



Athlete's Guide

42. years (1984–2026)

25.–26. September 2026

EUROPEAN JUNIOR CUP 2026

SLOVENIAN CUP RACE IN SPRINT TRIATHLON AND AQUABIKE

NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS

ALPS ADRIATIC TRIATHLON CUP

TRIGLAV TRIATHLON ROOT

ENGLISH VERSION

1. General information

Place: BLEĐ – MALA ZAKA

Organiser: TRIATLONSKI KLUB TRISPORT KAMNIK

Event manager: Miro KREGAR

Info: www.competitions-slovenia.com

Tel: +386 41 641 527

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VIDEO ET JUNIOR: <https://youtu.be/J7301Q9M5IA>

VIDEO TRI FESTIVAL: <https://youtu.be/nXc8vHpVZws>

2. Race distances & types

BLEĐ – MALA ZAKA

- EUROPEAN JUNIOR CUP (375–9,3–2,5)
- CICI AKVATHLON FOR KIDS (50-500 / born 2017–2019)
- AQUATHLON (150-1000 / born 2015–2016)
- SUPER SPRINT TRIATHLON (250-6,2-1.7) born 2013-2014 / youth)
- SUPER SPRINT TRIATHLON (250-6,2-1.7) born 2009-2012 / cadetes + juniors)
- TRIATHLON FOR EVERYBODY (250-6,2-1.7) bike draft legal
- TRIATHLON – SPRINT DIST – (750-19-5) bike draft legal
- AQUABIKE – SPRINT DIST – (750-19) bike draft legal
- RELAY TRIATHLON – SPRINT (750-19-5) bike draft legal
- DUATHLON SPRINT – (19-5) bike draft legal

SPRINT TRIATHLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- SLOVENIAN NATIONAL CHAMPIONSHIP FOR DOCTORS AND DENTISTS
- ALPS ADRIATIC TRIATHLON CUP
- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman Bohinj + Triathlon Bled))

AQUABIKE COUNTS FOR:

- SLOVENIAN NATIONAL AG CHAMPIONSHIP TZS
- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman Bohinj + Triathlon Bled)

DUATLON COUNTS FOR:

- TRIGLAV TRIATHLON ROOT CUP (Triathlon Steelman + Triathlon Bled Bohinj)

SUPER SPRINT TRIATHLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

CICI AKVATLON COUNTS FOR:

- SLOVENIAN TRI CUP TZS
- ALPS ADRIATIC TRIATHLON CUP

ALPS ADRIATIC TRIATHLON CUP 2026 – Rules:

Anyone who takes part in the Bled Triathlon will automatically be entered into the AATC 2026 Cup if they register in advance (free of charge) in the link below:

[ON LINE REGISTRATION - AATC 2024](#)

All information about the AATC Cup can be found here:

<https://trisport-klub.si/triatlonski-pokal-alpe-adria/>



2.1. Kids Aquathlon

CM and CF: 50 m swim – 500 m run (CICI 2015–2017)

D1M and D1F: 150 m swim – 1000 m run (younger boys & girls 2013–2014)

Age Categories

CM / CF – Cicibani in cicibanke	7 to 9 years	2017–2019
D1M / D1F – Mlajši dečki in deklice	10 to 11 years	2015–2016

2.2. Super Sprint SD and KD – older boys & girls / kadetes (2014–2011)

250 m swim – 1 lap
6,2 km bike – 2 laps
1.7 km run – 1 lap

Age Categories

D2M / D2F – Starejši dečki in deklice	12 to 13 years	2013–2014
KM / KF – Kadeti in kadetinje	14 to 15 years	2011–2012

2.3.1. Super Sprint KD – youth (2010–2009)

250 m swim – 1 lap
6,2 km bike – 2 laps
1.7 km run – 1 lap

Age Categories

M1M / M1F – Mlajši mladinci in mladinke	16 to 17 years	2009 – 2010
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2.3.2. Triathlon for everybody

250 m swim – 1 lap
6,2 km bike – 2 laps
1.7 km run – 1 lap

Age Categories

E3M / E3F – Člani in članice 1	20 to 35 years	2006–1991
E4M / E4F – Veterani in veteranke 1	36 to 50 years	1990–1976
CM / CF – Veterani in veteranke 2	51 and older	1975 and older

2.3.3. Relay triathlon for everybody

250 m swim – 1 lap
6,2 km bike – 2 laps
1.7 km run – 1 lap

Age Categories

RM – men team

RF – women team

RX – mix team

RD – duathlon relay

2.4. SPRINT triathlon

750 m swim in Bled lake – 2 laps
19 km bike between Mala Zaka and Velika Zaka – 6 laps (draft legal in gender categories)
5 km run between Mala Zaka and Bled – 2 laps

Prize money of 1,500 EUR (M + F 300-200-100-80-70 EUR).

