

Athletes Guide

Europe Triathlon



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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

Friday, 08.09.2023.:

- Athletes swim familiarization,
 - Jarun lake, 15:30-16:00h
- Athletes bike familiarization
 - Jarun lake, 16:00-16:30
- Athletes briefing
 - Faculty of Kinesiology , 18:00-18:30
- Athletes race package pick up
 - Faculty of Kinesiology, 18:30-19:30

Saturday, 09.09.2023.:

- Individual Europe Triathlon Junior Cup Race
 - Junior Women start 8:30
 - Junior Men start 11:00

1.3. KEY CONTACTS

Name and contact details of:

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

Tehcnical race director: Goran Đurić, tkmaksimir@gmail.com, +385 994550045

Technical delegate: Ivan Mihajlovski, ivanmihajlovskiswim@gmail.com, +389 70363958

Assinstant Tehcnical delegate: Martina Barisic, martina.barisic23@gmail.com, +385 953912022

Athletes service manager: Maro Sikic, maro.sikic@eventra.hr, +385 992282654

Media manager: Lora Zulicek, zulceklora@gmail.com, +385 955643341

1.4. CONTACT DETAILS

Organizer:

Zagrebački triatlonski savez / Zagreb Triathlon Federation

Address: Aleja Matije Ljubeka 3, 10 000 Zagreb

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

Contact person: Dorijan Pavliša, +385 99 6469487;

Hrvatski triathlon savez / Croatian Triathlon Federation

Adress: Trg Krešimira Čosića 11, 10 000 Zagreb

E-mail: hts@triathlon.hr

2. VENUE

2.1. RACE VENUE

Lake Jarun, Zagreb

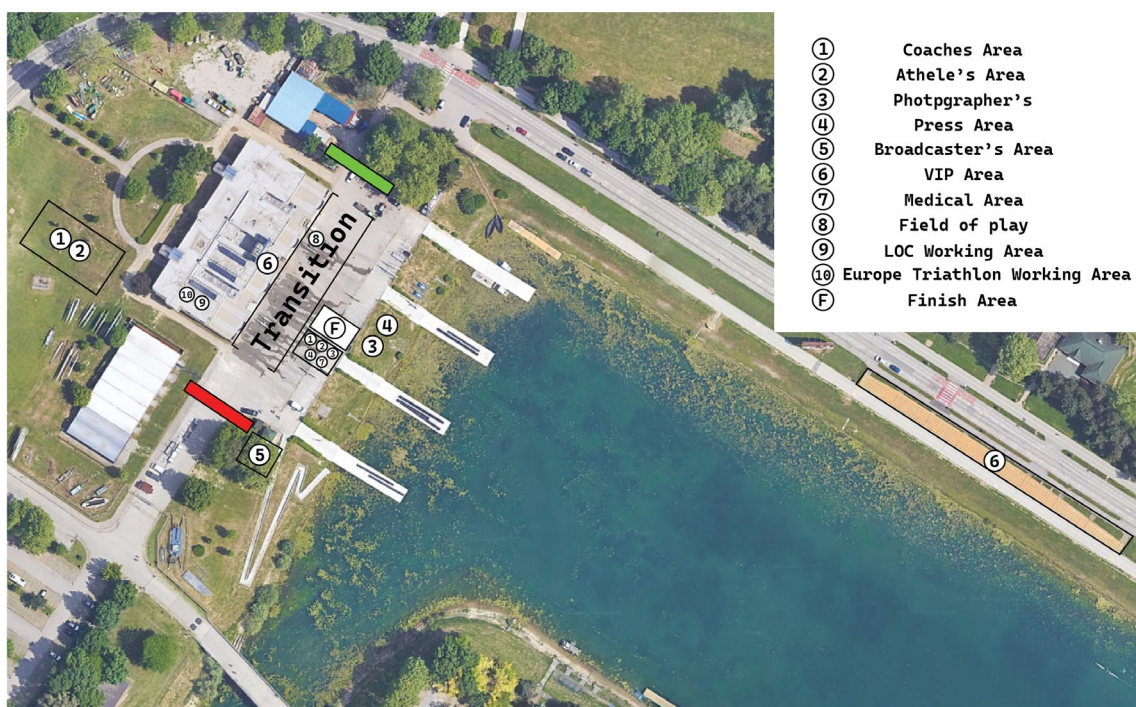


2.2 COURSE FAMILIARIZATION

Swim familiarization will be on Friday Jarun lake at **15:30**, meeting point is in front of Lake Jarun, Central Building

Bike familiarization will be on Friday Jarun lake at **16:00**, meeting point is in front of lake Jarun, Central Building.

