点拐弯后100m补给站间隔约15公里，补给站提供水、功能饮料。

1.Bike Distance



Middle Distance:90km, 4 laps T-(A-B-C-A)*4-T
Olympic Distance:40km, 3 laps T-(A-C-A)*3-T
Sprint Distance:20km, 1 lap T-A-C-A-T
Duathlon:40km, 3 laps T-(A-C-A)*3-T
Note:
The middle-distance cycling track has one aid station. The aid station is located approximately 200 meters away from the turning point C of the cycling track. It provides water and electrolytes.

2.自行车赛道规则

(1)允许使用的自行车类型：公路车，铁三车，山地车；
(2)禁止使用的自行车类别：死飞车、共享单车以及任何带有助力装备的自行车参赛；
(3)所有自行车必须经过技术官员验车后才能进入换项区，运动员需在换项区关闭前将车放好；
(4)车把和附加把不得超过前轮前沿。分为两部分的附加把不须连结在一起。所有的管状装置的 末端均必须封闭；
(5)运动员所使用的头盔须经过国际铁联会员协会认可的国家级检测机构的认可，不允许对头盔 的任何部位进行改装，包括安全扣、外织物层，不能移除头盔的任何部分。运动员在接触自行车阶 段过程中必须全程配戴头盔，在游泳赛段结束后进入换项区取车之前，必须先佩戴好头盔才能取车， 在自行车赛段结束后进入换项区必须先放好自行车之后才能取下头盔；
(6)运动员在比赛中不得使用任何类型的通讯设备，例如手机、耳机、摄影机等电子设备；
(7)本次比赛自行车赛道上不提供自行车维修服务，参赛选手需自备自行车修补工具；
(8)本次比赛自行车赛段不允许尾随，禁止尾随规则为：
①中距离113km 职业组采用20米禁止尾随规则，进入另一名运动员尾随区后必须在45秒超车或 者退出尾随区。
②中距离113km、全程51.5km、半程25.75km、骑跑两项50km 分龄组均采用12米禁止尾随规则， 进入另一名运动员尾随区后必须在25秒超车或者退出尾随区。
尾随犯规处罚：
中距离113km 职业组、分龄组运动员第1、2次违规跟车将被罚时2分钟，第3次违规跟车将被取 消比赛资格；
全程51.5km 、 骑跑两项50km 分龄组运动员第1次违规跟车将被罚时1分钟，第2次违规跟车将 被取消比赛资格；
半程25.75km 分龄组运动员第1次违规跟车将被罚时30秒，第2次违规跟车将被取消比赛资格；
(9)运动员不允许在垃圾投放区之外丢弃任何物品。乱扔垃圾也将被处以时间处罚。
(10)安全提醒
●不允许越过中央中线；
●保持在右侧骑行，从左侧超车；
●注意赛道上可能出现的交通状况和障碍物。海边公路警惕突出的阶梯。关注自行车赛道上的信号指示和当前情况。在赛道上 出现的任何紧急服务车辆享有优先通行权；
●如果发生爆胎或轻微受伤，应离开自行车赛道，以免阻碍其他运动员。
(11)自行车项目不需要佩戴号码布，跑步必须佩戴号码布。



2.Bike Course Rules

(1)PERMITTED bike categories:Road bikes,Triathlon bikes,Mountain bikes;
(2)Prohibited categories of bicycles:Fixed-gear bikes,bikes from bike-share service,bikes with any assistance;
(3)All bikes must be checked by Technical Officials before entering the Transition Area, and triathletes must rack their bike before the Transition Area closes;
(4)Only handlebars and clip-on bars not extending beyond the leading edge of the front wheel will be permitted.Clip-on bars in two pieces do not need to be bridged.All tube ends have to be plugged;
(5)Helmets must be approved by a national accredited testing authority recognized by a National Federation affiliated with

