



SiFNaThLoN 2026 May 30 & 31 2026

The beautiful island of Sifnos invites runners and swimmers to live a unique sporting experience!

The Municipality of Sifnos and the Olympic Games Participants Association, in co-organization with the South Aegean Region, announce the SiFNaThLoN athletic event, an event that will include running races and a swimming sports meeting for everyone, which is expected to be a particularly important sporting event in May for the Cyclades!

On Saturday, May 30, on the beautiful beach of Platys Gialos, a swimming sports meeting of distances of 3, 1.5 km. and 300 m. for children will be held, while the next day, Sunday, May 31, 4km and 10km Road Races will be held as well as children's running races for primary and high school children, with the starting and finishing points at the municipal sports facilities (5x5 field) in Kamares, following a demanding, mixed route with asphalt and dirt road.

This is a route with a strong Cycladic colour, on the island of Tselemente and Agioplastiki, which offers unique images of endless blue, giving participants the opportunity to get to know the beauties of Sifnos in the best way!

Swimming Sports Meeting and Road Race for Children

Saturday, May 30, 2026

Venue: Platys Gialos

Competition Schedule

17:00 Secretariat opens

18:00 Open water swimming 3km (18 and over)

18:15 Open water swimming 1.5km (12 and over)

18:45 300m swim for children (ages 6 to 11)

19:00 Fun Run 2km (open participation)

19:30 Award Ceremony

20:00 Welcome party

Rules

1. **The use of a personal swimming buoy is mandatory. Participants must have their own.**
2. Participants may compete with goggles or a swimming mask.
3. Athletes in wetsuits may participate but will be excluded.
4. The use of buoyancy or swimming aids such as snorkels, boards, hand grips, flippers, etc. will automatically disqualify the swimmer from participating.

Eligibility

Those who have reached the age of 12 are eligible to participate in the 3 and 1.5 kilometer distances.

In the 300m race, children aged 6 to 11 will take part.

CATEGORIES of awards for open water swimming:

- General category for men and women
- Age categories

MEN

- **M1** 18-29 years old (any younger ages are awarded separately)
- **M2** 30-39 years old
- **M3** 40-49 years old
- **M4** 50-59 years old
- **M5** 60-69 years old
- **M6** 70+ years old

WOMEN

- **F1** 18-29 years old (any younger ages are awarded separately)
- **F2** 30-39 years old
- **F3** 40-49 years old
- **F4** 50-59 years old
- **F5** 60-69 years old
- **F6** 70+ years old

For the children's race, all children who participate will receive a commemorative medal!

Running Races

Date

Sunday May 31 2026

Venue: Municipal sports facilities (5x5 field) in Kamares

Schedule

7:00 Secretariat opens

8:30 Start of 4km and 10km races

9:40 Start of 800m race for children and disabled

10:00 Award Ceremony

* Starting times may be slightly modified, depending on the ship schedules on the day of the race

Eligibility

Those who have reached the age of 16 for the 10km distance and the age of 12 for the 4km distance are eligible to participate.
Children aged 6 to 11 and people with disabilities are eligible to participate in the 1km race.

Race Completion Time Limit

The finishing time limit for the 10km race is 90 minutes from the moment the start is given. For the 4km race, the corresponding limit is 50 minutes and for the 800m is 10 minutes

ATTENTION: Athletes who continue their effort beyond the specified time limit must be aware that they run or walk at their own risk. The Traffic Police will release the race route to traffic gradually, after the last runner has passed the supply stations within the specified time limit.

Registrations

Registrations are only done online at the link:
<https://www.athletin.gr/events/48>

until May 24, 2026

Participation fee

Early bird for registrations and payments until May 3, 2026

4km run: €10

10km run: €15

1km run for children and disabled people: Free

Swimming: 1.5km €15

Swimming: 3km €15

Swimming: 300m swim for children: Free

Regular for registrations and payments until May 24, 2026

4km run: €15

10km run: €20

1km run for children and disabled people: Free

Swimming: €1.5km €20

Swimming: €3km 20€

300m swim for children: Free

Regular for registrations (at least 5 participants in a race) until May 24, 2026

4km run: €10 /person

10km run: €12 /person

1km run for children and disabled people: Free

Swimming: 1.5km €15 /person

Swimming: 3km €15 /person

300m swim for children: Free

Payment Methods

Online payment by credit, debit or prepaid card through the official website sifnathlon.gr and the registration platform myrace.gr

