

ATHLETE'S GUIDE

Ver. 2 (29.08.2022.) – all changes highlighted

2022 Europe Triathlon Balkan Championship
Zagreb



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1. GENERAL INFORMATION

1.1. INTRODUCTION

Welcome to Zagreb – city with a million hearts!

All races will be held on Sport Centre Jarun

1.2. KEY DATES

Saturday, 10.09.2022.:

- Athletes race package pick up
- Athletes swim familiarization
- Athletes bike familiarization
- Online briefing for all categories

Sunday, 11.09.2022.:

- Individual Europe Balkan Championship Sprint Triathlon Elite, U23, Junior
- Mixed Relay Europe Balkan Championship Sprint Triathlon Elite, U23, Junior
- Kadets Super Sprint Triathlon
- Aquathlon

1.3. KEY CONTACTS

Name and contact details of:

Race director: Dorijan Pavlisa, dorijan.pavlisa@gmail.com, +385 99 6469487

Technical delegate: Ivan Mihajlovski, ivanmihajlovskiswim@gmail.com, +38970363958

Media manager: Dorijan Pavlisa, zagreb.triathlon@gmail.com

1.4. CONTACT DETAILS

Organizer:

Zagrebački triatlonski savez / Zagreb Triathlon Federation

Address: Aleja Matije Ljubeka 3, 10 000 Zagreb

E-mail: zagreb.triathlon@gmail.com,

Contact person: Dorijan Pavliša, +385 99 6469487;

Hrvatski triathlon savez / Croatian Triathlon Federation

Address: Trg Krešimira Čosića 11, 10 000 Zagreb

E-mail: hts@triathlon.hr

2. VENUE

2.1. RACE VENUE

Lake Jarun, Zagreb



2.2 COURSE FAMILIARIZATION

Swim familiarization will be on Saturday Jarun lake at **17:00**, meeting point is in front of Lake Jarun, Central Building

Bike familiarization will be on Saturday Jarun lake at **18:00**, **meeting point on swim start**

Athletes need to take into consideration that regular traffic around the lake in Sport Centre Jarun is:

- one –way for cars and motorized vehicles
- two-way for bikes on the special bike lanes

During the race, road will be used opposite of regular traffic in several parts and will be completely closed.

2.3. ATHLETE'S LOUNGE

Location: beside transition zone

2.4. ATHLETES' RACE PACKAGE AND REGISTRATION

Race package can only be picked up after entry fee is paid.

- Entry fee for European Balkan Championship Sprint Elite, U23: 75,00 EUR (550,00 HRK)
- Entry fee for European Balkan Championship Sprint Junior: 40,00 EUR (300,00 HRK)
- Entry fee for Kadets super sprint race 25,00 EUR (190,00 HRK)
- Entry fee for mixed relay : 100,00 EUR (750,00 HRK)
- Entry fee for U9 and U11: 15,00 EUR (110,00HRK)

Please request an invoice with payment details no later than 8th of September 2022
by email: zagreb.triathlon@gmail.com

Template for request:

European Balkan Championships Zagreb entry fee

Your name/ company name

Address

VAT ID(optional)

Entry fee payment info:

ZAGREBAČKI TRIATLONSKI SAVEZ

ALEJA MATIJE LJUBEKA 3, 10 000 ZAGREB

IBAN: HR 63 23400091110042942

SWIFT/BIC: PBZGHR2X

BANK NAME: Privredna banka Zagreb (PBZ)

Lake Jarun, Zagreb



Race package includes helmet numbers, athletes number, bike number, accreditation pass (for Elite), LOC gift

Registration and pick up of packages for youth race:

Saturday, Lake Jarun, Central Building 14:00

2.5. SECURITY

Private security service will be provided on race days.

2.6. PRIZE MONEY

Race does not have prize money

3. ACCOMMODATION

For all information and reservation contact zagreb.triathlon@gmail.com

Hotel ****

Service: bed and breakfast

Reservation conditions:

- *The price of accommodation in triple rooms on bed & breakfast basis per person and night: 45,00 €*
- *The price of accommodation in double rooms on bed and breakfast basis per person and night: 50,00 €*
- *The price of accommodation in double rooms on bed and breakfast basis per person and night: 80,00 €*
- *The price of supplement for half board (buffet style dinner) per person and day: 15,00 €*

***Prices include all taxes**

4. TRANSFER AND TRANSPORT

Arriving by plane:

Zagreb International Airport

E-MAIL: info@mzlz-zagreb-airport.hr

WEB: www.zagreb-airport.hr

Cost of taxi transportation from Zagreb airport to Zagreb may vary.

