
BOĞAZİÇİ
BOSPHORUS
2026
KITALARARASI
YÜZME YARIŞI
CROSS-CONTINENTAL
SWIMMING RACE
SWIMMER'S
MANUAL
2026
TURKISH
OLYMPIC
COMMITTEE

Dear competitors,

Welcome to the 38th BOSPHORUS CROSS-CONTINENTAL SWIMMING RACE organised by the Turkish Olympic Committee (TOC).

Held on the unique course of the Istanbul Bosphorus, between Asia and Europe—the only cross-continental open-water swimming race in the world— this prestigious event has been bringing together thousands of swimmers around the same excitement for 38 years. Ranked among the world's most prestigious open-water swimming events thanks to the international awards it has won, this unique race will grant you the title of "Cross-continental Swimmer" upon successfully completing the course.

This guide contains the essential information you will need before and on the day of the race, including race rules, safety procedures, and important reminders regarding the organizational process. We strongly urge you to read this handbook carefully and adhere to the specified rules to ensure a safe and enjoyable race experience.

We wish you all the best in this unforgettable experience of the Bosphorus.

Swimmer Accreditation Process

The 38th Bosphorus Cross-Continental Swimming Race will take place on 23 August 2026. Swimmer accreditation process will take place according to the following programme:

DATE	HOURS	PLACE
20 August 2026 Thursday	10.00-19.00	Kuruçeşme Cemil Topuzlu Park
21 August 2026 Friday	10.00-19.00	Kuruçeşme Cemil Topuzlu Park
22 August 2026 Saturday	10.00-19.00	Kuruçeşme Cemil Topuzlu Park
23 August 2026 Sunday	07.00-08.30	Kuruçeşme Cemil Topuzlu Park

During the accreditation process, you are strongly advised to follow the instructions and warnings of the officials. Your personal bags and kits will be stored in a designated area until they are delivered to you. You can collect your race kits from the designated counter area during accreditation.

During the accreditation process, you will receive your special race cap with your race number—which you must wear during the race—your personalized ankle bracelet with Radio Frequency Identification (RFID) chip, the safety buoy to be used during the race, your swimmer's badge to be worn on the ground, the document containing important information about the race, your souvenir T-shirt, a pair of slippers to wear in the race area —all of which will be provided to you along with your event bag. We would like to strongly remind you that your bag and its contents are exclusive and personal to you, and no replacements will be provided if they are lost.

As part of the accreditation process, you will have the opportunity to view and learn about the race course on our website, and also on the giant video wall screens at the Kuruçeşme Cemil Topuzlu park.

Summary of the Race Programme, 23th of August 2026, Sunday Kuruçeşme Cemil Topuzlu Park

06.30	Swimming Race Venue Opening
07.30	Cloakroom Opening
07:30 – 08:40	Boarding the Ship
08:40	Departure from Kuruçeşme Cemil Topuzlu Park by Ship
10.00	The Start of the Race from Kanlıca Ferry Port
11.30	Swimming Race Awards Ceremony

Event Area

Kuruçeşme Cemil Topuzlu Park is designed to meet the needs of the swimmers and is divided into sections. The event area consists of Swimmers' Accreditation Area, Swimmers' Area, Official Bosphorus Store, Media Area, Medical Area, Award Ceremony Area and Officials' Areas. Some of these areas and zones will be divided by barriers where necessary. Plans and directional signs will be placed in the event area.

Swimmers' Area

Competitors who have been accredited and have received their race bags will wear their badges and proceed to the Swimmers Area.

The Swimmers Area includes a cloakroom, safety desk, warm up areas, changing rooms, toilets, showers and water stations.

We kindly advise swimmers to wear their RFID ankle bracelets and their swimsuits before entering swimmers' area, otherwise they will use individual changing cubicles.

After arriving at the swimmers' area, competitors must promptly prepare by putting on their ankle chips and safety buoys, warming up, and completing all necessary preparations for the transfer by ship to Kanlıca Harbour, where the race will start.

In this process, we kindly ask you to follow the audio and visual warnings and instructions given by the staff.

Competitors who are ready must mark their event bags with the luggage tags they will receive and deposit them in the cloaking room before boarding the ship.



