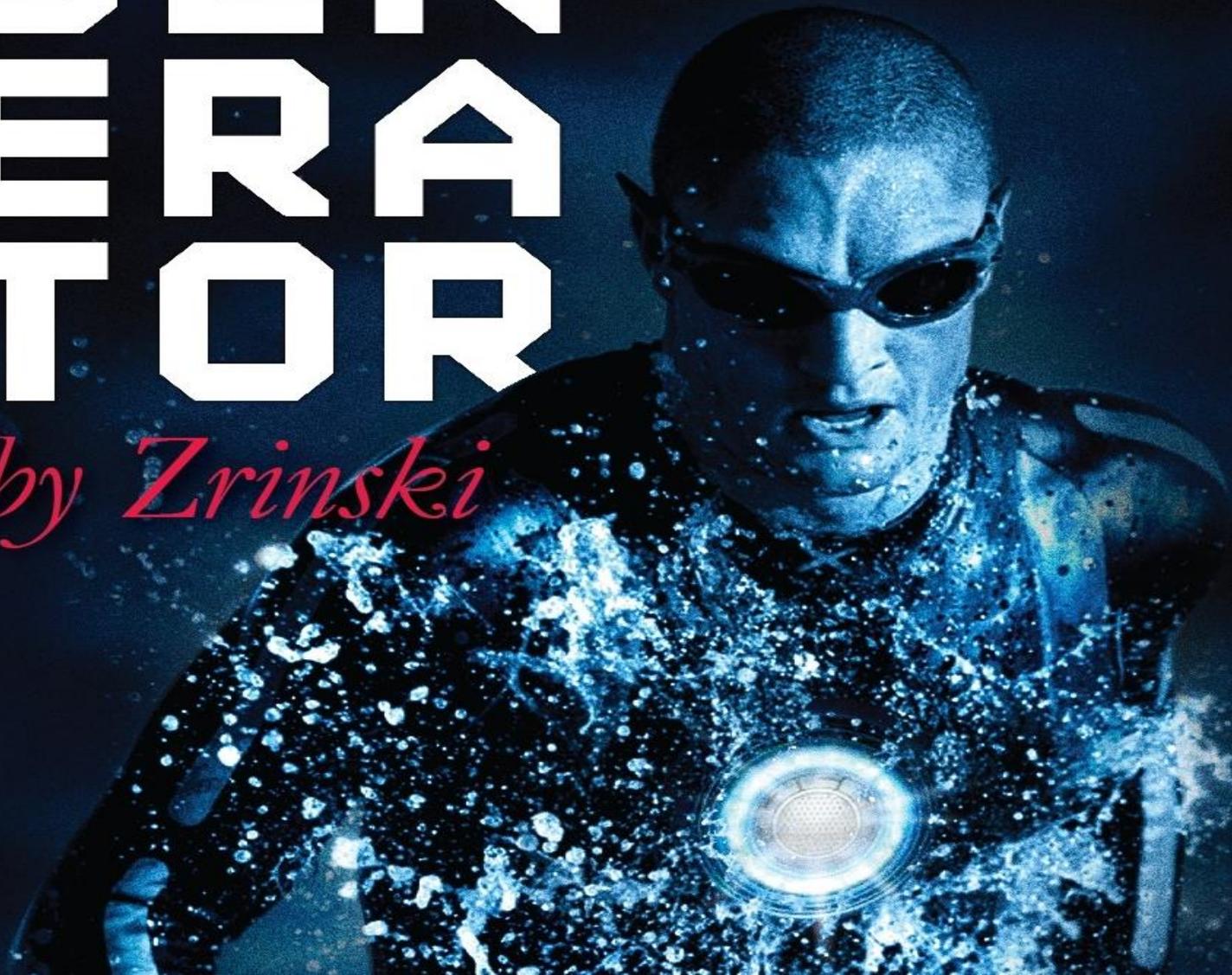


GEN ERA TOR



by Zrinski



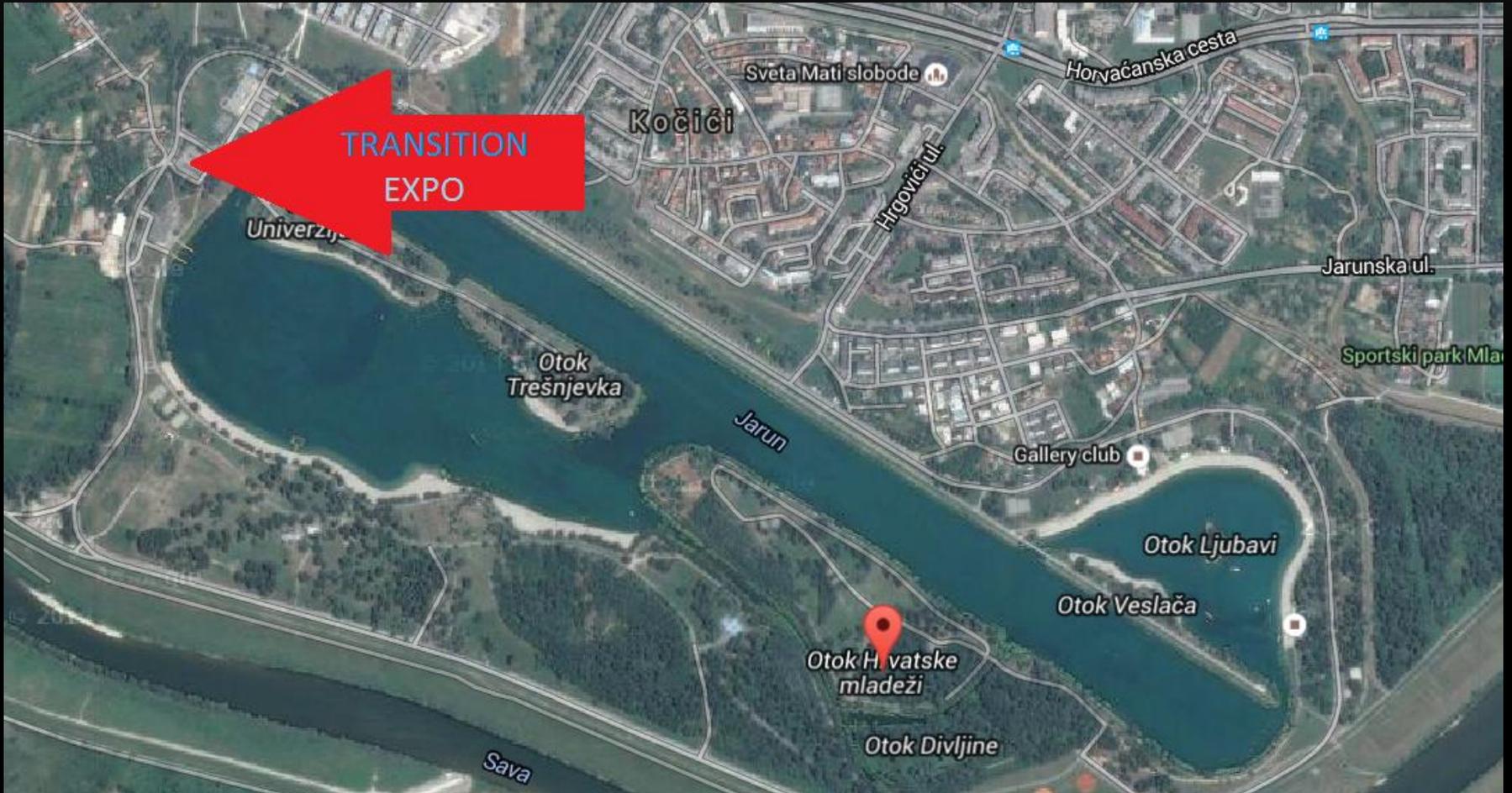
CONTENT

- BASIC INFO
- COURSE
- COMPETITORS
- SCHEDULE (CHANGES POSSIBLE)
- EXPO

BASIC INFO

- LOCATION: Zagreb – ŠRC Jarun
- DATE: 12.09.2015
- TRIATHLON TYPE: Olympic triathlon (km - 1,5S/40B/10R) / triathlon for all (short)
- ORGANISATION: TK Zrinski – Aliter d.o.o.
- RACE BOARD: Zvezdana Veljković/Goran Peić/Filip Rosandić
- RULES: in accordance with HTS - ITU
- RACE WEB PAGE: <https://www.facebook.com/pages/Generator-2015/>
- CONTACT: via facebook web page

