Vodnik za tekmovalce

42. let (1984–2026)

25.–26. September 2026

EVROPSKI MLADINSKI POKAL BLED 2026

PRVENSTVO TZS V SPRINT TRIATLONU IN DP V AKVABIKEU

DRŽAVNO PRVENSTVO ZDRAVNIKOV IN ZOBOZDRAVNIKOV

ALPE ADRIA TRIATLONSKI POKAL

TRIGLAVSKA TRIATLONSKA GRČA

***SLOVENSKA** VERZIJA*

1. Splošne informacije

Kraj: BLED – MALA ZAKA
Organizator: TRIATLONSKI KLUB TRISPORT KAMNIK
Vodja tekmovanja: Miro KREGAR
Informacije: www.triatlon-bled.si
Tel: 041 641 527
E-mail: miro.kregar@siol.net

VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA
VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws

2. Tekmovalne razdalje in zvrsti

BLED – MALA ZAKA

- EVROPSKI MLADINSKI POKAL (375–9,3–2,5)
- CICI AKVATLON ZA OTROKE (50-500 / letnik 2017–2019)
- AKVATLON (150-1000 / letnik 2015–2016)
- SUPER SPRINT TRIATLON starejši dečki in deklice, letnik 2013-2014 (300–6–1,5) 2 kroga kolesa
- SUPER SPRINT TRIATLON kadeti in mlajši mladinci, letnik 2009-2012 (300–9,3–2,5) 3 krogi kolesa
- TRIATLON ZA VSAKOGAR (300–9,3–2,5) kolesarjenje v zavetrju dovoljeno
- ŠTAFETNI TRIATLON ZA VSAKOGAR (300–9,3–2,5) 3 krogi kolesa
- - kolesarjenje v zavetrju dovoljeno
- TRIATLON – SPRINT – (750–19–5) 6 krogov kolesa - kolesarjenje v zavetrju dovoljeno
- AKVABIKE – SPRINT – Državno prvenstvo TZS (750-19) 6 krogov kolesa - kolesarjenje v zavetrju dovoljeno
- ŠTAFETNI TRIATLON – SPRINT 750–19–5) 6 krogov kolesa - kolo v zavetrju dovoljeno
- DUATLON SPRINT (19-5) 6 krogov kolesa - kolesarjenje v zavetrju dovoljeno

SPRINT TRIATLON ŠTEJE ZA:

- SLOVENSKI POKAL TZS
- ALPE ADRIA TRIATLONSKI POKAL
- POKAL TRIGLAVSKA GRČA (Triatlon Jeklenih in Triatlon Bled)

AKVABIKE ŠTEJE ZA:

- DRŽAVNO PRVENSTVO TZS v AG
- POKAL TRIGLAVSKA GRČA (Triatlon Jeklenih in Triatlon Bled)

DUATLON ŠTEJE ZA:

- POKAL TRIGLAVSKA GRČA (Triatlon Jeklenih in Triatlon Bled)

SUPER SPRINT TRIATLON ŠTEJE:

- SLOVENSKI POKAL TZS
- ALPE ADRIA TRIATLONSKI POKAL

CICI AKVATLON ŠTEJE:

- SLOVENSKI POKAL TZS
- ALPE ADRIA TRIATLONSKI POKAL

ALPE ADRIA TRIATLON POKAL 2026 – Pravila:
Vsakdo, ki nastopi na Triatlonu Bled bo avtomatsko uvrščen v AATC pokal 2026.
Ker je tekma prvenstvena za AATC, imajo točke factor 1,2.
(Verjetno bo potrebna še registracija v pokal na objavljenem linku)
Vse informacije o AATC pokalu najdete tukaj:
https://trisport-klub.si/triatlonski-pokal-alpe-adria/

TRIGLAVSKA TRIATLONSKA GRČA – pravila igre:

Za ta naziv štejeta nastopa na obeh prireditvah. Tekmovalci, ki bodo opravili z obema nastopoma, na 1. Triatlonu Jekleni (kajak/sup/plavanje + MTB kolo + gorski tek) in 2. na cestnem, standard triatlonu, akvabike ali duatlonu, bodo dobili naziv TRIGLAVSKA TRIATLONSKA GRČA. In v ta namen prejeli posebna unikatna priznanja, ki bodo podeljena na Bledu po Sprint triatlonu. Pogoji so sledeči in čas ni važen:
1. TRIATLON JEKLENI 29.8.2026 (1. solo nastop s kajakom, supom ali plavanjem + MTB + tek)
2. TRIATLON BLED 26.9.2026 (1. solo nastop plavanje + kolo + tek, ali 2. nastop v duatlonu – kolo in tek ali 3. nastop v Akvabikeu – plavanje in kolo)

2.1. Cici akvatlon za otroke

CM in CF: 50 m plavanja – 500 m teka
D1M in D1F: 150 m plavanja – 1000 m teka

Starostne kategorije		
CM / CF – Cicibani in cicibanke	7 do 9 let	2017–2019
D1M / D1F – Mlajši dečki in deklice	10 in 11 let	2015–2016

2.2. Super Sprint SD

300 m plavanja – 1 krog
6 km kolesarjenja – 2 kroga
1.5 km teka – 1 krog

Starostne kategorije		
D2M / D2F – Starejši dečki in deklice	12 in 13 let	2013–2014

2.3.1. Super Sprint – KD (2011 – 2012)

300 m plavanja – 1 krog
9,3 km kolesarjenja – 3 krogi
2,5 km teka – 1 krog

Starostne kategorije		
KM / KF – Kadeti in kadetinje	14 in 15 let	2011–2012

2.3.2. Triatlon za vsakogar – Medicus rekreativni triatlon

300 m plavanja – 1 krog
9,3 km kolesarjenja – 3 krogi
2,5 km teka – 1 krog

Starostne kategorije		
E3M / E3F – Člani in članice 1	20 do 35 let	2006–1991
E4M / E4F – Veterani in veteranke 1	36 do 50 let	1990–1976
CM / CF – Veterani in veteranke 2	51 in starejši	1975 in starejši
Medicus – Skupna kategorija		

2.3.3. Štafetni triatlon za vsakogar – Medicus rekreativni triatlon

300 m plavanja – 1 krog
9,3 km kolesarjenja – 3 krogi
2,5 km teka – 1 krog

Starostne kategorije
RM – moška ekipa
RF – ženska ekipa
RX – mešana ekipa
RD – duatlonska štafeta

2.4. SPRINT triatlon – Slovenski pokal (tudi pokal Triglavska grča)

Medicus sprint triatlon – Državno prvenstvo zdravnikov in zobozdravnikov

750 m plavanja v Blejskem jezeru – 1 krog
19 km kolesarjenja med Malo Zako in Veliko Zako – 6 krogov
5 km teka med Malo Zako in Bledom – 2 kroga

Tekmuje se tudi za DENARNE NAGRADE: 1.500 EUR (M + Ž 300-200-100-80-70).

Pogoj za denarno nagrado je manj kot 10 % zaostanka za zmagovalcem

Starostne kategorije		
M1M / M1F – Mlajši mladinci in mladinke	16 in 17 let	2009 – 2010
M2M / M2F – Starejši mladinci in mladinke	18 in 19 let	2007 – 2008
E1M / E1F – Člani in članice I	20 do 29 let	1997 – 2006
E2M / E2F – Člani in članice II	30 do 39 let	1987 – 1996
V1M / V1F – Veterani in veteranke I	40 do 44 let	1982 – 1986
V2M / V2F – Veterani in veteranke II	45 do 49 let	1977 – 1981
V3M / V3F – Veterani in veteranke III	50 do 54 let	1972 – 1976
V4M / V4F – Veterani in veteranke IV	55 do 59 let	1967 – 1971
V5M / V5F – Veterani in veteranke V	60 do 64 let	1962 – 1966
V6M / V6F – Veterani in veteranke VI	65 do 69 let	1957 – 1961
V7M / V7F – Veterani in veteranke VII	70 in več let	1956 in manj
Medicus – Skupna kategorija		

2.5. Štafetni triatlon – Sprint razdalja

Starostne kategorije
ZM – moška ekipa
ZF – ženska ekipa
ZX – mešana ekipa
ZD – duatlonska štafeta

2.6. Akvabike – Državno prvenstvo AG – Sprint razdalja (tudi za pokal Triglavska grča)

750 m plavanja v Blejskem jezeru – 1 krog
19 km kolesarjenja med Malo Zako in Veliko Zako – 6 krogov

Iz menjalnega prostora mora tekmovalec **obut** preteči še par 10 m do cilja OBUT (kolesarske čevlje oz. superge in **ne bos**).

