



Event Itinerary

- **Event Name:** Bergman Triathlon By namma trip
- **Location:** Bergman Triathlon
- **Duration:** 1Day

Day 0: Swimathon Challenge & Athlete Expo

- 06:00 AM: Venue opens and athlete reporting begins.
- 07:00 AM: First swim wave starts.
- Participate in the Swimathon across different swimming categories: 500 metres, 1 KM, 2 KM, and 4 KM.
- 07:00 AM – 11:00 AM: Swimathon waves take place at staggered intervals.
- 11:30 AM: Cutoff time for the final swimmer to finish.
- 12:00 PM onwards: Recovery area opens, followed by social interaction sessions and expo activities.

- Explore athlete-focused stalls featuring triathlon equipment, performance wear, and nutrition essentials.
- Participate in brand activations and connect with fellow swimmers, athletes, and fitness enthusiasts.
- Enjoy a full day of swimming, learning, networking, and preparation for the main triathlon event.

Day 2: Triathlon Race & Endurance Challenge

Day 2 is the official Bergman Triathlon Race Day, featuring the 102 KM Middle Distance Triathlon and the Olympic Triathlon.

- 05:30 AM: Transition area opens for athletes to set up their gear.
- 06:30 AM: Mandatory race briefing covering course instructions and safety details.
- 06:45 AM: Start of the 102 KM Middle Distance Triathlon.
- 07:00 AM: Start of the Olympic Triathlon.
- 09:30 AM onwards: Olympic category athletes begin finishing.
- 12:00 PM: Olympic Triathlon cutoff.
- 03:30 PM: Final cutoff for the 102 KM Triathlon.

- 04:00 PM: Awards ceremony and event closing.

102 KM Middle Distance Triathlon

- 2 KM Swim
- 80 KM Cycling
- 20 KM Run
- Start Time: 06:45 AM
- Cutoff / Finish: 03:30 PM

Olympic Triathlon

- 1.5 KM Swim
- 40 KM Cycling
- 10 KM Run
- Start Time: 07:00 AM
- Finish: 12:00 PM

Pickup Location

- **Karachi Bakery – Indiranagar** - 5:00 AM
- **Domlur – New Shanti Sagar Hotel** - 5:30 AM
- **Yeshwanthpur Konkan Express Hotel** - 6:00 AM
- **Gorguntepalya – People Tree Hospital** - 6:20 AM

Contact Information

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