



# 8<sup>th</sup> RAB TRIATHLON

SPRINT TRIATHLON, SUPERSPRINT TRIATHLON,  
AQUATHLON AND TRIATHLON FOR KIDS  
RAB, JUNE 12, 2016



# Suha Punta 2016.

**ORGANIZATION:** Triathlon club Rab and Triathlon club Rival  
**PLACE AND DATE:** Island of Rab, Suha Punta bay June 12, 2016.

## START, DISCIPLINES, DISTANCES AND CATEGORIES

12:00 p.m. Mini Aquathlon (50 m swim + 500 m run)

12:00 p.m. Boys A (2007., 2008., 2009.)

12:15 p.m. Girls A (2007., 2008., 2009.)

12:45 p.m. Mini Triathlon (50 m swim + 2 km bike + 500 m run)

Boys B (2005., 2006.)

Girls B (2005., 2006.)

1:15 p.m. Supersprint triathlon (375 m swim + 10 km bike + 2.5 km run)

Young cadets (2003 and 2004), cadets (2001 and 2002)

2:45 p.m. Sprint triathlon (750 m swim + 20 km bike + 5 km run)

Young juniors (1999 and 2000), juniors (1997 and 1998), Cat.M/F 20, M/F 25, M/F 30, M/F 35, M/F 40, M/F 45, M/F 50, M/F 55, M/F 60

Relays (born in 2000 and older); one relay consists of 3 competitors, male or female; first competitor swims, second one cycles, third one runs.

**SWIM:** The swim course is in Suha Punta bay. Competitors in Mini aquathlon and Mini triathlon swim 50 m .

Competitors in Supersprint triathlon swim one triangular lap of 375 m. Competitors in Sprint triathlon swim two triangular laps the total of 750 m.

**BIKE:** Competitors in Mini triathlon cycle from the Carolina Hotel to the Matovica way and back. Competitors in Supersprint triathlon cycle from the Carolina Hotel to the Soline and back twice. Competitors in Sprint triathlon cycle from the Carolina Hotel to the Soline and back four times.

**RUN:** Competitors in Mini aquathlon and Mini triathlon run along the promenade for 500 m. Competitors in Supersprint triathlon run from the Carolina Hotel near tennis courts to the Eva Hotel and back. The competitors in Sprint triathlon run from the Carolina Hotel near tennis courts to the Eva Hotel and back twice.

## ENTRY FEE

33 EUR Relays

22 EUR Sprint triathlon

15 EUR Supersprint triathlon

10 EUR Mini triathlon

10 EUR Mini aquathlon

## REGISTRATION AND INFORMATIONS

Registration via [www.grabarsport.hr](http://www.grabarsport.hr) until thursday, June 9, 2016.

Entry fee payment on address: TK Rab, Barbat 245, 51280 Rab, Croatia, SWIFT: ESBCHR22

IBAN HR 2724020061100618675 until thursday, June 9, 2016.

Race contact number: +385 98 415 816 (Neno), e-mail [rapski.triatlon@gmail.com](mailto:rapski.triatlon@gmail.com),

Handing out of the registration packages takes place on the race day, June 12, 2016. in the Carolina Hotel from 9:00 a.m. until 11:00 a.m..

## RULES AND REGULATIONS

Rules of the race are in accordance with CTF and ITU rules and regulations.

All competitors received timing chips.

Helmets are obligatory.

Drafting is allowed, except for women drafting behind men.

During the race a T- shirt or a triathlon kit is obligatory.

Time limit for the Supersprint triathlon is 1 hour.,

and for the Sprint triathlon is 2 hours.

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

All competitors get the race gift and lunch.

All Mini aquathlon and Mini triathlon competitors received medals.

Top three overall finishers (M and F) win cup trophies.

Top three finishers in each category win medals.

Top three Sprint relays win medals.

## RACE SCHEDULE

09:00 a.m. Registrations open

11:00 a.m. Registrations close

11:30 a.m. Transition area opens (Mini Triathlon and Supersprint triathlon)

12:00 p.m. Transition area closes

12:00 p.m. Start of Mini aquathlon race

12:45 p.m. Start of Mini triathlon for race

01:15 p.m. Start of Supersprint triathlon race

02:15 p.m. Mini aquathlon award ceremony

02:15 p.m. Transition area opens (Sprint triathlon)

02:35 p.m. Transition area closes

02:45 p.m. Start of Sprint triathlon race

03:00 p.m. Mini triathlon award ceremony

04:45 p.m. Sprint triathlon finishes

05:00 p.m. Supersprint and Sprint triathlon award ceremony

06:00 p.m. End of race program



HOTEL EVA



HOTEL CAROLINA

**INFO :** Tourist Board of the City of Rab [www.tzg-rab.hr](http://www.tzg-rab.hr)

**CAROLINA HOTEL** Tel. +385 51/724 133, e-mail: [carolina@imperial.hr](mailto:carolina@imperial.hr)

[www.imperial.hr](http://www.imperial.hr)

**EVA HOTEL** Tel. +385 51/724 233, e-mail: [eva@imperial.hr](mailto:eva@imperial.hr)

[www.imperial.hr](http://www.imperial.hr)

