



Triathlon day in LJUBLJANA – 1. June
Super sprint
Mixed Relay competition
Alpen – Adria Cup

#triathlonLJUBLJANA2025

SUPER SPRINT – MIXED RELAY – TRIATHLON FOR KIDS – TRIATHLON FOR ALL – RUN FOR KIDS – new: AQUABIKE

Swimming pool Kodeljevo, Ljubljana

@FOTO: BOŠTJAN VIDRAJZ

BASIC INFORMATION #TRIATLONLJUBLJANA2025



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- Day of Triathlon – **Sunday, 1. June.**
- Applications only through web page <https://prijavim.se/> till **Tuesday 27. May until 24h.** Applications and payment of starting fee on the day of the event is possible, but entry fee **will be more expensive (page 6).** Application is confirmed when fee is transferred!
- Take over of numbers will be possible from 7:30 a.m. at the registration desk.
- Entering the transition area and taking the equipment out of the transition area is at specific times based on the start (see Timeline page 4).
- **Each competitor receives a registration bag with a practical gift from the organizer.**



RACES #TRIATLONLJUBLJANA2025

Sunday, 1. June 2025

- Super sprint for Kids B 2012/2013 and Kids A 2010/2011: 250 m – 7,8 km – 1,6 km
 - Super sprint for Youth 2008/2009 and Junior 2006/2007: 350 m – 10,5 km – 2,8 km
 - Super sprint for Men/Women, Masters, Students and Triathlon for ALL (men/women): 350 m – 10,5 km – 2,8 km
 - Akvabike: 350 m – 10,5 km
 - **Triathlon for KIDS D&E (2016 and younger): 50 m – 1,7 km – 450 m ¹**
 - **Triatlon for KIDS C (2014, 2015): 100 m – 3,4 km - 650 m ¹**
- 1 - NO RACE BIKES ALLOWED! MANDATORY TO USE MTB BIKES!
- „Vzajemko“ Run for KIDS (2017 and younger): 300 m and Promo Aquathlon for ALL: 100m swim and 650m c run – both FREE
- *The kids run and promo aquathlon are free and all children can take part in it, even when accompanied by their parents
- **Mixed Relay (1 Woman + 1 Man): 150 m – 3,8 km – 0,85 km**



TIMELINE – SUNDAY, 1st June 2025

7:30 onwards : Take over the race numbers

8:40 – 9:35 Transition area open for Super sprint: 2010 - 2013

9:40 Super sprint 2010 – 2013 (women)

10:20 Super sprint 2010 – 2013 (men)

11:00 – 11:40 Transition area open for Youth/Juniors, Men/Women, Masters, Triathlon for ALL, Students, Aquabike

11:45 Super sprint Juniors/Youth, Men, Masters, Students, Triathlon for ALL and Aquabike – **MEN**

12:20 Super sprint Juniors/Youth, Men, Masters, Students, Triathlon for ALL and Aquabike – **WOMEN** (start after last men finish the bike)

12:50 – 13:10 Transition area open for KIDS C, D, E

13:20 Triathlon for kids D&E (2016 and younger)

13:40 Triathlon for kids C (2014, 2015)

14:00 „Vzajemko“ promo run for kids (2017 and younger)

14:15 End of the first part of the competitions and award ceremony

14:30 – 15:30 Transition area open Wave 3 for Mixed Relay

15:45 Mixed Relay START: Women + Men

18:00 Award ceremony for mixed relay

19:00 End of event



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CATEGORIES

TRIATHLON FOR KIDS

- Kids D&E: 2016&2017&2018 and younger
- Kids C: 2014&2015

TEAM MIXED RELAY

- Kids B and Kids A (2012&2013 and 2010&2011)
- Youth and Junior (2008&2009 and 2006&2007)
- Men/Women I and older

TRIATHLON FOR ALL (open category without license) :

- Men
- Women

STUDENTS:

- Men
- Women

AQUABIKE:

- Men
- Women

SUPER SPRINT categories

CATEGORY	AGE	YEAR OF BIRTH
Kids B	12 - 13 yr.	2012 – 2013
Kids A	14 - 15 yr.	2010 – 2011
Youth	16 - 17 yr.	2008 – 2009
Junior	18 - 19 yr.	2006 – 2007
Men and Women I	20 - 29 yr.	1996 – 2005
Men and Women II	30 - 39 yr.	1986 – 1995
Master I	40 - 44 yr.	1985 - 1981
Master II	45 - 49 yr.	1980 – 1976
Master III	50 - 54 yr.	1975 – 1971
Master IV	55 - 59 yr.	1970 – 1966
Master V	60 - 64 yr.	1965 – 1961
Master VI	65 - 69 yr.	1960 – 1956
Master VII	over 70 yr.	1955 in manj



APPLICATIONS and payment

- Triathlon for KIDS (2014 and younger): 15 €
- SUPER SPRINT
 - Kids A and Kids B (2010-2013): 30 €
 - Youth (2009) and older & Triathlon for ALL: 35 €
 - Students: 30€
- AQUABIKE: 30€
- MIXED RELAY:
 - Team (2 members – 1 woman and 1 man: W-M): 40 €

The registration is valid when the entry fee is paid.

