

 Europe
Triathlon
Balkan
Championships

Bar
2023

powered by
coinis

Athlete Guide

Balkan Championships • 23 September 2023 • Bar, Montenegro

Version # 02
20/09/2023



coinis



1. GENERAL INFORMATION

- 1.1. INTRODUCTION
- 1.2. KEY DATES
- 1.3. KEY CONTACTS

2. VENUE

- 2.1. RACE VENUE
- 2.2. COURSE FAMILIARISATION
- 2.3. ATHLETES' LOUNGE
- 2.4. ELITE ATHLETES' RACE PACKAGE
- 2.5. SECURITY
- 2.6. LOC OFFICE

3. ACCOMMODATION

4. TRANSFER AND TRANSPORT

5. ATHLETES' SERVICES

- 5.1. SWIM AND BIKE TRAINING
- 5.2. MEDICAL SERVICES
- 5.3. BIKE MECHANICAL SERVICE

6. COMPETITION SCHEDULE

- 6.1. ELITE WOMEN
- 6.2. ELITE MEN
- 6.3. COMPETITION RULES
- 6.4. ATHLETES' BRIEFING
- 6.5. TIMING CHIPS
- 6.6. RESULTS
- 6.7. PROTEST & APPEALS

7. ACCREDITATION

8. USEFUL INFORMATION

Could be and is not limited to:

- 8.1. LANGUAGE
- 8.2. POPULATION
- 8.3. CURRENCY
- 8.4. TIME

9. COURSE MAPS

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

The Race Venue will be located in Stadion Topolica, Ul. Madžarica bb, Bar (MNE). All services are easily reachable on foot. <https://goo.gl/maps/fdssQrSfx5DbKymN9>

Official briefing for elite & juniors will be held at Stadion Topolica, Ul. Madžarica bb, Bar (MNE). <https://goo.gl/maps/fdssQrSfx5DbKymN9>

1.3. KEY CONTACTS


- Event director: Vedran Roćenović vedran.rocenovic@gmail.com
- Race director: Filip Krgović krgovicc@gmail.com +38269460332
- Technical delegate: Onur Senturk (TUR) senturk.onur@gmail.com
- Assistant Technical delegate: Monika Dimovska (MKD) monikadimovska@yahoo.com
- Athletes services manager [Dejan Radinović radinovic@me.com](mailto:Dejan.Radinovic@me.com) +38269125155
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456

2. VENUE

2.1. RACE VENUE

Location and address of the race venue:

Stadion Topolica Bar , Madžarica bb, 85000, Montenegro

 Stadium Topolica

2.2. COURSE FAMILIARISATION


Friday 22.09.2023

16:00 Swim familiarisation - 30 min

17:00 Bike familiarisation - 30 min

2.3. ATHLETE'S LOUNGE


Stadion Topolica Bar , Madžarica bb, 85000, Montenegro

 Stadium Topolica

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


- Race T-Shirt
- Goodie Bag
- Finisher Medal
- Sponsor presents
- Photo package

Stadion Topolica Bar , Madžarica bb, 85000, Montenegro

 Stadium Topolica

2.5. LOC OFFICE

Stadion Topolica Bar , Madžarica bb, 85000, Montenegro

 Stadium Topolica

3. ACCOMMODATION

Host Hotel

<https://hotelmontenegrocanj.me/me>

<https://satoresort.com/en/>

4. TRANSFER AND TRANSPORT

Closest Airport

1. Podgorica 46 km;
2. Tivat 59 km;
3. Dubrovnik 110 km;
4. Tirana 124 km.

5. ATHLETES' SERVICES

5.1. TRAINING FACILITIES



Swimming is possible at the public beach in the sea at the location where the race will be held. The closest swimming pools are located in Budva (39 km away) and Podgorica (52 km away)

 **BIKE**

Bike training is possible at the race course, but please be aware of the traffic and respect the traffic rules.

 **RUN**

Running is possible along the entire length of the promenade in Bar, and at the location where the race will be held.

