



EUROPEAN JUNIOR CUP

CROATIAN OPEN CHAMPIONSHIP IN SPRINT TRIATHLON FOR AGE GROUPS

OPEN SUPERSPRINT TRIATHLON AND AQUATHLON RACES

DATUM UTRKE:	SATURDAY , 9.9.2023.
VRIJEME ODRŽAVANJA:	08:00-18:00h
MJESTO:	RSC Jarun
ORGANIZER:	Zagrebački triatlonski savez, Aleja Matije Ljubeka 3, 10 000 Zagreb; E-mail: zagreb.triathlon@gmail.com
RACE DIRECTOR:	Dorijan Pavliša, dorijan.pavlisha@gmail.com , +385 99 6469487
TECHNICAL DIRECTOR:	Goran Đurić , gaetek2011@gmail.com , +385 994550045
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ACCOMMODATION AND TRANSFER:	Maro Šikić, maro.sikic@eventra.hr , +385 992282654
TECHNICAL DELEGATES:	EJC Zagreb 2023: Ivan Mihajlovski , ivanmihajlovskiswim@gmail.com NCH sprint triathlon for age group: Nataša Preis-Bedenik , shangrilanata@gmail.com

USEFUL LINKS:

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[ZAGREB3ATHLON – WEB PAGE](#)

[ZAGREB3ATHLON FACEBOOK](#)

DISCIPLINES, CATEGORIES, ENTRIES

I. SPRINT TRIATLON – 750 m /20 km / 5 km

A: CROATIAN CHAMPIONSHIP FOR AGE GROUPS

M/F by category: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+

B: SPRINT TRATHLON OPEN RACE

M/F by category U17 (2007,2006), U19 (2007, 2006, 2005, 2004.); 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

ENTRIES: submitted by an authorized person of the club through the database for athletes with a license: <https://dashboard.triatlon.hr/races>

For all athletes without a license: <https://my.raceresult.com/257395/registration> *

II. OPEN SUPERSPRINT TRIATHLON RACE - 400 m/ 12.5 km / 2.5 km

- o U13 (2011, 2010)
- o U15 (2011,2010,2009,2008)

ENTRIES: submitted by an authorized person of the club through the database for athletes with a license: <https://dashboard.triatlon.hr/races>

For all athletes without a license: <https://my.raceresult.com/257395/registration> *

III. OPEN AQUATHLON RACE

- o U9 – (2014,2015) - swimming 50 m, running 500 m
- o U11 – (2013, 2012) - swimming 100 m, running 1000 m

ENTRIES: submitted by an authorized person of the club through the database for athletes with a license: <https://dashboard.triatlon.hr/races>

For all athletes without a license: <https://my.raceresult.com/257395/registration> *

* For all athletes without a HTS license to participate in the competition, it is **MANDATORY** to send the organizer proof of a sports medical examination by Thursday, September 7, 2023. to e-mail zagreb.triathlon@gmail.com

ENTRY FEE

The entry fee includes: organizer's package, competition organization, race and competitor insurance, emergency medical assistance and refreshments on the track.

1. 2023 Europe Triathlon Junior Cup Zagreb = 65,00 EUR
2. 2023 Sprint Triathlon otvoreno državno prvenstvo za dobne skupine = 30,00 EUR
3. 2023 Supersprint kadetska utrka u13/u15 = 25,00 EUR
4. Akvatlon U9 i U11: = 15,00 EUR

Entry fee payment to:

ZAGREBAČKI TRIATLONSKI SAVEZ
ALEJA MATIJE LJUBEKA 3, 10 000 ZAGREB

IBAN: HR 63 23400091110042942

SWIFT/BIC: PBZGHR2X, Privredna banka Zagreb (PBZ)

Registration and payment deadline: Wednesday, September 6, 2023.

Note: if the payment is made for several competitors, please send the confirmation of payment together with the list of competitors to the email: zagreb.triathlon@gmail.com

The issuance of a preliminary invoice can be requested by submitting the details of the payer by September 6, 2023. to e-mail: zagreb.triathlon@gmail.com

The data to be submitted are:

Name of payer / company

Payer's address

OIB / VAT ID

GENERAL REGULATIONS AND RULES

The competition is subject to the rules in accordance with the Rules for the Organization of Croatian Triathlon Federation Competitions.