**Vzajemko Run for kids and promo Aquathlon are free!*

Applications are only possible through the prijavim.se webpage until 27th May until 24h .
Applications and payment of starting fee on the day of the event is still possible, but entry fee will be higher and amounts:

- Triathlon for KIDS (2014 and younger): 20 €
- SUPER SPRINT
 - Kids A and Kids B (2010-2013): 40 €
 - Youth (2009) and older and Triathlon for ALL: 50 €
 - Students: 40€
 - Aquabike: 40€
- MIXED RELAY: 50 €



APPLICATIONS:

From Thursday 1. May until Tuesday 27. May

<https://prijavim.se/>



PAYMENT

Triatlonski klub Ljubljana, Zihelova 40, 1000 Ljubljana

IBAN: SI56 0204 5001 8904 909

Swift: LJBAS12X

ALL ADDITIONAL INFO

Triatlonski klub Ljubljana, Zihelova 40, 1000 Ljubljana

Info: mitja.mori@triatlonklub-lj.si / +386 41 505 003



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EVENT location and access



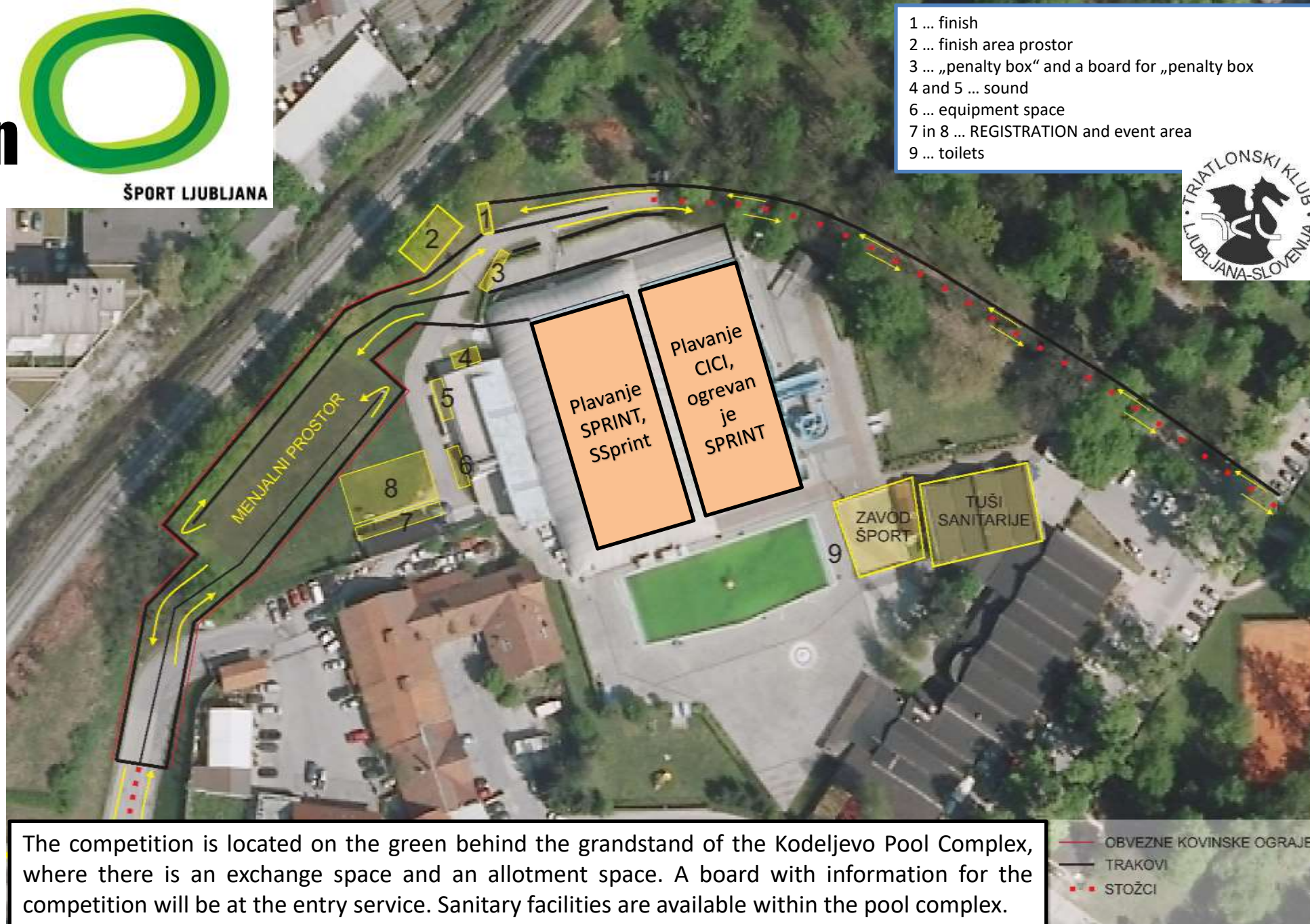
Participants are asked to use the parking lot and access from the Faculty of Sports, Gortanova 22, 1000 LJ.

LOCATION:

<https://goo.gl/maps/UnzhnBwKiSEy3odj7>

In case of parking in front of the pool, departure by car will be difficult until the end of the event:

- on Sunday, June 1st, until approximately 6 p.m.





