



Triathlon weekend festival, 28. in 29. August
Alpen – Adria Cup
Nationals in sprint triathlon

#triathlonLJUBLJANA2021

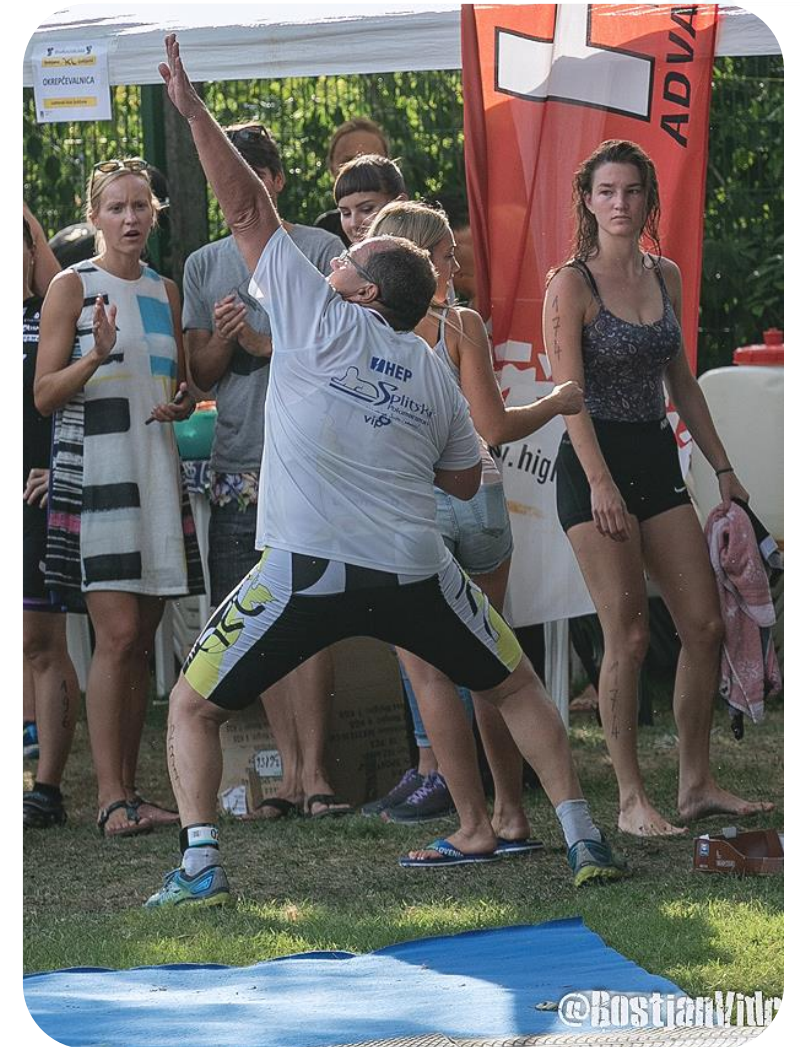
SPRINT „NO DRAFT“ – SUPER SPRINT – TRIATHLON FOR KIDS – AQUATHLON

SWIMMINGPOOL KODELJEVO, LJUBLJANA

@FOTO: BOŠTJAN VIDRAJZ

BASIC INFORMATION#TRIATLONLJUBLJANA2021

- Two-days event: Saturday 28. and Sunday 29. August.
- Applications only through web page prijavim.se. Applications are possible till 24. of August till 12.59 PM. Applications and payment of starting fee on the day of the event is not possible.
- Take over of numbers is at designated time [look at the TIMELINE].
- The transition area is designed according to Covid-19 restrictions. Bike has to be at marked place.
- Entering the transition area and taking the equipment out of the transition area is at specific times.
- On the running segment there will be 2 tables to put your own drink on the table. It will be monitored by organizer.
- There is no social area – food and drinks will be in the application bag.
- Only individuals with a PCT condition will be allowed in the venue.
- Safety distance 1.5 m is required all of the time in race venue.



