

HARDASUKA ULTIMATE TRIATHLON CHALLENGE COMPETITION - GENERAL RULES AND REGULATIONS

THE OBJECTIVE

Popularisation of sport and healthy life style and popularization of Podhale Region, Zakopane and the Tatra Mountains.

THE ORGANIZER

Harda300ka Stowarzyszenie Kultury Fizycznej

GENERAL INFORMATION

HardaSuka is one of the most difficult triathlon competitions in the world. Each competitor should get familiar with the present rules and regulations and make sure that their health condition and training level enable them to finish the competition, before they take the decision to take part in the competition. The running route is technically very demanding. It leads through difficult mountain routes of the Western Tatra and the High Tatra Mountains and it includes sections of big height differences, significant exposure and a lot of loose stones. The weather conditions may be very changeable. The Organizer recommends experience in competitions of Ironman distance and/or experience in ultra runs.

THE DATES, DISTANCE, ROUTE

1. The competition takes place between 19th and 20th June 2026.
2. The competition starts on 19th June 2026 at 16:00 in **Oravska priehrada (Slovakia)**.
3. The route of the competition is as follows:
 - a. Swimming section of the length of 5000 metres in a straight line between the start and finish of the section, located in Namestovo. The swimming section will be marked only in one place, behind Ostrov Island, with two buoys in the form of a checkpoint, and further competitors will navigate to the orange "Harda" banner of 6x8m located at the finish line of the section.
 - b. Bicycle section of the length of 240 kilometres and the elevation difference of about 3000 metres taking place in a loop surrounding the Polish and Slovak Tatra Mountains (start of the section: Namestovo - Chochołów - Poronin - Łysa Polana - Tatrzańska Łomnica - Liptowski Mikulasz - Zuberec - Chochołów – finish of the section: Chochołowska Valley).
 - c. Running section leading through the main ridge of the Tatra Mountains of the length of 55 kilometres and the elevation difference of about 5000 metres (start of the section: Chochołowska Valley - Wołowiec - Jarząbczy Wierch - Ornak - Hala Ornak mountain hut - Czerwone Wierchy - Kasprowy Wierch – Murowaniec mountain hut in Hala

Gąsienicowa (Mountain hut in Sucha Woda Gąsienicowa Valley) - Krzyżne - Dolina Pięciu Stawów mountain hut (Mountain hut in the Valley of Five Polish Lakes) - Świstówka – finish of the section and finish of the whole competition in Morskim Oku mountain hut (Mountain hut at Morskie Oko).

4. The bicycle section takes place mostly at night in open road traffic. The competitors and their support teams have to **absolutely observe the traffic rules and regulations** in Poland and in Slovakia. In the bicycle section no drafting is allowed. The distances between the competitors have to amount to minimum 10 metres except for the 30 second takeover period.
5. The running section takes place in marked tourist trails in the area of the Tatra National Park. The competitors and their support teams have to **absolutely observe the rules and regulations of tourist traffic concerning the tourist traffic in the whole area of the Tatra National Park**:
 - it is not allowed to go off the marked trail
 - it is not allowed to leave any rubbish
 - it is not allowed to scare the animals
 - it is not allowed to make any noise

Competitors who do not observe the regulations of Tatra National Park will be result in immediate disqualification of a competitor.

6. The following time limits apply in the route:
 - a. for finishing the swimming section – 19th June, at 19.00
 - b. for finishing the bicycle section – 20th June, at 8.00
 - c. Hala Ornak mountain hut – 20th June, at 15.00
 - d. Murowaniec mountain hut – 20th June, at 18.30
 - e. Pięć Stawów mountain hut - 20th June, at 20.30
 - f. Morskie Oko mountain hut – 20th June, at 22.00
7. The briefing will be published online on the Organizer's Facebook profile on June 16, 2026, at 7:00 p.m. Competitors and their support teams are required to review the briefing, which they will confirm in writing upon collection of their starter pack. If you have any questions about the information provided in the briefing, please post a comment under the briefing material by June 17, 2026, at 8:00 p.m. Responses to all comments will be posted on an ongoing basis by June 17, 2026, at 10:00 p.m. at the latest.

OBLIGATORY EQUIPMENT

The competitors are absolutely obliged to possess the following items during the competition:

1. In the swimming section:

- a. A swim cap provided by the Organizer. You are allowed to have any second cap, e.g. a neoprene cap put under a cap provided by the Organizer,
- b. Swimming goggles,
- c. A full wetsuit with sleeves,
- d. Swimming safety buoy,
- e. It is prohibited to cover your feet or hands in any manner.