BASIC INFO

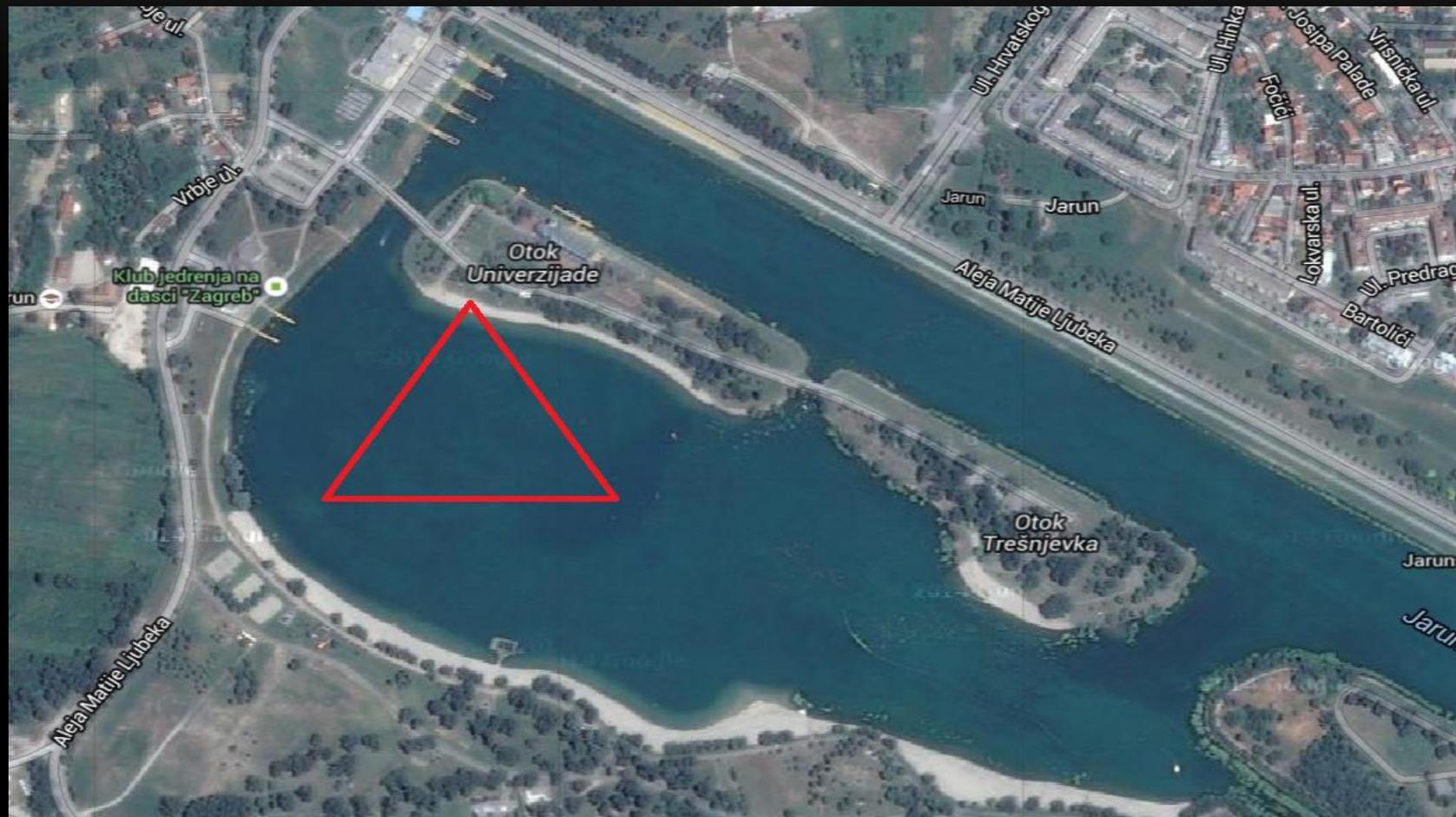


- BASIC INFO
 - COURS
 - COMPETITORS
 - SCHEDULE (CHANGES POSSIBLE)
 - EXPO
-

SWIM COURSE

- Lake Jarun
- 2 laps – 750 m – triangle
- Sweetwater – temperature 21 - 23°C
- Wetsuits not allowed

SWIM COURSE



BIKE COURSE

- Lake Jarun – around the lake
- 5 laps x 8 km
- Flat course with few sharp turns
- Drafting allowed – same gender
- Please take care about speed bumps and safety of other competitors!

