



Silver Lake  
2024



# Athletes' Guide

Edited 3/27/2024 – III





## SERBIAN TRIATHLON

Would like to welcome you to the

**Europe Triathlon Junior Cup Silver Lake 2024**

**SUPER SPRINT  
&  
MIXED TEAM RELAY**

# Athletes' Guide



# Table of Contents

<b>1. General Information</b>	
1.1. Introduction	3
1.2. Key Dates	3
1.3. Key Contacts	4
1.4. Contact Details	4
<b>2. Venue</b>	
2.1. Race Venue	4
2.2. Course Familiarisation	4
2.3. Athletes' Lounge	5
2.4. Elite Athletes' Race Package distribution	5
2.5. Doping Control	5
2.6. Security	5
2.7. LOC Office	5
<b>3. Accommodation</b>	5
<b>4. Transfer and Transport</b>	5
<b>5. Athletes' Services</b>	
5.1. Swim, Bike and Run Training	6
5.2. Medical Services	6
5.3. Bike Mechanic Service	7
<b>6. Competition Schedule</b>	
6.1. Elite/Junior Women	7
6.2. Elite/Junior Men	7
6.3. Mixed Team Relays	8
6.4. Competition Rules	8
6.5. Athletes' Briefing	8
6.6. Timing Chips	8
6.7. Results	8
6.8. Protest & Appeals	9
<b>7. Accreditation</b>	9
<b>8. Useful Information</b>	9
8.1. Language	10
8.2. Population	10
8.3. Currency	10
8.4. Time	10
8.5. Electricity	10
8.6. Water	10
8.7. Telephone Connections	10
8.8. Visa Procedure	10
<b>9. Course Maps</b>	
9.1. SUPER SPRINT (M/F) course	11
9.2. MIXED RELAY course	12



# 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 managers are advised to check with the event office regarding any changes in information included in this guide

## 1.2. Key dates

<b>31.5.2024 Friday</b>	
15:30 – 16:00	Bike course familiarization (two escorted laps)
16:00 – 16:40	Swim course familiarization
16:40 – 17:50	ET JC registration & Entry Fee Payment
18:00 – 18:30	ET Junior and MTR Race briefing
18:30 – 19:30	ET Junior race package distribution

  

<b>1.6.2024 Saturday SEMIFINALS</b>																													
7:30	Athletes' Lounge open																												
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17:00 – 17:30	ET JC registration for the Finals																												
18:00 – 18:30	Mixed Team Relay composition																												

  

<b>2.6.2024 Sunday FINALS</b>	
6:30	Athletes' Lounge open
6:50 – 7:30	Athletes lounge check in – junior men
7:45	athletes introduction - junior men
<b>8:00</b>	<b>START</b> –ET Junior Cup race man FINALS
7:40 - 8:10	Athletes lounge check in Junior women
8:30	athletes introduction - junior women
<b>8:50</b>	<b>START</b> –ET Junior Cup race woman FINALS
8:45 - 9:05	Transition Area Check-out
11:10 – 11:30	Medal ceremony
16:00	<b>START</b> –MT Relay
17:40	Medal ceremony



### 1.3. Key contacts

Name and contact details of:

Race director:	Ivan Budja	ivanbudja@gmail.com	+381 63335722
Technical delegate:	Florian Weismann	florian.weismann@gmail.com	+43 6769214933
aTD:	Slobodan Popovski	bobiska123@gmail.com	+ 381 63318595
Athletes' services manager:	Ivana Ackovic	ivana.ackovic1@gmail.com	+381 641960178
NF General Secretary:	Simo Cickovic	simo.cickovic@gmail.com	+381 637060345
Europe Triathlon Office:		hq@europe.triathlon.org	+32478825456
If you need Accommodation:		silverlakeaccommodation@gmail.com	

### 1.4. Contacts details

Local Organizing Committee: [SU 11TRI](#) .

Address: Ada Ciganlija bb, 11000 Belgrade, Serbia. Sanja Savic, [11tri@11tri.com](mailto:11tri@11tri.com)

## 2 Venue

### 2.1. Race venue

Srebrno Jezero (Silver Lake) is located in the north-eastern part of Serbia, at the foot of the Carpathians, not far from the entrance to the Djerdap gorge. The nearest town is Veliko Gradište, 2 km away. The nearest international airport is located in Belgrade, which is only 110 km away. Transfer from the airport is organized by LOC (see Chapter 4)



### 2.2 Course familiarisation

Friday, 31.5.2024.

