



Triathlon day in LJUBLJANA – 27. August
Nationals in Super sprint
Team Nationals Mixed Relay
Alpen – Adria Cup



#triathlonLJUBLJANA2023

NATIONALS SUPER SPRINT – TEAM NATIONALS MIXED RELAY – TRIATHLON FOR KIDS – TRIATHLON FOR ALL – RUN FOR KIDS
Swimming pool Kodeljevo, Ljubljana

@FOTO: BOŠTJAN VIDRAJZ

BASIC INFORMATION #TRIATLONLJUBLJANA2023

- Day of Triathlon – **Sunday, 27. August.**
- Applications only through web page <https://prijavim.se/> till **Tuesday 22. August until 24h. Applications and payment of starting fee on the day of the event is possible, but entry fee will be more expensive (p. 6).** Application is confirmed when starting fee is transferred!
- Take over of numbers will be possible from 7:00 a.m. at the registration desk.
- Entering the transition area and taking the equipment out of the transition area is at specific times based on the start (see Timeline p. 4).
- **Each competitor receives a registration bag with a practical gift from the organizer.**



RACES #TRIATLONLJUBLJANA2023

Sunday, 27. August 2023

- Super sprint for Kids B 2010/2011 and Kids A 2008/2009: 250 m – 7,8 km – 1,6 km
- Super sprint for Youth 2006/2007 and Junior 2004/2005: 350 m – 10,5 km – 2,8 km
- Super sprint for Men/Women, Masters and Triathlon for ALL (men/women): 350 m – 10,5 km – 2,8 km

▪ **Triathlon for KIDS D&E (2014 and younger): 50 m – 1,7 km – 450 m ¹**

▪ **Triatlon for KIDS C (2012, 2013): 100 m – 3,4 km - 650 m ¹**

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

▪ **Dragon Run for KIDS (2017 and younger): 300 m**

*The kids run is free and all children can take part in it, even when accompanied by their parents

▪ **Team Nationals Mixed Relay (2M + 2W): 250 m – 5,3 km – 1,6 km**



Mestna občina
Ljubljana



TIMELINE – SUNDAY, 27th August 2023



7:00 onwards : Take over the race numbers

8:00 – 8:55 Transition area open Wave 1 for Super sprint: 2004 - 2011

9:00 Super sprint 2008 – 2011 (women)

9:40 Super sprint 2008 – 2011 (men)

10:20 Super sprint 2004 – 2007 (women and men)

11:05 – 11:50 Transition area open Wave 2 for Super sprint Men/Women and Masters, Triathlon for ALL and Triathlon for kids

12:00 Super sprint Men/Women, Masters and Triathlon for ALL

13:00 Triathlon for kids D&E (2014 and younger)

13:20 Triathlon for kids C (2012, 2013)

13:45 Dragon run for kids (2017 and younger)

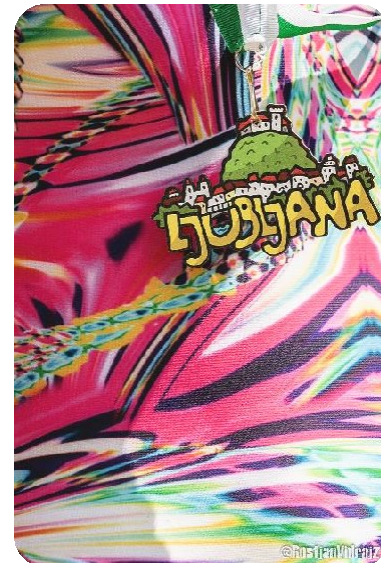
14:00 End of the first part of the competitions and award ceremony

14:00 – 15:30 Transition area open Wave 3 for Mixed Relay

15:45 Mixed Relay START: M+W+M+W

18:00 Award ceremony for mixed relay

19:00 End of event



CATEGORIES

TRIATHLON FOR KIDS

- Kids D&E: 2014&2015&2016 and younger
- Kids C: 2012&2013

TEAM NATIONALS MIXED RELAY

- Kids A and Kids B (2010&2011 and 2008&2009)
- Youth and Junior (2006&2007 and 2004&2005)
- Men/Women I and older

TRIATHLON FOR ALL (without license):

- Men
- Women

SUPER SPRINT – nationals and open category

RACE CATEGORY	AGE	YEAR OF BIRTH
Kids B	12 and 13 years	2010 – 2011
Kids A	14 and 15 years	2008 – 2009
Youth	16 and 17 years	2006 – 2007
Junior	18 and 19 years	2004 – 2005
Men/Women I	20 - 29 years	1994 – 2003
Men/Women II	30 - 39 years	1984 – 1993
Masters I	40 - 44 years	1979 – 1983
Masters II	45 - 49 years	1974 – 1978
Masters III	50 - 54 years	1969 – 1973
Masters IV	55 - 59 years	1964 – 1968
Masters V	60 - 64 years	1959 – 1963
Masters VI	65 - 69 years	1954 – 1958
Masters VII	70 years and more	1953 in manj



APPLICATIONS and payment

- Triathlon for KIDS (2012 and younger): 15 €
- SUPER SPRINT
 - Kids A and Kids B (2008-2011): 30 €
 - Youth (2007) and older & Triathlon for ALL: 35 €
- MIXED RELAY:
 - Team (4 members – 2 men and 2 women: M-W-M-W): 80 €

The registration is valid when the entry fee is paid.

