



Triathlon weekend festival, 27. in 28. August
Alpen – Adria Cup
Nationals in supersprint

#triathlonLJUBLJANA2022

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

SWIMMING POOL KODELJEVO, LJUBLJANA

RACES

Saturday, 27. august 2022

- Triathlon for KIDS (2013 nad younger): 50 m – 1,6 km – 500 m ¹
- Triathlon for KIDS (2011, 2012): 100 m – 3,2 km - 600 m ¹
- PROMO aquathlon for parents „*get to know my sport*“: 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
- Triathlon for kids 2009, 2010: 250 m – 4,8 km – 1 km
- Triathlon for youth 2007/2008 and 2005/2006: 350 m – 8 km – 2 km

1 - NO RACE BIKES ALLOWED! MANDATORY TO USE MTB BIKES!

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

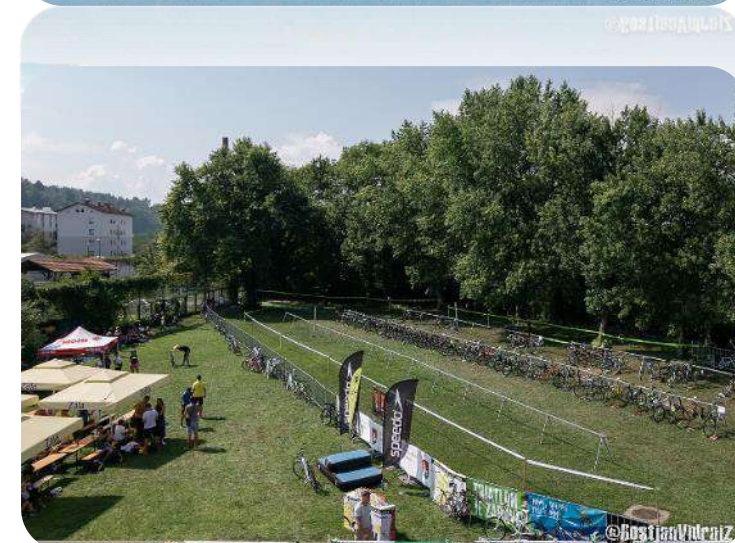
**the right to compete 2010 and older

Sunday, 28. august 2022: Chrono sprint triathlon

- **SPRINT triathlon: 750 m – 20km – 5 km**
 - Open Chrono Triathlon
 - Individual and relay
 - Slovenian cup
 - Alpe Adria cup



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APPLICATIONS AND PAYMENT

- Triathlon for KIDS (2011 and younger): 15 €
- PROMO aquathlon for parents „get to know my sport“ - free
- SUPER SPRINT
 - KIDS 2009-2010 and Youth 2006-2008 : 30 €
 - Triathlon for ALL: 30 €
- SPRINT chrono triathlon
 - Individual: 40 €
 - Relay: 60 €
- Aquathlon for ALL: 10 €

Applications are only possible through the prijavim.se webpage until 23th 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.



APPLICATIONS:

From Wednesday 3. August till 23. August

<https://prijavim.se/>



PAYMENT

Triatlonski klub Ljubljana, Ziharlova 40, 1000 Ljubljana

IBAN: SI56 0204 5001 8904 909

Swift: LJBASIX

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 SPRINT RACE



- **MEN and WOMEN absolute**
- Youth: 2005&2006
- Juniors: 2003&2004
- Men/Women I: 2002 – 1993
- Men/Women II: 1992 – 1983
- **RELAYS: women, men, mixed**

- Masters I: 1982 – 1978
- Masters II: 1977 – 1973
- Masters III: 1972 – 1968
- Masters IV: 1967 – 1963
- Masters V: 1962 – 1958
- Masters VI: 1957 – 1953
- Masters VII: 1952 and older