Prize condition: result had to be less than 10 % behind winner's time.

Age Categories

M1M / M1F – Mlajši mladinci in mladinke	16 to 17 years	2009 – 2010
M2M / M2F – Starejši mladinci in mladinke	18 & 19 years	2007 – 2008
E1M / E1F – Člani in članice I	20 to 29 years	1997 – 2006
E2M / E2F – Člani in članice II	30 to 39 years	1987 – 1996
V1M / V1F – Veterani in veteranke I	40 to 44 years	1982 – 1986
V2M / V2F – Veterani in veteranke II	45 to 49 years	1977 – 1981
V3M / V3F – Veterani in veteranke III	50 to 54 years	1972 – 1976
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1967 – 1971
V5M / V5F – Veterani in veteranke V	60 to 64 years	1962 – 1966
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1957 – 1961
V7M / V7F – Veterani in veteranke VII	70 and older	1956 or older

2.5. Relay triathlon – Standard distance

750 m swim (2 laps), 19 km bike (6 laps), 5 km run (2 laps)

Age Categories

ZM – men team

ZF – women team

ZX – mix team

ZD – duathlon relay

2.6. Aquabike – Sprint distance)

750 m swim in Bled lake – 2 laps

19 km bike between Mala Zaka and Velika Zaka – 6 laps

Athletes had to run around 30 m **wearing shoes** from the transition to the finish line (wearing bike shoes or running shoes and **not barefoot**).

Age Categories

M2M / M2F – Starejši mladinci in mladinke	18 in 19 years	2007 – 2008
E1M / E1F – Člani in članice I	20 to 29 years	1997 – 2006
E2M / E2F – Člani in članice II	30 to 39 years	1987 – 1996
V1M / V1F – Veterani in veteranke I	40 to 44 years	1982 – 1986
V2M / V2F – Veterani in veteranke II	45 to 49 years	1977 – 1981
V3M / V3F – Veterani in veteranke III	50 to 54 years	1972 – 1976
V4M / V4F – Veterani in veteranke IV	55 to 59 years	1967 – 1971
V5M / V5F – Veterani in veteranke V	60 to 64 years	1962 – 1966
V6M / V6F – Veterani in veteranke VI	65 to 69 years	1957 – 1961
V7M / V7F – Veterani in veteranke VII	70 and older	1956 or older

2.7. Duatlon – Sprint distance

19 km bike between Mala Zaka and Velika Zaka – 6 laps (draft legal in gender categories)

5 km run between Mala Zaka and Bled – 2 laps

Age Categories

DE3M / DE3F – Člani in članice 1	20 to 35 years	2006–1991
DE4M / DE4F – Veterani in veteranke 1	36 to 50 years	1990–1976
DE5M / DE5F – Veterani in veteranke 2	51 and older	1975 or older

3. Time Schedule – Triatlon Bled 2026

3.1. European Junior Cup

Friday 25. 9. 2026 (Bled – Mala Zaka)

Time	Activity
15:45–21:00	ET JUNIOR CUP PROGRAM
15:45–16:30	Bike course familiarization ET Junior Cup – Mala Zaka
17:00–17:30	Swim familiarization – Mala Zaka
18:00–19:00	Registration and payment ETJC Junior Cup – Mala Zaka
19:00–20:00	Briefing – ETJC – Mala Zaka
After briefing	Race pack distribution – Mala Zaka
21:00	Athlete's briefing made available on WT website

Saturday 26. 9. 2026 (Bled – Mala Zaka)

