



OPĆINA
KOSTRENA

KOSTRENA TRIATHLON

Alps Adriatic Triathlon Cup

CROATIAN OPEN SUPERSPRINT TRIATHLON CHAMPIONSHIP 2024

PROMO RACE: aquathlon for beginners, cadets and amateur athletes, Kostrena supersprint run

PRVENSTVO HRVATSKE U SUPERSPRINT TRIATLONU

29-06-2024

KOSTRENA



Saturday, June 29, 2024
Kostrena

PLACE AND TIME OF THE RACE: Saturday, 29.6.2024. from 8:00 to 17:00h Kostrena (Paveki)

MAIN RACE: Supersprint triathlon (375m swimming, 10km cycling and 2.9km running)
INDIVIDUAL AND TEAM open Croatian championship for Croatian Triathlon Federation licensed competitors and foreign licensed competitors.

The competition categories are in accordance with the Regulations for the organization of Croatian Triathlon Federation (<http://triatlon.hr/natjecanja/pravilnik-kategorije-discipline>)

- juniors U17 and U19: 2009,8,7,6,5
- seniors absolutely and by age category

PROMO RACE:

- Promo aquathlon for beginners U7: 2017 and younger (50m swim, 250m run)
- Promo aquathlon for beginners U9/11: 2016,15,14,13 (100m swim, 500m run)
- Promo aquathlon for cadets U13/15: 2012,11,10,9 and amateur athletes (375m swim, 2.1km run)

COMPETITION PROGRAM:

8:30 a.m. – 9:20 a.m. – picking up the starting numbers – Paveki parking lot, Kostrena.

9:25 - opening of the transition for all aquathlon races

9:45 - closing of the transition for all aquathlon races

9:50 – official start of the competition

9:55 a.m. – briefing, roll call and start of promo aquathlon for Beginners A (U7)*

10:15 a.m. – briefing, roll call and start of promo aquathlon for Beginners B (U9)*

10:35 a.m. – briefing, roll call and start of promo aquathlon for Beginners B (U11)*

10:50 a.m. – briefing, roll call and start of promo aquathlon for Cadets and amateur athletes of all ages* (*promo race, participation possible without Croatian Triathlon Federation license)

SUPERSPRINT TRIATHLON CROATIAN CHAMPIONSHIP WOMEN // AATC WOMEN

11:00 – opening of the transition for women supersprint triathlon

11:20 – closing of the transition for women supersprint triathlon

11:30 – briefing and roll call for women supersprint triathlon

11:40 - start of the supersprint women triathlon

12:40 – picking up gear from the transition women supersprint triathlon

SUPERSPRINT TRIATHLON CROATIAN CHAMPIONSHIP MEN // AATC MEN

13:00 – opening of the transition for men supersprint triathlon

13:20 – closing of the transition for men supersprint triathlon

13:30 – briefing and roll call for men supersprint triathlon

13:40 – start of supersprint men triathlon

14:40 – picking up gear from the transition men supersprint triathlon

15:00 – official results and winners ceremony SUPERSPRINT TRIATHLON CROATIAN CHAMPIONSHIP and ALPS ADRIATIC TRIATHLON CUP

16:00 – run race "2. KOSTRENA SUPERSPRINT"

APPLICATIONS AND IMPORTANT INFORMATION

Applications of Croatian Triathlon Federation licensed competitors are possible no later than 27.6.2024 23:59:59 and exclusively through the HTS database and submitted by an authorized person of the club exclusively online : <https://dashboard.triatlon.hr/races>


Applications of foreign licensed Alps Adriatic Triathlon Cup competitors and non-licensed aquathlon and running competitors are possible no later than 27.6.2024 23:59:59 online only: <https://forms.gle/2Le9Hw39CWNzc4Kt5>

Applications of foreign licensed competitors is possible only with the mandatory entry of the license number of the national triathlon association!



REGISTRATION ON THE DAY OF THE COMPETITION IS NOT POSSIBLE!