VENUE MAP



- ① Coaches Area
- ② Athlete's Area
- ③ Photographer's
- ④ Press Area
- ⑤ Broadcaster's Area
- ⑥ VIP Area
- ⑦ Medical Area
- ⑧ Field of play
- ⑨ LOC Working Area
- ⑩ Europe Triathlon Working Area
- F Finish Area

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: Secured area allocated beside transition zone, there will be toilets, recovery zone, bike mechanic

2.4. ATHLETES' RACE PACKAGE AND REGISTRATION

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

- **Entry fee for European Triathlon Junior Cup: 65,00 EUR**
- **Please request an invoice with payment details no later than 6th of September 2023 by email: zagreb.triathlon@gmail.com**

Template for request:

European Junior Cup 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

Payment by Cash:

08.09.2023 Friday, Jarun lake, Central building, 14:00-17:00.

Please prepare exact amount in euros.

Pick up of packages :

Friday 08.09.2023, Faculty of Kinesiology, after the briefing

Race package includes: helmet numbers, athlete's number, bike number, body decals, accreditation pass.

Athletes Registration:

Friday 08.09.23, Faculty of Kinesiology, **17.00-18:00**

The athletes must carry their identity cards or passport

2.5. DOPING CONTROL

Doping Control will be performed according to the World Triathlon / WADA rules.

The athletes must carry their identity cards or passport to the doping control facilities.

2.6. SECURITY

Private security service will be provided on race days.

2.7. LOC OFFICE

Lake Jarun, Dom sportaša:

E-mail: zagreb.triathlon@gmail.com

Contact persons:

LOC: Dorijan Pavliša, +385 99 6469487

3. ACCOMMODATION

Contact for accommodation Maro Sikic, maro.sikic@eventra.hr, +385 992282654

4. TRANSFER AND TRANSPORT

Arriving by plane:

Zagreb International Airport

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

WEB: www.zagreb-airport.hr

Cost of taxi transportation from Zagreb airport to Zagreb may vary from 15-40 EUR

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

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

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

The traffic office is at: +385 60 08 645.

E-MAIL: promet@akz.hr

WEB: www.akz.hr

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 0,52 EUR stores /0,80 EUR in the tram (30 min)
- BY CAR: Car entrance must be paid per entrance (one-way road around the lake):
 - 1,30 EUR Monday-Friday,
 - 2,60 EUR 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