Attention swimmers!

Attention swimmers!

A- It is strictly forbidden to wear the following accessories and devices that may cause physical injury at the start and during the race:

- Watches and similar time measuring devices.
- Image recording devices.
- Dangling jewelry such as necklaces, earrings, long or prosthetic nails, bracelets, bangles and other similar accessories.

B- Devices designed to enhance swimming performance, speed, or endurance are not permitted. Swimming goggles, nose clips and ear plugs may be used.

C- The use of all types of textile swimwear is permitted. However, the use of rubber or neoprene swimwear is prohibited including wetsuit. Those who do not follow the rules will be warned and disqualified by the referees and will not be allowed to participate in the next year's race.

D- In order to enhance race safety and improve the visibility of swimmers throughout the course, the use of a swimmer safety buoy is mandatory for all participants.

- Before the start of the race, the safety buoy must be securely fastened around the swimmer's waist using the waist belt provided. The tether should be adjusted to a length that does not restrict the swimmer's movements, allowing the buoy to trail freely behind the swimmer.
- The buoy must not be carried by hand, worn on the back, or used to attach or carry any personal belongings such as bags, towels, clothing, or similar items. The tether must be adjusted to an appropriate length, as a tether that is too short or too long may negatively affect swimming safety and performance.
- Prior to the race, swimmers must check the condition of the buoy, including the waist belt, tether, valve, and overall integrity. Buoys that are leaking air, torn, damaged, or have an insecure attachment system must not be used.
- The safety buoy must remain properly attached throughout the entire race and must not be removed, detached, or tampered with in any way. Removing the buoy or using it in violation of these rules will result in disqualification.
- Swimmers who fail to wear the buoy correctly or arrive at the boarding area without a safety buoy will not be allowed to board the boats and will not be permitted to participate in the race.
- Swimmers who reach the finish line without their safety buoy will be disqualified.

E- In the event of illness, injury, or any emergency during the race, swimmers must raise one hand or wave their swim cap to signal the nearest safety boat for assistance. The safety buoy is intended solely as a visibility aid to enhance swimmer safety and must not be used for resting, waiting on the course, or any purpose other than those directed by race safety personnel.

Important Notice

•The use of a safety buoy is mandatory for all swimmers.

•The safety buoy must remain securely attached to the swimmer's waist belt throughout the race.

•The safety buoy must trail freely behind the swimmer at all times.

•No personal belongings or other items may be attached to the safety buoy.

•Damaged or leaking safety buoys must not be used.

•Failure to comply with these rules will result in disqualification.

Please remember... Your badge, safety buoy, swim cap,ankle bracelet chips are exclusive and are required to participate in the race. They cannot be replaced and must not be lost.

The transport to Kanlıca Ferry Port will be carried out by 2 ships on 23 August 2026.

As of 07:30 am, swimmers will taken on board according to their cap numbers. Boarding will take place through a specially prepared barrier system. The boarding process will be through detector scanning, referee control and admission. You will be asked to go to the area directed by the officials and remain in that area until the start, unless otherwise instructed by the officials.



Swimmers who do not comply will be disqualified by the race officials on board.

There will be special bins in your areas and at the ship gates where you can deposit your disposable items such as slippers etc. before the start. There will be no toilets on the ships, so we recommend you use the toilets in the swimmers' area.



From 08.40 am, boarding will be completed and the entrances will be closed.

Late arrivals will not be accepted on board. Swimmers who do not board the ship on time will be disqualified.

The start of the race - Kanlıca Ferry Port

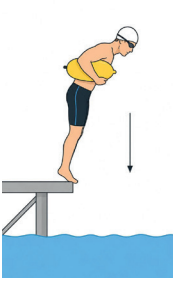
The race will start from the floating barge installed at Kanlıca Port, as illustrated in the layout below. To take their starting positions, the swimmer boats will first dock between the Kanlıca Ferry Pier and the starting barge.

Once the ferry exit gates are opened, swimmers must secure their safety buoys under their armpits and proceed across the magnetic timing carpets located on the barge before either diving into the water or entering the water in a controlled manner via the floating dock located alongside the barge.