World Triathlon.An alteration to any part of the helmet,including the chin strap,or the omission of any part of the helmet,including an outer cloth cover,is prohibited.The helmet must be securely fastened at all times when the triathlete is in possession of the bike.The triathlete must fasten the helmet securely on the head before entering the Transition Area and before mounting the bike and must not unfasten or remove the helmet until after they has moved outside the boundary of the bike course route and has dismounted the bike in the Transition Area;

(6) Triathletes are prohibited to use any type of communication devices,such as cell phones,headsets,cameras and other electronic devices during the race;

(7) Bike mechanics service will NOT be provided on the bike course.Triathletes must bring their own tools and parts and must carry out their own repairs;

(8)Drafting is not allowed on the bike course,specific rules are as follows:

- The bike draft zone for the Middle Distance Pro Group is 20 meters long.A maximum of 45 seconds will be allowed to pass through the zone of another triathlete,otherwise should be back out of the draft zone.
- The bike draft zone for the Age Group of Middle Distance,Olympic Distance,Sprint Distance and Duathlon is 12 meters long.A maximum of 25 seconds will be allowed to pass through the zone of another triathlete,otherwise should be back out of the draft Zone.

(9)Triathletes are not allowed to discard any item outside of the trash drop area.The coastal road features prominent steps. Littering will also be penalized with a time penalty.

(10)Safety reminder



- Crossing the middle central line is not allowed;
- Keep and ride on the right side, pass on the left;
- Be aware of possible traffic and obstacles on the course. Pay attention to signalization and the current situation on the bike course.Give priority to any emergency service vehicle that may occur on the course;
- Move out of the bike course in case of a flat tire or minor injuries to avoid blocking other triathletes.

(11)For the cycling, don't need to wear a number bib. However, for the running, a number bib must be worn in front of participant's body.

跑步赛道

Running Course



1. 比赛距离

中距离跑步距离21km, 需要跑四圈(A-B-D-A)*4
全程跑步距离10km, 需要跑两圈(A-B-C-A-B-C-A)
半程跑步距离5km, 只需跑一圈(A-B-C-A)
骑跑两项跑步距离10km, 需要跑两圈(A-B-C-A-B-C-A)。
提示:
跑步赛段设置2个双向补给站
(800米、1.2公里奥地利 RedBull能量站、1.8公里)、提供水、功能饮料、 食物(香蕉、能量胶）等能量补给。

1.Run Distance

Middle Distance: 21km,4 laps (A-B-D-A)*4
Olympic Distance: 10km,2 laps(A-B-C-A-B-C-A);
Sprint Distance: 5km,1 lap(A-B-C-A);
Duathlon: 10km,2 laps(A-B-C-A-B-C-A);
Note:
The running section features two bidirectional aid stations (at 800 meters and 1.2 kilometers, the Austrian Red Bull energy station, and at 1.8 kilometers), providing water, functional drinks, food (bananas, energy gels), and other energy supplies.

2. 跑步赛道规则

(1)运动员可以跑或走完成跑步赛段，不得借助任何外力完成比赛；
(2)运动员在比赛期间不得使用任何类型的通讯设备，例如手机、耳机等；
(3)运动员在跑步过程中不允许裸露躯干，必须穿着铁三服或运动服；
(4)运动员在比赛中需将号码布正确佩戴在身体前方；
(5)运动员在赛道上禁止在垃圾丢弃区之外丢弃任何物品，随意丢弃垃圾同样也将受到时间处罚；
(6)如遇紧急情况，请及时向志愿者或工作人员寻求帮助；
(7)运动员完赛可获得纪念T恤、奖牌、浴巾、赛事赞助商物资。

2.Run Course Rules

(1)Triathletes may run or walk but must not use any external force to finish the race;
(2)Triathletes are not allowed to use any type of communication devices,such as cellphones,headsets,etc.during the race;
(3)Running with a bare torso is prohibited.Triathletes must wear the triathlon uniform or sport suits;
(4)Triathletes are required to wear the bib number correctly in front of the triathlete
(5)Triathletes are not allowed to discard any item outside of the trash drop area.Littering will also be penalized with a time penalty;
(6)In case of emergency,please contact volunteers or staff for help;
(7)Finishers will receive a commemorative T-shirt,medal,bath towel,and sponsor products.