Transfers from airport to accommodation will be provided by LOC. For reservation contact zagreb.triathlon@gmail.com with following information:

- 1. Name of team leader, country**
- 2. Number of athletes, coaches and bikes**
- 3. Arrival time and flight number**
- 4. Contact phone**

Arriving by train:

Main Railway Station

Address: Trg kralja Tomislava 12

TEL: +385 60 333 444, +385 1 37 82 583

E-MAIL: informacije@hzpp.hr

WEB: www.hzpp.hr

Arriving by bus:

Main bus terminal address: Avenija Marina Držića 4

The information office number is: +385 60 34 03 40.

For information about arrivals and departures dial: +385 60 31 33 33.

Tickets for local lines can be reserved by dialling: +385 60 31 33 33, and for international lines you need to call: +385 60 08 631.

E-MAIL: promet@akz.hr

WEB: www.akz.hr

Suggested Covid-19 testing centre for departure:

Link information for Zagreb airport testing center can be found on

[Zagreb airport COVID-19 testing center](#)

[The University Hospital for Infectious Diseases \(UHID\) "Dr. Fran Mihaljević"](#)

- working hours:
 - antigen test :Monday-Friday: 08:00-09:00 , price of the test is 100HRK
 - PCR test: Monday-friday 09:00-15:00, Saturday 08:00-14:00, price of the test is 390HRK

[Poliklinika-labplus](#)

- working hours: Monday- Friday: 07:30-19:30, Saturday:08:00-12:00, Sunday need apointment in advance , price of antigen test is 100HRK, price for PCR is 300HRK

5. ATHELETE'S SERVICES

5.1. TRAINING FACILITIES

Sport Park Jarun is the place to go for rest and recreation. It offers cycling paths, jogging and running tracks. The lake itself contains one of the best rowing lanes in Europe.

Lake Jarun is accessible:

- BY PUBLIC TRANSPORT: Tram lines 5 and 17, ticket price 4.00 HRK in stores /6.00 HRK in the tram (30 min)
- BY CAR car: Car entrance must be paid per entrance (one-way road around the lake): 5.00 HRK (equivalent of 0,65 EUR) Monday-Friday, 10.00 ((equivalent of 1,30 EUR) HRK during Weekend



SWIM POOL: Sport park Mladost

Address: Jarunska 5, 10 000 Zagreb

Tel. +385 1 658-553

e-mail: sportski.park.mladost@jarun.hr

Working days:

6:00 – 9:00 in 50m pool

9:00 – 20:00 25 m pool

Saturday: 13:00 – 17:00 h 50m pool and 25 m pool

Sunday: 10:00 – 14:00 h 50m pool and 25 m pool

There are no swimming line reservations, first come – first serve. Working hours can be changed due to pool maintenance, please check before you go!



BIKE

Lake Jarun, opened 24/7



RUN

Lake Jarun, opened 24/7

5.2. MEDICAL SERVICES

Official race medical:

Andrea Folnegović Baković,

First Aid and Emergency Medical Services will be available before and during the training sessions and during the race. Medical and Paramedical personnel will be available throughout the race. One Ambulance Car 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 medical insurance.

Closest Hospital:

Sisters of Charity in Zagreb

Vinogradska cesta 29, 10000, Zagreb

Contact: +38513787111

Open: 08:00-16:00

Emergency ambulance:

Zagreb Emergency Medicine Service

Heinzelova ul. 88

Contact: +385 1 6302 911

Open: 0-24

Emergency telephone number: **112**

Emergency ambulance: **194**

5.3. BIKE MECHANICAL SERVICE

Official bike service partner will be provided on race day.

