



2020

# SWISSMAN

XTREME TRIATHLON



# MANUAL



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## SWISSMAN Manual 2020

version, 10/28/2019

This manual is subject to adaptations, changes and additions.

### What is the SWISSMAN Xtreme Triathlon?

**The SWISSMAN Xtreme Triathlon leads the athletes and their supporters from the palm trees in the Italian part of Switzerland over three alpine passes to the eternal ice of the Jungfrau. The spectacular course, the unique scenery and the familiar atmosphere make the SWISSMAN an unforgettable adventure for everyone involved.**

The course of the SWISSMAN with more than 5700 altimeters is as breathtakingly beautiful as it is demanding. It takes the athletes on a journey through Switzerland and introduces them to our manifold culture and scenery.

The SWISSMAN Xtreme Triathlon is a long-distance triathlon with heart. The atmosphere between athletes, supporters, partners and volunteers is very familiar and everyone who has been part once will forever be a member of the SWISSMAN family.

At the SWISSMAN, time is of minor interest. It's about the adventure, the unforgettable Triathlon experience athletes share with their supporter and about managing the challenge SWISSMAN Xtreme Triathlon. The personal effort and the experience within the breathtaking surrounding are the only things that matter. Neither loudspeaker, nor huge sales fair will distract the participants from their SWISSMAN experience.

### Qualification for the Xtri World Championship



The Xtri World Tour stands to bring to the world stage the most incredible races in unique and spectacular locations. With limited field sizes and strong community integration they will be the hardest and most memorable experiences of your life. SWISSMAN is an official Xtri World Tour event. The male and female 1st and 2nd place athletes will qualify for the championships within isklar Norseman Xtreme Triathlon in Norway in August 2021. Additionally, we will offer 8 x random slots for Norseman 2021 – to bypass the ballot. These will be allocated to any finisher of the race.

## **1. SUMMARY**

The SWISSMAN 2020 will launch on June 20, 2020 at 5 AM on the Brissago-Islands. All athletes and supporters need to register on Friday at the number distribution. For the fifth

SWISSMAN Xtreme Triathlon 250 slots will be distributed by lottery.

The entry fee is CHF 500. Therein included is the transport back to Grindelwald on Saturday, June 20, as well as the transport up to the Kleine Scheidegg and back for the finisher ceremony on Sunday morning, June 21, 2020.

Each athlete needs his personal, registered supporter, who can communicate with the SWISSMAN Crew in German, French, Italian or English. Participation is prohibited without a registered supporter.

The supporter is personally responsible for his athlete during the entire day. There will be only one official and registered supporter. Only one supporter vehicle, which will be marked accordingly, is allowed per athlete! Both athletes and supporters must follow traffic rules with no exception!

For security reasons, the athlete must carry a mobile phone during the bike and running leg so he is accessible to his supporter. Headsets are not allowed on the bike; the athlete must stop and dismount to take or make a phone call.

It is the responsibility of the supporter to feed his athlete for the entire duration of the bike and running legs. Details and a map with convenient meeting points can be found in the SWISSMAN Roadbook. Supporters should not drive directly in front of, next to or behind the athlete, and the athlete may not accept anything from the moving car. At no time may he sit in the car.

Whoever wants to be a true SWISSMAN finisher does not draft!

The running path is not accessible by car. The supporter is allowed to park his car only in parking spots designated as meeting points in order to take care of his athlete. It is allowed to accompany the athlete by foot or bike.

Hiking sticks are not allowed during any part of the running leg.

To continue after Grindelwald, it is mandatory that the supporter accompanies his athlete by foot. The supporter must have a functioning phone with the registered supporter number on him.

Supporters and athletes can only pass the checkpoint equipped with a backpack with food, warm clothing, and a flash- or headlight.

There is a medical checkpoint in Grindelwald and Alpiglen. Athletes must follow any decision of the doctors.

If an athlete must quit the race early, the SWISSMAN crew must be informed by phone.

On Sunday morning, the awards ceremony will be held at the Kleine Scheidegg. Each finisher and each supporter will receive the SWISSMAN-shirt. In memory of an unforgettable experience all finishers and supporters of the fifth SWISSMAN will be immortalized in a group photo.

## **2. ABOUT THE SWISSMAN**

The SWISSMAN Xtreme Triathlon is a triathlon according to the principle and rules of the Norseman Xtreme Triathlon and the CELTMAN! extreme Scottish Triathlon.

