ATHLETE’S GUIDE

I FEEL SLOVENIA TRIATHLON FESTIVAL 2022

triglav TRIATHLON BLED
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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

Petek / Friday – 2.9.2022 (Mala Zaka)

<table>
<thead>
<tr>
<th>Čas / Time</th>
<th>Dejavnost</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:00–16:30</td>
<td>Ogled kolesarske proge ET Junior Cup – Mala Zaka</td>
<td>Bike course familiarization ET (by bike)</td>
</tr>
<tr>
<td></td>
<td>Location: The beginning of the cycle segment, next to the transition zone in Mala Zaka</td>
<td></td>
</tr>
<tr>
<td>17:00–17:30</td>
<td>Ogled plavalne in tekaške proge – AKVATLON - ET Junior Cup (300-2)</td>
<td>Swim and run course familiarization – AQUATHLON - ET Junior Cup (300-2)</td>
</tr>
<tr>
<td>18:00–19:00</td>
<td>Registracija ET Junior Cup Mala Zaka</td>
<td>Registration ET Junior Cup</td>
</tr>
<tr>
<td></td>
<td>Location: Mala Zaka</td>
<td>Location: Mala Zaka</td>
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<td>18:00 AUT BEL GBR</td>
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<tr>
<td>Time</td>
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<td>18:15</td>
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<td>18:30</td>
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<td>18:45</td>
<td>CRO POI LAT CZE KOS</td>
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<tr>
<td>15:00</td>
<td>Navodila organizatorja za ET Junior Cup</td>
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<tr>
<td></td>
<td>Briefing – race instructions – ET Junior Cup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Location: online <a href="https://briefings.triathlon.org/bled">https://briefings.triathlon.org/bled</a></td>
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</table>

**NOTE**: pre travel covid medical certificate is not required for registration process

**Sobota / Saturday – 3.9.2022 (Mala Zaka)**

**Junior Women**

07:00 – 08:00 Athletes Lounge Open for Junior Women

07:30 – 08:30 Transition area open for Junior Women

08:15 – 08:35 Swim Warm-up for Junior Women

  - 08:40 Junior Women in the calling area
  - 08:45 Athletes' Introduction Junior Women

**Junior Men**

07:30 – 08:30 Athletes Lounge Open for Junior Men

07:30 – 08:30 Transition area open for Junior Men

09:15 – 09:35 Swim Warm-up for Junior Men

  - 09:40 Junior Men in the calling area
  - 09:45 Athletes' Introduction Junior Men

**1.3. KEY CONTACTS**

Name and contact details of:

- Race director: Mr. Miro Kregar – miro.kregar@siol.net
- Technical delegate: Ms. Ljudmila Medan – ljudmila.medan@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
Friday, 2.9.2022 – Mala Zaka
16:00 – bike familiarization
17:00 – swim and run familiarization - AQUATHLON

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 - Friday, 2.9.2022 – Mala Zaka – 18:00

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 30.8.2022 - 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

<table>
<thead>
<tr>
<th>DAY</th>
<th>START</th>
<th>END</th>
<th>ACTIVITY</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Fri, 2.9.</td>
<td>16:00</td>
<td></td>
<td>Bike familiarization</td>
<td>Mala Zaka</td>
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<tr>
<td></td>
<td>17:00</td>
<td></td>
<td>Swim and run fam. - AQUATHLON</td>
<td>Mala Zaka</td>
</tr>
<tr>
<td></td>
<td>18:00</td>
<td>19:00</td>
<td>Athlete registration (see upper chapter, how is divided by countries)</td>
<td>Mala Zaka</td>
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<tr>
<td></td>
<td>14:00</td>
<td></td>
<td>Athlete’s briefing online</td>
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<td><a href="https://briefings.triathlon.org/bled">https://briefings.triathlon.org/bled</a></td>
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</tr>
<tr>
<td>Sat, 3.9.</td>
<td>7:00</td>
<td>8:00</td>
<td>Athletes Lounge check in</td>
<td>Mala Zaka</td>
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<td></td>
<td>7:30</td>
<td>8:30</td>
<td>TA check in</td>
<td>Mala Zaka</td>
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<tr>
<td></td>
<td>7:30</td>
<td>8:30</td>
<td>Swim warm-up</td>
<td>Mala Zaka</td>
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<td></td>
<td>8:40</td>
<td></td>
<td>Calling area</td>
<td>Mala Zaka</td>
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<tr>
<td></td>
<td>8:45</td>
<td></td>
<td>Athletes introduction</td>
<td>Mala Zaka</td>
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<tr>
<td></td>
<td>9:00</td>
<td></td>
<td>Start junior women</td>
<td>Mala Zaka</td>
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<td></td>
<td>11:00</td>
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<td>Award Ceremony</td>
<td>Mala Zaka</td>
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6.2. ET JUNIOR CUP – MEN

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<tr>
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<td></td>
<td>Athletes introduction</td>
<td>Mala Zaka</td>
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</tbody>
</table>
6.3. COMPETITION RULES
The event will follow the latest published Competitions Rules of the World Triathlon.

6.4. ATHLETE’S BRIEFING
online https://briefings.triathlon.org/bled – Friday, 2.9.2022 at 14:00

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 WT official website
https://triathlon.org/events/event/2022_europe_triathlon_junior_cup_bled and www.timingljubljana.si
Live coverage will be posted on https://europe.triathlon.org/ than www.triathlon-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, WT 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, CET
8.5 ELECTRICITY – 220 V
8.6 WATER – drinkable from tube
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
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.
Description: asphalt road along the lake. 1 lap – 3.3 km. Penalty box is located **150m before the finish line**

Map of the run course.

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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](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 2022 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.

**ATHLETE’S BRIEFING**

Athlete’s briefing will be pre-recorded and available online [https://briefings.triathlon.org/bled](https://briefings.triathlon.org/bled).

**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.

**COMPETITION ACTIVITIES**

- 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.

- 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.

- 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.

- 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

Saturday, 3.9.2022
11:00 – Kids Aquathlon (50-500, 200 – 1200)
12:00 – Super sprint + Tri for everybody (300-13-3)

14:00 – Standard triathlon (1,5-40-10)
14:00 – Aquabike standard Bled lake (1,5-40)
Good luck!!