ATHLETE'S GUIDE

TRIGLAV TRIATHLON BLED 2021

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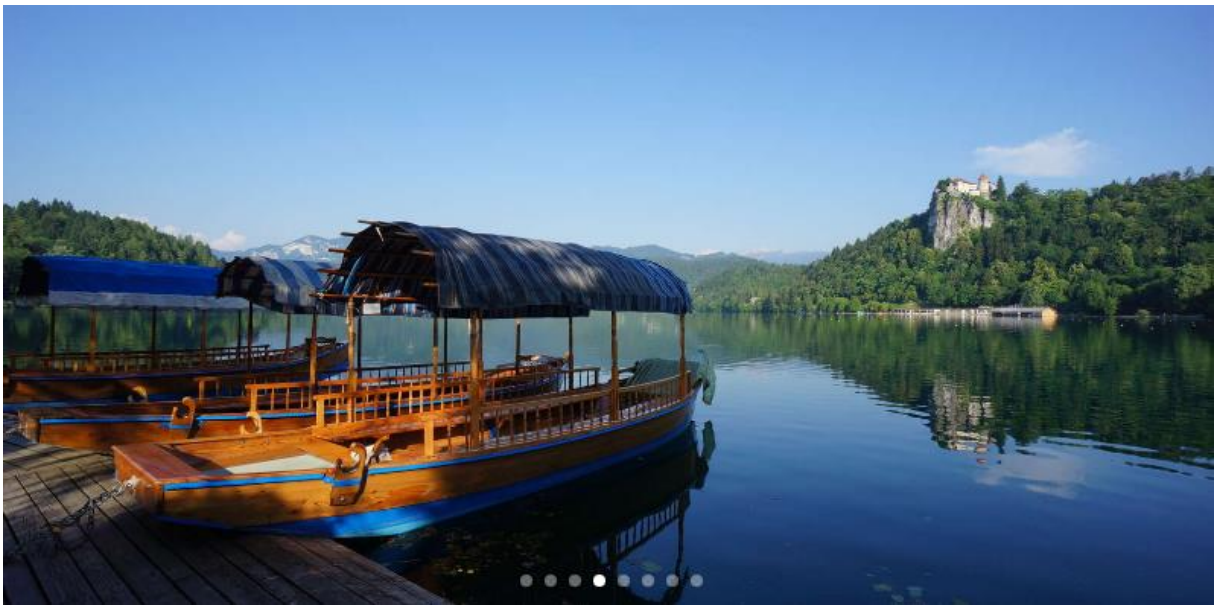


1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

1.2. KEY DATES

ČASOVNIK PRIREDITVE – TIME SCHEDULE – ET JUNIOR CUP

Sobota / Saturday – 4.9.2021 (Mala Zaka)

Čas / Time	Dejavnost	Activity
10:00		Athlete's briefing made available on WT website
12:30	Ogled plavalne proge ET junior cup	Swim course familiarization ET
13:30	Ogled kolo proge (s kolesi) ET junior cup (do14:00)	Race course familiarization (by bike) ET junior cup
14:30-18:00	Registracija ET junior cup	Registration ET junior cup (Please refer to Chapter 10 for registration details).

18:00		Q&A Session on Athletes Briefing
14:30	Navodila organizatorja za ET junior cup	Briefing – race instructions – ET junior cup

Nedelja / Sunday – 5.9.2021 (Mala Zaka)

Čas/time	Dejavnost	Activity
07:00-08:00	Pregled opreme ET junior cup	Race equipment check ET junior cup
08:00-13:00	Dvig startnih številk-cici, s.sprint,štafete,olimpik	Registration-cici, s.sprint, relay, olimpic
08:00-08:30	Odprt menjalni prostor ET junior cup M/Ž	Transition area open ET junior cup M/W
08:45	Predstavitev tekmovalk v plavalnem startnem prostoru-ET junior cup	Presentation of competitors in swimming start area ET junior cup-women
09:00	Start ET junior cup-ženske	Start ET junior cup-women
09:45	Predstavitev tekmovalcev v plavalnem startnem prostoru-ET junior cup	Presentation of competitors in swimming start area ET junior cup-men
10:00	Start ET junior cup-moški	Start ET junior cup-men
cca 10:50	Konec dirke ET junior cup	ET junior cup race finished
11:00	Podelitev cvetja ET junior cup	Flower ceremony for ET junior cup
11:00-11:30	Izpraznitev menjalnega prostora ET junior CUP	Transition area ET junior cup must be emptyed