For bike parts and small service on days before the race contact will be provided

6. COMPETITION SCHEDULE

COMPLETE SCHEDULE IS CHANGED, UPDATED INFO BELOW

DAY	START	END	ACTIVITY	LOCATION
SATURDAY, 10.9.2022.	14:00	18:00	Athletes Race package pick-up	Jarun lake
SATURDAY, 10.9.2022.	17:00	18:00	Athletes Swim Familiarization	Jarun lake
SATURDAY, 10.9.2022.	18:00	19:00	Athletes Bike Familiarization	Jarun lake
SATURDAY, 10.9.2022.	20:00	20:30	On-line Briefing for all categories	
SUNDAY, 11.09.2022.	06:30	07:30	Elite Women/U23 & Men/U23 Athletes Lounge Check-in	Jarun lake
SUNDAY, 11.09.2022.	07:00	07:45	Elite Women/U23 & Men/U23 Transition Check-in	Jarun lake
SUNDAY, 11.09.2022.	07:15	07:45	Elite Women/U23 Swim Warm up	Jarun lake
SUNDAY, 11.09.2022.	07:50		Elite Women/U23 Athletes Introduction	Jarun lake
SUNDAY, 11.09.2022.	08:00		Elite /U23 Woman START	Jarun lake
SUNDAY, 11.09.2022.	09:00	09:20	Recheck Transition Elite men/U23	Jarun lake
SUNDAY, 11.09.2022.	08:45	09:15	Elite Men/U23 Swim Warm up	Jarun lake
SUNDAY, 11.09.2022.	09:20		Elite Men/U23 Athletes Introduction	Jarun lake
SUNDAY, 11.09.2022.	09:30		Elite Men/U23 START	Jarun lake
SUNDAY, 11.09.2022.	10:00	11:00	Junior Women & Men Athletes Lounge Check-in	Jarun lake
SUNDAY, 11.09.2022.	10:15	10:45	Transition moderation	Jarun lake
SUNDAY, 11.09.2022.	10:30	10:40	Award Ceremony Elite Women/U23 & Elite Men/U23	Jarun lake
SUNDAY, 11.09.2022.	10:45	11:30	Junior Women & Men Athletes Transition Check-in	Jarun lake
SUNDAY, 11.09.2022.	11:15	11:45	Junior Women Swim Warm Up	Jarun lake
SUNDAY, 11.09.2022.	11:50		Junior Women Athletes Introduction	Jarun lake
SUNDAY, 11.09.2022.	12:00		Junior Woman START	Jarun lake
SUNDAY, 11.09.2022.	12:45	13:15	Junior Men Swim Warm up	Jarun lake
SUNDAY, 11.09.2022.	13:00	13:20	Recheck Transition Junior men	Jarun lake
SUNDAY, 11.09.2022.	13:20		Junior Men Athletes Introduction	Jarun lake

SUNDAY, 11.09.2022.	13:30		Junior Men START	Jarun lake
SUNDAY, 11.09.2022.	15:00	15:10	Award Ceremony Junior Women & Junior Men	Jarun lake
SUNDAY, 11.09.2022.	14:00	14:30	Kadets Men & Women Athletes Lounge Check-in	Jarun lake
SUNDAY, 11.09.2022.	14:30	14:50	Kadets Men & Women Athletes Transition Check-in	Jarun lake
SUNDAY, 11.09.2022.	14:30	14:50	Kadets Men & Women Athletes Swim warm up	Jarun lake
SUNDAY, 11.09.2022.	14:50		Kadets Men & Women Athletes Introduction	Jarun lake
SUNDAY, 11.09.2022.	15:00		Kadets Men START	Jarun lake
SUNDAY, 11.09.2022.	15:02		Kadets Women START	Jarun lake
SUNDAY, 11.09.2022.	15:45	15:50	Award Ceremony Kadets Women & Kadets Men	Jarun lake
SUNDAY, 11.09.2022.	14:45	15:15	Athlete registration Team Mixed Relay	Jarun lake
SUNDAY, 11.09.2022.	15:15	15:45	Transition Check-in Team Mixed Relay	Jarun lake
SUNDAY, 11.09.2022.	15:30	15:50	Swim warm up Team Mixed Relay	Jarun lake
SUNDAY, 11.09.2022.	15:50		Team Mixed Relay Introduction	Jarun lake
SUNDAY, 11.09.2022.	16:00		Team Mixed Relay Start	
SUNDAY, 11.09.2022.	18:00		Team Relay Award Ceremony	
SUNDAY, 11.09.2022.	17:30	17:40	Aquathlon for kids U9 &U11 Transition Check-in	
SUNDAY, 11.09.2022.	17:45	18:55	Aquathlon for kids U9 &U11 Introduction	
SUNDAY, 11.09.2022.	18:00		Aquathlon for kids U9 START	
SUNDAY, 11.09.2022.	18:05		Aquathlon for kids U11 START	
SUNDAY, 11.09.2022.	18:30		Award Ceremony Aquathlon for kids U9 & U11	

6.3. COMPETITION RULES

The event will follow the latest published [Competitions Rules](#) of the International Triathlon Union.