Applications are only possible through the prijavim.se webpage until 22nd August until 24h . Applications and payment of starting fee on the day of the event is still possible, but entry fee will be higher and amounts:

- Triathlon for KIDS (2012 and younger): 20 €
- SUPER SPRINT
 - Kids A and Kids B (2008-2011): 40 €
 - Youth (2007) and older and Triathlon for ALL: 50 €
- MIXED RELAY: 100 €



APPLICATIONS:

From Thursday 31. July until Tuesday 22. August

<https://prijavim.se/>



PAYMENT

Triatlonški klub Ljubljana, Zihherlova 40, 1000 Ljubljana

IBAN: SI56 0204 5001 8904 909

Swift: LJBAS12X

ALL ADDITIONAL INFO

Triatlonški klub Ljubljana, Zihherlova 40, 1000 Ljubljana

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



Mestna občina
Ljubljana

EVENT location and access



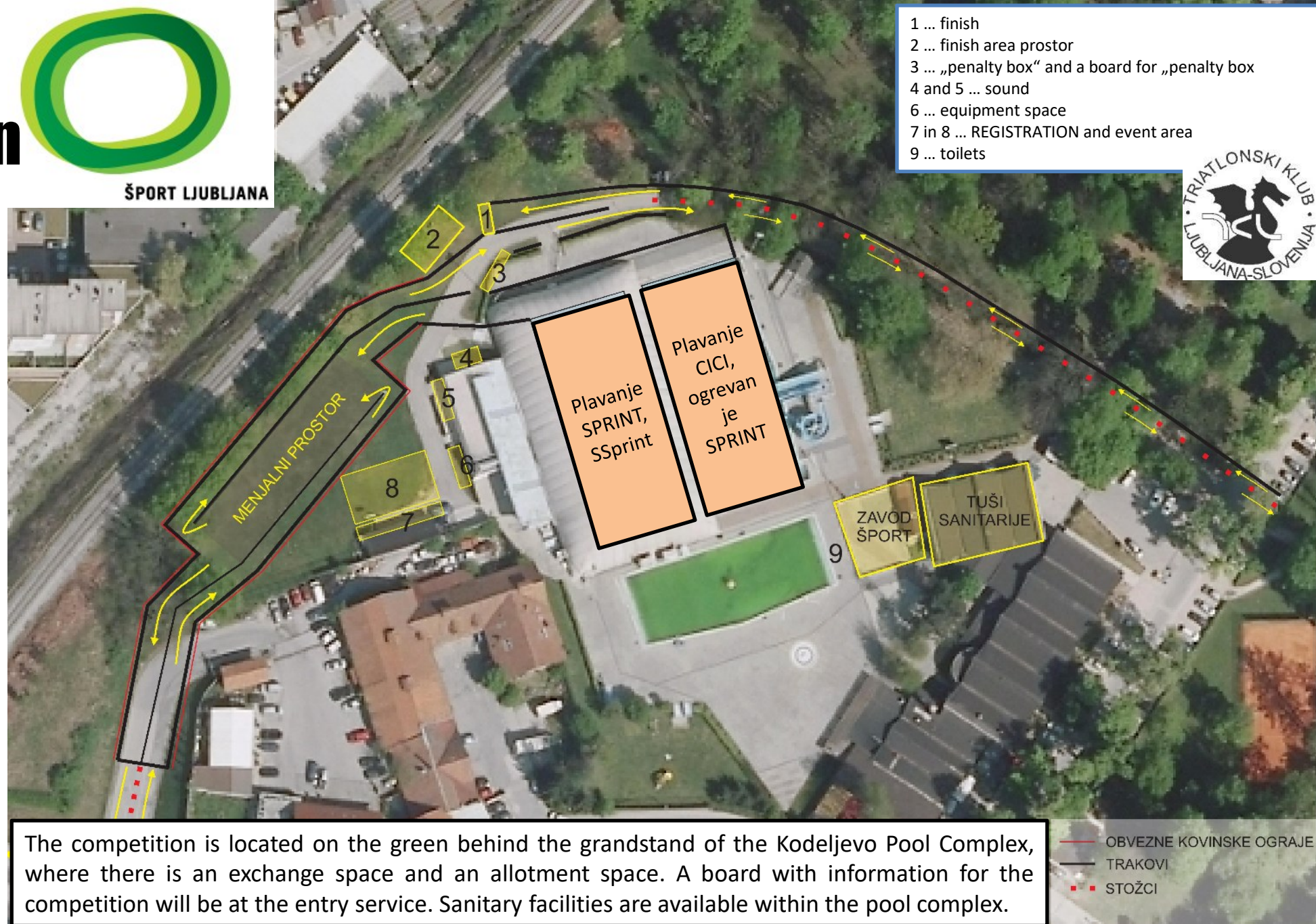
Participants are asked to use the parking lot and access from the Faculty of Sports, Gortanova 22, 1000 LJ.

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 Sunday, August 27th, until approximately 6 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.



SUPER SPRINT TRIATHLON – NATIONALS & OPEN

**KIDS B 2010&2011
KIDS A 2008&2009**

- 250 m swim
- 7,8 km bike (3 laps)
- 1,6 km run (1 lap)

FEATURES AND TIMETABLE SUPER SPRINT TRIATHLON KIDS A (2008&2009) AND KIDS B (2010&2011)



Super sprint triathlon:

- TZS National Championship for Kids A and Kids B.
- Open race for Alpen - Adria Cup

Nationals for Kids A and B A has a **separate start** for men and women (see the competition timeline)!

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool, where the exit is from the water. The length of the swim is 250m.

For transition area open time, see Timeline (p. 4)!



