

Athletes' Guide



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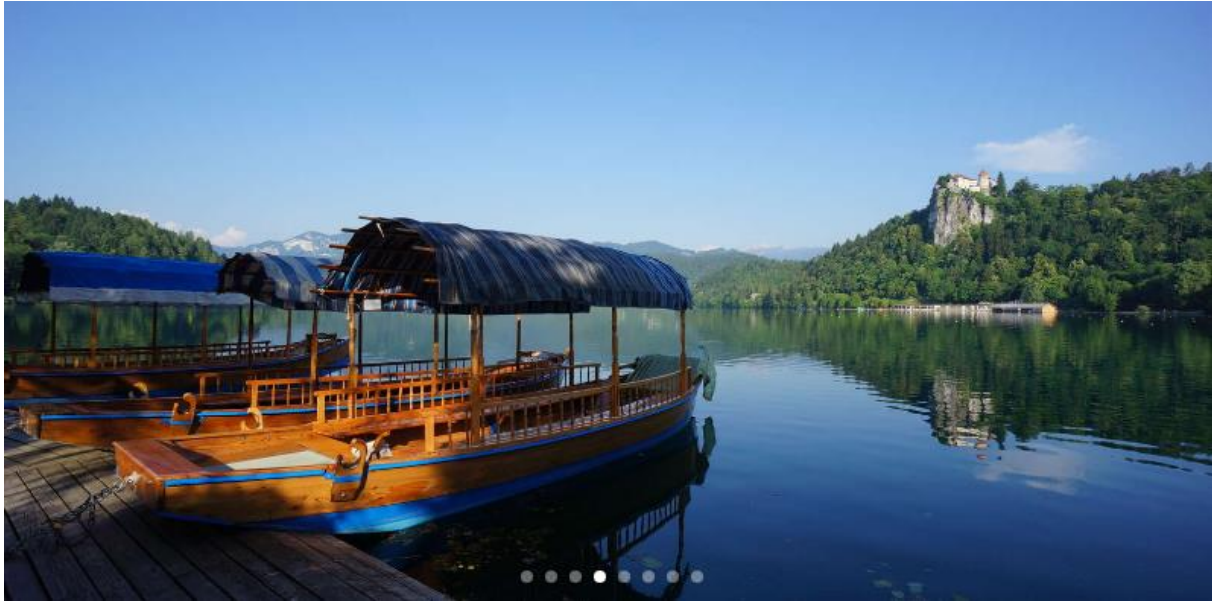
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1 General Information

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

Information about the registration, briefing, course familiarisation and race start

Petek / Friday: 6. 9. 2024 (Bled - Mala Zaka)

Čas / Time	Dejavnost	Activity
16:00–16:30	Ogled kolesarske proge ET Junior Cup – Mala Zaka, Župančičeva cesta 9, Bled.	Bike course familiarization ET Junior Cup – Mala Zaka, Župančičeva cesta 9, Bled
17:00–17:30	Ogled plavalne in tekaške proge ET Junior Cup – Mala Zaka	Swim and run course familiarization – Mala Zaka
18:00–19:00	Registracija ET Junior Cup – Festivalna dvorana, Cesta svobode 11, Bled	Registration ET Junior Cup – Festival Hall, Cesta svobode 11, Bled
19:00 – 20:00	Navodila – ET JC.	Briefing – ET JC
19:45	Vprašanja in odgovori – srečanje s TD – Festival Hall,	Q&A Session on Athletes Briefing – Festival Hall,



Sobota / Saturday: 7. 9. 2024 (Bled – Mala Zaka)