Time	Activity
06:45–11:05	ET JUNIOR CUP PROGRAM
06:45–07:45	Athletes Lounge check-in
07:00–08:00	Transition area open ET Junior Cup Men & Women
08:00–10:15	Swim warm up – all competitors. Warm up stops 6 min before each start
08:26	Athletes' Introduction – Women – semifinal F1
08:30	Start ETJC – Women – semifinal F1
08:48	Athletes' Introduction – Women – semifinal F2
08:52	Start ETJC – Women – semifinal F2
09:10	Athletes' Introduction – Men – semifinal M1
09:14	Start ETJC – Men – semifinal M1
09:32	Athletes' Introduction – Men – semifinal M2
09:36	Start ETJC – Men – semifinal M2
09:54	Athletes' Introduction – Men – semifinal M3
09:58	Start ETJC – Men – semifinal M3
10:16	Athletes' Introduction – Men – semifinal M4
10:20	Start ETJC – Men – semifinal M4
aprox. 10:45	End of Races ET Junior Cup semifinals
10:40–11:05	Transition area ET Junior Cup had to be emptied
10:40–16:50	TRIATHLON BLEED PROGRAM
08:00–13:00	Registration open – for CICI, SS, Sprint
10:40–10:55	Transition area open CICI
10:55	Briefing CICI
11:00	Start CICI Aquathlon (2017–2019)
11:10	Briefing MD
11:15	Start Aquathlon MD (2015–2016)
11:05–11:35	Transition area open Super Sprint, Triathlon for all (SD, KD, MM)
11:40	Briefing Super Sprint (2013–2014)
11:45	Start Super Sprint SD and KD (2011–2014): 250-6,2-1,7
12:10	Briefing Super Sprint and Triathlon for all – MM
12:15	Start: Super Sprint MM, (2009–2010), Triathlon for all + relays: 250-6,2-1,7
12:40–13:10	Transition area has to empty SS
13:10–13:40	Transition area open for Sprint

13:15	Award ceremony CICI, MD, SD, KD, MM + TRI FOR EVERYBODY
13:40	Enter start area for SPRINT Men - SM youniors, elite 1 and 2. (člani1-2)
13:45	Briefing for Sprint
13:50	Start Sprint: men – juniors and elite: 750-19-5
14:00	Enter start area - Sprint – women, Men vet, akvabike, relay
14:05	Briefing for Sprint
14:10	Start Sprint: women juniors and women elite, men veterans and women veterans, Aquabike, Sprint relays
14:20	Start Duatlon (start from Transition Area)
aprox. 14:50	First to finish
aprox. 15:55	End of Race Sprint triatlon
15:30–16:10	Transition area had to be emptied Sprint
16:10–20:00	ET JUNIOR CUP PROGRAM
16:10–16:35	Transition area open ET Junior Cup Women & Men – Final
16:35–17:00	Swim warm up – Women
17:10	Introduction of the athletes – Final Women
17:15	Start FINAL ETJC – Women
17:25–17:45	Swim warm up – Men
17:55	Introduction of the athletes – Final Men
18:00	Start FINAL ETJC – Men
	Award ceremony ETJC – Women & Men
19:00	Award ceremony for Sprint, Aquabike, duathlon, relay, - first overall with prize money.
19:20	

Youtube link – **TRIATHLON FESTIVAL 2025**

VIDEO ET JUNIOR: <https://youtu.be/J7301Q9M5IA>

VIDEO TRI FESTIVAL: <https://youtu.be/nXc8vHpVZws>

4. General rules

ALL ATHLETES COMPETING UNDER THEIR OWN RESPOSABILITY!

You have to race respect WT and ET rules. Drafting is allowed at the same gender group.

5. Registration and payment

Registration **ET Junior Cup**:

Only through their National triathlon federations.

Registration **Triathlon: (English)**

<https://prijavim.se/calendar/checkings/6350//>

Prijavi, d.o.o., Stegne 14, 1241 Kamnik

IBAN: SI56 6100 0002 8689 358

Bank address: Delavska hranilnica d.d., Glavni trg 3, 1242 Kamnik; BIC/Swift: HDELSI22

All bank fees are charged to the payer.

End of On-line registration: Tuesday, 22. 9. 2026 till 24 h.

Registration is valid when is paid and is in portal prijavim.se marked as "Paid".

Registrations on race day are possible but more expensive.. T-shirts can be ordered until July 1, 2026. Those who register later will no longer receive a T-shirt.

Entry fees:

Date	Till 15. 7. 2026	Till 22. 9. 2026	Race day 26. 9. 2026
	T shirt	NO T shirt	NO T shirt
CICI Aquathlon	12	14	18
Super Sprint triathlon	33	36	40
Triathlon for everybody	40	45	55
Relay triathlon for everybody	60	70	80
Sprint triathlon	60	70	80
Aquabike (Nat. Champ.)	50	55	70
Duathlon	50	55	70
Relay triathlon Sprint	110	120	130

6. Access and parking

Event area is in Rowing Centre in Mala Zaka. There are parking lots, but payable. Official , free for payment Parking slots are on address : ZA GRADOM 1, 4260 BLEĐ.