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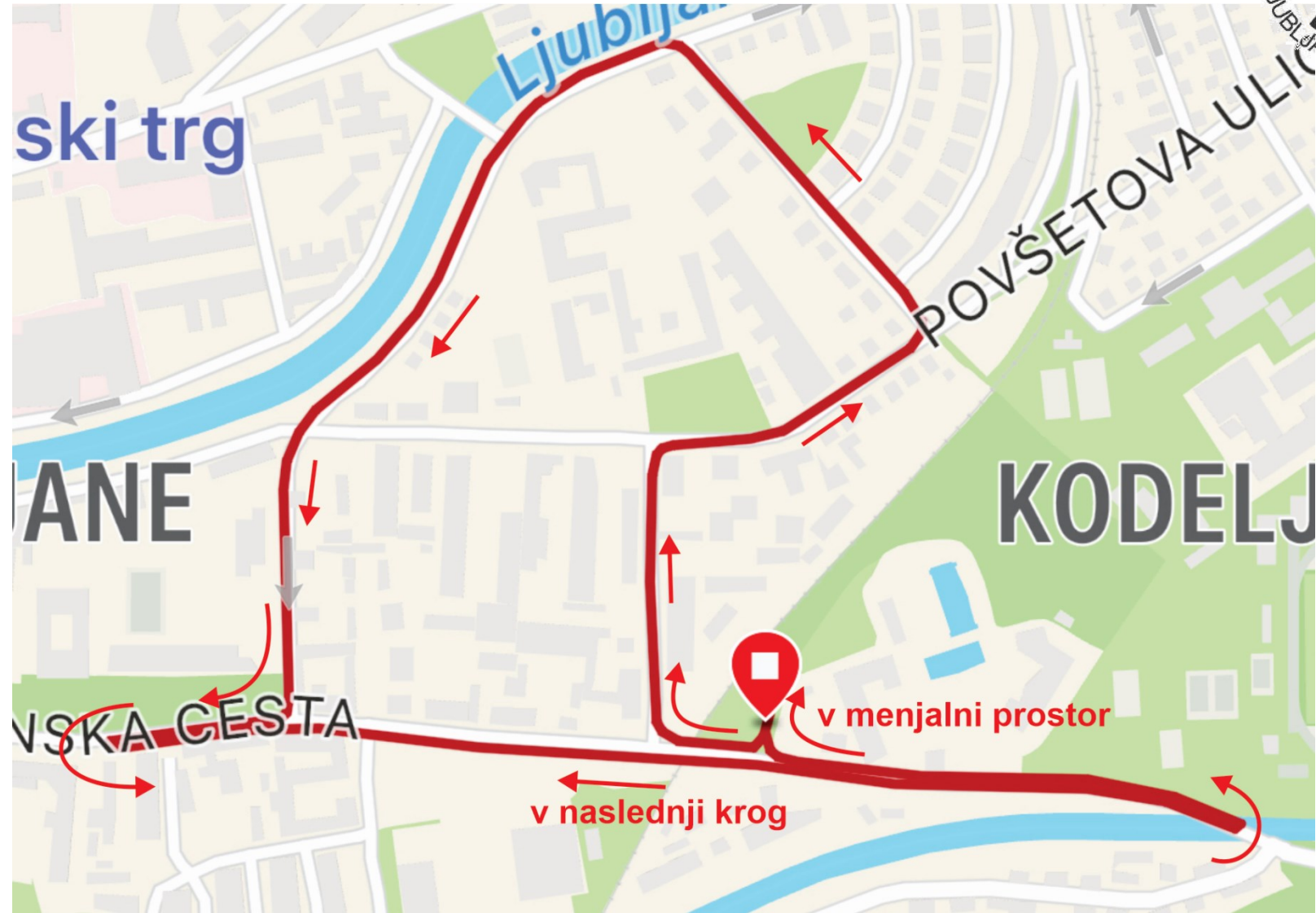
TKL Ljubljana
Foto: Jernej Rudič

SUPER SPRINT KIDS A and B: BIKE COURSE – 3 LAPS (7.8 km)



Competitors can mount and dismount at the point marked at the exit of transition area. **Competitors ride 3 laps with a total length of 7,8 km!**

Drafting is allowed!



SUPER SPRINT KIDS A and B: RUN COURSE – 1 LAP (1,6 KM)

- Super sprint running lap is 1,6km long.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see scheme on the right) and is U-shaped.
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.





SUPER SPRINT TRIATHLON – NATIONALS & OPEN

**YOUTH AND JUNIOR (2004-
2007)**

**MEN/WOMEN, MASTERS AND
TRIATHLON FOR ALL**

- 350 m swim
- 10,5 km bike (4 laps)
- 2,8 km run (2 laps)

FEATURES AND TIMETABLE SUPER SPRINT TRIATHLON – YOUTH, JUNIOR, MEN/WOMEN, MASTERS AND TRIATHLON FOR ALL



Super sprint triathlon:

- TZS National Championship for Youth, Junior, Men/Women, and Masters.
- Triathlon for ALL (without licence).

Youth (Men and Women) and Junior (Men and Women) has a **separate start** from other categories! Drafting men after women and vice versa is not allowed and will be sanctioned with a time allowance in penalty box.

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool from the pool exit. The length of the swim is 350 m.

For transition area open time, see Timeline (p. 4)!