Starostne kategorije		
AM2M / AM2F – Starejši mladinci in mladinke	18 in 19 let	2007 – 2008
AE1M / AE1F – Člani in članice I	20 do 29 let	1997 – 2006
AE2M / AE2F – Člani in članice II	30 do 39 let	1987 – 1996
AV1M / AV1F – Veterani in veteranke I	40 do 44 let	1982 – 1986
AV2M / AV2F – Veterani in veteranke II	45 do 49 let	1977 – 1981
AV3M / AV3F – Veterani in veteranke III	50 do 54 let	1972 – 1976
AV4M / AV4F – Veterani in veteranke IV	55 do 59 let	1967 – 1971
AV5M / AV5F – Veterani in veteranke V	60 do 64 let	1962 – 1966
AV6M / AV6F – Veterani in veteranke VI	65 do 69 let	1957 – 1961
AV7M / AV7F – Veterani in veteranke VII	70 in več let	1956 in manj

2.7. Duatlon – Sprint razdalja (tudi za pokal Triglavska grča)

19 km kolesarjenja med Malo Zako in Veliko Zako – 6 krogov
5 km teka med Malo Zako in Bledom – 2 kroga

Starostne kategorije		
DE3M / DE3F – Člani in članice 1	20 do 35 let	2006–1991
DE4M / DE4F – Veterani in veteranke 1	36 do 50 let	1990–1976
DE5M / DE5F – Veterani in veteranke 2	51 in starejši	1975 in starejši

3. Časovnica prireditve – Triatlon Bled 2026

3.1. Evropski mladinski pokal

Petek 25. 9. 2026 (Bled – Mala Zaka)

Čas	Dejavnost
14:00	Navodila organizatorja preko E-maila
16:00–16:30	Ogled kolesarske proge ET Junior Cup – Mala Zaka
17:00–17:30	Ogled plavalne in tekaške proge – Mala Zaka
19:00–20:00	Registracija ET Junior Cup – Bled Park Hotel, Cesta svobode 15
19:45	Vprašanja in odgovori – srečanje s TD – Park Hotel, Cesta svobode 15

Sobota 26. 9. 2026 (Bled – Mala Zaka)

Čas	Dejavnost
07:00–08:00	Pregled opreme ET Junior Cup
07:30–08:30	Odprt menjalni prostor ET Junior Cup M/Ž
08:45	Predstavitev tekmovalk v plavalnem startnem prostoru ET Junior Cup
09:00	Start ETJC – ženske – polfinale F1

09:20	Start ETJC – ženske – polfinale F2
09:40	Start ETJC – ženske – polfinale F3
09:45	Predstavitev tekmovalcev v plavalnem startnem prostoru ET Junior Cup
10:00	Start ETJC – moški – polfinale M1
10:20	Start ETJC – moški – polfinale M2
10:40	Start ETJC – moški – polfinale M3
cca. 11:00	Konec dirke ET Junior Cup
11:00–11:15	Izpraznitev menjalnega prostora ET Junior Cup
17:15	Start finale ETJC – ženske
18:00	Start finale ETJC – moški
19:00	Razglasitev rezultatov ETJC – ženske in moški

3.2. Triatlon Bled 2026

Čas	Dejavnost
8:00–13:00	Registracija CICI, Super Sprint, Triatlon za vse, Štafete, Standard triatlon
11:05	Odprtje menjalnega prostora za CICI
11:20	Navodila organizatorja Cicibani
11:25	Start CICI akvatlon (2017-2019)
11:35	Navodila organizatorja mlajši dečki
11:40	Start akvatlon MD (2015-2016)
11:20	Odprt menjalni prostor za Super Sprint in Triatlon za vse
11:50	Navodila organizatorja Super Sprint (2013-2014)
12:00	Start Super Sprint SD in KD (starejši dečki in kadeti (2011-2014)
12:15	Navodila organizatorja Super Sprint in Triatlon za vse
12:30	Start: Super Sprint ml. mladinci (2009-2010) in Tri za vse + štafete
12:50	Razglasitev rezultatov za CICI in ml. dečki in deklice
cca. 13:50	Konec dirke Super Sprint in Triatlon za vse
13:15–13:40	Praznjenje menjalnega prostora za Super Sprint kad. in ml. mladinci
13:40–14:05	Menjalni prostor odprt za SPRINT triatlon
14:05	Navodila organizatorja Sprint
14:15	Start Sprint: Moški - ml. in st. mladinci, člani 1 in 2
14:35	Start Sprint: Ženske: ml. in st. mladinke., članice,Veterani in veteranke 1,2,3,4...akvabike, Sprint štafete
14:45	Start Duatlon (start iz menjalnega prostora)
Cca 15:20	Prvi v cilju
Cca 16:25	Konec dirke Sprint triatlon
16:00-16:50	Praznenje menjalnega prostora
17:15	Start finale ETJC – ženske
18:00	Start finale ETJC - moški
19:00	Razglasitev rezultatov ETJC – ženske in moški
19:20	Razglasitev rezultatov - Super Sprint in Triatlon za vse, Štafetni Triatlon za vse, Sprint, akvabike, duatlon, štafete, Triglavska triatlonska grča (prvo se podelijo denarne nagrade za absolutne zmagovalce)

Youtube link – **TRIATHLON FESTIVAL 2025**
VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA
VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws

4. Splošna pravila

VSI UDELEŽENCI TEKMUJEJO NA LASTNO ODGOVORNOST.

Tekmuje se po pravilih TZS in ET, na lastno odgovornost. Vožnja v zavetrju je dovoljena za isti spol, zavetrje žensk za moškimi in obratno ni dovoljeno. Čelade so obvezne. Prav tako neupoštevanje navodil redarske in varnostne službe ter normativov TZS in ET vodi k diskvalifikaciji (DSQ).

5. Prijave in plačilo

Prijave **ET Junior Cup:**
Samo preko nacionalnih federacij

Prijave **Triatlon:**
https://prijavim.se/calendar/checkings/6350/triatlon-bled-2026

Prijavi, d.o.o., Stegne 14, 1241 Kamnik
IBAN: SI56 6100 0002 8689 358
BIC/Swift: HDELSI22

Vse bančne provizije gredo v breme plačnika.

Konec on-line prijav: torek, 22. 9. 2026 do 24. ure.
Prijava je izvršena, ko je plačana. In je na portalu prijavim.se označena kot “Plačano”.

Na dan tekmovanja bodo prijave možne, vendar bo prijavnina višja. Majico se naročajo do 1.7.2026. Prijavljeni kasneje ne prejmejo več majice.

Vrsta / Datum	**Do 15. 7. 2026 Majica DA**	**Do 22. 9. 2026 Majica NE**	**Na dan tekme 26. 9. 2026 Majica NE**

CICI akvatlon	12	14	18
Super Sprint triatlon	33	36	40
Triatlon za vsakogar	40	45	55
Štafetni - Triatlon za vsakogar	60	70	80
SPRINT triathlon	60	70	80
Akvabike DP	50	55	70
Duatlon	50	55	70
Štafetni - Triatlon Sprint	110	120	130

6. Dostop in parkiranje

Prireditveni prostor je v veslaškem centru v Mali Zaki.

6.1. Dostop

Dostop in izvoz z avtomobili do Male Zake (veslaški center).
Dostop do Male Zake bo možen po naslednjem časovnem razporedu:

Zaprta / Odprta	Ura	Trajanje
Cesta odprta	do 8:45	
Popolna zapora ceste: ET Junior Cup M in Ž	8:45 – 10:45	2:00
Cesta odprta	10:45 – 11:45	1:00
Popolna zapora ceste: Triatlon za vsakogar	11:45 – 13:15	1:30
Cesta odprta	13:15 – 14:20	1:05
Popolna zapora ceste: Sprint Triatlon	14:20 – 15:50	1:30
Cesta odprta	po 16:15	

6.2. Parkiranje

Uradno brezplačno parkirišče je parkirišče Pod gradom (Rečiška cesta) 1 km od Male Zake.