RACES: #TRIATLONLJUBLJANA2021

SATURDAY, 28. august 2021

- Triathlon for KIDS (2012 and younger) : 50 m – 1,6 km - 500 m
- Triathlon for KIDS (2010, 2011): 70 m – 3,2 km - 500 m
- PROMO aquathlon for parents „*get to know my sport triathlon*“: 70 m swim – 1 km run*
- Aquathlon for ALL: 250 m swim – 2 km run**
- Triathlon for ALL: 250 m – 6,4 km – 2 km
- Nationals for 2009&2008, 2007&2006: 250 m – 6,4 km – 2 km

*promotional aquathlon is free for all parents of children competing in triathlon for the youngest

**the right to compete 2009 and older

SUNDAY, 29. august 2021

- SPRINT triathlon: 750 m – 20km – 5 km
 - Open Chrono Triathlon
 - National championship in sprint triathlon race (Slovenian competition licence only)
 - Individual and relay (see page categories)
 - The Slovenian Triathlon Cup
 - Military Championship



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TIMELINE – SATURDAY, 28. AUGUST 2021

Triathlon for kids

- Take over the race numbers: 12.30-13.20
- Filling the transition area: 13.10-13.35
- **Race kids 2012 and younger: 13.45-14.00**
- **Race kids 2011, 2010: 14.15-14.30**
- Collecting the gear out of transition area: 14.30-14.45
- Award ceremony: 14.30

PROMO aquathlon „get to know my sport triathlon “ – (free for parents of children competing in triathlon for kids)

- **PROMO race: 14.45 – 15.00**



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Triathlon for ALL

- Take over the race numbers: 14.15-14.45
- Filling the transition area: 14.30 - 14.50
- **Race: 15.00 – 15.45**
- Collecting the gear out of transition area: 15.45-15.55 or 16.45-17.00
- Award ceremony: 16.10

Nationals Super Sprint for 2009&2008, 2007&2006

- Take over the race numbers: 14.15-14.45
- Filling the transition area: 14.30 - 14.50
- **Race: 16.00-16.45**
- Collecting the gear out of transition area: 16.45-17.00
- Award ceremony: 17.30

Aquathlon for ALL

- Take over the race numbers: 16.00-16.45
- Filling the transition area: 16.45-17.00
- **Race: 17.00-17.30**
- Award ceremony: 17.30



TIMELINE – SUNDAY, 29. AVGUST 2021

Take over the race numbers

- 9.00-9.30 women
- 9.30-10.00 M/W 40 and older
- 10.00-10.30 youth, juniors
- 10.30-11.00 U23, M/W24 - 39

Transition area opened

- 10.30-10.45 women
- 10.45-11.00 M/W 40 and older
- 11.00-11.15 youth, juniors
- 11.15-11.45 U23, M/W24 - 39

START SPRINT CHRONO is at 12h!

- Start every 30 sekunds → military – relays - women - men
- Transition area will be opened when the last athlete enters the finish (approx. at 16.00)

Award ceremony: 17.30



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APPLICATIONS AND PAYMENT

- **Triathlon for kids 2010 and younger: 10 €**
- **PROMO aquathlon** „get to know my sport triathlon “
– (free for parents of children competing in triathlon for kids, for others voluntary contribution)
- **SUPER SPRINT**
 - Nationals: 25 €
 - Triathlon for ALL: 25 €
- **SPRINT triathlon**
 - Individual: 35 €
 - Relay swimmer + biker + runner: 45 €
- **Aquathlon for ALL: 10 €**

Applications are only possible through the prijavim.se webpage until 24th August by midnight. REGISTRATION AND PAYMENTS WILL NOT BE POSSIBLE ON THE DAY OF THE EVENT.

The registration is valid when the entry fee is paid. The number of applications is limited.

APPLICATION:

From Thursday 5th August till Tuesday 24th August

<https://prijavim.se/>



PAYMENT

Triatlonski klub Ljubljana, Ziharlova 40, 1000 Ljubljana

IBAN: SI56 0204 5001 8904 909

Swift: LJBAS12X

ALL ADDITIONAL INFO

Triatlonski klub Ljubljana, Ziharlova 40, 1000 Ljubljana

Info: mitja.mori@triatlonklub-lj.si / +386 41 505 003



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CATEGORIES SATURDAY RACES

TRIATHLON FOR KIDS – open category

- 2012&2013&2014 and younger
- 2010&2011

AQUATHLON: GET TO KNOW MY SPORT TRIATHLON – non competitive

SUPER SPRINT – nationals and open category

- Kids 2008 &2009
- Kids 2006&2007

Triathlon for ALL: men, women

Aquathlon for ALL: 2009 and older – men and women category



CATEGORIES SPRINT RACE

OPEN sprint triathlon categories

- Men, women and mixed relay
- Men and women till age 19 years (2002 included)
- Men and women from 20 to 39 years (2001 – 1982)
- Men and women from 40 years and older (1981 and older)
- Slovenian armed forces – specific categories of SV