STARTNINE / STARTING FEES	S HTS licencom / With HTS license	Bez licence ili sa stranom tri. Licencom / Without license or with foreign license
Promo AKVATLON / AQUATHLON <i>U7/9/11/13/15 2017,16,15,14,13,12,11,10,9 i mlađi (and younger)</i>	10 €	10 €
SUPERSPRINT TRIATLON <i>U17/19/23 i seniori 2009,8,7,6,5 i stariji (and older)</i>	19,91 €	-
ALPS ADRIATIC TRIATHLON CUP <i>U17/19/23 i seniori 2009,8,7,6,5 i stariji (and older)</i>	-	40 €
Trkačka utrka 2. KOSTRENSKI SUPERSPRINT / RUN	5 €	5 €

PLATITELJ (nazivime i adresa):		NALOG ZA NACIONALNA PLAĆANJA		Valuta i iznos: 19,91	
ime i prezime / naziv		Hibno <input type="checkbox"/> Valuta plaćanja <input type="checkbox"/> Iznos: 19,91		Valuta i iznos: 19,91	
adresa		IBAN ili broj računa platitelja:		IBAN (račun) platitelja ili Platelj:	
grad/mjesto		Model: Poziv na broj platitelja:		Model i poziv na broj platitelja:	
		IBAN ili broj računa primatelja: HR6924070001100651506		IBAN (račun) primatelja: HR6924070001100651506	
PRIMATELJ (nazivime i adresa):		Model: Poziv na broj primatelja:		Model i poziv na broj primatelja:	
TRIATLON KLUB RIVAL		Šifra namjene: Opis plaćanja: Startnina za natjecanje-IME		Opis plaćanja: Startnina za natjecanje-IME PREZIME	
ŽMINJSKA 2		Datum izvršenja:		Opis plaćanja: Startnina za natjecanje-IME PREZIME	
51000 RIJEKA		Pečat korisnika PU		Potpis korisnika PU	
		Pečat korisnika PU		Potpis korisnika PU	
		Pečat korisnika PU		Potpis korisnika PU	
		Pečat korisnika PU		Potpis korisnika PU	

Payment of the entry fee for competitors is to be made to the organizer's bank account:

TRIATLON KLUB RIVAL - Žminjska 2, 51000 Rijeka
VAT no.: 46502692800
IBAN HR6924070001100651506

After registration, the payment confirmation must be sent to e-mail:

triatlonklubrivalrijeka@gmail.com (in the description of the payment, be sure to include the name and surname of the competitor)!

A COMPETITOR IS CONSIDERED REGISTERED IF HIS/HER STARTING FEE PAYMENT IS RECEIVED ON THE ORGANIZER'S BANK ACCOUNT BY 28.6.2024 16:00!!!

Entry fee for races include: competition organization, electronic timing, competitor insurance, emergency medical assistance and refreshments on the track.

OTHER NOTES

By registering for the race, you accept/declare that:

- you have a medical certificate to compete,
- you exclude the organizer from responsibility for any damage, submission of compensation claims from the organizer or companies engaged in supporting the race, which could arise from your participation in the race,
- you accept the help of an ambulance in case of injury or danger to your health,
- your data is correct and can be used for the purpose of personal data processing and
- your photos and recordings may be published publicly for the purpose of promoting the race.

Every competitor must return the timing chip after the race on the finish line. If the competitor doesn't return the timing chip, the organizer will charge the participant €50!

Šetalište Kostrenskih pomoraca street before the Paveki parking lot to the intersection with Šojkska Street and Žarka Pezelja Street will be closed to all traffic on June 29. 2024 from 9 till 17:00h. For detour, use Šojka Street.

SUPERSPRINT TRIATHLON / Alps Adriatic Triathlon Cup

SUPERSPRINT TRIATHLON RACE (375 m swimming, 10 km cycling and 2.9 km running)

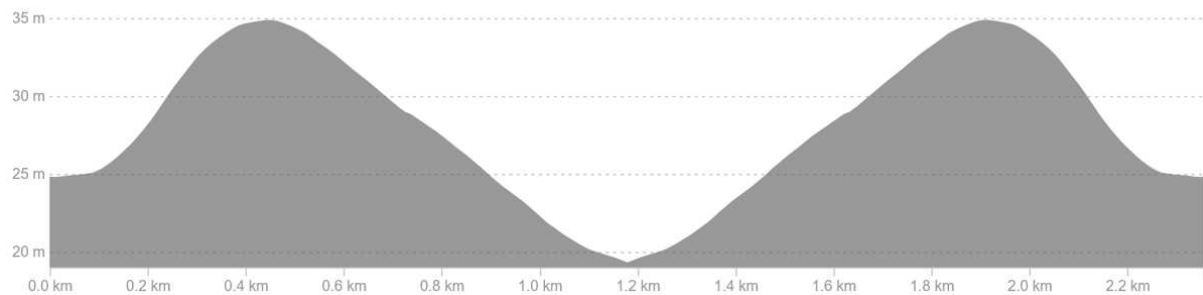
Croatian Open Championship for Croatian Triathlon Federation licensed competitors and foreign licensed competitors.