6.4. ATHLETE'S BRIEFING

Athletes briefing will be on SATURDAY, 10.09.2022. online via zoom call at 20:00 hours link will be provided on website:

https://www.triathlon.org/events/event/2022_europe_triathlon_balkan_championships_zagreb

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.

After the finish 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

Results will be uploaded live at the ITU official website www.triathlon.org.

6.7. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide an official Accreditation Cards for Elite Athletes, Coaches and Medicals who applied through WT entries and all Technical officials.

Accreditation Cards for Balkan Championship will be distributed in race package.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people 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.

Per team are only one accreditation for coach and one for medical allowed.

8. OTHER USEFUL INFORMATION

8.1. LANGUAGE: Croatian

8.2. POPULATION: Zagreb - 806,920; Croatia - 4,128,264

8.3. CURRENCY: Hrvatska kuna (HRK), 1 EUR = 7.5 HRK

8.4. TIME: UTC +2 CEST - Central European Summer Time

8.5. ELECTRICITY: In Croatia the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

8.6. WATER: drinkable tap water

8.7. EMERGENCY NUMBERS:

- General emergency: **112**
- Ambulance: **194**
- Police: **192**

- Fire brigade: 193

9. COURSE MAPS

ELITE/ U23/ JUNIOR RACE COURSE



SWIM COURSE

Start procedures: lake Jarun, water start

750 meters with turn on 375 meters.

