Triathlon Istria Cup

24 May 2025
Koper - Slovenia

ŠD 3ŠPORT

MESTNA OBČINA KOPER
COMUNE CITTÀ DI CAPODISTRIA

INFORMATION

Sport Club 3Šport is inviting you to a Triathlon Istria Cup, one of the most beautiful triathlon in Slovenia!

This event is organised by Sport Club 3Šport, a triathlon and recreational club located in Koper.

Central Area: Koper, Žusterna: Centre of water sports, Istrska cesta 70, 6000 Koper

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Registration

Website: https://prijavim.se/

Registrations are open until Wednesday, 21 May 2025.

For latecomers, registrations will also be possible on the day of the race.

Categories and distances

MINI AQUATHLON CATEGORY (SLO)	BORN IN	DISTANCES
Cici kids	**2016-2018**	50 m swimming 400 m running
Younger boys and girls	**2014-2015**	200 m swimming 800 m running

SUPER SPRINT SD TRIATHLON CATEGORY (SLO)	BORN IN	DISTANCES
Older boys and girls	**2012-2013**	300 m swimming 5 km cycling 1 km running

SUPER SPRINT TRIATHLON CATEGORY (SLO)	BORN IN	DISTANCES
Cadets	**2010-2011**	300 m swimming 10 km cycling 2.3 km running
Junger juniors	**2008-2009**	300 m swimming 10 km cycling 2.3 km running

TRIATHLON FOR EVERYONE CATEGORY (SLO)	BORN IN	DISTANCES
Recreational athletes	**2011 and earlier**	300 m swimming 10 km cycling 2.3 km running

STATE CHAMPIONSHIP: STANDARD TRIATHLON CATEGORY (SLO)	BORN IN	DISTANCES
Older juniors	**2006-2007**	1,500 m swimming 38 km cycling 10 km running
Seniors I (men and women)	**1996-2005**	1,500 m swimming 38 km cycling 10 km running
Seniors II (men and women)	**1986-1995**	1,500 m swimming 38 km cycling 10 km running
Veterans I (men and women)	**1981-1985**	1,500 m swimming 38 km cycling 10 km running
Veterans II (men and women)	**1976-1980**	1,500 m swimming 38 km cycling 10 km running

Veterans III (men and women)	**1971-1975**	1,500 m swimming 38 km cycling 10 km running
Veterans IV (men and women)	**1966-1970**	1,500 m swimming 38 km cycling 10 km running
Veterans V (men and women)	**1961-1965**	1,500 m swimming 38 km cycling 10 km running
Veterans VI (men and women)	**1956-1960**	1,500 m swimming 38 km cycling 10 km running
Veterans VII (men and women)	**1955 and earlier**	1,500 m swimming 38 km cycling 10 km running
Women relay	**2006 and earlier**	1,500 m swimming 38 km cycling 10 km running
Men relay	**2006 and earlier**	1,500 m swimming 38 km cycling 10 km running
Mixed relay	**2006 and earlier**	1,500 m swimming 38 km cycling 10 km running

AQUABIKE CATEGORY (SLO)	BORN IN	DISTANCES
Absolute	**2006 and earlier**	1,500 m swimming 38 km cycling

Entry Fees

Group applications: 10 % of discount for groups of 10 people or more.

	Before 24. 4.	24. 4. – 21. 5.	Event day, 24.5.
Aquathlon	15 EUR	15 EUR	15 EUR
Triathlon for everyone	35 EUR	40 EUR	50 EUR
Super sprint triathlon	35 EUR	40 EUR	50 EUR
Standard triathlon	50 EUR	60 EUR	70 EUR
Standard triathlon - relay	80 EUR	90 EUR	110 EUR
Aquabike	40 EUR	50 EUR	55 EUR

Payment:

