

I FEEL
SLOVENIA

TRIATHLON FESTIVAL

Vodnik za tekmovalce

triglav

TRIATHLON BLED



Alps Adriatic Triathlon Cup

40. let (1984–2024)

6.–7. September 2024

EVROPSKI MLADINSKI POKAL BLED 2024

DRŽAVNO PRVENSTVO TZS V STANDARD TRIATLONU IN AKVABIKEU

DRŽAVNO PRVENSTVO ZDRAVNIKOV IN ZOBOZDRAVNIKOV

ALPE ADRIA TRIATLONSKI POKAL

TRIGLAVSKA TRIATLONSKA GRČA

ŠTART PIONIRJEV SLOVENSKEGA TRIATLONA IZ 1984

1. Splošne informacije

Kraj: BLED – MALA ZAKA

Organizator: TRIATLONSKI KLUB TRISPORT KAMNIK

Vodja tekmovanja: Miro KREGAR

Informacije: www.com.triatlon-bled.si

Tel: 041 641 527

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. Tekmovalne razdalje in zvrsti

BLED – MALA ZAKA

- EVROPSKI MLADINSKI POKAL (400–12–3,3)
- CICI AKVATLON ZA OTROKE (50-500 / letnik 2015–2017)
- AKVATLON (150-1000 / letnik 2014–2013)
- SUPER SPRINT TRIATLON starejši dečki in deklice, letnik 2011-2012 (300–6–1,5) 1 krog kolesa
- SUPER SPRINT TRIATLON kadeti in mlajši mladinci, letnik 2007-2010 (300–12–3,3) 2 kroga kolesa
- TRIATLON ZA VSAKOGAR (300–12–3,3) kolesarjenje v zavetrju dovoljeno
- ŠTAFETNI TRIATLON ZA VSAKOGAR (300–12–3,3) kolesarjenje v zavetrju dovoljeno
- TRIATLON – STANDARD – Državno prvenstvo TZS (1550–40–10) kolesarjenje v zavetrju dovoljeno
- AKVABIKE – STANDARD – Državno prvenstvo TZS (1550–40) kolesarjenje v zavetrju dovoljeno
- ŠTAFETNI TRIATLON – STANDARD (1550–40–10) kolesarjenje v zavetrju dovoljeno
- DUATLON STANDARD (40–10) kolesarjenje v zavetrju dovoljeno

STANDARD TRIATLON ŠTEJE ZA:

- DRŽAVNO PRVENSTVO IN 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

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 Standard triatlonu. Pogoji so sledeči in čas ni važen:

1. TRIATLON JEKLENI 31.8.2024 (1. solo nastop s kajakom, supom ali plavanjem + MTB + tek)
2. TRIGLAV TRIATLON BLED 7.9.2024 (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: 200 m plavanja – 1000 m teka

Starostne kategorije

| | | |
|--|--------------|-----------|
| CM / CF – Cicibani in cicibanke | 7 do 9 let | 2015–2017 |
| D1M / D1F – Mlajši dečki in deklice | 10 in 11 let | 2013–2014 |

2.2. Super Sprint SD

300 m plavanja – 1 krog

6 km kolesarjenja – 1 krog

1.5 km teka – 1 krog

Starostne kategorije

| | | |
|--|--------------|-----------|
| D2M / D2F – Starejši dečki in deklice | 12 in 13 let | 2011–2012 |
|--|--------------|-----------|

2.3.1. Super Sprint – KD, MM

300 m plavanja – 1 krog

12 km kolesarjenja – 2 kroga

3,3 km teka – 1 krog

Starostne kategorije

| | | |
|--|--------------|-----------|
| KM / KF – Kadeti in kadetinje | 14 in 15 let | 2009–2010 |
| M1M / M1F – Mlajši mladinci in mladinke | 16 in 17 let | 2007–2008 |
| SMM / SMF – Starejši mladinci in mladinke | 18 in 19 let | 2005–2006 |

