

## COMPETITION RULES AND REGULATIONS GREATMAN 2026

### 1. Organisers and co-organisers

- KOTAS Paweł Kotas
- Greatman Foundation
- The City and Municipality of Dolsk
- The Municipality of Mietków
- The Municipality of Kościan
- The City and Municipality of Kórnik
- The Municipality of Kłodawa Gorzowska
- The City and Municipality of Wolsztyn

### 2. Objectives

- Competitive rivalry among participants to achieve the best possible finish times.
- Popularizing triathlon among children and youth as a comprehensive form of physical activity.
- Promoting physical activity and a healthy lifestyle among the residents of the Host Cities.
- Promotion of the following regions: the Municipality of Mietków, the Municipality of Kościan, the City of Kościan and the Kościan County, the City and Municipality of Wolsztyn, the City and Municipality of Kórnik, the Municipality of Kłodawa, the Lubuskie Voivodeship, and the City of Śrem.
- Selecting the top athletes of 2026 from the Municipality of Mietków, the Kościan County, the City and Municipality of Wolsztyn, the City and Municipality of Kórnik, the Municipality of Kłodawa, and the City of Śrem.

### 3. Dates and places

- **Triathlon Dolsk** – 23rd of May 2026 – areas by Lake Dolskie
- **Triathlon Mietków** – 13th of June 2026 – areas by the Mietków Reservoir
- **Triathlon Kościan** – 20th of June 2026 – Nowy Dębiec beach by Lake Wonieskie
- **Triathlon Kórnik** – 26th of July 2026 – areas by Lake Kórnickie
- **Triathlon Kłodawa** – 22nd of August 2026 – areas by Lake Kłodawskie
- **Triathlon Wolsztyn** – 19th of September 2026 – areas by Lake Wolsztyńskie

### 4. Courses

- **1/8 Distance**
  - **OPEN Classification (Women and Men) based on the order of crossing the finish line. Athletes competing for the overall OPEN win may start together from the first line.**
  - Drafting is prohibited for both individual participants and relays.
  - 475 m swim / 22.5 km bike / 5.25 km run

- **1/4 Distance**
  - OPEN Classification (Women and Men) based on the order of crossing the finish line. Athletes competing for the overall OPEN win may start together from the first line.
  - Drafting is prohibited for both individual participants and relays.
  - 950 m swim / 45 km bike / 10.55 km run
- **1/2 Distance (Kórnik Triathlon only)**
  - OPEN Classification (Women and Men) based on the order of crossing the finish line. Athletes competing for the overall OPEN win may start together from the first line.
  - Drafting is prohibited for both individual participants and relays.
  - 1900 m swim / 90 km bike / 21.1 km run
- **Full Distance (Kórnik Triathlon only)**
  - OPEN Classification (Women and Men) based on the order of crossing the finish line. Athletes competing for the overall OPEN win may start together from the first line.
  - Drafting is prohibited for both individual participants and relays.
  - 3800 m swim / 180 km bike / 42.2 km run

## 5. Competition rules

- Participants will start in a rolling start format.
- During the swim leg, the use of fins, neoprene boots/socks, buoys, safety floats, paddles, gloves, or any other swimming aids is strictly prohibited.
- A helmet is mandatory during the bike leg.
- The use of headphones or earphones is prohibited during the cycling leg.
- Participants must adhere to road traffic regulations during the bike leg. Crossing into the opposite lane is strictly forbidden.
- The competition is held under non-drafting rules (drafting/riding on the wheel is prohibited).
- All types of bicycles powered solely by human legs are permitted. The bicycle must not be equipped with any electric or internal combustion assistance (E-bikes are prohibited).
- **After finishing the race, the timing chip must be returned at the finish area.**
  - **If not returned on-site, the chip must be mailed back within 3 days of the event. Failure to return the chip will result in an additional fee of 100 PLN.**
- The following time limits apply during the competition:

Distance	1/8	1/4	1/2	Full
Swim	25min	40min	75min	120min
Swim + Bike	1h15min	2h30min	6h00min	11h00min
Swim + Bike + Run	2h00min	4h00min	8h30min	16h00min

## 6. Classifications and Categories

- OPEN Category (Women and Men) – all distances
- Age Groups (determined by year of birth):
  - W20/M20: up to 29 years old,
  - W30/M30: 30–39 years old,
  - W40/M40: 40–49 years old,
  - W50/M50: Women 50+, Men 50–59 years old,
  - M60: Men 60+,
- Best Local Resident:
  - Best Woman Resident,
  - Best Man Resident,
- 3-Person Relay Classification
- Additional Classifications: Any categories not listed in these regulations will be announced on the Organizer's website
- ATTENTION! Individual medal classifications for OPEN Women and Men are based on the order of crossing the finish line. Athletes aspiring to win the OPEN category may start together from the first line.