接力组
Relay Group

Challenge Shanghai 接力组为2- 3 人团队接力，分别完成游泳、骑行、跑步赛段，队员完成对应赛段，共同组合完成完整51.5km和 113km 距离。
1.队伍可以混合性别组队，不区分男子接力、女子接力，统一为混合接力排名。
2.每名运动员仅可加入一支接力队伍，不可同时报名个人 113km 组别与接力组别。

The Challenge Shanghai Relay Team consists of 2-3 members working together in a relay format, completing swimming, cycling, and running segments. Each team member completes their respective segment and together they complete the 51.5km and 113km distances.
1. The team can be composed of mixed-gender members, without distinguishing between men's and women's relays. They will be ranked collectively as a mixed relay team.
2. Each athlete can only join one relay team and cannot sign up for both the individual 113km category and the relay category at the same time.

装备、号码与计时芯片
Equipment, Numbers, and Timing Chips

1.号码布：每位接力队员将获得个人号码布；队伍配发 1 块接力专属计时芯片。
2.接力芯片为队伍唯一计时凭证，必须在 T1/T2 转换区内完成棒次交接，不允许在赛道外部进行芯片传递。
3.第 1 棒游泳选手佩戴接力芯片完成游泳赛段，上岸进入 T1 转换区后，将计时芯片交接给第 2 棒骑行队员；骑行完赛回到 T2 转换区，第 2 棒把芯片交接给第 3 棒跑步队员，由第 3 棒佩戴芯片冲过终点。
4.芯片丢失将导致队伍无有效完赛成绩，请妥善保管。

1. Numbered T-shirts: Each relay team member will receive a personal numbered T-shirt; the team will be provided with 1 relay-specific timing chip.
2. The relay chip is the only timing voucher for the team and must be completed the timing chip handover within the T1/T2 transition area. Chip transfer outside the race track is not allowed.
3. The first swimmer of the 1st baton wears the relay chip to complete the swimming segment. After emerging from the water and entering the T1 transition area, they will hand over the timing chip to the 2nd cycling team member. The 2nd cycling team member then passes the chip to the 3rd running team member, who wears the chip and crosses the finish line.
4. Losing the chip will result in the team having no valid finish time. Please keep it properly.

转换区接力交接规则
Relay Transfer Rules at the Transition Area

1.全部棒次交接仅限 T1、T2 转换区内部指定接力交接区域完成，严禁在赛道、换项区入口 / 出口、场外进行芯片交接。非指定区域交接，队伍将被判罚或取消成绩。
2.未到上场时间的接力队员，仅允许在转换区接力等候区停留，不得进入普通选手存车、换项区域。

3.T1 交接（游泳→骑行）：第一棒游泳选手出水完成游泳赛段，进入 T1 接力交接区，将计时芯片交付第二棒骑行选手；第二棒选手从交接区出发开始骑行赛段。
4.T2 交接（骑行→跑步）：第二棒骑行选手骑行归来进入 T2 接力交接区，将计时芯片交付第三棒跑步选手；第三棒选手从交接区出发开启跑步赛段。
5.非当前棒次队员禁止进入赛道，不允许陪跑、伴骑。

