



payabl. PROTARAS SWIMRUN
ATHLETE GUIDE

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WELCOME TO payabl. PROTARAS SWIMRUN

SWIMRUN

SwimRun is a unique and challenging adventure sport where athletes compete by alternating between running and swimming on a challenging course covering trails, beaches, ocean, cliffs, rocks, and paths. Athletes must complete the entire course through tough terrain to beat the course and reach the finish line.

payabl. PROTARAS SWIMRUN is the first official SwimRun event in Cyprus. This challenging course runs through the beautiful resort of Protaras Riviera and Cape Greco national forest park, with beautiful views of sparkling seawaters, powdery white sands and its natural wonders.

In 2026, there will be three race distances all combining swimming and running segments:

- **Endurance Course (20 km)**
- **Challenge Course (13.5 km)**
- **Experience Course (5 km)**

*This year's event introduces **Relays (4.5 km)** and the **Mini Legends (2.5 km)**.*

The start and finish points for all distances will be in Protaras Riviera.

THE SWIMRUN CYPRUS TEAM

PRE-RACE INFORMATION

COMMUNICATION PLAN

Be sure to establish a communications plan with family and friends back home. Make sure you have entered a valid emergency contact number upon registration and share the race day emergency contact listed below with those who may need to reach you in an emergency.

Race Day Emergency Contacts:

George Demetriades 0035799222426

George Pengas 0035799550614

RACE BIB DISTRIBUTION & RACE BRIEFING

Race bag distribution for Saturday race:

17/10/2026 from 13:00 to 14:30 at the Start/Finish zone.

A short briefing will take place just before the race.

Race bag distribution for Sunday race:

17/10/2026 from 15:00 to 17:00 at the Start/Finish zone.

18/10/2026 from 06:00 to 07:00 at the Start/Finish zone.

Race briefing: Saturday 17/10/2026 18:30-19:30 at SunRise Hotel.

A short briefing will take place just before the race.

Please note that race bag distribution is only open during the designated times and if you do not pick up your BIB during that time you will not be permitted to race.

Your race packet includes: swimming caps, emergency whistles and race bibs (for Sunday races)

Race bibs must be worn visible all the time during the race.

Swim caps must be worn visible during all the swims.

Emergency whistle should be carried on all time during the race

RACE DAY INFORMATION

RACE PROCEDURE

Start/Finish line is located at the [PARKING LOT](#) next to Zorbas by the sea.

Remember to bring your ID, mandatory equipment given by the organizer, such as emergency whistle, swimming caps and BIBs.

RACE START TIMES SATURDAY 17TH OCTOBER 2026:

15:00pm Start for Mini Legends

15:45pm Start for Relays

RACE START TIMES SUNDAY 18TH OCTOBER 2026:

08:00-8:30am Wave starts for 20km, 13.5km and 5 km races.

AID/FEEDING STATIONS

There will be Feeding Stations:

- Nutrition gels
- Energy drinks/bars
- Water
- Fruits

All stations are equipped with medical supplies.

At each feeding station you will find a trash bin where you can drop your trash, otherwise you will have to carry it until the next available trash bin.

LITTERING

Littering is strictly prohibited during the race. Protaras Rivera combines crystal clear waters, golden sand and blue flag beaches. Cape Greco Peninsula belongs to the Natura 2000 network of protected areas. Therefore, if any of the athletes found littering the area, will be disqualified.

SWIM SECTIONS

SWIM ENTRY AND EXIT POINTS



These will be marked with flags or beach flags. All athletes must pass through these points. There will be marshals at these points marking off athletes as you pass through.

Please make sure you look carefully at the race maps of the course prior to the race. All entry and exit points will be clearly marked with flags/beach flags. The water temperature is expected to be approximately 25C degrees. There is usually no surf, but you may encounter small swells parallel to the course. Wind chops do not usually occur early in the morning. Current varies but are usually weak.

For participants competing in teams, **it is mandatory to remain within 10 meters of your race partner at all times throughout the event.** If you need assistance during a swim section, raise your arm, use your whistle and signal to closest water safety personnel.

WARNING: Always enter swimming sections with feet first. Also be aware of currents, underwater obstructions, tides, rip currents, rocks and marine life.

SWIM SECTIONS RULES AND INSTRUCTIONS

- Each athlete must wear the official swim cap.
- Each athlete must carry an emergency whistle at all times.
- For participants competing in teams, it is mandatory to remain within 10 meters of your race partner at all times.
- Athletes are required to stay on course. Failure to do so may result in disqualification.
- An athlete having trouble and in need of assistance shall raise arm, use whistle, and call for assistance.

The swim sections are open water swims, and each athlete is expected to have the ability and fitness level to complete each swim section.