5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration area before and during the training sessions and during the race. There will be First Aid and Emergency Medical Services at the Stadion Topolica Bar , Madžarica bb, 85000, Montenegro on competition day. 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 is to be paid for by participants.

Athletes/teams should make sure that they have appropriate medical insurance.

Closest hospital: Hospital Bar, General Hospital Bar Podgrad bb 85 354,
Stari Bar MONTENEGRO. Phone: + 382 30 34 23 33.

<https://www.bolnicabar.me>

Emergency telephone numbers

Police — 122

Fire Department — 123

Ambulance— 124

6. COMPETITION SCHEDULE

6.1. ELITE WOMEN

Friday, September 22nd		
15:00	17:45	Athletes' Registration
16:00	16:30	Swim familiarisation
17:00	17:30	Bike familiarisation (2 escorted laps)
18:00	18:30	Elite, Junior, U23 Briefing, Registration and Race package distribution
Saturday, September 23rd		
06:30	07:00	Elite Women - Athletes' Lounge & TA open
07:15	07:45	Elite Women - Swim warm-up
07:50		Elite Women - Line-up
08:00		START Elite WOMEN - Elite, U23, Junior
09:45		Medal ceremony

6.2. ELITE MEN

Friday, September 22nd		
15:00	17:45	Athletes' Registration
16:00	16:30	Swim familiarisation
17:00	17:30	Bike familiarisation (2 escorted laps)
18:00	18:30	Elite, Junior, U23 Briefing
Saturday, September 23rd		
06:30	09:15	Elite Men - Athletes' Lounge & TA open
08:45	09:15	Elite Men - Swim warm-up
09:20		Elite Men - Line-up
09:30		START Elite MEN - Elite, U23, Junior
11:15		Medal ceremony

6.3. COMPETITION RULES

The event follows the latest published World Triathlon Competitions Rules.

6.4. ELITE ATHLETES' BRIEFING

Friday 22.09.2023. 18:00 Briefing Stadion Topolica Bar, Madžarica bb, 85000, Montenegro

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.

6.5. TIMING CHIPS

6.6. RESULTS

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

https://protime.si/sl_si/seznam-prijavljenih-2023-coinis-no-limits-balkan-championship/

Official time measuring company Pro Time Slovenia

https://protime.si/sl_si/o-nas/

info@protime.si

6.7. EUROPE TRIATHLON RANKING CRITERIA

Only participants from the Balkan region countries are eligible to get Europe triathlon points.

Event	Points winner	Maximum athletes to score
Europe Triathlon Championships	600	Cut-off rule
Europe Triathlon Cup Final	400	Cut-off rule
Europe Triathlon Premium Cup	400	Cut-off rule
Europe Triathlon Cup	250	Cut-off rule
Europe Triathlon Regional Championships	150	Cut-off rule

Countries of the Balkan region:

Bosnia and Herzegovina
 Bulgaria
 Croatia
 Greece
 Moldova
 Montenegro
 North Macedonia
 Romania
 Serbia
 Slovenia
 Turkey

6.8. PROTEST & APPEALS

Standard procedures will be followed according to the current World Triathlon Competition Rules

