



Bled
2023



**TRIATHLON
FESTIVAL**
BLED



**TRI
ATHL
ON
BLED**



ATHLETE GUIDE

1.–2. SEPTEMBER 2023

20 years
(2003–2023)



ATHLETE'S GUIDE

EUROPEAN JUNIOR CUP 2023
NATIONAL CHAMPIONSHIP TZS IN STANDARD TRIATHLON AND AQUABIKE
NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS
ALPS ADRIATIC TRIATHLON CUP
TRIGLAV TRIATHLON ROOT

Place: BLED – MALA ZAKA
Organizator: TRIATLONSKI KLUB TRISPORT KAMNIK
Event manager: Miro KREGAR
Info: www.triatlon-bled.si
Phone: 00 386 41 641 527
E-mail: miro.kregar@siol.net

VIDEO ET JUNIOR: <https://youtu.be/DBAv2fD6C4E>

VIDEO TRI FESTIVAL: https://www.youtube.com/watch?v=dWc_wn4MErQ

I. RACE DISTANCE & TYPE:

BLED – MALA ZAKA

- EUROPEAN JUNIOR CUP (400–13–3,3)
- CICI AKVATHLON FOR KIDS (50–500 / born 2014–2016)
- AKVATHLON (150–1000 / born 2012–2013)
- SUPER SPRINT TRIATHLON (300–6–1,5 / born 2010–2011 / youth)
- SUPER SPRINT TRIATHLON (300–12–3,3 / born 2006–2009 / cadetes + juniors)
- TRIATHLON FOR EVERYBODY (300–13–3,3) bike draft legal
- TRIATHLON – STANDARD DISTANCE – (1,55–40–10) bike draft legal
- AQUABIKE – STANDARD DISTANCE – (1,55–40) bike draft legal
- RELAY TRIATHLON – STANDARD (1,55–40–10) bike draft legal
- DUATHLON STANDARD – (40-10) bike draft legal

STANDARD (ex. OLIMPIC) TRIATHLON COUNT FOR:

- SLOVENIAN NATIONAL CHAMPIONSHIP TZS
- SLOVENIAN TRI CUP TZS
- SLOVENIAN NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS
- ALPS ADRIATIC TRIATHLON CUP
- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman Bohinj + Triathlon Bled)

AQUABIKE COUNT FOR:

- SLOVENIAN NATIONAL CHAMPIONSHIP TZS
- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman Bohinj + Triathlon Bled)

DUATHLON COUNT FOR:

- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman + Triathlon Bled Bohinj)

SUPER SPRINT TRIATHLON COUNT FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

CICI AKVATHLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

TRIGLAV TRIATHLON ROOT – Rules:

You need to compete on 2 races.

1. CEBE TRIATHLON STEELMAN BOHINJ, 26. 8. 2023 <http://triatlon-bohinj.si/en/index.php>
2. TRIGLAV TRIATHLON BLED 2. 9. 2023 (triathlon, aquabike or duathlon) www.triatlon-bled.si

For athletes who will finish both races, they will get special unique wooden award.



1. KIDS AQUATHLON

CM in CF: 50 m swim – 500 m run (cici 2014–2016)

D1M in D1F: 150 m swim – 1000 m run (younger boys girls 2012–2013)

CATEGORIES

CM / CF	cici boys & girls	7–9 years old	2014 – 2016
D1M / D1F	younger boys & girls	10–11 years old	2012 – 2013

2. SUPER SPRINT – older boys girls (2010–2011)

300 m swim, 1 lap

6 km bike, 1 lap

1,5 km run, 1 lap

CATEGORIES

D2M / D2F	older boys & girls	12–13 years old	2010 – 2011
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3. SUPER SPRINT cadetes + youth (2006–2009)

300 m swim, 1 lap
12 km bike, 2 laps
3,3 km run, 1 lap

CATEGORIES

KM / KF	cadetes (boys & girls)	14–15 years old	2008 – 2009
M1M / M1F	youth (boys & girls)	16–17 years old	2006 – 2007

4. TRIATHLON FOR EVERYBODY

300 m swim, 1 lap
12 km bike, 2 laps
3,3 km run, 1 lap

CATEGORIES

M3M / M3F	Starejši mladinci in mladinke	19 years old and younger	2004 and younger
E3M / E3F	Člani in članice 1	20–35 years old	2003 – 1988
E4M / E4F	Veterani in veteranke 1	36–50 years old	1987 – 1973
E5M / E5F	Veterani in veteranke 2	51 and older	1972 and older

5. STANDARD (ex. OLIMPIC) TRIATHLON

1,550 m swim in Bled lake – 2 laps
40 km bike, 7 laps / draft legal
10 km run, 3 laps

Prize money of 1,500 EUR (M + F 300–200–100–80–70).
Have to be less than 10 % behind from winner's time.