DESCRIPTION:

1. SWIM: 375m - start from the beach, swim in the sea, 1 lap clockwise. The expected sea temperature is above 21°C. The possibility of using a swimming suit depends on the sea temperature and will be announced on the day of the race.



2. BIKE: 10 km – 5 laps, driven on a 100% paved road, in a counter-clockwise direction, from Transition (parking lot in Paveki), along Žarka Pezelja Street towards the thermal powerplant and the same way back. The track has one hill, the total elevation during the race (5 laps) is about 100 m elevation. On the downhill towards the thermal power station, there is a laying policeman on the road, where you should be careful. During the race, the road will be closed to all traffic.



Strava route <https://www.strava.com/routes/3235886900331414112>

3 . RUN: 2.9 km - 3 laps, run 100% on paved road, you "go out" for the run through Transition to the first turn on Šetalište Kostrenskih pomoraca street. Laps are run counterclockwise; run on the right side of the road towards Rijeka until the second turn, and back on the left side of the road. After third lap, run the same way you "went out" but along the Transition (not through) towards the Finish line. The track is flat, the overall elevation during the race (3 laps) is about 0 m elevation. During the race, the road and parking lot will be closed to all traffic.



Strava route <https://www.strava.com/routes/3235892485171335122>

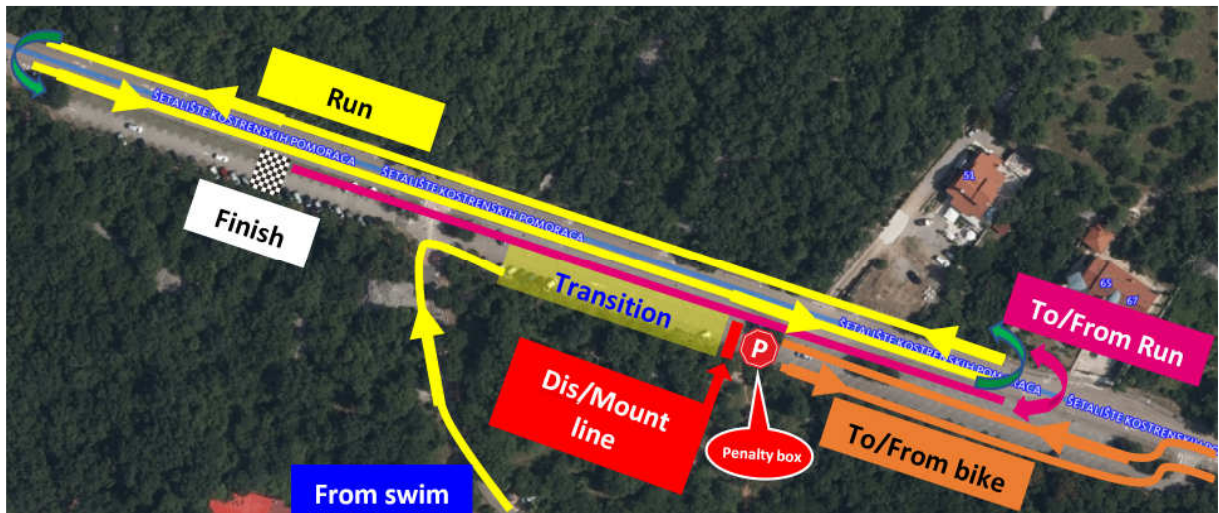


You "go out" for a run through Transition to the first turn on Šetalište Kostrenskih pomoraca street. Laps are run counterclockwise; on the right side of the road towards Rijeka to the second turn and back on the left side of the road.



After the third lap, competitors run the same way they "went out" to run through the Transition towards the finish line.