CHRONO „NO DRAFT“ sprint triathlon – NATIONALS*

- Youth: 2004&2005
- Juniors: 2002&2003
- M/W I: 2001 – 1992
- M/W II: 1991 - 1982
- Masters I: 1981 – 1977
- Masters II: 1976 – 1972
- Masters III: 1971 – 1967
- Masters IV: 1966 – 1962
- Masters V: 1961 – 1957
- Masters VI: 1956 – 1952
- Masters VII: 1951 and less
- Relay: men, women, mixed
- **Absolute men and women**

*for Slovenian nationals Slovenian competition licence is mandatory!



CATEGORIES ALPEN ADRIA CUP

After the race **results will be also available** separately for Alpen Adria cup.

Due to nationals in sprint race **no separate award ceremony** is planned. All competitors without Slovenian competition licence will be included in open categories.



Senior-classes 2021:

Juniors	2003 - 2002
M/W U 23	2001 - 1998
M/W 24 - 29	1997 - 1992
M/W 30 - 34	1991 - 1987
M/W 35 - 39	1986 - 1982
M/W 40 - 44	1981 - 1977
M/W 45 - 49	1976 - 1972
M/W 50 - 54	1971 - 1967
M/W 55 - 59	1966 - 1962
M/W 60 - 64	1961 - 1957
M/W 65 - 69	1956 - 1952

M/W 70 - 74	1951- 1947
W/W 75 +	1946 and older

Kids-classes 2021:

kids E	2014 and younger
kids D	2013 - 2012
kids C	2011 - 2010
kids B	2009 - 2008
kids A	2007 - 2006
Youth	2005 - 2004



EVENT LOCATION AND ACCESS



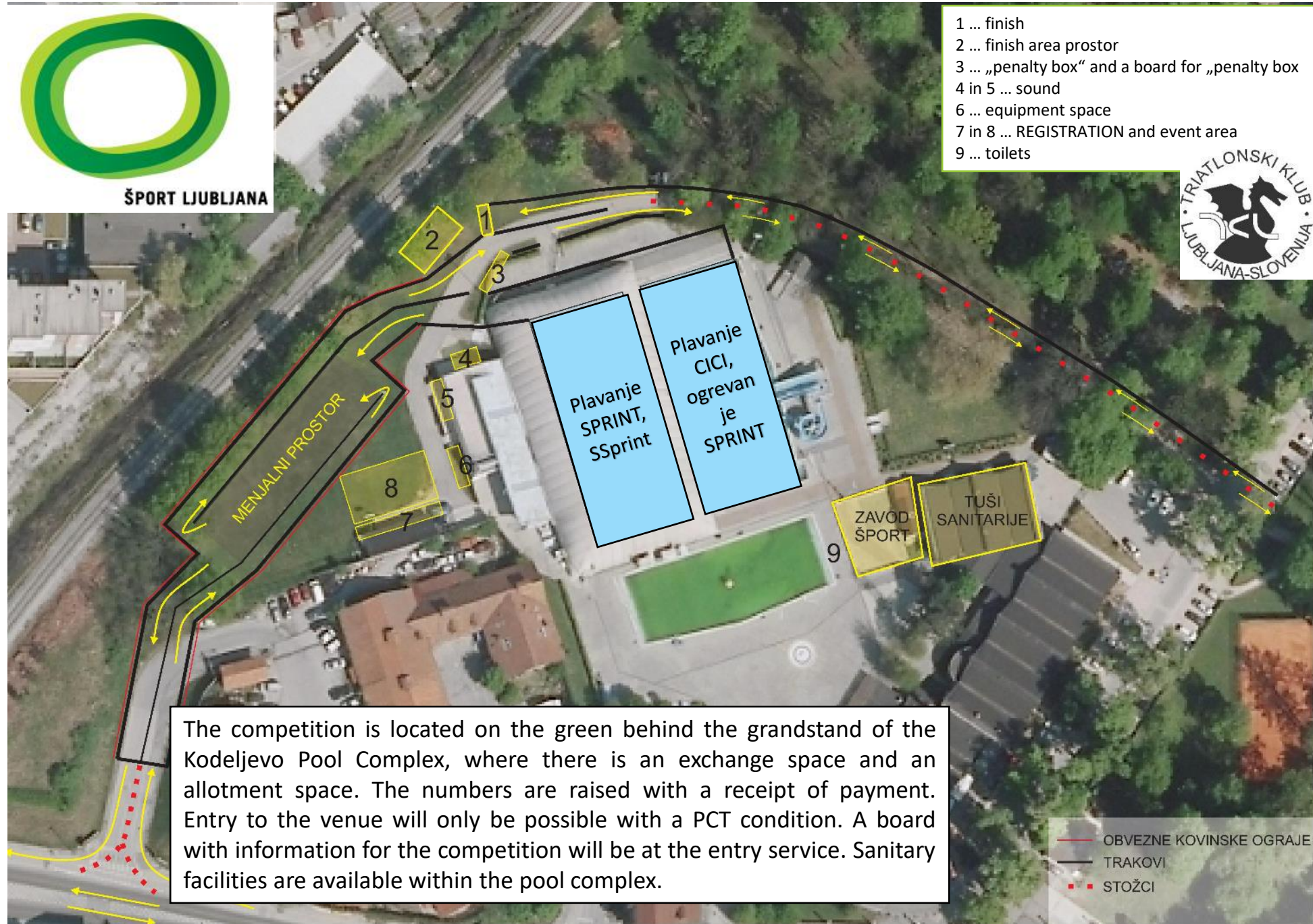
Participants are asked to use the parking lot and access from the Faculty of Sports, Gortanova 22, 1000 LJ.

