**To athletes**

**Welcome to the SwimRun Battle of Nations 2025!**

**Objective:**

In preparation for the SwimRun Season 2025, we aim to create additional incentives, motivate athletes to start training early, gain more motivation, involve new SwimRunners, and generate a broad impact in the social media scene for our sport within the respective community.

**Motivation:**

* Self-motivation is key to getting into a sports rhythm.
* Additional dynamism should be achieved in local hot spots, training groups, and clubs.

**Date:** one Month - 24th of May – 22nd of June

**Systems/registration:**

1. **Registration link via Race ID**: will follow
	* Registration fee is 11 Euro
	* Registration starts from 1st of April
2. **Processing and Evaluation:** Participants upload their data using the registration mail of the RaceID system.. Link to data upload form

<https://docs.google.com/forms/d/e/1FAIpQLScoXn9ec79SeJnmtgjJCOiNX1DVeG3KfSs1UYrZXOUeu0gB7w/viewform>

**Rules:**

* A Team consists of 5- 10 participants
* A SwimRun consists of a total distance of at least 2 km, with 2 swimming and running sessions each and should aim for at least 5% - recommended 10 % of swimming
* Any number of sessions can be completed per day.
* SwimRun uploads must be done by midnight of the following day; (internally 48 h), later uploads will be immediately deleted.
* Single SwimRunners or teams with less than 5 athletes can join an international team
* Emphasis on motivation and fun over dishonesty.
* Trust is emphasized, with motivation and fun in favour of over excessive ambition

 (Note: A GPS watch is necessary; if unavailable, please coordinate with your team leader)

**Points/Evaluation/Ranking:**

* 1. Person: Total km
	2. Teams: Average km of team members
	3. Nations: points (correlation average of team members and performance km

**Prizes/Goodies:**

* Each participant is entered into a draw for three starting places at our Qualifier races
* Additional prizes from sponsors are raffled among participants who upload their contributions on social media and tag with @myswimrunchampionships or our specific challenges

**Communication:**

* Weekly communication of results: [Results Page](https://www.myswimrunchampionships.com/friendship-battle/)
* Ongoing communication on the website and social media platforms of @myswimrunchampionships and various pages and groups.

**Contribution Fee:** 11 Euro

**Partners:** Wolff Wear, Kreuz&Quer - SwimRun e.V., Race ID, Herbalife Partner, Mako, LaufSinn

**Organizer:** My SwimRun Championships

**Coordinators:** Andreas Sachs (A) and Michael Gerlach (D)

**Wishing you success and a lot of fun!**

**Andreas & Michael**