

ATHLETE'S GUIDE

TRIGLAV TRIATHLON BLED 2019

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1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

ČASOVNIK PRIREDITVE – TIME SCHEDULE

Petek / Friday – 6.9.2019 (Mala Zaka)

Čas / Time	Dejavnost	Activity
16:00	Ogled plavalne proge ETU junior cup	Swim course familiarization ETU
17:00	Skupinski ogled prog (s kolesi) ETU junior cup	Race course familiarization (by bike) ETU junior cup
18:00-19:30	Registracija ETU junior cup	Registration ETU junior cup
19:30	Navodila organizatorja za ETU junior cup	Briefing – race instructions – ETU junior cup

Sobota / Saturday – 7.9.2019 (Mala Zaka)

Čas/time	Dejavnost	Activity
07:00-08:00	Pregled opreme ETU junior cup	Race equipment check ETU junior cup
08:00-13:00	Dvig startnih števil-kici, s.sprint, štafete, olimpic	Registration-kici, s.sprint, relay, olympic
08:00-08:30	Odprt menjalni prostor ETU junior cup M/Ž	Transition area open ETU junior cup M/W
08:45	Predstavitve tekmovalk v plavalnem startnem prostoru-ETU junior cup	Presentation of competitors in swimming start area ETU junior cup-women
09:00	Start ETU junior cup-ženske	Start ETU junior cup-women
09:45	Predstavitve tekmovalcev v plavalnem startnem prostoru-ETU junior cup	Presentation of competitors in swimming start area ETU junior cup-men
10:00	Start ETU junior cup-moški	Start ETU junior cup-men
cca 10:50	Konec dirke ETU junior cup	ETU junior cup race finished
11:00	Podelitev cvetja ETU junior cup	Flower ceremony for ETU junior cup
11:00-11:30	Izpraznitev menjalnega prostora ETU junior CUP	Transition area ETU junior cup must be emptyed

1.3. KEY CONTACTS

Name and contact details of:

- Race director: MIRO KREGAR – miro.kregar@siol.net
- Technical delegate: Line Amlund Hagen – linemah@gmail.com
- Athlete services manager:

1.4. CONTACT DETAILS

Place: BLED – Mala Zaka

LOC: TRIATLONSKI KLUB TRISPORT KAMNIK

Race director: Miro KREGAR

Web: www.triatlon-bled.si

Tel: 00 386 41 641 527

E mail: miro.kregar@siol.net

2. VENUE

2.1. RACE VENUE



Location: Bled, Slovenia, Rowing center Mala Zaka.

2.2 COURSE FAMILIARIZATION

Friday, 6.9.2019 – Mala Zaka

16:00 – swim familiarization

17:00 – bike and run familiarization

2.3. ATHLETE'S LOUNGE

Location: Mala Zaka Rowing center (toilets, water, energy drinks)
Recovery zone close to the finish area (with massage)

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE DISTRIBUTION

Registration: Bled – Park hotel – Friday, 6.9.2019 18:00 – 19:30.

2.5. DOPING CONTROL

Bled – Mala zaka Rowing center.

Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

2.7. LOC OFFICE

TK TRISPORT KAMNIK, Zg. Stranje 47, 1242 Stahovica - miro.kregar@siol.net 00 386 41 641 527

3. ACCOMMODATION

Here is the:

<http://web4.deskline.net/bledtrisport/en/accommodation/list?AspxAutoDetectCookieSupport=1>

4. TRANSFER AND TRANSPORT

Approaching Bled from Villach (AUT): through Karavanke tunnel

Approaching from Tarvisio (ITA): through Kranjska Gora. Passing Jesenice and after 10 km turn right (traffic sign for Bled)

Airport: Ljubljana – Brnik (30 km from Bled)

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES



SWIM

Possible in the lake



BIKE

Cycling is possible on the race course or to the Bohinj lake.



RUN

Running is possible on the race course or around the lake.

5.2. MEDICAL SERVICES

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate (international – Coris..) medical insurance.

Address: Zdravstveni dom Bled, Mladinska cesta 1, 4260 Bled

Emergency telephone number: ZD Bled T: 00 386 4 575 40 00 or 112.

5.3. BIKE MECHANICAL SERVICE

Zupan Sport, Jalnova cesta 2, SI-4240 Radovljica

T: 00 386 4 531 27 00

A2U, Poslovna cona A, SI-4208 Šenčur

T: 00 386 4 2927 200, E: info@a2u.si

6. COMPETITION SCHEDULE

6.1. ETU JUNIOR CUP - WOMEN

DAY	START	END	ACTIVITY	LOCATION
Friday, 6.9.	19:30		Athlete's briefing	Park hotel, Bled
	18:00	19:30	Athlete registration	Park hotel
Sat, 7.9.	7:00	8:00	Athlete Lounge check in	Mala Zaka
	8:00	8:30	TA check in	Mala Zaka
			Swim warm-up	Mala Zaka
	8:45		Calling area	Mala Zaka
	8:50		Athletes introduction	Mala Zaka
	9:00		Start	Mala Zaka
	11:00		Award Ceremony	Mala Zaka

6.2. ETU JUNIOR CUP - MEN

DAY	START	END	ACTIVITY	LOCATION
Friday, 6.9.	19:30		Athlete's briefing	Park hotel, Bled
	18:00	19:30	Athlete registration	Park hotel
Sat, 7.9.	7:00	8:00	Athlete Lounge check in	Mala Zaka
	8:00	8:30	TA check in	Mala Zaka
			Swim warm-up	Mala Zaka
	9:45		Calling area	Mala Zaka
	9:50		Athletes introduction	Mala Zaka
	10:00		Start	Mala Zaka
	11:00		Award Ceremony	Mala Zaka

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

6.4. ATHLETE'S BRIEFING

Bled – Hotel PARK – Friday, 6.9.2019 at 19:30

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

6.6. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org and www.timingljubljana.si
Live coverage will be posted on FB. (<https://www.facebook.com/ETU-junior-cup-BLED>)

All the Results information will be distributed to the Team Leaders at the Information Centre at Mala Zaka.