1.3. KEY CONTACTS

Name and contact details of:

- Race director: Mr. Miro Kregar – miro.kregar@siol.net
- Technical delegate: Ms. Line Amlund Hagen – linemah@gmail.com
- Athlete services manager – Mr. Klemen Laurenčak – klemen.laurencak@triatlonslovenije.si

1.4. CONTACT DETAILS

Place: BLED – MALA ZAKA
LOC: TRIATLONSKI KLUB TRISPORT KAMNIK
Race director: Miro KREGAR
Web: www.triatlon-bled.si
Tel: +386 41 641 527
E mail: miro.kregar@siol.net

2. VENUE

2.1. RACE VENUE

Location: Bled, Slovenia, Rowing center Mala zaka.

2.2 COURSE FAMILIARIZATION

Saturday, 4.9.2021 – Mala zaka
12:30 – swim familiarization
13:30 – bike and run familiarization

2.3. ATHLETE'S LOUNGE

Location: Mala Zaka Rowing center
(toilets, water)
Recovery zone close to the finish area

2.4. ELITE (and/or other categories) ATHLETES' RACE PACKAGE DISTRIBUTION

Registration - Bled Mala zaka - Saturday, 4.9.2021 — 14:30

2.5. DOPING CONTROL

Bled – Mala zaka Rowing center.

Doping tests will be conducted according to WT/WADA rules. The athletes must carry their identification to the doping control facilities.

2.6. SECURITY

There will be Security service over all venue.

2.7. LOC OFFICE

TK TRISPORT KAMNIK, Zg. Stranje 47, 1242 Stahovica - miro.kregar@siol.net 00386 41 641 527

3. ACCOMMODATION

Here is the:

Accommodation link

PARK HOTEL

4. TRANSFER AND TRANSPORT

Approaching Bled from Villach (AUT):

through Karavanke tunnel, approaching from Tarvisio (ITA): through Kranjska Gora. Passing Jesenice and after 10 km turn right (traffic sign for Bled)

Airport:

Ljubljana – Brnik (30 km from Bled)

If you need transfer from airport to the Bled, please contact till 30.8.2021 - klemen.laurencak@gmail.com

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

SWIM

Possible in the lake

BIKE

Cycling is possible on the race course or to the Bohinj lake.

RUN

Running is possible on the race course or around the lake.

5.2. MEDICAL SERVICES

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate (International – Coris..) medical insurance.

Address: **Zdravstveni dom Bled, Mladinska cesta 1, 4260 Bled**
Emergency telephone number: **Zdravstveni dom** Bled, T**: 00 386 4 575 40 00** or **112.**

5.3. BIKE MECHANICAL SERVICE

Zupan Sport, Jalnova cesta 2, 4240 Radovljica

T: 00 386 4 531 27 00

6. COMPETITION SCHEDULE

6.1. ET JUNIOR CUP – WOMEN

DAY	START	END	ACTIVITY	LOCATION
Sat, 4.9.	10:00		Athlete's briefing made available on WT website.	
	12:30		Swim familiarization	Mala Zaka
	13:30		Bike familiarization	Mala Zaka
	14:30	18:00	Athlete registration (Please refer to Chapter 10 for registration details).	Mala Zaka
	18:00		Q&A Session on Athletes Briefing	Mala Zaka
Sun, 5.9.	7:00	8:00	Athlete Lounge check in	Mala Zaka
	8:00	8:30	TA check in	Mala Zaka
			Swim warm-up	Mala Zaka
	8:45		Calling area	Mala Zaka
	8:50		Athletes introduction	Mala Zaka
	9:00		Start	Mala Zaka
	11:00		Award Ceremony	Mala Zaka

6.2. ET JUNIOR CUP – MEN

DAY	START	END	ACTIVITY	LOCATION
Sat, 4.9.	10:00		Athlete's briefing made available on WT website.	
	12:30		Swim familiarization	Mala Zaka
	13:30		Bike familiarization	Mala Zaka
	14:30	18:00	Athlete registration (Please refer to Chapter 10 for registration details).	Mala Zaka
	18:00		Q&A Session on Athletes Briefing	Mala Zaka
Sun, 5.9.	7:00	8:00	Athlete Lounge check in	Mala Zaka
	8:00	8:30	TA check in	Mala Zaka
			Swim warm-up	Mala Zaka

9:45	Calling area	Mala Zaka
9:50	Athletes introduction	Mala Zaka
10:00	Start	Mala Zaka
11:00	Award Ceremony	Mala Zaka

6.3. COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

6.4. ATHLETE'S BRIEFING

Via E mails – Saturday, 4.9.2021 at 14:30

6.5. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure. And also swim caps.