The magnetic timing carpets positioned immediately before the exit interact with the RFID ankle chips and activate each swimmer's official race time. Therefore, competitors must not step on or make contact with the magnetic carpets before the official start. Depending on the number of participants, the order and method of water entry will be determined by the referees to ensure a safe and orderly start.

The race will officially begin at 10:00 a.m. with the Starting Horn. Following the horn, the barrier will be removed and swimmers will cross the magnetic timing carpets before entering the water, at which point their individual race times will begin.

Entering the water before the official start will not provide any time advantage, as each swimmer's race time is recorded individually. Therefore, swimmers are kindly requested not to rush while entering the water and to avoid obstructing fellow competitors. Any swimmer displaying unsportsmanlike conduct during the start may be disqualified at the discretion of the start referees.





Racecourse

Throughout the course, the flags displayed on the referee boats will be used to guide swimmers. Competitors must follow these directional flags as well as the lead boat navigating ahead of the field in order to remain on the correct course.

Detailed information about the race course is available at the following link:

link: https://www.youtube.com/watch?v=zAW4GjBqWic

For your Safety

Inflatable boats will ensure surface safety, the most critical aspect of the race. These boats, which will accompany the swimmers along the course, will have all kinds of equipment and personnel to intervene against any kind of negativity that the swimmers may experience.

Swimmers experiencing difficulty should signal for help immediately by raising their hand or waving their swimming cap after removing it. They should wait without panic until the nearest boat reaches them. It should be remembered that actions taken in panic can endanger both the swimmer and the swimmers around him/her.

The race officially ends 2 hours after the last swimmer has entered the water. Swimmers who are unable to complete the race within the 120 minute time limit will be picked up from the water wherever they are and taken to Cemil Topuzlu Park in inflatable boats with the instruction and approval of the Commodore. Competitors who do not comply the warning to get out of the water will be disqualified from the race.



Finish Point - Kurucesme Cemil Topuzlu Park

The finish area at Cemil Topuzlu Park is clearly marked with a large finish sign and flashing signs. Swimmers should use these visual markers to navigate toward the finish.

The finish structure consists of floating barge equipped with ladders and covered by a magnetic timing carpet. A swimmer's official finishing time will be recorded when they climb onto the barge using any of the ladders and step onto the timing carpet with the RFID ankle chip.

Swimmers who fail to step on the finish timing carpet will be considered not to have completed the race and will not be eligible to receive a certificate or awards.

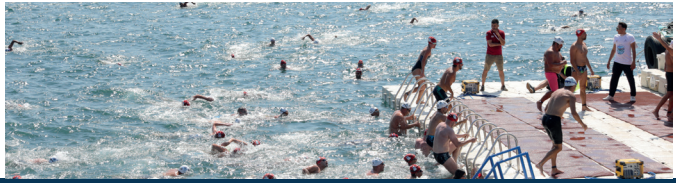
After reaching the finish line, swimmers must exit the water in a controlled manner while keeping their safety buoys with them. To ensure both their own safety and the safety of other competitors, swimmers should not remain on the floating pontoon after exiting the water. They are kindly requested to leave the finish pontoon promptly to maintain a continuous and safe flow of participants.

After completing the race, swimmers must return their RFID ankle chips at the designated collection desk in exchange for their Finisher Kit. Finisher Kits will only be distributed after the ankle chip has been returned.Swimmers may then proceed to the athlete area, where they can rest and follow their race times and official results on the LED display screens.

After collecting their Finisher Kit and entering the athlete area, participants will receive the energy snack provided by Ülker and bottled water supplied by the Official Water Sponsor, Pınar.

Competitors who qualify for awards are requested not to leave the swimmers' area. They should identify themselves to the officials and remain available for the award ceremony.We kindly ask all participants to carefully follow the instructions of race officials as well as all visual and public announcements throughout the event.

Digital participation certificates will be available after the race through your personal account on our official website. Swimmers who do not finish the race or who are disqualified will not be eligible to receive a certificate.