6.7. PROTESTS & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed

Only accredited persons will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited persons are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

Could be and is not limited to:

8.1. LANGUAGE - Slovenian and English

8.2. POPULATION - Slovenian

8.3. CURRENCY - Euro

8.4. TIME – Middle European

8.5 ELECTRICITY – 220 V

8.6 WATER – drinkable from tube

8.7 TELEPHONE CONNECTIONS – incoming calls 00 386 ... outgoing calls ex.: 00 49 (Germany).

9. COURSE MAPS

SWIM START



SWIM COURSE

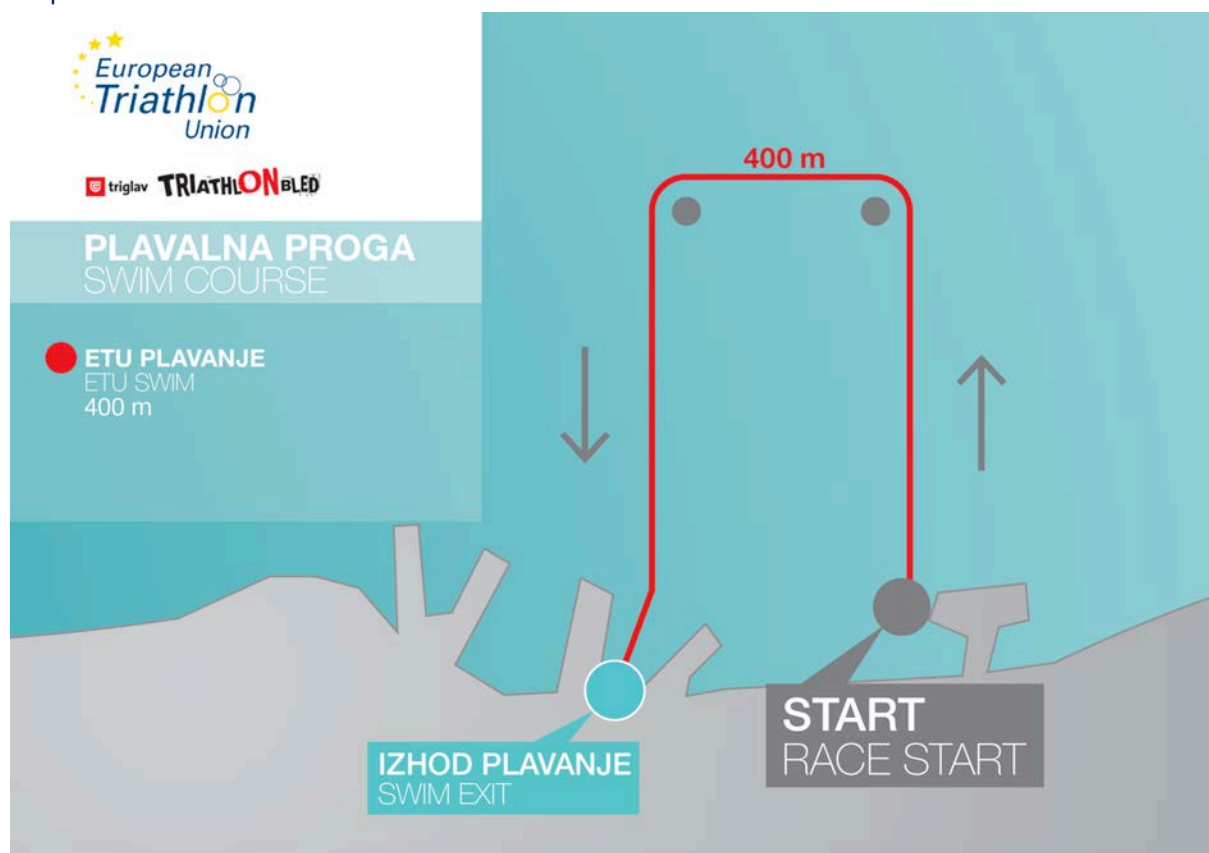
Start procedures: deep water start

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

Number of laps - 1

Average water temperature - 22

Map of the swim course



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line

 BIKE COURSE

2 laps (2 x 6,7 km). Wheel stop is located in Mala Zaka, near mount line.

On some part of the lap athletes ride bike on left side of the road. 2 uphills in each lap, cca 10 %.

Map of the bike course



If the course is hilly please show the steepness of the hill(s) on a charge

TRANSITION 2

From the dismount line, please describe the flow of the transition
Running shoes may be placed beside the rack or in the bin.



 RUN COURSE

Description: asphalt road along the lake. 1 lap – 3,3 km. 2 aid stations (first at the run beginning with energy drink, second on turn point with water.) Penalty box is located at the run beginning. Map of the run course.



Good luck.