EVENT LOCATION AND ACCESS



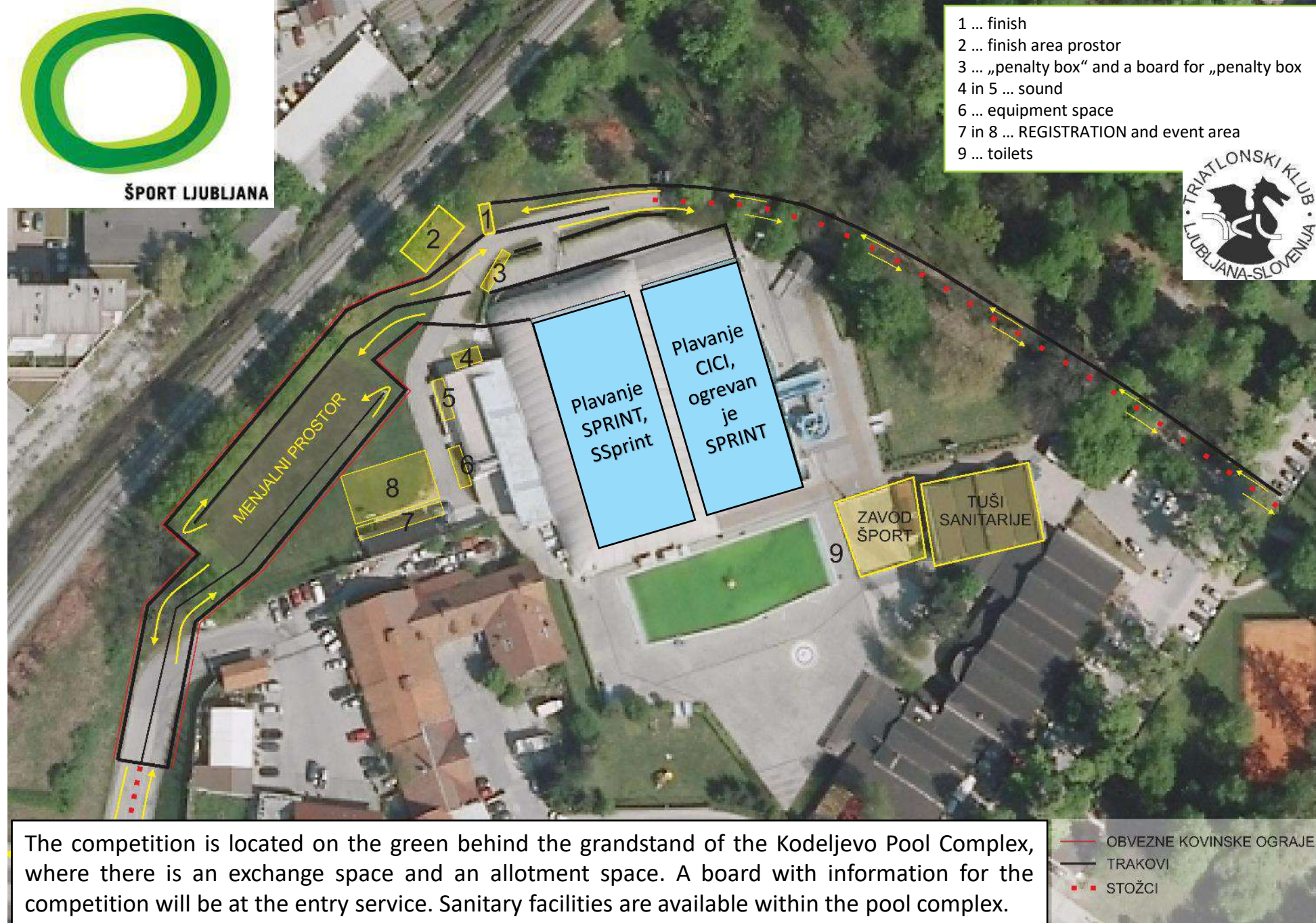
Participants are asked to use the parking lot and access from the Faculty of Sports, Gortanova 22, 1000 LJ.

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 27th, until approximately 6 p.m.
- on Sunday, August 28th, 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. A board with information for the competition will be at the entry service. Sanitary facilities are available within the pool complex.



TRIATHLON FOR KIDS

2013 & 2014 & 2015 and younger

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

RUN COURSE: TRIATHLON FOR 2013 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 2011&2012

- 100 m swim
- 3,2 km bike
- 600 m run



FEATURES AND TIMETABLE – KIDS 2011 AND 2012

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.