Relay Transfer Rules at the Transition Area

1. The timing chip transfer is only allowed within the designated relay transfer areas within the T1 and T2 transition zones. Chip transfer outside the race track, transition area entrances/exits, or outside the venue is not permitted. Transfers in non-designated areas will result in penalties or disqualification of the team.
2. Relay team members who have not reached the start time can only wait in the relay waiting area at the transition zone. They are not allowed to enter the storage and transition areas for ordinary participants.
3. T1 Transfer (Swimming → Cycling): The first swimmer exits the water to complete the swimming segment and enters the T1 relay transfer area. They hand over the timing chip to the 2nd cycling team member. The 2nd team member starts the cycling segment from the transfer area.
4. T2 Transfer (Cycling → Running): The 2nd cycling team member returns to the T2 relay transfer area and hands over the timing chip to the 3rd running team member. The 3rd team member starts the running segment from the transfer area, wearing the chip and crossing the finish line.
5. Non-current baton team members are not allowed to enter the race track and are not allowed to accompany or ride alongside.

检录与出发
Registration and Start

1. 接力第一棒游泳选手，和对应组别个人选手一同参加游泳检录，统一按照对应组别出发时间下水。
2.第二棒、第三棒队员不需要参加游泳出发检录，请按照赛事时间，提前抵达对应转换区接力等候区待命。
3.接力队伍没有独立出发时间，以第一棒游泳下水时刻作为队伍总计时开始。

Registration and Start

1. The first swimmer of the relay team and the corresponding individual participants will participate in the swimming registration together and enter the water according to the corresponding group start time.
2. The 2nd and 3rd team members do not need to participate in the swimming start registration. Please arrive at the corresponding transition zone waiting area in advance according to the event time and wait.
3. The relay team does not have an independent start time. The start time of the team is based on the moment the first swimmer enters the water.

成绩与排名
Results and Rankings

1. 队伍总用时：从第 1 棒下水开始计时，至最后一棒棒冲过终点线停止计时。
2. 接力组单独排名，不和个人 113km 选手混合排名；设置完赛奖牌，每一位接力队员均可获得个人完赛奖牌。

成绩查询
https://www.xhrace.com/#/pages/index/index?eventId=7135fd

3. 接力组别不参与世锦赛名额的争夺，直通名额仅面向 113km 个人参赛选手。
4. 中距离接力组、全程接力组前三名（男子、女子、混合组）获奖杯，不设奖金。
5. 接力组成员终点前凭号码簿进入赛道，可以一起通过终点。

Results and Rankings

1. Team total time: Start timing from the first swimmer entering the water and stop timing when the last baton crosses the finish line.
2. The relay group is ranked separately and not mixed with individual 113km participants. A finisher medal is set up, and each relay team member can receive a personal finisher medal.
3. The relay group does not participate in the World Championship qualification. The direct qualification spots are only available for individual participants in the 113km category.
4. Middle Distance Relay Group and Full Distance Relay Group (Men, Women, Mixed Group) receive trophy awards. No prize money is provided.
5. The members of the relay team enter the track by their number badges. They can all cross the finish line together.

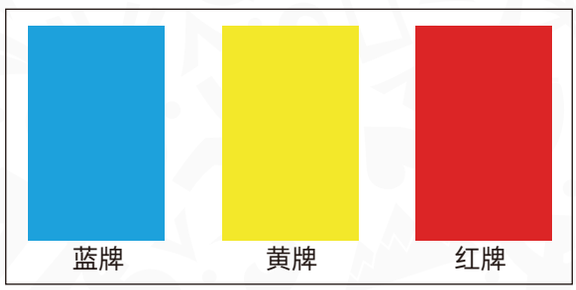
骑跑两项
Duathlon

骑跑两项组别与奥运标准距离铁三组别在同一天进行。
1.出发时间：骑跑两项选手在奥运标准距离铁三组别发枪10分钟之后统一出发。骑行赛道、跑步赛道完全复用奥运标准距离正式赛事赛道，赛道距离：骑行40km 跑步10km。
2.检录与赛道规则
•选手需在骑跑两项专属集结区完成检录，听从现场裁判与志愿者指引起跑。
•全程必须在规定赛道内完成竞赛，严格遵守铁三赛事交通、赛道通行规则，服从裁判判罚。
•转换区：与奥运标准距离选手共用转换区域，请留意现场标识，按照指引进出换项区。
3.成绩、奖牌与颁奖
•完赛选手均可获得赛事完赛奖牌。
•设置男女分龄组排名，各分龄组前3名选手将参加现场颁奖仪式。
•骑跑两项组别不分配任何Challenge Family国际赛事直通名额。