SUPER SPRINT TRIATHLON – NATIONALS & OPEN

**KIDS B 2012&2013
KIDS A 2010&2011**

- 250 m swim
- 7,8 km bike (3 laps)
- 1,6 km run (1 lap)

FEATURES AND TIMETABLE SUPER SPRINT TRIATHLON KIDS A (2010&2011) AND KIDS B (2012&2013)



Super sprint triathlon:

- TZS National Championship for Kids A and Kids B.
- Open race for Alpen - Adria Cup

Races for Kids A and B have a **separate start** for men and women category (see the competition timeline)!

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool, where the exit is from the water. The length of the swim is 250m.

For transition area open time, see Timeline (p. 4)!



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KL Ljubljana
Foto: Jernej Rudič

SUPER SPRINT KIDS A and B: BIKE COURSE – 3 LAPS (7.8 km)



Competitors can mount and dismount at the point marked at the exit of transition area. **Competitors ride 3 laps with a total length of 7,8 km!**

Drafting is allowed!



SUPER SPRINT KIDS A and B: RUN COURSE – 1 LAP (1,6 KM)

- Super sprint running lap is 1,6km long.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see scheme on the right) and is U-shaped.
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.





SUPER SPRINT TRIATHLON – NATIONALS & OPEN

**YOUTH AND JUNIOR,
MEN/WOMEN, MASTERS AND
TRIATHLON FOR ALL**

- 350 m swim
- 10,5 km bike (4 laps)
- 2,8 km run (2 laps)

FEATURES AND TIMETABLE SUPER SPRINT TRIATHLON – YOUTH, JUNIOR, MEN/WOMEN, MASTERS AND TRIATHLON FOR ALL



Super sprint triathlon:

- TZS National Championship for Youth, Junior, Men/Women, and Masters.
- Open race Alpe Adria for all.

Drafting men after women and vice versa is not allowed and will be sanctioned with a time allowance in penalty box.

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool from the pool exit. The length of the swim is 350 m.

For transition area open time, see Timeline (p. 4)!



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SUPER SPRINT YOUTH, JUNIOR, MEN/WOMEN, MASTERS AND FOR ALL: BIKE COURSE – 4 LAPS (10,5 km)



Competitors can mount and dismount at the point marked at the exit of transition area. Competitors ride 4 laps with a total length of 10,5 km!

Drafting is allowed!



SUPER SPRINT YOUTH, JUNIOR, MEN/WOMEN, MASTERS AND FOR ALL: RUN COURSE – 2 LAPS (2,8 KM)

- Super sprint run has 2 laps with a total length of 2,8 km.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see sketch on the right) and is U-shaped.
- The entrance in the second lap is before entering the corridor to access the pool with a 90 degree turn to the left (at ~ 1,4 km).
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.





UNIVERZITETNA
ŠPORTNA ZVEZA
MARIBOR



SUPER SPRINT TRIATHLON – NATIONALS FOR STUDENTS WITH VALID STUDENT STATUS!

- 350 m swim
- 10,5 km bike (4 laps)
- 2,8 km run (2 laps)

FEATURES AND TIMETABLE SUPER SPRINT TRIATHLON – STUDENTS

Super sprint triathlon:

- National Championship for students with valid student status!

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool from the pool exit. The length of the swim is 350 m.

For transition area open time, see Timeline (p. 4)!



UNIVERZITETNA
ŠPORTNA ZVEZA
MARIBOR



SUPER SPRINT STUDENTS: BIKE COURSE – 4 LAPS (10,5 km)

Competitors can mount and dismount at the point marked at the exit of transition area. Competitors ride 4 laps with a total length of 10,5 km!

Drafting is allowed!



SUPER SPRINT STUDENTS: RUN COURSE – 2 LAPS (2,8 KM)

- Super sprint run has 2 laps with a total length of 2,8 km.
- Turn is located at 0,85 km on the cycle path by the river Ljubljanica (see sketch on the right) and is U-shaped.
- The entrance in the second lap is before entering the corridor to access the pool with a 90 degree turn to the left (at ~ 1,4 km).
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.





AKVABIKE – swim + bike

- 350 m swim
- 10,5 km bike (4 laps)

FEATURES AND TIMETABLE AQUABIKE COMPETITION

The aquabike competition is an additional offer for competitors who do not want to or cannot run.

The competition is in an open category for men and women.

The start is at the same time as supersprint competition, with the aquabike ending with a transition and a short run from the transition area to the finish line - 100m.

Competitors will place their bikes in the transition area at the place marked "SUPER SPRINT".

Swimming is in a 50 m pool with a group start on the opposite side of the pool from the pool exit. The length of the swim is 350 m.

For transition area open time, see Timeline (p. 4)!



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AQUABIKE BIKE COURSE – 4 LAPS (10,5 km)



Competitors can mount and dismount at the point marked at the exit of transition area. Competitors ride 4 laps with a total length of 10,5 km!

Drafting is allowed!



