

I FEEL
SLOVENIA

TRIATHLON FESTIVAL

Athlete's Guide

triglav

TRIATHLON BLED



Alps Adriatic Triathlon Cup

40. years (1984–2024)

6.– 7. September 2024

EUROPEAN JUNIOR CUP 2024

NATIONAL CHAMPIONSHIP TZS IN STANDARD TRIATHLON AND AQUABIKE

NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS

ALPS ADRIATIC TRIATHLON CUP

TRIGLAV TRIATHLON ROOT

START PIONIR TRIATHLON ATHLETES FROM 1984

1. General information

Place: BLED – MALA ZAKA

Organiser: TRIATLONSKI KLUB TRISPORT KAMNIK

Event manager: Miro KREGAR

Info: www.com.triatlon-bled.si

Tel: +386 41 641 527

E-mail: miro.kregar@siol.net

VIDEO ET JUNIOR: <https://youtu.be/DBAv2fD6C4E>

VIDEO TRI FESTIVAL: https://www.youtube.com/watch?v=dWc_wn4MErQ

2. Race distances & types

BLED – MALA ZAKA

- EUROPEAN JUNIOR CUP (400-13-3.3)
- CICI AKVATHLON FOR KIDS (50-500 / born 2015-2017)
- AQUATHLON (150-1000 / born 2013-2014)
- SUPER SPRINT TRIATHLON (300-6-1.5 / born 2011-2012 / youth)
- SUPER SPRINT TRIATHLON (300-12-3.3 / born 2007-2008 / cadetes + juniors)
- TRIATHLON FOR EVERYBODY (300-13-3.3) bike draft legal
- TRIATHLON – STANDARD DIST – (1,550-40-10) bike draft legal
- AQUABIKE – STANDARD DIST – (1,550-40) bike draft legal
- RELAY TRIATHLON – STANDARD (1,550-40-10) bike draft legal
- DUATHLON STANDARD – (40-10) bike draft legal

STANDARD (OLYMPIC) TRIATHLON COUNTS FOR:

- SLOVENIAN NATIONAL CHAMPIONSHIP TZS
- 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 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 TRIATHLON 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 2024 – Rules:

Anyone who takes part in the Bled Triathlon will automatically be entered into the AATC 2024 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](#), 31. 8. 2024,
2. [TRIGLAV TRIATHLON BLED](#), 7. 9. 2024 (triathlon, aquabike or duathlon)

For athletes who will finished 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: 200 m swim – 1000 m run (younger boys & girls 2013–2014)

Age Categories

CM / CF – Cicibani in cicibanke	7 to 9 years	2015–2017
D1M / D1F – Mlajši dečki in deklice	10 to 11 years	2013–2014

2.2. Super Sprint SD – older boys & girls (2011–2012)

300 m swim – 1 lap

6 km bike – 1 lap

1.5 km run – 1 lap

Age Categories

D2M / D2F – Starejši dečki in deklice	12 to 13 years	2011–2012
--	----------------	-----------

2.3.1. Super Sprint KD, MM – kadetes & youth (2006–2009)

300 m swim – 1 lap

12 km bike – 2 laps

3.3 km run – 1 lap

Age Categories

KM / KF – Kadeti in kadinje	14 to 15 years	2009–2010
M1M / M1F – Mlajši mladinci in mladinke	16 to 17 years	2007–2008
SMM / SMF – Starejši mladinci in mladinke	18 to 19 years	2005–2006

2.3.2. Triathlon for everybody

300 m swim – 1 lap

12 km bike – 2 laps

3.3 km run – 1 lap

Age Categories

E3M / E3F – Člani in članice 1	20 to 35 years	2004–1989
E4M / E4F – Veterani in veteranke 1	36 to 50 years	1988–1974
CM / CF – Veterani in veteranke 2	51 and older	1973 and older

2.3.3. Relay triathlon for everybody

300 m swim – 1 lap

12 km bike – 2 laps

3.3 km run – 1 lap

Age Categories

RM – men team

RF – women team

RX – mix team

RD – duathlon relay

2.4. Standard triathlon – National Championship (also Triglav triathlon Root)

Medicus standard triathlon – Državno prvenstvo zdravnikov in zobozdravnikov

1.550 m swim in Bled lake – 2 laps

40 km bike between Mala Zaka and Pristava – 7 lapa (draft legal in gender categories)

10 km run between Mala Zaka and Bled – 3 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.