4. TRANSITION AND FINISH LINE



IMPORTANT INFORMATION FOR COMPETITORS

SUPERSPRINT TRIATHLON

- the competition is organized according to rules for the organization of Croatian Triathlon Federation. The organizer is not responsible for acts committed by competitors towards third parties. The competition is held regardless of weather conditions
- "penalty box" will be placed immediately after the exit from Transition, and at the beginning of the run. Each competitor is obliged to monitor whether he has been given a penalty and if he/she sees his/her start number on the board and report himself/herself to the judge who will count down the time penalty for the observed violation of the rules of the competition. If the competitor does not report and does not serve the penalty, he will be disqualified. The penalty can be served in any lap
- competitors are required to write the starting numbers themselves with a waterproof pen on both lower legs and upper arms vertically with numbers of approx. 5x10 cm. The printed number should be visible
- during the race, the traffic on the cycling route of the race will be closed, but it is necessary to respect traffic rules, e.g. keep to the right and overtake on the left. All competitors are to use road bikes only, without aerobars and without any aero add-on
- appeals are submitted to the chief judge in writing no later than 15 minutes after the announcement of the results on the notice board of the race organizer with a deposit determined by the valid regulations of the Croatian Triathlon Federation
- racing is AT YOUR OWN RISK

CUT-OFF TIMES FOR THE COMPETITORS OF SUPERSPRINT TRIATHLON CROATIAN CHAMPIONSHIP (by Croatian National Triathlon Federation www.triatlon.hr)

- for technical and safety reasons, cut-off times for the competitors of Supersprint Triathlon Croatian Championship are:
 - swimming segment including T1: 8 min. men / 9. min women
 - cycling segment including swimming and T1: 27 min. men / 30 min women
 - total race completion limit: 40 min. men / 45. min women
- all competitors of Supersprint Triathlon Croatian Championship who do not meet cut-off times will be excluded from the race and marked "out of limit" on the results. After being excluded from the race, they must return the timing chip to the judge

THE RESULTS

- the official timekeeper of the race is CHIP TIMING doo, the results will be available online after the competition <https://bit.ly/KostrenskiTriatlon2024>

PROMO AQUATHLON FOR BEGINNERS*

Age categories in accordance with the Regulations for the organization of Croatian Triathlon Federation:

- U7 (m/f) – up to 7 years (year: 2017)
- U9 (m/f) – 8 to 9 years old (years: 2016, 2015)
- U11 (m/f) – 10 to 11 years old (years: 2014, 2013)

*promo race, participation possible without Croatian Triathlon Federation license

DESCRIPTION:

1. **SWIMMING:** 50 or 100m – 1 lap, swimming in the sea straight around the buoy and back. The start is from the sea.
2. **RUN:** 250 or 500 m – 1 lap, run along the walkway to the finish line (99% paved).



PROMO AQUATHLON FOR CADETS*

PROMO AQUATHLON FOR AMATEUR ATHLETES*

Age categories:

- At 13 – 12 and 13 years old, years: 2012 and 2011
- At 15 – 12, 13, 14 and 15 years old, years: 2012, 2011, 2010, 2009
- Amateur athletes of all ages - 16 years and older (years: 2007 and older)

*promo race, participation possible without Croatian Triathlon Federation license

DESCRIPTION:

1. **SWIM:** 375 m - start from the beach, swim in the sea, 1 x circle clockwise. The expected sea temperature is above 21°C. The possibility of using a swimming suit depends on the sea temperature and will be announced on the day of the race.



2. RUN: 2.1km – 2 x laps, run 100% on paved road, you "go out" for the run through Transition to the first turn on Šetalište Kostrenskih pomoraca street. Laps are run counterclockwise; run on the right side of the road towards Rijeka until the second turn, and back on the left side of the road. After second lap, run the same way you "went out" to run through the Transition towards the Finish line. The track is flat, the overall elevation during the race (3 laps) is about 0 m elevation. During the race, the road and parking lot will be closed to all traffic.



1. lap You "go out" for a run through Transition to the first turn on Šetalište Kostrenskih pomoraca Street. The laps are run in a counterclockwise direction on the right side of the road towards Rijeka until the second turn and back on the left side of the road.



