

2019 Istanbul ETU Triathlon Balkan Championships

2.08.2019

14:00		Bike course familiarization (1 lap) Transition Area	
14:30	15:00	Swim course familiarization 30min	
14:00	16:00	Registration open and package pick up (Youth, Juniors)	
	16:00	Youth & Juniors briefing (Balkan Championship)	
	17:00	Elite briefing & Packets distribution for Elite's (after Briefing)	
	18:00	Pasta Party	

3.08.2019

06:00	06:30	Athletes Lounge Open and Check in Youth	
06:15	07:15	Transition area is open for Youth and Juniors	
07:00	07:15	Swim warm up for Youth	
	07:20	Pre start procedure	
	07:30	Kartal/Istanbul Balkan Championship Start Youth Men	
	07:25	Pre start procedure	
	07:35	Kartal/Istanbul Balkan Championship Start Youth Women	
08:15	09:00	Transition area is open for Juniors	
08:45	09:00	Swim warm up for Junior Women	
	09:05	Pre start procedure	
	09:15	Kartal/Istanbul Balkan Championship Start Junior Women	
09:00	09:15	Swim warm up for Junior Men	
	09:20	Pre start procedure	
	09:30	Kartal/Istanbul Balkan Championship Start Junior Men	
11:15	12:00	Transition area is open for Elite's	
11:45	12:00	Swim warm up for Elite Women	
	12:05	Pre start procedure	
	12:15	Kartal/Istanbul ETU Balkan Championship Start Elite Women	
13:15	13:30	Swim warm up for Elite Men	
	13:35	Pre start procedure	
	13:45	Kartal/Istanbul ETU Balkan Championship Start Elite Men	
15:00	17:00	Registration open (Age Group & Relay)	
	16:30	Award Ceramony (For all Categories)	
	17:00	Briefing Age Group & Mixed Relay	
	18:00	Pasta Party	

4.08.2019

06:00	07:00	Transition area is open for Age Group	
06:30	07:00	Swim warm up for Age Groups	
	07:30	Kartal/Istanbul Balkan Championship Start Age Groups	wave 1
	07:40	Kartal/Istanbul Balkan Championship Start Age Groups	wave 2
	08:00	Kartal/Istanbul Balkan Championship Start Age Groups	wave 3
	09:30	Cut off time (age groups)	
09:30	10:00	Transition area open for Mixed Relay	
	10:10	Kartal/Istanbul Balkan Championship Mixed Relay Start	
	11:40	Cut off (Mixed Relay)	
12:15	13:00	Transition Area open for Aquathlon races M1(9-10 years old) / M2 (11-12 years old) / M3 (13-14 years old)	
	13:10	Kartal/Istanbul Balkan Championship M1 Aquathlon Start (9-10 years old)	
	13:40	Kartal/Istanbul Balkan Championship M2 Aquathlon Start (11-12 years old)	
	14:10	Kartal/Istanbul Balkan Championship M3 Aquathlon Start (13-14 years old)	
	14:45	Award Ceramony	