6.6. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org and www.timingljubljana.si
Live coverage will be posted on https://europe.triathlon.org/ than www.triatlon-bled.si
and FB . (https://www.facebook.com/ETU-junior-cup-BLED)

All the Results information will be distributed to the Team Leaders at the Information Centre at Mala Zaka.

6.7. PROTESTS & APPEALS

Standard procedures will be followed according to the WT Competition Rules

7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, court personnel, volunteers, etc. with an official Accreditation Card.
Info on when and where the accreditations will be distributed
Only accredited persons will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.
All accredited persons are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

8. OTHER USEFUL INFORMATION

Could be and is not limited to:
8.1. LANGUAGE - Slovenian and English
8.2. POPULATION - Slovenian
8.3. CURRENCY - Euro

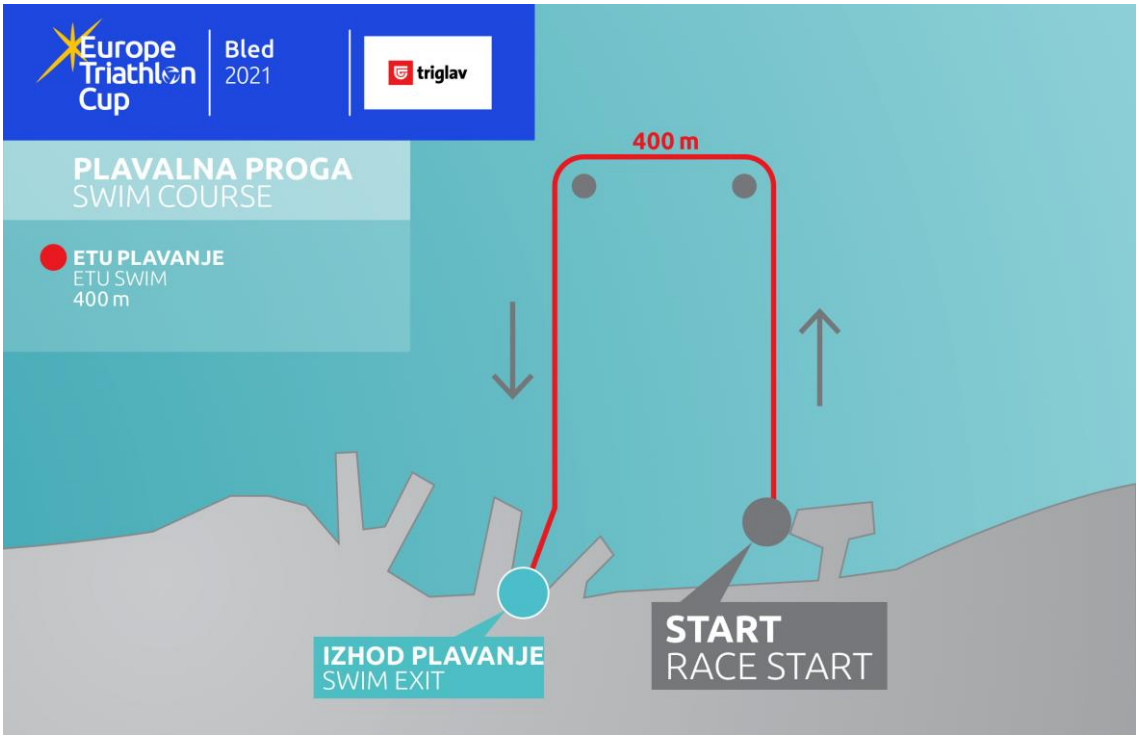
8.4. TIME – middle european
8.5 ELECTRICITY – 220 V
8.6 WATER – drinkable from tube
8.7 TELEPHONE CONNECTIONS – incoming calls 00 386 ….. outgoing calls 00 49 (Germany..