Silver Lake dam: 44.7664754, 21.4796863

15:30 - 16:40 Bike course familiarization (two escorted laps);

16:00 – 16:40 Swim course familiarization



### 2.3. Athletes' lounge

The Athletes' Lounge is located near to the transition area (44.7686725, 21.4788119).  
Opening: 1.6.2024 at 6:50, refreshment & toilets are provided for. Also there will be a recovery zone close to the finish area.

### 2.4. Junior athletes' race package

The race package is distributed on Friday 31<sup>st</sup> May, from 18:30 – 19:30 in The Sports Hall Srebrno jezero (44.761834, 21.479061).

Caps and timing chips will be delivered on Check in on Saturday and Sunday, prior to the each race.

The package can only be handed out when the entry fee has been received by the LOC. Payment on the spot can only be done in cash (EUR or Din). Nearest ATM: [Post bank](#) or [NLB bank](#)

Mixed Team Relay race package distribution will be held on Saturday 1<sup>st</sup> from 18:00 to 18:30 at the Athlete's Lounge.

Registrations and race package distribution for Junior Finals will be held on Saturday 1<sup>st</sup> from 17:30 to 18:30 at the Athlete's Lounge.

### 2.5. Doping control

The location of the doping control is on the FOP, in a separated part in the recovery area. Doping tests will be conducted according to TRI/WADA rules. The athletes must carry their identification to the doping control facilities.

### 2.6. Security

A Private Company ensures the security of the event and the Police will manage the Road Closures and the traffic around the course.

### 2.7. LOC office

Monday – Friday 11:00- 14:00, Ada Ciganlija bb, 11000 Belgrade.

Contact: Ivana Ackovic, [ivana.ackovic1@gmail.com](mailto:ivana.ackovic1@gmail.com) , +381 641960178

## 3 Accommodation

Athletes who need accommodation have to make arrangements themselves.  
Any help or information can be obtained by mail: [silverlakeaccommodation@gmail.com](mailto:silverlakeaccommodation@gmail.com),

## 4 Transfer and Transport

### REACH BY CAR OR BUS

Silver Lake (Veliko Gradiste) is well connected by a network of highways with European cities:

Belgrade – E 75 = 110km

Zagreb – E 70 = 504km

Budapest – A1/E75 и M5 = 490 km

Timisoara – DJ593 = 182km

Sofia – E80 A1(E75) = 383km



Skopje – A1 = 423km  
Thessaloniki – A1 = 626 km  
Sarajevo – E761, E70 = 398 km

### NEAREST AIRPORT

The nearest airport is [Nikola Tesla Airport](#) Belgrade

From airport to Silver Lake:

- The LOC will provide transfer from Belgrade Airport to Silver Lake for the Athletes' and their Team members/officials, including bike boxes and luggage.

Price per person for both directions:

1. Fast Individual 180€
2. Team separate transport 110€,
3. Individual in group transport 90€

Payment by account for transfer should be done until 19<sup>th</sup> of May (10 days prior the event). After that day cash only (EUR).

You can order transport on the following email: [ivana.ackovic1@gmail.com](mailto:ivana.ackovic1@gmail.com)

Please send us: your name, contact details, arrival time, arrival airport, flight number, number of people, number of bikes, contact person of your team ...

## 5 Athletes' Services

### 5.1. Training facilities

#### SWIM

The best place is the Silver Lake itself, this is a public place and you can swim at any time. Please respect the environment.

#### BIKE

Local road are with open for traffic, please be careful, car drivers tend to overlook cyclists.

#### RUN

Pedestrian road on the river embank between Silver Lake and Veliko Gradiste, any time.

### 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 Race Village 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 are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

- Emergency Medical Center & Public Health Center Veliko Gradiste, Vojvode Putnika, Veliko Gradiste, Telephon: +381 12 662591
- Medical 194
- Firefighters 193
- Police 192



### 5.3. Bike mechanical service

Bike partner. Silver lake resort.