On bike course there will be time limit – if you don't finish in 2:30 with swim&bike portions, you will be removed from the race (DNF). Bike is draft legal race.

Age Categories

M2M / M2F – Starejši mladinci in mladinke	18 & 19 years	2005 – 2006
E1M / E1F – Člani in članice I	20 to 29 years	1995 – 2004
E2M / E2F – Člani in članice II	30 to 39 years	1985 – 1994
V1M / V1F – Veterani in veteranke I	40 to 44 years	1975 – 1979
V2M / V2F – Veterani in veteranke II	45 to 49 years	1975 – 1979
V3M / V3F – Veterani in veteranke III	50 to 54 years	1970 – 1974
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1965 – 1969
V5M / V5F – Veterani in veteranke V	60 to 64 years	1960 – 1964
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1955 – 1959
V7M / V7F – Veterani in veteranke VII	70 and older	1954 and older
Medicus – Skupna kategorija		

2.5. Relay triathlon – Standard distance

1,550 m swim (2 laps), 40 km bike (7 laps), 10 km run (3 laps)

Age Categories

ZM – men team

ZF – women team

ZX – mix team

ZD – duathlon relay

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

1,550 m swim in Bled lake – 2 laps

40 km bike between Mala Zaka and Pristava – 7 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	2005–2006
E1M / E1F – Člani in članice I	20 to 29 years	1995–2004
E2M / E2F – Člani in članice II	30 to 39 years	1985–1994
V1M / V1F – Veterani in veteranke I	40 to 44 years	1975–1979
V2M / V2F – Veterani in veteranke II	45 to 49 years	1975–1979
V3M / V3F – Veterani in veteranke III	50 to 54 years	1970–1974
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1965–1969
V5M / V5F – Veterani in veteranke V	60 to 64 years	1960–1964
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1955–1959
V7M / V7F – Veterani in veteranke VII	70 and older	1954 and older

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

40 km bike between Mala Zaka and Pristava – 7 laps (draft legal in gender categories)

10 km run between Mala Zaka and Bled – 3 laps

Age Categories

DE3M / DE3F – Člani in članice 1	20 to 35 years	2004–1989
DE4M / DE4F – Veterani in veteranke 1	36 to 50 years	1988–1974
DE5M / DE5F – Veterani in veteranke 2	51 and older	1973 and older



3. Time Schedule – Triathlon Bled 2024

3.1. European Junior Cup

Friday 6. 9. 2024 (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
19:45	Q&A Session on Athletes Briefing – Bled Park hotel

Saturday 7. 9. 2024 (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 ET Junior Cup – Women
09:45	Presentation of Men competitors in swimming start area ET Junior Cup
10:00	Start ET Junior Cup – Men
aprox. 10:50	End of Race ET Junior Cup
11:00	Flower Ceremony ET Junior Cup
11:00–11:15	Transition area ET Junior Cup had to be emptied