GPS LINK: <https://maps.app.goo.gl/tTzkQv3awCNKHLvJ7>

6.1. Access

Access and exit to/from Mala Zaka (Rowing Centre).

Access to Mala Zaka will be available as follows:

Closed / Open	Time	Duration
Road open	do 8:15	
Full closure of the road: ET Junior Cup M and W	08:15 – 10:30	2:15
Road open	10:30 – 11:30	1:00
Full closure of the road: Triathlon for everybody	11:30 – 12:45	1:15
Road open	12:45 – 13:35	0:50
Full closure of the road: Standard Triathlon	13:35 – 16:00	2:25
Road open	16:00 – 17:00	1:00
Full closure of the road: Standard Triathlon	17:00 – 18:35	1:35
Road open	po 18:35	

6.2. Parking

Official parking (free) is on parking place: Pod gradom 1, 4260 Bled, 300 m from Mala Zaka.



FREE PARKING NASLOV: Za gradom 1, 4260 Bled.

GPS: <https://maps.app.goo.gl/tTzkQv3awCNKHLvJ7>

On the eve of the competition, you will receive a "parking pass" via the email address provided during registration, granting you access to the free parking area.

Another parking places that are available (upon payment):

- on Railway station (Kolodvorska street – 300 m from Mala Zaka)
- in Velika Zaka (Camping site – 800 m from Male Zake)
- on Pristava (road to Bohinj – 1.8 km from Mala Zaka)
- parking lots in Bled city centre (1.8 km from Mala Zaka)

7. Accommodations on Bled

Click and reserve:

[ACCOMODATION BLED](#)

8. Awards

All athletes that take part in Triathlon Bled will receive drink in finish area and hot meal after race. On the registration you will receive in goody bag socks, water bottle, sweets, and coupon for pasta. Those athletes, who registered before 1.7.2026 will receive also T shirts.

All top three classified in Age Group category will receive medals and practical awards.

Top three in Men and Women absolute category in Sprint triathlon will be awarded money prize in total worth of 1,500 EUR (300-200-100-80-70 EUR). Prize condition: result had to be less than 10 % behind winner's time.



Goody bags - post race meal

Upon registration, each athlete receives a bag containing a T-shirt, socks, a water bottle, a treat, and a voucher for a post-race meal. Pasta will be available from 12:00 PM to 7:00 PM in Mala Zaka.

9. Race layout







9.1. Swimming

Swimming will take place according to the scheme below in Mala Zaka. Expected water temperature is 20–22 °C. Sprint triathlon will have 2 laps (2 x 375 m), with exit and enter the water in the middle.



TRIATHLON
FESTIVAL
BLED

TRIATHLON BLED

PLAVALNA PROGA SWIM COURSE

● **PLAVANJE SWIM**
SUPERSPRINT - 250 m
SPRINT - 750 m (2 x 375 m)

IZHOD PLAVANJE
SWIM EXIT

START
RACE START

2. krog
2. lap



9.2. Transition 1/2

9.3. Bike

One lap distance is 3,1 km: from Mala Zakea, to Velika Zaka, turn right, then climb to Railway station and along Kolodvorska street to decent along Župančičeva street to Mala Zaka.

Triathlon for everybody and Relays triathlon for everybody – 3 laps,
Super Sprint SD – 2 lap,
Super Sprint KD, MM – 3 laps,
Sprint triathlon, Aquabike, Duathlon and Relay Sprint triathlon – 6 laps.



9.4. Transition 2/2



9.5. Run

On lap distance is 1,25 or 2,5 km: on the road under the Bled castle, the u-turn to go back to Mala Zaka.

Triathlon for everybody and Relay for everybody – 2 laps,

CICI aquathlon – 1 small lap,

Super Sprint SD – 1 small lap,

Super Sprint KD, MM – 1 lap,

Sprint triathlon, Aquabike, Duathlon and Relays Sprint triathlon – 2 laps.

TRIATHLON FESTIVAL BLED

TRIATHLON BLED

TRASA DIRKE RACE LAYOUT















Video – ET Junior Cup:

- [štart plavanja](#)

VIDEO ET JUNIOR: <https://youtu.be/J7301Q9M5IA>

Video – Triathlon Bled:

- VIDEO TRI FESTIVAL: <https://youtu.be/nXc8vHpVZws>