

PROGRAM



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11th RAB TRIATHLON

Alps Adriatic Triathlon Cup



CROATIAN TRIATHLON CUP
SPRINT TRIATHLON, SUPERSPRINT TRIATHLON
AQUATHLON FOR KIDS



RAB, 8th of JUNE 2019



Padova 1 bay 2019.

ORGANIZATION: Triathlon club Rab and Triathlon union of Primorje - Gorski Kotar county
PLACE AND DATE: Island of Rab, Padova 1 bay, 8th of JUNE 2019

RACES

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

12:00 p.m. Kids D (2010., 2011.), Kids E (2012., and younger) Male

12:20 p.m. Kids D (2010., 2011.), Kids E (2012., and younger) Female

12:40 p.m. Mini aquathlon (100 m swim + 1 km run)

12:40 p.m. Kids C (2008., 2009.) Male

1:00 p.m. Kids C (2008., 2009.) Female

1:20 p.m. Supersprint triathlon (375 m swim + 10 km bike + 2.5 km run)

Kids B (2006., 2007.),

Kids A (2004., 2005.)

3:00 p.m. Sprint triathlon 1st race (750 m swim + 20 km bike + 5 km run)

Male: Youth (2002. and 2003.), juniors (2000. and 2001.), M 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80+

3:45 p.m. Sprint triathlon 2nd race (750 m swim + 20 km bike + 5 km run)

Female: Youth (2002. and 2003.), juniors (2000. and 2001.), W 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80+

Relays (2003. 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 swim 50 m / 100 m.

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

BIKE Competitors in Supersprint triathlon cycle from the Padova 1 bay to Vela riva and back (three laps).

Competitors in Sprint triathlon cycle from the Padova 1 bay to Vela riva and back (six laps).

RUN Competitors in Mini aquathlon run along the promenade for 500 m / 1 km. Competitors in Supersprint triathlon run from the Padova 1 bay to the International Hotel and back. Competitors in Sprint triathlon run from the Padova 1 bay - Vela riva - park Dorka - church Sv. Marija - street Ivana Rabljanina - park Komrčar and back.

ENTRY FEE

40 EUR Relays

25 EUR Sprint triathlon

20 EUR Supersprint triathlon

7 EUR Mini aquathlon

INFORMATION www.triatlon.hr

REGISTRATION www.grabarsport.hr until Wednesday, 5th of June 2019.

ENTRY FEE payment on address: TK Rab, Barbat 245, 51280 Rab, Croatia, SWIFT: ESBCHR22

IBAN HR 2724020061100618675 until Wednesday, 5th of June 2019.

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, 8th of June 2019., in the Valamar Padova Hotel from 9:00 a.m. to 11:00 a.m.

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

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

RULES AND REGULATIONS

Rules of the race are in accordance with Croatian triathlon federation and ITU rules and regulations.

All competitors receive timing chips.

Helmets are obligatory.

Drafting is allowed, only same sex.

The competitors can use only short aerobars including the bridge,

must not exceed the foremost line of the brake lever.

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 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

11:45 a.m. Transition area opens (Supersprint triathlon)

12:00 p.m. Start of Mini aquathlon

1:00 p.m. Transition area closes

1:20 p.m. Start of Supersprint triathlon

2:20 p.m. Mini Aquathlon award ceremony

2:20 p.m. Transition area opens (Sprint triathlon)

2:50 p.m. Transition area closes

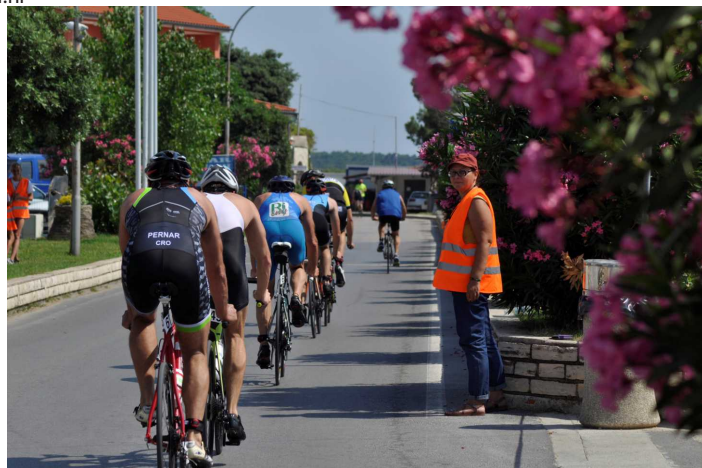
3:00 p.m. Start of Sprint triathlon 1st race

3:20 p.m. Supersprint triathlon award ceremony

3:45 p.m. Start of Sprint triathlon 2nd race

6:00 p.m. Sprint triathlon finish award ceremony

7:00 p.m. End of program





AQUATHLON FOR KIDS

START IN 12:00 p.m.
START IN 12:20 p.m.

CLASS D, CLASS E MALE
CLASS D, CLASS E FEMALE

50 m SWIM

500 m RUN
(1 LAP)



AQUATHLON FOR KIDS

START IN 12:40 p.m.
START IN 13:00 p.m.

CLASS C MALE
CLASS C FEMALE

100 m SWIM

1000 m RUN
(1 LAP)



SUPERSPRINT TRIATHLON

START IN 01:20 p.m.

CLASSES A, B

■ 375 m SWIM
(1 LAP)

■ 10 km BIKE
(3 LAPS)

■ 2,5 km RUN
(1 LAP)



SPRINT TRIATHLON

START IN 03:00 p.m. 1st RACE CLASSES: MALE
START IN 03:45 p.m. 2nd RACE CLASSES: FEMALE

YOUTH, JUNIORS, SENIORS, MASTERS
YOUTH, JUNIORS, SENIORS, MASTERS, RELAYS

■ 750 m SWIM
(2 LAPS)

■ 20 km BIKE
(6 LAPS)

■ 5 km RUN
(1 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 2019.

Sponsors:

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KONZUM



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MEDIJSKI POKROVITELJI:



NOVI LIST

RAB DANAS
Nezavisni internetni portal otoka Raba