

ATHLETE'S GUIDE



TABLE OF CONTENTS

	PAGE
1. GENERAL INFORMATION	
1.1. INTRODUCTION	3
1.2. KEY DATES	3
1.3. KEY CONTACTS	3
1.4. CONTACT DETAILS	3
2. VENUE	
2.1. RACE VENUE	4
2.2. COURSE FAMILIARIZATION	4
2.3. ATHLETE'S LOUNGE	4
2.4. ATHLETES' RACE PACKAGE	5
2.5. DOPING CONTROL	5
2.6. SECURITY	5
2.7. LOC OFFICE	5
3. ACCOMMODATION	5
4. TRANSFER AND TRANSPORT	6
5. ATHELETE'S SERVICES	
5.1. SWIM AND BIKE TRAINING	7
5.2. MEDICAL SERVICES	7
5.3. BIKE MECHANICAL SERVICE.....	7
6. COMPETITION SCHEDULE	
6.1.1 JUNIOR WOMEN	8
6.1.2. JUNIOR MEN	8
6.2. JUNIOR MIXED RELAY	8
6.3. COMPETITION RULES	9
6.4. ATHLETE'S BRIEFING	9
6.5. TIMING CHIPS	9
6.6. RESULTS	9
6.7. PROTEST & APPEALS	9
7. ACCREDITATION	9
8. USEFUL INFORMATION	9
9. COURSE MAPS	10 -14

1. GENERAL INFORMATION

1.1. INTRODUCTION

Welcome to Zagreb – city with a million hearts!

Three days dedicated to triathlon during **#zagreb3athlon** festival – host of individual and team races. All races will be held on Sport Centre Jarun.

1.2. KEY DATES

Information about the registration, briefing, course familiarization and race start

Friday, 13.9.2019.:

- Briefing: Faculty of Kinesiology
- Registration: Lake Jarun, Central Building
- Course familiarization: Lake Jarun, Central Building

Saturday, 14.9.2019:

- Individual European Junior Cup Sprint Triathlon European Junior Cup
- Individual Open Sprint Triathlon (years: 16+ / YOB 2003 and older)
- Individual Open Croatian Triathlon Cup Super sprint (YOB 2007/2006/2005/2004)
- Individual Open Croatian Triathlon Cup mini aquathlon (YOB 2008/2009/2010/2011)

Sunday: 15.9.2019.:

- ETU Junior Mixed Relay race

1.3. KEY CONTACTS

Name and contact details of:

Race director: Dorijan Pavlisa, dorijan.pavlisa@gmail.com, +385 99 6469487

Technical delegate: Stephan Kretschmer (SUI), stephan.kretschmer@swisstriathlon.ch

1.4. LOC CONTACT DETAILS

Organizer:

Zagrebački triatlonski savez / Zagreb Triathlon Federation

Address: Aleja Matije Ljubeka 3, 10 000 Zagreb

E-mail: zts.triatlon.hr@gmail.com,

Contact person: Dorijan Pavliša, +385 99 6469487;

Hrvatski triathlon savez / Croatian Triathlon Federation

Address: Trg Krešimira Čosića 11, 10 000 Zagreb

E-mail: hts.triatlon@gmail.com

Contact person: Nataša Preis-Bedenik +385 91 6469487;

2. VENUE

2.1. RACE VENUE

Lake Jarun, Zagreb



2.2 COURSE FAMILIARIZATION

Friday, 13.9.2019.

- 17:30 – 18:00 Bike course familiarization
- 18:00 – 18:30 Swim familiarization

Safety instructions:

Athletes need to take into consideration that regular traffic around the lake in Sport Centre Jarun is:

- one –way for cars and motorized vehicles
- two-way for bikes on the special bike lanes

During the race, road will be used opposite of regular traffic in several parts and will be completely closed.

During familiarisation, road will be used opposite of regular traffic in several parts and will be completely closed **for 1 lap of bike**. Safety will be secured by motorcycles. Athletes are strongly advised to stay in close group during bike familiarisation.