2.3.2. Triatlon za vsakogar – Medicus rekreativni triatlon

300 m plavanja – 1 krog

12 km kolesarjenja – 2 kroga

3,3 km teka – 1 krog

Starostne kategorije

| | | |
|--|----------------|------------------|
| E3M / E3F – Člani in članice 1 | 20 do 35 let | 2004–1989 |
| E4M / E4F – Veterani in veteranke 1 | 36 do 50 let | 1988–1974 |
| CM / CF – Veterani in veteranke 2 | 51 in starejši | 1973 in starejši |
| Medicus – Skupna kategorija | | |

2.3.3. Štafetni triatlon za vsakogar – Medicus rekreativni triatlon

300 m plavanja – 1 krog
 12 km kolesarjenja – 2 kroga
 3,3 km teka – 1 krog

Starostne kategorije

RM – moška ekipa

RF – ženska ekipa

RX – mešana ekipa

RD – duatlonska štafeta

2.4. Standard triatlon – Državno prvenstvo (tudi pokal Triglavska grča)

Medicus standard triatlon – Državno prvenstvo zdravnikov in zobozdravnikov

1.550 m plavanja v Blejskem jezeru – 2 kroga
 40 km kolesarjenja med Malo Zako in Pristavo – 7 krogov
 10 km teka med Malo Zako in Bledom – 3 kroge

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

Na standard razdalji bo ČASOVNA ZAPORA: kdor po 2 urah in 30 minutah ne konča s plavanjem in kolesarjenjem, bo moral predčasno končati tekmovanje (DNF).

Starostne kategorije

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

2.5. Štafetni triatlon – Standard razdalja

Starostne kategorije

ZM – moška ekipa

ZF – ženska ekipa

ZX – mešana ekipa

ZD – duatlonska štafeta

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

1.550 m plavanja v Blejskem jezeru – 2 kroga

40 km kolesarjenja med Malo Zako in Pristavo – 7 krogov

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

Starostne kategorije

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

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

40 km kolesarjenja med Malo Zako in Pristavo – 7 krogov

10 km teka med Malo Zako in Bledom – 3 kroge

Starostne kategorije

| | | |
|--|----------------|------------------|
| DE3M / DE3F – Člani in članice 1 | 20 do 35 let | 2004–1989 |
| DE4M / DE4F – Veterani in veteranke 1 | 36 do 50 let | 1988–1974 |
| DE5M / DE5F – Veterani in veteranke 2 | 51 in starejši | 1973 in starejši |



3. Časovnica prireditve – Triatlon Bled 2024

3.1. Evropski mladinski pokal

Petek 6. 9. 2024 (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 |
| 19:45 | Vprašanja in odgovori – srečanje s TD – Bled Park hotel |

Sobota 7. 9. 2024 (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 | Predstavitve tekmovalk v plavalnem startnem prostoru ET Junior Cup |
| 09:00 | Start ET Junior Cup – ženske |
| 09:45 | Predstavitve tekmovalcev v plavalnem startnem prostoru ET Junior Cup |
| 10:00 | Start ET Junior Cup – moški |
| cca. 10:50 | Konec dirke ET Junior Cup |
| 11:00 | Podelitev cvetja ET Junior Cup |
| 11:00–11:15 | Izpraznitev menjalnega prostora ET Junior Cup |

