

PLAVA LAGUNA

5i50™

TRIATHLON
POREČ • CROATIA



ATHLETE INFORMATION GUIDE
SUNDAY | OCTOBER 10 | 2021 | POREČ | CROATIA



2

WELCOME TO THE 2ND EDITION OF **PLAVA LAGUNA 5150**



Dear Athletes,

We are very proud to host you in one of the biggest sports events in Croatia! After a one-year break, this favorite sporting event returns to Poreč, Istria.

Despite all the challenges in the past and this year, we made an effort to prepare well for this year's race in order to introduce a real experience for all athletes.

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.

I take this opportunity to thank all the partners and sponsors who are with us this year as well.

Finally, I wish you all to enjoy our playgrounds, to feel the hospitality of our employees in our hotels, camps, tourist resorts and to have a good time at the 2nd edition of our **Plava Laguna 5150 Triathlon**.

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

Dragan Pujas,

CEO of Plava Laguna d.d.

Dear Athletes,

Welcome to the second edition of **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 Poreč, known as the location of many sports events.

The beautiful Poreč area landscapes coupled with professional organisation and hospitality of **Plava Laguna** make Poreč an ideal sports destination.

As a company we are always prepared to go the extra mile to turn the extraordinary moments our guest dream of into reality. So I hope you will enjoy the race as we have enjoyed preparing it.

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.

See you in October in Poreč!

Goran Vrus,

Race Director of Plava Laguna 5150 Triathlon Poreč

COVID -19

3

According to the recommendations of the Croatian Headquarters for Civil Protection, in order to ensure the safety of athletes and visitors and prevent the spread of the COVID-19 pandemic, participation at Plava Laguna 5150 triathlon Poreč will be allowed only to persons with green EU COVID certificate (EU digital COVID certificate, which will be checked via CovidGO application). Therefore, we suggest to all athletes and their entourage, check the validity of your EU COVID certificate before arriving to Croatia.

Download CovidGO application for free.

More information on Google Play and the App Store.



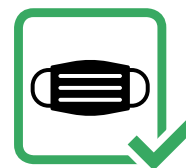
EU Covid certification can be obtained if:

- A person is vaccinated with the COVID-19 vaccine, approved by the European Commission.
- A person has a negative PCR test or rapid antigen test.
- A person who has had COVID-19 disease on 11th day of the date of the first positive PCR test.

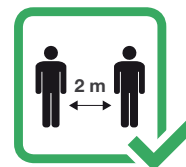
More information on the EU digital COVID certificate is available at www.eudigitalnacovidpotvrda.hr

Testing point will be available nearby for those who require testing.

**WEAR A
FACE
MASK**



**KEEP SAFE
DISTANCE**



**DISINFECT
YOUR
HANDS**



4

EVENT SCHEDULE Friday - Saturday - Sunday

Friday, 08.10.2021.

FROM	TO	EVENT
16:00	20:00	Registration
16:00	20:00	Info

Saturday, 09.10.2021.

FROM	TO	EVENT
08:00	18:00	Registration
10:00	18:00	Expo/Bike service
14:00	18:00	Bike Check In

Sunday, 10.10.2021.

FROM	TO	EVENT
10:00	10:50	Transition Zone
11:00	15:00	Start/Finish 5150 race
09:00	15:00	Expo
14:00	16:00	Bike Check Out
16:30	17:30	Banquet

Plava Laguna 5150 triathlon Poreč Croatia is truly the best choice for endurance sports - 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.



PRE-RACE

Event area - Zelena Resort

Hotel Molindrio Plava Laguna

5



6

REGISTRATION

Registration will be in the **Hotel Molindrio Plava Laguna**.

Opening hours are **Friday, October 8th from 16.00 to 20.00 and Saturday, October 9th from 8.00 to 18.00**. 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.

NOTE:

Race briefing online available on our website from Wednesday, October 6th



CHECK-IN

7

The bike check-in will take place on **October 9th from 14.00 to 18.00**. 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?

