



PROGRAM



14. RAB TRIATHLON

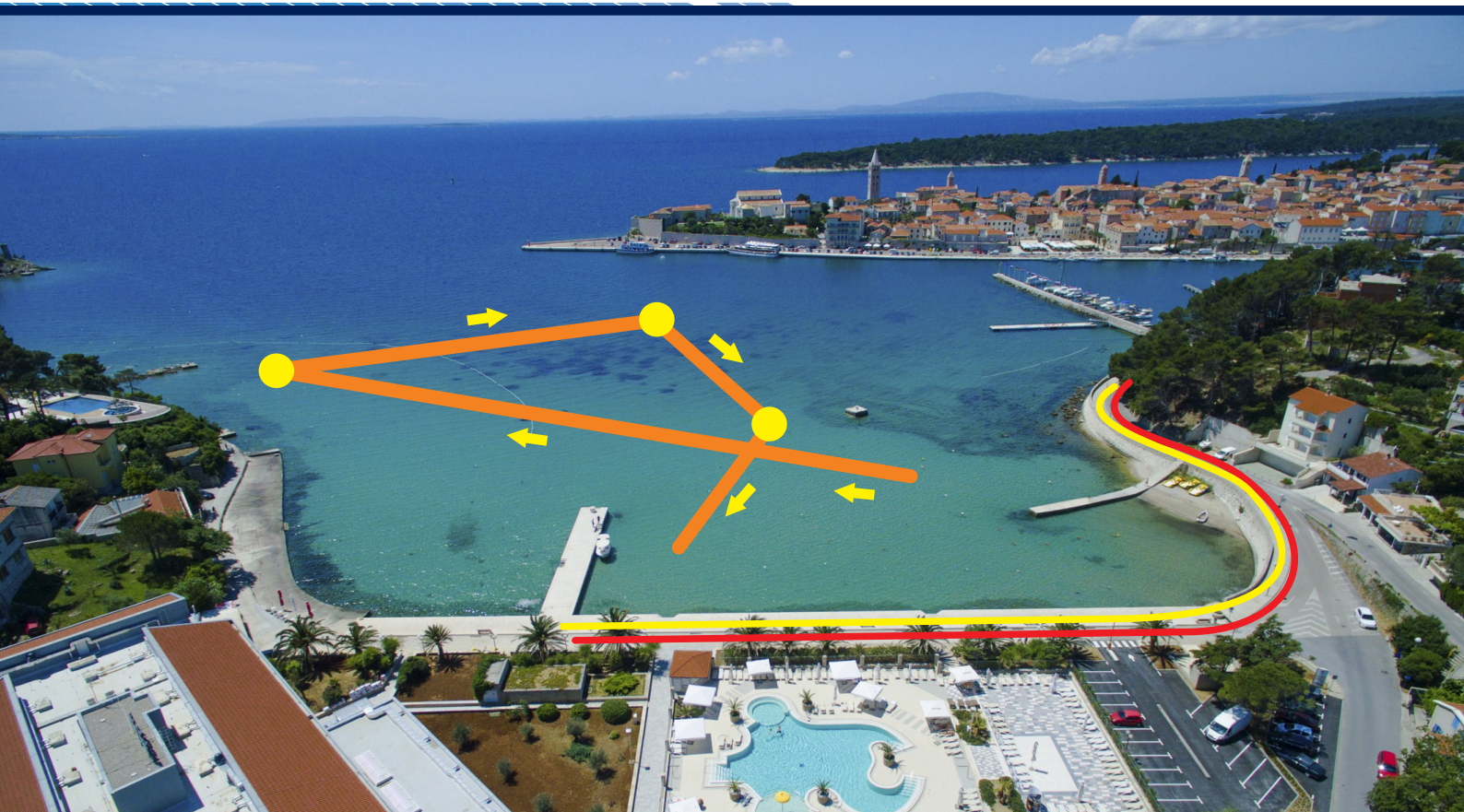
ALPS ADRIATIC TRIATHLON CUP

CROATIAN CHAMPIONSHIP FOR ALL AGE CATEGORIES

RAB, 04.06. 2022.

MINI AQUATHLON • SUPERSPRINT TRIATHLON

RAB, 05.06. 2022.



Padova 1 bay 2022.

ORGANIZATION: Triathlon club Rab and Triathlon union of Primorje - Gorski Kotar county
PLACE AND DATE: Island of Rab, Padova 1 bay | 04.-05.06. 2022.