Na voljo pa so še sledeča PARKIRIŠČA, (ki pa so plačljiva):

- na Železniški postaji (Kolodvorska ulica – 300 m od Male Zake)
- v Veliki Zaki (camping – 800 m od Male Zake)
- na Pristavi (cesta za Bohinj – 1,8 km od Male Zake)
- parkirna mesta v samem Bledu (1,8 km od Male Zake)

7. Namestitev na Bledu

Vsem udeležencem Triatlona Bled 2026, ki nameravajo prenočiti na Bledu priporočamo, da si čim prej rezervirajo nastanitev. V pomoč vam prilagamo razpredelnico nekaterih ponudnikov nastanitve na Bledu, ki imajo trenutno še proste kapacitete:

- Accommodations
- Park Hotel

8. Nagrade

Vsi, ki se bodo udeležili triatlona, bodo prejeli topel obrok in pijačo.

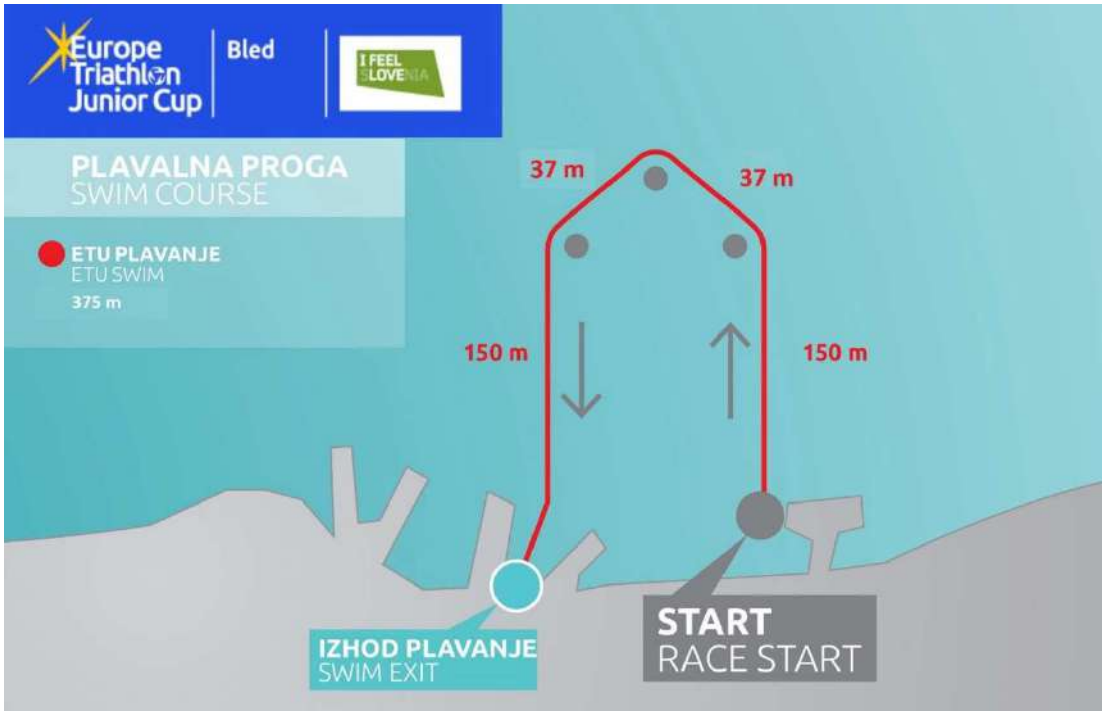
Prvi trije v starostnih kategorijah dobijo medalje in praktične nagrade v skupni vrednosti preko 1.000 EUR.

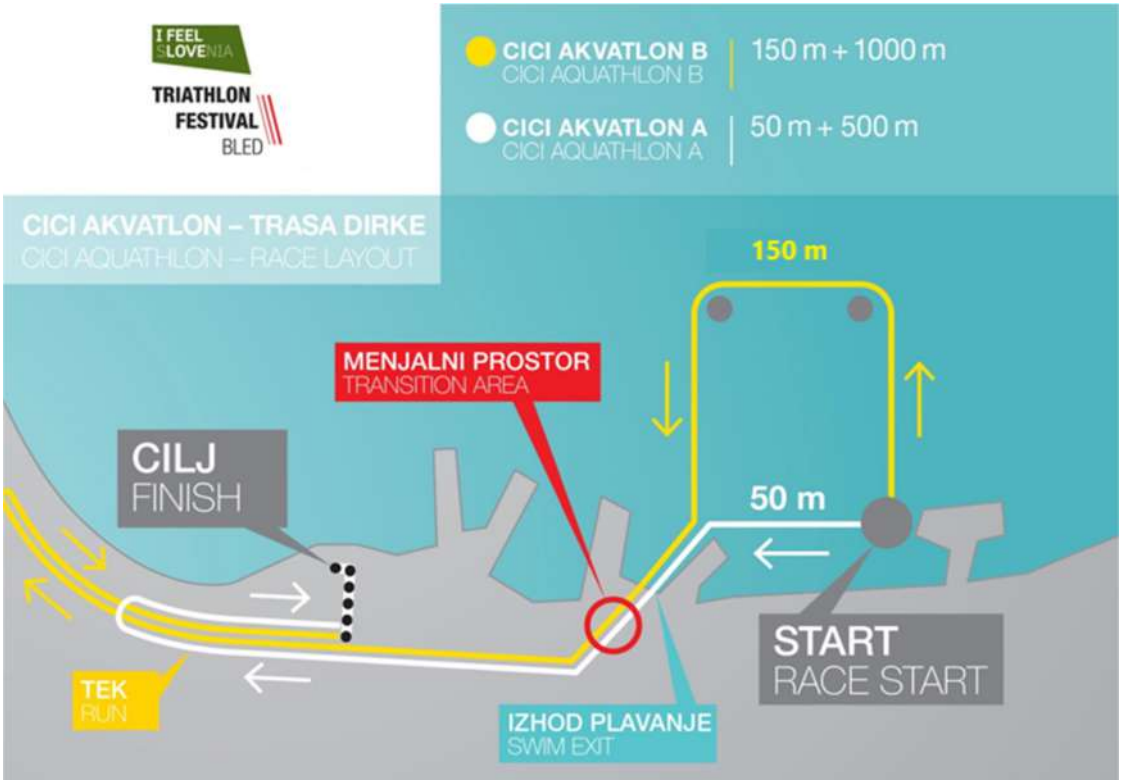
Prvih pet moških in žensk v Sprint triatlonu prejme denarne nagrade v skupni vrednosti 1.500 EUR (300-200-100-80-70). Pogoj je manj kot 10 % zaostanka za zmagovalcem. Prvi trije absolutno prejmejo pokale.