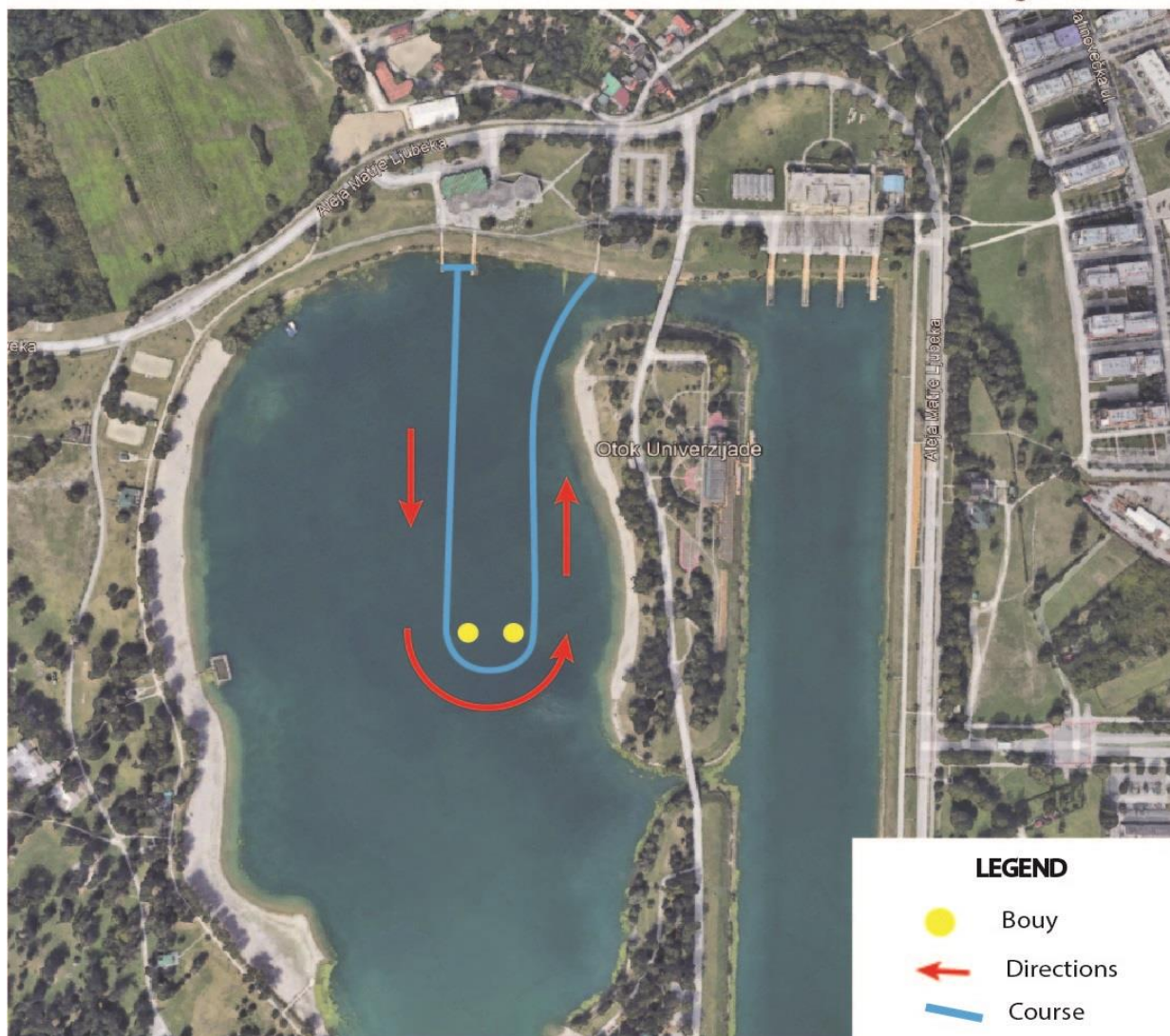
Number of laps: 1

Average water temperature: 23 C

The Race Referee with assistance of Technical Officials will start each race.

Map of the swim course:

SWIM



TRANSITION:

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

TRANSITION 2:

Running shoes may be placed beside the rack or in the bin.

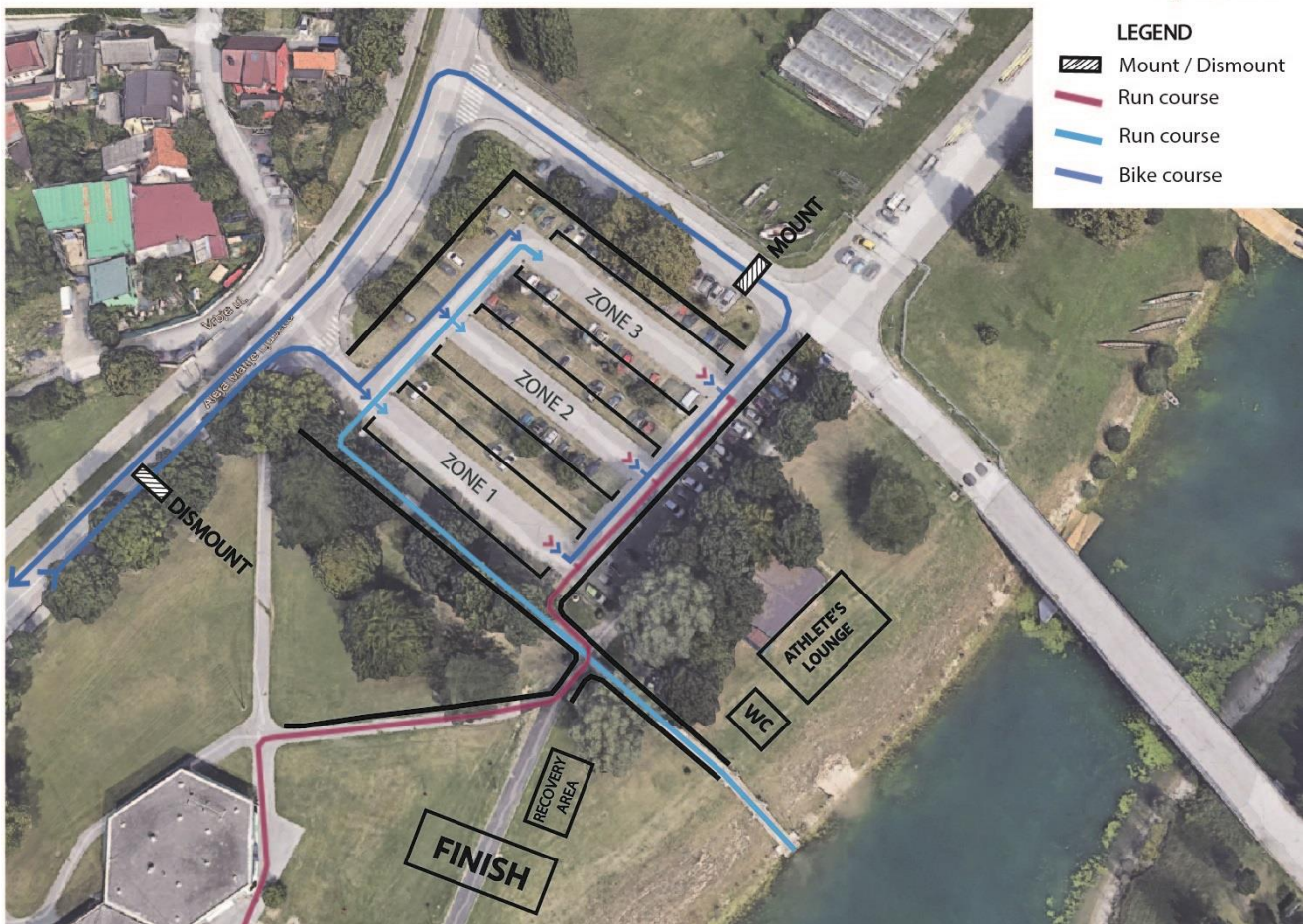
After the last athlete finishes T2, all bikes and gear must be moved by athletes