## 6 Competition schedule

### 6.1. Elite/Junior women

Petak / Friday, May 31st			
15:30 – 16:00	Bike course familiarization (two escorted laps)		Sports Hall
16:00 – 16:30	Swim course familiarization		Venue
16:30 – 17:50	ET JC registration & Entry Fee Payment		Venue
18:00 – 18:30	ET Junior and MTR Race briefing		Sports Hall
18:30 – 19:30	ET Junior race package distribution		Sports Hall
Subota / Saturday, June 1 <sup>st</sup> SEMIFINALS			
6:30	Athletes' Lounge open		Venue
11:00 – 12:30	<b>Registration &amp; bike for check in</b>	<b>Junior F</b>	Transition area
12:45	Athletes introduction– F1	<b>Junior F</b>	Pre-start area
<b>11:30</b>	<b>START</b> –ET Junior Cup race F1	<b>Junior F</b>	start area
12:45	Athletes introduction– F1	<b>Junior F</b>	Pre-start area
<b>12:20</b>	<b>START</b> –ET Junior Cup race F2	<b>Junior F</b>	start area
12:45	Athletes introduction– F1	<b>Junior F</b>	Pre-start area
<b>13:10</b>	<b>START</b> –ET Junior Cup race F3	<b>Junior F</b>	start area
13:45 - 14:05	Check-out	<b>Junior F</b>	Transition Area
17:00 – 17:30	ET JC registration for the Finals	<b>Junior M/F</b>	Transition Area
18:00 – 18:30	Mixed Team Relay composition		Transition Area
Nedelja/ Sunday, June 2 <sup>nd</sup> FINALS			
6:30	Athletes' Lounge open for check in		Venue
7:25 - 8:00	Transition check in	<b>Junior F</b>	Transition area
8:30	Athletes introduction	<b>Junior F</b>	Pre-start area
<b>8:45</b>	<b>START</b> –ET Junior Cup race	<b>Junior F</b>	start area
8:45 - 9:05	Check-out	<b>Junior M/F</b>	Transition Area
following	Award ceremony for Junior's	<b>Junior M/F</b>	Venue

### 6.2. Elite/Junior men

Petak / Friday, May 31st			
15:30 – 16:00	Bike course familiarization (two escorted laps)		Sports Hall
16:00 – 16:30	Swim course familiarization		Venue
16:30 – 17:50	ET JC registration & Entry Fee Payment		Venue
18:00 – 18:30	ET Junior and MTR Race briefing		Sports Hall
18:30 – 19:30	ET Junior race package distribution		Sports Hall
Subota / Saturday, June 1 <sup>st</sup> SEMIFINALS			
6:30	Athletes' Lounge open		Venue
6:50 – 8:30	<b>Registration &amp; bike for check in</b>	<b>Junior M</b>	Transition area
8:45	Athletes introduction – M1	<b>Junior M</b>	Pre-start area
<b>9:00</b>	<b>START</b> –ET Junior Cup race M1	<b>Junior M</b>	start area
8:30	Athletes introduction – M2	<b>Junior M</b>	Pre-start area
<b>9:50</b>	<b>START</b> –ET Junior Cup race M2	<b>Junior M</b>	start area





7:45	Athletes introduction – M3	<b>Junior M</b>	Pre-start area
<b>10:40</b>	<b>START</b> –ET Junior Cup race M3	<b>Junior M</b>	start area
10:45 - 11:00	Check-out	<b>Junior M</b>	Transition Area
17:00 – 17:30	ET JC registration for the Finals	<b>Junior M/F</b>	Transition Area
18:00 – 18:30	Mixed Team Relay composition		Transition Area
<b>Nedelja/ Sunday, June 2<sup>nd</sup> FINALS</b>			
6:30	Athletes' Lounge open for check in		Venue
6:50 – 7:25	Transition check in	<b>Junior M</b>	Transition area
7:45	Athletes introduction	<b>Junior M</b>	Pre-start area
<b>8:00</b>	<b>START</b> –ET Junior Cup race M finale	<b>Junior M</b>	start area
8:45 - 9:05	Check-out	<b>Junior M/F</b>	Transition Area
following	Award ceremony for Junior's	<b>Junior M/F</b>	Venue

### 6.3. Mixed Team Relays

<b>Petak / Friday, May 31st</b>			
15:30 – 16:00	Bike course familiarization (two escorted laps)		Sports Hall
16:00 – 16:30	Swim course familiarization		Venue
16:30 – 17:50	ET JC registration & Entry Fee Payment		Venue
18:00 – 18:30	ET Junior and MTR Race briefing		Sports Hall
18:30 – 19:30	ET Junior race package distribution		Sports Hall
<b>Nedelja/ Sunday, June 2<sup>nd</sup> MTR</b>			
14:00 – 14:15	MTR Final team composition	<b>MTR</b>	Transition area
14:30	Athletes' Lounge open for check in	<b>MTR</b>	Transition area
14:55-15:30	Transition check in	<b>MTR</b>	Transition area
15:45	Athletes introduction - Mixed Relay	<b>MTR</b>	Pre-start area
<b>16:00</b>	<b>START</b> –ET Mixed Relay Cup	<b>MTR</b>	start area
17:40	Check-out	<b>MTR</b>	Transition area
following	Award ceremony	<b>MTR</b>	Venue

#### Team declaration

The Team Manager's Meeting will take place on Date/Time/Location. The final team declaration will take place on Date/Time/Location in the Athletes' Lounge.

