PLAVA LAGUNA
5150™
TRIATHLON
POREĆ • CROATIA

RACE BRIEFING
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WELCOME AND INTRODUCTIONS
• RACE DIRECTOR
  • Goran Vrus, prof.

• RACE ORGANIZER
  • Plava Laguna d.d.

• EVENT AREA
  • Zelena Resort
2 SCHEDULES AND TIMETABLES
RACE DAY
SUNDAY, 05.05.2019

06:00 h – Transition Area opens (NO bike check-in)
06:00 h – STREETWEAR at the Hotel Molindrio Plava Laguna
06:50 h – Transition Area closes, proceed to starting area
07:10 h – RACE START (750m swim) or 7:20 h Race Start (no swim)
11:00 h – Race ends
10:00-12:00 h – Bike Check-Out
12:30 h - Banquet at Hotel Molindrio Plava Laguna (Restaurant)
13:30 h – Awards Ceremony at Hotel Molindrio Plava Laguna
11:00-13:30 h – Lost & Found

NO REGISTRATION POSSIBLE ON SUNDAY (RACE DAY)
PRE-START PROCEDURE with 750m swim

• 10 minutes before Race Start (7:00 h) – Transition Area is closed

• Start time 7:10am

• Swim warm up area next to the swim exit

• Rolling Start 4 athletes every 5 seconds

• Relays behind the last single racing athlete

• Self-seeding according to your:
  • estimated swim time
PRE-START PROCEDURE NO SWIM

• 10 minutes before Race Start (07:10 h) – Transition Area is closed

• Start time 7:20am

• Rolling Start 4 athletes every 10 seconds

• Relays behind the last single racing athlete

• Self-seeding according to your:
  • estimated finisher time
**Rolling Start**

- Please follow the instructions of the volunteers
- Self-seeding according to your *estimated swim time* (<20 - >36) or *estimated finisher time*

**Process of the start**

- Wait in the pre-start area according to your swim time
- Listen to the instructions given by the announcer
- Move slowly
- Don’t stop at the shore line
- Your race time starts only when you cross the mat

- If you **stop the race** inform an official
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THE COURSE AND TRANSITION AREA
SWIM COURSE 750m swim

- 1 COUNTER CLOCKWISE LAP OF 750m
- Neoprene wet suits are **permitted** only if the water temperature is below 21.9 °C
- Under 15.9° C wetsuit mandatory
- No compression socks, no gloves, no swim aids
- Swimming with BIB number = DSQ

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SWIM COURSE

• YOUR LEFT SHOULDER MUST FACE THE BUOY DURING SWIM COURSE

• Once you are out of the water you are allowed to take off your wet suits down to the hips and the rest in the Transition Area

• TIME LIMIT: 30 min after race (wave) start
TRANSACTION AREA – T1

- Approx. 100m from swim exit to Transition Area
- Changing clothes near your bicycle
- Swimming equipment must be left on the floor near you bicycle
- Mount line – approx. 20m after transition
- Keep on the **RIGHT SIDE OF THE ROAD!**
BIKE COURSE

• 2 LAPS, IN TOTAL 40K; 300m ALTITUDE
• Roads will be fully closed to traffic but always be aware of unexpected traffic
• We are NOT recommending Disc Wheels (gusts of winds)
• Drafting is prohibited, you must be at least 10m away from other athletes
• 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): Water, Iso-drink, Fruits

• Once you finish your bike course, do not take off your helmet before you hang your bike in provided bike rack area
• Littering on the bike course = DSQ
• TIME LIMIT: 2 h 30 min after race start & 2h no swim

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BIKE COURSE

NO overtaking allowed, NO aero bar position

Bike Start
1st Round
2nd Round
TRANSITION AREA – T2

• Dismount line at the start of the T2
• Leave your bike on the rack, mounted at seat post
• All cycling equipment must be put near your bicycle
TRANSITION AREA – RELAYS

- Exchange takes place at Relay Exchange Area:
  - Swim to bike: chip exchange
  - Bike to run: chip exchange
  - Helmet & BIB number must be on the bike, cycling shoes can be worn

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RUN COURSE

• 1 LAP OF 10K
• KEEP RIGHT all the time on the run course!
• 1 aid station (double sided aid station)(4km & 6km)

• The Aid station: Water, Iso-drink, Coke, Fruits, Pretzels
• NO outside assistance is allowed
• Wearing headphones is NOT allowed
• TIME LIMIT: 3:30 h after your individual start time and 3h for no swim
COMPETITION
RULES AND PENALTIES
PENALTIES

Penalties will be awarded for, but not limited to:

- Drafting - at least 10m away from other athletes
- Mount/dismount before mount line
- Littering

Yellow Card: (15) Second Stop and Go
Blue Card: 2:00 Minute Time Penalty
Red Card: disqualification

Procedure: If you get a penalty, it is your responsibility to stop in the penalty box. Failure to do so = DSQ
Location of the penalty box: Transition Area

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RACE COMPETITION RULES

• The race is held according to the rules and regulations of Ironman

• Website: [http://eu.ironman.com/triathlon/events/emea/5150/5150-croatia.aspx#axzz5kU42eaeT](http://eu.ironman.com/triathlon/events/emea/5150/5150-croatia.aspx#axzz5kU42eaeT)

• Results will be available on our website
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POST-RACE PROCEDURES
Recovery Zone – immediately after finish line (Athletes Garden)
  – After you finish the race, you will get your Finisher Medal and Finisher T-shirt
  – Water, Iso-drink, Coke, Fruits and Pretzels, Beer

Protest time 11:30 – 12:30 at the Info Point next to the registration (Hotel Molindrio)

Awards Banquet – Hotel Molindrio at 12:30 h
  • Admittance only for athletes wearing wristbands
  • Athletes can buy additional vouchers for their escort/family members

Awards ceremony - Hotel Molindrio at 13:30 h
  • 1st, 2nd & 3rd in each category will receive a Plava Laguna 5150 Cup
  • IRONMAN Austria Age Group-Slots (First 6 Male, First 4 Females)
  • Special surprise for 1st anniversary (1st Age-Group Male, 1st Age-Group Female)

BIKE Check Out 10:00-12:00 h need your BIB number and your Wristband
GOOD LUCK!