LOCATION:

<https://goo.gl/maps/UnzhnBwKiSEy3odj7>

In case of parking in front of the pool, departure by car will be difficult until the end of the event:

- on Saturday, August 28th, until approximately 6 p.m.
- on Sunday, August 29th, until approximately 5 p.m.



The competition is located on the green behind the grandstand of the Kodeljevo Pool Complex, where there is an exchange space and an allotment space. The numbers are raised with a receipt of payment. Entry to the venue will only be possible with a PCT condition. A board with information for the competition will be at the entry service. Sanitary facilities are available within the pool complex.



TRIATHLON FOR KIDS

2012 & 2013 & 2014 AND
YOUNGER

- 50 m swim
- 1,6 km bike
- 500 m run



FEATURES AND TIMETABLE – 2012 & 2013 & 2014 AND YOUNGER

Familiarization of the cycling and running track is **possible until 13.10**, when the transition area starts to fill up. The road will not be closed yet, so use sidewalks and a bike path.

See timetable for filling and emptying the transition area.

The youngest competitors will have a specially marked area in the transition area.

Start at 13.45.

The characteristics of the specific race are presented on the following pages.



@BostjanVidraiz



BIKE COURSE: TRIATHLON FOR KIDS 2012 AND YOUNGER – 1 LAP



Riders can climb the bike at the point marked "mount / dismount line" in the picture above. After a left turn and 1 km of mostly flat cycling work, the U-shaped turn is on the turn. There will be a technical staff who will guide the CICI riders correctly around the cone. CICI competitors run only 1 lap in the total length of 1.6 km.



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RUN COURSE: TRIATHLON FOR 2012 AND YOUNGER – 1 LAP



- Running is in both directions after access to the pool. Competitors stick to the right edge.
- The 250 m turn is not a classic U-shaped turn, but a smaller circle (see map on the right), which will be appropriately marked and where there will be technical staff to guide the competitors.



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Bostjan

TRIATHLON FOR KIDS

KIDS 2010&2011

- 70 m swim
- 3,2 km bike
- 500 m run



FEATURES AND TIMETABLE – KIDS 2010 AND 2011

Familiarization of the cycling and running track is **possible until 13.10**, when the transition area starts to fill up. The road will not be closed yet, so use sidewalks and a bike path.

See timetable for filling and emptying the transition area.

The youngest competitors will have a specially marked area in the transition area.

Start at 14.15.

The characteristics of the specific race are presented on the following pages.