Competitors perform at their own risk. It is recommended to wear swimming goggles and a cap. The technical delegate will decide on the wearing of neoprene suits after measuring the temperature and air, but the conditions for wearing them are not expected.

Road bikes without any aerobars are mandatory.

Time trial, MTB, cyclocross bikes are not allowed.

Wearing a helmet is mandatory.

Chips are returned at the end of the competition. In case of loss of the chip, the competitor or his home club shall bear the cost of the lost chip in the amount of EUR 80.

PROTEST AND APPEALS:

Complaints must be made to the head referee within 5 minutes after the announcement of the results and submitted in writing no later than 15 minutes after the announcement of the results on the notice board of the race organizer with a deposit determined by the valid regulations on the organization of the HTS competition.

MEDALS:

- Finisher medals for aquathlon and super sprint triathlon races
- Aquathlon and super sprint triathlon medals for 1st-3rd place winners. place by category:
M/F U9, U11, U13 and U15
- Medals for the individual national championship of age groups, 1st-3rd. place by category:
M/F 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80 , 80+
- Medals for the open sprint triathlon race 1st-3rd place by categories:
M/F: U17, U19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

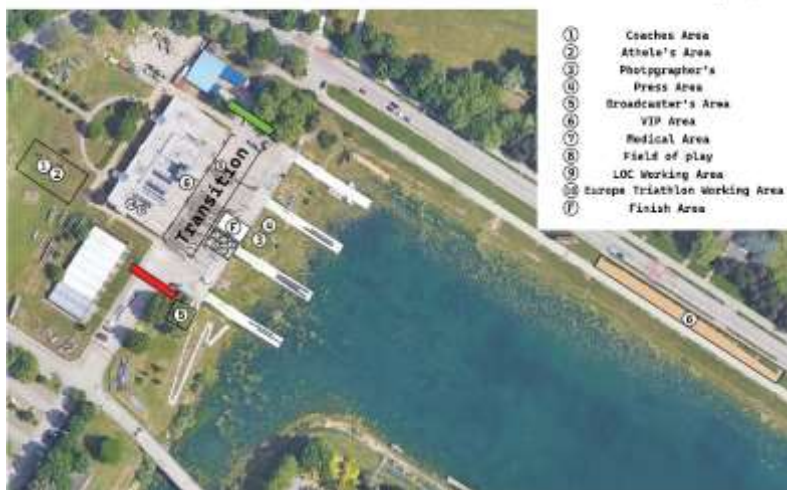
VENUE MAPS

GENERAL

The competition is held within SRC Jarun.

During the competition, Aleja Matija Ljubeka traffic at the venue of the bicycle segment will be closed to traffic.

VENUE MAP



SPRINT TRIATHLON :

Swimming 750 m

One lap swim in a length of 750 m, around 4 buoys in a clockwise direction.

The start is from deep water in front of the pontoon; exit from the water on the slope.

SWIM COURSE



Cycling 20 km

The bicycle is ridden for 3 laps: from the transition on the right to the first turn at the very exit from RŠC Jarun and back to the turn at 180 on Aleja Matija Ljubeka on the east side of the lake. The entrance to the transition is via the parking lot in front of the triathlon centre.

On Matija Ljubeka Street, bicycles are driven on the right.

Drafting is prohibited between competitors of the opposite sex.



Run 5 km

2 laps of 2.50 km length are run along the path along the northern side of the lake. A closer turn is next to the stands.



SUPER SPRINT TRIATLON :

Swim 400 m

One lap is swim in a length of 400 m, around one buoy, in a clockwise direction. The start is from deep water in front of the pontoon; exit from the water on the slope.



Cycling 12,5 km

The bicycle is ridden for 2 laps from the transition on the right to the first turn at the very exit from RŠC Jarun and back to the second 180 degree turn on Matija Ljubeka Avenue from the east side of the lake. The entrance to the transition is via the parking lot in front of the triathlon centre.

Bicycles ride on the right side of Matija Ljubeka Avenue.

Drafting is prohibited between competitors of the opposite sex.



RUN 2,5 km

2 laps along the path along the lake; the turn closer to the transition is at approx. 250 m from the finish.