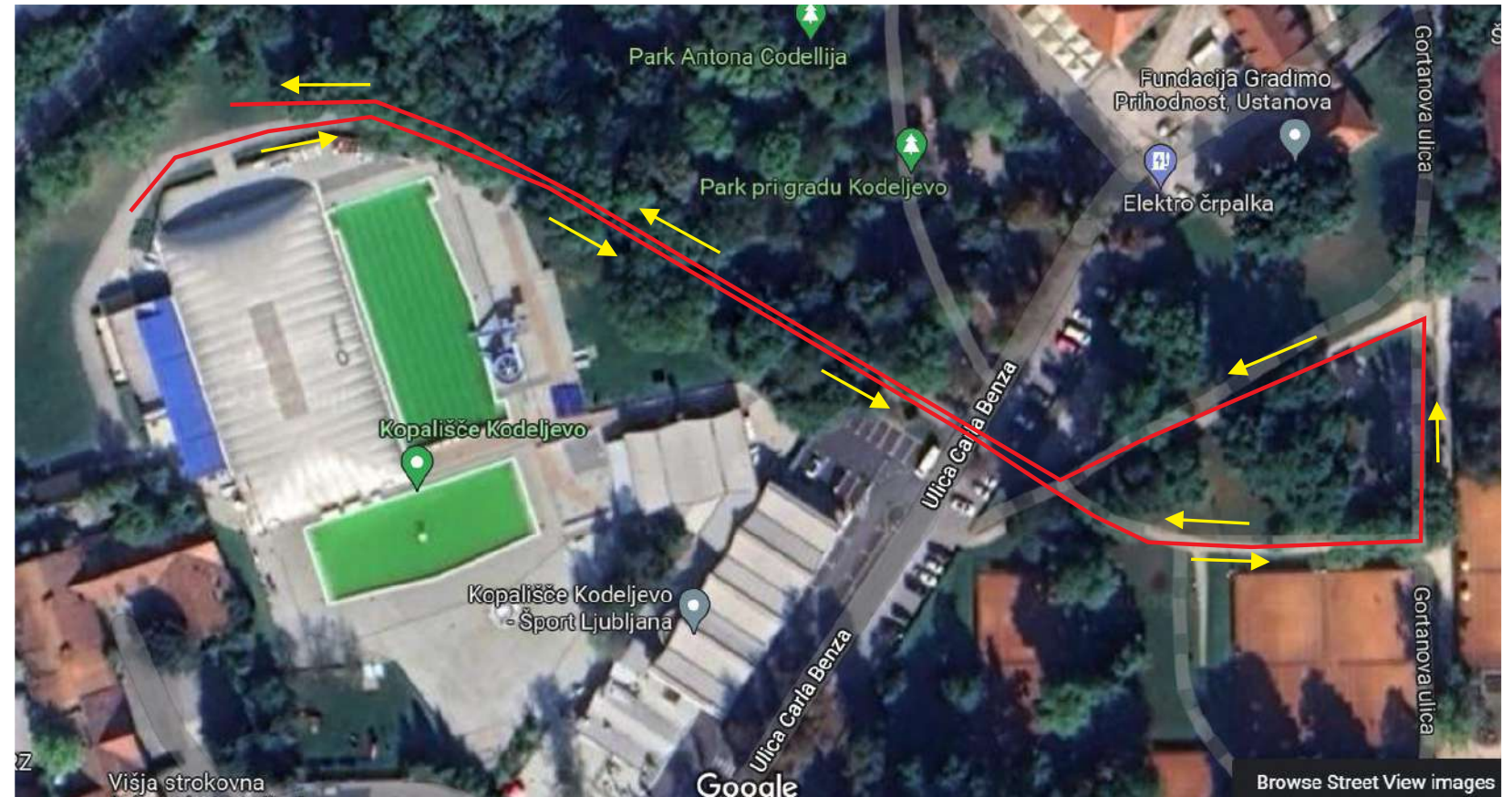
Start at 14.15.

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



RUN COURSE: TRIATHLON FOR KIDS 2011 AND 2012 – 1 LAP

- Running is in both directions after access to the pool. Athletes are running at the right side.
- Running course is 600 m long.