3.2. Triatlon Bled

| 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 (2015-2017) |
| 11:35 | Navodila organizatorja mlajši dečki |
| 11:40 | Start akvatlon (2013-2014) |
| 11:20 | Odprt menjalni prostor za Super Sprint in Triatlon za vse |
| 11:50 | Navodila organizatorja Super Sprint (2011-2012) |
| 12:00 | Start Super Sprint (starejši dečki in deklice (2011-2012)) |
| 12:35 | Navodila organizatorja Super Sprint in Triatlon za vse |
| 12:40 | Start: Super Sprint kad., ml. mladinci (2007-2010) in Triatlon za vse |
| 12:41 | Start Pionirjev triatlona (iz 1984) |
| 12:50 | Razglasitev rezultatov za CICI in ml. dečki in deklice |
| cca. 13:50 | Konec dirke Super Sprint in Triatlon za vse |
| 13:40–13:55 | Praznjenje menjalnega prostora za Super Sprint kad. in ml. mladinci |
| 13:55–14:20 | Menjalni prostor odprt za Standard triatlon |
| 14:25 | Navodila organizatorja Standard |
| 14:30 | Start Standard: članice in veterani V3+ (50+) |
| 14:35 | Start Akvabike |
| 14:40 | Start Standard: člani, veterani V1, V2 in štafete |
| 15:10 | Start Duatlon (start iz menjalnega prostora) |
| 15:15 | Razglasitev rezultatov: Super Sprint in Triatlon za vse, Štafetni Triatlon za vse |
| cca. 16:40 | Prvi v cilju |
| 18:00 | Konec dirke Standard triatlon |
| 18:30 | Razglasitev rezultatov Standard, akvabike, duatlon, štafete, Triglavski triatlonski grča (prvo se podelijo denarne nagrade za absolutne zmagovalce) |

Na **Standard triatlonu** bo **časovna zapora** – zaradi časovne omejitve zapore na Bledu. Kdor po 2 urah in 30 min ne bo končal s plavanjem in kolesarjenjem, bo moral predčasno zaključiti s tekmovanjem (DSQ).

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

1. https://www.youtube.com/watch?v=JuZ6_BiPozQ

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

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/5471/triglav-triatlon-bled-6-7-9-2024>

Prijave **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

BIC/Swift: HDELSI22

Vse bančne provizije gredo v breme plačnika.

Konec on-line prijav: torek, 3. 9. 2024 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.

| Čas | Do 31. 7. 2024 | Do 31. 8. 2024 | Do 3. 9. 2024 | Na dan tekme 7. 9. 2024 |
|----------------------------|-------------------|-------------------|------------------|-------------------------------|
| CICI akvatlon | 10 | 10 | 10 | 15 |
| Super Sprint triatlon | 30 | 30 | 30 | 40 |
| Triatlon za vse | 30 | 33 | 36 | 50 |
| Štafetni triatlon za vse | 50 | 55 | 60 | 70 |
| Standard triathlon DP | 50 | 55 | 60 | 70 |
| Akvabike DP | 40 | 44 | 48 | 60 |
| Duatlon | 40 | 44 | 48 | 60 |
| Štafetni triatlon Standard | 90 | 99 | 108 | 120 |

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 – 13:30 | 1:45 |
| Cesta odprta | 13:30 – 14:20 | 0:50 |
| Popolna zapora ceste: Standard Triatlon | 14:20 – 17:00 | 2:40 |
| Cesta odprta | po 17:00 | |

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 2024, 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 Standard 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.