BIKE COURSE: TRIATHLON FOR KIDS 2010 AND 2011 – 2 LAPS



Riders can climb the bike at the point marked "mount / dismount line" in the picture above. After turning left and 1 km of mostly flat cycling sections, the U-shaped turn is on the turn. There will be technical staff who will guide the CICI riders correctly around the cone. CICI competitors run 2 laps in the total length of 3.2 km.



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PROMO AQUATHLON FOR PARENTS

GET TO KNOW MY SPORT TRIATHLON

- Non-competitive in nature
- With the support of your children
- free for parents of children competing in triathlon for kids, for others voluntary contribution

FOR PARENTS: GET TO KNOW MY SPORT TRIATHLON



Bring the children's challenges even closer to the parents

Make a family moment where children encourage parents

Lengths will be for tasting only: 70 m swimming and a little less than 1000 m running

Accompanying children on the run is also allowed for extra motivation

Parents will have the equipment and sneakers right next to the fence of the transition area in the marked place

Parents will also receive a souvenir at the finish line ;-)

SHOW THE CHILDREN THAT YOU CAN DO IT TOO!



RUN COURSE: PROMO AQUATHLON – 2 LAPS

- Running is in both directions after access to the pool. Competitors stick to the right edge.
- The 250 m and 750 m turns are not a classic U-shaped turn, but a smaller circle (see map on the right) that will be appropriately marked and where there will be an official to guide the competitors.





SUPER SPRINT TRIATHLON

- 250 m swim
- 6,4 km bike
- 2 km run

FEATURES AND TIMETABLE OF A SUPER SPRINT TRIATHLON



Super sprint triathlon:

- Nationals for kids (2009, 2008) and kids (2007, 2006)
- Triathlon for ALL

The bikes will be placed by the competitors in the marked space in the transition area where is marked "SUPER SPRINT".

See the timeline for filling and emptying the transition area!



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KL Ljubljana
Foto: Jernej Rudič

SUPER-SPRINT BIKE COURSE – 4 LAPS



Riders can climb the bike at the point marked "mount / dismount line" in the picture above. After a left turn and 1 km of mostly flat cycling work, the U-shaped turn is on the turn. There will be technical staff who will guide the riders correctly around the cone. Competitors take 4 laps!



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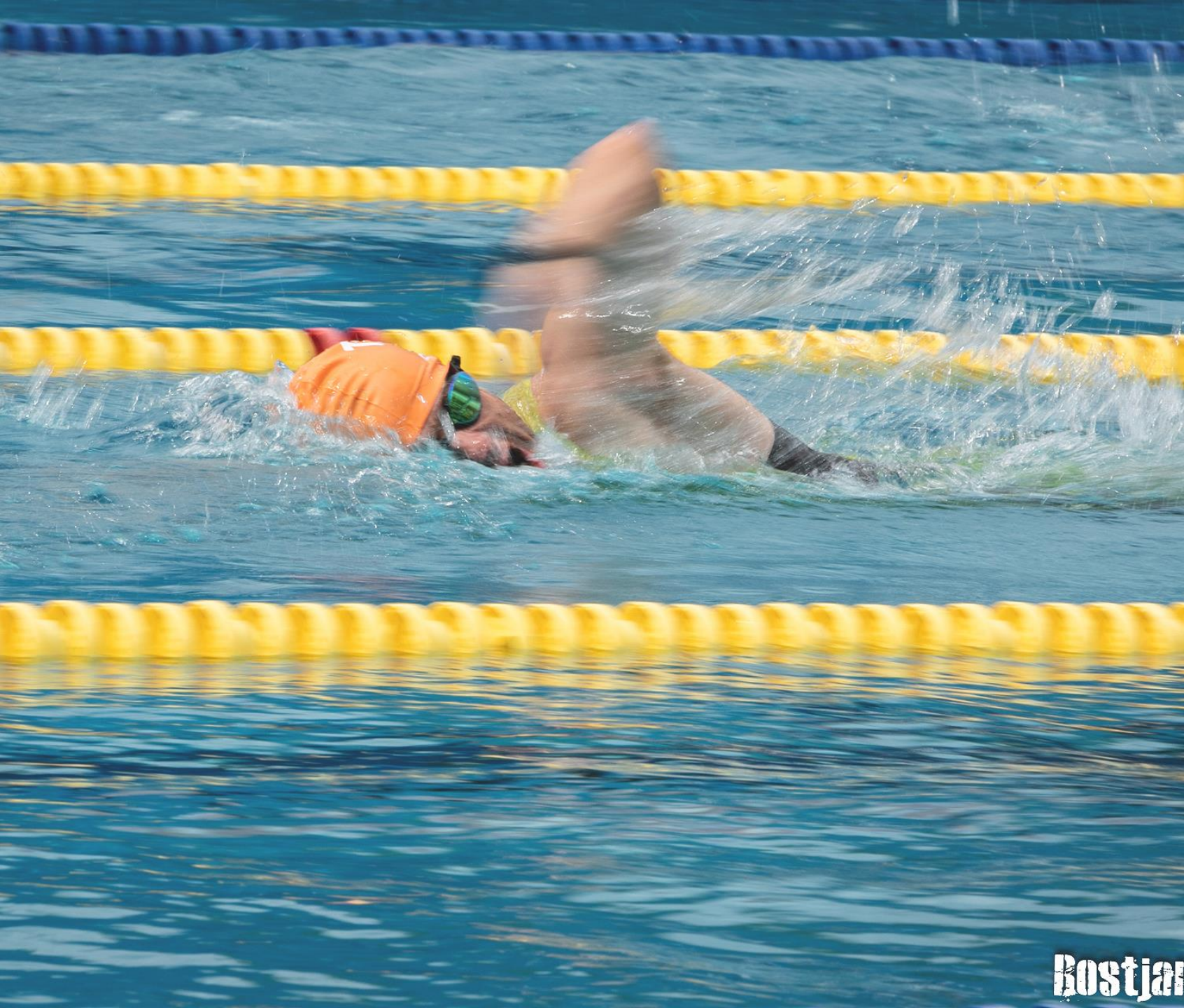