TRANSITION



LEGEND

-  Mount / Dismount
-  Run course
-  Run course
-  Bike course



BIKE COURSE

Description:

Race will be held on road and bike path inside sports centre, and will be completely closed to traffic.

Flat with technical elements.

19,1 km with 6,25 per lap

Number of laps: 3

Location of the wheel stop: next to turning point /closer to transition

BIKE



RUN COURSE

Description: beside lake, completely flat

5km with 2.5 km per lap

Number of laps: 2

One aid station, next to turning point.

Penalty box located on run turning point closer to transition/finish zone

RUN



KADET RACE COURSE/MIXED RELAY



SWIM COURSE

Start procedures: lake Jarun, water start

300 m with turning point on 150m

Number of laps: 1

Average water temperature: 23 C

The Race Referee with assistance of Technical Officials will start each race.

Map of the swim course:

SWIM



TRANSITION:

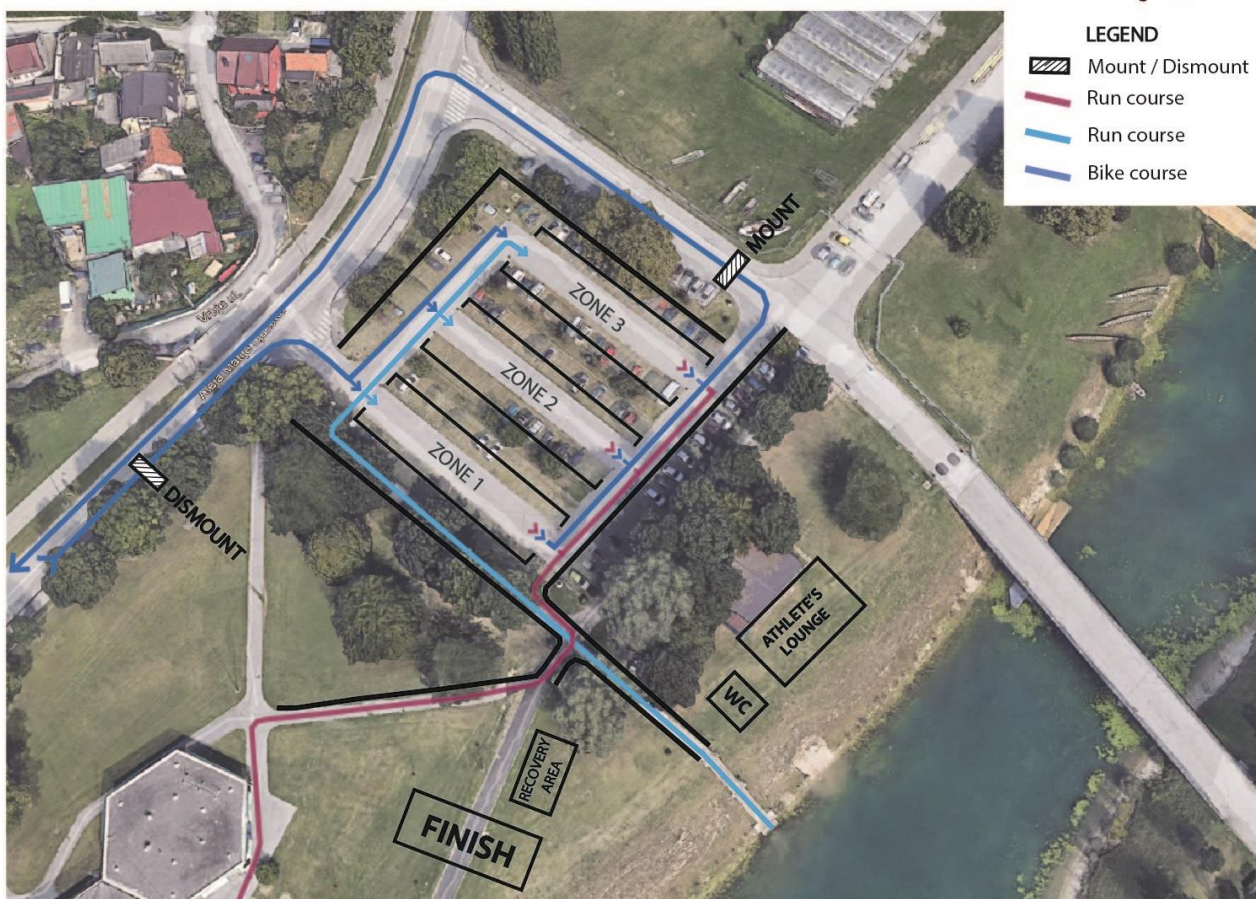
A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike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

TRANSITION 2:

Running shoes may be placed beside the rack or in the bin.

After the last athlete finishes T2, all bikes and gear must be moved by athletes.

TRANSITION





BIKE COURSE

Description:

Race will be held on road and bike path inside sports centre, and will be completely closed to traffic.

Flat with technical elements.

12,5 km with turning point on 6,25

Number of laps for KADETS: 2

Number of laps for MIXED RELAY: 1

Location of the wheel stop:

Location of the wheel stop: next to turning point /closer to transition

BIKE



RUN COURSE

Description: beside lake, completely flat

Distance : 2km with turning point on 1 km

One aid station, close to finish line

Penalty box located on run turning point closer to transition/finish zone

RUN



AQUATHLON U 9



SWIM COURSE

U9 distance: 50m

The start is from the beach on the island of Universiade: the exit from the water is via metal ramp with stairs