## 7. Terms and Conditions of Participation

- The competition is open to any adult participant who: registers via the application form, pays the entry fee, and personally signs a waiver (declaration of participation at one's own risk).
- Participants born in 2008 who are still under 18 on race day are permitted to start. A signed consent form from a parent or legal guardian is required.
- Participants born in 2009 and 2010 are permitted to start only in the 1/8 distance and relay teams. Parent/legal guardian consent is required.
- Trained youth athletes from 2011 and 2012 these years may start in the 1/8 distance only if they provide documentation of their athletic level for approval by the Organizer (via email: [zapisygreatman@gmail.com](mailto:zapisygreatman@gmail.com)).
- Relay Options: 2-person relay teams are permitted, as well as relays where one member also competes individually.
  - Note: 2-person relay teams are not eligible for medal ceremonies/podium awards.
- Participants agree to the processing of their personal data for the Organizer's internal and marketing purposes, and to the use of their image for event promotion and documentation.
- Verification takes place at the Race Office during the competition weekend during opening hours. Participants must present a valid ID or another official document to verify their identity and age.
- No sports licenses are required for this event.

## 8. Registration

- Registration must be completed via the online application form. Payments should be made through the online payment system or via traditional bank transfer. The form is available at [www.greatman.pl](http://www.greatman.pl) under the "Registration" ("ZAPISY") tab.
- Participants who register at least 14 days before the event are guaranteed a full starter pack. After this deadline, a full pack cannot be guaranteed.
- **Payment via traditional bank transfer is only possible up to 7 days before the event.**
- Online payments can be made until 12:00 AM (midnight), 3 days before the event. After this deadline, please contact the organizers regarding registration at: [zapisygreatman@gmail.com](mailto:zapisygreatman@gmail.com)
- A person is considered a registered participant only after completing the registration form and paying the entry fee within the specified deadline.
- It is the participant's responsibility to verify their presence on the start list and to contact the organizers via email in case of any discrepancies.

## 9. Fees

### 9.1. Entry fee

The entry fee is calculated according to the current price list available at: <https://www.greatman.pl/oplaty-startowe/>. The price of the starter pack depends on the number of registered participants and the date of registration.

If you choose the traditional bank transfer option, you will receive an initial registration confirmation email with the bank account number. You have 7 days to complete the transfer. Your registration will be activated within 7 days of the payment being credited. Only participants with confirmed (paid) entries will appear on the start list.

### 9.2. Starter Pack Upgrades

During registration, participants may upgrade their standard pack with additional gadgets.

Fees for upgrades are listed at: <https://www.greatman.pl/oplaty-startowe/>

### 9.3. Cancellations and Changes

Cancellation Insurance: Participants may secure the option to cancel their start without providing a reason by paying an additional, non-refundable insurance fee. The insurance fee depends on the distance:

- 1/8 Distance: 24.99 PLN
- 1/4 Distance: 29.99 PLN
- 1/2 Distance: 44.99 PLN

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- Full Distance: 79.99 PLN

By selecting this option, in the event of cancellation, the participant will receive a 100% refund of the entry fee (standard pack + upgrades) or a free transfer to another participant or another event, subject to timing conditions.

The refund covers the standard starter pack and any pack upgrades. It does not include the insurance fee or the 2% transaction fee applied to online payments via Przelewy24.

TIME LIMITS for Insurance Claims:

	Time until event
Refund	30 days
Change of distance	14 days
Transfer to other 2026 or 2027 event	14 days
Transfer to another participant	7 days

Other Conditions:

- If transferring to a longer distance, the participant must pay the difference in the entry fee.
- If transferring to a shorter distance, the difference in the entry fee will be refunded.
- Requests for cancellations or changes must be sent via email to [zapisygreatman@gmail.com](mailto:zapisygreatman@gmail.com) within the strict deadlines specified in the table above.

### 9.4. Cancellation Without Insurance

A 50% refund of the entry fee is available for cancellations made up to 90 days before the event.

Up to 45 days before the event, the following changes are permitted subject to a 50% administration fee:

- Transferring the entry to another event in 2027 or 2028.
- Transferring the entry to another participant.

These deadlines are final and non-negotiable.

All cancellation or transfer requests must be submitted via email to [zapisygreatman@gmail.com](mailto:zapisygreatman@gmail.com)

### 9.5. Additional Payment Information

Requests for an invoice must be submitted by the 7th day of the month following the payment. Please send an email to [faktury@greatman.pl](mailto:faktury@greatman.pl) including your order number.

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Traditional Bank Transfers should be sent to the following account:

**KOTAS Paweł Kotas**  
**mBank**  
**52 1140 2004 0000 3802 8180 6248**

When making a bank transfer, please include the following in the title: First Name and Last Name (or Relay Team Name), Host City, Distance, and any Starter Pack Upgrades selected.

- Example: Jan Kowalski, Kórnik, 1/4, Sport Pack

The price of the starter pack is determined by the date the payment is received (credited to the account), not the date the transfer was sent.

For promotional offers, the payment must be completed within the specified timeframe.

Payments made in an amount lower than the required fee will not be processed as a valid entry fee and will be refunded after the completion of the entire event series.

### 10. Results

Results will be published on the official event website: <http://www.greatman.pl/>

Finalised official results will be posted on the website (<http://www.greatman.pl/>) within one week following the event.

