



My SwimRun World Championship

The My SwimRun Championships are on international SwimRun series that hosts qualifying events across the globe in the sprint, half-marathon, marathon and ultra distances. Athletes racing in an official qualifier earn individual ranking points, which can secure them a place at one of the series' World Championship events.

How to qualify for a championship

There are two ways in which you can qualify for a world championship place:

1. Earn qualifying points by placing within the top 30 at two qualifying races.
2. Directly qualify by placing first in one of the qualifying races in the two age groups.

Championships Age Groups

Solo: Elite 16-39 // Masters 40+

Teams: Below 90 years and 90+ years together (combined age)

Overview of Ranking Points

Place	Marathon	Half Marathon	Sprint
1	200	150	100
2	195	146	97
3	190	142	94
4	185	138	91
5	180	134	88
6	175	130	85
7	170	126	82
8	165	122	79

9	160	118	76
10	155	114	73
11	150	110	70
12	145	106	67
13	140	102	64
14	135	98	61
15	130	94	58
16	125	90	55
17	120	86	52
18	115	82	49
19	110	78	46
20	105	74	43
21	100	70	40
22	95	66	37
23	90	62	34
24	85	58	31
25	80	54	28
26	75	50	25
27	70	46	22
28	65	42	19
29	60	38	16
30	55	34	13

Attention: Everyone is evaluated individually, regardless of whether they started as a team or solo. The qualification status is personalised to each name. That means if you race with different partners or solo you always gather points for you personally and can race with somebody else qualified.

Important rules of conduct during a qualifier event

- Participants must comply with the traffic rules at all times.
- Participation requires constant caution and mutual consideration. Unclear tender parts are to be walked carefully, with crossing of roads special caution is necessary.
- Participants must behave in such a way that no one else is harmed, endangered or more than is unavoidable, hindered or harassed by the circumstances.
- In no case is it allowed to discard or drop litter on the course. Unintentional violations will be punished with a warning plus a time penalty the first time. In the case of reoccurrence, the participant will be excluded from the event. Deliberate discarding will lead to immediate disqualification.
- Environmental impairments of any kind, which go beyond the level required for the competitions, are to be omitted and can be punished with disqualification.
- Help from other participants and external third parties (other than teammates) is excluded. Except from in an emergency situation, where it is mandatory to help.
- Defects in equipment must generally be resolved by each participant in addition to the call for tenders without hindering the other participants.
- Each participant is responsible for their own fuel around the course. Organisers will provide adequate nutrition at the check point areas.
- Each participant is obliged to wear their starting number at all times during the entire event.

For further information, visit: <https://www.myswimrunchampionships.com/my-world-championships-2026/>