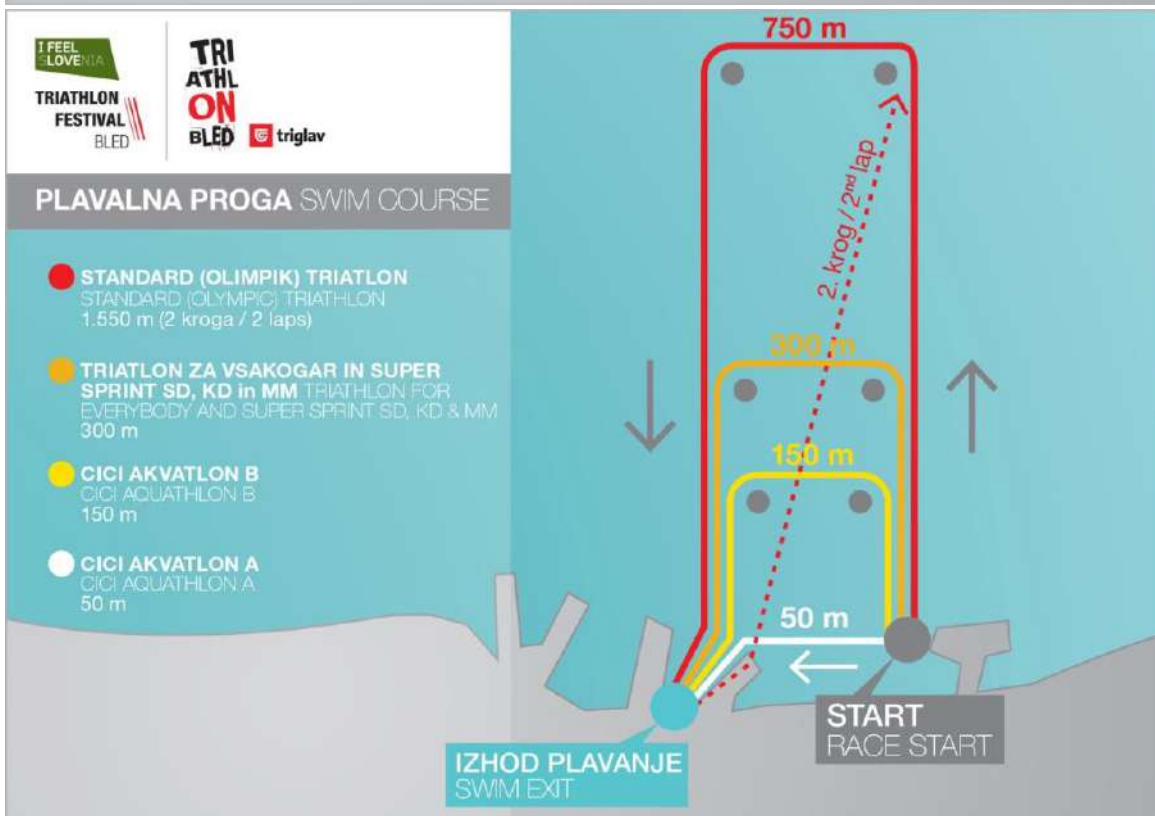
9. Trasa dirke





9.1. Plavanje

V obliki pravokotnika v Mali Zaki, pričakovana temperatura vode je 20–22 °C.
Na Standard triatlonu, akvabikeu in štafetnem triatlonu se plava 2 kroga.





9.2. MENJAVA 1/2



9.3. Kolesarjenje

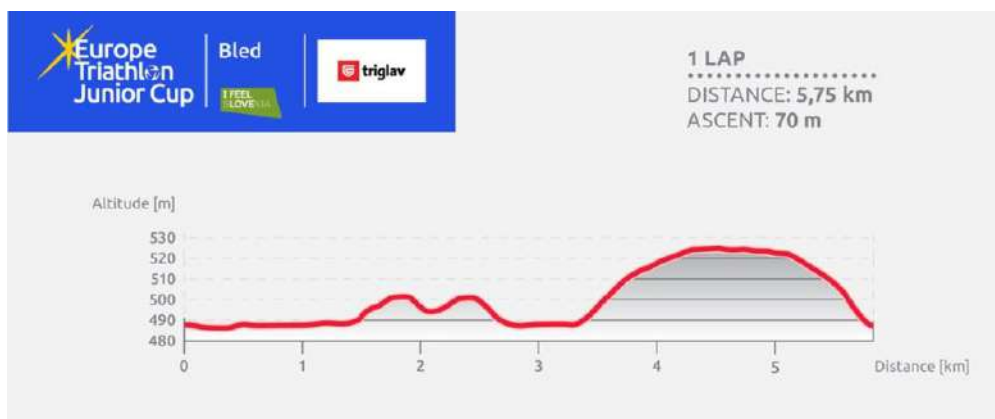
Krog je dolžine 5,75 km: iz Male Zake, do Velike Zake, po levi proti Pristavi, obrat, nazaj v Veliko Zako, vzpon do železniške postaje, naprej po Kolodvorski cesti in desno spust po Župančičevi cesti do Male Zake.

