



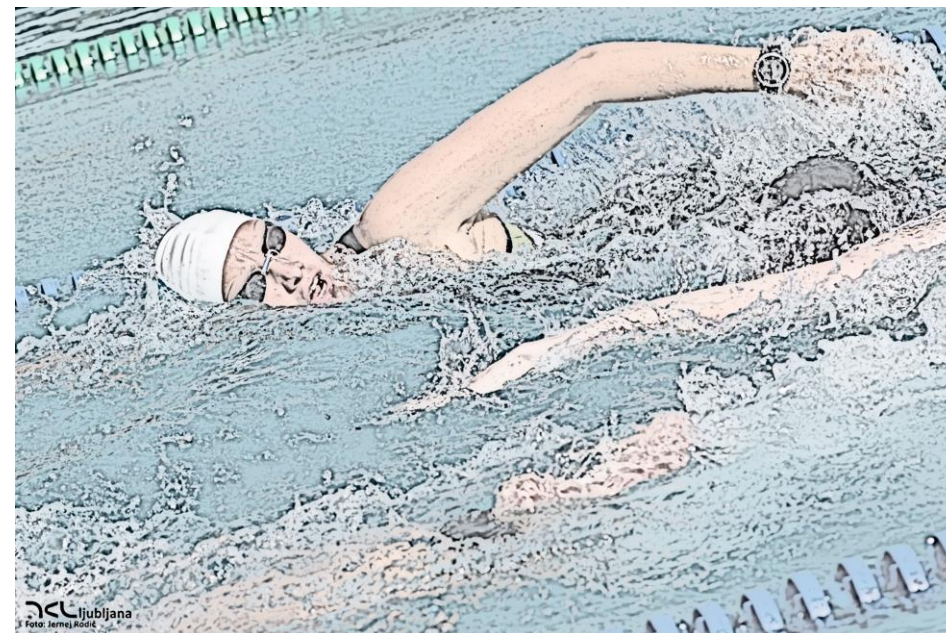
01. September #triathlonLJUBLJANA

5TH TRIATHLON LJUBLJANA

SPRINT „NO DRAFT“ – SUPER SPRINT – TRIATHLON FOR EVERYBODY – TRIATHLON FOR KIDS – MEDIA TRITHLON - SLOVENIAN MILITARY CHAMPIONSHIP

SWIMMING POOL KODELJEVO 1. SEPTEMBER FROM 9 AM

- **Triatlon for kids: 50 m – 2,5 km - 500 m**
- **SUPER SPRINT: 250 m – 8 km – 2 km**
 - **Kids and Youth (12-13 and 14-15 years)**
 - **For everybody**
 - **Nationals for media houses – individually and team**
- **NO draft sprint chrono triathlon: 750 m – 20km – 5 km**
 - **National Championship of the Slovenian Armed Forces**





TIMELINE

- **Application and registration: 9.30h – 12.00h**
- **Transition open for kids: 10.15h - 10.40h**
- **Briefing for KIDS triathlon: 10.45h**
- **START OF KIDS TRIATHLON (2010&2011&2012): 11.00 h**
- **START OF KIDS TRIATHLON (2008&2009): 11:30 h**
- **Transition open for SUPER SPRINT: 10.15h-10.40h and 11.40h – 11.55h**
- **Briefing for SUPER SPRINT triathlon: 12:00h**
- **START OF SUPER SPRINT TRIATHLON: 12.15 h**
- **Transition open for SPRINT triathlon: 13.15h – 14.00h**
- **Briefing for SPRINT triathlon: 14.00 h**
- **START OF KRONO „NO-DRAFT“ TRIATHLON: 14.15h***

*female – relays - men



Warning: during the kids triathlon and SUPER SPRINT triathlon, cycling is not permitted on the course (penalty: prohibiting the start of a competitor at SPRINT)