2. In the bicycle section:

- a. A race bicycle or a time trial bicycle (a race bicycle is a definitely better option). It is prohibited to start on any other type of a bicycle;
- b. A car support,
- c. Full and working bicycle lighting consisting of a white front lamp shining with a constant light and a red rear lamp shining with a flashing light,
- d. A bike helmet put on your head throughout the whole bicycle section,
- e. A high visibility vest put on top during the whole bicycle section – vest is obligatory, and can't be replaced by reflective elements on jersey.
- f. A turned on and charged mobile phone with roaming service switched on,
- g. A map of the competition route provided by the Organizer,
- h. A valid ID or passport,
- i. A starting number visible at your back throughout the whole bicycle section,
- j. An insurance NNW and insurance covering a rescue action in Slovakia, valid the whole period of the competition from 19 till 21 June 2026.

3. In the running section:

- a. A running rucksack or a belt pack
- b. A water container of a litre volume or more,
- c. A working headlamp with good batteries,
- d. A reusable cup for refreshing point,
- e. A first aid blanket of the minimum dimensions of 140x200cm,
- f. Extension bandage and a sterile dressing,
- g. A whistle,
- h. A cap or a headscarf,
- i. Full gloves with fingers,
- j. A waterproof jacket with long sleeves and a hood,
- k. A turned on and charged mobile phone with roaming service switched on,
- l. A map of the competition route provided by the Organizer,\
- m. A map of Tatra National Park with marked trails.
- n. A valid ID or passport,
- o. A starting number visible at your back throughout the whole bicycle section,

- p. An insurance NNW and insurance covering a rescue action in Slovakia, valid the whole period of the competition from 19 till 21 June 2026.

Lack of any of the obligatory equipment items result in immediate disqualification of a competitor.

COMPETITION ORGANIZATION

1. Starter packs can be collected on:
 - June 18, 2026, between 4:00 p.m. and 8:00 p.m.
 - June 19, 2026, between 9:00 a.m. and 2:00 p.m. Those who do not collect starter package within a period will not have the right to compete.
2. Competitor will have to present whole obligatory equipment and documents (id, insurance) during collection of starter package.
3. The swimming section will be marked only in one place, behind Ostrov Island, with two buoys in the form of a checkpoint, and further competitors will navigate to the orange "Harda" banner of 6x8m located at the finish line of the section.
4. Competitors are obligated to start with swimming safety buoy.
5. The swimming route is protected by lifeguards.
6. The bicycle route is not marked. The competitors are obliged to be familiar with the route and have a map provided by the Organizer.
7. The support vehicle must have two identifiers visible at all times during the event, placed:
 - behind the front windshield on the passenger side,
 - behind the rear windshield on the driver's side.
8. It is prohibited to have any person from a competitor's support team riding a bike on the bicycle route.
9. On the bicycle route from Namestovo (start of bicycle route) to Łysa Polana it is forbidden to follow the competitor by support car. Teams which brake the rule will get warning. Disregarding the warning result in immediate disqualification of a competitor.
10. The Organizer's car is on the bicycle route and it controls the course of the competition.

11. The running route will not be marked. The competitors are obliged to be familiar with the route, have Tatra National Park map with marked trails and have a map provided by the Organizer.
12. In the running route there will be only one refreshment point and it will be located in Hala Ornak mountain hut. Apart from this place the nourishing of the competitors takes place with the help of their support teams.
13. Providing food and support to the competitors on the bicycle route has to take place in a manner, which does not hinder the movement of other competitors or other road users. The car of a support team has to be parked with its four wheels outside of the roadway. It is allowed to park only in places where parking is permitted. It is forbidden to provide food while the car is moving.
14. In case of a failure of a bicycle on the bicycle route it is allowed to have the support team help you in the repair. It is allowed to change a bike.
15. It is allowed to run on the running route with support, however, the support team must not help a competitor in carrying their obligatory equipment.
16. It is forbidden to shorten the route in any manner. In the running section it is absolutely forbidden to leave the marked tourist route.
17. The entry fee includes the entry ticket to the Tatra National Park for the competitor and 1 support person.
18. The Organizer provides basic medical support on the whole route of the competition. However, due to the long distance of the route, competitors and supports must expect an extended wait for medical assistance. In emergency situations, competitors should contact local emergency services at 112 or TOPR (Tatra Search and Rescue) at +48601100300.
19. In case of exceeding the time limit of a given section, a competitor is obliged to stop the competition and return the starting number to a judge. It is forbidden to continue the competition on one's own.
20. In case of a withdrawal from the competition, the competitors are obliged to report this fact to the Organizer immediately, by calling to the phone number provided in the materials given before the start or to a person representing the Organizer in a control point.
21. In the cases mentioned in the above paragraphs 19 and 20 the athlete is required to return the GPS tracker:
 - to the nearest volunteer,
 - during the Sunday closing event,
 - or via courier to the address provided by the Organizer.
22. In the case that the Organizer decides to change the route, the competitors will be informed by the judges at the point where the change takes place. In the