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

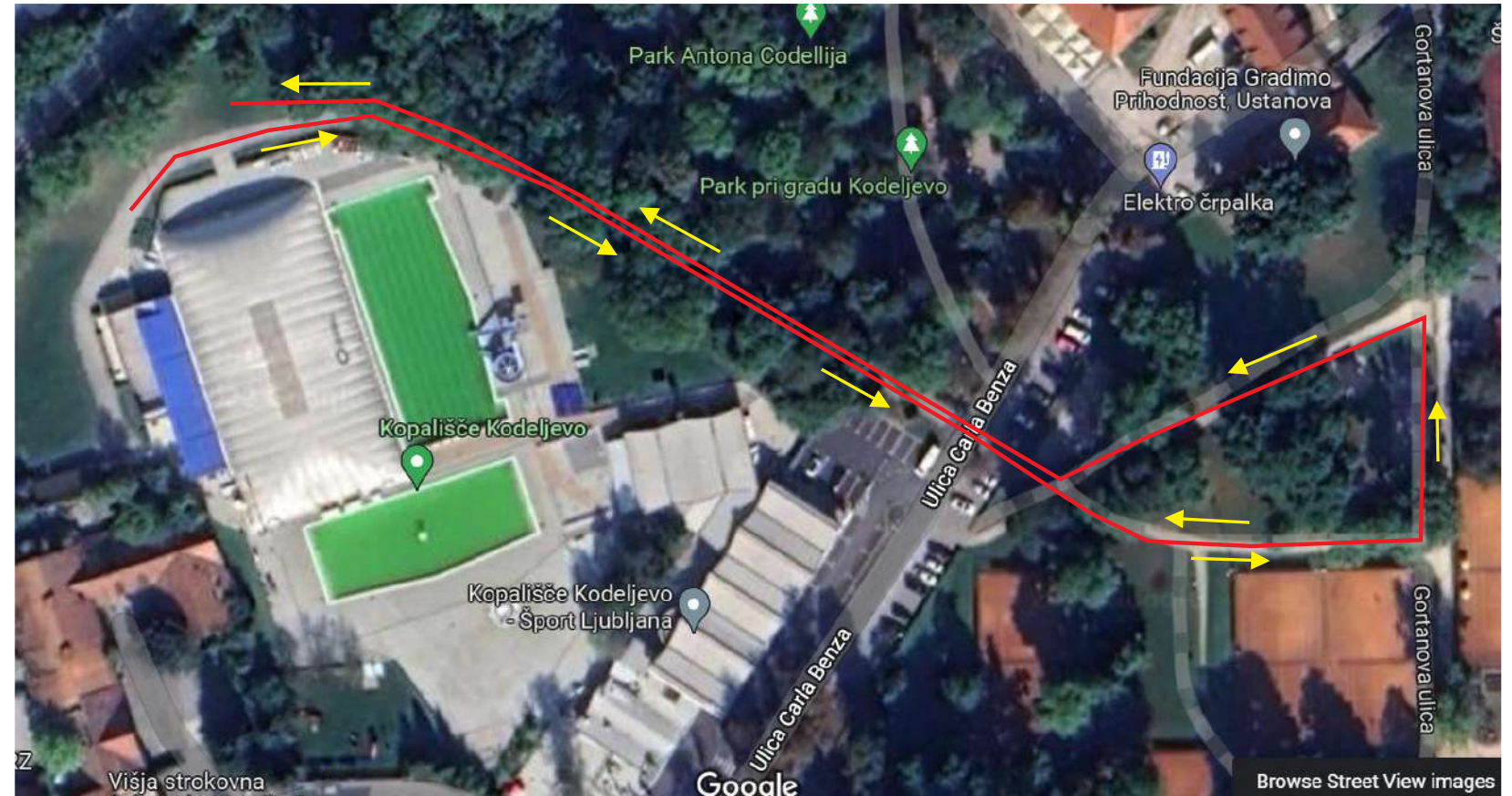
FOR PARENTS: GET TO KNOW MY SPORT TRIATHLON

- Bring the children's challenges even closer to the parents a **family moment** where children encourage parents.
- Distance: 70 m swim in 600 m run
- **It is advised** that children accompany their parents **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 receive a small gift at the finish line ;-)



RUN COURSE: PROMO AQUATHLON – 1 LAP

- Running is in both directions after access to the pool. Athletes are running at the right side.
- Running course is 600 m long.