Čas / Time	Dejavnost	Activity
07:00–08:00	Pregled opreme ET Junior Cup – Mala Zaka, Župančičeva c. 9	Race equipment check ET Junior Cup – Mala Zaka
07:30–08:30	Odprt menjalni prostor ET Junior Cup M/Ž	Transition area open ET Junior Cup M/W
08:45	Predstavitev tekmovalk v plavalnem startnem prostoru – ET Junior Cup	Presentation of competitors in swimming start area ET Junior Cup – Women
09:00	Start ET Junior Cup – ženske	Start ET Junior Cup – Women
09:45	Predstavitev tekmovalcev v plavalnem startnem prostoru – ET Junior Cup	Presentation of competitors in swimming start area ET Junior Cup – Men
10:00	Start ETU junior cup – moški	Start ET Junior Cup – Men
cca/approx. 10:50	Konec dirke ET Junior Cup	ET Junior Cup End of Race
11:00	Podelitev cvetja	Flower ceremony
11:00-11:15	Izpraznitev menjalnega prostora ET Junior Cup	Transition area ET Junior Cup has to be emptied

1.3. Key contacts

Name and contact details of:

- Race director: Mr. Miro Kregar – miro.kregar@siol.net
- Technical delegate: Ms. Evita Leitāne – eleitane@inbox.lv
- Athletes' services manager: Mr. Klemen Laurenčak – klemen.laurencak@gmail.com
- Europe Triathlon Office: hq@europe.triathlon.org. Phone number: +32478825456.

1.4. Contacts details

Place: Bled – Mala Zaka, Župančičeva cesta 9, Bled

LOC: Triatlonski klub Trisport Kamnik

Race director: Miro Kregar

Web: www.triatlon-bled.si

Tel: +386 41 641 527

E-mail: miro.kregar@siol.net



2 Venue

2.1. Race venue



Location: Bled, Slovenia, Rowing center Mala Zaka. Župančičeva cesta 9, Bled

2.2 Course familiarisation

Friday, 6. 9. 2024 – Mala Zaka, Župančičeva cesta 9, Bled

16:00 – Bike familiarization

17:00 – Swim and Run familiarization

2.3. Athletes' lounge

Location: Mala Zaka Rowing center (toilets, water)

Recovery zone close to the finish area

2.4. Elite (and/or other categories) athletes' race package

Registration / Briefing: Friday, 6. 9. 2024, 19:00 – Bled Festival Hall, Cesta svobode 11, Bled

2.5. Doping control

Bled – Mala Zaka Rowing center.

Doping tests will be conducted according to WT/WADA rules. The athletes must carry their identification to the doping control facilities.



2.6. Security

There will be Security Service over all venue.

2.7. LOC office

Triatlonski klub Trisport Kamnik, Zg. Stranje 47, 1242 Stahovica – miro.kregar@siol.net,
+386 41 641 527

3 Accommodation

Here are:

- [Accommodations](#)
- [Park Hotel](#)

4 Transfer and Transport

Approaching Bled from Villach (AUT):

through Karavanke tunnel

Approaching Bled from Tarvisio (ITA):

through Kranjska Gora. Passing Jesenice and after 10 km turn right (traffic sign for Bled)

Approaching Bled from Airport:

Ljubljana – Brnik (30 km from Bled)

If you need transfer from airport to the Bled, please contact Klemen Laurenčak till
25. 8. 2024 – klemen.laurencak@gmail.com

5 Athletes' Services

5.1. Training facilities

SWIM

Possible in the lake.

BIKE

Cycling is possible on the race course or to the Bohinj lake.

RUN

Running is possible on the race course or around the lake.



5.2. Medical services

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 (International – Coris) medical insurance.

Address: Zdravstveni dom Bled, Mladinska cesta 1, 4260 Bled

Emergency telephone number: +386 4 575 40 00 or 112.

5.3. Bike mechanical service

Zupan Sport, Jalnova cesta 2, 4240 Radovljica

T: +386 4 531 27 00

E-mail: zupan.sport@s5.net





6 Competition schedule

6.1. Elite/Junior women

Day	Start	End	Activity	Location
6. 9.	16:00		Bike familiarization	Mala Zaka
	17:00		Swim and Run familiarization – Aquathlon	Mala Zaka
	17:30	19:00	Athletes' Registration	Bled, Festival Hall
	19:00	20:00	Athletes' Briefing	Bled, Festival Hall
7. 9.	7:00	8:00	Athletes Lounge check in	Mala Zaka
	7:30	8:30	TA check in	Mala Zaka
	8:30	8:45	Swim warm-up	Mala Zaka
	8:45		Calling area	Mala Zaka
	8:50		Athletes' introduction	Mala Zaka
	9:00		Start	Mala Zaka
	11:00		Award Ceremony	Mala Zaka

