

3rd RAB TRIATHLON

10th RIVAL OPEN

CROATIAN CUP RACES IN OLYMPIC DISTANCE TRIATHLON AND
SUPER SPRINT TRIATHLON, AQUATHLON AND TRIATHLON FOR
KIDS

JUNE 11, 2011



ORGANIZATION:

Triathlon club Rival, Rijeka

TIME AND PLACE OF THE RACE:

Rab, June 11, 2011; start and finish line is on the shore in front of Hotel "Padova"

START, DISCIPLINES, DISTANCES AND CATEGORIES OF THE RACES:

1:00 p.m. – Aquathlon for kids (25 m swim - 300 m run)

- Children born in 2002 and younger

1:20 p.m. - Triathlon for kids (75 m swim - 200 m bike - 540 m run)

- Children born in 2000 and 2001

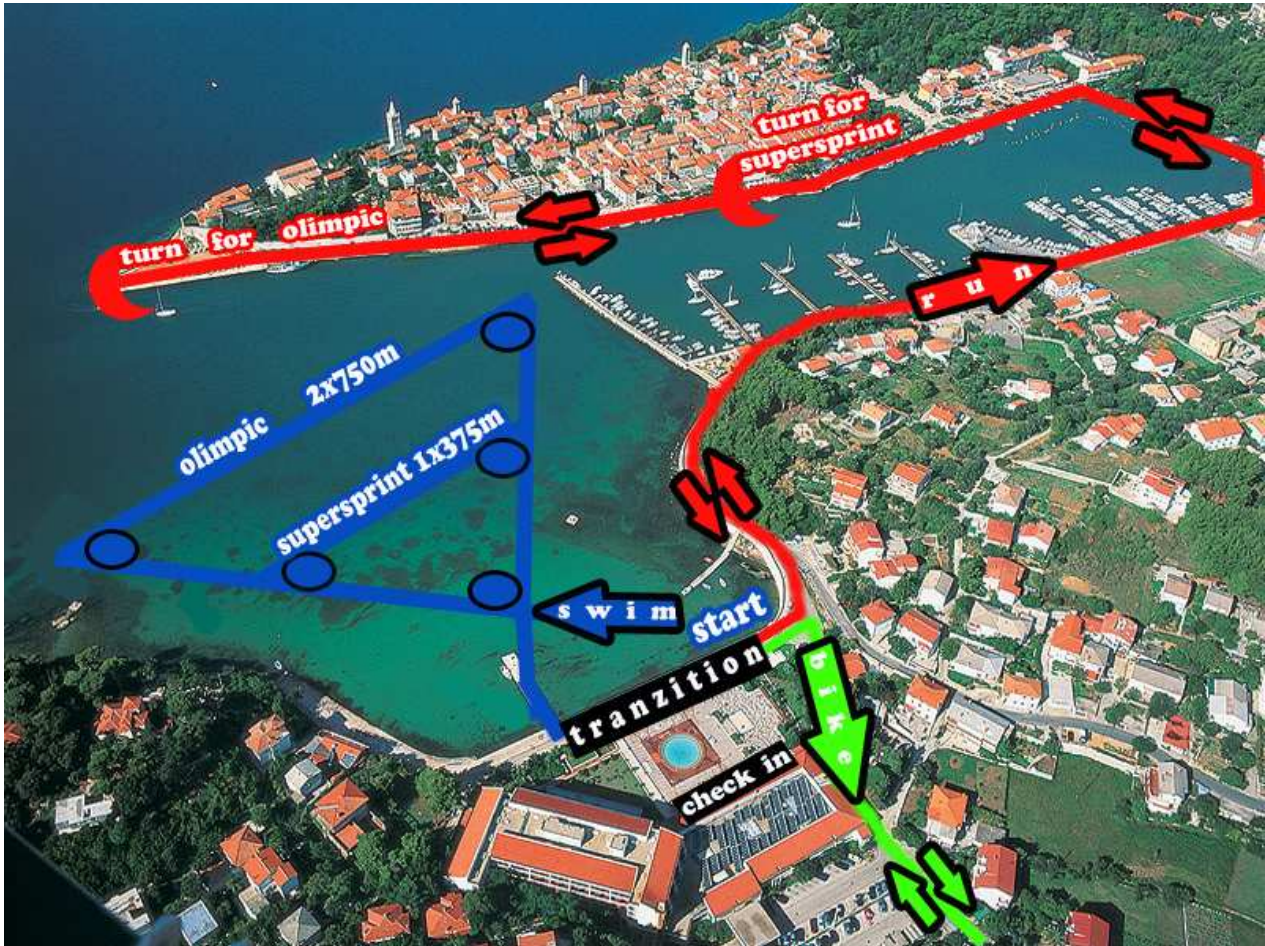
1:50 p.m. - Super sprint triathlon (375 m swim - 10 K bike - 2.5 K run)