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TRIATHLON FOR KIDS

**Kids D&E
2016 & 2017 & 2018
and younger**

- 50 m swim
- 1,7 km bike (1 lap)
- 450 m run (1 lap)

FEATURES AND TIMETABLE – KIDS D&E 2016 & 2017 & 2018 and younger

Bike and run familiarization is possible before the competition, but only along the parallel cycling track, as the competitions will take place consecutively from 9am onwards.

For transition area opening time, see Timeline (p. 4).

Kids will have a specially marked place in the transition area.

Start at 13:00h.

The characteristics of the competition courses are presented on the following pages.

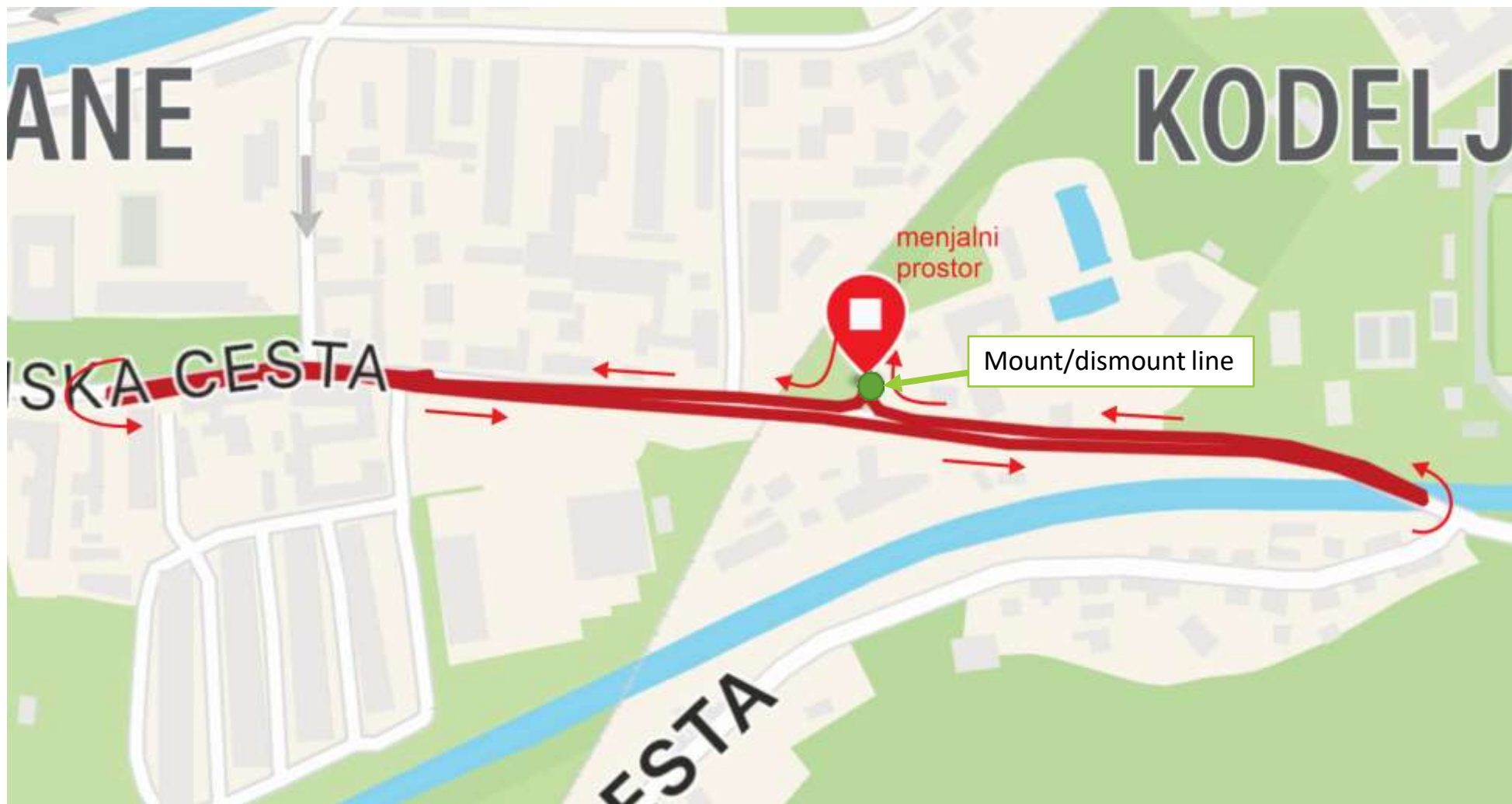


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BIKE COURSE KIDS D&E (2016 & 2017 & 2018+) – 1 LAP (1,7 km)



Competitors can mount the bike at the point marked in the picture above with the "mount/dismount line". After a right turn and a short ramp, the U-turn is formed. Competitors cycle back and ACROSS the course to another U-turn, from where they return to the course. After turning right, dismount the bike in front of the "mount/dismount line" and enter the transition area next to the bike. CICI competitors drive only 1 lap in the entire length of 1,7 km. Drafting is allowed.

RUN COURSE KIDS D&E (2016 & 2017 & 2018+) – 1 LAP (450m)

- The run is in both directions along the driveway to the pool. Competitors stick to the right side.
- The turn at 250 m is not a classic U-shaped turn, but a smaller circle (see the map on the right), which will be appropriately marked and where there will be a volunteer who will direct the competitors.
- The length of the run is 650 m.