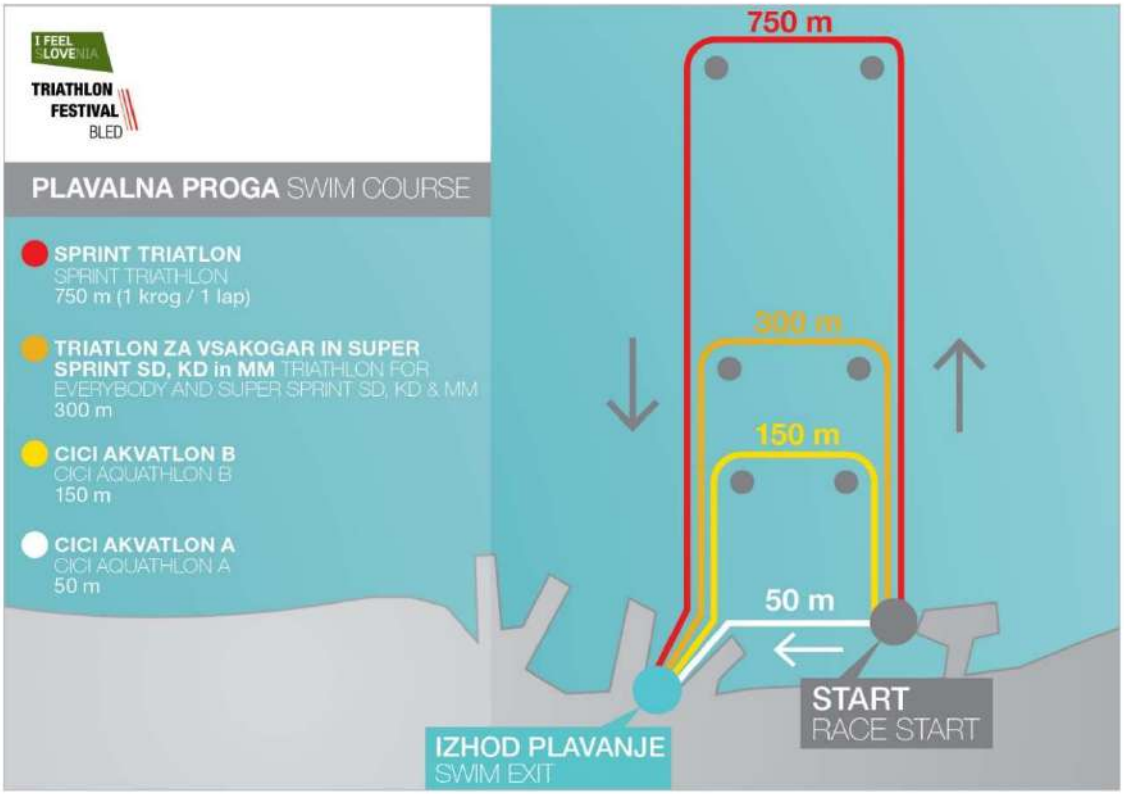
9. Trasa dirke

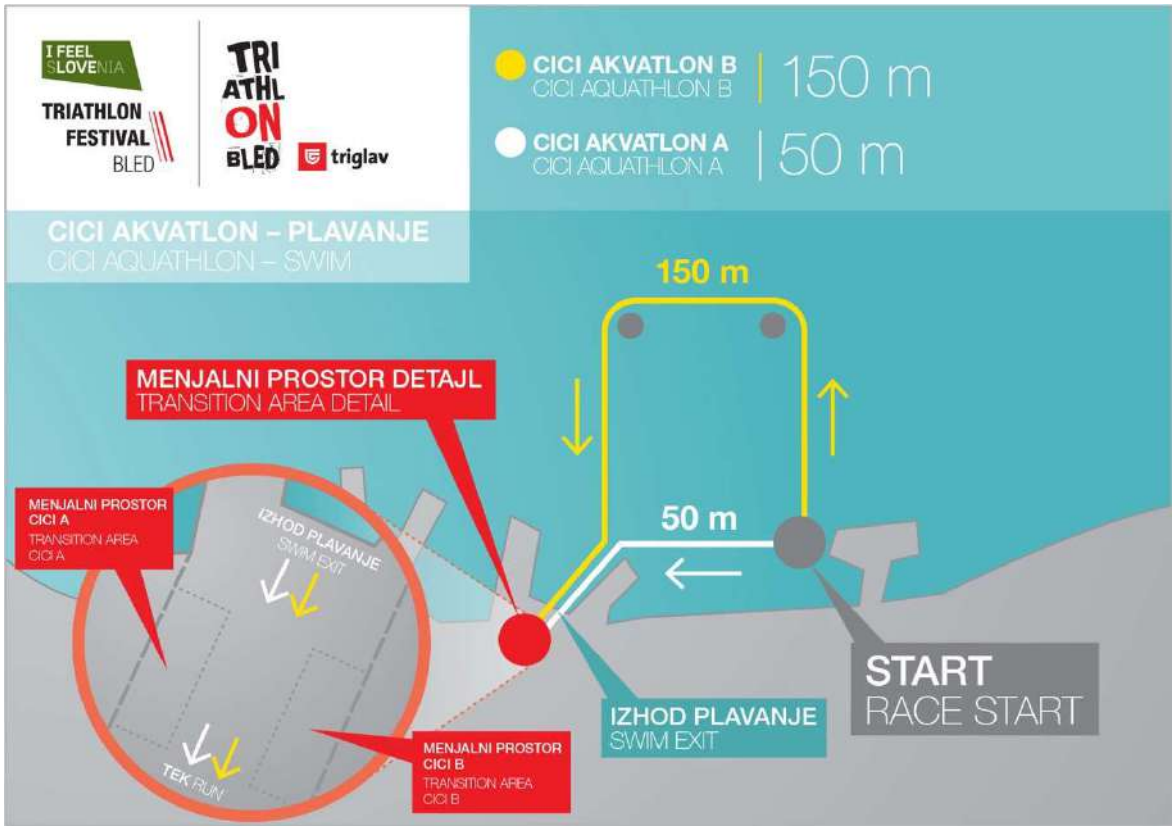
9.1. Plavanje

V obliki pravokotnika v Mali Zaki, pričakovana temperatura vode je 20–22 ºC.




I FEEL SLOVENIA
TRIATHLON FESTIVAL BLED
CICI AKVATLON B
CICI AQUATHLON B
150 m + 1000 m
CICI AKVATLON A
CICI AQUATHLON A
50 m + 500 m
CICI AKVATLON – TRASA DIRKE
CICI AQUATHLON – RACE LAYOUT
150 m
MENJALNI PROSTOR
TRANSITION AREA
CILJ
FINISH
50 m
START
RACE START
TEK
RUN
IZHOD PLAVANJE
SWIM EXIT


I FEEL SLOVENIA
TRIATHLON FESTIVAL BLED
PLAVALNA PROGA SWIM COURSE
SPRINT TRIATHLON
SPRINT TRIATHLON
750 m (1 krog / 1 lap)
TRIATLON ZA VSAKOGAR IN SUPER SPRINT SD, KD in MM TRIATHLON FOR EVERYBODY AND SUPER SPRINT SD, KD & MM
300 m
CICI AKVATLON B
CICI AQUATHLON B
150 m
CICI AKVATLON A
CICI AQUATHLON A
50 m
750 m
300 m
150 m
50 m
START
RACE START
IZHOD PLAVANJE
SWIM EXIT

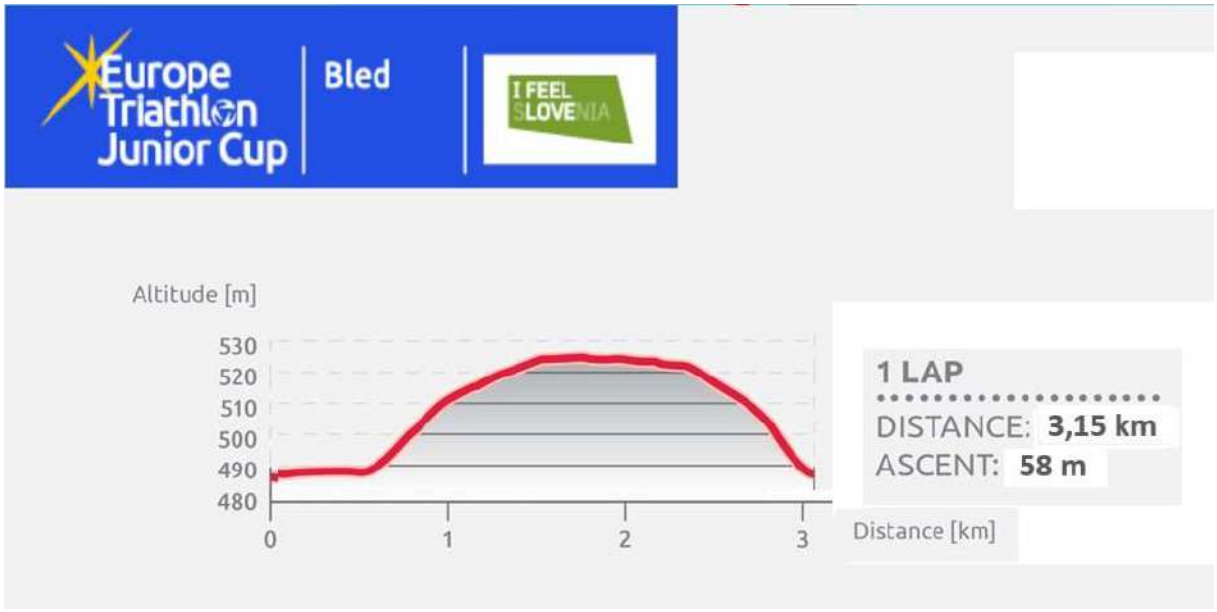


9.2. MENJAVA 1/2

9.3. Kolesarjenje

Krog je dolžine 3,1 km: iz Male Zake, do Velike Zake, zavoj desno, vzpon do železniške postaje, naprej po Kolodvorski cesti in desno spust po Župančičevi cesti do Male Zake.

Triatlon za vsakogar in Štafetni triatlon za vsakogar – 3 kroge,
Super Sprint SD – 2 kroga,
Super Sprint KD, MM – 3 kroge,
Sprint triatlon, Akvabike, Duatlon in Štafetni Sprint triatlon – 6 krogov.



9.4. MENJAVA 2/2

9.5. Tek

Krog je dolžine 1,25 ali 2,5 km: po cesti pod gradom, obrat in nazaj.