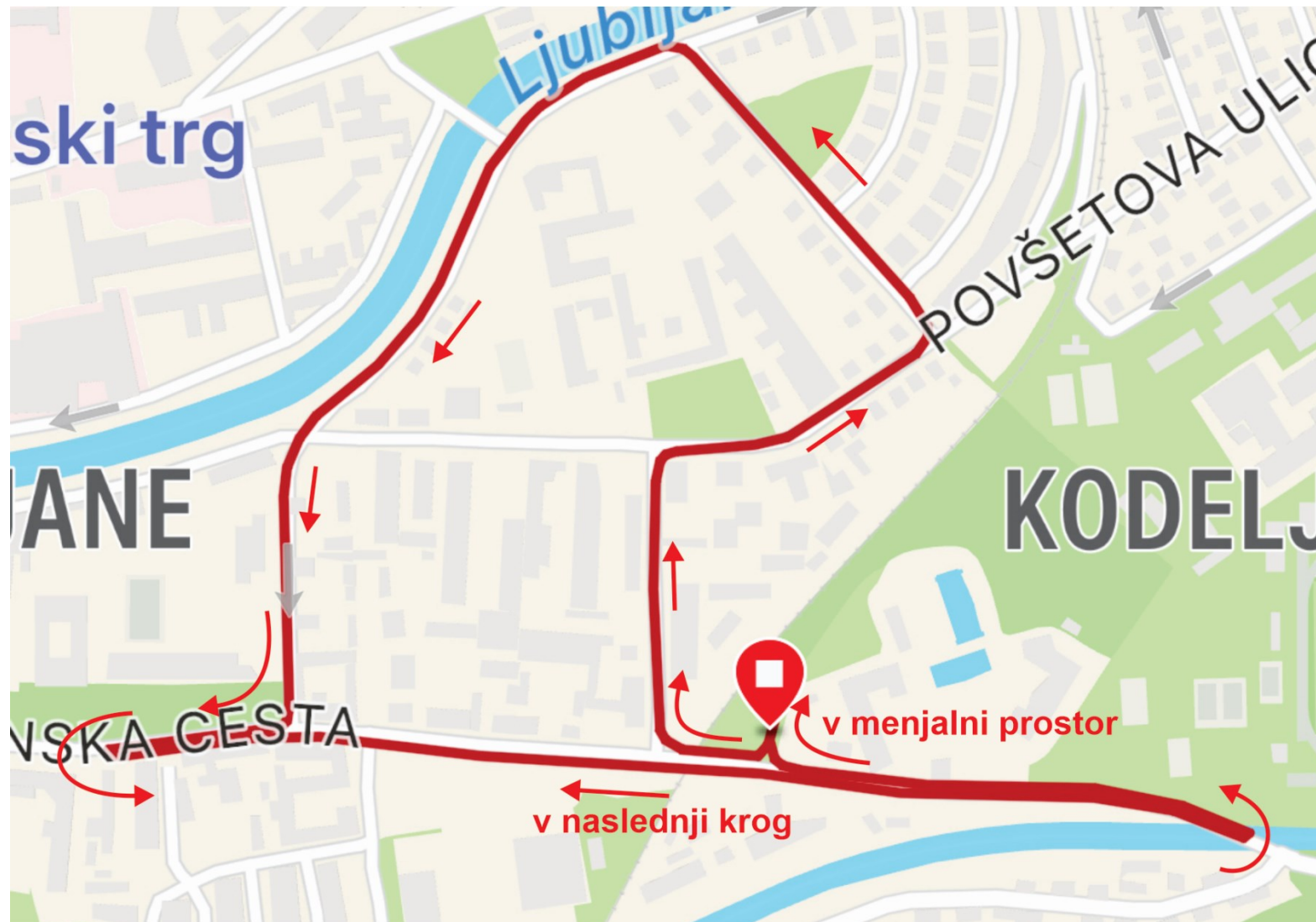


SUPER SPRINT YOUTH B, JUNIOR, MEN/WOMEN, MASTERS AND FOR ALL: BIKE COURSE – 4 LAPS (10,5 km)



Competitors can mount and dismount at the point marked at the exit of transition area. Competitors ride 4 laps with a total length of 10,5 km!

Drafting is allowed!



SUPER SPRINT YOUTH B, JUNIOR, MEN/WOMEN, MASTERS AND FOR ALL: RUN COURSE – 2 LAPS (2,8 KM)

- Super sprint run has 2 laps with a total length of 2,8 km.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see sketch on the right) and is U-shaped.
- The entrance in the second lap is before entering the corridor to access the pool with a 90 degree turn to the left (at ~ 1,4 km).
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.





TRIATHLON FOR KIDS

**Kids D&E
2014 & 2015 & 2016**

- 50 m swim
- 1,7 km bike (1 lap)
- 450 m run (1 lap)



FEATURES AND TIMETABLE – KIDS D&E 2014 & 2015 & 2016

Bike and run familiarization is possible before the competition, but only along the parallel cycling track, as the competitions will take place consecutively from 9am onwards.

For transition area opening time, see Timeline (p. 4).