SUPER-SPRINT RUN COURSE – 1 LAP



- On the run for the super sprint is 1 lap 2 km long.
- The turn is at 1.1 km and is U-shaped.
- There is a run in both directions along the access corridor to the pool, so the competitors stick to the right edge.





AQUATHLON FOR ALL

- 250 m swim
- 2 km run

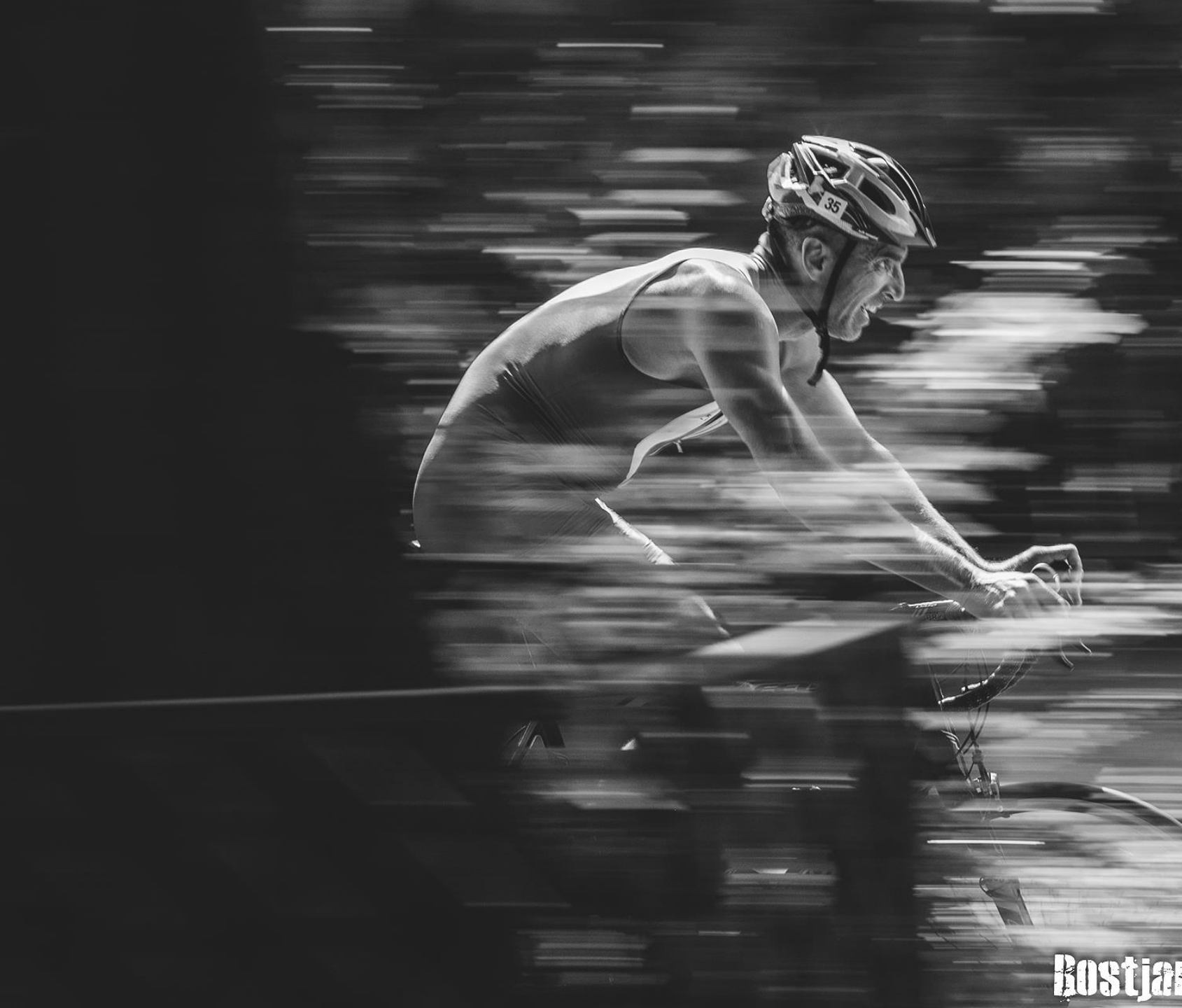
Bostjan

AQUATHLON RUN COURSE – 1 LAP



- On the run for aquathlon for all there is 1 lap in the length of 2 km.
- The turn is at 1.1 km and is U-shaped.
- There is a run in both directions along the access corridor to the pool, so the competitors stick to the right edge.





CHRONO SPRINT TRIATHLON

Chrono „NO DRAFT“

- 750 m swim
- 20 km bike
- 5 km run

FEATURES AND TIME OF SPRINT 'NO DRAFT' TRIATHLON



The sprint triathlon counts for **Slovenian Cup** and **Alpen Adria Cup** according to categories in each cup.

The competition is in the form of "NO DRAFT" chronometer sprint triathlon, which means that each competitor goes to the track alone and must do it independently, without drafting on the bike course.

The use of time trial bikes is also allowed on the cycling part.

The start of swimming will be made in time intervals (30sec - 1 min) according to the total number of applicants.

The competition starts with the Slovenian Army, the relays continue, then women and last men.

The starting list of the competition will be known on Saturday 28th of August on the website www.competition.com, the facebook page of TK Ljubljana and on prijavim.se