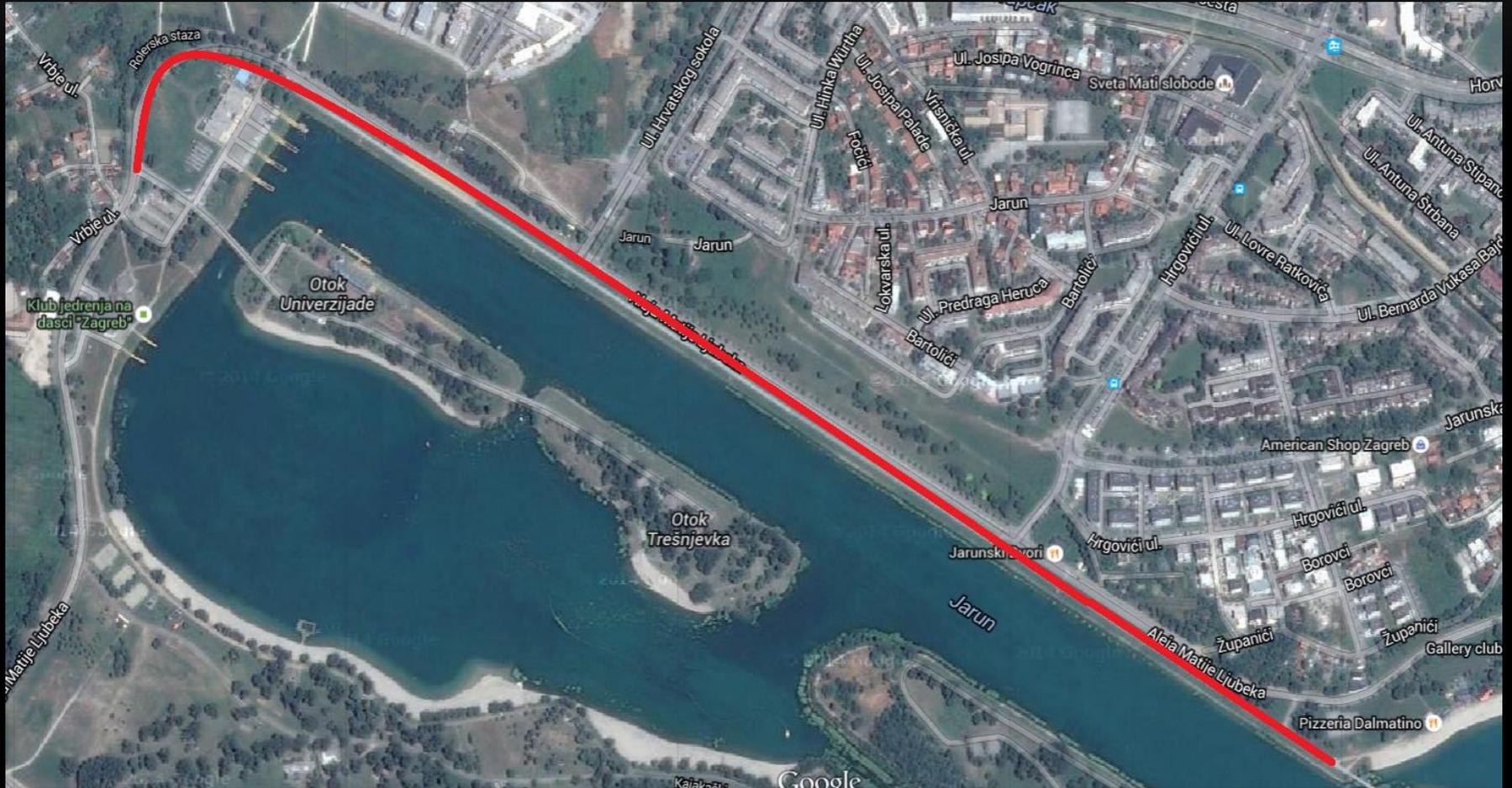
BIKE COURSE



RUN COURSE

- Lake Jarun – along side rowing race track
- 5 laps x 2 km
- Refreshment station on the run course – near the transition zone/2 km

RUN COURSE



TRIATHLON FOR ALL

- We hereby call and urge everybody to try triathlon and in that ways start „new season”
 - If you work or study – triathlon will help you forget all your problems!
 - Best time to start is 12.09.2015

 - We'll have a simple course – easy for everybody
 - Minimal contestants number is 10!