### 11. Awards and Ceremonies

All distances:

- The top three male and top three female athletes will receive special commemorative medals.
- The top three male and top three female athletes in each age category will receive special commemorative medals.
- The top three male and top three female athletes in the "Best Resident" category will receive special commemorative medals.
- The top three teams in the Relay category will receive special commemorative medals.
- Individual classifications do not overlap; this means that OPEN category medalists are excluded from age group awards (the "no double dipping" rule).

## 12. Sanitary Guidelines – Preventive Procedures for Infectious Diseases

- Participants are required to comply with all current recommendations, guidelines, and mandates issued by the Ministry of Health or other state authorities effective on the day of the event.
- This includes regulations regarding social distancing, the use of personal protective equipment (PPE), and any other measures intended to prevent the spread of infectious diseases.

## 13. Protection of Personal Data

- The Organizer is the controller of the personal data.
- Participants' personal data will be processed for the purposes of organizing the event, determining winners, conducting award ceremonies, and for marketing purposes.
- Personal data will be used in accordance with the provisions of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 (GDPR), the Polish Act of 10 May 2018 on the Protection of Personal Data, and other applicable laws and the Greatman Triathlon Regulations.
- Data processing includes the publication of the participant's first name, last name, and city of residence in any manner in which event materials are published or distributed.
- Providing personal data and consenting to its processing is voluntary; however, failure to provide data or lack of consent prevents participation in the Greatman Triathlon.
- By submitting a correctly completed and signed registration form, the participant consents to the use of their personal data for sending information (via email, SMS, or post) regarding future events, commercial products, and for sharing data with event partners and sponsors, as well as for internal administrative and analytical purposes.
- Participants have the right to withdraw their consent at any time by sending a request to the Organizer's address.
- All participant information will be stored electronically and used in compliance with GDPR and applicable national laws. The Organizer reserves the right to share data collected via the registration form with event partners and sponsors.

## 14. Complaint Procedure

- Submission: Complaints regarding any matters related to Greatman Triathlon must be submitted via email with a justification to: [kontaktgreatman@gmail.com](mailto:kontaktgreatman@gmail.com) within 7 days from the end of the event.
- Complaints submitted after the 7-day deadline will not be considered.
- The Organizer will review complaints within 30 (thirty) days from the date of receipt.
- The Organizer's decision regarding complaints related to the Greatman Triathlon event shall be final and binding.

## 15. Other Important Provisions

- The Organizer provides emergency medical care on the course and at the finish line, as well as water safety services during the swim leg.
- Decisions made by medical personnel regarding a participant's ability to continue the race are final and non-revocable.
- The Organizer is not responsible for any items lost during the event.
- The cycling course takes place on public roads. Participants must exercise extreme caution, remaining alert to vehicles emerging from fields, forest paths, or private properties.
- On public roads, all participants must stay on the right side of the road and strictly adhere to the Road Traffic Act.
- In the event of dropping out of the race at any point, the participant is obligated to immediately inform the Organizer. This can be reported to course marshals, officials, or the Head Referee. This requirement is strictly for safety and tracking purposes.
- The Organizer does not provide technical assistance (bike service) or transport for participants in the event of mechanical failure.
- The event will take place regardless of the weather. If it is impossible to conduct any specific discipline, the Organizer will determine an alternative race format.
- Participants enter the event at their own risk. All participants (or legal guardians of minors) acknowledge that participation involves intense physical effort and carries inherent risks of accidents, bodily injury (including death), and property damage or loss. By accepting these Regulations, each participant confirms that their health allows for participation and there are no medical contraindications for such strenuous exertion.
- Each participant is required to obtain their own Personal Accident Insurance (NNW) for the duration of the event.
- The Organizer reserves the right to interview, photograph, and film participants for advertising, promotional, and commercial purposes across all media, including the Internet and TV/radio broadcasts.
- The Organizer may use and process all photos, films, interviews, and sound recordings of Greatman Triathlon participants worldwide, free of charge, for promotion and documentation.
- It is strictly forbidden to bring narcotics, illegal substances, dangerous objects, firearms, pyrotechnics, performance-enhancing drugs, or alcohol onto the event grounds. The use of such substances before or during the race is prohibited. Violators may be disqualified or barred from starting.
- During the technical briefing, the Organizer or Head Referee may announce changes to the regulations or race format. Participants are obligated to familiarize themselves with this information. Lack of knowledge regarding changes announced at the briefing cannot be grounds for a protest.
- Starter packs must be collected personally at the Race Office during scheduled hours.
- The Organizer reserves the right to sell starter packs that are not collected on time.

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- Regardless of the chosen pack version, the entire entry fee is allocated toward the organization of the event.
- Failure to collect the starter pack during designated hours constitutes a withdrawal from the start and the forfeiture of the pack contents.
- Special medals and prizes can only be collected during the official awards ceremony at the end of the event.
- The Organizer reserves the right to cancel the event, postpone it, or change the format without providing a reason.
- The Organizer resolves all disputes and matters not covered by these Regulations.
- The Organizer reserves the right to amend these Regulations, particularly in response to changes in the epidemic situation or legal regulations. Registered participants will be informed of any such changes.
- For matters not regulated herein, the provisions of the Road Traffic Act of June 20, 1997, shall apply.