APPLICATIONS AND STARTING FEE

- **KIDS triathlon (2008 – 2012): 5€**
- **SUPER SPRINT triathlon: 20 €**
- **SPRINT triathlon: 30 €***
 - *relay: swimmer + cyclist + runner: 40 €
 - **Media no starting fee**
 - Slovenian Armed Forces: applications internally at the tender of the SAF
- *Applications will be available also on the day of the event: sprint 30 €, sprint 40€, sprint relays 50 €.*

Starting fee

Triatlonski klub Ljubljana, Ziherlova 40, 1000 Ljubljana

SWIFT: LJBASI2X

IBAN: SI56 02045-0018904909

Account nr.: 02045-0018904909

APPLICATIONS:

From Monday 15. July to Thursday 29. August.



<https://prijavim.se/calendar/checkings/3226/5> triatlon ljubljana 2019#prijava





CATEGORIES

KIDS TRIATHLON

- Kids U9 2010&2011&2012
- Kids U11 2008&2009

SUPER SPRINT

- U13 2006&2007
- U15 (cadets) 2004&2005
- TRIATHLON for everybody – open category
- MEDIA – open category

Chrono „NO DRAFT“ sprint triathlon

- U17 (youth B): 2002&2003
- U19 (juniors): 2000&2001
- Master I: 1999 - 1990
- Master II: 1989 - 1980
- Veterans I: 1979 - 1975
- Veterans II: 1974 - 1970
- Veterans III: 1969 - 1965
- Veterans IV: 1964 – 1960
- Veterans V: 1959 – 1955
- Veterans VI: 1954 – 1950
- Veterans VII: 1949 and less
- **Woman, Men and mixed relays**
- **Absolute category in men and woman category**



LOCATION OF RACE VENUE



Link to location of venue

<https://goo.gl/maps/mBeRsPTr6zs>

Access is possible from the side of the Litijska road until 10.30 am or until the parking spaces are filled. Later you can use access from the Faculty of Sport, Gortanova 22, 1000 LJ.

In case of parking in front of the swimming pool, leaving with car will be difficult until the end of the event – approximately until 17 pm.



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KIDS TRIATHLON

2008 - 2012

Distances

- 50 m swimming
- 2,5 km cycling
- 500 m running



SPECIFICATIONS AND TIMELINE OF KIDS TRIATHLON

The bike course familiarization is till 10.20h (the bike course is open for the traffic, so bike routes have to be used for familiarization for kids triathlon).

The transition area for kids triathlon is opened at 10.15h and closes at 10.40h.

Kids will have special area in transition that will be just for them to place their equipment there.

Briefing for kids triathlon at 10.45h

START OF KIDS TRIATHLON (2010&2011&2012): 11.00 h

START OF KIDS TRIATHLON (2008&2009): 11:30 h

Bikes should be removed from transition area for kids triathlon immediately after the last kid triathlete will reach the finish line and not later than 12.10h



KIDS BIKE



After the mount line kids can jump on the bike – see the picture above. After the left turn kids have simple and wide road 1,25 km. At the end is the U turn where also technical official will be present to guide kids. For kids there is just 1 lap in the distance of 2,5 km. Kids have to dismount the bike before the dismount line that is clearly marked in the road.

KIDS RUN

- The run is from the transition area on the narrow road. The run is in both directions so kids have to stay at the right side of the road.
- The turn after 250 m is not classical U turn, but more as a small circle (see the map on the right), that will be marked and there will be technical official to guide kids.
- Running is in anticlockwise.





SUPER SPRINT TRIATHLON

- 250 m swimming
- 7,8 km cycling
- 2 km running

TRIATHLON FOR EVERYBODY

NATIONALS FOR MEDIA

SLOVENIAN CUP FOR U13 AND U15

SPECIFICATIONS AND TIMELINE OF SUPER SPRINT TRIATHLON

- Slovenian cup for U13 and U15 (all other nationals are allowed to start)
- Triathlon for fun – first timers, recreational level, etc.
- Media national championship.

Triathlon for EVERYBODY is open category in men and woman category.

