



PARTICIPANT INFORMATION

THE SWIM RUN RACE 2025

Date: 18 October 2025

Organized by
Amsterdam Sport Events &
Association Audere





Dear Athlete,

Welcome to the first edition of the Swim Run Race on beautiful Mallorca. Soon you will be swimming and running around Alcudia for your Short-, Middle- or Long Distance Swim Run Race. The water temperature is still pleasant so you can swim without a wetsuit. At this moment we experience unusual weather conditions on the island but we hope Saturday will be a nice day. Unfortunately that's one of the few things which is out of our hands.

What we can and will do is try the upmost to offer you a beautiful day, a very exciting race course and a lot of enthusiastic volunteers to help and guide you through the day!

Part of the race takes place on open roads, so you must stay and run on the sidewalks or within marked areas whenever possible. Please follow all instructions given by crew and volunteers and respect the cone lines at all times. Most of all respect the beautiful island of Mallorca and enjoy every minute of your stay!

We wish you a beautiful and sporty day!
Good luck to everyone, and most importantly, enjoy the experience!

With kind regards,
Felix Muñoz, Sebastia Comas Rosselló & Lars Vreugdenhil



THE LOCATION

The Swim Run Race is organized in and around the city of Alcudia.
The event location & finish is the square at Porta del Moll - Playa de Carles V.

[Google maps location](#)



ACCESSIBILITY AND PARKING

there are several free parkings only 3 minutes walk from our event area.

[Google maps location](#)



PROGRAM

TIME	ACTIVITY	LOCATION
06:30 - 07:30	race number pick up - Long Distance	Alcudia -Finish area - Plaça Carles V
7:30	Bus for participants to start Long Distance in Port D'Alcudia	Alcudia -Finish area - Plaça Carles V
07:50 - 07:59	Athlete briefing	Start Location, Beach Port d'Alcúdia
08:00	Start Long Distance	Beach, Port d'Alcúdia - Carrer d'Orfeu
07:30 - 09:00	race number pick up Short- and Middle distance	Alcudia - Finish Area -Plaça Carles V
09:00	Bus for participants only to S'illot	Alcudia - Finish Area -Plaça Carles V
10:00 - 10:10	Briefing Short- and Middle Distance	Restaurant s'illot
10:15	Start Middle Distance	Restaurant s'illot
10:30	Start Short Distance	Restaurant s'illot
11:30	Expected arrival of first participant	Alcudia - Finish Area -Plaça Carles V
12:00	Awards ceremony	Alcudia - Finish Area -Plaça Carles V
13:30	Expected arrival of last participant	Alcudia - Finish Area -Plaça Carles V



REGISTRATION

To pick up your race number you will need::

- Photo ID
- Confirmation email of your registration.

The registration kit you need to participate in The Swim Run Race can be picked up before the start at the registration tent behind the finish. In the registration kit you will find, among other things, a swim cap, a timing chip + velcro band. The organization will write your start number on your arm. If you do not have the swim cap, the timing chip and/or the start number on your arm, you will not be able to start the race.

When you have ordered a finisher shirt, you can pick it up directly at the registration tent.

Registration Kit

The registration kit contains the following items:

- Silicone swim cap
- timing chip with accompanying ankle bracelet (velcro strip)

Important: The registration desk is open from 7.00 am. You can pick up the registration kit up to 30 minutes before the start of the Long Distance but keep in mind the travel time to the start location at Port D'Alcudia is 2.3 KM from the event location and can take up to 15-20 minutes (depends on your transport). It is advisable to be pick your number up at least one hour in advance. Organization provides a shuttle service to the start of the `long Distance which departs at exactly 07:30.

Exact start location of the Long Distance (and also location of the Briefing).

Beach, Port d'Alcúdia - Carrer d'Orfeu

[Google maps link](#)



Swim cap

During the swimming part it is mandatory to wear the silicone swim cap of the organization.

It is allowed to wear your own swimming cap, but it may only be UNDER the swim cap of the organization and not be visible.