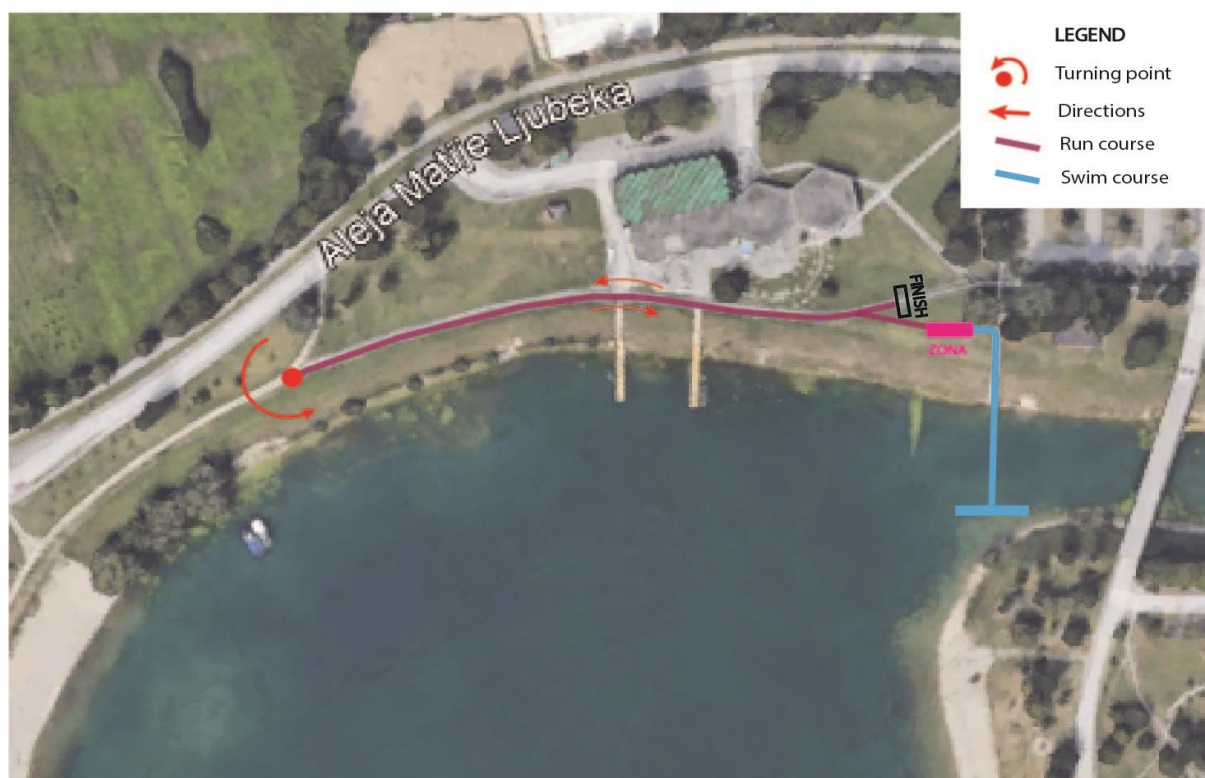
RUN COURSE

Distances:

U9 distance: 500m

Number of laps :1

AQUATHLON U9 SWIM AND RUN MAP:



AQUATHLON U 11



SWIM COURSE

U11 distance: 100m

The start is from the beach on the island of Universiade: the exit from the water is via metal ramp with stairs



RUN COURSE

Distances:

- U11 distance: 1000m

Number of laps :1

AQUATHLON U9 SWIM AND RUN MAP:



10. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

10.1 TRAVEL

COVID-19 continues to cause significant challenges which affect the travelling rules, depending on the country of origin or destination and the reasons for travelling.

Travel informations on how to enter Croatia:

[Travel informations](#)

10.2 ACCOMMODATION

Currently, the national law provides that in the common areas of the hotels a mask not obligatory.

10.3 TRAINING SITES

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool.

10.4 TESTING PROTOCOL AND HEALTH SCREENING

All ELITE, U23 and Tehnical Officials applying for an accreditation to World Triathlon and Continental Triathlon events must respect the conditions in [WORLD TRIATHLON PRE-EVENT COVID-19 SCREENING GUIDE](#)

10.5 ATHLETE'S BRIEFING

Athletes briefing will be on SATURDAY, 10.09.2022. online via zoom call at 20:00 hours link will be provided on [website](#):

https://www.triathlon.org/events/event/2022_europe_triathlon_balkan_championships_zagreb

10.9 SPECTATORS ACCESS

The event will be open to spectators. Any non-accredited persons can watch the event from the spectator's areas.

10.10 ACCREDITATION

Per team are only one accreditation for coach and one for medical allowed.

10.11 FACILITIES DISINFECTION

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

10.12 RETURN TRAVEL ANTIGENIC/PCR TEST

Depending on destination country Elite and Junior athletes, coaches, NFs medical or support team members who need to make a PCR or antigen test and obtain medical certificate for their return from Zagreb can reserve their testing on suggested sites:

Information for Zagreb airport testing center:

[Zagreb airport COVID-19 testing center](#)

Suggested testing center for other arrival and departure:

[The University Hospital for Infectious Diseases \(UHID\) "Dr. Fran Mihaljević"](#)

- working hours:
 - antigen test :Monday-Friday: 08:00-09:00 , price of the test is 100kn
 - PCR test: Monday-friday 09:00-15:00, Saturday 08:00-14:00, price of the test is 390HRK

[Poliklinika-labplus](#)

- [working hours: Monday- Friday: 07:30-19:30, Saturday:08:00-12:00, Sunday need apointment in advance , price of antigen test is 100HRK, price for PCR is 300HRK](#)

Free local antigen testing locations:

<https://brzitest.com.hr/>

Good luck!