On Bike course will be time limit – if you don't finish in 2:15 with swim + bike portions, you will be removed from the race. Bike is draft legal race.

CATEGORIES

M2M / M2F	Starejši mladinci in mladinke	18–19 years old	2004 – 2005
E1M / E1F	Člani in članice I	20–29 years old	1994 – 2003
E2M / E2F	Člani in članice II	30–39 years old	1984 – 1993
V1M / V1F	Veterani in veteranke I	40–44 years old	1979 – 1983
V2M / V2F	Veterani in veteranke II	45–49 years old	1974 – 1978
V3M / V3F	Veterani in veteranke III	50–54 years old	1969 – 1973
V4M / V4F	Veterani in veteranke IV	55–59 years old	1964 – 1968
V5M / V5F	Veterani in veteranke V	60–64 years old	1959 – 1963
V6M / V6F	Veterani in veteranke VI	65–69 years old	1954 – 1958
V7M / V7F	Veterani in veteranke VII	70 and older	1953 and less

6. RELAY TRIATHLON

(1,550 m + 40 km + 10 km) (2 laps + 7 laps + 3 laps)
Men, women or mix teams of 3 or of 2 athletes

CATEGORIES

ZM	men relay
ZF	women relay
ZX	mix relay
ZD	duathlon relay

7. AQUABIKE

1,550 m swim – 2 laps
40 km bike – 7 laps / draft legal
AG categories

CATEGORIES			
M2M / M2F	Starejši mladinci in mladinke	18–19 years old	2004 – 2005
E1M / E1F	Člani in članice I	20–29 years old	1994 – 2003
E2M / E2F	Člani in članice II	30–39 years old	1984 – 1993
V1M / V1F	Veterani in veteranke I	40–44 years old	1979 – 1983
V2M / V2F	Veterani in veteranke II	45–49 years old	1974 – 1978
V3M / V3F	Veterani in veteranke III	50–54 years old	1969 – 1973
V4M / V4F	Veterani in veteranke IV	55–59 years old	1964 – 1968
V5M / V5F	Veterani in veteranke V	60–64 years old	1959 – 1963
V6M / V6F	Veterani in veteranke VI	65–69 years old	1954 – 1958
V7M / V7F	Veterani in veteranke VII	70 and older	1953 and less

8. DUATHLON

40 km bike – 7 laps / draft legal
10 km run – 3 laps
AG categories

STAROSTNE KATEGORIJE			
M3M / M3F	Starejši mladinci in mladinke	19 years old and younger	2004 and younger
DE3M / DE3F	Člani in članice 1	20–35 years old	2003 – 1988
DE4M / DE4F	Veterani in veteranke 1	36–50 years old	1987 – 1973
DE5M / DE5F	Veterani in veteranke 2	51 and older	1972 in starejši



II. TIME SCHEDULE – TRIATHLON BLED 2023

Petek / Friday – 1. 9. 2023 (Bled - Mala Zaka)

TIME	ACTIVITY
14.00	Brief via e-mail
16.00–16.30	Bike course familiarization ET – Mala Zaka
17.00–17.30	Swim and run course familiarization – Aquathlon (300 – 2) – Mala Zaka
19.00–20.00	Registration ET junior cup (Please refer to Chapter 10 for registration details) – Bled Park Hotel
19.45	Q&A Session on Athletes Briefing – Bled Park hotel



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Sobota / Saturday – 2. 9. 2023 (Bled – Mala Zaka)

TIME	ACTIVITY
07.00–08.00	Race equipment check ET junior cup – Mala Zaka
08.00–13.00	Registration-cici, super sprint, relay, standard
07.30–08.30	Transition area open ET junior cup M/W
08.45	Presentation of competitors in swimming start area ET junior cup-women
09.00	Start ET junior cup-women
09.45	Presentation of competitors in swimming start area ET junior cup-men
10.00	Start ET junior cup-men
approx. 10.50	ET junior cup race finished
11:00	Flower ceremony for ET junior cup
11.00–11.15	Transition area ET junior cup must be emptied
10.50	Transition area CICI open
11.05	Briefing-race instructions CICI
11.15	Start CICI aquathlon (2014–2016)
11.20	Briefing-race instructions CICI
11.25	Start aquathlon (2012–2013)
11.15–11.35	Transition area open super sprint + tri for everybody.
11.40	Briefing-race instructions s.sprint (2010–2011)
11.45	Start s.sprint (men + women / 2010–2011)
12.20	Briefing-race instructions s.sprint + tri for everybody
12.25	Start men- super sprint (2006–2009)+ tri for everybody
12.35	Award ceremony CICI AQUATHLON
approx. 13.35	Super sprint + tri for everybody race finished



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13.25–13.45	Transition area must be emptied super sprint + tri for everybody
13.45–14.10	Transition area open for STANDARD
14.20	Briefing – race instructions STANDARD
14.30	Start STANDARD woman + veterans V3+ (50+)
14.35	Start AQUABIKE
14.40	Start STANDARD men + V 1–2 + relays
15.10	Transition area open for STANDARD
15.15	Award ceremony SUPER SPRINT + TRI FOR EVERYBODY
16.40	First in Finish line
18.00	End of the race STANDARD
18.30	Award ceremony STANDARD, Aquabike, Duathlon, Relay, Triglav triathlon roots (first award for overall winners with prize money)

On STANDARD distance will be **Time Limit** – 2:15 from start swimming. If you don't finish from the bike portion, you will be removed from the race.