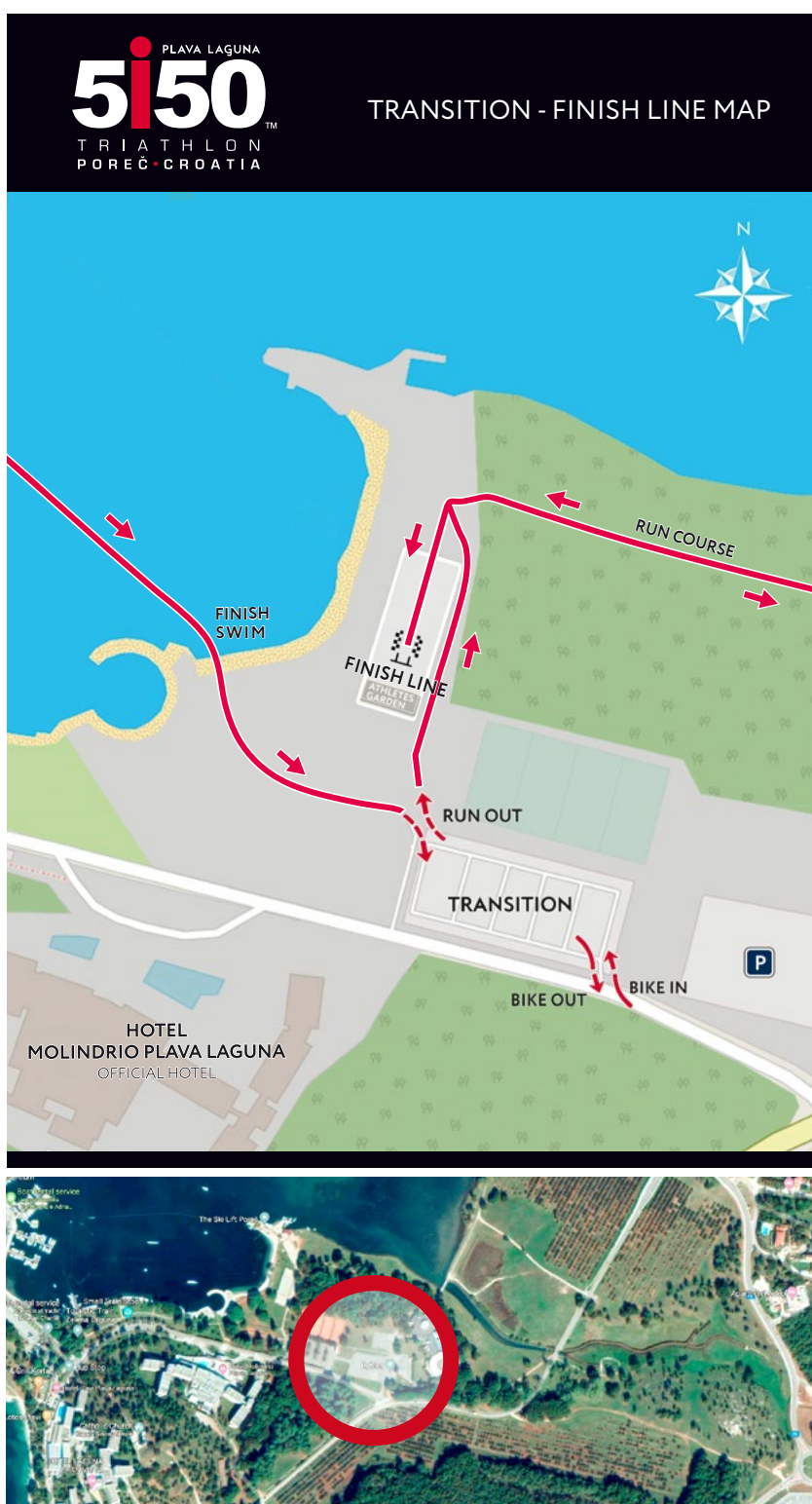
- BIB number (with race belt)
- Bike (ready for the race and with Official sticker)
- Helmet (with Official stickers)

Categories:

OVERALL

AGE GROUP (M/F):

18-24	RELAY
25-29	(Male,
30-34	Female,
35-39	Mixed)
40-44	
45-49	
50-54	
55-59	
60-64	
65-69	
70+	