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 (2015-2017)
11:35	Briefing, race instructions – younger boys & girls
11:40	Start Aquathlon (2013-2014)
11:20	Transition area open – Super Sprint and Triathlon for everybody
11:50	Briefing, race instructions – Super Sprint (2011-2012)
12:00	Start Super Sprint (older boys & girls (2011-2012))
12:35	Briefing, race instructions – Super Sprint and Triathlon for everybody
12:40	Start: kadetes & youth (2007-2010) and Triathlon for everybody
12:41	Start Pionir Triathlon Athletes (Athletes from first Triathlon Bled in 1984)
12:50	Award ceremony CICI and younger boys & girls
aprox. 13:50	End of Race Super Sprint and Triathlon for everybody
13:40–13:55	Transition area Super Sprint kadetes & youth had to be emptied
13:55–14:20	Transition area open – Standard triathlon
14:25	Briefing, race instructions – Standard triathlon
14:30	Start Standard: Women in Veterans V3+ (50+)
14:35	Start Aquabike
14:40	Start Standard: Men, Veterans V1, V2 and Relays
15:10	Start Duathlon (start from Transition Area)
15:15	Award ceremony Super Sprint and Triathlon for everybody, Relays
aprox. 16:40	First at Finish line
18:00	End of Race Standard triatlon
18:30	Award ceremony Standard, Aquabike, Duathlon, Relays, Triglav Triathlon Roots (first comes Award ceremony for overall winners with prize money)

On bike course there will be time limit – if you don't finish in 2:30 with swim&bike portions, you will be removed from the race (DNF). Bike is draft legal race.

Youtube link – **I FEEL SLOVENIA TRIATHLON FESTIVAL / TRIGLAV TRIATLON BLED**

- https://www.youtube.com/watch?v=JuZ6_BiPozQ
- <https://www.youtube.com/watch?v=OzsERxdENY4&t=18s>

4. General rules

ALL ATHLETES COMPETING UNDER THEIR OWN RESPONSABILITY!

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**:

<https://prijavim.se/calendar/checkings/5471/triglav-triatlon-bled-6-7-9-2024>

Registration **Štafete**:

<https://prijavim.se/calendar/checkings/5617/triglav-triatlon-bled-6-7-9-2024---stafeta>

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, 3. 9. 2024 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.

Entry fees:

Date	Till 31. 7. 2024	Till 31. 8. 2024	Till 3. 9. 2024	Race day 7. 9. 2024
CICI Aquathlon	10	10	10	15
Super Sprint triathlon	30	30	30	40
Triathlon for everybody	30	33	36	50
Relay triathlon for everybody	50	55	60	70
Standard triathlon (Nat. Champ.)	50	55	60	70
Aquabike (Nat. Champ.)	40	44	48	60
Duathlon	40	44	48	60
Relay triathlon Standard	90	99	108	120

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	up to 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 – 13:30	1:45
Road open	13:30 – 14:20	0:50
Full closure of the road: Standard Triathlon	14:20 – 17:00	2:40
Road open	po 17:00	

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 hot meal and a drink.

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

Top three in Men and Women absolute category in Standard 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