Youtube link – Triglav triathlon Bled – standard.

VIDEO TRI FESTIVAL: https://www.youtube.com/watch?v=dWc_wn4MErQ



III. GENERAL RULES

ALL ATHLETES COMPETING UNDER THEIR OWN RESPONSABILITY!

You have to race respect WT and ET rules. Drafting is allowed at the same sex.



IV. REGISTRATION AND PAYMENT

REGISTRATION – On line registration: <https://prijavim.se/calendar/checkings/4956>

www.prijavim.se, Stegne 14, 1241 Kamnik

IBAN: SI56 6100 0001 0262 656

Bank address:

DELAVSKA HRANILNICA D.D. LJUBLJANA, MIKLOSICEVA 5, LJUBLJANA
SWIFT/BIC: HDELSI22

All bank fees are charged to the payer.

END OF REGISTRATION – Tuesday, 29. 8. 2023 till 24 h. (registration is valid when is paid)

Registrations on race day are NOT POSSIBLE.

ENTRY FEES:

Distance	Till 29. 8. 2023
CICI Kids aquathlon	10 EUR
Super sprint triathlon	30
Tri for everybody	30
Standard (ex. Olympic) National Championships	50
Aquabike National Championships	40
Tri relay	90
Dua relay	70
Duathlon	40

V. PARKING

Kolodvorska street (before entering in Mala Zaka Rowing center)

Traffic to Mala Zaka will be close / open:

CLOSE / OPEN	TIME	DURATION
Road open	before 8.45	
Road closed completely: ET JUNIOR CUP M + Ž	8.45–10.45	2:00
Road open	10.45–11.45	1:00
Road closed completely: TRIATLON FOR EVERYBODY	11.45–13.25	1:40
Road open	13.15–14.30	1:15
Po Road closed completely: STANDARD TRI BLED BOHINJ	14.30–17.00	2:30
Road open	after 17.00	