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TRIATHLON FOR KIDS C

Kids 2014 & 2015

- 100 m swim
- 3,4 km bike (2 laps)
- 650 m run (1 lap)

FEATURES AND TIMETABLE – KIDS C 2014 & 2015

Bike and run familiarization is possible before the competition, but only along the parallel cycling track, as the competitions will take place consecutively from 9am onwards.

For transition area open time, see Timeline (p. 4).

Kids will have a specially marked place in the transition area.

Start at 13:20h.

The characteristics of the competition courses are presented on the following pages.



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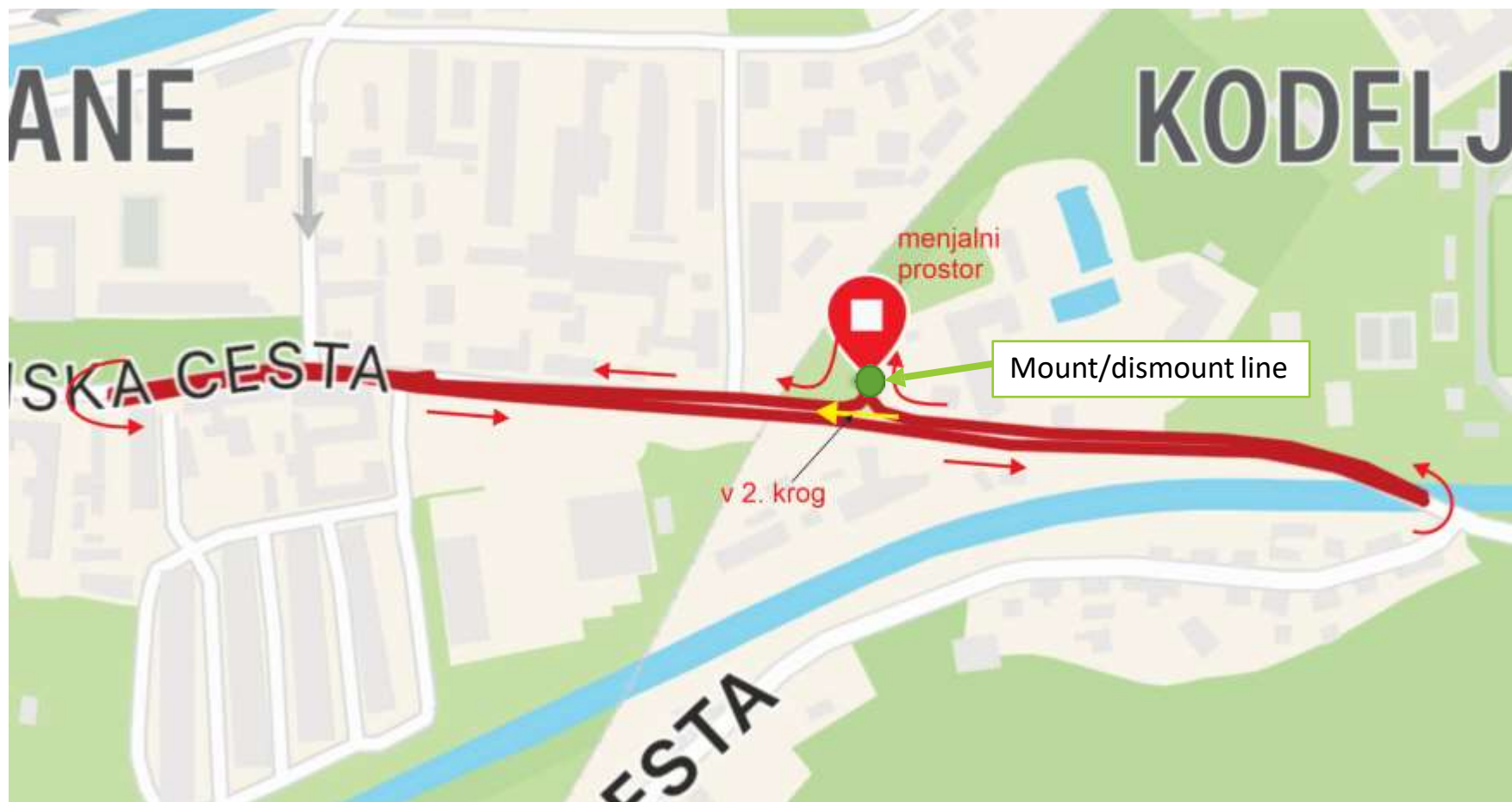


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Boštjan Vidrič

BIKE COURSE (2014 & 2015) – 2 LAPS (3,4 km)



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Competitors can mount the bike at the point marked in the picture above with the "mount/dismount line". After a right turn and a short ramp, the U-turn is formed. Competitors cycle back and ACROSS the course to another U-turn, from where they return to the course and continue straight past the course to the second lap. After completing the second lap and turning right, dismount the bike in front of the "mount/dismount line" and enter the transition area next to the bike. Kids 2012&2012 boys/girls ride 2 laps with a total length of 3,4 km. Drafting is allowed.