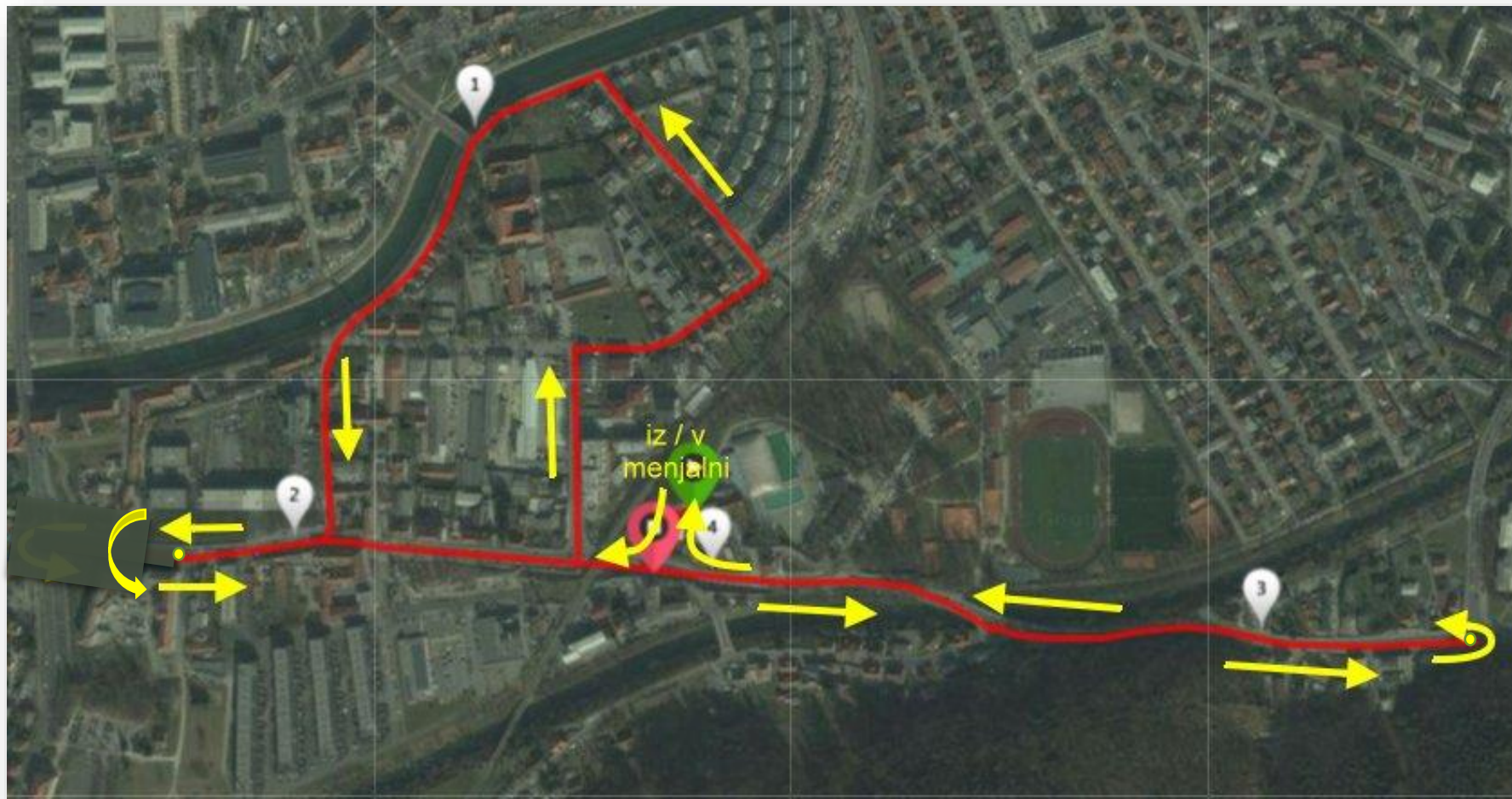
Transition area is opened at 10.15h and closed at 10.40h, opened again at 11.40h and closed at 11.55h.