Triatlon za vsakogar in Štafetni triatlon za vsakogar – 2 kroga
CICI akvatlon – 1 manjši krog
Super Sprint SD – 1 manjši krog
Super Sprint KD, MM – 1 krog
Sprint triatlon, Akvabike, Duatlon in Štafetni Sprint triatlon – 2 kroga.

skaza
triglav
Action
GREC
Ambrož
triglav

Peter horsten

Peter horsten

ZASADA
POL
FILL
AUT
dana
Peter horsten

2021
Triathlonlive
1
TRIATHLON BLED
2
3
triglav
Peter Horsten

TRIATLON BLED
352

Cumberland
GBR
Europe Triathlon Junior Cup
Bled 2022
I FEEL SLOVENIA
triglav
I FEEL SLOVENIA

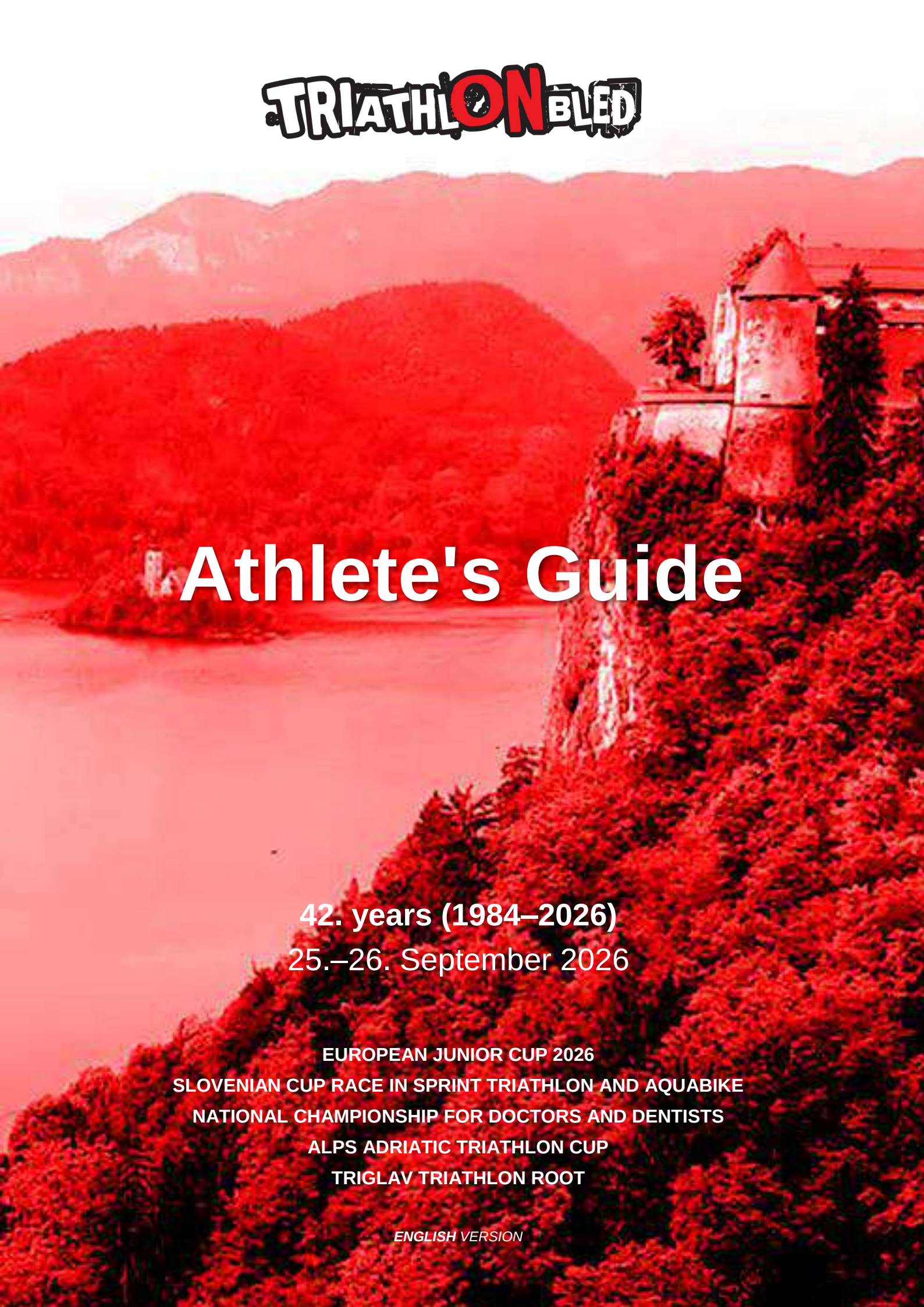
Video – ET Junior Cup:

- štart plavanja

VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA

Video – Triatlon Bled:

- VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws



Athlete's Guide

42. years (1984–2026)

25.–26. September 2026

EUROPEAN JUNIOR CUP 2026

SLOVENIAN CUP RACE IN SPRINT TRIATHLON AND AQUABIKE

NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS

ALPS ADRIATIC TRIATHLON CUP

TRIGLAV TRIATHLON ROOT

***ENGLISH** VERSION*

1. General information

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

VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA
VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws

2. Race distances & types

BLED – MALA ZAKA

- EUROPEAN JUNIOR CUP (400-13-3.3)
- CICI AKVATHLON FOR KIDS (50-500 / born 2017–2019)
- AQUATHLON (150-1000 / born 2015–2016)
- SUPER SPRINT TRIATHLON (300-6-1.5 / born 2013-2014 / youth)
- SUPER SPRINT TRIATHLON (300-9,3-2,5 / born 2009-2012 / cadetes + juniors)
- TRIATHLON FOR EVERYBODY (300-9,3-2,5) bike draft legal
- TRIATHLON – SPRINT DIST – (750-19-5) bike draft legal
- AQUABIKE – SPRINT DIST – (750-19) bike draft legal
- RELAY TRIATHLON – SPRINT (750-19-5) bike draft legal
- DUATHLON SPRINT – (19-5) bike draft legal

SPRINT TRIATHLON COUNTS FOR:

- 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 COUNTS FOR:

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

DUATLON COUNTS FOR:

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

SUPER SPRINT TRIATLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

CICI AKVATLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

ALPS ADRIATIC TRIATHLON CUP 2026 – Rules:
Anyone who takes part in the Bled Triathlon will automatically be entered into the AATC 2026 Cup if they register in advance (free of charge) in the link below:
ON LINE REGISTRATION - AATC 2024
All information about the AATC Cup can be found here:
https://trisport-klub.si/triatlonski-pokal-alpe-adria/

TRIGLAV TRIATHLON ROOT – Rules:
You need to compete on 2 races.
1. CEBE TRIATHLON STEELMAN BOHINJ, 29. 8. 2026,
2. TRIGLAV TRIATHLON BLED, 26. 9. 2026 (triathlon, aquabike or duathlon)
For athletes who will finised both races, they will get special unique wooden award.

2.1. Kids Aquathlon

CM and CF: 50 m swim – 500 m run (CICI 2015–2017)
D1M and D1F: 150 m swim – 1000 m run (younger boys & girls 2013–2014)

Age Categories		
CM / CF – Cicibani in cicibanke	7 to 9 years	2017–2019
D1M / D1F – Mlajši dečki in deklice	10 to 11 years	2015–2016

2.2. Super Sprint SD – older boys & girls (2013–2012)

300 m swim – 1 lap
6 km bike – 2 laps
1.5 km run – 1 lap

Age Categories		
D2M / D2F – Starejši dečki in deklice	12 to 13 years	2013–2014

2.3.1. Super Sprint KD – kadetes (2011–2012)

300 m swim – 1 lap
9,3 km bike – 3 laps
2,5 km run – 1 lap

Age Categories		
KM / KF – Kadeti in kadetinje	14 to 15 years	2011–2012

2.3.2. Triatlon for everybody

300 m swim – 1 lap
9,3 km bike – 3 laps
2,5 km run – 1 lap

Age Categories		
E3M / E3F – Člani in članice 1	20 to 35 years	2006–1991
E4M / E4F – Veterani in veteranke 1	36 to 50 years	1990–1976
CM / CF – Veterani in veteranke 2	51 and older	1975 and older

2.3.3. Relay triathlon for everybody

300 m swim – 1 lap
9,3 km bike – 3 laps
2,5 km run – 1 lap

Age Categories
RM – men team
RF – women team
RX – mix team
RD – duathlon relay

2.4. SPRINT triathlon – (also Triglav triathlon Root)

Medicus sprint triatlon – Državno prvenstvo zdravnikov in zobozdravnikov

750 m swim in Bled lake – 1 lap
19 km bike between Mala Zaka and Velika Zaka – 6 laps (draft legal in gender categories)
5 km run between Mala Zaka and Bled – 2 laps

Prize money of 1,500 EUR (M + F 300-200-100-80-70 EUR).