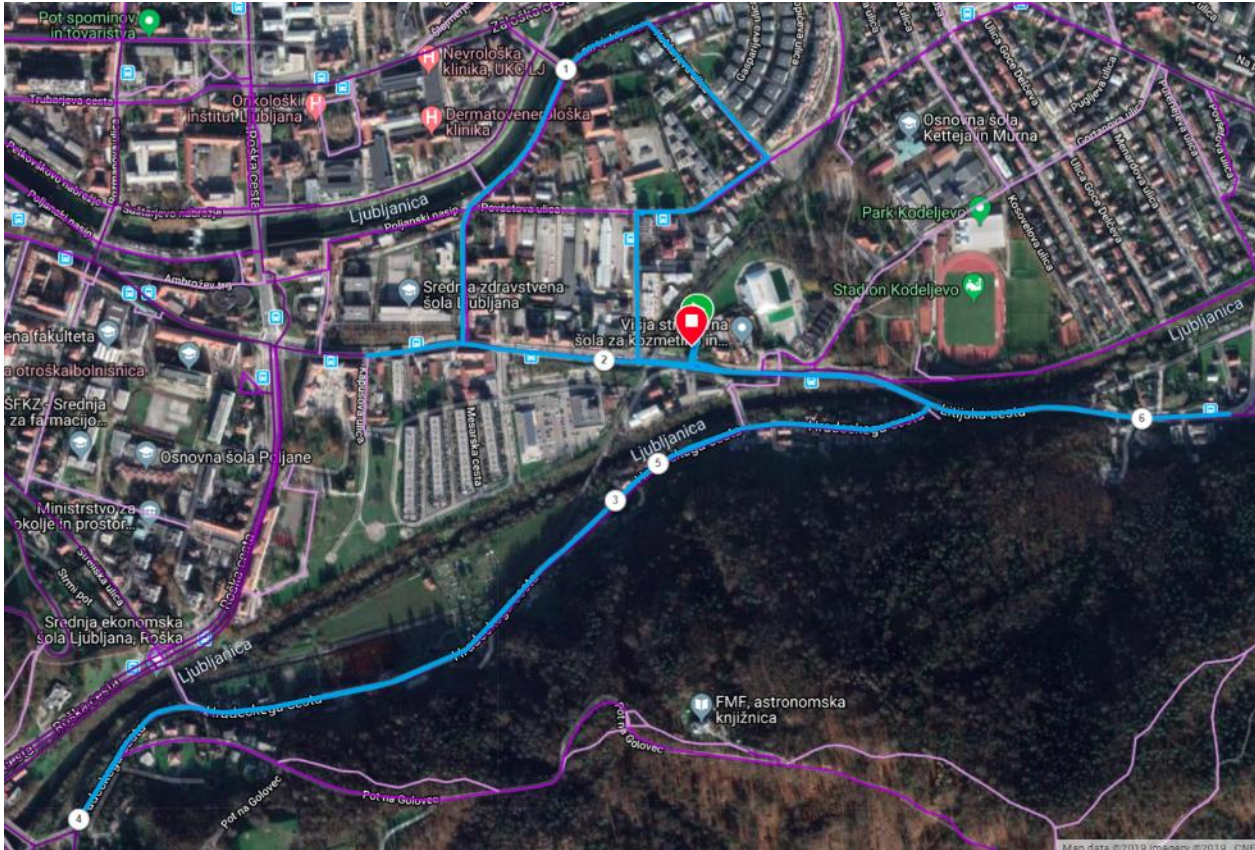


SPRINT SWIM COURSE

- Swimming will take place in 10 lanes of the large pool.
- Each competitor counts the swim lengths himself; the official is there only for control.
- Competitors will start at intervals of 30,, to 1 min.
- The start is on the opposite side of the pool where the exit from the water is. At the exit, help will be provided to those who will have problems with the edge of the pool being too high.
- Competitors must (according to the start time) report to the starter 15 minutes before the scheduled start time. Then they can go to the warming-up pool to warm up for 10 minutes.



SPRINT BIKE COURSE – 3 KROGI



- Drafting is NOT allowed!
- Timetrial bikes are allowed.
- In the case of the penalty (yellow card), the competitor must serve the penalty in the "penalty zone", which is located immediately at the exit to the running part, where there is also a board where the numbers of the punished are written.
- The penalty must be served either at the exit on the run or before reaching the finish line. Otherwise, the competitor is disqualified.
- The penalty for drafting is 1 min!



Competitors can climb the bike at a point marked ON the TRACK with a lane on the road. After the turn to the right, the riders complete three laps of 6.7 km (20.1 km in total), which are technically demanding. The descent from the bike is in front of the line marking the descent from the bike.

SPRINT RUN COURSE – 3 LAPS

- There are 3 laps in the sprint run with a total length of 5 km.
- There is a run in both directions along the access corridor to the pool, so the competitors stick to the right edge.



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AWARDS

- In each category, the first three receive trophies / medals
- The top three in the absolute men's and women's categories receive trophies



@GostjanVidrajz

@GostjanVidrajz

ADDITIONAL INFO

- **Entry to the event venue (summer swimming pool) will be allowed only to individuals who meet the PCT conditions.**
- **At the event venue, competitors should keep the distance (1.5 m).**
- **Meals: Each participant at the finish line receives bottled water, and a packed sandwich. There will be a table on the running track, where the competitor CAN prepare his own water bottle. The drinks of the competitors will be guarded by the organizer.**
- **Responsibility: Competitors compete at their own risk. By registering, each entrant confirms that he is aware of the risks of the competition and that he is fit to withstand physical exertion.**
- **The competition is in accordance with TZS Competition Rules.**