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SUPER SPRINT TRIATLON

KIDS 2009/2010

- 250 m swim
- 4,8 km bike (3 laps)
- 1 km run (1 laps)

YOUTH 2007&2008 AND 2005&2006

- 350 m swim
- 8 km bike (5 laps)
- 2 km run (1 lap)

TRI FOR ALL

- 250 m swim
- 6,4 km bike (4 laps)
- 2 km run (1 lap)

CARACTERISTICS OF SUPER SPRINT TRIATHLON

- Nationals for the kids 2009/2010, youth 2007/2008 and youth 2005/2006
- Triathlon for ALL

The athletes will put their bikes in a marked area in the exchange area with the inscription "SUPER SPRINT".

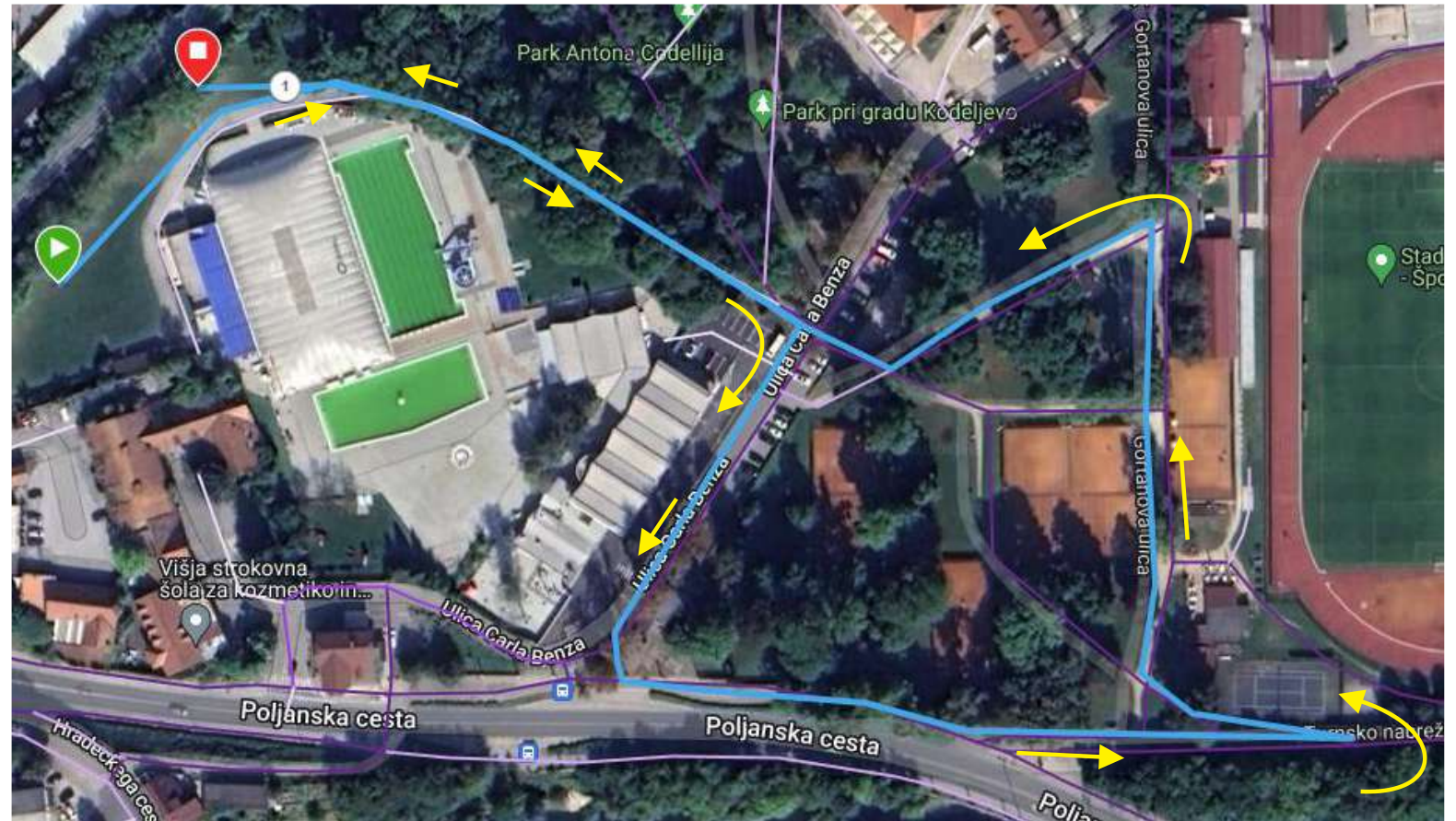
See the timeline for filling and emptying the transition area!