Triatlon za vsakogar in Štafetni triatlon za vsakogar – 2 kroga,

Super Sprint SD – 1 krog,

Super Sprint KD, MM – 2 kroga,

Standard triatlon, Akvabike, Duatlon in Štafetni Standard triatlon – 7 krogov.





9.4. MENJAVA 2/2



9.5. Tek

Krog je dožine 3,3 km: po cesti pod gradom do parkirišča v mestu, obrat in nazaj.

Triatlon za vsakogar in Štafetni triatlon za vsakogar – 1 krog

CICI akvatlon – 1 manjši krog

Super Sprint SD – 1 manjši krog

Super Sprint KD, MM – 1 krog

Standard triatlon, Akvabike, Duatlon in Štafetni Standard triatlon – 3 kroge.













Video – ET Junior Cup:

- [štart plavanja](#)
- [celotna dirka](#)

Video – Triathlon Bled:

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

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 laps (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**

1. https://www.youtube.com/watch?v=JuZ6_BiPozQ
2. <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

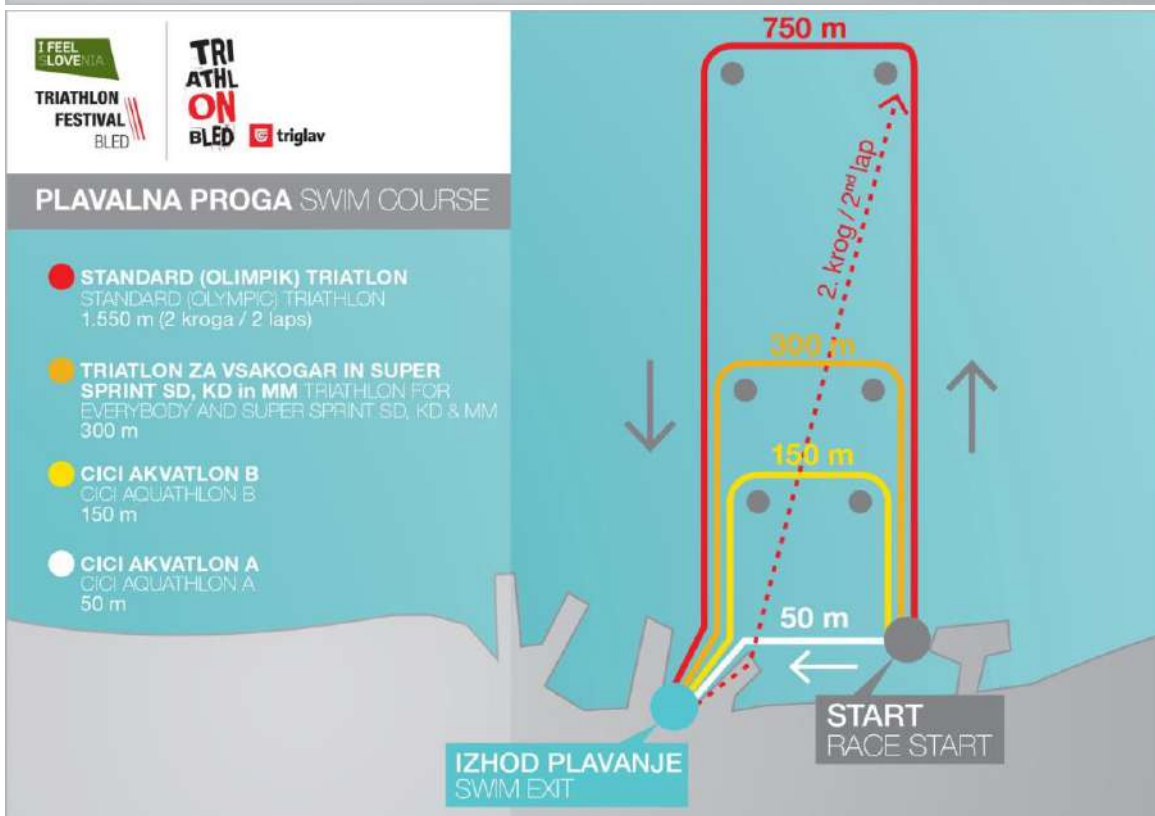
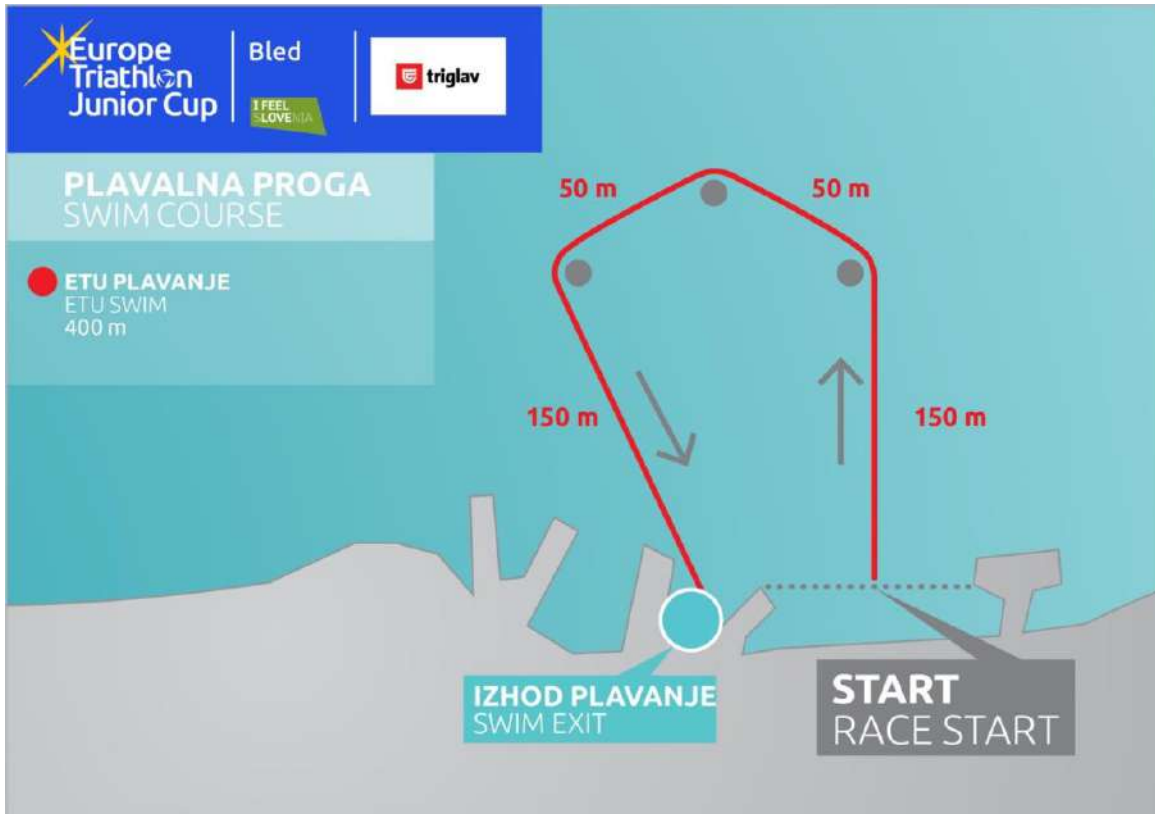