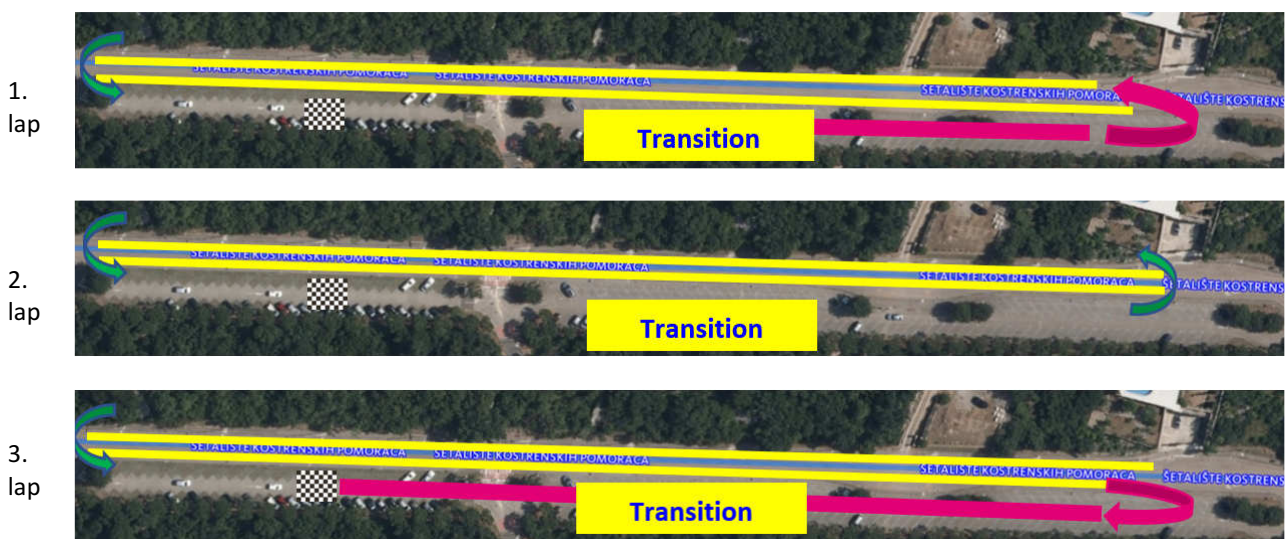
2. lap After the second lap, competitors run the same way they "left" to run through the Transition towards the finish line.

RUN "2. KOSTRENA SUPERSPRINT"

RUN: 2.9 km - 3 laps, run 100% on paved road, you "go out" for the run through Transition to the first turn on Šetalište Kostrenskih pomoraca street. Laps are run counterclockwise; run on the right side of the road towards Rijeka until the second turn, and back on the left side of the road. After third lap, run the same way you "went out" to run through the Transition towards the Finish line. The track is flat, the overall elevation during the race (3 laps) is about 0 m elevation. During the race, the road and parking lot will be closed to all traffic.



Route link on Strava <https://www.strava.com/routes/3235892485171335122>



MEDALS, TROPHIES AND PRIZES OF KOSTRENA TRIATHLON

SUPERSPRINT TRIATHLON:

- 1-3. place (W and M) trophies and prizes of the sponsors of the Kostrena Triathlon in the overall standings of the race
- 1-3. place (W and M) Croatian Triathlon Federation medals for absolute, U17, U19 and age groups
- 1-3. place for the Croatian Triathlon Federation trophies for teams

PROMO AQUATHLON FOR BEGINNERS, CADETS and RECREATORS:

- 1-3. place (W and M) Kostrena Triathlon medal for Beginners U7
- 1-3. place (W and M) Kostrena Triathlon medal for Beginners U9
- 1-3. place (W and M) Kostrena Triathlon medal for Beginners U11
- 1-3. place (W and M) Kostrena Triathlon medal for Junior Cadets U13
- 1-3. place (W and M) Kostrena Triathlon medal for Cadets U15
- 1-3. place (W and M) Kostrena Triathlon medal for amateur athletes

RESULTS

<https://my.raceresult.com/295737/results>

MY RACE RESULT Select your language: English

Triatlon klub
RIVAL

29/06/2024 | Kostrena, Croatia
KOSTRENSKI TRIATLON / PH SUPERSPRINT TRIATLON 2024.

