Participant process

Alpen Adria Swim Cup

Community swimming

SWIM RUN SWIM

Längsee 09.08.2025

Saturday, 09.08.2025

Alpen Adria Swim Cup

08:30 Collection of start documents or late registrations possible up to 1 hour before the start of the respective distance in the race office

09:50 Competition briefing 5.0 km in the start/finish area

10:00 Start 5.0 km

10:20 Competition briefing 2.5 km in the start/finish area

10:30 Start 2.5 km

10:50 Competition briefing 1.5 km in the start/finish area

11:00 Start 1.5 km

11:25 Competition briefing 500 m Allstars and Kids

11:20 Start 500 m Allstars

11:22 Start 250 m Kids

12:00 Award ceremony Alpen Adria Swim Cup

12:30 Cut off Alpen Adria Swim Cup

Community swim

11:00 Pick up start documents or late registration

13:00 Shuttle service – departure at the entrance to the Längsee lido

13:30 Start community swim in the municipality of Launsdorf

SWIM RUN SWIM

12:30 Start pick up start documents & late registrations until 13:30

13:45 WK meeting SWIM RUN SWIM

14:00 Start SWIM RUN SWIM Children D/E 150/500/100 followed by award ceremony

14:20 approx. Start SWIM RUN SWIM Children B/C 300/1000/200 followed by award ceremony

15:50 approx. Start SWIM RUN SWIM Children A/Youth 600/2000/500 followed by Award ceremony

3:30 p.m. approx. start of SWIM RUN SWIM Juniors and General 1.5/5.4/0.9 followed by award ceremony

5:30 p.m. CUT OFF

5:30 p.m. approx. award ceremony SWIM RUN SWIM

General information

• Late registrations:

Late registrations are possible up to 1 hour before the start of the respective distance on site in the race office.

• Toilet facilities and changing rooms:

These are located in the start/finish area.

• Event area:

Längsee beach

Längseestrasse 48

9313 St. Georgen am Längsee

• Accommodation:

Längsee tourist region – Hochosterwitz

T +43 (0)664 357 2975

E tvb@derlaengsee.at

H http://www.derlaengsee.at

Alpen Adria Swim Cup

• Swimming course:

There is a 2.5 km circuit, which is swum anti-clockwise. For the 1.5 km distance, swim to the 2nd buoy, then directly to the 7th buoy and from there to the finish. For the 5.0 km distance, the circuit must be swum twice. The buoys must be swum around the outside (between the shore and the buoy).

The start of the 500 m course is in the start/finish area. Swimming is clockwise. The buoy must be swum around on the right.

The 250 m course starts from a nearby jetty. From there, swim to the finish (start/finish area).

• Swimming buoys:

Buoys are mandatory for the 500 m and 250 m courses (Allstars and Kids). A buoy can be used on the other courses. If required, it can be borrowed from the organizer for a deposit.

• Awards ceremony:

The first 3 women and men in each course will be awarded prizes.

• Overall ranking:

All points are added together for the overall AASC ranking. The awards ceremony will take place at AASC Croatia. An age group evaluation is available online.

Community swimming

• Swimming course:

The 1.0 km long swimming course leads from the opposite bank to the Längsee lido to the finish.

• Swimming buoys:

A swimming buoy is mandatory for everyone and can be borrowed from the organizer for a deposit.

• Shuttle service:

A car shuttle service is offered from the lido to the start.

• Timekeeping:

There is no timekeeping.

• Entry fee:

The municipality of Launsdorf, together with Mayor Wolfgang Grilz, will cover the entry fee. A voluntary donation for water rescue is welcome.

SWIM RUN SWIM

• Distances:

- Children D/E 150/500/100

The 150m swimming distance is a triangular course and must be swum around once. The 500m running distance runs from the transition zone across the parking lot to the entrance and back.

The 100m swimming course starts from the bridgehead swimming jetty over the corner buoy to the finish

- Children B/C 300/1000/200

The 300m swimming course from the sports pool to the bridgehead back to the end of the sports pool and directly to the swim exit in the transition zone. The 1000m running course is along the cycle path to St. Georgen Abbey 500m and back. The 200m swimming course starts from the bridgehead to the end of the sports pool directly to the finish

- Children A/Youth 600/2000/600

The 600m swimming course from the sports pool to the second bridgehead back to the end of the sports pool to the buoy and directly to the swim exit in the transition zone. The 2000m running course is along the cycle path to St. Georgen Abbey 1000m and back. The 600m swimming course from the sports pool to the second bridgehead back to the end of the sports pool to the buoy and directly to the swim exit in the transition zone.

• - Juniors and general 1.5/5.4/1.0

Routes:

The 1.5 km distance is a circuit and has to be swum once anti-clockwise (between the buoy and the shore).

The 5.4 km running route goes anti-clockwise on the secured and marked road once around the Längsee.

The 1.0 km distance is a circuit (route has been rebuilt) and has to be swum once anti-clockwise (between the buoy and the shore).

• Competition rules

Swimming with swimwear or one-piece,

Neo depending on the temperature (but not recommended - change time)

Change zone

Participants are only allowed to change in the designated area,

Running with one-piece or running dress (shirt). No one is allowed to leave the change zone without outer clothing. Underwear is swimming trunks/swimsuits as well as one-piece or tripant. The shoes and the change of clothes must be stowed in the change box. (Attention: Penalty for non-compliance)

Participation in the event is at your own risk.

(\*) Subject to change