 - SWIM: 200 m
 - BIKE: cca. 6,50 km (krug oko Jaruna)
 - RUN: 1 km
-

- BASIC INFO
 - COURSE
 - **COMPETITORS**
 - SCHEDULE (CHANGES POSSIBLE)
 - EXPO
-

COMPETITORS

- OLYPMIC triathlon distance
 - ELITE
 - AGE GROUP – in accordance with ITU
- Triathlon for ALL
 - All interested
- MIN. AGE: 18 YEARS

COMPETITORS - REGISTRATION

- REGISTRATION VIA GRABAR SPORT - <http://grabarsport.hr/>
- OPEN TILL: 07.09.2015
- ENTRY FEES - INDIVIDUAL
 - ELITE and AGE GROUP: 30 EUR
 - TRIATHLON FOR ALL: 15 EUR
- ENTRY FEES – INDIVIDUAL RELAY
 - AGE GROUP: 15 EUR
 - TRIATHLON FOR ALL: 10 EUR

LATE REGISTRATION – AFTER 31.08.2015

- ENTRY FEES – INDIVIDUAL after 31.08.2015
 - ELITE and AGE GROUP: 35 EUR
 - TRIATHLON FOR ALL: 20 EUR

- ENTRY FEES – INDIVIDUAL RELAY after 31.08.2015
 - AGE GROUP: 20 EUR
 - TRIATHLON FOR ALL: 15 EUR

COMPETITORS - REGISTRATION

- RACE FEE'S PAYMENT IS ONLY POSSIBLE VIA BANK TRANSFER
 - ALITER DOO
 - VENETO BANKA DD
 - IBAN: HR08 2381009 1196002195
 - SWIFT: CCBZHR2X
 - INDIVIDUALS: WRITE YOUR NAME ALONG WITH THE BANK TRANSFER
 - RELAY: WRITE MEMBERS OF THE RELAY AND USE SINGLE ACCOUNT

 - ALL BANK COSTS TO BE PAID BY THE COMPETITOR
 - NO REGISTRATIONS ON THE RACE DAY!
-

COMPETITORS - AWARDS

- All finishers will receive finisher medals
- First 3 places M/F
 - medals
 - vouchers for sport equipment (1. 1000 HRK, 2. 500 HRK, 3. 250 HRK)
 - 1 package of premium nutrition for endurance sports

- BASIC INFO
 - COURSE
 - COMPETITORS
 - SCHEDULE (CHANGES POSSIBLE)
 - EXPO
-

SCHEDULE 12.09.2015 RACE DAY

- 06:00 TRANSITION ZONE OPENS + START NUMBERS PICK UP
- 08:00 TRANSITION ZONE CLOSES
- 09:00 RACE START – ELITE + AGE GROUP M
- 09:10 RACE START – AGE GROUP F
- 11:00 RACE START – TRIATHLON FOR ALL
- 13:00 WINNER CEREMONY ELITE AND AGE GROUP
- 18:00 EVENT CLOSURE
- ALL DAY: PRESENTATIONS/EDUCATION (TRIATHLON, SPORT EQUIPMENT, NUTRICIONISM, FOOD SUPPLEMENTS)

- BASIC INFO
 - COURSE
 - COMPETITORS
 - SCHEDULE (CHANGES POSSIBLE)
 - EXPO
-

EXPO

- LOCATION: NEAR TRANSITION ZONE
- TYPE: SPORT AND ACTIVE LIFESTYLE EXPO
- PRESENTORS:
 - TK ZRINSKI / HTS (Triathlon intro, coaching, healthy living)
 - SPORT EQUIPMENT (GIANT, E-MOCIJA, LI NING, BROOKS)
 - FOOD SUPPLEMENTS (HERBALIFE)
 - NUTRITION (Mag. Nutr. Bojan Stojnić – IRONMAN triathlete)
 - SPONSORS

YOU ARE YOUR OWN GENERATOR

SEE YOU AT JARUN!!