case where a competitor has passed the change point before the decision to change the route has been made, he/she may continue the competition on the original route. In exceptional situations related to safety, the Organizer may inform the competitor who has passed the change point (e.g. by telephone) of the change and order the competitor to go back to the change point.

23. Competitors are obliged to strictly respect the instructions of the Organizer and the judges. Failure to comply with the instructions of the Organizer or the judges will result in the disqualification of the competitor.

REGISTRATION

1. Registration will be launched January 2, 2026, at 8.00 p.m. and will be open till January 12, 23.59.
2. The person signing up for the competition fills in a form in which:
 - Provides his/her name, surname, email address and telephone number
 - Attach proof of payment of 100 PLN or 25 EUR to any charity. Failure to provide proof of payment of the above amount will result in removal from the list of enrolled persons.
3. The limit of participants is 50 people.
4. In the case of exceeding the limit, organizer will draw the participants. The online lottery will take place 13th of January at 6:00 pm:
 - Organizer will distribute up to 8 slots without lottery.
 - Remaining slots will draw randomly.
5. Persons qualified for the competition must transfer the entry fee specified in the paragraph below within 3 days of receiving confirmation of their qualification for the competition.

ENTRY FEE

1. The entry fee is 2,500 PLN (or 485 EUR) payable to the Organizer's bank account within 3 days from receiving an e-mail from the Organizer about qualifying for the entry list.
2. Failure to pay the entry fee will result in removal from the entry list.
3. Entry fee for the competitors who took part in previous editions will be 1875 PLN (-25%).
4. The entry fee is non-returnable. If a competitor has to resign from the competition, it is possible to change the competitor with the Organizer's consent. In case of a resignation and a change of a competitor after 15th May 2026 it is not possible to change the size of the T-shirts.

PARTICIPATION CONDITIONS

The right to start in the competition is granted to the persons, who:

1. Are on the starting list announced by the Organizer,

2. Have paid the entry fee in the full amount,
3. On the day of the competition are 18 years old and present a valid ID or a passport confirming their identity,
4. Sign a statement about starting in the competition of their own free will and at their own responsibility, being aware of the dangers resulting from the difficulty of the competition.

CONSENT FOR IMAGE AND MARKETING PURPOSES

1. The Organiser reserves the right to free-of-charge use of all photos, video and audio recordings featuring the triathlon participants and their supports and the participants and their supports hereby declares that he/she consents to it. Image of the competitors and their support may be used in particular by storing their pictures on media such as CD-ROM, DVD, publishing them in catalogues and other media, websites, social media, newspapers and exhibitions, and for promotional - advertising purposes related to the activity conducted by the Organiser.
2. Each competitor and their supports agrees for their personal data to be processed for the purposes of the organisation of the competition, internal analytics, as well as for sending information about sports and recreational events taking place in the future. All personal data will be gathered and processed in accordance with the Law on Personal Data Protection of August 29, 1997 (consolidated text: Journal of Laws of 2002 No. 101, item 926, with amendments) and in consistency with the General Data Protection Regulation (GDPR) of the European Parliament and of the Council (EU) 2016/679 of April 27, 2016. The participants and their supports has the right to access their data, request their update or removal at any time, directing correspondence to the e-mail: challenge@hardasuka.pl.

FINAL PROVISIONS

1. The Organizer has right to change part of the competition, the route, date or limit of participants due to decisions, permissions and agreements got from PL and SK offices.
2. The competition takes place regardless of the weather conditions, however due to the weather conditions the route might be modified and shortened.
3. In the case of cancellation of the swimming section in whole or in part, competitors will start at a specific time given by the Organiser from zone T1. The start will be in waves of 2 competitors every minute according to the start numbers.
4. The Organizer decides on the interpretation of the rules and regulations and all contentious issues.