As an experienced long-distance triathlete, you know to what degree the course will challenge you. How closely you want to approach your limits during this SWISSMAN depends on you and your supporter.

Your finishing time is of little interest. SWISSMAN wants to offer you an unforgettable experience!

You will find no referee on the course. We assume a fair sportsman respects nature and other SWISSMAN participants. We take for granted that you will finish the course with the virtue of only your own strength.

In the evening of June 20, 2020, we will welcome the finishers of the SWISSMAN at Kleine Scheidegg. On Sunday morning, we will come together again to get the finisher and supporter shirt and to celebrate the fastest men and women of the SWISSMAN. Your applause is the reward for their outstanding performance. We will capture the unforgettable memories of this weekend in a group photo with all finishers and supporters against the imposing backdrop of the Eiger, Mönch and Jungfrau. This will be the culmination of the SWISSMAN. We hope that you then can say: SWISSMAN was an incredible adventure. We will never forget this day.

### **3. GENERAL INFORMATION**

#### **Slots**

The SWISSMAN 2020 will start with 250 athletes. The slots will be raffled among all applicants. We will be assigning one half of them to national and the other half to international athletes. The allocation of slots for female athletes will be adjusted to the percentage of the registration. A slot for the SWISSMAN is personal and cannot be passed on. The identity of the athletes will be checked at registration on Friday. We ask the athletes to read the SWISSMAN Manual and the Athletes Declaration carefully before registering.

#### **Entry fee**

The entry fee for the SWISSMAN 2020 is CHF 500. Athletes who are awarded a slot from the lottery will be asked to transfer the entry fee within 3 days of the announcement of the lottery results – that is until November 20, 2019 – to confirm their registration. The final registration will be effective with the transfer of the registration fee.

#### **Waiting List**

The athletes have the possibility to subscribe themselves to the waiting list at registration. Athletes will be selected from the list if someone will not have paid the registration fee after the 3-day delay.

#### **Participant List**

The participating athletes for the SWISSMAN Xtreme Triathlon 2020 will be published on the SWISSMAN website in January. Like the SWISSMAN this year, next year's SWISSMAN will have a special participant list. We therefore kindly ask all athletes at registration to tell us in a few words why they absolutely want to participate in the SWISSMAN 2020.

#### **Mandatory Supporter**

##### **Responsibility of the supporter**

It is the principle of the organizer that no support will be available along the bike path and only very limited support provided by the organizer will be available on the running course. Therefore, every athlete needs his own supporter, who accompanies and feeds him on the bike and running course. Without a registered supporter, no athlete will be granted a number. The registered supporter will take on every responsibility for the supervision of the athlete during the SWISSMAN. He must be able to communicate with the SWISSMAN Crew in either German, French, Italian or English.

When athletes register for the lottery, they also must provide information about their supporter. This way, we can provide not only the athlete, but also the supporter with all important information we send out per email during the year. The supporter can be exchanged any time until the SWISSMAN.

##### **Only one supporter vehicle allowed**

Per athlete only one supporter vehicle is allowed. In this car, several people may accompany and support the athlete. It will be marked by the SWISSMAN organization. We do recommend not using caravans/campers on the alpine roads. Reason for the strict limitation to one car is, that we wish to not strain the environment more than necessary. Furthermore, the parking spaces as well as room on the alpine roads are very limited.

### **Mandatory accompaniment on foot from Grindelwald**

The highlight of the SWISSMAN is the final climb from Grindelwald to Kleine Scheidegg. On this section (about 8 km and 1000 m of altitude, 2-3h average), it is mandatory for safety reasons that the supporters accompany the athletes on foot. After an unforgettable day, the supporter crosses the finish line together with his athlete. It is in the spirit of the SWISSMAN and strongly recommended that this is the registered supporter or at least one of the supporters, who has already accompanied the athlete all day. Only the fastest will still be able to run on this section. Experience has shown, that athletes will be so tired up until then, that it is no problem for the supporters to keep up with their athletes even if they are considerably weaker than their athlete under normal circumstances!