2.3. ATHLETE'S LOUNGE

Location: beside transition zone

2.4. ATHLETES' RACE PACKAGE

Race package can only be picked up after entry fee is payed.

- Entry fee for Junior Cup: 60,00 EUR (450,00 HRK)
- Entry fee for Mixed Relay 100,00 EUR (750,00 HRK)
- Entry fee for Open sprint race 20,00 EUR (150,00 HRK)
- Entry fee for Open Croatian Triathlon Cup Super sprint 10,00 EUR (75,00 HRK)
- Entry fee for Open Croatian Triathlon Cup Mini Aquathlon: 7 EUR (50,00 HRK)

Entry fee payment can be made:

1. Via bank transfer **until Monday 9.9.2019:**

ZAGREBAČKI TRIATLONSKI SAVEZ
ALEJA MATIJE LJUBEKA 3, 10 000 ZAGREB
IBAN: HR 63 23400091110042942
SWIFT/BIC: PBZGHR2X
BANK NAME: Privredna banka Zagreb (PBZ)

2. On Registration day – Saturday - **in exact amount IN HRK ONLY** before athlete's race package pick-up

Athletes' race package pick-up time is before and after the briefing.

Accreditation Cards for Juniors European Cup will be distributed after briefing.

Timing chips and swimming caps will be distributed before the race.

2.5. DOPING CONTROL

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

2.6. SECURITY

Private security service will be provided on race days.

2.7. LOC OFFICE

Lake Jarun, Dom sportaša:

E-mail: zts.triatlon.hr@gmail.com,

Contact persons:

LOC: Dorijan Pavliša, +385 99 6469487

Croatian NF: Nataša Preis-Bedenik +385 91 6469487

3. ACCOMMODATION

There is no official race Hotel; recommended is use of homestay.

4. TRANSFER AND TRANSPORT

Arriving by plane:

Zagreb International Airport

E-MAIL: info@mzlj-zagreb-airport.hr

WEB: www.zagreb-airport.hr

Arriving by train

Main Railway Station

Address: Trg kralja Tomislava 12

TEL: +385 60 333 444, +385 1 37 82 583

E-MAIL: informacije@hzpp.hr

WEB: www.hzpp.hr

Arriving by bus

Main bus terminal

Address: Avenija Marina Držića 4

TEL: The information office number is: +385 60 34 03 40. For information about arrivals and departures dial: +385 60 31 33 33. Tickets for local lines can be reserved by dialling: +385 60 31 33 33, and for international lines you need to call: +385 60 08 631. The traffic office is at: +385 60 08 645.

E-MAIL: promet@akz.hr

WEB: www.akz.hr

Information on transfer:

LOC will provide transfer from Airport in vans (max number of person is determined by number of bikes and luggage size (for example: 4-5 bikes, 6-8 persons).

Unit price per transfer will be determined by size of the team and number of needed vehicles.

Information for the team must be sent on official email zts.triatlon.hr@gmail.com **until 9.9.2019**.

Information needed:

arrival time/departure time, flight number, number of people, number of bikes, accommodation address

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

Sport Park Jarun is the place to go for rest and recreation. It offers cycling paths, jogging and running tracks. The lake itself contains one of the best rowing lanes in Europe.

Lake Jarun is accessible:

- BY PUBLIC TRANSPORT: Tram lines 5 and 17, ticket price 4.00 HRK in stores /6.00 HRK in the tram (30 min)
- BY CAR car: Car entrance must be payed per entrance (one-way road around the lake): 5.00 HRK (equivalent of 0,65 EUR) Monday-Friday, 10.00 ((equivalent of 1,30 EUR) HRK during weekend



SWIM

POOL: Sport park Mladost

Address: Jarunska 5, 10 000 Zagreb

Tel. +385 1 658-553

e-mail: sportski.park.mladost@jarun.hr

Working days: 6:00 – 9:00 in 50m pool

9:00 – 20:00 25 m pool

Saturday: 13:00 – 17:00 h 50m pool and 25 m pool

Sunday: 10:00 – 14:00 h 50m pool and 25 m pool

There are no swimming line reservations, first come – first serve. Working hours can be changed due to pool maintenance, please check before you go!