- Young cadets (1999 – 2003), cadets (1996 – 1998), young juniors (1994 – 1995), juniors (1992 – 1993) licensed by the Croatian Triathlon Federation
- Non-licensed recreational competitors (born in 1999 or older)
- Relays (one relay consists of 3 competitors, male or female; first competitor swims, second one cycles, third one runs)

3:00 p.m. - Olympic distance triathlon (1.5 K swim - 40 K bike - 10 K run)

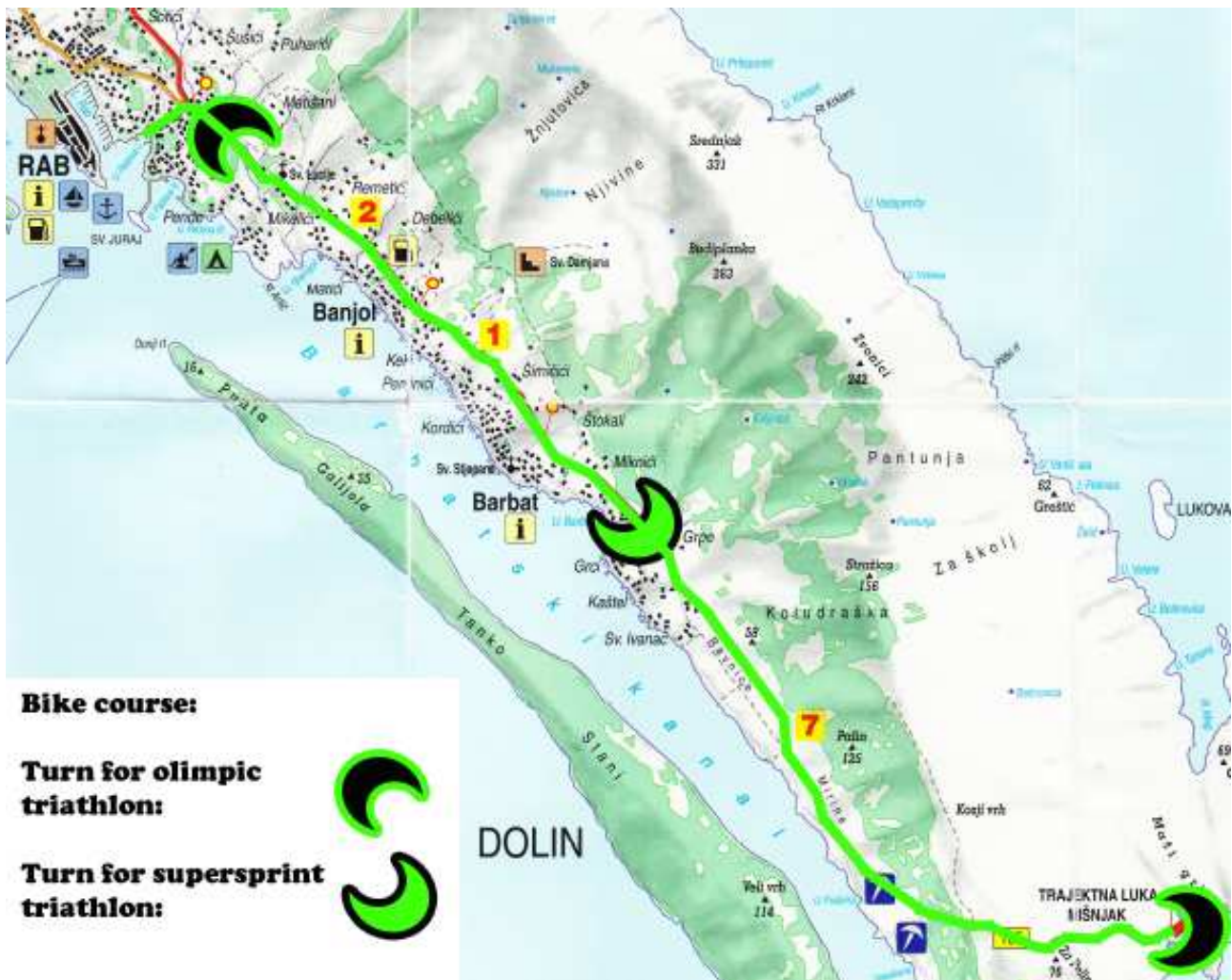
- Seniors 1 (1982 – 1991), seniors 2 (1972 – 1981), female seniors (1972 – 1991), veterans 1 (1967 – 1971), veterans 2 (1962 – 1966), veterans 3 (1957 – 1961), veterans 4 (1952 – 1956), veterans 5 (1951 and older), female veterans 1 (1967 – 1971), female veterans 2 (1966 and older), according to the guidelines of Croatian Triathlon Federation (HTS)
- Relays (one relay consists of 3 competitors, male or female; first competitor swims, second one cycles, third one runs)