RUN SECTIONS

SUMMARY

Please make sure you look carefully at the race maps of the course prior to the race. The air temperature is expected to be approximately 24C degrees. All routes will be clearly marked with colored ribbon and A4 size arrow signs. Always pay attention to the public, traffic and other race contestants. Roads are NOT closed for the public, so be aware of what is going on in your surroundings. Please pay attention to rocks, uneven surfaces and other hazards you may experience during the run. For participants competing in teams, **it is mandatory to remain within 10 meters of your race partner at all times throughout the event.** If you need assistance during a run section, use your whistle and signal to closest ground personnel.

RUN COURSE RULES AND INSTRUCTIONS

-Athletes must wear their issued race BIB vest at all times on the course. BIB vests identify the official athletes in the race and folding, cutting or intentional alteration of any kind is STRICTLY PROHIBITED.

-Each athlete must carry an emergency whistle at all times.

-For participants competing in teams, it is mandatory to remain within 10 meters of your race partner at all times.

-Athletes are required to stay on course. Failure to do so may result in disqualification.

-It is not allowed to receive assistance from other people than the race organization. Each athlete must make his/her own way from start to finish. It is incumbent upon each athlete to immediately reject any attempt to assist, follow or be escorted.

-Roads are open to traffic, cross with caution, local traffic rules apply.

EQUIPMENT

General about Equipment

All athletes need to bring all their equipment from start to finish, if any fails to bring all their equipment to the finish line they will be disqualified.

Equipment



-Shoes.



-Wetsuit (neoprene). The use of a neoprene wetsuit is **OPTIONAL**

Mandatory equipment that the organizer will supply



-Race BIBS must be worn visible all the time.



-Swimming caps must be worn visible all the time during the swims.



-Emergency whistles should be carried on all time during the race.

Recommended equipment

- Safety buoy
- Nutrition
- Goggles
- Paddles and Pull Buoy
- Tether

Equipment that is NOT allowed

- Floatation help that is bigger than 100 cm x 60 cm is NOT allowed.
- Swim fins are NOT allowed if the fin is longer than 15 cm. Measurement is from the toe to the end of the fin.

ENDURANCE COURSE 20 KM ROUTE

[SEE MAP](#)

RUN 1	2400m	SWIM 1	600m
RUN 2	630m	SWIM 2	630m
RUN 3	780m	SWIM 3	290m
RUN 4	450m	SWIM 4	125m
RUN 5	665m	SWIM 5	685m
RUN 6	2440m	SWIM 6	525m
RUN 7	4300m	SWIM 7	525m
RUN 8	3250m	SWIM 8	290m
RUN 9	780m	SWIM 9	630m
RUN 10	200m		

CHALLENGE COURSE 13.5 KM ROUTE

[SEE MAP](#)

RUN 1	2400m	SWIM 1	600m
RUN 2	630m	SWIM 2	630m
RUN 3	780m	SWIM 3	290m
RUN 4	450m	SWIM 4	125m
RUN 5	665m	SWIM 5	685m
RUN 6	5000m	SWIM 6	290m
RUN 7	1050m		

EXPERIENCE COURSE 5 KM ROUTE

[SEE MAP](#)

RUN 1	200m	SWIM 1	625m
RUN 2	780m	SWIM 2	290m
RUN 3	1950m	SWIM 3	290m
RUN 4	1050m		

RELAYS 4.5 KM ROUTE

[SEE MAP](#)

RUN 1	1000m	SWIM 1	250m
RUN 2	2000m	SWIM 2	250m
RUN 3	1000m		

MINI LEGENDS 2.5 KM ROUTE

[SEE MAP](#)

RUN 1	500m	SWIM 1	250m
RUN 2	1000m	SWIM 2	250m
RUN 3	500m		

SAFETY

There will be volunteers available throughout the racecourse to assist you in case of a medical emergency.

The race organization can refuse to athletes to continue if they judge them not capable due to fatigue or being in such bad physical condition that continued racing would be to take unnecessary risk.

Roads are open, cross with caution, local traffic rules apply.

Always enter swimming sections with feet first.

Follow the directions and instructions of all race officials and public authorities.

MEDICAL

There will be experienced medical staff available during the race.

A medical tent will also be located at Start/Finish area. For assistance during the race, use your whistle and signal to closest personnel.

If you are taking any prescribed medications or have any medical conditions that may impact your performance or your treatment, should you require medical intervention it is your responsibility to notify race administration well in advance of race day.

WAIVER OF LIABILITY

The participants are participating at their own risk and cannot hold the organization responsible for any accident during the race.

More information regarding the rules, terms and conditions and the waiver of liability can be found at www.swimruncyprus.com

ORGANIZERS