The cycling and running combined event and the Olympic standard distance triathlon event were held on the same day.
1. Start time: The cyclists and runners in the cycling and running combined event will start simultaneously 10 minutes after the gun is fired. The cycling track and the running track are completely reused with the official Olympic standard distance race tracks. The track distance: 40 km for cycling and 10 km for running.
2. Check-in and track rules
• Athletes need to complete check-in at the dedicated assembly area for the cycling and running combined event. Follow the instructions of the on-site judges and volunteers to start running.
• The entire race must be completed within the designated track. Strictly abide by the traffic and track passage rules of the triathlon event and obey the judges' penalties.
• Transition area: Share the transition area with the athletes of the Olympic standard distance event. Please pay attention to the on-site signs and follow the instructions to enter the transition area.
3. Results, Medals and Awarding
• All finishers can receive the event finisher medal.
• Set up age group rankings for men and women. The top 3 athletes of each age group will participate in the on-site awarding ceremony.
• The cycling and running combined event does not allocate any Challenge Family international event direct entry quotas.

处罚
Penalty

赛道上会有裁判对运动员的犯规行为进行警告、纠正以及时间处罚。
There will be referees on course to give warnings,corrections and time penalty for infringements.



(1)蓝牌表示尾随犯现罚时，中距离比赛罚时2分钟，全程/骑跑两项比赛罚时1分钟，半程比赛罚时30秒；
(2)黄牌表示其他犯规行为，中距离比赛罚时30秒、全程/骑跑两项比赛罚时15秒、半程比赛罚时10秒；
(3)红牌表示取消比赛资格(DSQ);
(4)游泳出发和游泳赛段的时间处罚在TI1(第一换项区)执行，自行车赛段的时间处罚在自行车赛段的自行车处罚区执行，跑步赛段的时间处罚在现场执行。如果运动员不接受处罚，将被取消比赛资格。

(1)A Blue Card indicates a drafting infringement,the time penalty for Middle Distance is 2 minutes,for Olympic Distance and Duathlon 1 minutes,for Sprint Distance 30 seconds.
(2)A Yellow Card indicates another infringement.The time penalty is 30 seconds for Middle Distance,15 seconds for Olympic Distance and Duathlon ,and 10 seconds for Sprint Distance.
(3)A Red Card means disqualification (DSQ);
(4)Time Penalty of the swim start and the swim leg will be carried out in T1(1st Transition),bike leg in the Bike Penalty Box on Bike Course,and run leg will be on-site. If an triathlete does not serve a penalty,they will be disqualified from the race.

奖励办法
Reward Method

中距离分龄组个人组和接力组前6名获2027 Challenge斯洛伐克世锦赛参赛资格。

The top 6 in the Middle Distance Age-Group Individual and Relay will be qualified for 2027 The Championships in Slovakia.

CHALLENGE SHANGHAI

组别设置及年龄要求

组别名称		
中距离113KM组（共12组）		年龄条件
男子职业组	女子职业组	18岁及以上
男子18-29岁组	女子18-29岁组	18至29岁
男子30-39岁组	女子30-39岁组	30至39岁
男子40-49岁组	女子40-49岁组	40至49岁
男子50-59岁组	女子50-59岁组	50至59岁
男子60+岁组	女子60+岁组	60岁及以上