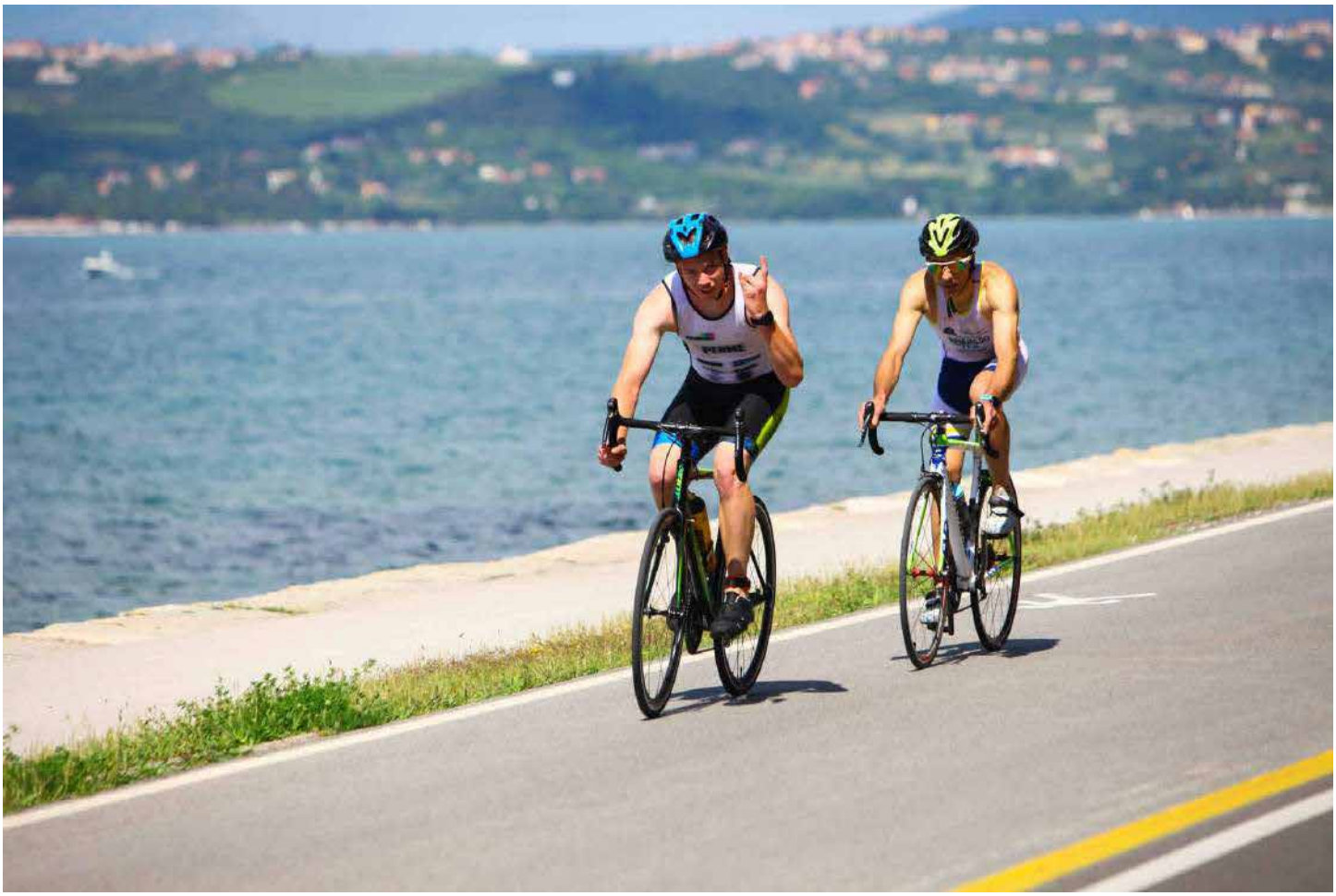
IBAN: SI56101000045433340, Intesa Sanpaolo Bank, SWIFT: BAKOSI2X

ŠD 3ŠPORT, Piranska cesta 6, 6000 Koper

Purpose: »Triatlon 2025«

Timeline

8.00 – 14.00	Registrations (Centre of water sports Žusterna, Koper**)**
10.55	Meeting mini aquathlon CICI
11.00	**START: Mini Aqathlon CICI**
11.10	Meeting mini aquathlon Juniors
11.15	**START: Mini Aquathlon Juniors**
11.30 – 11.50	Transiton zone for triathlon for everyone and super sprint triathlon open
11.55	Meeting super sprint triathlon
12.00	**START: Super Sprint SD Triathlon**
12.25	Meeting triatlon for everyone and super sprint triathlon
12.30	**START: Super Sprint Triathlon – *Cadets (boys and girls), Juniors (boys and girls)***
12.40	**START: Triathlon for everyone**
13.20 - 13.45	Emptying transition zone after triathlon for everyone and super sprint triathlon
13.45 - 14.05	Open transition zone for standard triathlon and aquabike
14.10	Meeting standard triathlon an aquabike
14.15	**START: Standard Triathlon (men and relays)**
14.20	**START: Standard Triathlon (women)**
14.20	**START: Aquabike**
15.00	Announcement of results and awards ceremony for super sprint SD triathlon, super sprint triathlon and triathlon for everyone
17.30	Announcement of results and awards ceremony for standard triathlon



Information for competitors

- Everybody competes at their own risk.
- The race is organised in line with the rules of the Triathlon association of Slovenia.
- This is a draft cycling race. Aero bars, full rims and other aids decreasing air resistance are not allowed. More about the rules: https://triatlonslovenije.si/pravila/.
- All competitors will receive organiser's prize and practical gifts from sponsors.
- Organiser has the right to modify the race.
- Parking will be possible on parking in Žusterna and surrounding parking lots.
- Central area with registrations, starts, transition zone, finish line and ceremonies will be at the Water Sports Centre in Žusterna. Toilets and showers will be available.
- Registrations will be possible on the day of the race from 8.00 to 14.00.
- Courses are marked on the webpage of the race: https://triatlon-istra.com.

Volunteers

Each event is possible only with the mass of volunteers, who take care of safety, course, smooth registrations, hydration and all other race aspects.

If you would like to join us, please contact as at info@sd3sport.com.

Contact information

For any inquiries on this project, reach out to:

info@sd3sport.com, +386 70 71 55 77

https://triatlon-istra.com