Award Ceremonies

The Award Ceremonies will be held in 3 groups starting from 11:30 a.m. onwards at the arrival area in Kuruçeşme Cemil Topuzlu Park:

1) Women	a) Overall ranking	1st - 2nd - 3rd Medal and Cup
	b) Age Groups	1st - 2nd - 3rd Medal
2) Men	a) Overall ranking	1st - 2nd - 3rd Medal and Cup
	b) Age Groups	1st - 2nd - 3rd Medal

However, there will be no 1st, 2nd and 3rd place medals for the 70+ age group. Instead, all swimmers in the 70+ age group who complete the course will receive a "finisher medal".

A	B	C	D	E	F	G	H	I	J	K	L
14-18	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+

Pre-Race Nutrition Recommendations

The Day Before the Race

- Eat a carbohydrate-rich diet.
- Drink plenty of water to stay well hydrated.
- Avoid trying any new foods.
- Do not consume alcohol.

Race Morning

- Oatmeal
- Banana
- Whole wheat bread
- Yogurt
- Water

Foods and Drinks to Avoid

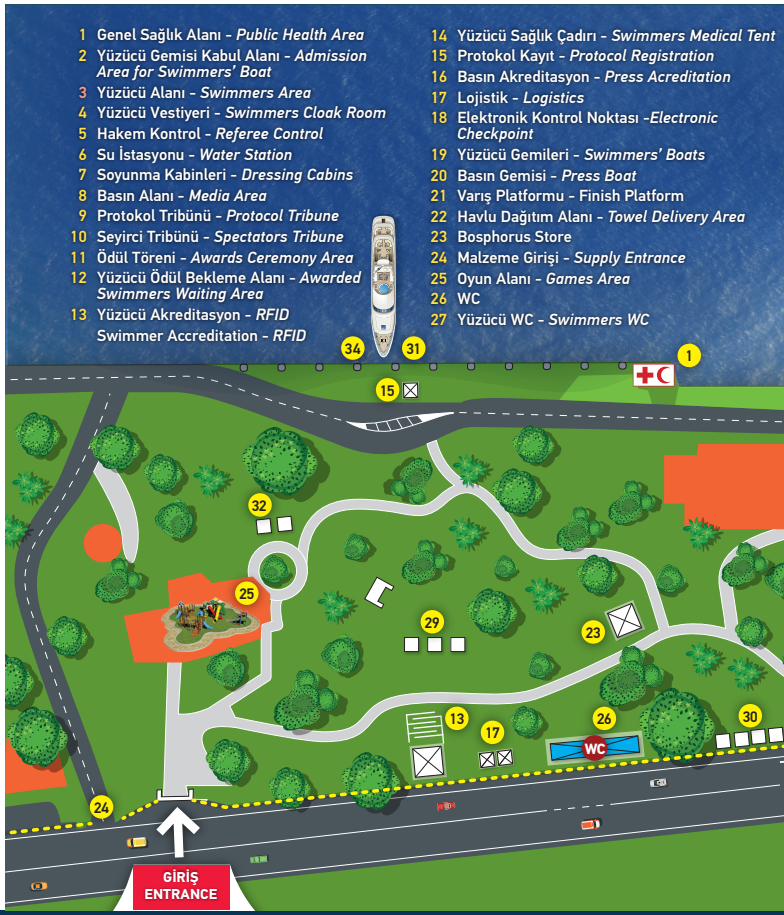
- High-fat foods
- Spicy foods
- High-fiber foods
- Supplements you have never used before

We wish success to all competitors in the 38th BOSPHORUS CROSS-CONTINENTAL SWIMMING RACE.