组别名称		
全程51.5KM组（共10组）		年龄条件
男子18-29岁组	女子18-29岁组	18至29岁
男子30-39岁组	女子30-39岁组	30至39岁
男子40-49岁组	女子40-49岁组	40至49岁
男子50-59岁组	女子50-59岁组	50至59岁
男子60+岁组	女子60+岁组	60岁及以上
半程25.75KM组（共10组）		年龄条件
男子18-29岁组	女子18-29岁组	18至29岁
男子30-39岁组	女子30-39岁组	30至39岁
男子40-49岁组	女子40-49岁组	40至49岁
男子50-59岁组	女子50-59岁组	50至59岁
男子60+岁组	女子60+岁组	60岁及以上

注：

1、运动员年龄按照参加比赛当年12月31日时的年龄计算。

2、所有组别比赛，报名人数不满3人（含3人）的，则不开设该组别，参加该组别比赛的运动员将调整至相邻组别，具体调整信息将以官方公布的出发名单为准。

俱乐部奖杯规则：

https://www.kdocs.cn/l/csw062JvKT6t

CHALLENGE SHANGHAI

1. 中距离职业组前3名获奖杯，前6名获奖金，奖金(欧元)分配方式如下:

奖金						
名次	1	2	3	4	5	6
男子中距离职业组	5000	2900	1900	1200	900	600
女子中距离职业组	5000	2900	1900	1200	900	600

2、分龄组各组别前3名获奖杯，前6名获奖金，奖金(人民币)分配方式如下

奖金						
名次	1	2	3	4	5	6
男子中距离分龄组	2000	1600	1200	800	600	400
女子中距离分龄组	2000	1600	1200	800	600	400
男子全程分龄组	1600	1200	800	600	400	300
女子全程分龄组	1600	1200	800	600	400	300
男子半程分龄组	1200	800	600	400	300	200
女子半程分龄组	1200	800	600	400	300	200

注:
4 人<单组实际出发人数≤7 人时，出发人数减2可获取奖金;
中距离接力组、全程接力组前3名获奖杯，不设奖金。

1. The top three in the mid-distance professional category will receive trophies, and the top six will receive prize money, distributed as follows (in euros):

Bonus						
Ranking	1	2	3	4	5	6
Men's Professional Middle Distance Category	5000	2900	1900	1200	900	600
Women's Professional Middle Distance Category	5000	2900	1900	1200	900	600

2. The top 3 athletes in each Age Group will be awarded trophies, and the top 6 athletes will receive prize money. The prize money (in RMB) allocation is as follows:

Bonus						
Ranking	1	2	3	4	5	6
Men's Age Group Middle Distance	2000	1600	1200	800	600	400
Women's Age Group Middle Distance	2000	1600	1200	800	600	400
Men's Full Distance Age Group	1600	1200	800	600	400	300
Women's Full Distance Age Group	1600	1200	800	600	400	300
Men's Middle Distance Age Group	1200	800	600	400	300	200
Women's Full Distance Age Group	1200	800	600	400	300	200

Note:
If 4 < actual starters ≤ 7 in one category, prize money will be awarded to (actual starters − 2) athletes.

3.Trophies for the top 3 teams in Middle Distance Relay & Full Distance Relay.No prize money.

小铁人
Challenge Junior

小铁人分组			
项目	组别	骑行距离	跑步距离
小铁人	6-10岁	2.8km（1.4km路线×2圈）	1km（500m折返）
小铁人	11-15岁	6.6km（1.4km路线×4圈）	2km（500m折返×2次）

小铁人骑行赛道

小铁人6-10岁：2圈
小铁人11-15岁：4圈



小铁人跑步赛道

6-10岁：出去500m+折返回来500m，总距离1km。
11-15岁：出去 折返 出去 折返，两轮循环合计2km。
1.所有完赛选手均可获得专属小铁人完赛奖牌。
2.男子、女子，每个年龄组取男女前3名，颁发奖杯

Challenge Junior Cycling Course(1.4km loop route within the park)
6-10 years old: 2 laps
11-15 years old: 4 laps
Challenge Junior Running Course: 500m round trip
6-10 years old: Run 500m out + return 500m, total distance 1km.
11-15 years old: Run out, then turn back, run out again, then turn back, total 2km for two rounds.
1. All finishers will receive an exclusive Challenge Junior finisher medal.
2. For both men and women, the top 3 in each age group will be awarded trophies.



