



Olympic Hopes

Zalaegerszeg 01.08.2026

COURSE

Swim course: Lake swim, expected water temperature is 24-28 °C. Start from the water, everyone must stay behind a line.

Bike course: Good quality fully closed roads, mostly flat. Not too technical course with a few corners, and 3 U-turns (on sprint distance).

Run course: Closed roads, mainly gravel and grass in the finish line. The laps will take place on a 1300-meter-long running track (on sprint distance).

REGISTRATION OFFICE

8900 Zalaegerszeg, Gébárt lake

Next to Fehér Hattyú restaurant

Opening hours:

2026.08.01. 08.00-15.00

PROGRAM OF THE EVENT

08.01. Saturday

8:00- race package distribution

~ 13:30 Medal ceremony for children and pupils

~ 17:00 Medal ceremony for youth



Schedule:

08.01. Saturday

Category	Race start	Transition area open	Bike exit from transition area
Pupil 1 (2017-2018)	10:00	9:00-9:50	13:00-14:00
Pupil 2 (2015-2016)	10:30	9:00-9:50	13:00-14:00
Child boys (2013-2014)	11:30	9:00-9:50	13:00-14:00
Child girls (2013-2014)	11:33	9:00-9:50	13:00-14:00
Adolescent men (2011 - 2012)	12:30	9:00-9:50	13:00-14:00
Adolescent women (2011 - 2012)	12:33	9:00-9:50	13:00-14:00
Youth and junior (Sprint distance) MEN	15:30	14:00-15:20	17:10-
Youth and junior (Sprint distance) WOMEN	15:35	14:00-15:20	17:10-

08.02. Sunday - Relay team competition

August 2. SUNDAY										
Race schedule										
Race	START	Depo in	Depo out	Swim		Bike		Run		Lic.*
				distance (km)	number of laps	distance (km) / laps	distance (km) / laps	distance (km) / laps		
YOUTH 2, Adult, Senior, Veteran, Elit relay – MEN	9:00	8:20-8:40	10:50-11:10	400	1	8	2	2	2	UP, A, E
YOUTH 2, Adult, Senior, Veteran, Elit relay – WOMEN	9:05	8:20-8:40	10:50-11:10	400	1	8	2	2	2	UP, A, E
YOUTH, Children, Adolescent, relay – BOYS	11:45	11:15-11:30	13:00-13:20	200	1	4	1	1	1	UP
YOUTH, Children, Adolescent, relay – GIRLS	13:45	13:20-13:30	15:00-15:20	200	1	4	1	1	1	UP



FEES

Child (born in: 2013-2014):	35 EUR
Adolescent (born in: 2011-2012):	35 EUR
Youth (born in: 2009-2010) :	35 EUR
Relay teams (Sunday race):	60 EUR

REGISTRATION

Please fill the online sheet with all of your competitors.

Registration must be done before 26th of July through the site!

[Olympic_hopes_Zalaegerszeg_Hungary_20260801](https://olympic-hopes-zalaegerszeg-hungary-20260801)

Registration fees must be paid via bank transfer.

Name: **Zalaegerszegi Triatlon Klub**

Account Number: **HU56 1174 9008 2014 9406 0000 0000**

Please state the name of the participant(s) in the comment section.

The deadline of the payment is 26th July.



CLASSIFICATIONS AND AGE CATEGORIES

Pupil1: 8-9 years (2017-2018)

Distance: 100m swim (1 lap) - 2 km bike (1 lap) - 0,5 km run (1 lap)

Pupil2: 10-11 years (2015-2016)

Distance: 200m swim (1 lap) - 4 km bike (1 lap) - 1 km run (1 lap)

Child: 12-13 years (2013-2014)

Distance: 300m swim (1 lap) - 8 km bike (2 laps) - 2 km run (2 laps)

Adolescent: 14-15 years (2011-2012)

Distance: 500m swim (1lap) - 12 km bike (3 laps) - 3km run (3 laps)

Youth: 16-17 years (2009-2010)

Distance: 750m swim (1 lap) - 20 km bike (2 laps) - 5 km run (3 laps)

Junior: 18-19 years (2007-2008)

Distance: 750m swim (1 lap) - 20 km bike (2 laps) - 5 km run (3 laps)

Teams: The sum of the three best times of competitors from a given country in a particular age category is taken into account.



ADDITIONAL INFORMATION

By starting the competition, the competitor declares that he/she is aware of the Hungarian Triathlon competition regulations and that these regulations apply to him/her in the competition.

Contact:

E-mail: jakabfyzoltan@gmail.com

Phone: +36 30 657 52 12

Parking:

You can park at the race center on the grass. The roads will be open between the competitions.



**ZALATRIATLON
SPRINT**

triathlon
fesztival

08.01 UP ORSZÁGOS BAJNOKSÁG
08.02 VÁLTÓ ORSZÁGOS BAJNOKSÁG

Gébárt Zalaegerszeg