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VZAJEMKO RUN FOR KIDS

"Vzajemko"
non-competitive
run for the
youngest





PROMO AQUATHLON FOR ALL

Try at swimming
and running –
100 m swim +
650 m run (no
entry fee)



TEAM MIXED RELAY

(1 WOMAN + 1 MAN)

- 150 m swim
- 3,8 km bike (2 laps)
- 0,85 km run (1 lap)

FEATURES TEAM MIXED RELAY

- The team consists of two (2) competitors, one (1) woman and one (1) man, all of whom must be members of the same club with a valid TZS license and be at least 12 years old. The competition is held in a **woman, man, (same woman, same men) format**.
- The team must define the captain of the team.
- The team competition takes place with the start of the first competitor, who must complete all the disciplines and pass the baton to the next competitor, who also completes all the disciplines. When the last competitor pass the finish line the time is considered as the final time of the team.

CATEGORIES MIXED RELAY	YEARS OF AGE	YEAR OF BIRTH
KIDS A AND KIDS B*	12 – 15 years	2010 – 2013
YOUTH AND JUNIOR**	16 – 19 years	2006 – 2009
MEN/WOMEN and older	20 years and older	2005 and older

*In the mixed relay, Kids A can compete in the Youth and Junior categories, with the team being ranked in the category according to the age of the oldest competitor in the team.

** In the mixed relay, Junior can compete in the Men/Women categories, with the team being ranked in the category according to the age of the oldest competitor in the team.

FEATURES TEAM MIXED RELAY

- Categories **Kids B (2012&2013) and A (2010&2011): 1+1**
 - The competition is held in a woman, man (1+1) format.
 - Each competitor performs once.
 - The team consists of two (2) competitors, one (1) woman and one (1) man, all of whom must be members of the same club with a valid TZS license and be at least 12 years old.
- Categories **Junior and Women/Men I: 1+1**
 - The competition is held in a **woman, man, (same woman, same men) format.**
 - Each competitor performs twice.
 - The team consists of two (2) competitors, one (1) woman and one (1) man, all of whom must be members of the same club with a valid TZS license and be at least 12 years old.



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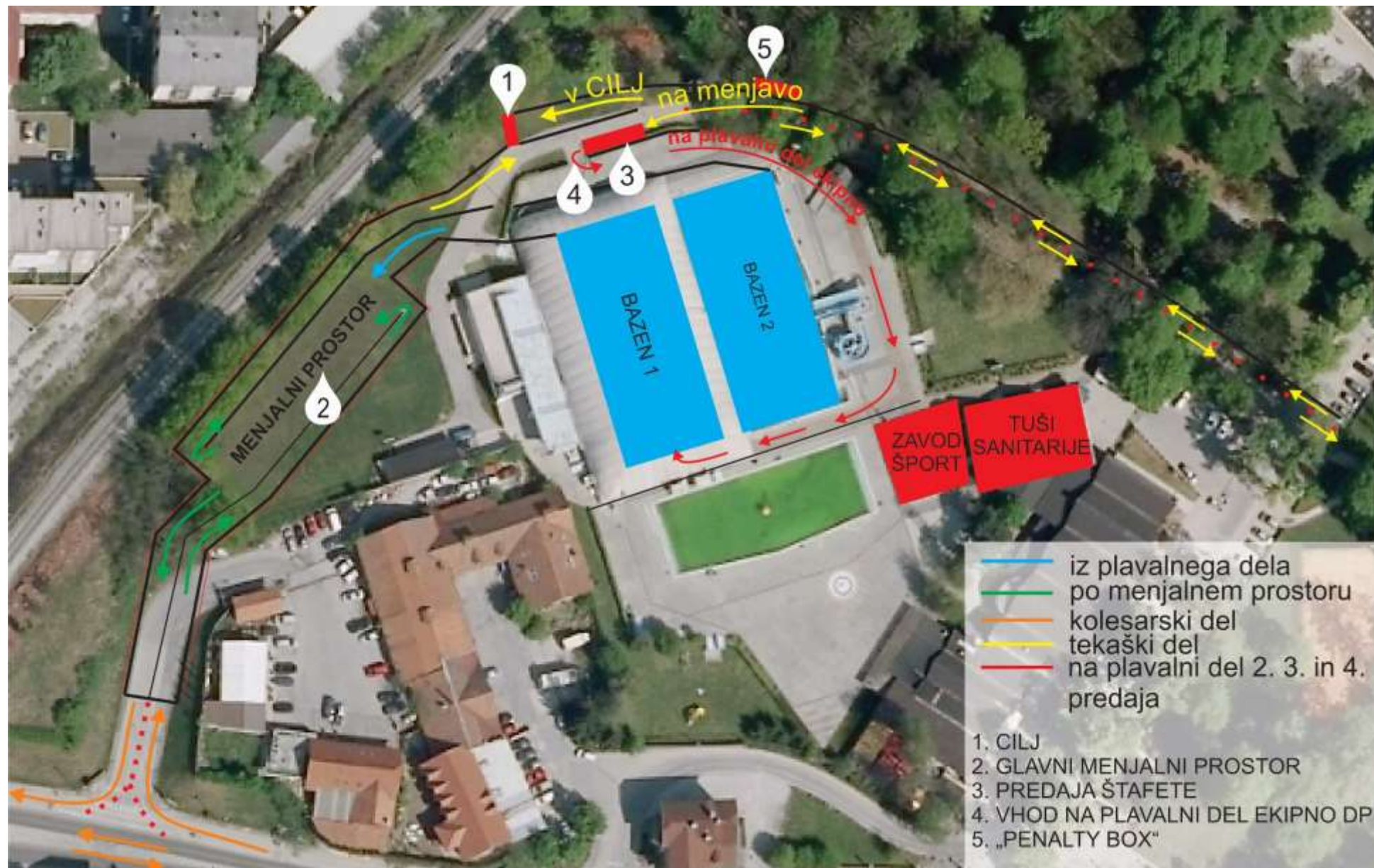
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Competitors are allowed to enter transition area between competition, put down their running shoes, and take off their swimming cap and goggles, but are not allowed to adjust their bike for a second competition performance.