RUNNING – KIDS 2009/2010



- The lap is 1 km long.
- Running is in both directions at the access to the pool. Athletes are running at the right side.

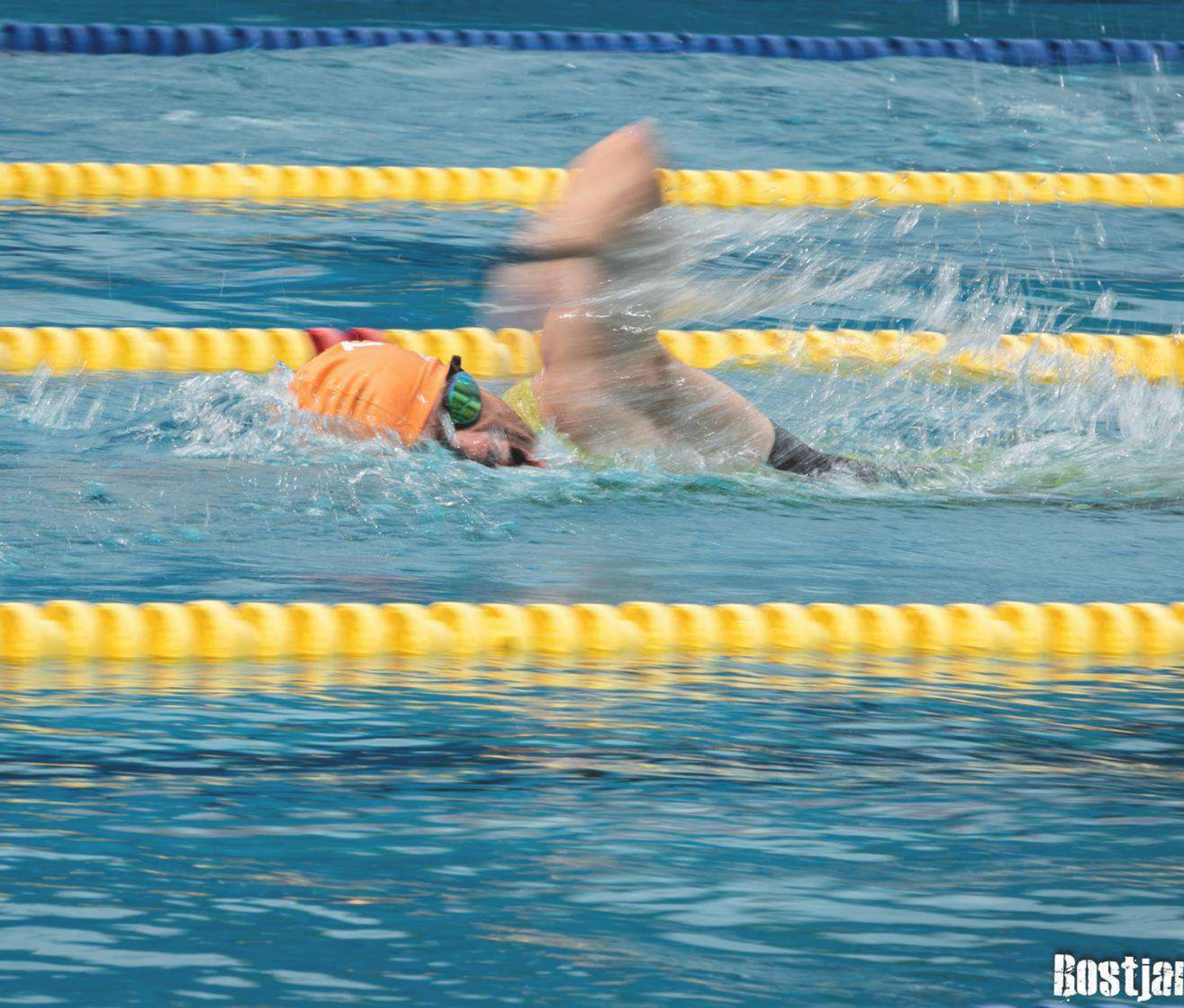


RUN COURSE – 2007&2008, 2005&2006 - 1 LAP



- 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