BIKE

Lake Jarun, opened 24/7;



RUN

Lake Jarun, opened 24/7;

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available before and during the training sessions and during the race. Medical and Paramedical personnel will be available throughout the race. One Ambulance Car 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 medical insurance.

Emergency telephone number: 112

5.3. BIKE MECHANICAL SERVICE

Official bike service partner will be provided on race day.

For bike parts and small service on days before the race contact will be provided.

6. COMPETITION SCHEDULE

6.1.1. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY,13.9.2019.	16:00	16:30	Athlete's briefing	Faculty of Kinesiology
FRIDAY,13.9.2019.	15:00	19:00	Athlete registration	Lake Jarun, LOC Office
SATURDAY,14.9.2019.	10:00	11:00	Athlete Lounge check in	Lake Jarun Venue
SATURDAY,14.9.2019.	10:50	11:15	TA check in	Lake Jarun Venue
SATURDAY,14.9.2019.	10:50	11:15	Swim warm-up	Lake Jarun Venue
SATURDAY,14.9.2019.	11:15		Calling area	Lake Jarun Venue
SATURDAY,14.9.2019.	11:25		Athletes introduction	Lake Jarun Venue
SATURDAY,14.9.2019.	11:30		Start	Lake Jarun Venue
SATURDAY,14.9.2019.	14:45		Award Ceremony	Lake Jarun Venue

6.1.2. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY,13.9.2019.	16:00	16:30	Athlete's briefing	Faculty of Kinesiology
FRIDAY,13.9.2019.	15:00	19:00	Athlete registration	Lake Jarun, LOC Office
SATURDAY,14.9.2019.	10:00	11:00	Athlete Lounge check in	Lake Jarun Venue
SATURDAY,14.9.2019.	10:50	11:15*	TA check in	Lake Jarun Venue
SATURDAY,14.9.2019.	12:20	12:45	Swim warm-up	Lake Jarun Venue
SATURDAY,14.9.2019.	12:45		Calling area	Lake Jarun Venue
SATURDAY,14.9.2019.	12:50		Athletes introduction	Lake Jarun Venue
SATURDAY,14.9.2019.	13:00		Start	Lake Jarun Venue
SATURDAY,14.9.2019.	14:45		Award Ceremony	Lake Jarun Venue

*additional 15 min entrance in TA will be available from 12:30-12:45

6.2 JUNIOR MIXED RELAY

DAY	START	END	ACTIVITY	LOCATION
SATURDAY,14.9.2019.	18:00	18:30	Coaches's briefing	Lake Jarun Venue
SUNDAY,15.9.2019.	9:00	9:35	Athlete Lounge check in	Lake Jarun Venue
SUNDAY,15.9.2019.	9:10	9:40	TA check in	Lake Jarun Venue
SUNDAY,15.9.2019.	9:20	9:40	Swim warm-up	Lake Jarun Venue
SUNDAY,15.9.2019.	9:45		Calling area	Lake Jarun Venue
SUNDAY,15.9.2019.	9:50		Athletes introduction	Lake Jarun Venue
SUNDAY,15.9.2019.	10:00		Start	Lake Jarun Venue
SUNDAY,15.9.2019.	12:30		Award Ceremony	Lake Jarun Venue

6.3. COMPETITION RULES

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

6.4. ATHLETE'S BRIEFING

Friday, 13.9.2019, Faculty of Kinesiology at 16:00

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.competitions.org.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide an official Accreditation Cards.

Accreditation Cards for Junior EJC will be distributed before Race briefing.