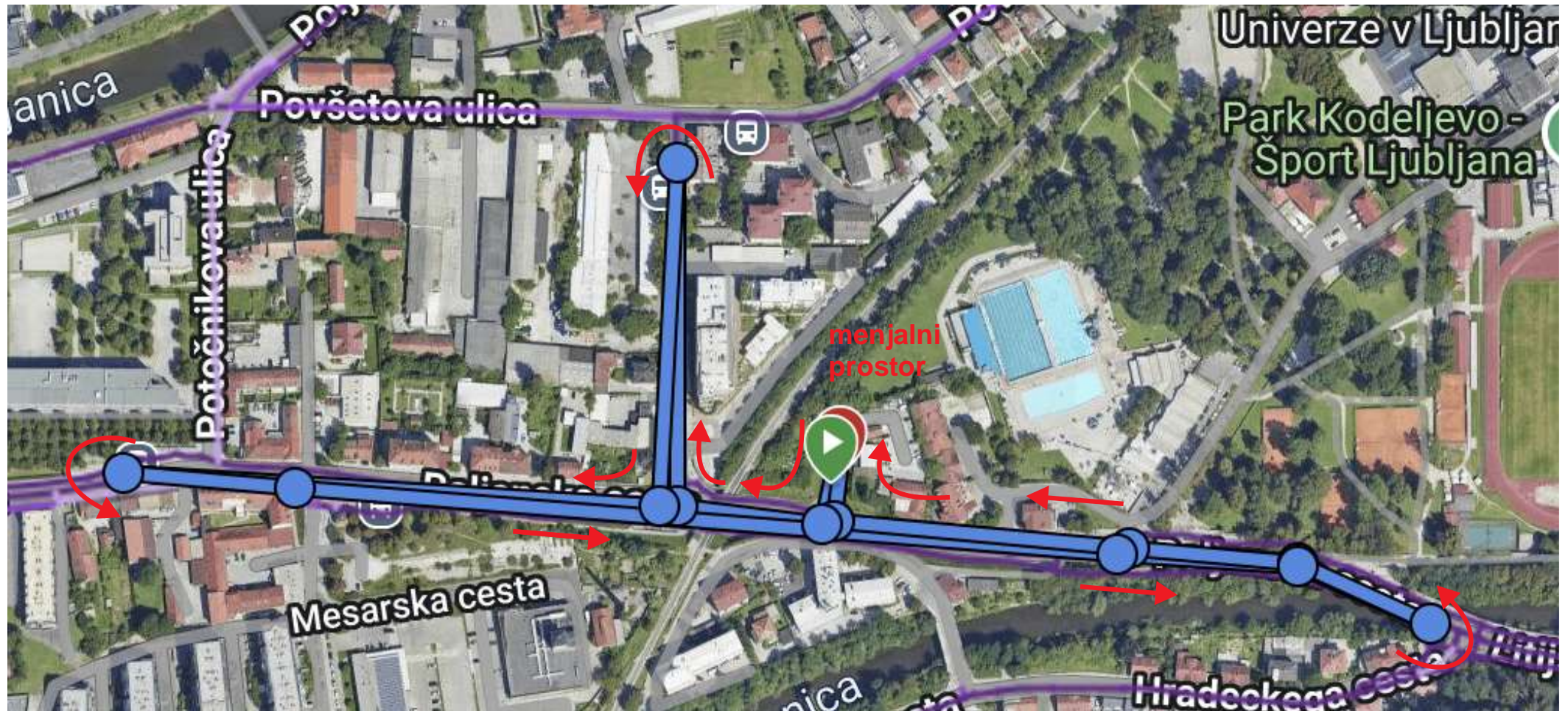
FEATURES TEAM MIXED RELAY

- The start of the first competitor is from the water. **Woman** starts the competition.
- The length of the swimming part is 150 m.
- Each competitor completes 150m swim, 3,8 km bike (2 laps) and 0,85 km run (1 lap) and passes the baton to the next competitor with a touch of the hand in the marked place.
- The 2nd, 3rd and 4th competitor runs from the place, where the baton is passed, to the entrance of swimming pool and along the marked corridor (see scheme on the next page), where the technical delegate directs him/her to the lane in which he/she swims 150 m and then complete the entire triathlon course. Entry to the pool is with a jump.
- The last competitor ends the competition after completing the triathlon by arriving at the finish line, when the total time of each relay is recorded.