AQUATHLON U9:

SWIMMING, 50 m; Running 500 m

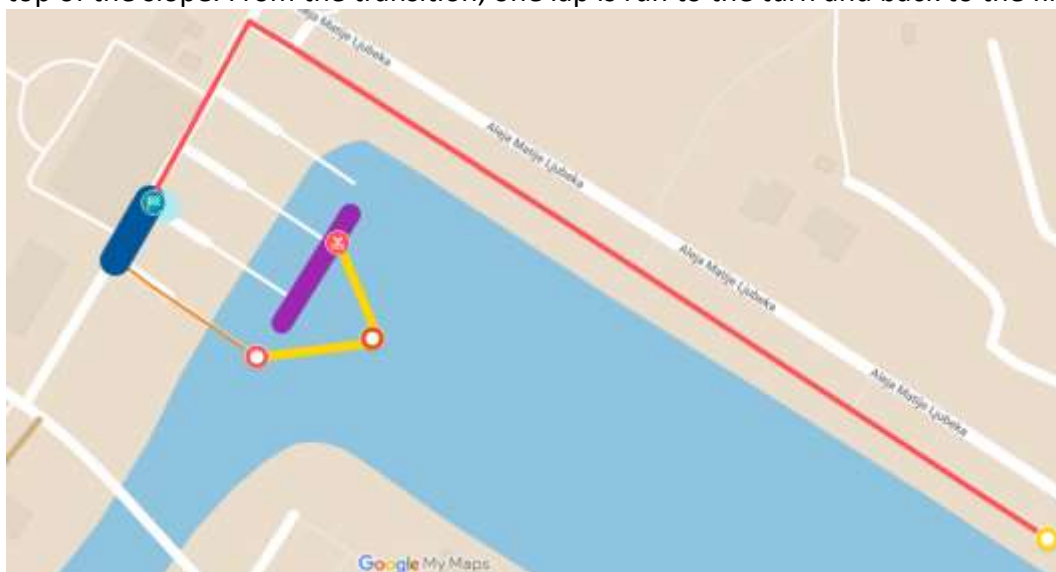
The start is in a line from deep water. Direction of the swim is along the pontoon to the exit of the water on the slope. The transition is at the top of the slope. From the transition, one lap is run to the turn and back to the finish line.



AQUATHLON U11:

SWIMMING, 100 m; Running 1000 m

The start is in deep water, next to a pontoon. Swim from the start around buoy with the right shoulder (clockwise swim) and to the exit of the water on the slope. The transition is at the top of the slope. From the transition, one lap is run to the turn and back to the finish line.



GENERAL TIMETABLE EUROPEAN JUNIOR CUP

08:10 – 08:15h	Opening of the competition and welcome speech by the organizer.
08:20	EJC Women introduction
08:30	START EJC Woman
10:50	EJC Men introduction
11:00	START EJC Men
12:20	Medal ceremony EJC

SCHEDULE ZAGREB3ATHLON OPEN RACES AND NATIONAL CHAMPIONSHIP

08:00 – 10:30h	Distribution of start numbers, packages, and chips for sprint, super sprint and aquathlon
10:00 – 10:30	Briefing for open super sprint and sprint triathlon races
13:00 – 13:20h	Open transition super sprint triathlon
13:25	Infroduction of athletes supersprint triatlon W
13:30	Race start super sprint triathlon M
13:30	Infroduction of athletes supersprint triatlon W
13:32	Race start super sprint triathlon W
14:30 – 14:50h	Open transition aquathlon
14:55h	Infroduction of athletes aquathlon U9
15:00h	Race start aquathlon U9 M + W
15:10	Infroduction of athletes aquathlon U11
15:15h	Race start aquathlon U11 M + W
16:00 h	Medal ceremony super sprint triathlon and aquathlon
14:45 – 15:15h	Open transition for sprint triatlon
15:25	Infroduction of athletes Sprint triatlon M
15:30h	Race start sprint triatlon M
15:31	Introducion of athletes Sprint triatlon W
15:32	Race start sprint triatlon W
18:30h	Medal ceremony sprint triathlon

Race limit: finish line by 5:45 p.m

Note: Depending on the number of registrants, it is possible to separate the starts of the men's and women's supersprint and sprint triathlon races. Final changes to the timetable will be announced the day before the race.