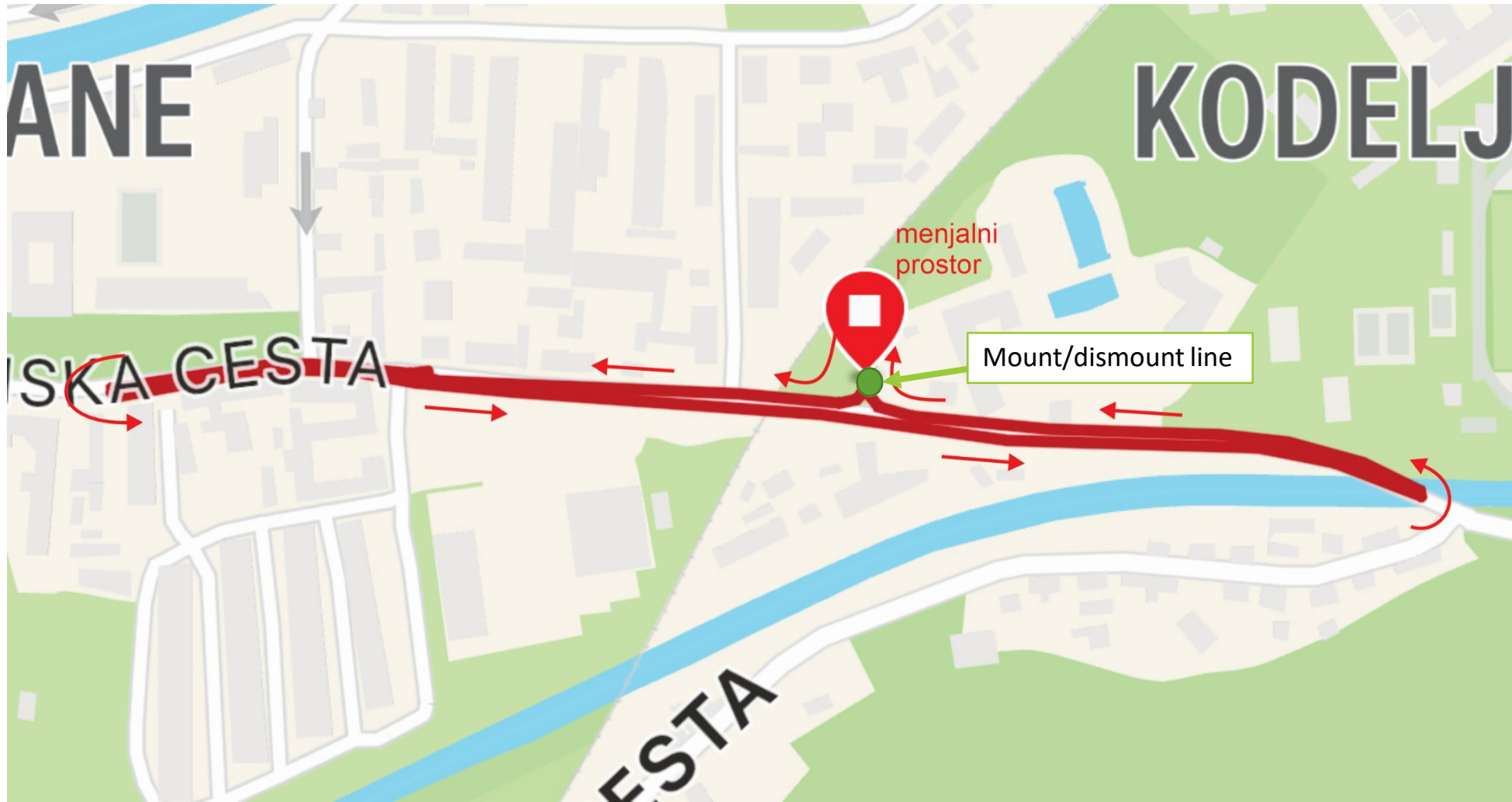
Kids will have a specially marked place in the transition area.

Start at 13:00h.

The characteristics of the competition courses are presented on the following pages.



BIKE COURSE KIDS D&E (2014 & 2015 & 2016) – 1 LAP (1,7 km)



Mestna občina
Ljubljana

Competitors can mount the bike at the point marked in the picture above with the "mount/dismount line". After a right turn and a short ramp, the U-turn is formed. Competitors cycle back and ACROSS the course to another U-turn, from where they return to the course. After turning right, dismount the bike in front of the "mount/dismount line" and enter the transition area next to the bike. CICI competitors drive only 1 lap in the entire length of 1,7 km. Drafting is allowed.

RUN COURSE KIDS D&E (2014 & 2015 & 2016) – 1 LAP

(450m)

- The run is in both directions along the driveway to the pool. Competitors stick to the right side.
- The turn at 250 m is not a classic U-shaped turn, but a smaller circle (see the map on the right), which will be appropriately marked and where there will be a volunteer who will direct the competitors.
- The length of the run is 650 m.





TRIATHLON FOR KIDS C

Kids 2012 & 2013

- 100 m swim
- 3,4 km bike (2 laps)
- 650 m run (1 lap)



FEATURES AND TIMETABLE – KIDS C 2012 & 2013

Bike and run familiarization is possible before the competition, but only along the parallel cycling track, as the competitions will take place consecutively from 9am onwards.

For transition area open time, see Timeline (p. 4).

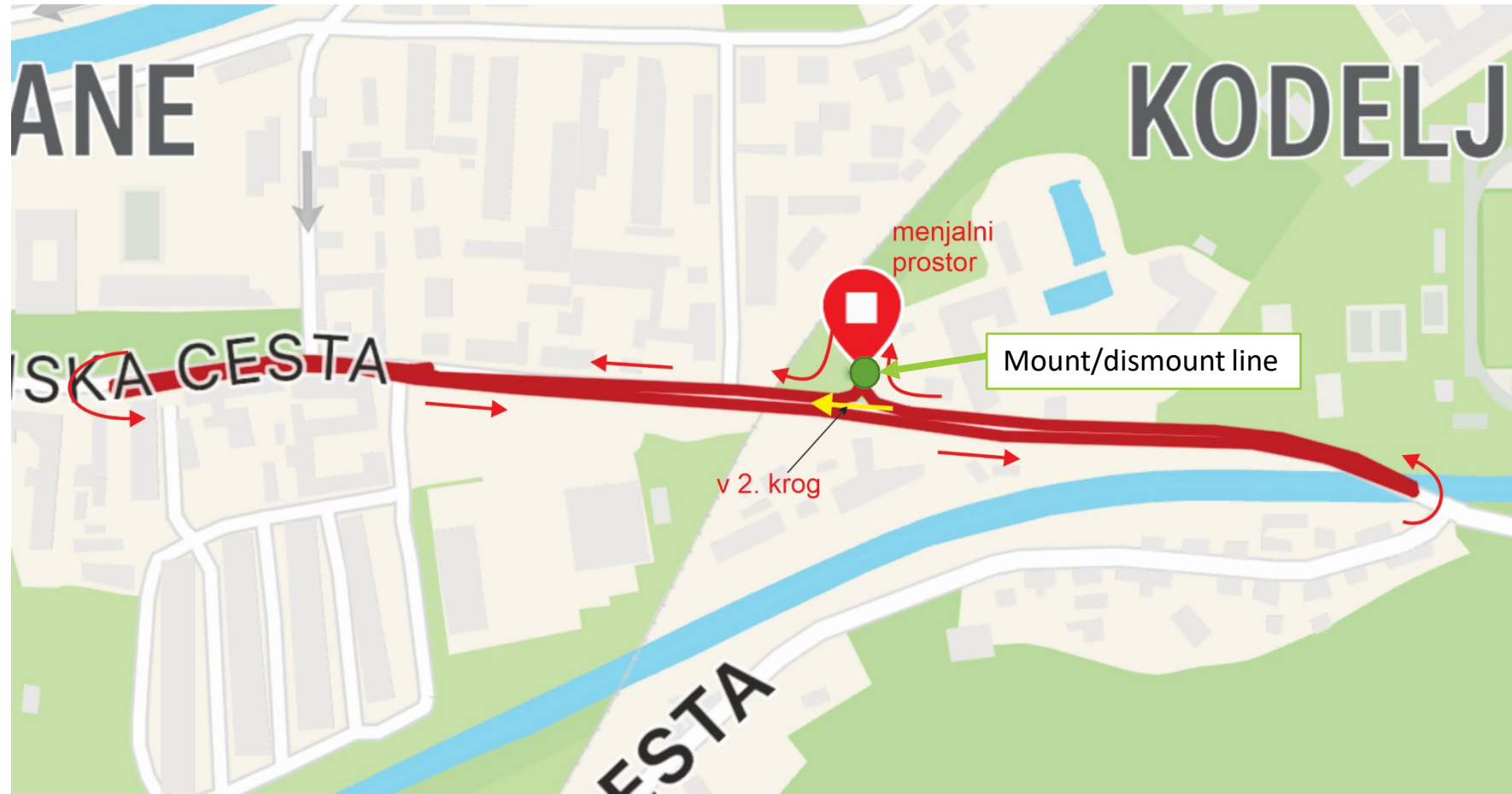
Kids will have a specially marked place in the transition area.