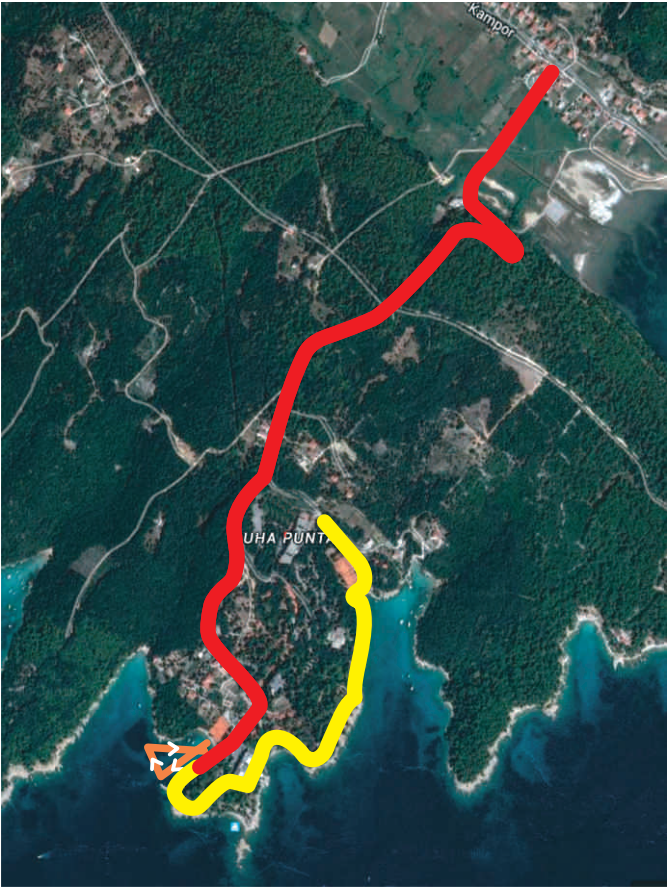
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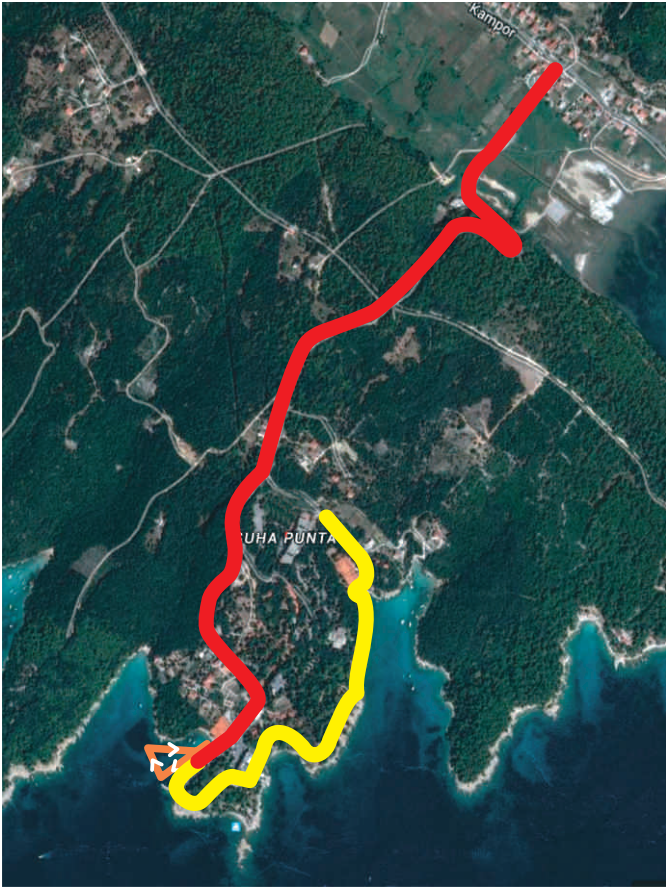
**MINI AQUATLON**  
START IN 12:00 p.m. BOYS "A" • START IN 12:15 p.m. GIRLS "A"  
50 m SWIM 500 m RUN



**MINI TRIATHLON**  
START IN 12:45 p.m.  
50 m SWIM 2 km BIKE (1 lap) 500 m RUN (1 lap)



**SUPERSPRINT TRIATHLON**  
START IN 01:15 p.m.  
375 m SWIM (1 triangle) 10 km BIKE (2 laps) 2.5 km RUN (1 lap)



**SPRINT TRIATHLON**  
START IN 02:45 p.m.  
750 m SWIM (2 triangle) 20 km BIKE (4 laps) 5 km RUN (2 laps)

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## 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 and it is active throughout the year.

[www.rapska-plovidba.hr](http://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 about an hour and a half.

[www.jadrolinija.hr](http://www.jadrolinija.hr)

Jadrolinija catamaran passenger ferry: Catamaran passenger ferry connection from the port of Rijeka to the town of Rab runs throughout the year once a day. The journey takes about two hours.

[www.jadrolinija.hr](http://www.jadrolinija.hr)



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