### **Supporter Shirt**

As the supporters are an essential part of the SWISSMAN, they receive an official supporter SWISSMAN-shirt on Sunday. One supporter-shirt will be issued per athlete. The desired sizes of the supporter-shirts will already be ordered at registration. As we have to order the especially made shirts very early, the size cannot be changed with an eventual change of supporter at a later time. Additional SWISSMAN-shirts can be bought during the SWISSMAN.

### **Medical Crew**

The medical crew may at any time remove an athlete from continuation, in case of medical or health issues. Continuation of the SWISSMAN on personal responsibility is not possible.

### **Rules for Cancellation of registration**

To protect the SWISSMAN against financial loss the following rules apply to cancellation:

If you cancel for any reason up to March 31, 2020:

The entry fee will be refunded with a deduction of CHF 200.

If you cancel for health reasons until April 30, 2020:

The entry fee will be refunded with a deduction of CHF 200 against the presentation of a medical certificate.

If you cancel after April 30, 2020, no fees will be refunded.

### **Price money**

No prize money will be awarded.

### **Timekeeping**

At the SWISSMAN 2020 we will have no official timing with split times. The first man and the first woman to cross the finish line at Kleine Scheidegg are the winners of the SWISSMAN 2020. The arrival of each finisher will be published in the Finisher List.

### **Check-in and Briefing**

The number distribution and briefing will take place on Friday afternoon, June 19, 2020. Friday arrival is mandatory to be able to start. Friday arrival is also compulsory for the supporters because the athletes need to register at the number distribution together with their supporters. Presence at the official SWISSMAN briefing is mandatory!

### **Accommodation Ascona 19.6.2020**

The overnight stay in Ascona is organized by the participant. You can check our partner hotel <https://hotelmoretina.ch> or also [www.ascona-locarno.com](http://www.ascona-locarno.com) to find an accommodation.

### **Accommodation Grindelwald / Kleine Scheidegg 20.06.2020**

The participants organize the night after the SWISSMAN in Grindelwald or Kleine Scheidegg. It is not possible to stay on the Kleine Scheidegg with all the athletes, as the rooms are very limited there. The majority of the athletes and supporters will stay in Grindelwald. The operation of the Jungfrau Railway between Grindelwald and Kleine Scheidegg is therefore maintained until the official cut-off to allow all the return to Grindelwald Grund.

#### **Kleine Scheidegg shared room: First come first served**

- Restaurants Bahnhof Kleine Scheidegg ([www.bahnhof-scheidegg.ch](http://www.bahnhof-scheidegg.ch))
- Grindelwaldblick ([www.grindelwaldblick.ch](http://www.grindelwaldblick.ch))
- Restaurant Eigernordwand, Kleine Scheidegg ([www.eigernordwand.eu](http://www.eigernordwand.eu))

#### **Hotel**

- Hotel Bellevue des Alpes ([www.scheidegg-hotels.ch](http://www.scheidegg-hotels.ch))

#### **Accommodation Alpiglen**

- Berghaus Alpiglen ([www.alpiglen.ch](http://www.alpiglen.ch))

#### **Hotels Grindelwald:**

A list of hotels in Grindelwald, which are offering a special price for SWISSMAN athletes, will be published on the homepage at a later date.

### **Finisher Ceremony on Sunday, June 21, 2020**

The finisher ceremony and the handover of the finisher and supporter shirts will take place on Sunday morning on Kleine Scheidegg. The train ride with the Jungfrau Railway to Kleine Scheidegg and back is included in the registration fee.

### **Spectators**

Spectators are very welcome on the course and at the finish. We kindly ask the spectators to leave the parking slots along the bike course to the supporters. You can take the Jungfrau Railway ([www.jungfrau.ch](http://www.jungfrau.ch)) from Grindelwald to Kleine Scheidegg or hike up. The train ride from Grindelwald takes 40 minutes.

### **Clima and weather**

From the palm trees in the Italian part of Switzerland over the Alps to the eternal ice of the Jungfrau – unforgettable moments in a spectacular landscape!

### **Swimming**

The climate in southern Switzerland is very mild with warm temperatures in late June. The average water temperature of Lake Maggiore is about 18° C this time of the year.

### **Bike**

The mountain passes are closed in winter until the end of May. Accordingly, low temperatures must be considered in the choice of clothing for the bike path. A pass descent without appropriate clothing is dangerous! In bad weather, snowfall cannot be excluded.