Athletes will have the special area in transition area marked with „SUPER SPRINT“.

Bikes have to be removed from the transition area till 13.30 to free space for sprint race.



SUPER SPRINT BIKE



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Athletes can start with the bike after the mount line that is marked on the street. After the right turn they do 2 laps of each approx. 4 km (8 km in total distance). The bike leg is technically demanding but mainly flat. Dismount line is prior entering the transition zone.

SUPER SPRINT RUN

- Running distance is 2 km – 1 lap.
- The U turn is at 1,1 km.
- At exiting of transition area (running in both directions) athletes stick to the right side.





SPRINT TRIATHLON

Chrono „NO DRAFT“

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

SPECIFICATIONS AND TIMELINE OF SPRINT „NO DRAFT“ TRIATHLON

The sprint race is „NO DRAFT“ chrono format, where drafting is forbidden and every athlete start at exact time.

On the bike leg the Chrono bikes (long distance bikes) are allowed.

Start of the swim will be with time differences (30sek – 1 min) according to the number of athletes on the starting list. There is the limit of participants of 150.

First are women, following relays and men at the end. The start list will be according to the level of the athlete from average to top level.

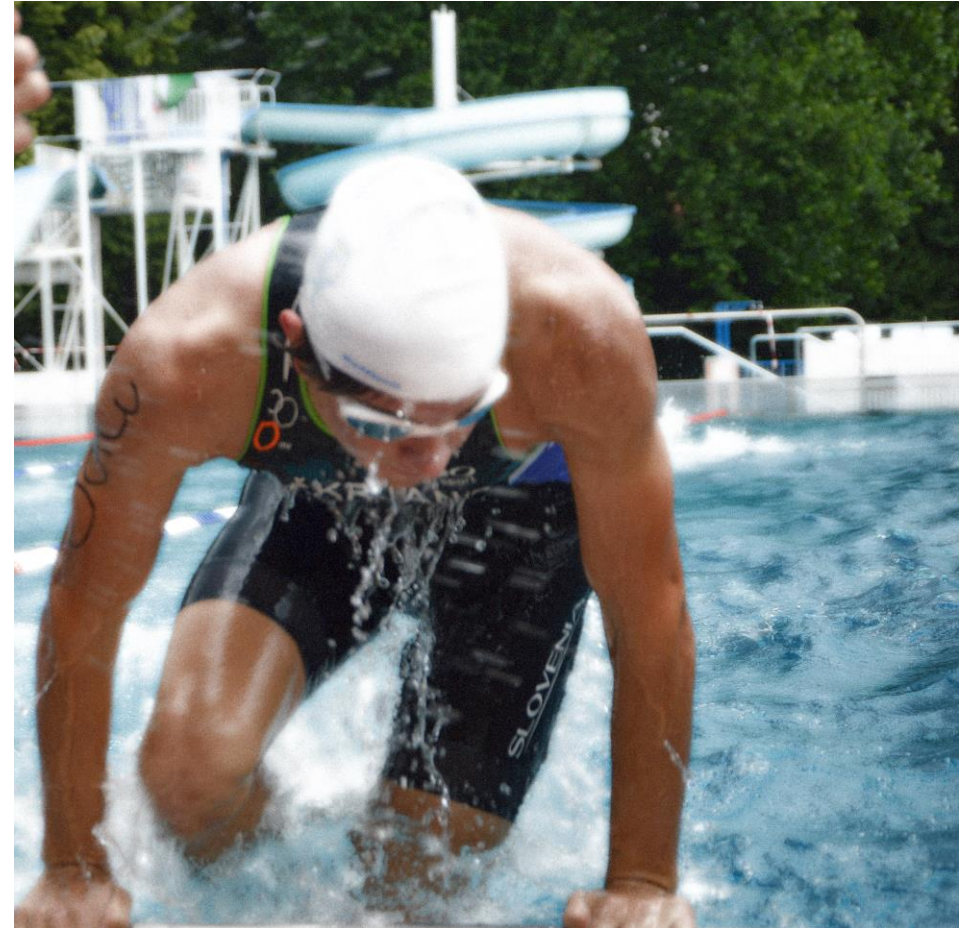
The start list will be presented on Saturday **31. of August** on the website www.triatlonklub-lj.si, Facebook site of event and Prijavim.se website.