Yerleşim Planı

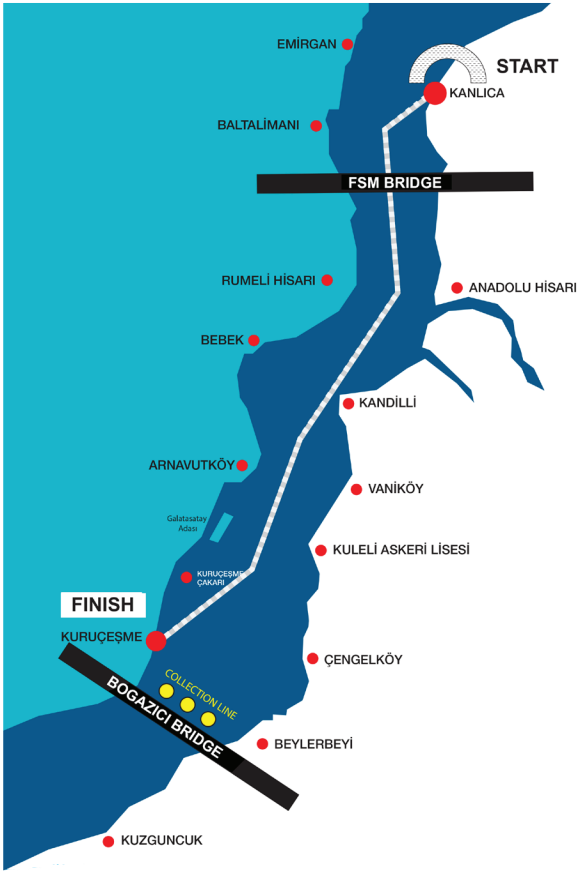
1 Genel Sağlık Alanı - *Public Health Area*
2 Yüzücü Gemisi Kabul Alanı - *Admission Area for Swimmers' Boat*
3 Yüzücü Alanı - *Swimmers Area*
4 Yüzücü Vestiyeri - *Swimmers Cloak Room*
5 Hakem Kontrol - *Referee Control*
6 Su İstasyonu - *Water Station*
7 Soyunma Kabinleri - *Dressing Cabins*
8 Basın Alanı - *Media Area*
9 Protokol Tribünü - *Protocol Tribune*
10 Seyirci Tribünü - *Spectators Tribune*
11 Ödül Töreni - *Awards Ceremony Area*
12 Yüzücü Ödül Bekleme Alanı - *Awarded Swimmers Waiting Area*
13 Yüzücü Akreditasyon - *RFID*
Swimmer Accreditation - *RFID*
14 Yüzücü Sağlık Çadırı - *Swimmers Medical Tent*
15 Protokol Kayıt - *Protocol Registration*
16 Basın Akreditasyon - *Press Acreditation*
17 Lojistik - *Logistics*
18 Elektronik Kontrol Noktası -*Electronic Checkpoint*
19 Yüzücü Gemileri - *Swimmers' Boats*
20 Basın Gemisi - *Press Boat*
21 Varış Platformu - Finish Platform
22 Havlu Dağıtım Alanı - *Towel Delivery Area*
23 Bosphorus Store
24 Malzeme Girişi - *Supply Entrance*
25 Oyun Alanı - *Games Area*
26 WC
27 Yüzücü WC - *Swimmers WC*



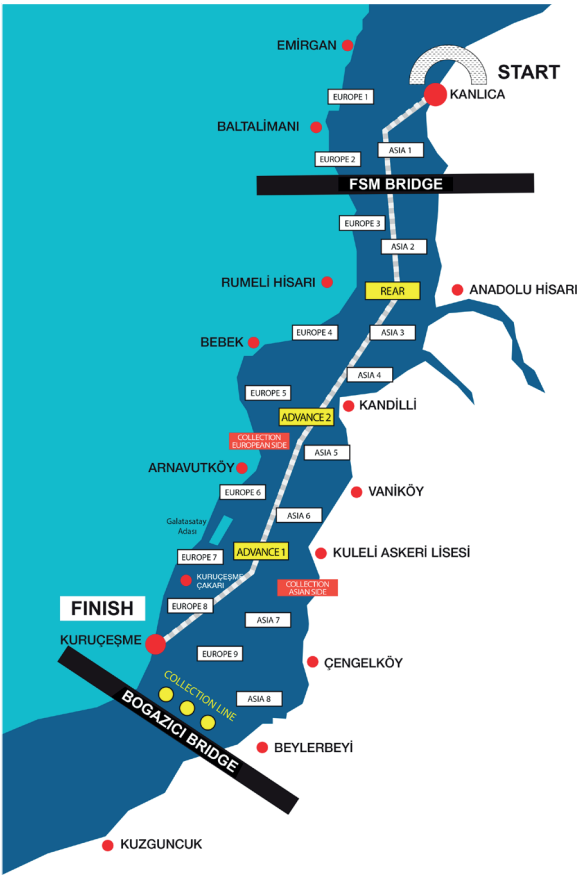
28 Koordinasyon Merkezi - *Coordination Center*
29 Sponsor Alanı - *Sponsor Area*
30 Festival ve Yemek Alanı - *Festival and Food Area*
31 Protokol Gemisi - *Protocol Boat*
32 Gönüllü Merkezi - *Volunteer Center*
33 Duşlar - *Showers*
34 Yarış Parkuru Tekne Turları - *Race Course Boat Tours*