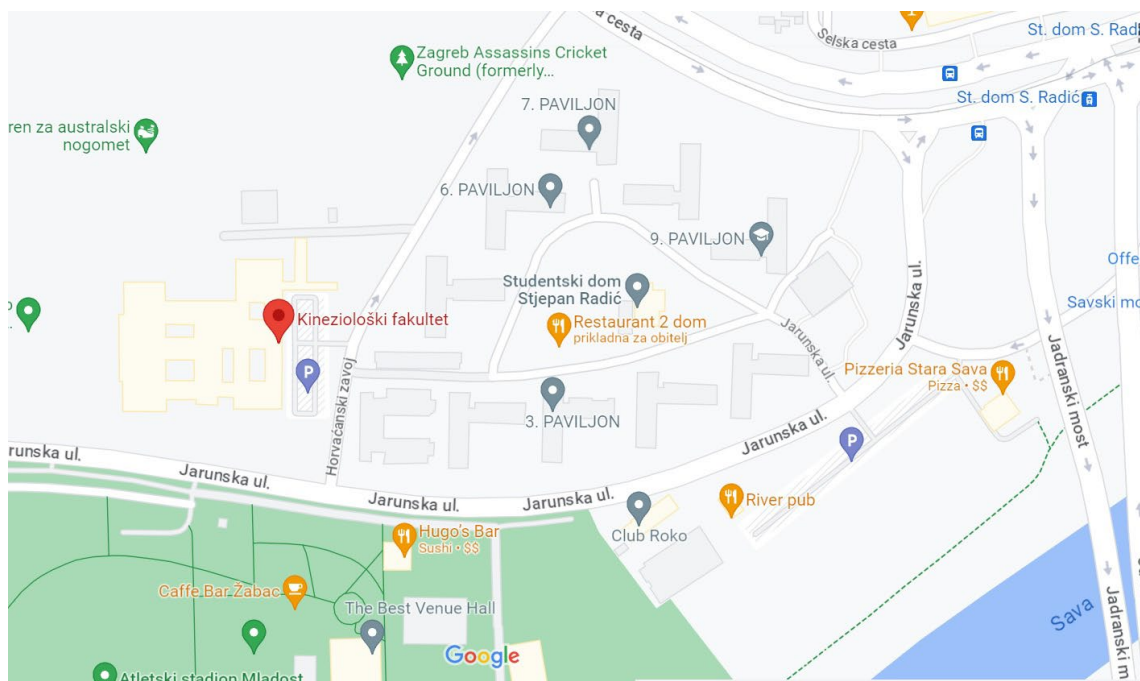
DAY	START	END	ACTIVITY	LOCATION
FRIDAY, 08.09.2023.	13:00	17:00	Athletes Race package pick-up	Jarun lake
FRIDAY, 08.09.2023.	15:30	16:00	Athletes Swim Familiarization	Jarun lake
FRIDAY, 08.09.2023.	16:00	16:30	Athletes Bike Familiarization	Jarun lake
FRIDAY, 08.09.2023.	17:00	18:00	Athletes Registration	Faculty of Kinesiology
FRIDAY, 08.09.2023.	18:00	18:30	Athletes Briefing	Faculty of Kinesiology
FRIDAY, 08.09.2023.	18:30	19:30	Athletes Race package pick-up	Faculty of Kinesiology
SATURDAY, 09.09.2023.	07:00	08:00	Junior Women Athletes Lounge Chek in	Jarun lake
SATURDAY, 09.09.2023.	07:30	08:15	Junior Women Transition Check-in	Jarun lake
SATURDAY, 09.09.2023.	07:45	08:15	Junior Women Swim Warm up	Jarun lake
SATURDAY, 09.09.2023.	08:20		Junior Women Athletes Introduction	Jarun lake
SATURDAY, 09.09.2023.	08:30		Junior Woman Race START	Jarun lake
SATURDAY, 09.09.2023.	09:15	10:15	Junior Men Athletes Lounge Chek in	Jarun lake
SATURDAY, 09.09.2023.	10:00	10:45	Junior Men Athletes Transition Check-in	
	10:15	10:45	Junior Men Athletes Swim Warm up	
SATURDAY, 09.09.2023.	10:50		Junior Men Athletes Athletes Introduction	
SATURDAY, 09.09.2023.	11:00		Junior Men Race START	Jarun lake
SATURDAY, 09.09.2023.	12:10		Bike Chek-out Junior Men	Jarun lake
SATURDAY, 09.09.2023.	12:20		Award Ceremony Junior Women & Junior Men	Jarun lake

6.1. COMPETITION RULES

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

6.2. ATHLETE'S BRIEFING

Athletes briefing will be on FRIDAY, 08.09.2023. on Faculty of Kinesiology at 18:00 (Horvaćanski zavoj 15, 10110, Zagreb)



Be on the location not late then, 30min before the briefing, for signing the athlete registration forms.

Bring your personal ID card or passport for identification.

6.3. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athlete's 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.

6.4. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

7. ACCREDITATION

The LOC will provide an official Accreditation Cards.