Start at 13:20h.

The characteristics of the competition courses are presented on the following pages.



BIKE COURSE (2012 & 2013) – 2 LAPS (3,4 km)

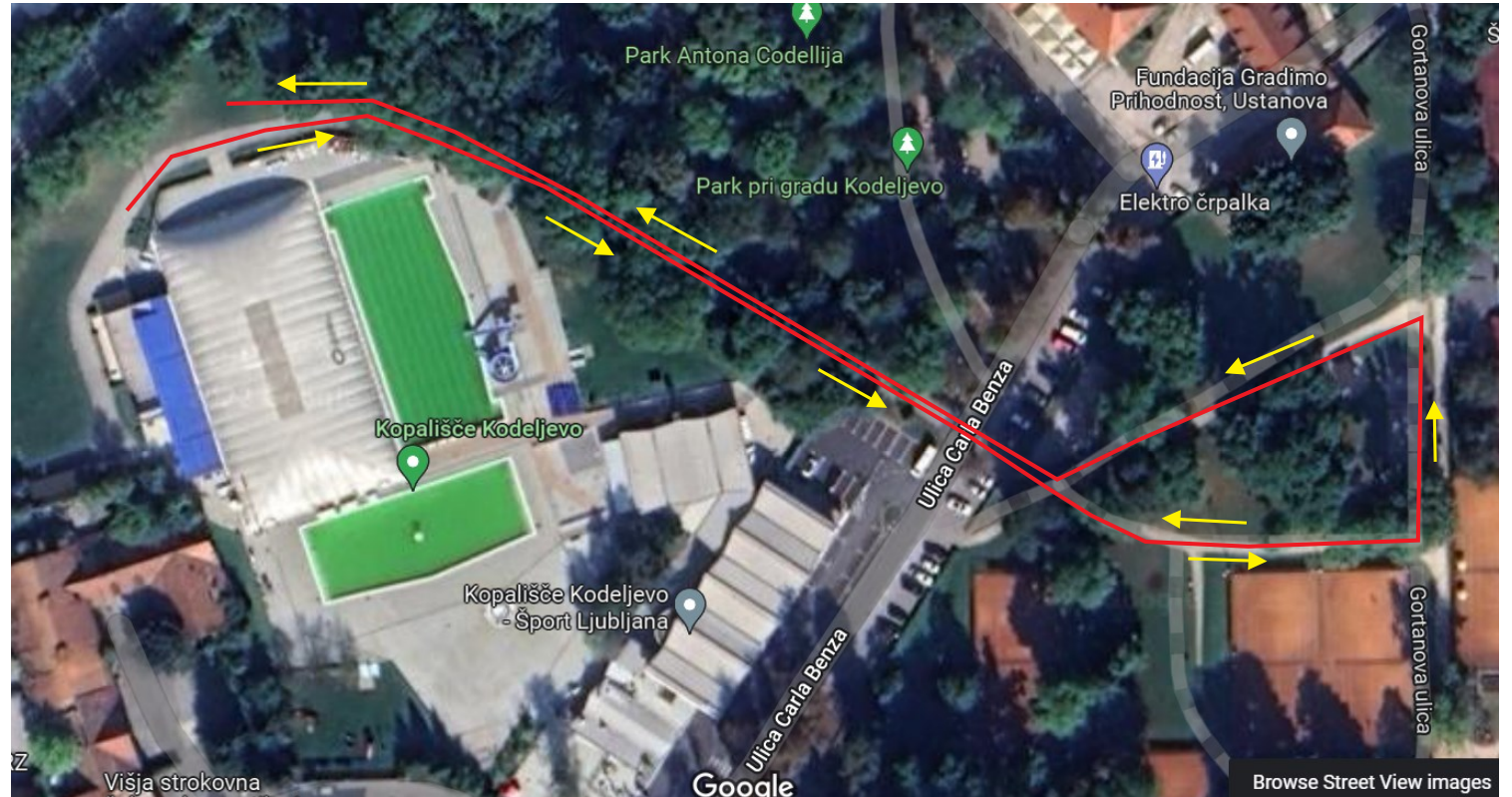


Competitors can mount the bike at the point marked in the picture above with the "mount/dismount line". After a right turn and a short ramp, the U-turn is formed. Competitors cycle back and ACROSS the course to another U-turn, from where they return to the course and continue straight past the course to the second lap. After completing the second lap and turning right, dismount the bike in front of the "mount/dismount line" and enter the transition area next to the bike. Kids 2012&2012 boys/girls ride 2 laps with a total length of 3,4 km. Drafting is allowed.