9. COURSE MAPS

SWIM START

SWIM COURSE
Start procedures: deep water start
The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.
Number of laps – 1
Average water temperature – 22

Map of the swim course



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

BIKE COURSE

2 laps (2 x 6,7 km). Wheel stop is located in Mala zaka, near mount line.

On some part of the lap athletes ride bike on left side of the road. 2 uphils in each lap, cca 10 %.

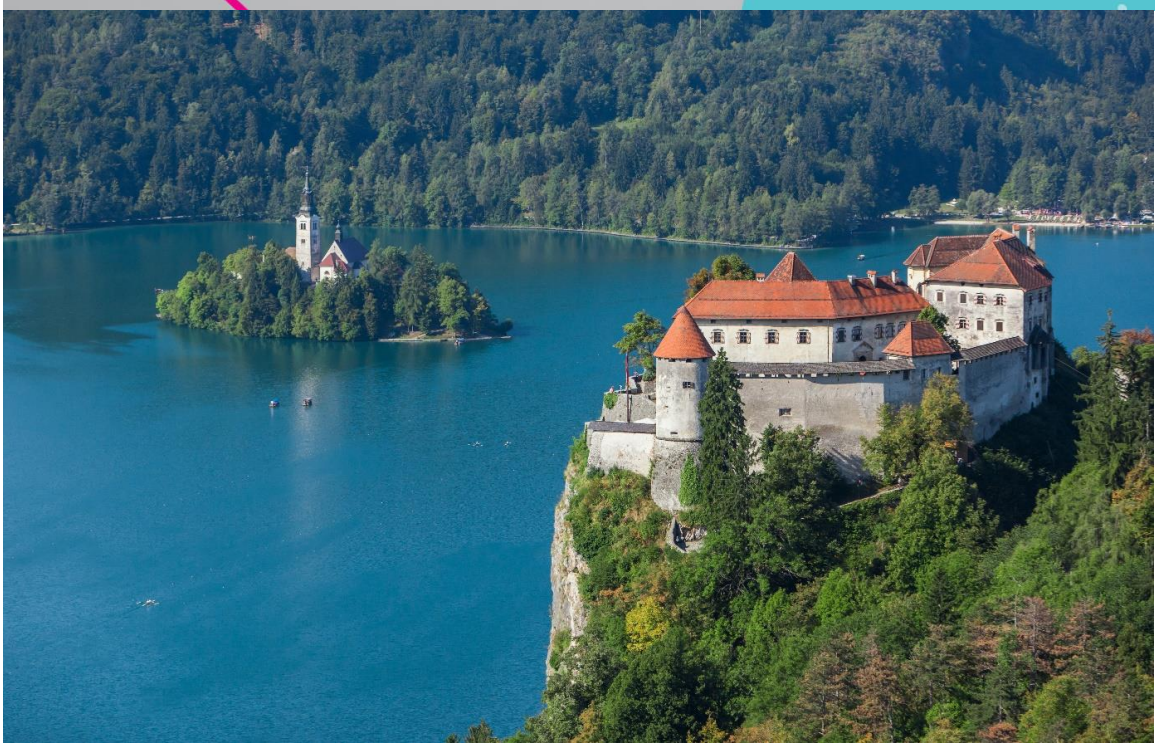
Map of the bike course

If the course is hilly please show the steepness of the hill(s) on a charge

TRANSITION 2

From the dismount line, please describe the flow of the transition

Running shoes may be placed beside the rack in the boxes.



RUN COURSE

Description: asphalt road along the lake. 1 lap – 3,3 km.
Penalty box is located at the run beginning.

Map of the run course.

10. COVID-19 Measures for Athletes and Coaches

TRAVEL

Travel For arrival into Slovenia please check the most up to date information here:

https://www.slovenia.info/en/plan-your-trip/all-you-need-to-know-for-a-healthy-and-safe-vacation-in-slovenia

If you need an invitation letter, please ask the Athlete's Service: Tamara Vilhar tamara.vilhar@triatlonslovenije.si

Return travel:

Elite and Junior athletes, coaches, NFs medical or support team members who need to make a PCR test and obtain medical certificate for their return journey from Slovenia can reserve the service through the Local Organizing Committee following the rules below.

klemen.laurencak@triatlonslovenije.si

Contact the LOC latest until **30. august 2021** and inform about the number of people, names, date of birth and passport number.

Covid test organized by the LOC needs to be pre-paid at the Athletes registration on Saturday afternoon (cash only, no cards).