TEAM MIXED RELAY: TRANSITION AREA+ **SWIM150M**



TEAM MIXED RELAY: BIKE COURSE – 2 LAPS (3,8 KM)

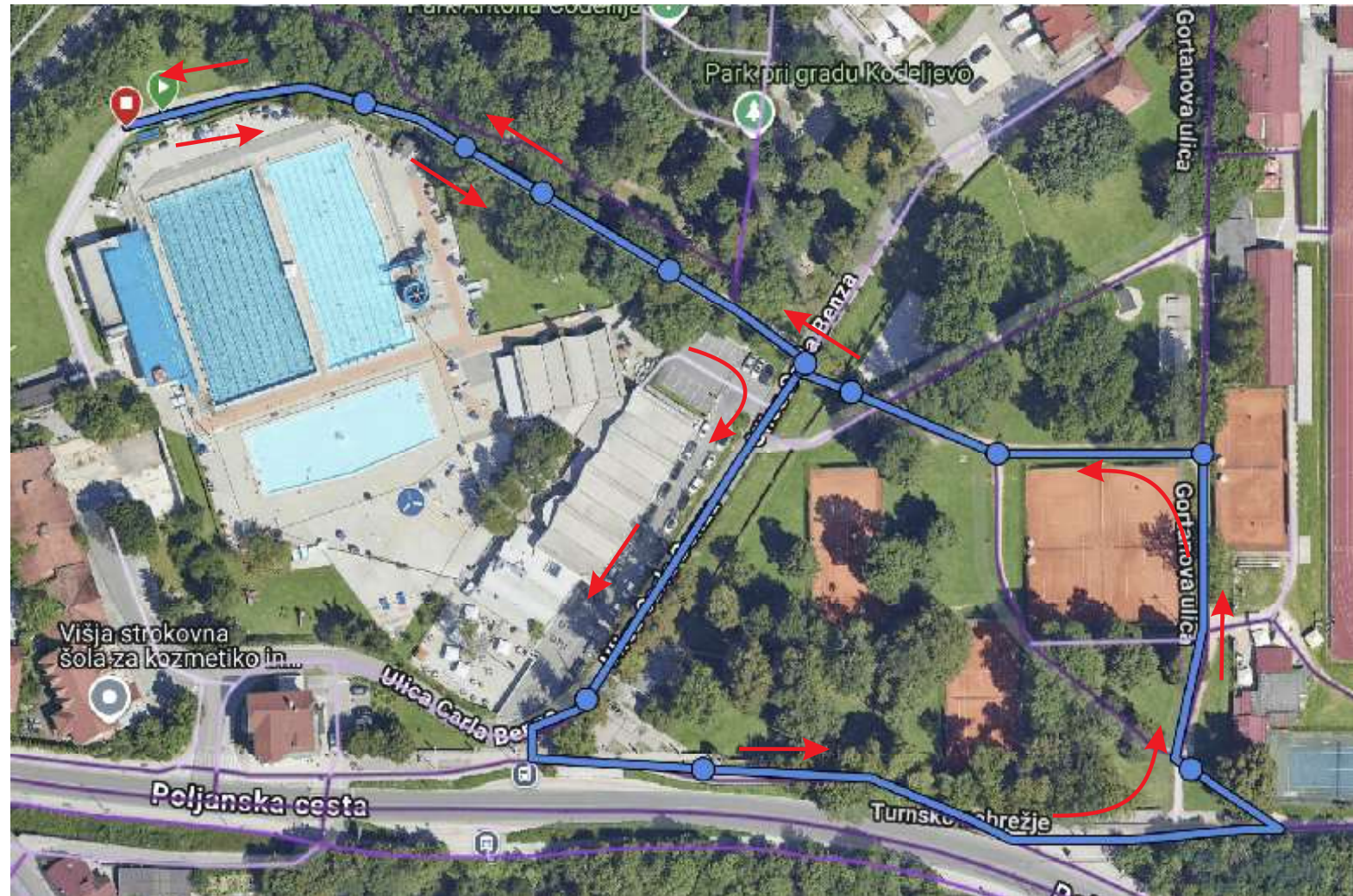


Competitors can mount/dismount the bike at the mount/dismount line marked on the racecourse at the exit of the transition area.
Competitors ride 2 laps with a total length of 3,8 km!

TEAM MIXED RELAY: RUN COURSE – 1 LAP (0,85 KM)



- Super sprint running lap is 0,85km long.
- The circle is counterclockwise (see sketch).
- Along the access corridor to the swimming pool, there is running in both directions, so the competitors stick to the right side.



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TURIZEM IN ŠPORT



Fundacija za šport
www.fundacijazasport.org

AWARDS AND PRIZES

- The first 3 in each category of open race receive medals.
- The first 3 teams in each category of the Team Mixed Relay receive medals
- There will also be some hands-on prizes from event sponsors.



ADDITIONAL INFORMATION



Responsibility: Competitors compete at their own risk. By applying, each applicant confirms that he is aware of the risks of the competition and that he is physically able to withstand physical exertion.

The competition is in accordance with the rules and provisions of the TZS Competition Rules.



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