### Run

The first part of the route runs along Lake Brienz and on to Grindelwald. On nice days in June temperatures up to 25° C are expected in the Bernese Oberland. The finish of the SWISSMAN is located at 2061 meters above sea in the heart of the Bernese Oberland, surrounded by the imposing mountain backdrop of the Eiger, Mönch and Jungfrau. For security reasons, your supporter joins you with appropriate equipment for the final climb. The weather in the mountains can change quickly, especially in the Jungfrau area. This is one of the main reasons why the Eiger North Face is one of the most difficult routes to climb.



## **4. RULES OF PROCEDURES FOR ATHLETES AND SUPPORTERS**

### **Rules**

- For the SWISSMAN the rules of WTC apply. No referees are provided. We call upon your own responsibility.
- Littering by supporters or athletes leads to immediate exclusion from the SWISSMAN through the SWISSMAN crew. Athletes and supporters are obligated to help other participants in any case.

### **Order of events**

#### **Friday June 19, 2020**

##### **Registration and number distribution**

Athletes and supporters register together at the number distribution.

##### **Briefing**

In the briefing on Friday afternoon in Ascona the important information on the procedure of the SWISSMAN is announced. Presence at the official SWISSMAN Briefing is mandatory for all athletes and supporters.

#### **Saturday June 20, 2020**

##### **Swimming**

- At 4.15 AM the athletes will navigate to the Brissago-Islands.
- At 5 AM the fifth SWISSMAN begins.
- Athletes are required to wear a full wetsuit.

##### **Support Swimming**

- The transition area will be set up on Saturday morning at 3.00 AM.
- The supporter clears the transition area after his athlete has left.

##### **Bike**

- On the bike course drafting is prohibited.
- The official traffic regulations must be obeyed.
- The descent of the passes requires caution and attention. No roads will be closed.

##### **Support Bike**

- Each athlete is allowed only one supporter vehicle. The vehicle will be marked with SWISSMAN 2020.
- The supporters can cater the athletes all along the bike route. We have reconnoitred suitable meeting places with good parking along the bike ride to which the supporter must stick. A map with the selected meeting points is available in the Roadbook.
- Athletes and supporters must follow the Swiss traffic rules!
- Caution: The old road leading to the Gotthard pass (Tremola) can only be driven by the bikers and not by the support cars. Supporters must follow the official road from Airolo up to Gotthard. Support can be continued at the top.

- Supporters must not drive directly in front of, next to or behind the athlete.
- The athlete may not accept anything from the moving car and he is at no time allowed to be the car.
- The supporter prepares the transition area for the athletes in Brienz and clears it again after the transition to the run.

### Running

- We warmly suggest that the athletes have something to drink and a minimum of nutrition on them. Experience has shown that it is not possible for the supporter to meet his athlete at every possible meeting point. For every athlete passing the transition zone in Brienz after 4 PM, we suggest a supporter accompany him during the whole run.

### Support Running

- The running course is not accessible by car, but there will be designated meeting points between Brienz and Grindelwald. A map with the selected meeting points is available in the Roadbook. There may be slight changes for 2020. From Brienz to Grindelwald it is allowed to follow the athlete by bike.
- A support station for supporters and athletes will be set up at the Giessbach waterfalls.
- From Grindelwald it is mandatory that the registered supporters accompany the athletes on the final climb by foot. The supporters must be equipped with a working cell phone and be reachable under the registered number of the supporter.
- Supporters and athletes must be equipped with a backpack each, at least a 0.5 litre drink, 2 energy bars or equivalent nutrition, long pants, a pullover/sweatshirt, a jacket, gloves and a cap and a rescue blanket. For all athletes and supporters crossing Grindelwald after 6PM, a flash- or headlight is mandatory.

### Cut-Offs

- Ascona: 07:15
- Furkapass: 15:00
- Brienz: 18:15
- Bönigen: 20:00
- Wilderswil: 20:10
- Säumertaverne: 20:50
- Burglauenen: 21:15
- Check Point Grindelwald: 22:00

### Sunday June 21, 2020

- On Sunday morning, the awards ceremony is held at Kleine Scheidegg.
- The transport of the athlete and his supporter with the Jungfrau railway on Sunday morning is included in the registration fee.
- A joint finisher and supporter photo against the breath-taking backdrop of the Eiger, Mönch and Jungfrau immortalizes the finishers and supporters of the SWISSMAN Xtreme Triathlon 2020.