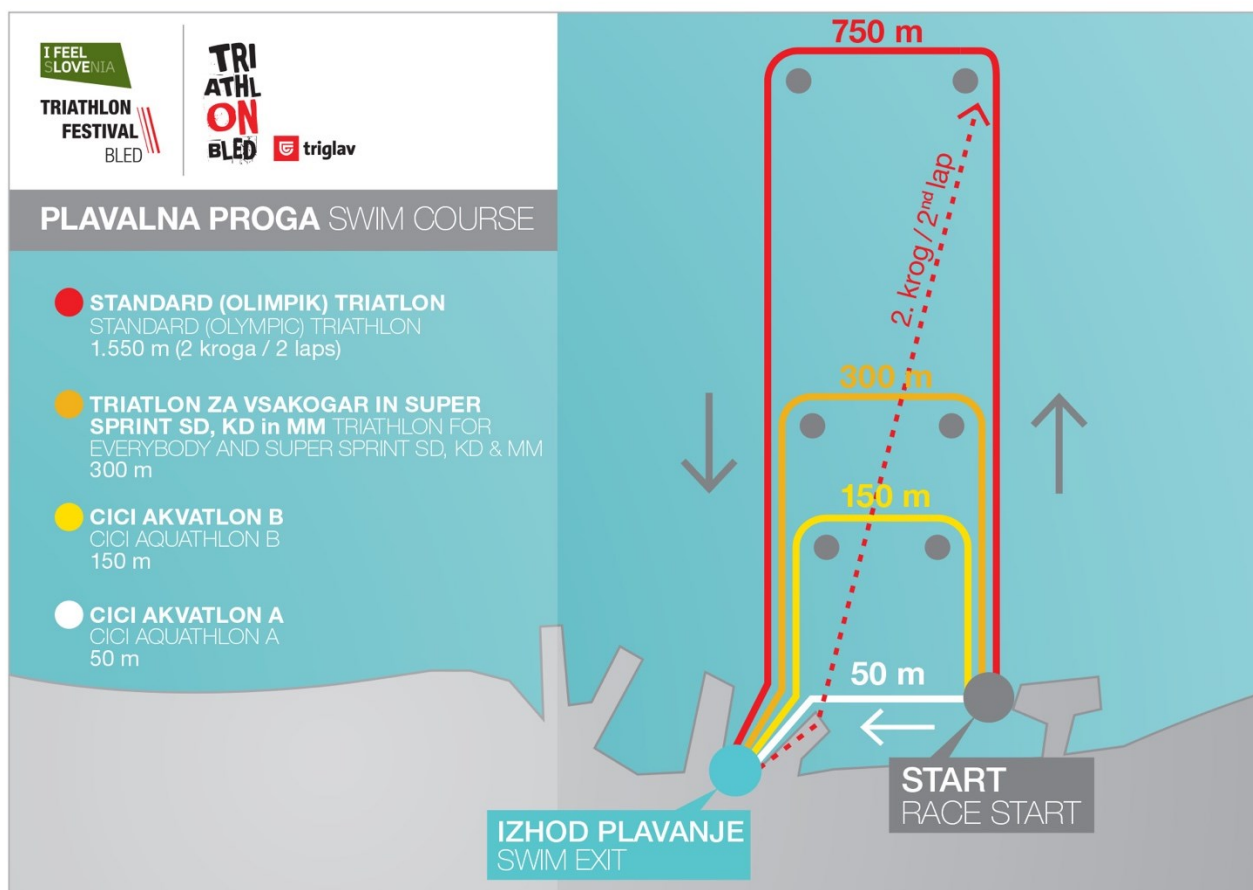
VI. ACCOMMODATION IN BLEDU

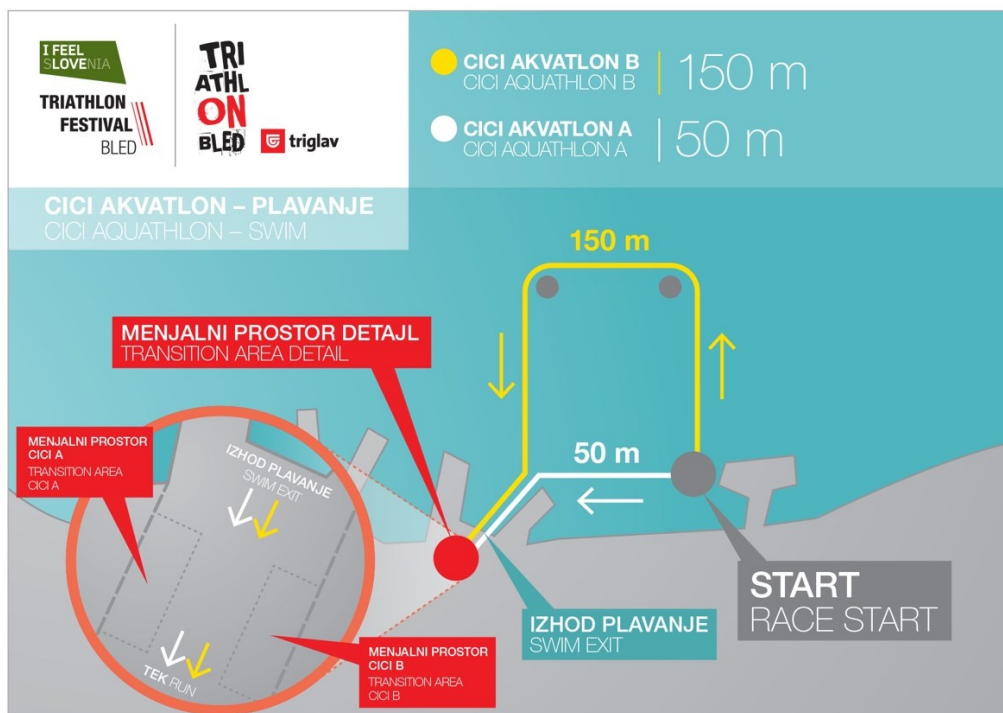
[ACCOMMODATION IN BLEDU – click&reserve](#)

VII. TRIGLAV TRIATLON BLEDU

Swim:

in the rectangle shape in Mala Zaka, expected water temperature is 20–22 °C.
On standard triathlon, aquabike and relay there is 2 lap swim.





Transition:



Bike:

one lap – 5,8 km: from Mala Zaka, to Zake on the left towards Pristava, u-turn, Zaka, ascent to railway station, on Župančičeva street descent to Mala Zaka.

Triathlon for everybody – 2 laps

Super sprint SD – 1 lap

Super sprint KD, MM – 2 laps

On standard triathlon, aquabike, duathlon and relay there is 7 laps bike distance.



Run:

one lap – 3,3 km: on the street under the castle to parking lots in the Bled, u-turn and back.

Triathlon for everybody – 1 lap

Cici akvatlon – 1 small lap

Super sprint SD – 1 small lap

Super sprint KD, MM – 1 small lap

On standard triathlon, duathlon and relay there is 3 laps run distance.