Saturday, 04.06. 2022. SPRINT TRIATHLON 750 m swim + 20 km bike + 5 km run

11:00 1st Race - M45, M50, M55, M60, M65, M70, M75, M80+

12:30 2nd Race - F20, F25, F30, F35, F40

15:00 3rd Race - F45, F50, F55, F60, F65, F70, F75, F80+

16:30 4th Race - M20, M25, M30, M35, M40

Sunday, 05.06. 2022. MINI AQUATHLON

11:00 KIDS E (2015 and younger) 25 m swim + 250 m run MALE and FEMALE

11:10 KIDS D (2013, 2014) 50 m swim + 500 m run MALE

11:20 KIDS D (2013, 2014) 50 m swim + 500 m run FEMALE

11:30 KIDS C (2011, 2012) 100 m swim + 1 km run MALE

11:40 KIDS C (2011, 2012) 100 m swim + 1 km run FEMALE

Sunday, 05.06. 2022. SUPERSPRINT TRIATHLON 375 m swim + 10 km bike + 2.5 km run

12:20 KIDS B (2009, 2010), KIDS A (2007, 2008), YOUTH (2005, 2006), JUNIORS (2003, 2004) MALE,

13:20 KIDS B (2009, 2010), KIDS A (2007, 2008), YOUTH (2005, 2006), JUNIORS (2003, 2004) FEMALE

13:20 TRIATHLON EVERYBODY CAN DO IT (2010 and older) RELAYS MALE, FEMALE, MIX

Depending on the number of registered competitors, the organizer reserves the right to change the schedule without prior notice.

ENTRY FEE

54 Eur Supersprint relays

27 Eur Sprint triathlon

20 Eur Supersprint triathlon

9 Eur Mini aquathlon

REGISTRATION Until 28.05. 2022. on-line, link

<https://bit.ly/14RabTriatlonPrijaveNelicencirani>

ENTRY FEE Until 28. 05. 2022, IBAN:

HR2724020061100618675 , Swift ESBCHR22 Erste bank

Address: Triatlon klub Rab, 51280 Rab, Barbat 245 Croatia

INFORMATIONS E-mail: rapski.triatlon@gmail.com

mob. +385 98 415 816 (Neno)

ACCOMMODATION

Tourist Board of the City of Rab www.tzq-rab.hr

Valamar Padova Hotel e-mail: reservations@valamar.com tel.

+385 52 465 000

Handing out of the registration packages takes place on the race day, 04.-05. 06. 2022, in the Valamar Padova Hotel (INFO desk) from 08:00 to 10:00.

RULES AND REGULATIONS

Rules of the race are in accordance with Croatian triathlon federation and ITU rules and regulations.

Drafting is allowed, only same sex.

The competitors can use only short aerobars including the bridge, must not exceed the foremost line of the brake lever.

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

Competitors get the race gift and lunch.

All Mini aquathlon competitors receive medals.

Top three overall finishers win cup trophies.

Top three finishers in each category win medals.

Top three Supersprint relays win medals.



The chips are returned at the end of the competition. In case of chip loss competitor or his home club shall bear the cost of the lost chip in the amount of HRK 500.

PROGRAM

Saturday, 04.06. 2022. Sprint triathlon

08:00 Registration open
10:00 Registration close
10:00 Transitions zone are open (1st and 2nd race)
10:50 Transitions zone are close
11:00 Start of 1st race
12:30 Start of 2nd race
13:00 - 14:30 Lunch for competitors (1st and 2nd race)
14:10 Bike out from transition zone (1st and 2nd race)
14:15 Transitions zone are open (3rd and 4th race)
14:50 Transitions zone are close
15:00 Start of 3rd race
16:30 Start of 4th race
17:00 - 18:30 Lunch for competitors (3rd and 4th race)
18:30 Award ceremony

PROGRAM

Sunday, 05.06. 2022. Mini aquathlon i Supersprint triathlon

08:30 Registration open
10:30 Registration close
10:30 Mini aquathlon transitions zone are open
10:50 Transitions zone are close
11:00 Start of Mini aquathlon
11:30 Supersprint triathlon transitions zone are open
12:00 Mini aquathlon award ceremony
12:10 Supersprint triathlon transitions zone are close
12:15 - 13:15 Lunch for Mini aquathlon competitors
13:15 - 15:00 Lunch for Supersprint triathlon competitors
12:20 Start of 1st race Supersprint triathlon
13:20 Start of 2nd race Supersprint triathlon
15:00 Supersprint triathlon award ceremony

