

Triathlon Ankaran

Short description

Cici aquathlon, super sprint triathlon, sprint triathlon.

Date: Ankaran 26.5. 2017

Location: MNZ plaža Debeli Rtič

Track

Swimming takes place in the sea of MNZ beach Debeli Rtič, cycling starts from the platform to the Villa Andor, turning back, to the border with Italy. Running track takes place among the vineyards of Debeli Rtič. The start, the finish and the transition area are located on the MNZ beach.

- Cici Aquathlon: 50 m swimming and 500 m running; 200 m swimming and 1000 m running
- Super Sprint triathlon for anyone: 300 m swimming, 9 km cycling, 2 km running
- Sprint triathlon: 750 m swimming, 18 km cycling, 5 km running

Programme:

8.00 – opening of the registration service

9.30 – Nordic walking 1

10.00 – Nordic walking 2 & 3

9.30-13.00 – Tibetan Sun Salutation: yoga & pilates on the beach

10.00 – Charity run

10.45 – Briefing Cici Aquathlon

11.15 – Cici Aquathlon 1

11.30 – Cici Aquathlon 2

12.00 – medal ceremony for Cici Aquathlon 1 & 2

11.00 – 14.00 – running workshop with Urban Praprotnik

12.-12.30 – opening of the transition area for Super Sprint Triathlon

12.30 – Briefing Super Sprint Triathlon

13.00 – Super Sprint Triathlon

14.30 – medal ceremony for Super Sprint Triathlon

14.30-15.00 – opening of the transition area for Sprint Triathlon

15.00 – briefing Sprint Triathlon

15.30 – Sprint Triathlon

17.00 – medal ceremony for Sprint Triathlon

18.00 – end of sports activities

19.00-24.00 – concert on the beach

Registration:

We will be taking pre-registrations until the May 24th 2018. Pre-registrations are valid only with the entry fee already paid. Participants will receive a bill on their e-mail address.

- 5 € – Cici Aquathlon
- 20 € – Super Sprint Triathlon
- 25 € – Sprint Triathlon
- 40 € - relay race Super Sprint Triathlon (3 participants)
- 50 € – relay race Sprint Triathlon (3 tekmovalci)
- Universtiy state championship: Sprint Triathlon 10 €

Registrations will be available on the day of the event

- 10 € – Cici Aquathlon
- 25 € – Super Sprint Triathlon
- 30 € – Sprint Triathlon
- 50 € - relay race Super Sprint Triathlon (3 participants)
- 60 € – relay race Sprint Triathlon (3 participants)
- Universtiy state championship: Sprint Triathlon 15 €

Prizes:

- First three of each category will receive a medal. All the competitors of Cici Aquathlon will receive one.
- Every participant will receive a warm meal
- Awards for practical use

CATEGORIES FOR 2018

CATEGORY	FULL AGE IN 2018	YEAR OF BIRTH
CICIBANI in CICIBANKE	7 to 9 years	2009 – 2011
MLAJŠI DEČKI in DEKLICE	10 and 11	2007 – 2008
STAREJŠI DEČKI in DEKLICE	12 and 13	2005 – 2006
KADETI in KADETINJE	14 and 15	2003 – 2004
MLAJŠI MLADINCI in MLADINKE	16 and 17	2001 – 2002
STAREJŠI MLADINCI in MLADINKE	18 and 19	1999 – 2000
CLANI in ČLANICE I	20 to 29	1987 – 1998
CLANI in ČLANICE II	30 to 39	1979 – 1988
VETERANI in VETERANKE I	40 to 44	1974 – 1978
VETERANI in VETERANKE II	45 to 49	1969 – 1973
VETERANI in VETERANKE III	50 to 54	1964 – 1968
VETERANI in VETERANKE IV	55 to 59	1959 – 1963
VETERANI in VETERANKE V	60 to 64	1954 – 1958
VETERANI in VETERANKE VI	65 to 69	1949 – 1953
VETERANI in VETERANKE VII	70 and older	1948 and older