COURSE:



SWIM: "Padova 1" bay. Competitors in Olympic distance triathlon swim two laps of 750 m, while Super sprint triathlon competitors swim one lap of 375 m. Children competing in Aquathlon race swim 25 m and in Triathlon race 75 m.

BIKE: The course starts in "Padova 1" bay and finishes in the ferry harbour "Mišnjak". Competitors in Olympic distance triathlon cycle two laps of 20 K, and turn in Mišnjak and Snuga. After finishing the second lap competitors will return the same way to the transition area. Super sprint triathlon competitors cycle one lap of 10 K to Barbat and the same way back to the transition area. Children in Triathlon race cycle two laps of 1 K, from "Padova 1" bay to the football field "Blato" and back.



IMPORTANT: During the bike course of the Olympic distance and Super sprint triathlon the road is NOT closed for traffic. Bike course in the Triathlon race for kids IS closed for traffic.

RUN: The course starts in "Padova 1" bay and continues along the walking path around the City harbor to the lighthouse situated in "Vela riva", and turns the same way back. Competitors in Olympic distance triathlon run three laps of 3.3 K, while Super sprint triathlon competitors run the same path to Hotel "Ros Maris" and back to the finish line, the total of 2.5 K. Aquathlon competitors run 300 m on the same path and children in Triathlon race 540 m on the same path.

ENTRY FEE:

PRE-registered competitors:

20 euro – seniors, veterans
 10 euro – young juniors, juniors
 No entry fee – young cadets, cadets, kids

Competitors without PRE-registration:

25 euro – seniors, veterans
 15 euro – young juniors, juniors
 No entry fee – young cadets, cadets, kids

REGISTRATION AND INFORMATION

Submit pre-registration via e-mail rapski.triatlon@gmail.com until Wednesday, June 8, 2011. Registration form must contain first and last name of the competitor, year of birth, gender, club and country. List of competitors will be published and updated on the organizer's website www.rival.hr

Race contact number: +38598415816 (Nenad)

Registration contact number: +385915231055 (Sanjin)

Entry fee payment and collecting of the registration packet takes place the day before the race, Friday June 10, from 6:00 p.m. to 8:00 p.m., or on race day, June 11, in Hotel "Padova" from 10:00 a.m. to noon.