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

All accredited people 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

- 8.1. LANGUAGE: Croatian
- 8.2. POPULATION: Zagreb - 806,920; Croatia - 4,128,264
- 8.3. CURRENCY: Hrvatska kuna (HRK), 1 EUR =7.5 HRK
- 8.4. TIME: UTC +2 CEST - Central European Summer Time
- 8.5. ELECTRICITY: In Croatia the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.
- 8.6. WATER: drinkable tap water

9. COURSE MAPS

SWIM COURSE

Start procedures: lake Jarun, pontoon start

Number of laps: 1

Average water temperature: 23 C

The Race Referee with assistance of Technical Officials will start each race.

SWIM

INDIVIDUAL SPRINT DISTANCE: 750 M / 1 LAP



TRANSITION

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

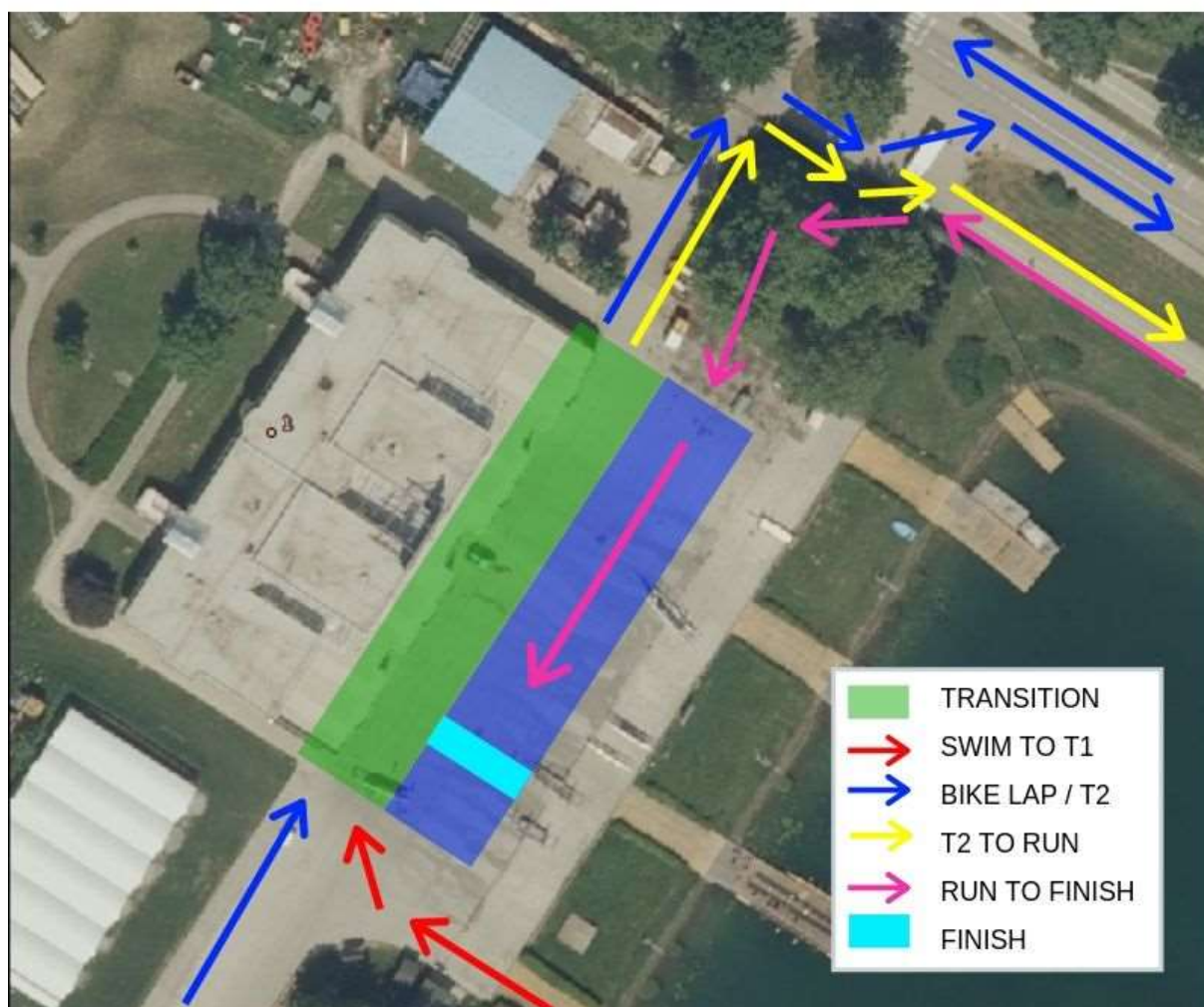
TRANSITION 2:

Running shoes may be placed beside the rack or in the bin.

After the last athlete finishes T2, all bikes and gear will be moved to AL by LOC personnel.

TRANSITION / FINISH AREA

T1, T2 AND FINISH FLOW



 **BIKE COURSE**

Description:

Race will be held on road and bike path inside sports centre, including opposite direction from regular traffic in several parts, and will be completely closed to traffic.

Flat with technical elements.

Number of laps: 6

Location of the wheel stop:

1st : at the exit of transition area/next lap

2nd(neutral): at further turn point of the bike course

BIKE

INDIVIDUAL SPRINT DISTANCE: 19 600 M / 6 LAPS



 **RUN COURSE**

Description: beside lake, completely flat

One aid station, 300 meters from the T2.

Penalty box located on run turning point closer to transition/finish zone.

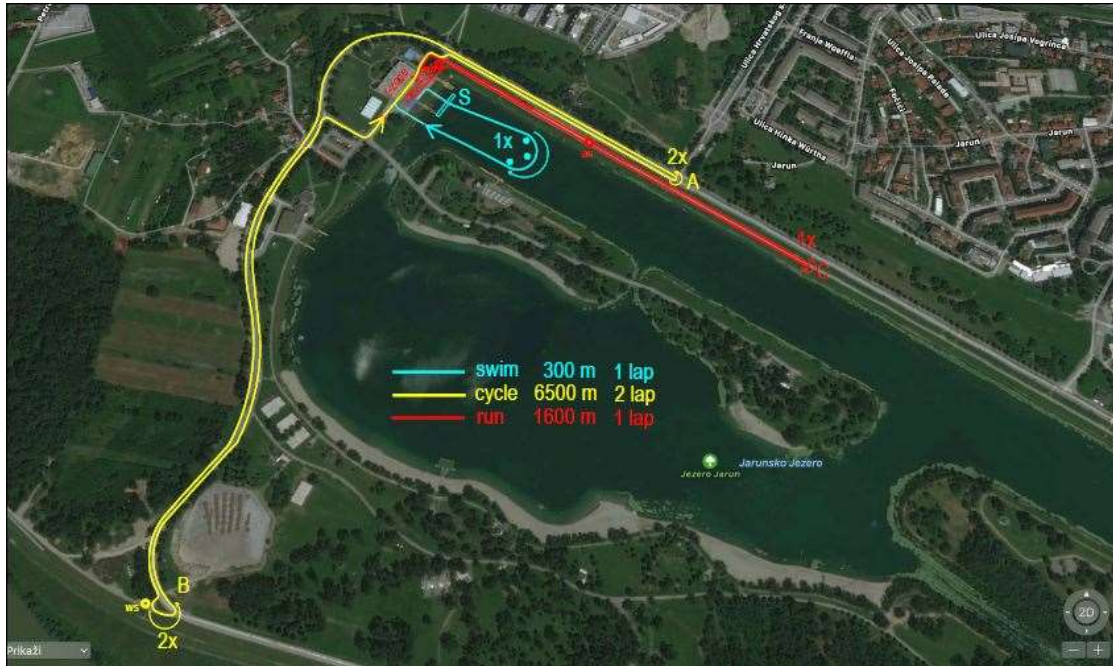
RUN

INDIVIDUAL SPRINT DISTANCE: 5 000 M / 3 LAPS



MIXED RELAY COURSE

Description: same as individual races with different number of laps:



Good luck!