### 6.4. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

### 6.5. Athletes' briefing

Junior and MTR Briefing: Friday, May 11st from 18:00 to 18:30, location Sport's Hall Srebrno Jezero.

### 6.6. Timing chips

On race day the athletes will be given a timing chip and a cap in the Athletes lounge. The chip should be worn on the athletes' ankle. Athletes will pick up the timing chips before the



competition, during their check-in procedure. These timing chips have to be returned at the end of the race.

## 6.7. Results

Official results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org). Please inform Europe Triathlon media team at [mediateam@europe.triathlon.org](mailto:mediateam@europe.triathlon.org) if there is any live coverage of the event.

## 6.8. Protest & appeals

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

# 7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, 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 always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

**IMPORTANT:** Coaches can only obtain an accreditation when applied for through official channels. This application can be done until a week before the race. No accreditation will be handed out without previous written or emailed request. The accreditation's will be distributed on Friday 31.5.2024 before the registration in the ET Junior cup triathlon Zone.

# 8 Other useful information

## 8. ENTRY FEES

The entry fees are:

- Junior 75,00€
- Mixed Team Relay 150,00€ (per team)

Payment of the entry fee should be made in advance (by Wednesday the 29th) via bank transfer

according to the instructions below:

*56A: Intermediary:*

**OTP BANK PLC., BUDAPEST**  
**SWIFT CODE: OTPVHUHB**

*57A: Account with institution:*

**OTP BANKA SRBIJA A.D.**  
**SWIFT CODE: OTPVRS22**

*59: Beneficiary Customer:*

**/RS35325960170007201067**



Sportsko udruženje "IITRI"  
ADA CIGANLIJA BB  
Beograd, SERBIA

**IMPORTANT:**

All payment on site can be done exclusively by cash.

Payment status (entry fee, transfer) will be double checked before the race package distribution. If the payment will be done together with the airport transfer fee please specify it in the bank transfer description.

**8.1. Language:**

Serbian, English

**8.2. Population:**

Serbia 6.5 million, Belgrade 2 million.

**8.3. Currency:**

Serbian Dinar (rsd)

1 USD = 105 din

1 EUR = 118 din

**8.4. Time:**

Central European time.

**8.5 Electricity:**

220V, similar sockets and plugs as in EU.

**8.6 Water:**

tap water drinkable.

**8.7 Telephone connections:**

+381 (0) Mobile providers: Yettel, Telekom, A1.

**8.8 Visa Procedure:**

For EU citizens no Visa required to enter in Serbia.



# 9 Course maps

## SUPER SPRINT (M/F) 400m-10,4km-2,5km

### SWIM COURSE

1 lap (400m) in the clockwise direction, keeping all buoys on the right shoulder. The distance to the first buoy will be 180m; water start



### BIKE COURSE

2 laps. 2,6km to the turning point, flat and technical easy course with 3 turning point. The team wheel station is located 100m after the TA.



### RUN COURSE

2 laps, completely flat on asphalt surface. One aid station on the course. Refreshment area will be post after finish line.





**MIXED RELAY 250m-5,2km-1,5km**

**SWIM COURSE – MTR**

1 lap (250m), clockwise direction, keeping all buoys on the right shoulder when passing. The distance to the first buoy is 120m



**BIKE COURSE – MTR**

1 lap, 2600m to the turning point, flat and technical easy course with only one turning point. The team wheel station is located 100m after the TA.



**RUN COURSE – MTR**

Team members A, B, C run from TA to the further turning point (BLUE) and back to TA. Their second lap goes from TA to closer turning point (YELLOW) halfway, where a sharp right turn leads to the Handover Zone.

Team member D runs two identical laps; from TA to the RED turning point and back, the second lap leading to the finish.

The nearest Turning point (WHITE) is the same for all Leg's. There will be no aid station on the course. The penalty box is located close to the TA. Refreshment area will be post after finish line.





## *Welcome on Silver Lake*

The LOC and all volunteers wish you good luck, a safe and fair race and hope you will enjoy your stay on Silver Lake!

*Be healthy and stay safe*

*Good luck on the race!*