We recommend arriving a day early, Friday June 10, due to the expected traffic jams on Saturday morning.

RULES AND REGULATIONS

Rules of the race are in accordance with Croatian Triathlon Federation and ITU rules and regulations.

Helmets are mandatory!

Competitors are taking part in the race at their own risk!

Drafting is allowed, **except for** women drafting behind men.

Time limit for the Olympic distance triathlon race is 3h 15min, and for Super sprint triathlon race is 1h. All competitors and relays must be within the time limit to be included in the results.

PRIZES

1st (M/F) - 1.500,00 kn
2nd (M/F) - 1.200,00 kn
3rd (M/F) - 900,00 kn
4th Overall - 600,00 kn
5th Overall - 450,00 kn
6th Overall - 300,00 kn
7th Overall - 200,00 kn
8th Overall - 150,00 kn
9th Overall - 150,00 kn
10th Overall - 150,00 kn

SUPER SPRINT RELAY PRIZES

1st Overall - 600,00 kn
2nd Overall - 400,00 kn
3rd Overall - 300,00 kn

OLYMPIC DISTANCE RELAY PRIZES

1st Overall - 600,00 kn
2nd Overall - 400,00 kn
3rd Overall - 300,00 kn

- top three overall finishers (M/F) win cup trophies
- top three finishers in each category win medals
- all Aquathlon and Triathlon for kids competitors win medals
- top three Olympic distance and Super sprint relays win medals
- ALL competitors get the T-shirt of the race and lunch
- if in the Olympic distance triathlon race (M/F/Relay) or in the Super sprint triathlon race (Relay) there are **less than 5 competitors/relays, individual money prizes are reduced by 50%**.

RACE SCHEDULE FOR THE 3rd RAB TRIATHLON, SATURDAY JUNE 11, 2011

10:00 a.m.– noon Collecting of registration packets and entry fee payment

12:05 p.m. Transition area opens

01:00 p.m. Transition area closes

01:00 p.m. Start of Aquathlon race for kids

01:20 p.m. Start of Triathlon for kids

01:40 p.m. Start of Super sprint triathlon race

01:50 p.m. Aquathlon for kids award ceremony

02:00 p.m. Triathlon for kids award ceremony

03:00 p.m. Start of Olympic distance triathlon race

03:30 p.m. Super sprint triathlon award ceremony

06:15 p.m. Olympic distance triathlon finishes

06:30 p.m. Transition area opens, lunch

07:30 p.m. Olympic distance triathlon award ceremony in front of Hotel „Padova“

08:30 p.m. End of race program

ACCOMMODATION FOR COMPETITORS:

HOTEL "PADOVA"***, Banjol bb, 51280 Rab

Tel.: 051/724 544, e-mail: padova@imperial.hr, www.imperial.hr

HOTEL "ISTRA"***, M. de Dominisa bb, 51280 Rab

Tel.: 051/724 134, e-mail: hotel-istra@hi.t-com.hr, www.hotel-istra.hr

HOTEL "Ros Maris"***, Obala P. Krešimira 4, 51280 Rab

Tel.: 051/602 000 ili 051/602 899, e-mail: reservations@hoteli-rab.t-com.hr, www.hotelrab.hr

HOW TO REACH RAB



Ferry line "Rapska plovidba":

The best connection between the island and the mainland is by ferries "Rapska Plovidba", a local shipping company that operates between the mainland - Jablanac and Mišnjak on the southern coast of the island. The crossing takes 15 minutes and it is active throughout the year.

www.rapska-plovidba.hr

Ferry line "Splittours":

Ferry service is available between Lopar on the northern coast of the island and Baška on the island of Krk, lying to the north of it. The journey takes about an hour and a half.

www.splittours.hr

Catamaran passenger ferry – "Jadrolinija":

Catamaran passenger ferry connection from harbor in Rijeka to the city of Rab runs throughout the year once a day. The journey takes about two hours.

www.jadrolinija.hr