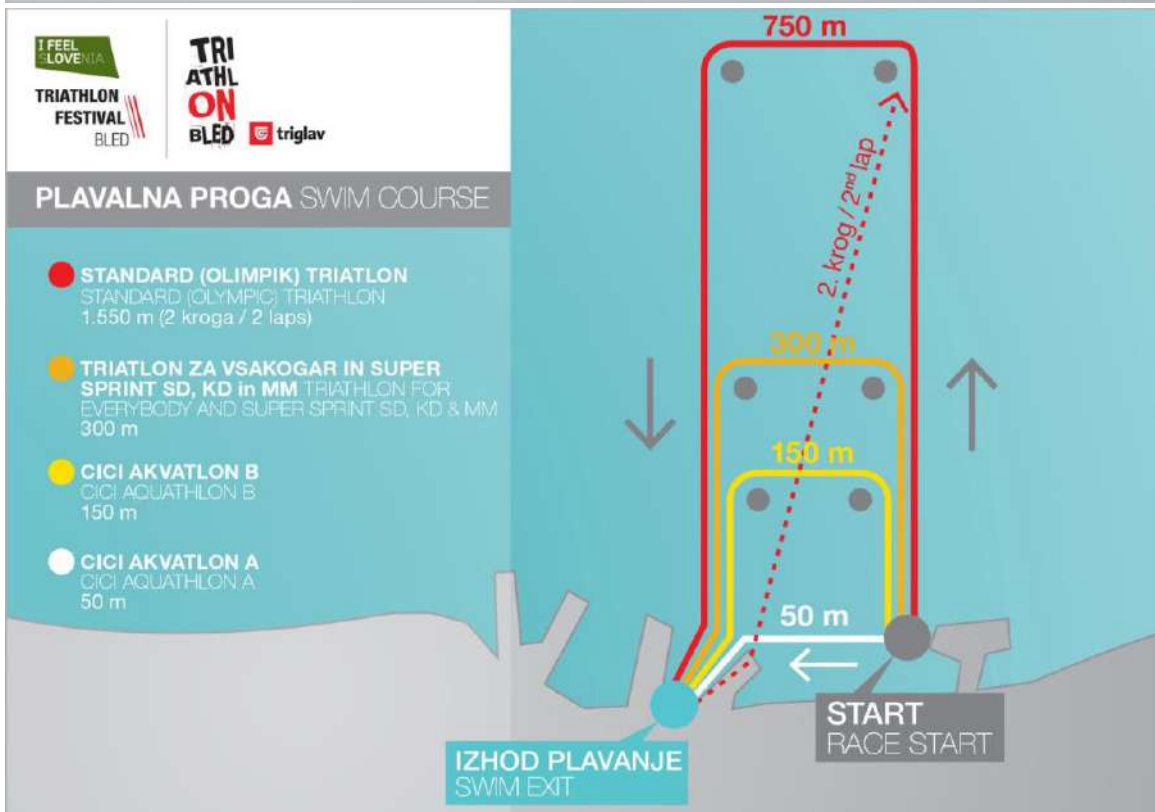


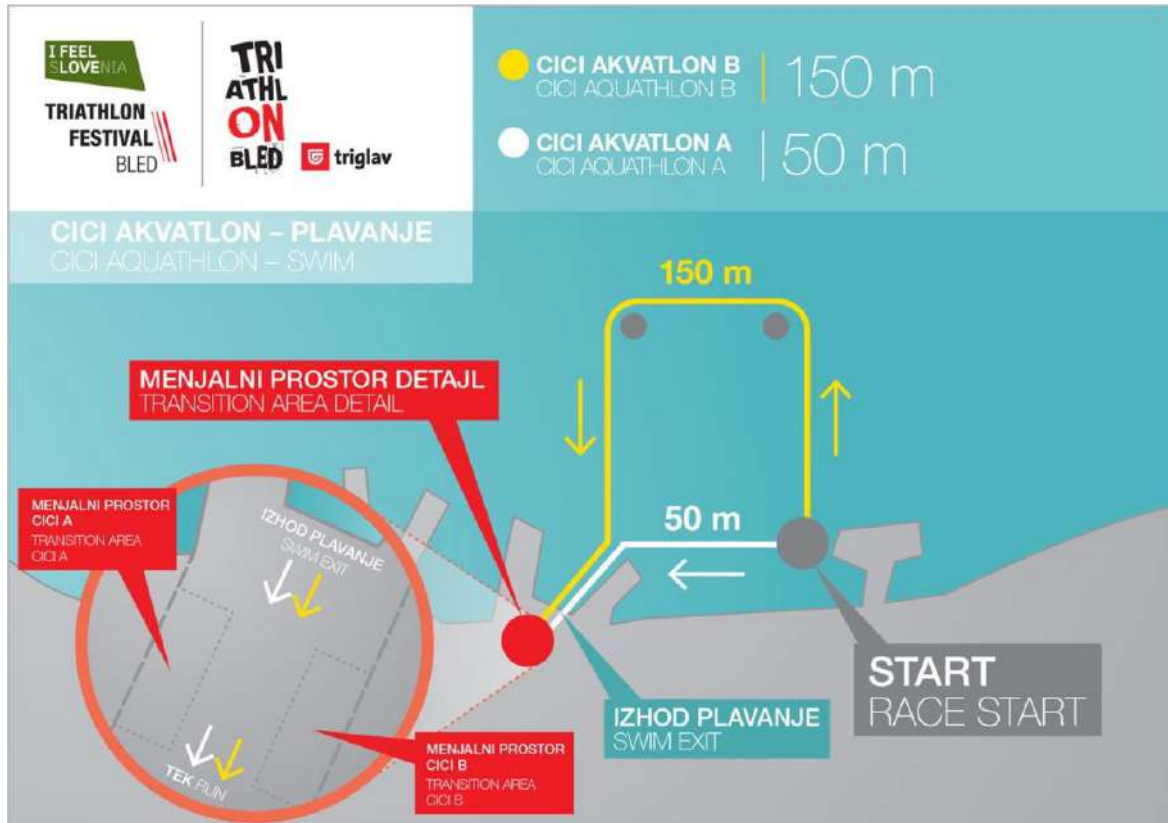


9.1. Swimming

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

On Standard triathlon, Aquabike and Relay triathlonu there is two laps swim.





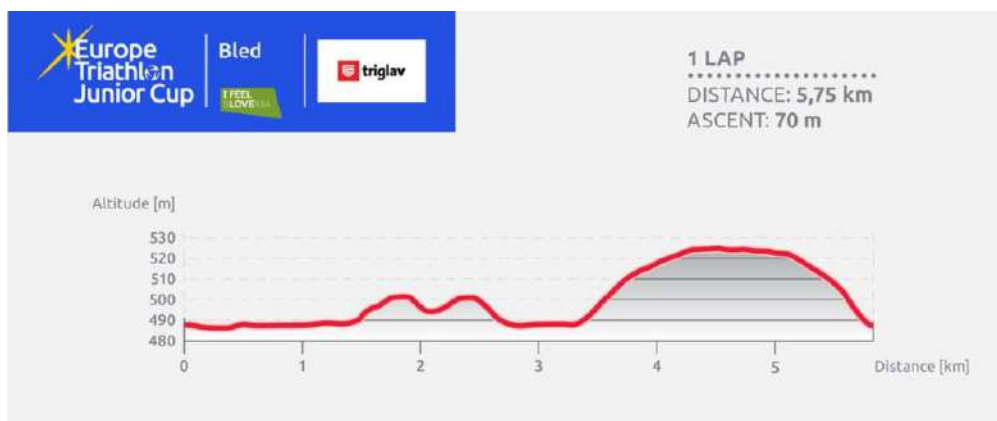
9.2. Transition 1/2



9.3. Bike

One lap distance is 5.75 km: from Mala Zakea, to Velika Zaka, on the left to Pristava, then U-turn back to Velika Zaka, then climb to Railway station and along Kolodvorska street to descent along Župančičeva street to Mala Zaka.

Triathlon for everybody and Relays triathlon for everybody – 2 laps,
 Super Sprint SD – 1 lap,
 Super Sprint KD, MM – 2 laps,
 Standard triathlon, Aquabike, Duathlon and Relay Standard triathlon – 7 laps.



9.4. Transition 2/2



9.5. Run

On lap distance is 3.3 km: on the road under the Bled castle to the parking place in the city centre, the u-turn to go back to Mala Zaka.

Triathlon for everybody and Relay for everybody – 1 lap,

CICI aquathlon – 1 small lap,

Super Sprint SD – 1 small lap,

Super Sprint KD, MM – 1 lap,

Standard triathlon, Aquabike, Duathlon and Relays Standard triathlon – 3 laps.













Video – ET Junior Cup:

- [swim start](#)
- [highlights of the race](#)

Video – Triathlon Bled:

- [Triathlon Bled – Alps Adriatic Triathlon Cup](#)
- [Triathlon Festival Bled](#)