Prize condition: result had to be less than 10 % behind winner's time.

Age Categories		
M1M / M1F – Mlajši mladinci in mladinke	16 to 17 years	2009 – 2010
M2M / M2F –Starejši mladinci in mladinke	18 & 19 years	2007 – 2008
E1M / E1F – Člani in članice I	20 to 29 years	1997 – 2006
E2M / E2F – Člani in članice II	30 to 39 years	1987 – 1996
V1M / V1F – Veterani in veteranke I	40 to 44 years	1982 – 1986
V2M / V2F – Veterani in veteranke II	45 to 49 years	1977 – 1981
V3M / V3F – Veterani in veteranke III	50 to 54 years	1972 – 1976
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1967 – 1971
V5M / V5F – Veterani in veteranke V	60 to 64 years	1962 – 1966
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1957 – 1961
V7M / V7F – Veterani in veteranke VII	70 and older	1956 or older
Medicus – Skupna kategorija		

2.5. Relay triathlon – Standard distance

750 m swim (1 lap), 19 km bike (6 laps), 5 km run (2 laps)

Age Categories
ZM – men team
ZF – women team
ZX – mix team
ZD – duathlon relay

2.6. Aquabike – National Championship – Sprint distance (also Triglav triathlon Root)

750 m swim in Bled lake – 1 lap
19 km bike between Mala Zaka and Velika Zaka – 6 laps

Athletes had to run around 30 m **wearing shoes** from the transition to the finish line (wearing bike shoes or running shoes and **not barefoot).**

Age Categories		
M2M / M2F – Starejši mladinci in mladinke	18 in 19 years	2007 – 2008
E1M / E1F – Člani in članice I	20 to 29 years	1997 – 2006
E2M / E2F – Člani in članice II	30 to 39 years	1987 – 1996
V1M / V1F – Veterani in veteranke I	40 to 44 years	1982 – 1986
V2M / V2F – Veterani in veteranke II	45 to 49 years	1977 – 1981
V3M / V3F – Veterani in veteranke III	50 to 54 years	1972 – 1976
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1967 – 1971
V5M / V5F – Veterani in veteranke V	60 to 64 years	1962 – 1966
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1957 – 1961
V7M / V7F – Veterani in veteranke VII	70 and older	1956 or older

2.7. Duatlon – Sprint distance (also Triglav triathlon root)

19 km bike between Mala Zaka and Velika Zaka – 6 laps (draft legal in gender categories)
5 km run between Mala Zaka and Bled – 2 laps

Age Categories		
DE3M / DE3F – Člani in članice 1	20 to 35 years	2006–1991
DE4M / DE4F – Veterani in veteranke 1	36 to 50 years	1990–1976
DE5M / DE5F – Veterani in veteranke 2	51 and older	1975 or older

3. Time Schedule – Triatlon Bled 2026

3.1. European Junior Cup

Friday 25. 9. 2026 (Bled – Mala Zaka)

Time	Activity
14:00	Athlete's briefing made available on WT website
16:00–16:30	Bike course familiarization ET Junior Cup – Mala Zaka
17:00–17:30	Swim and run course familiarization – Mala Zaka
19:00–20:00	Registration ET Junior Cup – Bled Park Hotel, Cesta svobode 15
19:45	Q&A Session on Athletes Briefing – Bled Park Hotel, Cesta svobode 15

Saturday 26. 9. 2026 (Bled – Mala Zaka)

Time	Activity
07:00–08:00	Race equipment check ET Junior Cup
07:30–08:30	Transition area open ET Junior Cup Men & Women
08:45	Presentation of Women competitors in swimming start area ET Junior Cup
09:00	Start ETJC – Women – semifinal F1
09:20	Start ETJC – Women – semifinal F2
09:40	Start ETJC – Women – semifinal F3
09:45	Presentation of Men competitors in swimming start area ET Junior Cup
10:00	Start ETJC – Men – semifinal F1
10:20	Start ETJC – Men – semifinal F2
10:40	Start ETJC – Men – semifinal F3
aprox. 11:00	End of Race ET Junior Cup
11:00–11:15	Transition area ET Junior Cup had to be emptied
17:15	Start FINAL ETJC – women
18:00	Start FINAL ETJC - men
19:00	Award ceremony ETJC – women + men

3.2. Triatlon Bled

Time	Activity
8:00–13:00	Registration CICI, Super Sprint, Triathlon za vse, Štafete, Standard triatlon
11:05	Transition area open – CICI
11:20	Briefing, race instructions – CICI
11:25	Start CICI Aquathlon (2017-2019)
11:35	Briefing, race instructions – younger boys & girls
11:40	Start Aquathlon MD (2015-2016)
11:20	Transition area open – Super Sprint and Triathlon for everybody
11:50	Briefing, race instructions – Super Sprint (2013-2014)
12:00	Start Super Sprint (older boys & girls & kadetes (2011-2014)
12:15	Briefing, race instructions – Super Sprint and Triathlon for everybody
12:30	Start Super sprint: youth (2009-2010) + Triathlon for everybody
12:50	Award ceremony CICI and younger boys & girls
aprox. 13:50	End of Race Super Sprint and Triathlon for everybody
13:15–13:40	Transition area Super Sprint kadetes & youth had to be emptied
13:40–14:05	Transition area open – Standard triathlon
14:05	Briefing, race instructions – SPRINT triathlon
14:15	Start SPRINT: MEN – juniors + Elite (born 2009 – 1986)
14:35	Start SPRINT: Woman all + Men, Veterans V1, 2, 3….Aquabike and Relays
14:45	Start Duathlon (start from Transition Area)
aprox. 15:20	First at Finish line
16:25	End of Race Sprint triatlon
16:00-16:50	Transition area has to be emptied
17:15	Start FINAL ETJC – women
18:00	Start FINAL ETJC - men
19:00	Award ceremony ETJC – women + men
19:20	Award ceremony Super Sprint and Triathlon for everybody, Relays, Sprint, Aquabike, Duathlon, Relays, Triglav Triathlon Roots (first comes Award ceremony for overall winners with prize money)

Youtube link – **TRIATHLON FESTIVAL 2025**

VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA

VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws

4. General rules

ALL ATHLETES COMPETING UNDER THEIR OWN RESPOSABILITY!

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

5. Registration and payment

Registration **ET Junior Cup:**
Only through their National triathlon federations.

Registration **Triatlon: (English)**
https://prijavim.se/calendar/checkings/6350//

Prijavi, d.o.o., Stegne 14, 1241 Kamnik
IBAN: SI56 6100 0002 8689 358
Bank address: Delavska hranilnica d.d., Glavni trg 3, 1242 Kamnik; BIC/Swift: HDELSI22

All bank fees are charged to the payer.

End of On-line registration: Tuesday, 22. 9. 2026 till 24 h.
Registration is valid when is paid and is in portal prijavim.se marked as “Paid”.

Registrations on race day are possible but more expensive.. T-shirts can be ordered until July 1, 2026. Those who register later will no longer receive a T-shirt.

Entry fees:

Date	**Till 15. 7. 2026 T shirt**	**Till 22. 9. 2026 NO T shirt**	**Race day 26. 9. 2026 NO T shirt**
CICI Aquathlon	12	14	18
Super Sprint triathlon	33	36	40
Triathlon for everybody	40	45	55
Relay triathlon for everybody	60	70	80
Sprint triathlon	60	70	80
Aquabike (Nat. Champ.)	50	55	70
Duathlon	50	55	70
Relay triathlon Sprint	110	120	130

6. Access and parking

Event area is in Rowing Centre in Mala Zaka.

6.1. Access

Access and exit to/from Mala Zaka (Rowing Centre).
Access to Mala Zaka will be available as follows:

Closed / Open	Time	Duration
Road open	do 8:45	
Full closure of the road: ET Junior Cup M and W	8:45 – 10:45	2:00
Road open	10:45 – 11:45	1:00
Full closure of the road: Triathlon for everybody	11:45 – 13:15	1:30
Road open	13:15 – 14:20	1:05
Full closure of the road: Standard Triathlon	14:20 – 15:50	1:30
Road open	po 16:15	

6.2. Parking

Official parking (free) is on parking place Pod gradom (Rečiška cesta), 1 km from Mala Zaka.