RUN COURSE KIDS C (2012 & 2013) – 1 LAP (650 m)

- The run is in both directions along the driveway to the pool. Competitors stick to the right side.
- They run along the track marked on the sketch to the right side. There will be a volunteer at the turns, who will direct the competitors.
- The length of the run is 650 m.





TEAM NATIONALS MIXED RELAY

4X

- 250 m swim
- 5,3 km bike (2 laps)
- 1,6 km run (1 lap)

FEATURES TEAM NATIONALS MIXED RELAY

- The team consists of four (4) competitors, two (2) men and two (2) women, all of whom must be members of the same club with a valid TZS license and be at least 12 years old. The competition is held in a **man, woman, man, woman format**.
- The team must define the captain of the team.
- The team competition takes place with the start of the first competitor, who must complete all the disciplines and pass the baton to the next competitor, who also completes all the disciplines. When the last competitor pass the finish line the time is considered as the final time of the team.

CATEGORIES NATIONALS MIXED RELAY	YEARS OF AGE	YEAR OF BIRTH
KIDS A AND KIDS B*	12 – 15 years	2008 - 2011
YOUTH AND JUNIOR**	16 – 19 years	2004 - 2007
MEN/WOMEN and older	20 years and older	2003 and older

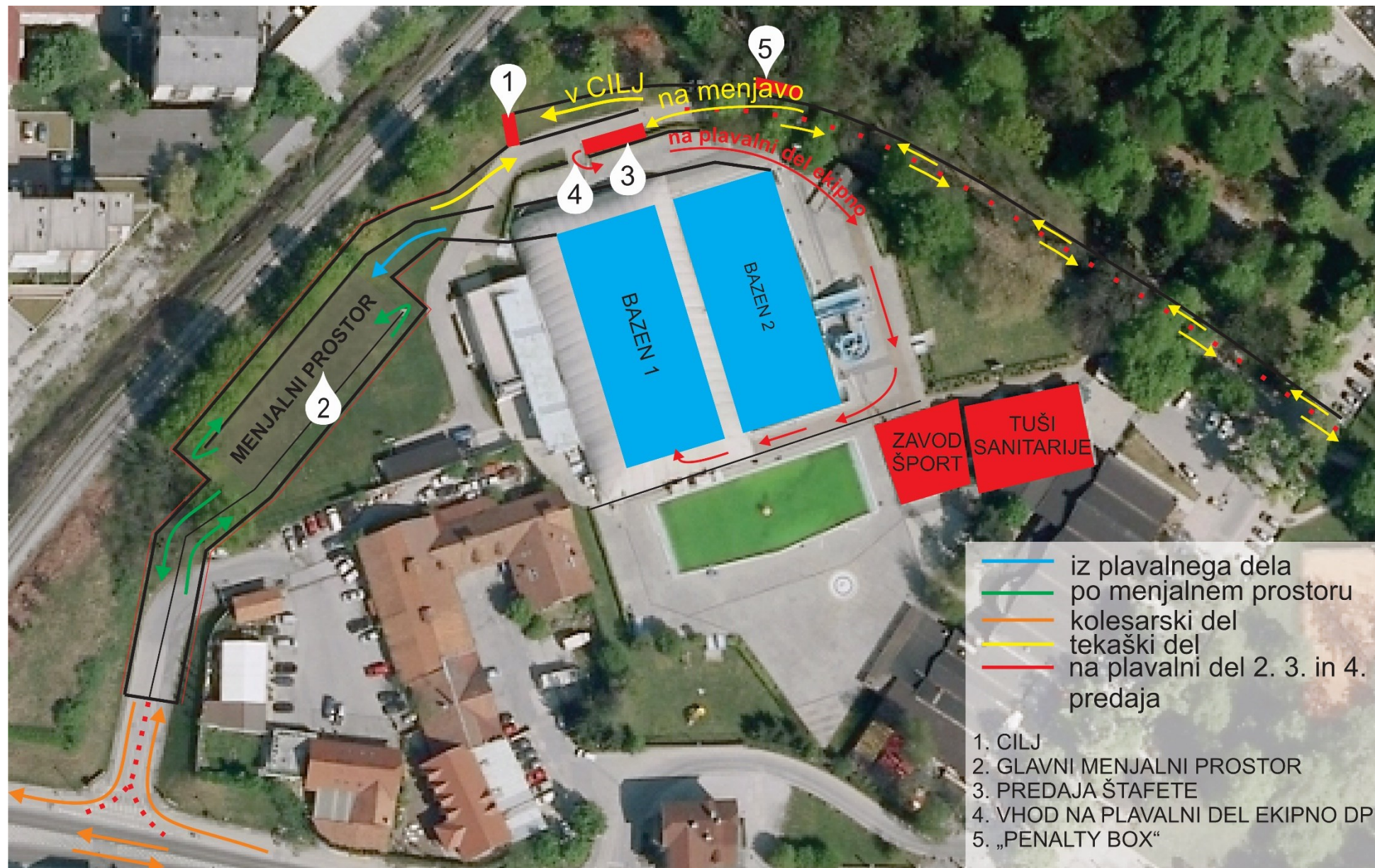
*In the mixed relay, Kids A can compete in the Youth and Junior categories, with the team being ranked in the category according to the age of the oldest competitor in the team.

** In the mixed relay, Junior can compete in the Men/Women categories, with the team being ranked in the category according to the age of the oldest competitor in the team.