申诉与仲裁
Appeal and Arbitration

1. 如选手对比赛成绩、判罚存在异议，可按竞赛规则提起申诉。申诉须在**该赛段成绩公布后 30 分钟内**提交。
2.申诉需提交**书面申诉表 + 证据材料**，同时缴纳申诉保证金500 元 / 件，申诉成功可全额退还；申诉失败不予退还。
3.申诉受理地点：赛事仲裁办公室（主会场竞赛帐篷内），**仲裁负责人：施圣海** 现场联系电话：186 2118 3089。
4.有申诉由**赛事仲裁委员会**集体审议裁决，仲裁委员会的判定为赛事最终结果。组委会不接受口头申诉、赛后邮件申诉。

Appeals & Arbitration

1. Athletes who disagree with race results or rulings may file an appeal in accordance with the competition rules. All appeals must be submitted within 30 minutes after the results of the relevant segment are posted.
2. The appeal shall include a completed written appeal form plus supporting evidence, together with an appeal deposit of RMB 500 per case. The deposit will be fully refunded if the appeal is successful; it will not be refunded if the appeal is rejected.

3. Appeal Submission Location: Race Arbitration Office (inside the competition tent at Main Venue) Arbitration Chair: Shi Shenghai On-site Contact Number: 18621183089

4. All appeals will be reviewed and decided collectively by the Race Arbitration Committee. The decision made by the Arbitration Committee is final for this event. The Organizing Committee does not accept verbal appeals or appeals submitted via email after the race.

联系方式
Contact

社群客服微信： BigK-DS2
客服邮箱： service@challenge-shanghai.com
工作时间： 工作日9:00—18:00
官方咨询热线： 139 1707 5034　156 9217 4926　186 3238 3220
受理时间： 每日9:00—21:00
现场紧急联系人： 米后永 156 0058 8653

Community customer service WeChat: BigK-DS2
Customer Service Email： service@challenge-shanghai.com
Working hours: 9:00 - 18:00 on working days
Official consultation hotline: 139 1707 5034　156 9217 4926　186 3238 3220
Service hours: 9:00 - 21:00 every day
On-site emergency contact person: Mr Mi 156 0058 8653

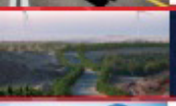
祝大家安全完赛，取得好成绩!
Wishing you all a safe race and excellent results!