Accreditation Cards for European Junior Cup 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: Euro (EUR)

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**
- Emergency road service: **1987**

9. COURSE MAPS

JUNIOR RACE COURSE

 SWIM COURSE

Start procedures: lake Jarun, water start

750 meters

Number of laps: 1

Average water temperature: 23 C





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

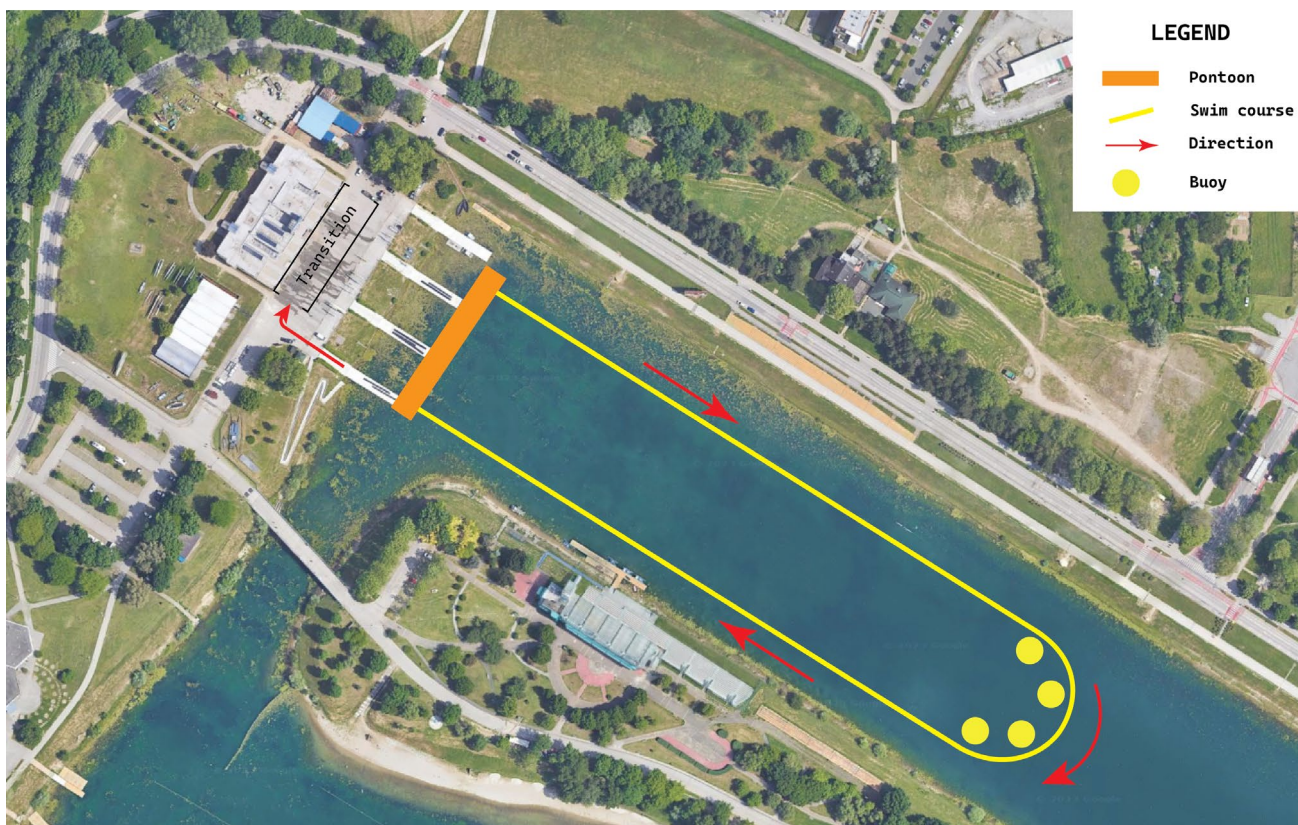
Map of the swim course:

 SWIM COURSE



LEGEND

-  Pontoon
-  Swim course
-  Direction
-  Buoy



TRANSITION FLOW 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

TRANSITION FLOW 1



 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.