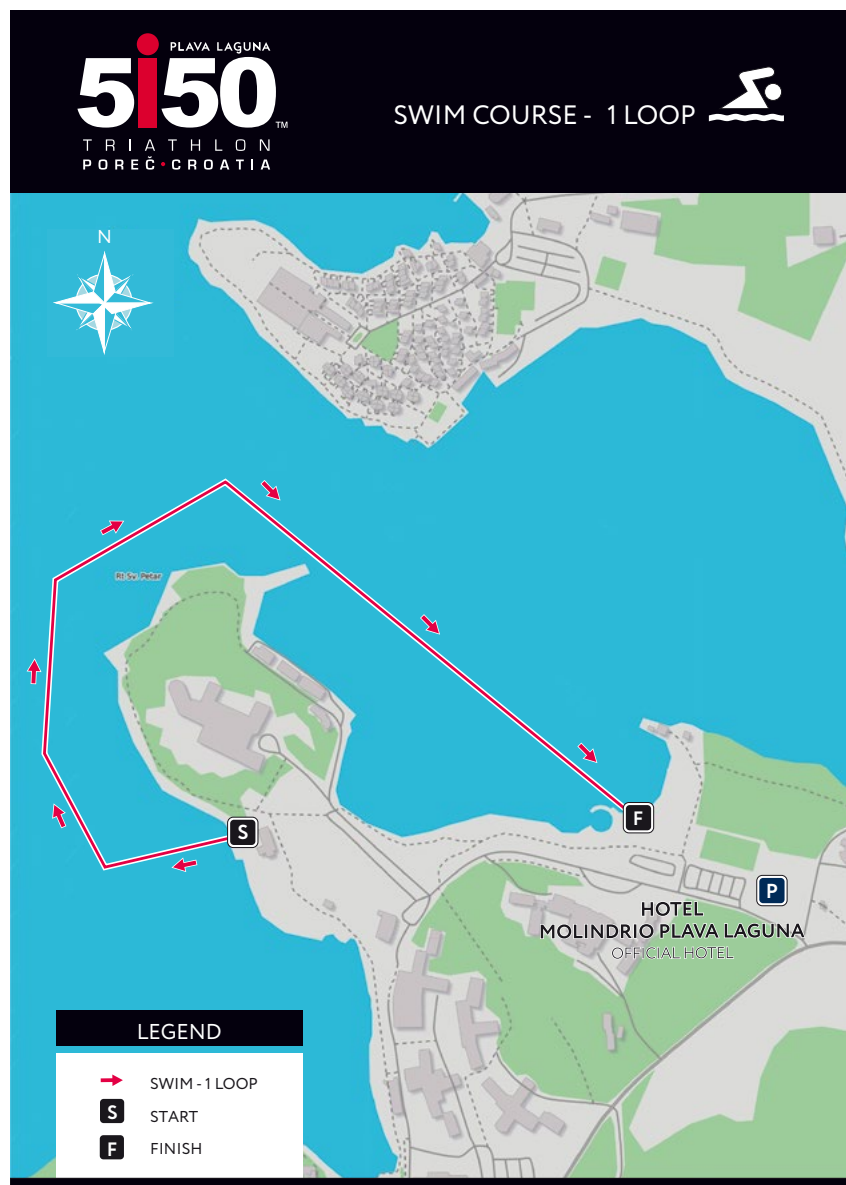
8

SWIM COURSE

The swim start is located on the beach, below Hotel Parentium, where big red Plava Laguna arch is located. Warm-up area is located on the left, follow the signs. There will be a Rolling Start procedure for all Categories. Start waves will start 4 athletes every 8 seconds. Your race time starts when you cross the timing mat in the water.

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 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.