Info Registration Participants Live **Results** Contact

ORGANIZER:

TRIATHLON CLUB RIVAL

Žminjska 2, Rijeka, VAT no.: 46502692800

<https://rival.hr>

triathlonklubrivalrijeka@gmail.com

Race directors:

- **MIROSLAV MARIĆ** , mobile: 098/398-202
- **BLAZ BARAC**: mobile: 091/4972-785

RACE PARTNERS:

- Municipality of Kostrena,
- Tourist Board of the Municipality of Kostrena



**OPĆINA
KOSTRENA**

CROATIAN TRIATHLON ASSOCIATION:

hts@triatlon.hr

www.triathlon.hr

RACE DELEGATE:

Josip Mladin Živković

mladin66@icloud.com



INFO ABOUT THE DESTINATION AND ACCOMMODATION:

TOURIST COMMUNITY OF KOSTRENA MUNICIPALITY

Ulica Kostrenskih boraca 1a, 51221, Šodići

tel. 051 289 207

<http://tzo-kostrena.hr>

info@tzo-kostrena.hr



**ISTARSKA
Pivovara**



**primorsko
goranska**
županija

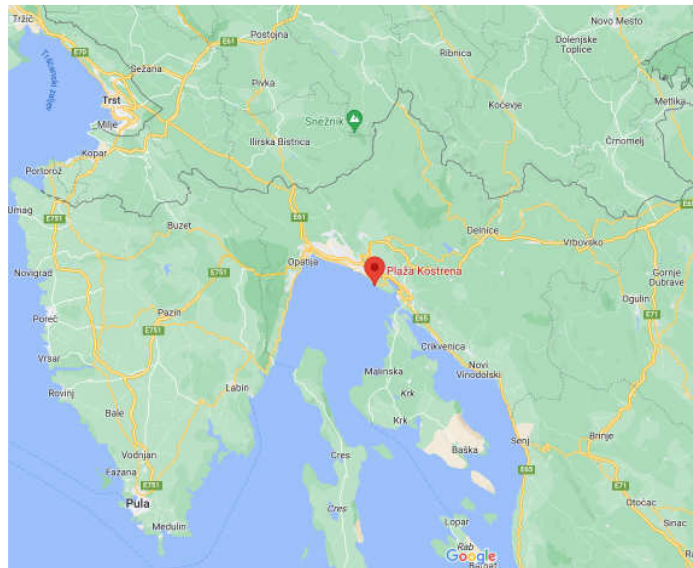


Zavod za hitnu medicinu
Primorsko-goranske županije

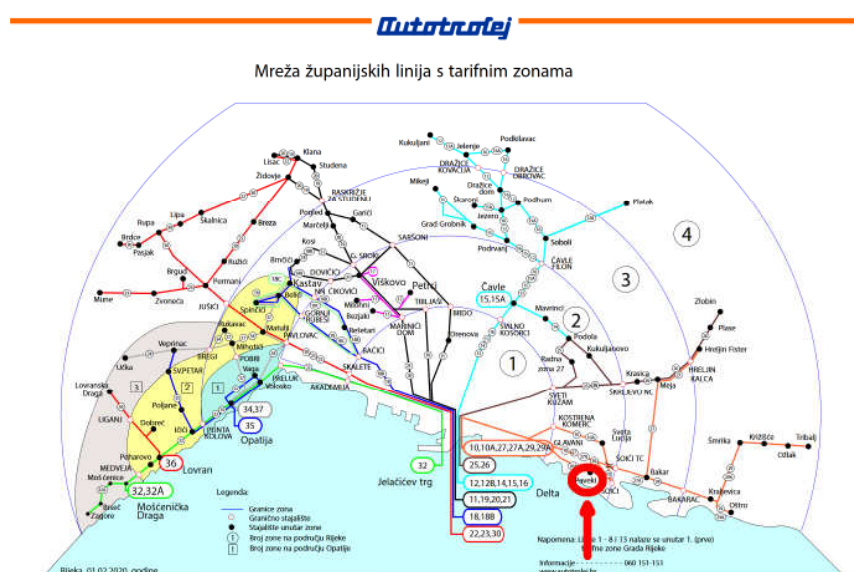
The organizer reserves the right to change the competition schedule without prior notice.

HOW TO GET TO KOSTRENA?