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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

ZNAČILNOSTI IN ČASOVNICA SPRINT „NO DRAFT“ TRIATLONA



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.

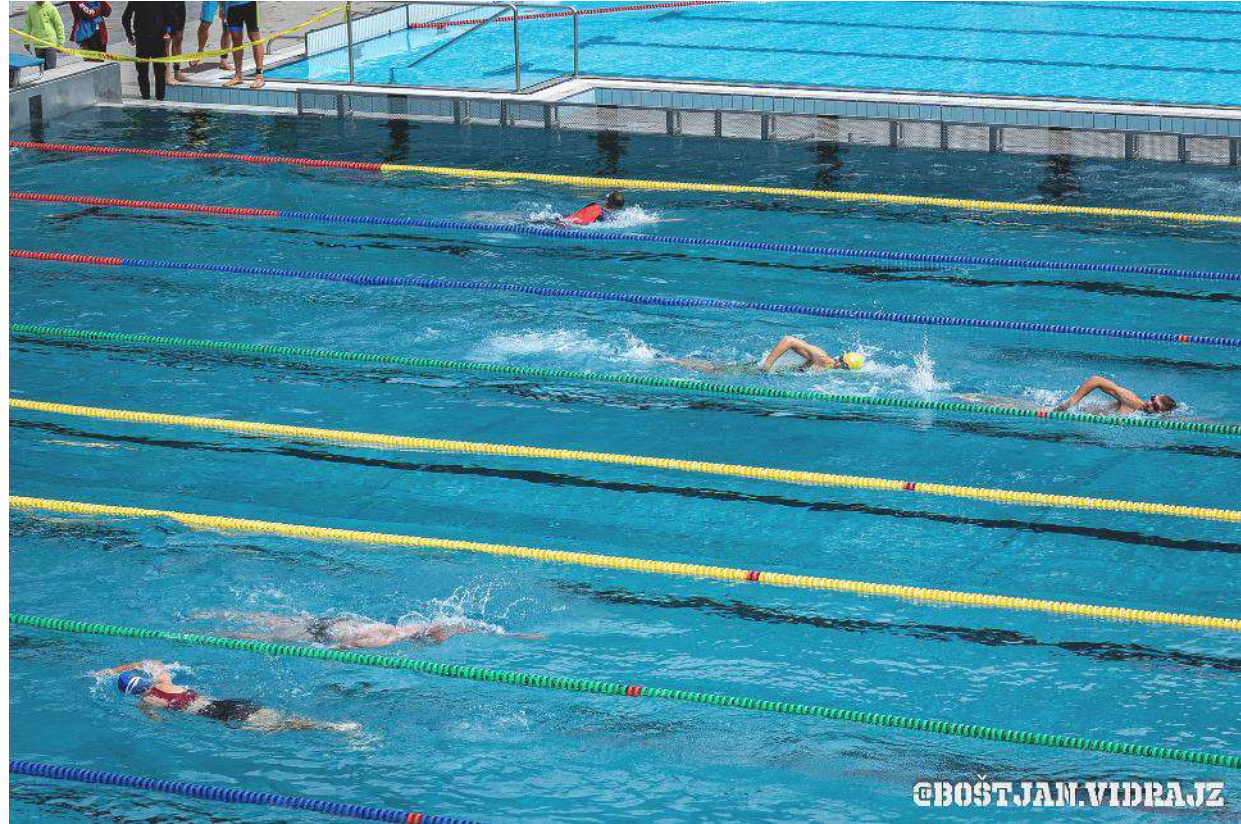
The competition starts with the relays, women and last men.