Registration types and race packs

Registrations divide in:

- **Individual**

They are made by individuals. In case of picking up equipment for another athlete, it is necessary to show a photocopy of the ID card or passport of their representative. During the operation of the Registration Center, minor runners who have registered individually must present their ID card (for those over 12 years old) or a declaration of consent from the guardian, in order to receive their sports equipment. Children who will take part in the children's running or swimming events must come with their guardian.

- **Team**

A group registration must include at least 5 people or more in each race/distance (except for children's races which is free). Group registrations are addressed to sports clubs, running clubs, gyms, companies, schools, private and public organisations, travel agencies, as well as simple groups of people who wish to participate as a team.

Participation packages

The race pack for the running races of 5k includes:

1. Participation number
2. Electronic timing
3. Feeding station along the route and the finish line
4. Health coverage
5. Storage of personal belongings
6. Commemorative medal
7. Technical t-shirt

The participation for the children's event is FREE and the race pack includes:

1. Participation number
2. Electronic timing
3. Feeding station along the route and the finish line
4. Health coverage
5. Storage of personal belongings

For the swimming events, a race cap will be provided.

Electronic Timing

An official timing company will be responsible for the electronic timing of all races, as well as the calculation and publication of the results in real time. Electronic control and timing mats will be located at the start and finish and at selected points.

Competitors who do not display an electronic indication at the above-mentioned points will be disqualified from the races.

Results

Unofficial results will be announced online, allowing anyone interested to file an appeal within five calendar days. Official results will be announced within ten working days.

Event Rules

Any "external" assistance or accompaniment during the race to participating athlete by companions in any way or means is prohibited, without prior approval from the organisers. Athletes must collect their racing equipment, as well as the commemorative material of the event, exclusively from the Registration Center.

Terms of Participation

All participants solemnly declare that:

- they have recently undergone medical examinations and are completely healthy to participate in this sporting activity.
- they accept full responsibility for any injury or accident that may occur to and from the venue of the race or during it, as well as for anything that may occur during participation in the race, such as falls (which may occur during contact with other participants), bad weather conditions, traffic, and poor road conditions.
- they accept that their names will appear in the results of the race in which they participate.
- they waive any claim from the organizers, sponsors and anyone directly or indirectly involved in the conduct of the race and they accept that the above persons do not bear any legal responsibility for anything that may occur during their participation.
- The organisers have the right to change the announcement of the race, according to the epidemiological situation and the instructions of the responsible bodies.

In addition:

- Participants give their approval to the organizers to use their photos or videos from the race or any other recording without any financial claim.
- Registration will be considered complete once both the electronic registration and the payment of the corresponding cost have been made. Bank or other costs are the responsibility of the participant.
- Payment of the participation cost must be made alongside with registration, otherwise the registration will be considered invalid.
- Participation declarations are personal and are not transferred to third parties at any stage of the registration period. In case of transfer of a participation number without timely notification of the organisation, the athlete who will use the participation number will be immediately canceled.
- In case a participant, while having completed their registration, does not have the required supporting documents and everything mentioned in the paragraph "Right to participate - Participation Limit", they will lose their right to participate, their participation package will be delivered to him except for the participation number with the timing chip (if he wishes) and they will not be entitled to a refund of the participation cost.
- Cancellations and refunds are accepted by written request to the event email only until Monday, May 4, 2026. After this date, no refund requests will be accepted. Refunds will be made within 30 days of the date of the race.
- In the event of a postponement of the event, participations will be transferred to the new date determined by the Organising Committee.
- Participating athletes must wear their participation number, which has been given to them by the Organising Committee of the race, on the front of their chest. In any other case, they may be excluded from the race. Swimmers must wear the competition cap and have their participation number tattooed in a visible place (high on the arm).
- It is prohibited for athletes to be assisted by other competitors with bicycles. In the event that this happens, the competitor will be automatically disqualified.
- The organizers have the right to change the terms of participation or other details of the announcement without prior notice, but after making the relevant announcement.