2019

ATHLETE INFORMATION GUIDE

SUNDAY | MAY 5 | 2019 | POREČ | CROATIA
Dear Athletes,

Welcome to the 1st edition of Plava Laguna triathlon 5150 Poreč, Croatia.

We are very proud of this partnership with the great sports corporation that successfully manages IRONMAN® Triathlon races all over the world.

It is events like this that give us the opportunity to share with the world the uniqueness of our destination. Featuring an amazing seafront location and top infrastructure in Zelena Resort, Poreč is a top sports destination in Croatia.

It is our goal to deliver an amazing event so that you can test your limits and achieve your personal best while being a part of this challenging adventure.

On behalf of the Plava Laguna team and our volunteers, have a great competition and we’ll see you at the finish line!

Neven Staver,  
CEO of Plava Laguna d.d.

Dear Athletes,

Welcome to the Plava Laguna 5150 Triathlon, Poreč!

We are very pleased you have chosen to compete in our race in the beautiful Zelena Resort in the city of of Poreč, known as the location of many sports events.

We are fully dedicated to the preparation of an unforgettable sports event in the fastest growing sport in the world – triathlon. On behalf of Plava Laguna, the City of Poreč and other sponsors, I wish you best of luck in the training process as well as in the race.

Goran Vrus, prof.  
Race Director of Plava Laguna 5150 Triathlon Poreč
**EVENT SCHEDULE**

**Saturday – Sunday**

**Plava Laguna triathlon 5150** Poreč Croatia is truly the best choice for the season opener - top seafront location with a mild climate and amazing Mediterranean scenery.

The event will be held in Zelena Resort, the unique venue with quality accommodation and all amenities conveniently located in the resort – all within walking distance.

The course is flat, attractive and accessible – optimal for racers aiming to set a personal best record.

**May 4 – Saturday**
09:00-10:00h – Swim course time
10:00-18:00h – Registration
10:00-12:00h – Bike course time
10:00-18:00h – Expo
15:00-18:00h – Bike Check-In
19:00-20:00h – Race Briefing

**May 5 – Sunday**
06:00-06:50h – Transition Zone
07:00-11:00h – Start/Finish 5150 Race
10:00-12:00h – Bike Check-Out
12:30-13:30h – Awards ceremony/Banquet
11:00-13:30h – Lost & Found
PRE-RACE
Event area – Zelena Resort
Hotel Molindrio Plava Laguna
Registration will be in the Hotel Molindrio Plava Laguna. Opening hours are Saturday, May 4th from 10 am to 6 pm. There will be no possibility to register on the day of the race. Your registration package includes:

- 1 athlete wristband
- 1 BIB number
- 1 Swim cap
- 1 Set of stickers for helmet, bike, bags...
- 1 Timing chip - you will receive it when you check-in your bike on Saturday!
- 1 Sling bag
- Promo items
- 1 Finisher t-shirt = after you cross the finish line
- 1 Finisher medal = after you cross the finish line.
The bike check-in will take place on **Saturday, May 4th from 3 pm till 6 pm**. There will be no possibility to check-in your bike on the day of the race. The transition zone is an open transition, everything is on your bike. No boxes or trays provided.

**What to bring to Bike Check-In?**
- BIB number (with race belt)
- Bike (ready for the race and with Official sticker)
- Helmet (with Official stickers)

**Streetwear bag area:**
You can put your bags with Official stickers in a designated area and pick up your bags after the race. This area is in the registration tents.

**Categories:**

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<th>OVERALL</th>
<th>AGE GROUP (M/F):</th>
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| PRO (M/F) | RELAY (Male, Female, Mixed) |
The swim start is located on the beach, below Transition Zone, where big red Plava Laguna arch is located. Warm-up area is located on the other side, follow the signs. There will be a Rolling Start procedure for all Categories. Start waves will start 4 athletes every 5 seconds. Your race time starts when you cross the timing mat in the water!!! You will swim counterclockwise.

Rules:

- Neoprene wetsuits are permitted only if the water temperature is below 21,9°C
- No compression socks, no gloves, no swim aids.
- Swim Exit is located on the left side of the swimming start. It will be marked with flags, and volunteers will be ready to assist you if needed.
- Once you are out of the water you are allowed to take off your wetsuits down to the hips and the rest in the transition zone.
BIKE COURSE

There are 2 laps to complete. Roads will be fully closed to traffic but always be aware of unexpected traffic.

**Rules:**
- No outside assistance is allowed.
- Drafting is prohibited, you must be at least 12 m away from other athletes.
- A penalty for Drafting is 5 min. Penalty tent will be located in front of Transition Area.
- Wearing a helmet is mandatory.
- There will be one aid station which means you will get a chance to refuel twice (once in each lap).
- The Aid station will have water, Iso, fruits.
- Once you finish your bike course, do not take off your helmet before you hang your bike in provided bike rack area.
There is one lap to complete. KEEP RIGHT all the time on the run course! There will be 1 aid station (double sided aid station) so you will have a chance to refuel 2 times. The Aid station will provide water, Iso, coke, fruits, pretzels.

Rules:
- No outside assistance is allowed.
- Wearing headphones is not allowed.
CUT OFF TIMES

Swim = 50 min

Swim/Bike = 2h 50 min

Swim/Bike/Run = 4h
• After you finish the race, you will get your finisher medal and finisher t-shirt.
• Athletes garden will be ready for you with plenty of food and drinks.
• Finishline aid station: water, iso, coke, beer, fruits, pretzels.

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• To check out your bike from Transition zone, you will need your BIB number and your wristband.
• Your bike number must match your BIB number and Wristband number.

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• Results will be available on our website.

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• 1st, 2nd & 3rd in each category will receive a Plava Laguna 5150 Cup
• Awards ceremony: Hotel Molindrio