6.2. Elite/Junior men

Day	Start	End	Activity	Location
6. 9.	16:00		Bike familiarization	Mala Zaka
	17:00		Swim and Run familiarization – Aquathlon	Mala Zaka
	17:30	19:00	Athletes' Registration	Bled, Festival Hall
	19:00	20:00	Athletes' Briefing	Bled, Festival Hall
7. 9.	7:00	8:00	Athletes Lounge check in	Mala Zaka
	7:30	8:30	TA check in	Mala Zaka
	9:30	9:50	Swim warm-up	Mala Zaka
	9:45		Calling area	Mala Zaka
	9:50		Athletes' introduction	Mala Zaka
	10:00		Start	Mala Zaka
	11:00		Award Ceremony	Mala Zaka

6.3. Competition rules

The event will follow the latest published Competitions Rules of the World Triathlon.

6.4. Athletes' briefing

Friday, 6. 9. 2024 at 19:00 – Festival Hall, Cesta svobode 11, Bled



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.

8 Other useful information

Could be and is not limited to:

8.1. Language

Slovenian and English

8.2. Population

Slovenian

8.3. Currency

Euro (€)

8.4. Time

Middle European, CET

8.5 Electricity

220 V

8.6 Water

Drinkable from tube

8.7 Telephone connections

Incoming calls: +386

Outgoing calls (example): +49 (Germany)



9 Course maps

SWIM COURSE

Start procedures: deep water start

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

Number of laps: 1

Average water temperature: 22 °C

Map of the swim course:





TRANSITION 1/2

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 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.

BIKE COURSE

2 laps (2 x 6,7 km). Wheel stop is located in Mala Zaka, near mount line.
On some part of the lap athletes ride bike on left side of the road. 2 uphills in each lap, approx. 10 %.

