



20. years of Triathlon in Slovenia  
(1984 – 2004)

## TRIATHLON BLED

SATURDAY, SEPTEMBER 11th 2004

ETU - OLYMPIC TRIATHLON  
TRIATHLON FOR EVERYBODY  
TRIATHLON FOR RELAY TEAMS  
SUPER SPRINT TRIATHLON

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 <b>Prestige race 2004</b>	 <b>European Post and Telecom Association</b>	 <b>National championship National champ - junior</b>
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### Honorary board of Triathlon Bled 2004

Chairman of honorary board (**Slovenian Parliament president Borut Pahor**)

Representative of general sponsor (**gen. director Elektronček Jože Pečečnik**)  
Representative of Bled – host city (director Tourism Bled **Eva Štravs Podlogar**),  
Representative of ETU (technical delegate **Bernd Stuehle**)  
Representative of TZS (president **Matevž Slapničar**),  
Representative of organization committee – TK Trisport (president **Miro Kregar**)

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### General sponsor of Triathlon Bled 2004



Place: **BLED – Mala Zaka**  
Organization committee: **ŠD TRISPORT**  
Chief of organization: **Miro KREGAR**  
Information: [www.trisport-klub.si](http://www.trisport-klub.si)  
**+386 41 641 527 - [miro.kregar@siol.net](mailto:miro.kregar@siol.net)**

## 1. OLYMPIC TRIATHLON

1500 m swimming, 40 km bike ride, 10 km running

Compete for prize money

Condition: less than 10 % after winner's time

Entry fee: **40 €**

### CATEGORIES

I. - Juniors	(1986 – 85)
J.- Seniors	(1984 – 65)
K. - Veterans I	(1964 – 60)
L.- Veterans II	(1959 – 55) - women L-M
M. - Veterans III	(1954 – 50)
N. - Veterans IV	(1949 – 45) – women N-O
O. - Veterans V	(1944 – 40)
P. - Veterans VI	(1939 – 35) – women P-R
R. - Veterans VII	(1934 and older)

ETU – PRESTIGE RACE 2004

SLOVENIAN CHAMPIONSHIP

Union SCIPT

SLOVENIAN CHAMP FOR JUNIORS



## 2. TRIATHLON FOR EVERYBODY

400 m swimming, 13 km bike ride, 3,3 km running

Entry fee:

**students – 14 €**

**adults – 22 €**

### CATEGORIES

D. school 1	(1989 and younger)
E. school 2	(1985 – 1988)
F. Seniors 1	(1984 – 69)
G. Veterans 1	(1968 – 54)
H. Veterans 2	(1953 and older)

## 3. TRIATHLON FOR RELAY TEAMS

400 m swimming, 13 km bike ride, 3,3 km running

For adults groups

Three competitors (swimmer, biker and runner)

Entry fee: **60 €**

### CATEGORIES

S - Male competitors
T - Female competitors
U - Mixed competitors

## 4. SUPER SPRINT TRIATHLON

200 m swimming, 7 km bike ride, 1,5 km running

### CATEGORIES

A. school 1	(1992 – 1991)
B. school 2	(1990 – 1989)
C. juniors	(1988 – 1987)

Entry fee: **10 €**

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### Rules

#### **ALL COMPETITORS PARTICIPATE AT THEIR OWN RISK!**

Drafting is allowed, wearing helmets are mandatory.

Inappropriate wearing start numbers will lead to disqualification, not following race marshal advices and security serves also.

### Registration and payment

Best way is to fill registration form on web site [www.trisport-klub.si](http://www.trisport-klub.si) – [registration form](#)

You can also send the registration information by post or fax on follow address:

**TRISPORT, Zg. Stranje 47, 1242 Stahovica, SLOVENIA**  
Tel: + 386 41 641 527, Fax: + 386 1 8327 220, E mail: [miro.kregar@siol.net](mailto:miro.kregar@siol.net)

You could send an entry fee on following account: **02222 – 0053816818** - Nova Ljubljanska Banka or by cheque on our address.

### Registration deadline

**Monday, September 6th, 2004 (payment date).**  
**After that date, registration fee will be 20 % higher.**

### Professional photo order

Slovenian professional sports photographer Ales Fevzer will make shots of every triathletes, who orders some photos on swim, bike and run leg.

The price for one photo (13 x 18 cm) is **4 €**  
for complete of three is **10 €**.

You can order photos on registration form, pay with registration fee and you will receive photos by post in few days.



## How to come to Bled?



Approaching from Villach (AUT): through Caravanken tunnel, approaching from Tarvisio (ITA): through Kranjska Gora. Passing Jesenice and after 10 km turn right (traffic sign for Bled)

### Closest airport:

Ljubljana – Brnik (30 km from Bled)

### Name and contact details of the host hotel:

Tourism Bled: [diana.sebat@dzt.bled.si](mailto:diana.sebat@dzt.bled.si)

Web site: <http://www.bled.si/>



## Awards:

Each contestant will get food, drink, shirt and bike bottle.