6.9. AGE GROUP RACES

RACE	DISTANCE	Athlete lounge open	Athlete lounge close	Transition open	Transition closed	Warm up start	Warm up finish	Start line up	RACE START	Award ceremony
Elite Women Sprint Distance Balkan Triathlon Championship	750M SWIM 20KM BIKE 5KM RUN	06:30	07:00	07:00	07:45	07:15	07:45	07:50	08:00	09:45
Elite Men Sprint Distance Balkan Triathlon Championship	750M SWIM 20KM BIKE 5KM RUN	06:30	09:15	07:00	09:15	08:45	09:15	09:20	09:30	11:15
Youth (15-17 years old) Super Sprint Balkan Triathlon Championship	350M SWIM 10KM BIKE 2,5KM RUN	10:00	10:45	09:45	10:45	10:15	10:45		11:00	19:00
Kids Triathlon U14 Balkan Triathlon Championship	200M SWIM 6KM BIKE 1,5KM RUN			10:45	11:45	11:15	11:45		12:00	19:00
Kids Aquathlon U9 - U11 Balkan Triathlon Championship	50M SWIM 300M RUN			11:30	12:15	11:45	12:15		12:30	FINISHER MEDALS, NO PODIUM
Mixed Relay Balkan Championship	200M SWIM 6KM BIKE 1,5 KM RUN	11:30	12:45	11:45	12:45	12:15	12:45	12:45	13:00	19:00
Sprint distance Triathlon Age Group Balkan Championship	750M SWIM 20KM BIKE 5KM RUN			13:45	14:45	14:15	14:45		15:00	19:00
Standard distance Triathlon Age Group Balkan Championship	1,5KSWIM 40KMBIKE 10KM RUN			13:45	15:45	15:15	15:45		16:00	19:00

7. ACCREDITATION

The LOC will provide all the Organising Committee Members, Europe Triathlon 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 people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition.

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.

8. OTHER USEFUL INFORMATION

Country information:

Republic of Montenegro

Capital and largest city Podgorica 42°47'N 19°28'E

Official languages Montenegrin

Currency Euro

Time zone UTC+1 (CET) • Summer (DST) UTC+2 (CEST)

Driving side right

9. COURSE MAPS

SWIM COURSE

Start Mechanism:

Standing in the water Start

Distance 750m

1 lap

Expected water temperature:

22-24C

Wetsuit not expected



TRANSITION

A flow-through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear, caps, and any other used equipment in a bin placed beside the bike racks. After getting out of the water, the competitors run to the entrance to the stadium, where there is a two-sided transition. After the helmet is secured, athletes unrack the bike by moving forward towards the mount line which is outside the stadium.



BIKE COURSE

Bike Course: 20km flat and technical course – good road surface; 3 laps
Athletes continue the race by driving diagonally through the parking lot on Madžarica bb Street until the right turn onto Jovana Tomašević Street; then left along Revolucije Boulevard until entering the Petrović Dynasty Boulevard on the right; further left to the Yugoslav People's Army to the roundabout, where the route returns to the E851 road through Petrović Dynasty Boulevard to the part of the E851 road that leads the competitors to a new circle through IV Crnogorske Brigade Street. At the end of the cycling segment, after the third round, the competitors go through the parking lot in Madžarica bb street to the Toplica stadium, where they leave their bikes in transition.



TRANSITION 2

After the third lap of cycling, the triathletes go through the parking lot in Madžarica bb street, where before entering the Toplica stadium they have a dismount line, after which they run pushing the bikes with the aim of leaving them in transition T2. They run on the right side of the transition and get inside after a 180 degree turn. After leaving the bike go out from the north side and exit from the stadium and on to the running segment.

RUN COURSE

The run begins with triathletes exiting through the lower gate of the Topolica stadium and further to the right for 250m to the turn, then along the promenade for 500m, where a turn awaits them again. Athletes run exactly 3 laps on the promenade and then they enter the stadium, turn right onto the tartan track where they run 1 lap of 400m and continue to the finish line. The running track is flat, with asphalt on the promenade and a tartan athletics track in the stadium. There is an aid station 150m after the start of the run and a penalty box 150m before the finish



10. WATER QUALITY TEST

Test Date: 18/09/2023

Enterococci: 12 (cfu/100ml)

Escherichia coli: 4 (cfu/100ml)

11. EVENT WEBSITE

Event Website <https://triatlon.me/>

https://protime.si/sl_si/seznam-prijavljenih-2023-coinis-no-limits-balkan-championship/

COINIS TRIATHLON BALKAN CHAMPIONSHIP - BAR

[REGISTER](#)

Početak



coinis



 Europe
Triathlon
Balkan
Championships

Bar
2023

powered by
coinis