All applications have to be done till 29. of August because of setting up the start list before the race.

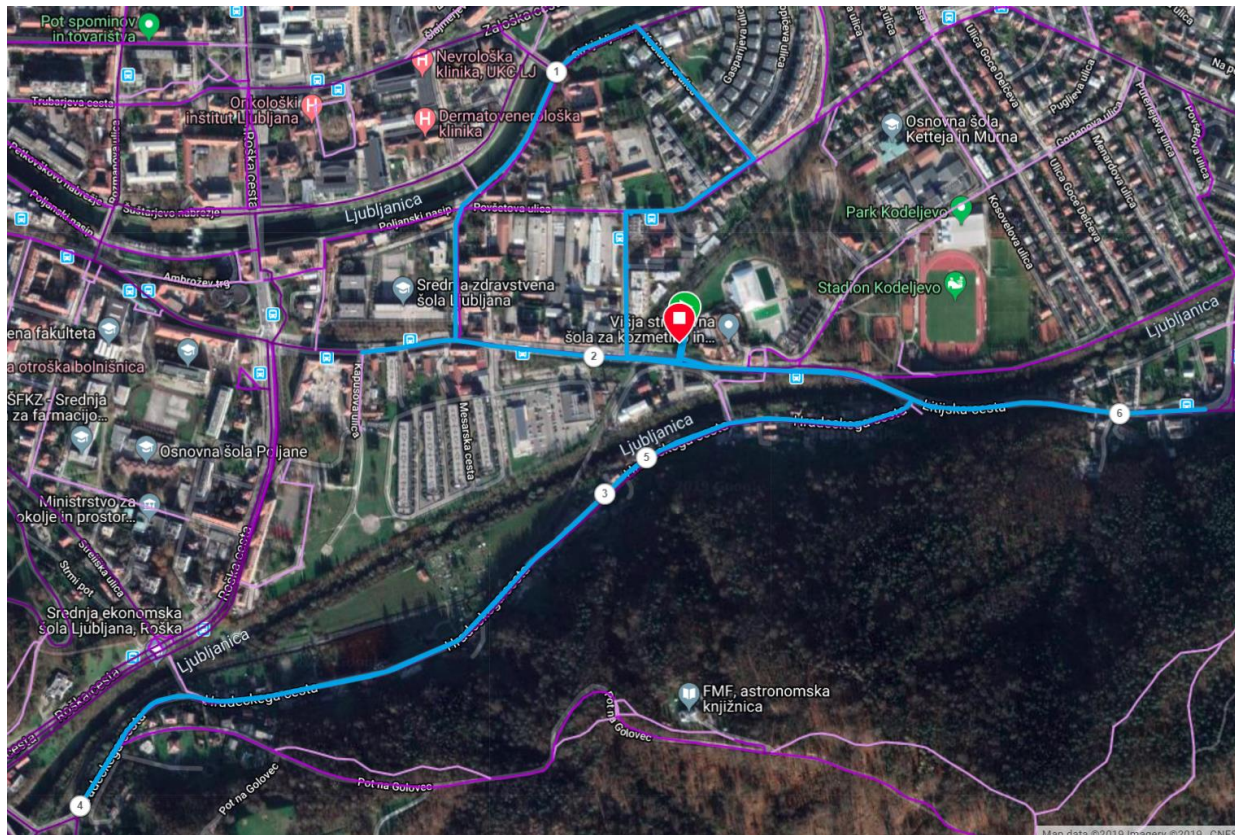


SPRINT SWIM

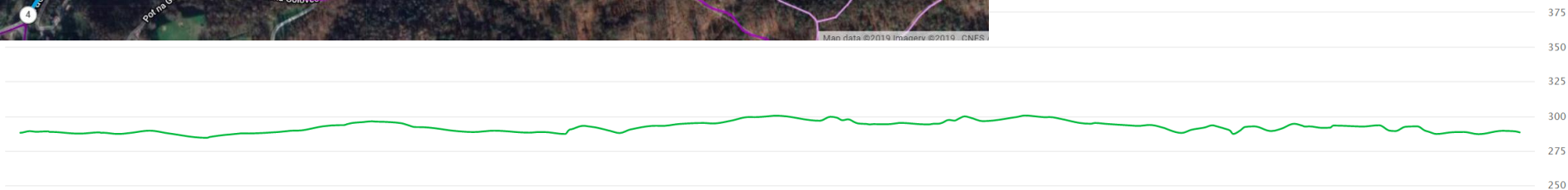
- Swimming will be in 10 lanes of 50 m pool so according to simulations just 3 athletes could share the lane at the same time.
- Each athlete has to count the distance, the technical official is there just to control.
- Starts will be in time difference from 30" to 1 min – will be known exactly 1 day before race.
- The start is on the opposite side of the swim exit. On the swim exit there will be technical officials to help athletes from the pool if the help will be needed.
- The starting list, which will contain the time of the start and the number of the lane, will be announced on Saturday, 31 August, at the website www.competition.com, fb page of the competition: 5. triatlon LJUBLJANA and portal prijavim.se.
- The athletes have to be on the start line 15 min before the start to check in on the start. After that, they can warm up in the swimming pool intended for warming up for another 10 minutes.



SPRINT BIKE



- Drafting on the bike is not allowed
- Chrono bikes are also allowed but not mandatory
- When the athlete receive the yellow card for drafting, the penalty 1 min have to be served in the penalty box on the run. If not the athlete is disqualified.
- If the athlete receive 2 yellow cards that means disqualification of the athlete and is not allowed to continue.
- **Drafting penalty is 1 min!**
- **The helmet used has to be officially tested.**



The mount line is marked on the floor at the exit from transition area. On the mount line there will be technical official. After the right turn athletes do 3 laps of 6,6 km each with total distance of 19,8 km. The bike leg is technically demanding with almost 400 meters of vertical climbing. The dismount line is prior to transition area entrance.

SPRINT RUN

- There are 3 laps of running in total distance of 5 km.