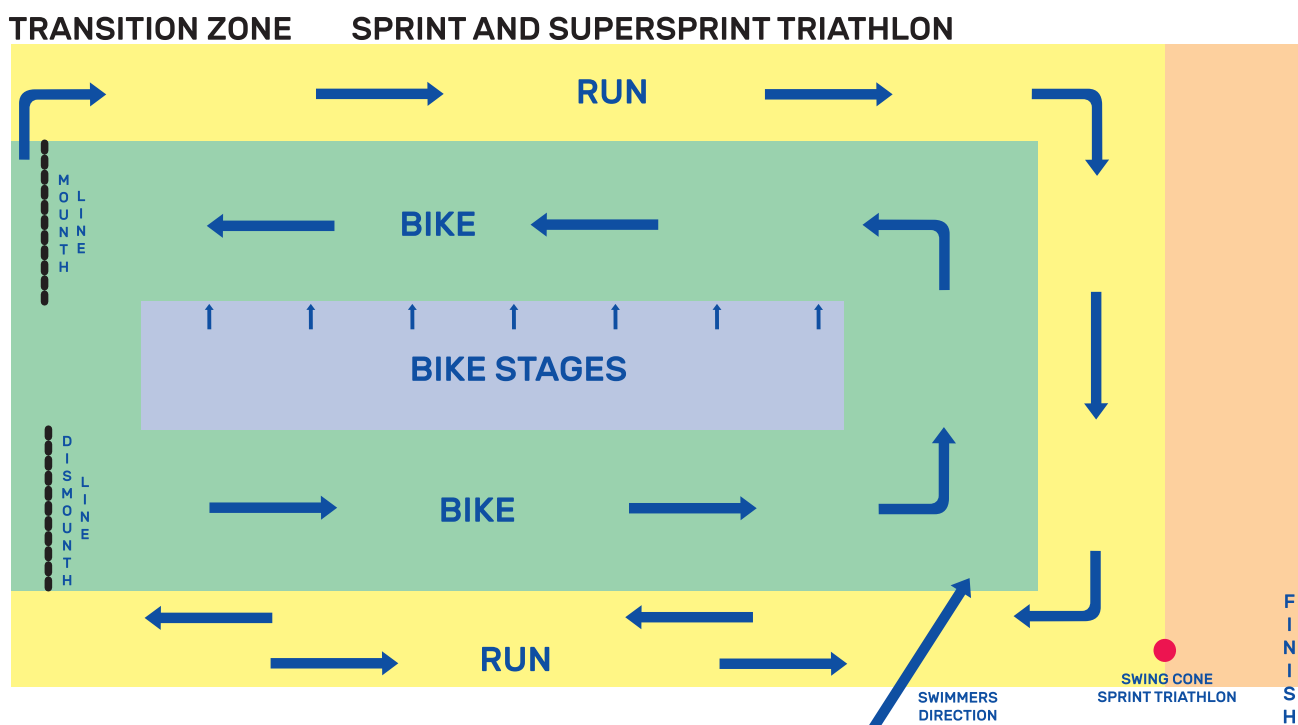
NOTE: 10 min. before all races, the zone is closed and a technical meeting and roll call of competitors is held.

HOW TO REACH RAB

Rapska Plovidba ferry line: Connection between the island and the mainland is by ferries Rapska Plovidba, a local shipping company that operates between the mainland - Stinica and Mišnjak on the southern coast of the island. The crossing takes 15 minutes. www.rapska-plovidba.hr

Jadrolinija ferry line: Ferry service is available between the village of Lopar on the northern coast of the island and Valbiska on the island of Krk, 4 times a day. The journey takes an hour and a half. www.jadrolinija.hr

Catamaran passenger ferry connection from the port of Rijeka to the port of Rab once a day. The journey takes two hours. www.jadrolinija.hr



RACES:



SPRINT TRIATHLON

750 m SWIM
(2 LAPS)

20 km BIKE
(6 LAPS)

5 km RUN
(2 LAPS)

Saturday 04.06. 2022.