Another parking places that are available (upon payment):

- on Railway station (Kolodvorska street – 300 m from Mala Zaka)
- in Velika Zaka (Camping site – 800 m from Male Zake)
- on Pristava (road to Bohinj – 1.8 km from Mala Zaka)
- parking lots in Bled city centre (1.8 km from Mala Zaka)

7. Accommodations on Bled

Click and reserve:

- Accommodations
- Park Hotel

8. Awards

All athletes that take part in Triathlon Bled will receive drink in finnish area and hot meal (Park hotel, Cesta svobode 15, Bled)

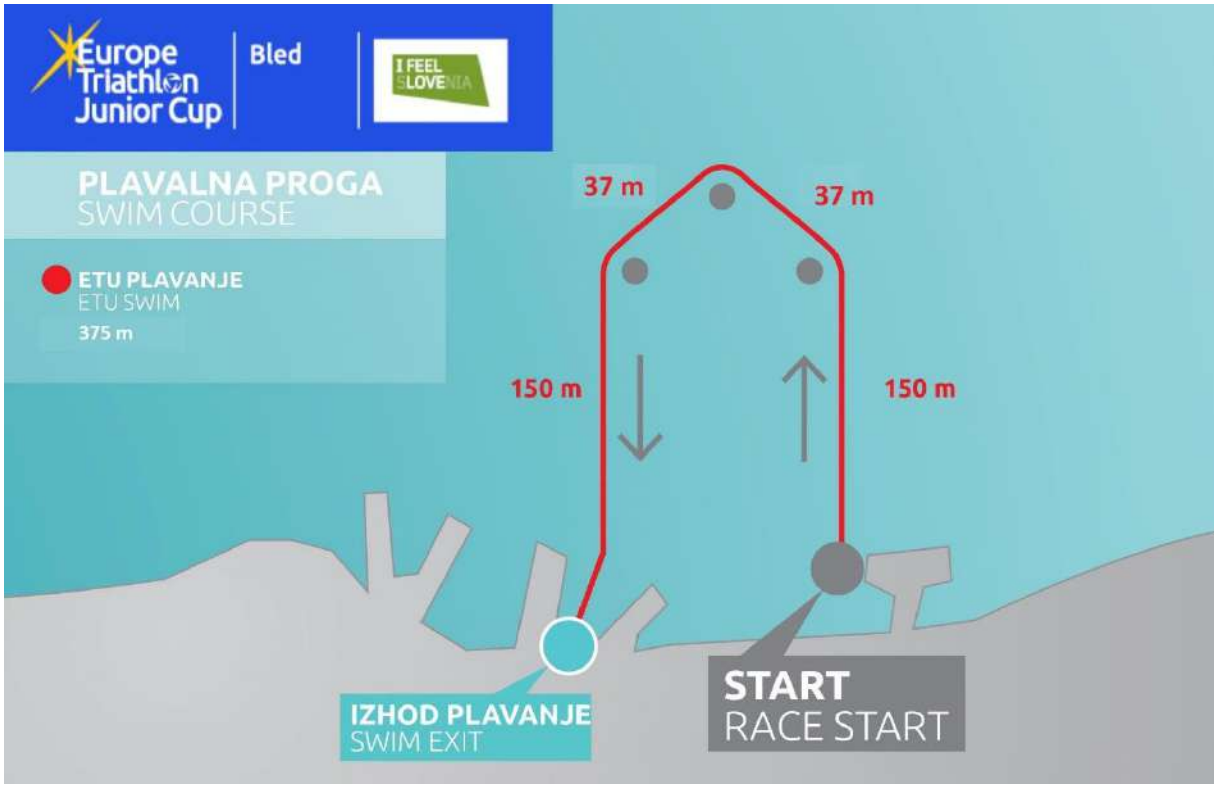
All top three classified in Age Group category will receive medals and practical awards.

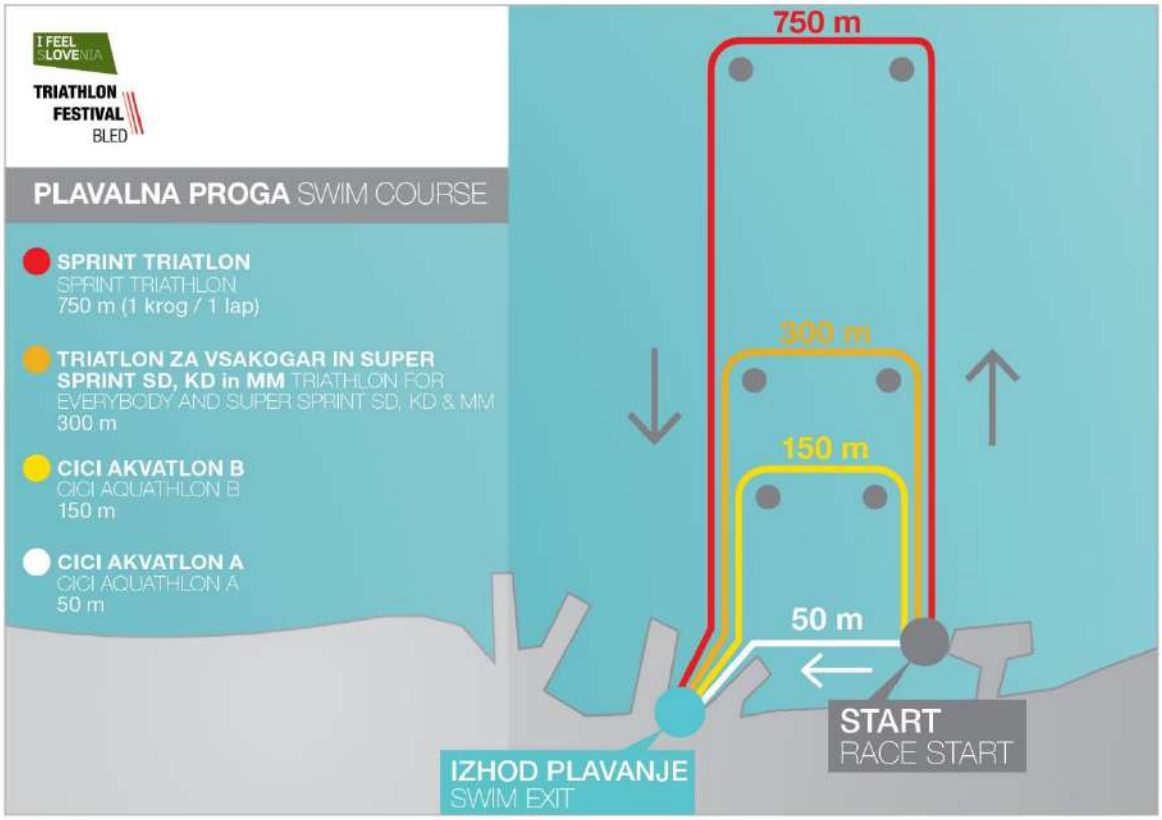
Top threei in Men and Women absolute category in Sprint triathlon will be awarded money prize in total worth of 1,500 EUR (300-200-100-80-70 EUR). Prize condition: result had to be less than 10 % behind winner's time.