- After the exit from transition area athletes are running on the right side of the road.
- Penalty box is located at the transition exit where also the penalty board is. The additional penalty board will be located at the U turn. Athletes have to serve the penalty till the end of the run (on the exit from transition to the run or before entrance to the finish).



PRIZES

- In each tender category, the first three receive cups / medals and prizes from sponsors.
- The first four in the absolute men's and women's categories receive cups and prizes from sponsors.
- A special classification will be made for the national championship of the Slovenian Armed Forces.
- SPRINT triathlon special prizes for THE BEST:
 - swimmer (W&M)
 - cyclist (W&M)
 - runner (W&M)
 - the oldest competitor
 - the youngest competitor





Additional information

Triatlonski klub Ljubljana, Zihherlova 40, 1000 Ljubljana

mitja.mori@triatlonklub-lj.si / 041 505 003

ADDITIONAL INFORMATION

Responsibility: Athletes are competing on their own responsibility. With application every athlete confirms that she/he is physically fit enough to accomplish distances in the race. She/he is aware of all the risks.

Drafting is allowed just in KIDS triathlon and SUPER SPRINT triathlon, but strictly forbidden in SPRINT triathlon.

Complains after the race: Complaints have to be formally given in written form not later than 30 minutes after the last athlete reached the finish line. They are solved by competition jury presented on the info table near the race office.

All athletes receive a small gift from organizer and a warm meal after the race.

After the road closure (11h) or full parking space near the Park Kodeljevo, the nearest parking to the race venue is by the Faculty of Sport, Gortanova 22.

The rules in the race are according to the rules of Triathlon federation of Slovenia (ITU competition rules).



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