Prize fond: **5000 €** in prize money and **2000 €** in sponsor's goods

Prizes will be:

- medals and sponsors goods for first three in each category
- money prizes for first 5 competitors overall (men+woman) on Olympic distance.
- cups for first three overall on Olympic distance

Place	Male (€)	Female (€)
1.	700	700
2.	600	600
3.	500	500
4.	400	400
5.	300	300

**Transition area, start and finish are located on Mala Zaka.**

**Swimming:** Pontoon start. Triangle course in Lake Bled - 750 m x 2 laps, water temperature is expected app. 20 - 22 degree. C, wet suits depend on weather conditions

**Cycling:** 6,7 km x 6 laps. 500 m steep hill in every lap, technical pretending, sharp corners, on some parts of course have to ride bike on left side of the road

**Running:** 3,33 km x 3 laps. Few gently hills in every lap, asphalt road beside the lake

#### TIMING:

<b>8.00 – 9.15</b>	registration
<b>9.15 – 9.45</b>	transition zone open
<b>9.45</b>	race course briefing
<b>10.00</b>	start SUPER SPRINT
<b>10.30 – 11.45</b>	transition zone open
<b>11.00</b>	start TRIATHLON FOR EVERYBODY
<b>12.15 – 12.45</b>	transition zone open
<b>13.00</b>	start OLYMPIC TRIATHLON
<b>16.30</b>	race closed
<b>18.00</b>	award's ceremony TRIATHLON BLED CLOSED

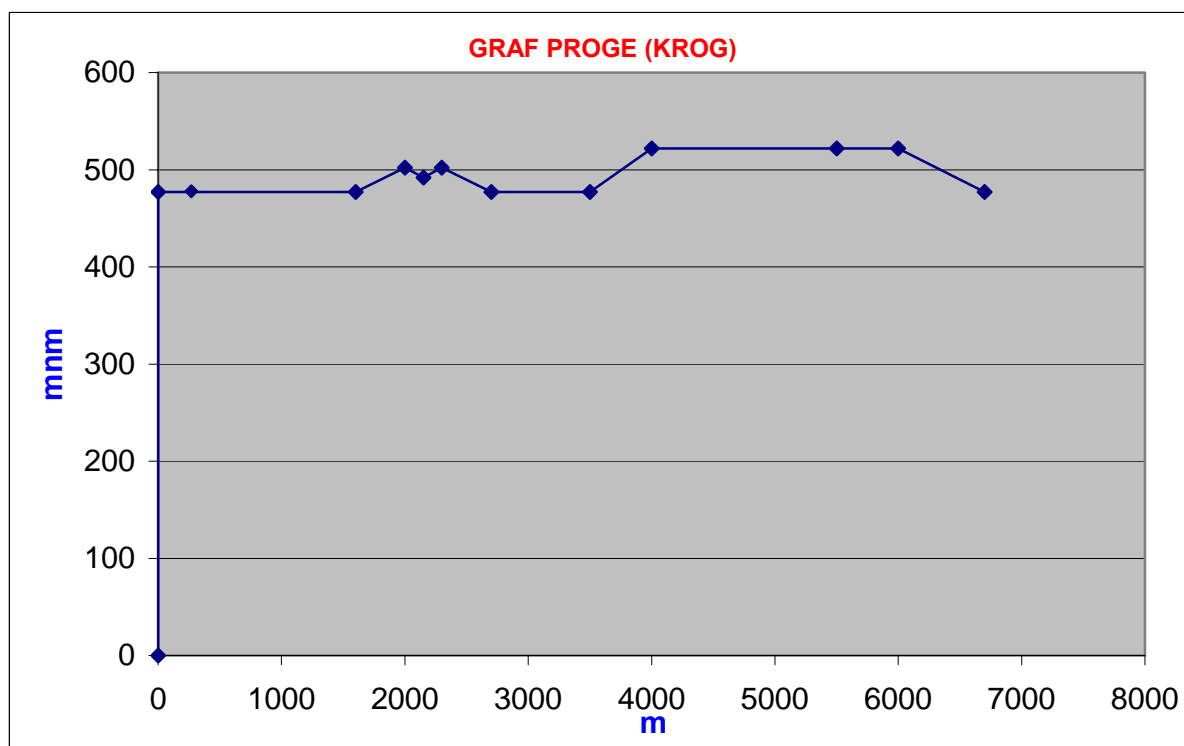
#### COURSE MAP - TRIATHLON BLED – ETU PRESTIGE RACE 2004



## BIKE COURSE GRAPH

(For one lap length - 6,7 km x 6 laps = 40 km – Olympic distance)

PLACE	MALA ZAKA	ZAKA	NJIVICE	BOHINJSKA CESTA PRISTAVA VRH - OBRAT - VRH			NJIVICE	ZAKA	ŽELEZNIŠKA POSTAJA	OBRAT - POKLJUŠKA CESTA	VRH SPUSTA	MALA ZAKA	MESTO CILJ
METERS	0	800	1600	2000	2150	2300	2700	3500	4000	5500	6000	6700	M
HEIGHT OVER SEA LEVEL	477	477	477	502	492	502	477	477	522	522	522	477	MNM
	START				TURN POINT			UPHILL		TURN POINT	DOWN HILL	FINISH	



**Course describe: 6,7 km circle**

1600 m flat	400 m up (6%)	150 m down (6%)	Turn point	150 m up (6%)	400 m down (6%)
800 m flat	500 m up (9%)	1500 m flat	Turn point	500 m flat	700 m down (6%)

Height difference in one lap:	<b>80</b>	m
One lap length:	<b>6,7</b>	km
Olympic distance:	<b>6</b>	laps
Height difference on bike course:	<b>480</b>	m

## REGISTRATION FORM FOR TRIATHLON BLEĐ 2004

Name and surname: \_\_\_\_\_

Year of birth: \_\_\_\_\_ Sex: M F

Club - name of relay team: \_\_\_\_\_

Address: \_\_\_\_\_

E – mail address: \_\_\_\_\_

I will compete on:

**1.OLYMPIC TRIATHLON**

**2.TRIATHLON FOR EVERYBODY**

**3.TRIATHLON FOR RELAY TEAMS**

**4. SUPER SPRINT TRIATHLON**

T - shirt size: S M L XL

Photo order: swim bike run

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or E mail: [miro.kregar@siol.net](mailto:miro.kregar@siol.net) or fax: +386 1 8327 220.

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