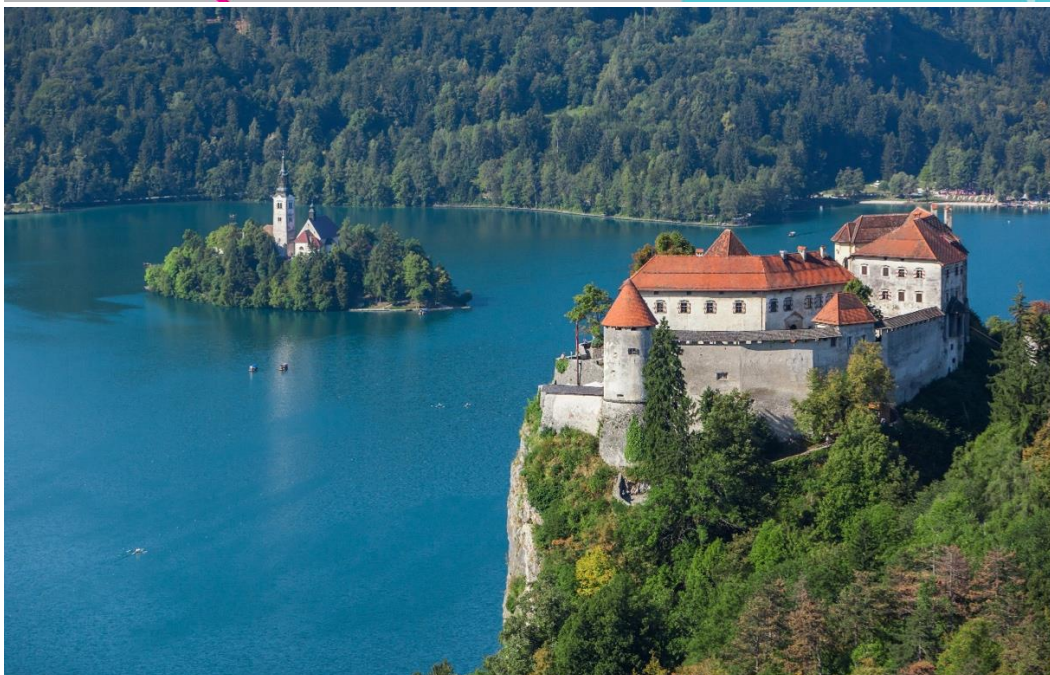
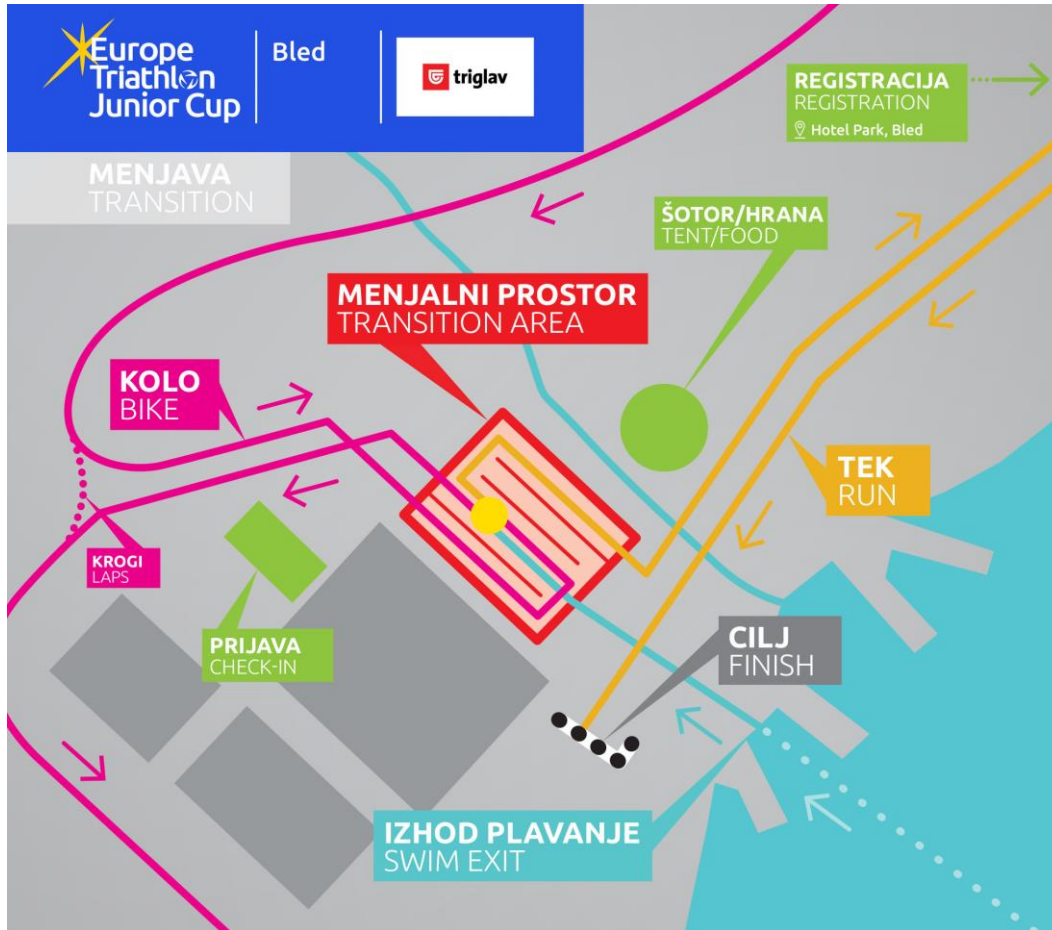
Map of the bike course:





TRANSITION 2/2

From the dismount line, athletes should follow the purple line through the corridor to their position on the racks, where running shoes are placed. From there they follow yellow line through the second corridor, to the run course.





RUN COURSE

Description: asphalt road along the lake. 1 lap is 3,3 km long.

Penalty box is located at the start of running (100 m from Transition Area).

Map of the run course:



Video ET Junior Cup:

- start: [ET JUNIOR CUP BLED - SWIM START](#)
- Whole race: [ET JUNIOR CUP BLED](#)