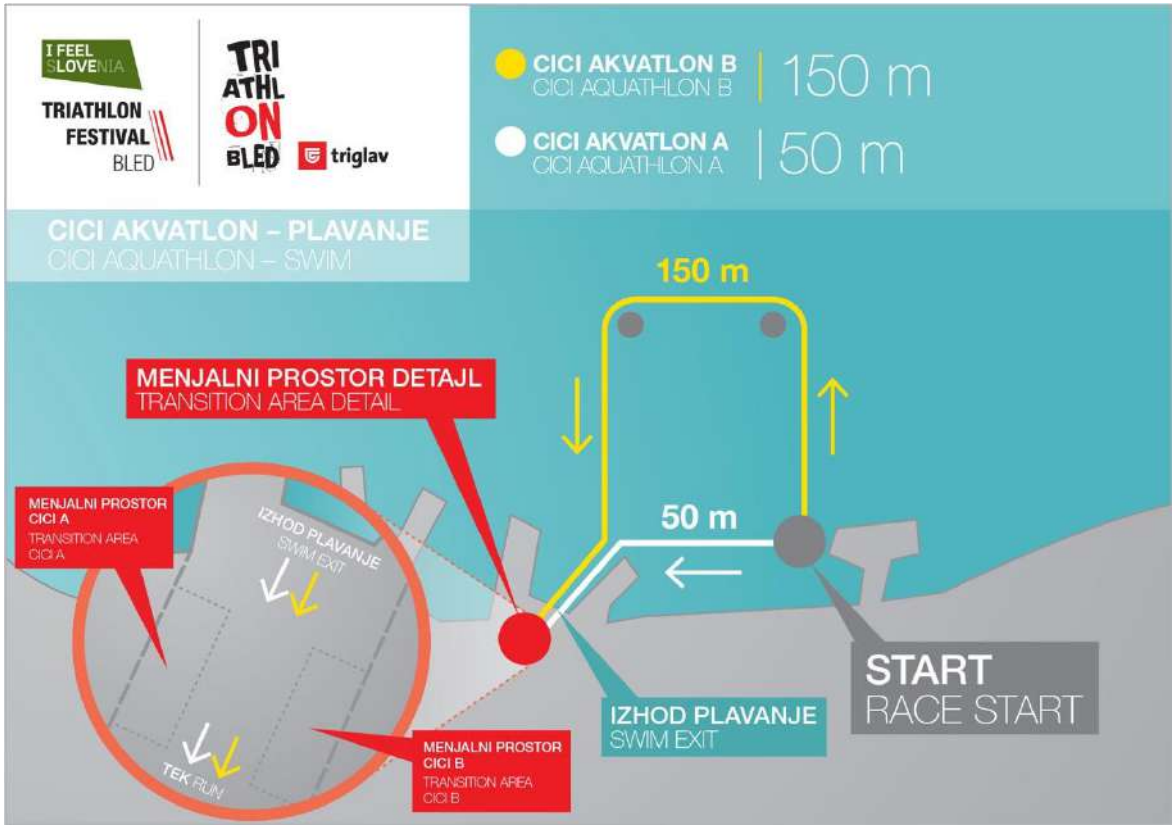
9. Race layout

9.1. Swimming

Swimming will take place according the scheme bellow in Mala Zaka. Expected water temperature is 20–22 ºC.



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CICI AKVATLON B
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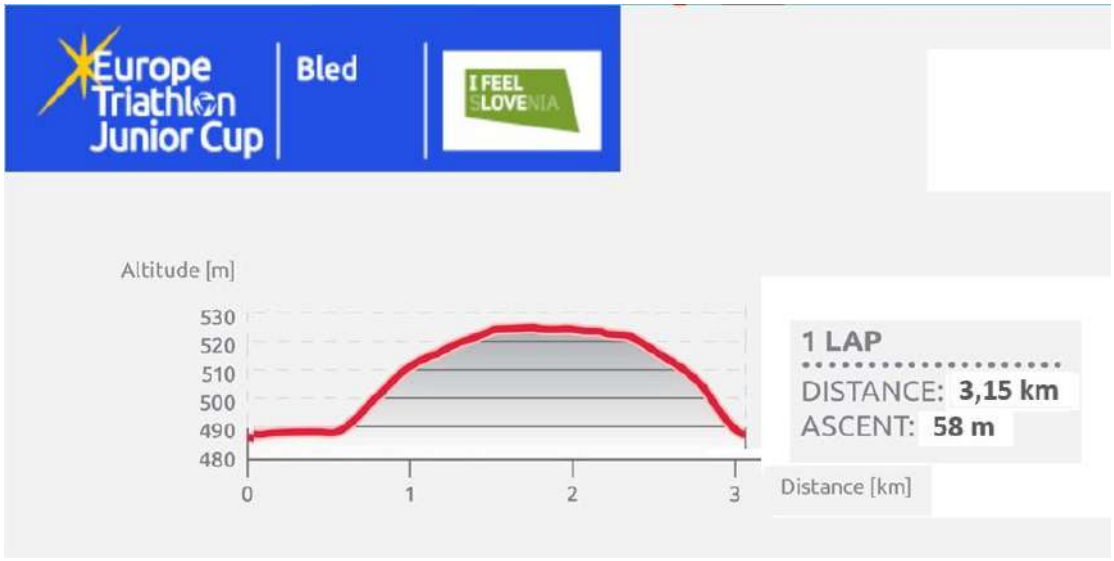
CICI AQUATHLON – SWIM
150 m
50 m
MENJALNI PROSTOR DETAJL
TRANSITION AREA DETAIL
MENJALNI PROSTOR CICI A
TRANSITION AREA CICI A
IZHOD PLAVANJE
SWIM EXIT
TEK
RUN
MENJALNI PROSTOR CICI B
TRANSITION AREA CICI B
IZHOD PLAVANJE
SWIM EXIT
START
RACE START

9.2. Transition 1/2

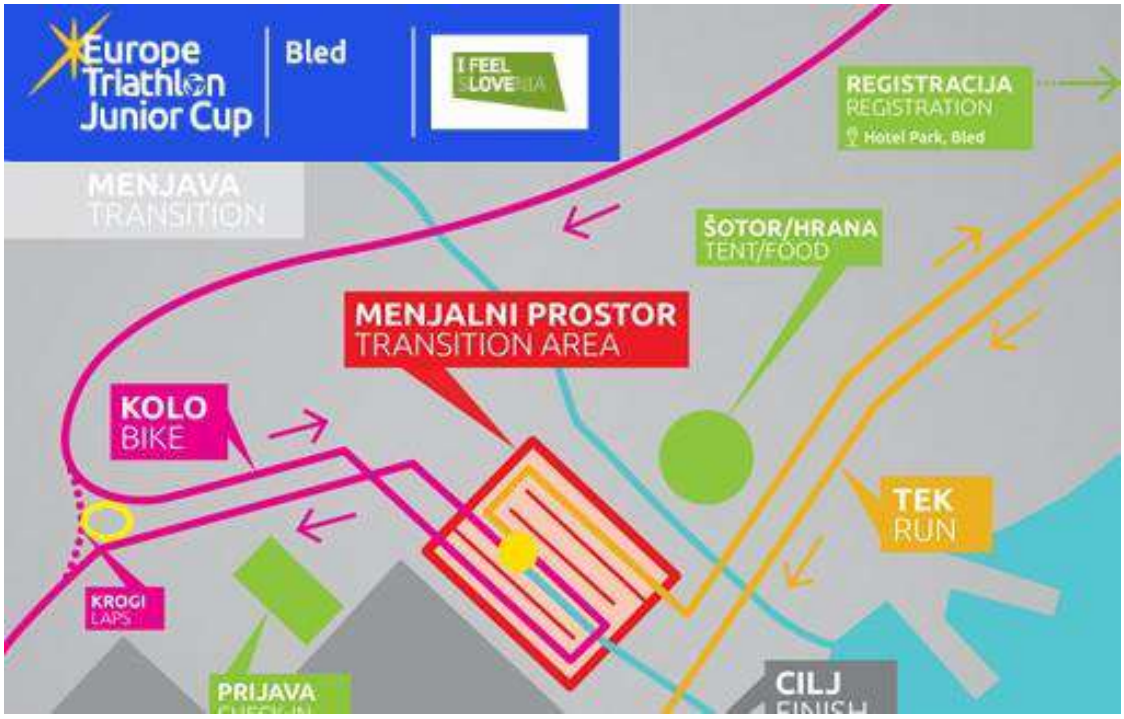
9.3. Bike

One lap distance is 3,1 km: from Mala Zakea, to Velika Zaka, turn right, then climb to Railway station and along Kolodvorska street to decent along Župančičeva street to Mala Zaka.

Triathlon for everybody and Relays triatlhon for everybody – 3 laps,
Super Sprint SD – 2 lap,
Super Sprint KD, MM – 3 laps,
Sprint triathlon, Aquabike, Duathlon and Relay Sprint triathlon – 6 laps.



9.4. Transition 2/2



9.5. Run

On lap distance is 1,25 or 2,5 km: on the road under the Bled castle, the u-turn to go back to Mala Zaka.

Triatlhon for everybody and Relay for everybody – 2 laps,
CICI aquatlon – 1 small lap,
Super Sprint SD – 1 small lap,
Super Sprint KD, MM – 1 lap,
Sprint triathlon, Aquabike, Duathlon and Relays Sprint triathlon – 2 laps.

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Ambrož
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Peter Horsten

Peter horsten

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Video – ET Junior Cup:

- štart plavanja

VIDEO ET JUNIOR: https://youtu.be/J7301Q9M5IA

Video – Triatlon Bled:

- VIDEO TRI FESTIVAL: https://youtu.be/nXc8vHpVZws