- [Zagreb – Kostrena Google maps navigation](#)
- [Dalmatia – Kostrena Google maps navigation](#)
- [Istria – Kostrena Google maps navigation](#)
- [Ljubljana - Kostrena Google maps navigation](#)
- [Trieste - Kostrena Google maps navigation](#)
- [Graz – Kostrena Google maps navigation](#)



- **Rijeka public transport lines 10, 10A, 27, 27A and 29**
<https://www.autotrolej.hr/linije/prigradske-linije/>



PARKING

Šetalište Kostrenskih pomoraca street before the Paveki parking lot to the intersection with Šojska Street and Žarka Pezelja Street will be closed to all traffic on June 29, 2024 from 9 to 17h. For detour use Šojska Street. It is recommended to use the Svežanj parking lot for both cars and buses. The parking lot will be constantly available and will not be affected by the closure of Šetalište Kostrenskih pomoraca or Žarka Pezelja street. Alternative parking lots are the parking lot near the Žuknica stadium and the sidewalk in Žarka Pezelja Street ("toward the thermal power plant"), which will be closed to traffic from 9 to 17h.

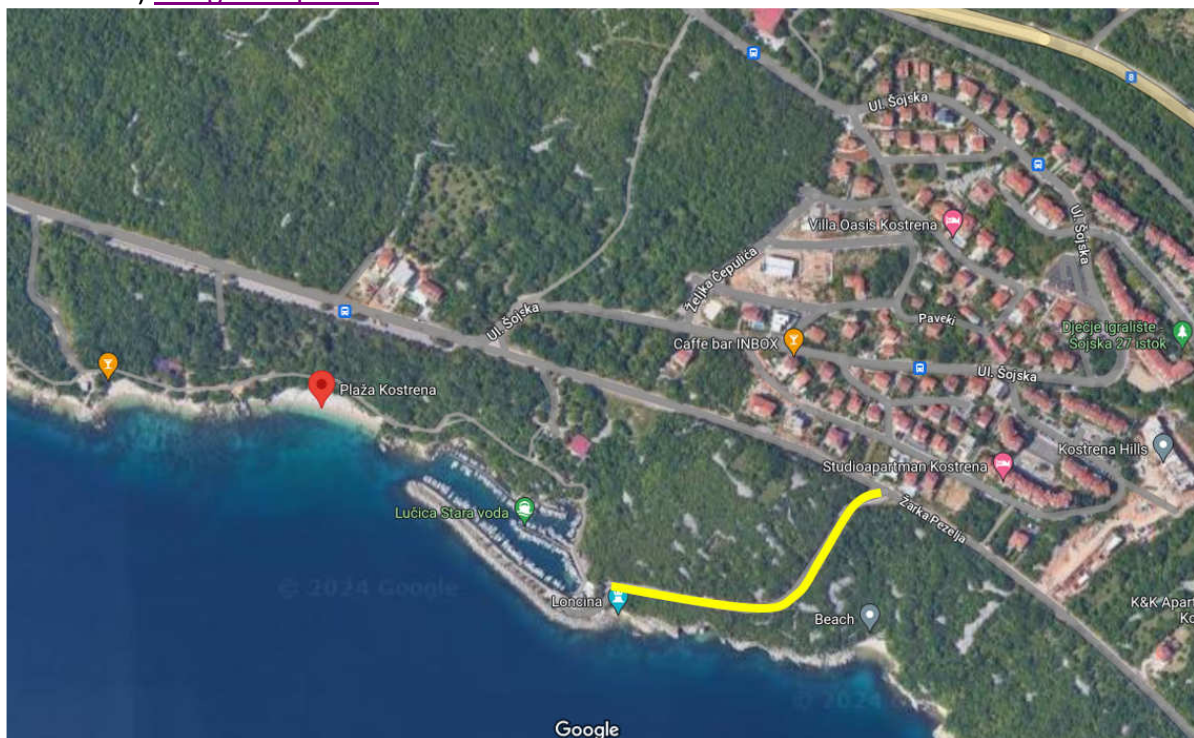
Parking Svežanj (5 min. by foot from Transition) [Google Maps link](#)



Parking Žuknica (15 min. by foot from Transition) [Google Maps link](#)



Parking (sidewalk) in Žarka Pezelja street "towards the small marina" 2 min. by foot from Transition) [Google Maps link](#)



Beach Food & Bar ME GUSTA