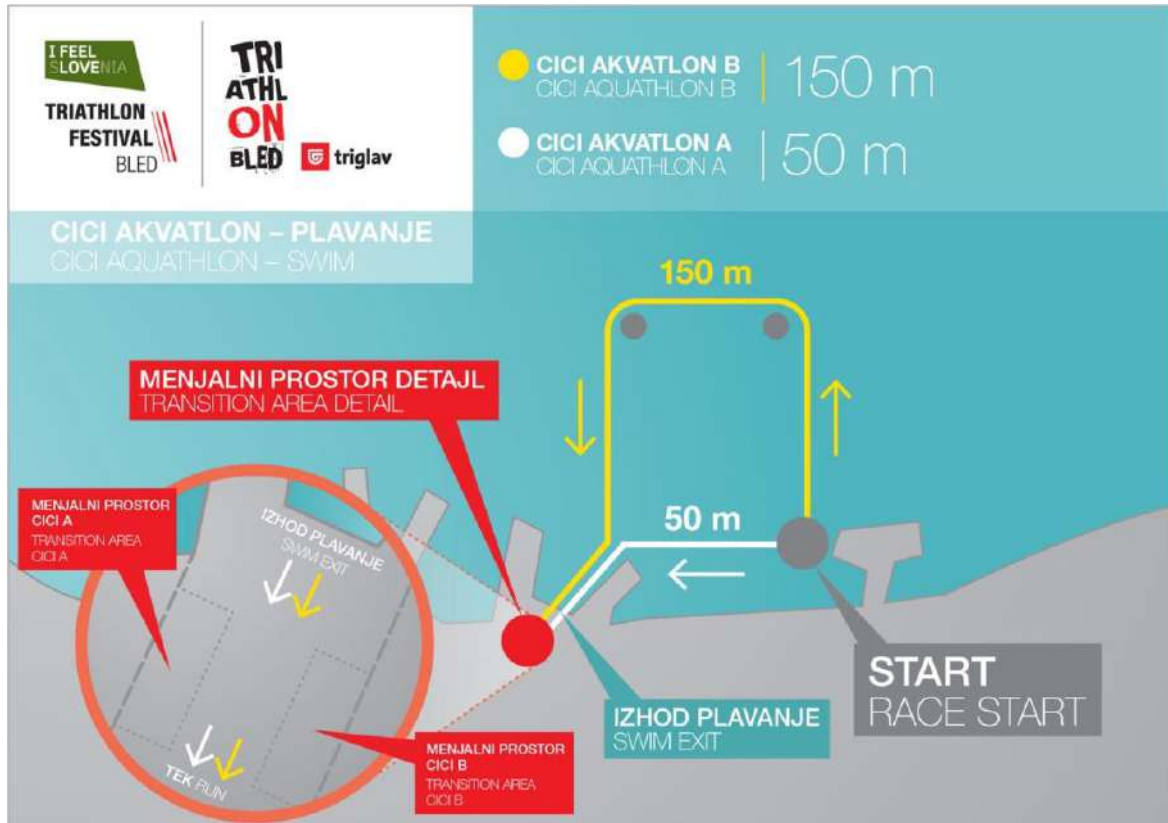


9.1. Swimming

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.





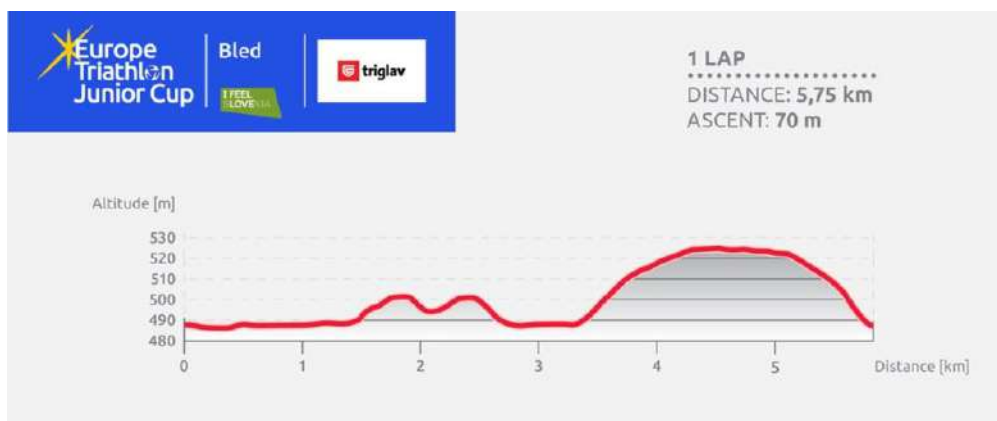
9.2. Transition 1/2



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](#)