



9th RAB TRIATHLON

Alps Adriatic Triathlon Cup



CROATIAN CHAMPIONSHIP
SPRINT TRIATHLON, SUPERSPRINT TRIATHLON,
MINI AQUATHLON AND MINI TRIATHLON
RAB, JUNE 04th, 2017.



Padova 1 bay 2017.

ORGANIZATION: Triathlon club Rab and Triathlon club Rival
PLACE AND DATE: Island of Rab, Padova 1 bay, June 04th, 2017.

RACES:

12:00 p.m. Mini aquathlon (50 m swim + 500 m run)

12:00 p.m. Kids E (2010. and younger)

12:15 p.m. Kids D (2008., 2009.)

12:40 p.m. Mini triathlon (50 m swim + 2 km bike + 500 m run)

Kids C (2006., 2007.)

1:10 p.m. Supersprint triathlon (375 m swim + 10 km bike + 2.5 km run)

Kids B (2004., 2005.)

Kids A (2002., 2003.)

2:45 p.m. Sprint triathlon (750 m swim + 20 km bike + 5 km run)

Youth (2000. and 2001.), juniors (1998. and 1999.), M/F 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75

Relays (2001. and older); one relay consists of 3 competitors, male or female; first competitor swims, second one cycles, third one runs.

SWIM: The swim course is in Padova 1 bay. Competitors in Mini aquathlon and Mini triathlon swim 50 m.

Competitors in Supersprint triathlon swim one triangular lap of 375 m. Competitors in Sprint triathlon swim two triangular laps the total of 750 m.

BIKE: Competitors in Mini triathlon cycle from the Padova Hotel to the football field and back twice.

Competitors in Supersprint triathlon cycle from the Padova Hotel to Vela riva and back three times. Competitors in Sprint triathlon cycle from the Padova Hotel to Vela riva and back six times.

RUN: Competitors in Mini aquathlon and Mini triathlon run along the promenade for 500 m. Competitors in Supersprint triathlon run from the Padova Hotel to the International Hotel and back. Competitors in Sprint triathlon run from the Padova Hotel to the International Hotel and back twice.

ENTRY FEE

40 EUR Relays

25 EUR Sprint triathlon

20 EUR Supersprint triathlon

7 EUR Mini triathlon

7 EUR Mini aquathlon

REGISTRATION AND INFORMATIONS

Registration via www.grabarsport.hr until thursday, June 1st 2017.

Entry fee payment on address: TK Rab, Barbat 245, 51280 Rab, Croatia, SWIFT: ESBCHR22

IBAN HR 2724020061100618675 until thursday, June 1st 2017.

Race contact number: +385 98 415 816 (Neno), e-mail rapski.triatlon@gmail.com

Handing out of the registration packages takes place on the race day, June 4th 2017, in the Padova hotel from 9:00 a.m. to 11:00 a.m.

RULES AND REGULATIONS

Rules of the race are in accordance with CTF and ITU rules and regulations.

All competitors receive timing chips.

Helmets are obligatory.

Drafting is allowed, only same sex.

During the race a T-shirt or a triathlon kit is obligatory.

Competitors are taking part in the race at their own risk.

All competitors get the race gift and lunch.

All Mini aquathlon and Mini triathlon competitors receive medals.

Top three overall finishers (M and F) win cup trophies.

Top three finishers in each category win medals.

Top three Sprint relays win medals.

PROGRAM

09:00 a.m. Registrations open

11:00 a.m. Registrations close

11:30 a.m. Transition area opens (Mini triathlon and Supersprint triathlon)

12:00 p.m. Transition area closes

12:00 p.m. Start of Mini aquathlon (kids E)

12:15 p.m. Start of Mini aquathlon (kids D)

12:40 p.m. Start of Mini triathlon

01:10 p.m. Start of Supersprint triathlon

02:15 p.m. Mini Aquathlon and Mini triathlon award ceremony

02:15 p.m. Transition area opens (Sprint triathlon)

02:35 p.m. Transition area closes

02:45 p.m. Start of Sprint triathlon

03:00 p.m. Supersprint award ceremony

04:30 p.m. Sprint triathlon finish

05:00 p.m. Sprint triathlon finish award ceremony

06:00 p.m. End of program

INFO : Tourist Board of the City of Rab www.tzg-rab.hr

PADOVA hotel - tel. +385 51 724 544 , e-mail: padova@imperial.hr



TRACK:



MINI AQUATHLON

START IN 12:00 p.m. KIDS E • START IN 12:15 p.m. KIDS D

 50 m SWIM


 500 m RUN
(1 LAP)



MINI TRIATHLON

START IN 12:40 p. m.

 50 m SWIM

 2 km BIKE
(2 LAPS)

 500 m RUN
(1 LAP)



SUPERSPRINT TRIATHLON

START IN 01:10 p.m.

375 m SWIM
(1 LAP)

10 km BIKE
(3 LAP)

2,5 km RUN
(1 LAP)



SPRINT TRIATHLON

START IN 02:45 p.m.

750 m SWIM
(2 LAP)

20 km BIKE
(6 LAP)

5 km RUN
(2 LAP)

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HOW TO REACH RAB

Rapska Plovidba ferry line:

Connection between the island and the mainland is by ferries Rapska Plovidba, a local shipping company that operates between the mainland - Stinica and Mišnjak on the southern coast of the island. The crossing takes 15 minutes.

www.rapska-plovidba.hr

Jadrolinija ferry line:

Ferry service is available between the village of Lopar on the northern coast of the island and Valbiska on the island of Krk, 4 times a day. The journey takes an hour and a half.

www.jadrolinija.hr

Catamaran passenger ferry connection from the port of Rijeka to the port of Rab once a day. The journey takes two hours.

www.jadrolinija.hr



Padova 2017.