CHALLENGE FAMILY

RACE CALENDAR 2026



CHALLENGE ISRAMAN
ISRAEL, 30 JAN 2026
LONG
MIDDLE



CHALLENGE SIR BANI YAS
ABU DHABI, 30 JAN - 1 FEB 2026
LONG
MIDDLE
OLYMPIC



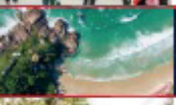
GALLAGHER INSURANCE CHALLENGE WĀNAKA
NEW ZEALAND, 21 FEB 2026
MIDDLE



CHALLENGE MOGÁN-GRAN CANARIA
SPAIN, 18 APR 2026
MIDDLE



GDANSK MARATHON
POLAND, 19 APR 2026
MARATHON



CHALLENGE FLORIANÓPOLIS
BRAZIL, 19 APR 2026
MIDDLE



CHALLENGE TAIWAN
TAIWAN, 23-26 APR 2026
LONG
MIDDLE
OLYMPIC



CHALLENGE CESENATICO
ITALY, 10 MAY 2026
MIDDLE



CHALLENGE SALOU-COSTA DAURADA
SPAIN, 10 MAY 2026
MIDDLE



THE CHAMPIONSHIP
SLOVAKIA, 24 MAY 2026
MIDDLE



CHALLENGE ST PÖLTEN
AUSTRIA, 31 MAY 2026
MIDDLE



CHALLENGE GUNSAN-SAEMANGEUM
KOREA, TBC JUNE 2026
MIDDLE



LOTTO CHALLENGE GDAŃSK
POLAND, 21 JUN 2026
MIDDLE



CHALLENGE KAISERWINKL-WALCHSEE
AUSTRIA, 28 JUNE 2026
MIDDLE



SAIL CHALLENGE CAP QUÉBEC
CANADA, 28 JUNE 2026
LONG
MIDDLE
OLYMPIC



CHALLENGE SANDEFJORD
NORWAY, 28 JUNE 2026
MIDDLE



DATEV CHALLENGE ROTH
GERMANY, 5 JULY 2026
LONG



CHALLENGE TURKU
FINLAND, 26 JUL 2026
MIDDLE



CHALLENGE FORTALEZA
BRAZIL, 30 AUG 2026
MIDDLE



CHALLENGE ALMERE-AMSTERDAM
NETHERLANDS, 12 SEP 2026
LONG
MIDDLE



SAIL CHALLENGE ESPRIT MONTRÉAL
CANADA, 13 SEP 2026
MIDDLE
OLYMPIC



CHALLENGE SAMARKAND
UZBEKISTAN, 13 SEP 2026
MIDDLE



CHALLENGE SANREMO
ITALY, 4 OCT 2026
MIDDLE



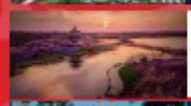
CHALLENGE VIEUX BOUCAU
FRANCE, 10 OCT 2026
MIDDLE
OLYMPIC



CHALLENGE PEGUERA MALLORCA
SPAIN, 17 OCT 2026
MIDDLE



CHALLENGE MALAYSIA
MALAYSIA, 18 OCT 2026
MIDDLE



CHALLENGE SHANGHAI
CHINA, 24 OCT 2026
MIDDLE



CHALLENGE BARCELONA
SPAIN, 25 OCT 2026
MIDDLE
OLYMPIC



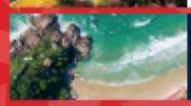
CHALLENGE FORTE VILLAGE SARDINIA
ITALY, 25 OCT 2026
MIDDLE



CHALLENGE XIAMEN
CHINA, 7 NOV 2026
MIDDLE
OLYMPIC



CHALLENGE CANBERRA
AUSTRALIA, 22 NOV 2026
MIDDLE
OLYMPIC



CHALLENGE FLORIANÓPOLIS
BRAZIL, 29 NOV 2026
MIDDLE

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主会场示意图
Site Map of Main Venue




CHALLENGE SHANGHAI
风启海湾 迎接挑战
2026 CHALLENGE SHANGHAI
赛场布局
Course Layout Plan
换项区
游泳下水点
比赛出发
游泳路线
自行车路线
跑步路线

CHALLENGE SHANGHAI

中距离三项示意图
Site Map of Main Venue



CHALLENGE SHANGHAI

全程、半程与骑跑两项示意图
Site Map of Main Venue




CHALLENGE SHANGHAI
风启海湾 迎接挑战
2026 CHALLENGE SHANGHAI
半程 5km/圈x1圈
全程 5km/圈x2圈
中距离 5.25km/圈x4圈
单圈5km A→B→C→A
单圈5.25km A→B→D→A
补给站
补水
能量补给
洪卫路桥
樱花湖
主赛场
A
B
C
D
折返点
Red Bull


CHALLENGE SHANGHAI
奥运会标准距离+骑跑两项+半程标铁
Olympic/Duathlon/Sprint Distance
A
C
半程 Sprint Distance
20公里T→A→C→A→T
全程+骑跑 OD+Duathlon
40公里T→(A→C→A)x3→T
补给站
补水
能量补给