The starting list of the competition will be known on Saturday 27th of August on the website www.triatlonklub-lj.si, the facebook page of TK Ljubljana and on prijavim.se

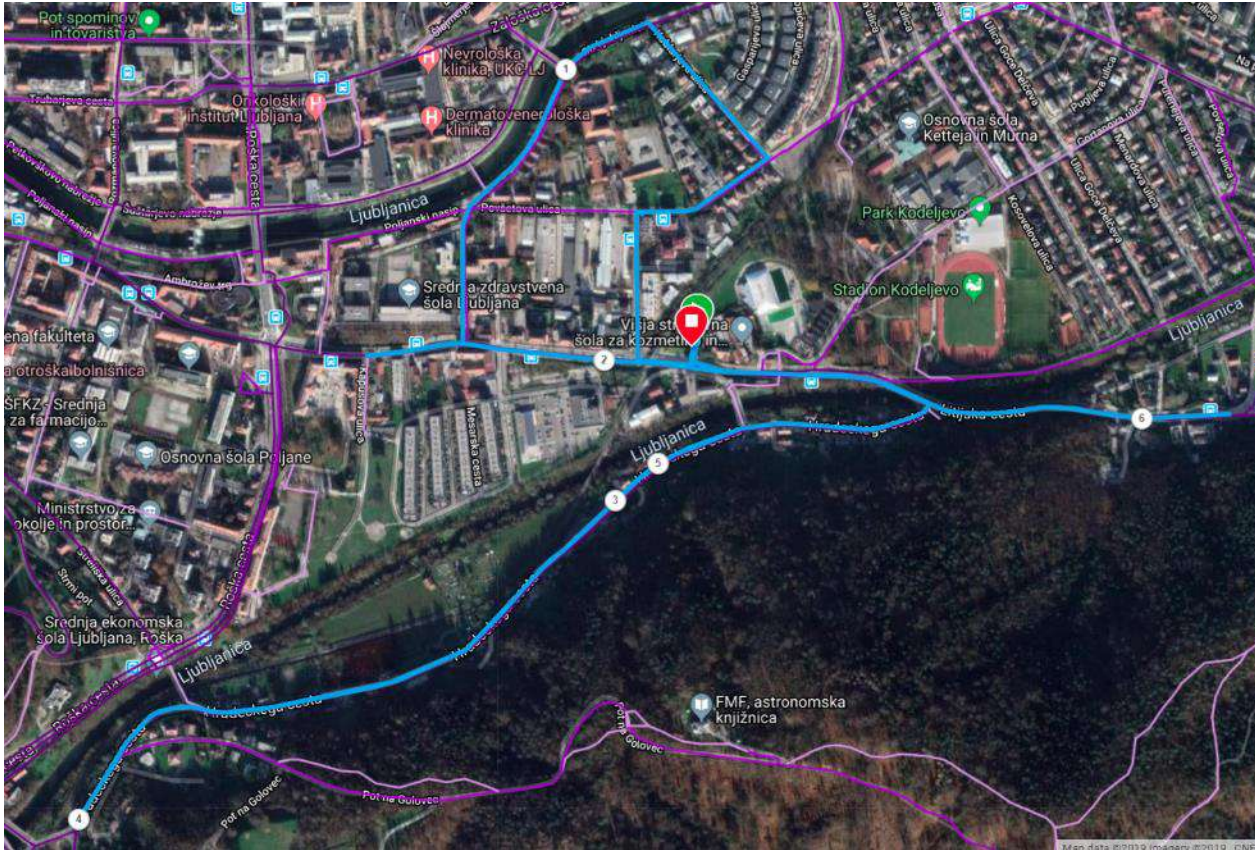


SPRINT SWIM COURSE

- Swimming will take place in 10 lanes of the large pool.
- Each athlete 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 latest 1 minute before the scheduled start time. Then they can go to the warming-up pool to warm up.



SPRINT BIKE COURSE – 3 LAPS



- Drafting is NOT allowed!
- Time trial 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 at the exit on the run. Otherwise, the athlete 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 athletes stick to the right side.



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NAGRADE IN PRIZNANJA

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



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