20km with 6.66 per lap









Number of laps: 3

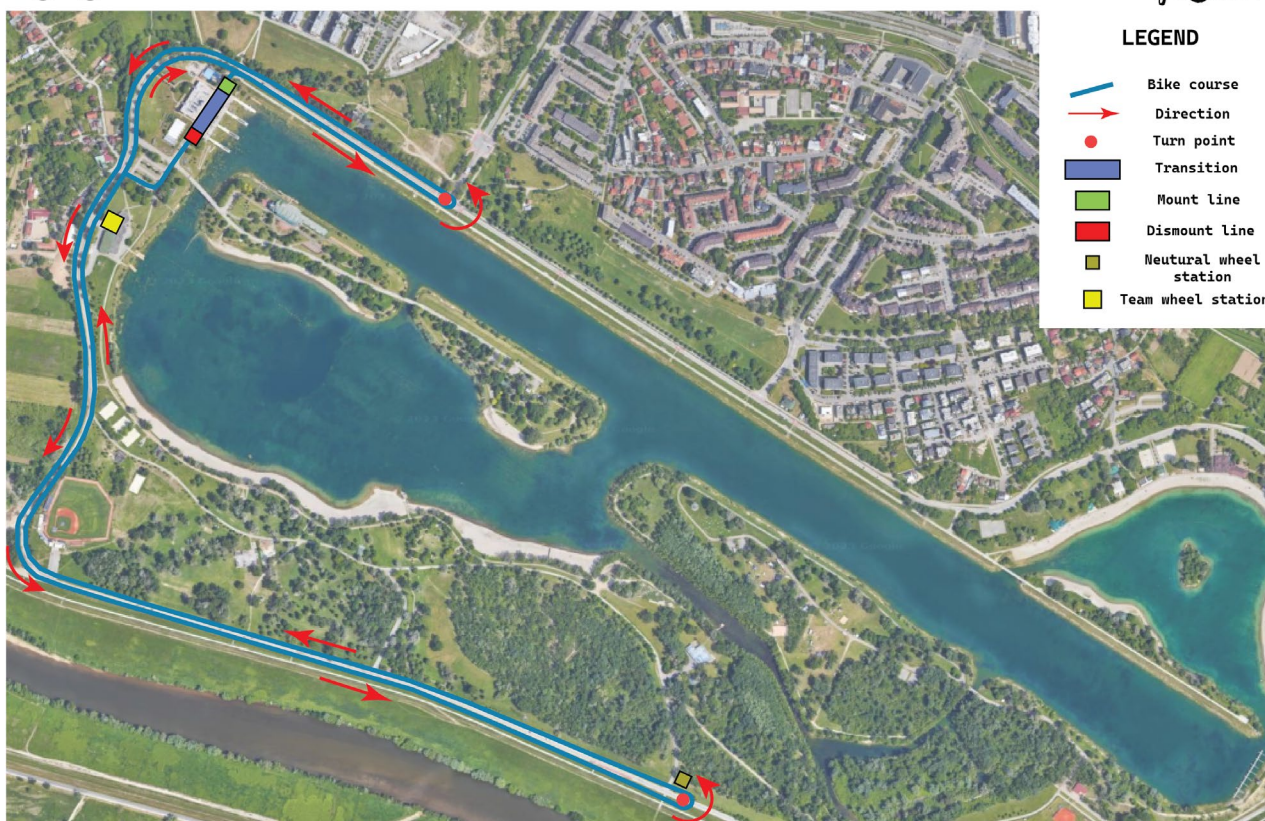
Location of the wheel station: next to turning point /closer to transition

 **BIKE COURSE** | 20 km | 6,66 km lap



LEGEND

-  Bike course
-  Direction
-  Turn point
-  Transition
-  Mount line
-  Dismount line
-  Neutral wheel station
-  Team wheel station