TRAINING SITES

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to have those run sessions in the morning to avoid peak times.

TESTING PROTOCOL AND HEALTH SCREENING

All individuals (except for the LOC, its volunteers, and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following conditions:

- Fill in the online pre-event questionnaire through the World Triathlon website.
- Perform an Antigenic or PCR swap pre-travel test 72 hours before the athletes' travel to the event or no later than 6 days before the event for local athletes/team support and NTOs. Tests that must currently be taken to gain entry to a country are valid as pre-travel tests. 17
- Additionally, to this all elite, and junior triathletes must submit a pre-travel medical certificate according to the requirements above.
- Finally, all elite, junior triathletes, coaches, team medical and support NF personnel must perform an Antigenic pre-race test at the registration. In case of a positive result, a PCR swab test must follow.
- All the specific measures can be found in the table below:
- Detailed schedule of the Antigenic pre-race test:

HOUR	ANTIGEN TESTING - NATIONAL TEAMS
	SATURDAY 4.9.2021
14:30	PCR testing – teams need for return home
14:30	SLO
15:00	AUT
15:20	BEL, EST, FRA
15:40	CZE
16:00	HUN
16:30	NED, ISR, SVK
16:50	ITA
17:20	POL

	Pre-event questionnaire	COVID-19 test before traveling	Medical certificate	COVID-19 test at event	Daily health screening
Junior athletes	yes	yes	yes	yes	yes
Coaches/ team medical/ support / NF personnel	yes	yes	follow public health request	yes	yes
TDs / ITOs/ NTOs/ Competition Jury	yes	yes	follow public health request	Yes, for the ones in close contact with the athletes; the others follow public health request	yes

ATHLETE'S BRIEFING

Athlete's briefing will be pre-recorded and available at the www.triathlon.org website.

RACE PACKAGE DISTRIBUTION

Race package to be collected by the athlete at the same time as the antigen test at the Mala Zaka Rowing center. The use of masks and social distancing is mandatory.

HEALTH SCREENING

Temperature and Oxygen saturation level checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Saturation levels lower than 95% and a temperature above 38°C will be reported to the RMD/MD.

COMPETITION ACTIVITIES

- The mask should be worn until the last minute before athletes' introduction. Please make sure that you will wear your mask after the warm-up.
- Wheel stations: At the neutral wheel stations, all wheels will be disinfected before being delivered to the specific locations. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete. At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete. In both cases, the wheel that is left behind by the athlete will be disinfected by the TO before being deposited at the station.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves.
- Finish Area - Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Medallist photos at the post-finish area are not allowed.
- All recovery stations will be self-served.

- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.
- Masks will be distributed to the athletes to wear at their earliest convenience.
- Medal Ceremonies Medal ceremonies will be performed according to the World Triathlon COVID-19 Event Guidelines.

ACCREDITATION

One junior coach and one NF medical accreditation per nation will be provided.

DISINFECTION

All facilities used by the athletes will be cleaned and disinfected by the LOC throughout the day.

COVID-19 MEDICAL PROTOCOLS

COVID-19 emergency contact details: Please contact +386 40 757 187 , Neža Majdič MD PhD in case of COVID-19 symptoms.

11. SIDE EVENTS

Sunday, 5.9.2021

11:00 – Kids Aquathlon (50-500, 200 – 1200)
12:00 – Super sprint + Tri for everybody (300-13-3)
14:00 – Standard crono triathlon, Bled lake – Bohinj lake (1,5-38-10)
14:00 – Aquabike standard crono, Bled lake – Bohinj lake (1,5-38)

TRI ATHL ON BLED
triglav
TRIGLAV TRIATHLON BLED 2021
Triathlon of two Slovenian Pearls
Triglav National Park | Bled–Bohinj Lake
Swim Bled 1.5 km | Bike between Lakes 40 km | Run Bohinj 10 km
Saturday – Sunday, 4–5. September 2021
ET Junior Cup Bled, Super Sprint, Aquathlon, Cici Aquathlon, Standard No Drfat Triathlon
TRIGLAV
Bled Lake
Bled
Velika Zaka
SWIM
Triglav National Park
Bohinjska Bela
Obrne
RUN
Ukanc
Stara Fužina
Ribčev Laz
Nomenj
BIKE
Savica
Bohinjska Bistrica
Bohinj Lake

Good luck!!