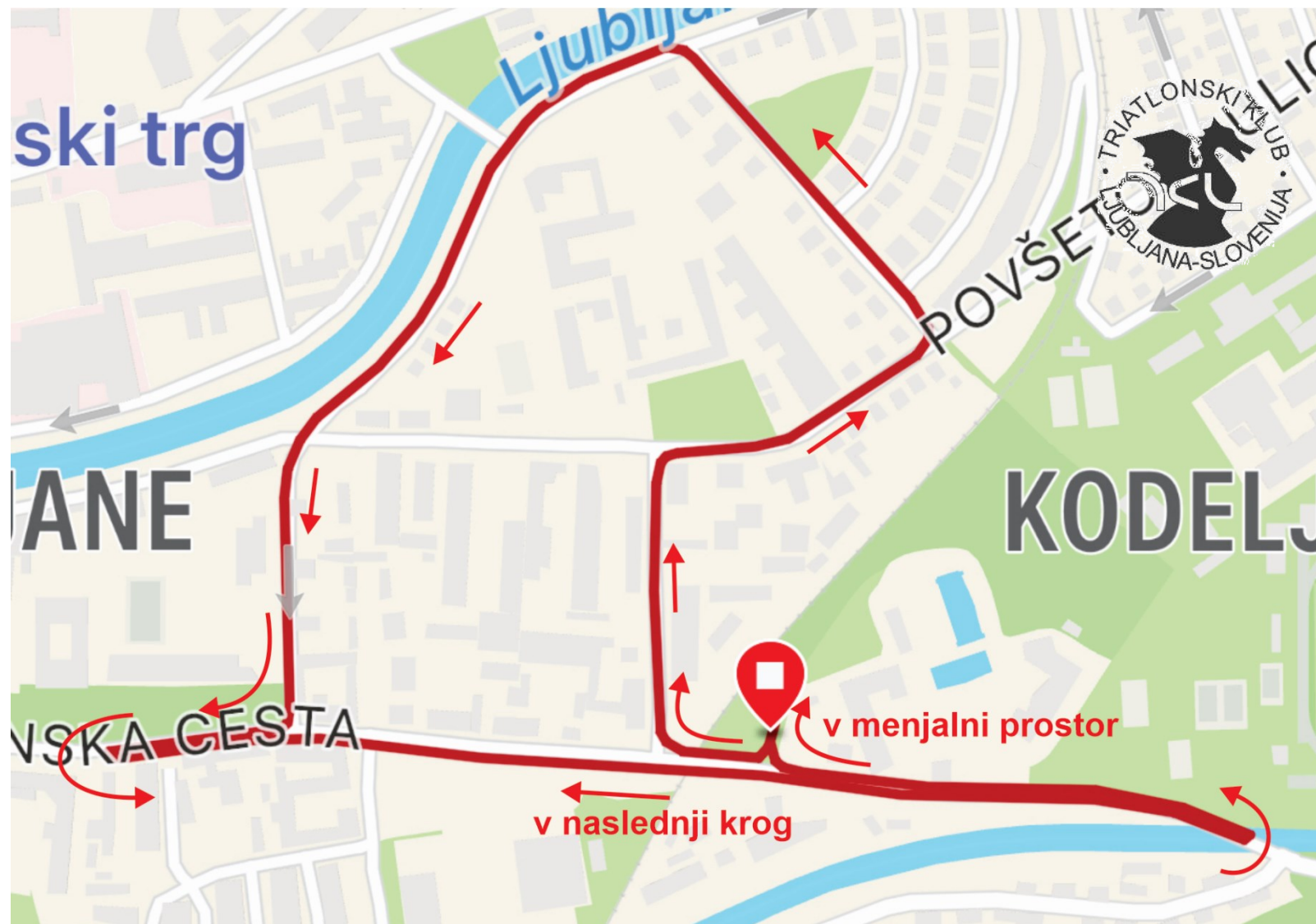
FEATURES TEAM NATIONALS MIXED RELAY

- The start of the first competitor is from the water. Male starts the competition.
- The length of the swimming part is 250 m.
- Each competitor completes 250m swim, 5,8 km bike (2 laps) and 1,6 km run (1 lap) and passes the baton to the next competitor with a touch of the hand in the marked place.
- The 2nd, 3rd and 4th competitor runs from the place, where the baton is passed, to the entrance of swimming pool and along the marked corridor (see scheme on the next page), where the technical delegate directs him/her to the lane in which he/she swims 250 m and then complete the entire triathlon course. Entry to the pool is with a jump.
- The last competitor ends the competition after completing the triathlon by arriving at the finish line, when the total time of each relay is recorded.

TEAM NATIONALS MIXED RELAY: TRANSITION AREA



TEAM NATIONALS MIXED RELAY: BIKE COURSE – 2 LAPS (5,3 km)



Competitors can mount/dismount the bike at the mount/dismount line marked on the racecourse at the exit of the transition area.
Competitors ride 2 laps with a total length of 5,3 km!



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TEAM NATIONALS MIXED RELAY: RUN COURSE – 1 LAP (1,6 KM)

- Super sprint running lap is 1,6km long.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see sketch on the right) and is U-shaped.
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.



AWARDS AND PRIZES

- The first 3 in each category receive medals.
- The first 3 in the Super sprint Nationals receive medals from the Triathlon Union of Slovenia.
- The first 3 teams in each category of the Team Nationals Mixed Relay receive medals from the Triathlon Union of Slovenia.
- There will also be some hands-on prizes from event sponsors.



ADDITIONAL INFORMATIONS

Responsibility: Competitors compete at their own risk. By applying, each applicant confirms that he is aware of the risks of the competition and that he is physically able to withstand physical exertion.

The competition is in accordance with the rules and provisions of the TZS Competition Rules.