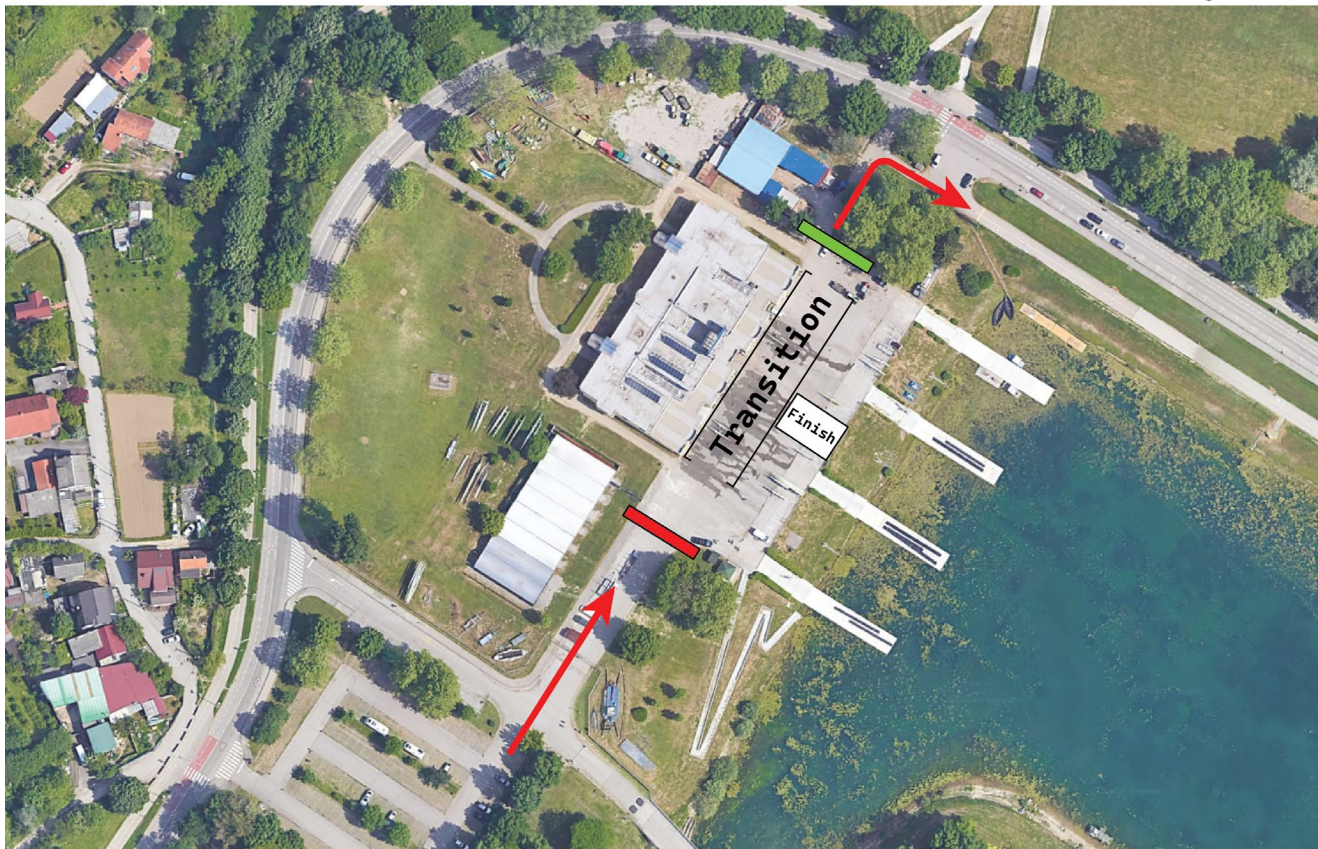


TRANSITION 2:

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 FLOW 2



 RUN COURSE

Description: beside lake, completely flat

5km











Number of laps: 2

Penalty box located on run turning point closer to transition.

 RUN COURSE | 5 km



LEGEND

-  Run course
-  Run 2 laps
-  Run to finish
-  Direction
-  Turn point
-  Mount line
-  Dismount line
-  Penalty box
-  Aid station
-  Finish



FINISH

FINISH



Europe Triathlon



Good luck!