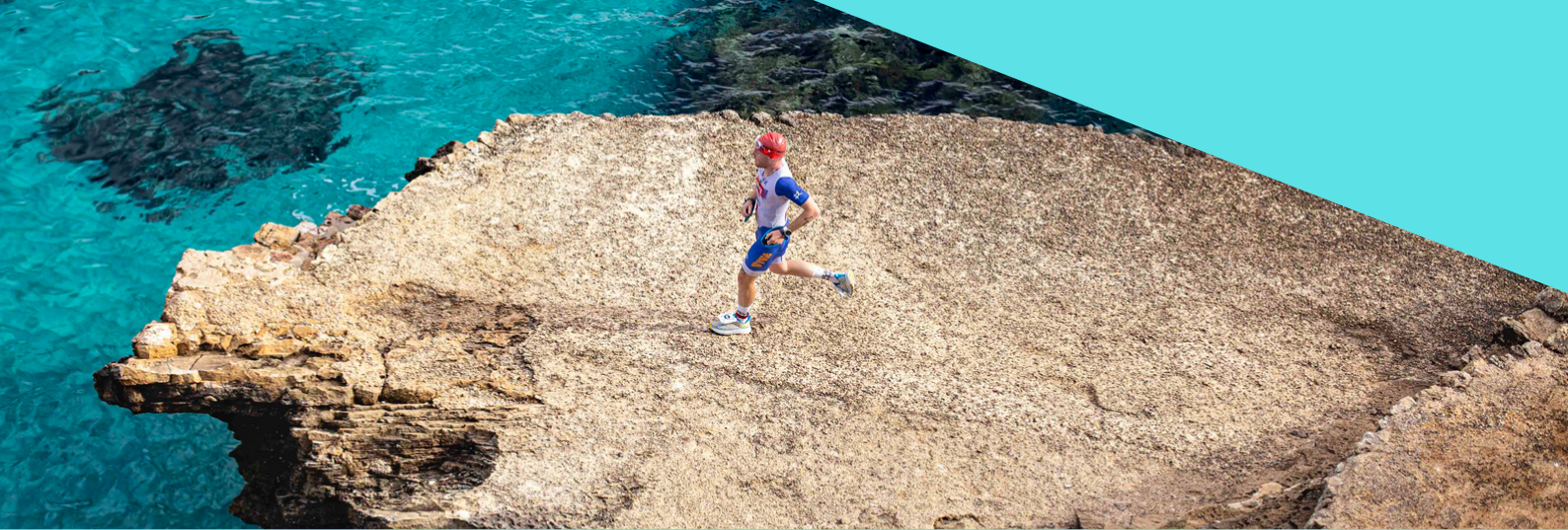
Timing chip

Timekeeping during The Swim Run Race is provided by Elite Chip. You must wear the timing chip with accompanying velcro strap on your ankle. It is important that you do not carry the chip elsewhere, as the time registration may fail in that case due to the distance between the chip and the mat being too great. Individual participants keep the timing chip on during the entire competition. Participants in a team receive one timing chip per team.

Below we have an example of how the chip should be attached to the velcro strap:



Important: All rented chips and bands must be returned after the race. A lost chip or a chip which is not returned will cost the participant €25



THE BAG CHECK

The bag Check is located next to the registration tent. Every participant can hand over a bag with personal belongings to our Bag Check. Our bag check storage is safe, but we advise you to leave valuable things like rings or watches at home. You are welcome to store your hand luggage with us – but we don't have space for your closet ;-)

SUSTAINABILITY

All participants are kindly asked to bring their own drinking cup to the event. We recommend a soft flask, drinking bladder (backpack, or a collapsible cup). This will give you your drinks on the route and at the finish. There are paper cups at the stations.

TRANSPORT TO THE START

Of course you can travel on your own, with friends and family to both the start locations. Private parking at the start-area at s'illot cannot be guaranteed, so we strongly recommend using the official event bus provide by the organization. Check the program for the exact departure times!

BRIEFING

A briefing will take place 15 minutes before the start of each wave. During this briefing, the most important matters relating to the competition will be reiterated. In addition, any changes will be communicated during this briefing.

Important: Every participant must be present at the briefing prior to his or her start wave.



! Rules and Safety Guidelines

Format & Equipment

- In the team (duo) category, partners must remain together at all times during both the running and swimming sections.
- During swim segments, teams must be connected by an elastic rope (maximum length 10 m).
- Hand paddles and pull buoys are allowed and strongly recommended to improve efficiency and performance in the water.
- Please review the official equipment requirements (“What to wear” / “Rules”) available on The Swim Run Race website to ensure full compliance.

Safety & Traffic

- Some parts of the course take place on open roads, so athletes must be cautious at all times.
- Always run on sidewalks unless otherwise indicated or when a cone line marks a safe running lane on the road.
- If running on a road section without cones, always keep to the right-hand side.
- Follow all volunteer instructions, course signage, and safety markings throughout the event.

Aid Stations & Support Points

- Aid stations will be available and clearly marked along the route.
- At the finish area, recovery, hydration, and support services will be provided for all participants.
- Please do not litter outside designated zones — respect for the natural environment is a core value of The Swim Run Race.



Mandatory & Recommended Equipment

Mandatory:

- Swimrun suit or tri-suit
- Swim goggles
- Race bib visible at all times
- Elastic rope between teammates (for duos)
- Official race swim cap (provided at check-in)
- Running shoes suitable for both running and swimming

Highly Recommended:

- Hand paddles – for better propulsion in the water
- Pull buoy – to support leg flotation during swimming
- Lubricant or anti-chafing cream/vaseline



AFTER THE RACE

MEDAL & FINISHERSHIRT

After the finish everyone receives a beautiful medal. There is also everything that you really feel like, such as sweets, fruit and drinks. If you ordered a finisher shirt during your registration, you can (only) pick it up at the registration tent. This can be done before and after your race.

ELITE CHIP

Important: All rented chips must be returned at the end of the race. A lost chip costs €25 and must be reimbursed immediately

MEDAL CEREMONY

There is an award ceremonie for the 1,2 and 3 overall in the Sprint- the Middle- and the Long Distance for both Women, Men and Teams. The award ceremony will take place around 12:00 o'clock



SOCIAL MEDIA

FACEBOOK: The Swim Run Race - Balearics

INSTAGRAM: #the_swimrunrace

Share your best racing memories with us on social media
and show the world your success!

CONTACT

Questions?

Have a look at our **FAQs**

More information on the races:

www.theswimrunrace.com

info@theswimrunrace.com