11:00 1st Races - M45, M50, M55, M60, M65, M70, M75, M80+

12:30 2nd Races - F20, F25, F30, F35, F40

15:00 3rd Races - F45, F50, F55, F60, F65, F70, F75, F80+

16:30 4th Races - M20, M25, M30, M35, M40



AQUATHLON FOR KIDS

25 m SWIM

250 m RUN

11:00 KIDS E (2015 and younger) MALE and FEMALE



AQUATHLON FOR KIDS

11:10 KIDS D (2013, 2014) MALE
11:20 KIDS D (2013, 2014) FEMALE

 50 m SWIM

 500 m RUN

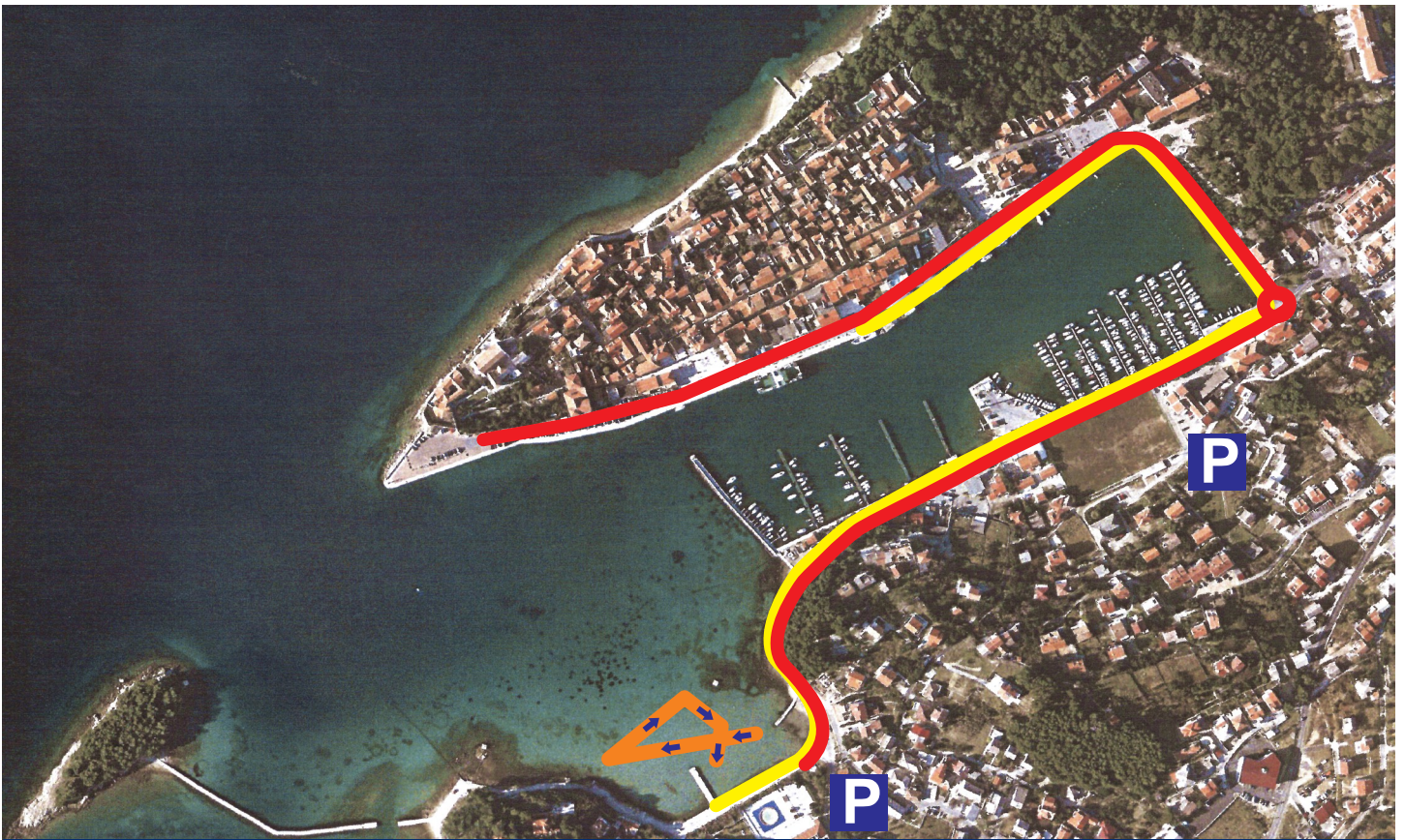


AQUATHLON FOR KIDS

11:30 KIDS C (2011, 2012) MALE
11:40 KIDS C (2011, 2012) FEMALE

 100 m SWIM

 1 km RUN



SUPERSPRINT TRIATHLON

375 m SWIM
(1 LAP)

10 km BIKE
(3 LAPS)

2,5 km RUN
(1 LAP)

12:20 KIDS B (2009, 2010), KIDS A (2007, 2008), YOUTH (2005, 2006), JUNIORS (2003, 2004) MALE
13:20 KIDS B (2009, 2010), KIDS A (2007, 2008), YOUTH (2005, 2006), JUNIORS (2003, 2004) FEMALE
13:20 TRIATHLON EVERYBODY CAN DO IT (2010 and older) RELAYS MALE, FEMALE, MIX