Swim Race Course



Safety and Rescue Chart



Sports For Health, Environment For Life

Waste and the environment

All necessary precautions have been taken to minimise the environmental impact of the race. In this respect, competitors are expected to comply fully with the rules.

Empty packaging of all materials (bonnets, slippers, drinks, etc.) provided to the participants by the Organising Committee must be thrown into the recycling bins of the waste management system set up in cooperation with the Istanbul Metropolitan Municipality.

The recycling bins will also be placed inside the ships. We trust that the swimmers will pay special attention to the cleanliness of the sea and the shore. Furthermore, recyclable waste including glass, metal, plastic, composite, paper, and cardboard should be placed in the recycling bins.

With the support of Istanbul Metropolitan Municipality Waste Management Branch Office and ISTAC Inc., waste material is collected and sent for recycling. The environmental benefits achieved will be reported on our official website. Remember, recycling 100 tons of paper and cardboard saves enough water to fill an Olympic-sized swimming pool!



Your Support is Our Future

We Thank all supporting institutions and organizations.




YÜZÜCÜ-SWIMMERS
SH - BEYOĞLU

SUPPORTING ORGANIZATIONS

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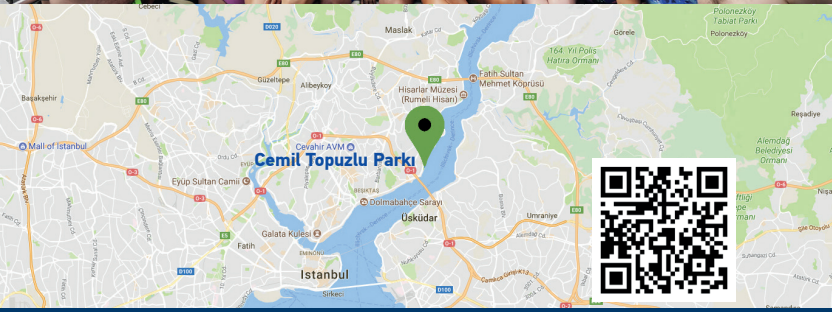
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RADYO FENOMEN MAKSİMUM HİT MÜZİK

Istanbul Governorship
1st Regional Directorate of the Ministry of Transport and Infrastructure
Directorate General of Civil Aviation
Directorate General of Border and Coastal Health
Directorate General of Coastal Safety
Northern Naval Area Command
Underwater Operations and Rescue Command
Marmara and Straits Regional Command of the Turkish Coast Guard
Istanbul Provincial Police Department
Istanbul Provincial Gendarmerie Command
Istanbul Sea Ports Branch Directorate of the Police Department
Istanbul Regional Port Authority
Office of Navigation, Hydrography and Oceanography
Istanbul Metropolitan Municipality
Istanbul Provincial Directorate of Youth and Sports
Istanbul Provincial Health Directorate
General Directorate of Turkish Maritime Enterprises Inc.
Turkish Swimming Federation
Turkish Canoe Federation
Turkish Sailing Federation
Beykoz Municipality
Beşiktaş Municipality
Fatih Municipality
Boğaziçi Electricity Distribution Inc. (BEDAŞ)
Youth and Sports Volunteers Association (GSGD)
Seafarers Solidarity Association (DAK/SAR)
RAKDER (Riva Search and Rescue & Outdoor Sports Association)
YÜDAK (Yeditepe University Search and Rescue Team for Natural Disasters)
Memorial Healthcare Group
Fenerbahçe Sports Club
Limit Outdoor Sports Club

The excitement of the Bosphorus Intercontinental Swimming Race is also being shared on social media.





You can also share your favourite posts such as #2kita1yaris and @2kita1yaris.
Take your place on social media with the hashtags...

bogazici.olimpiyat.org.tr

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