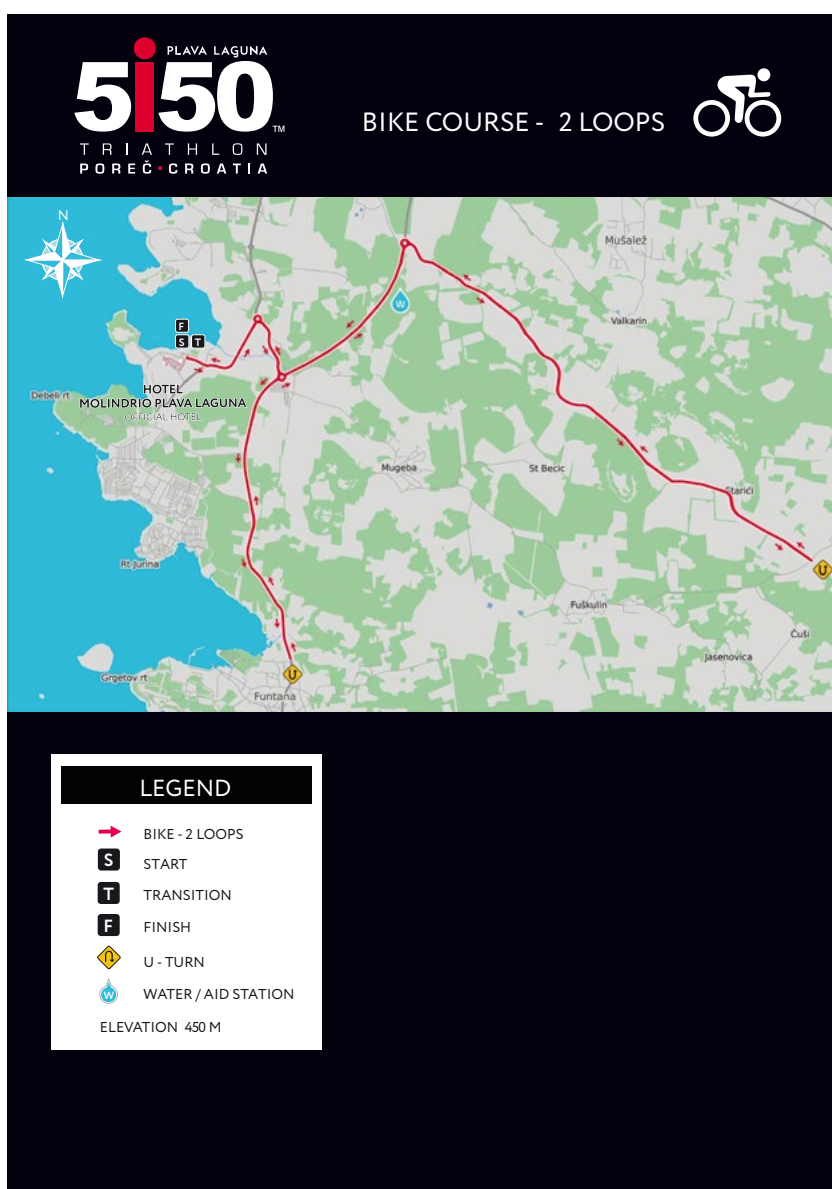
BIKE COURSE

9

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 10 m away from other athletes.
- A penalty for Drafting is 2 min. Penalty tent will be located in 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.

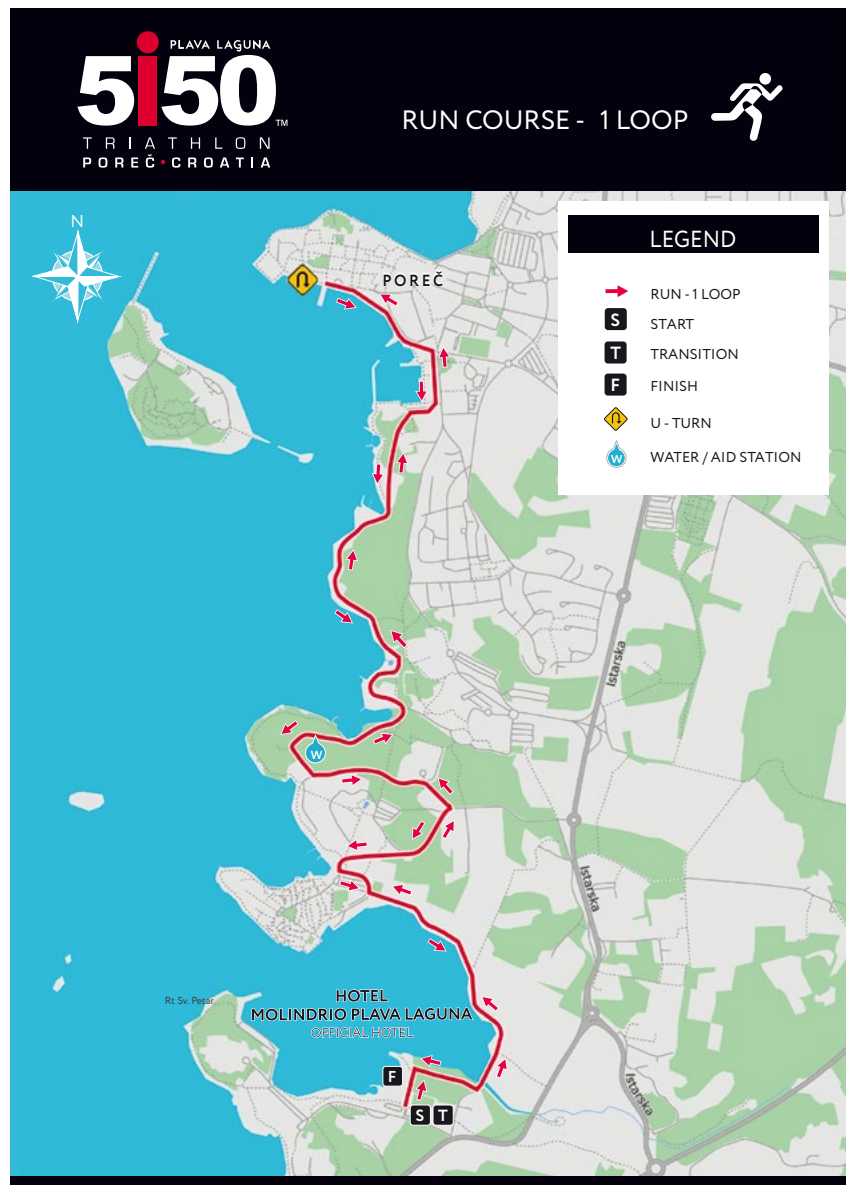


10 RUN COURSE

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.

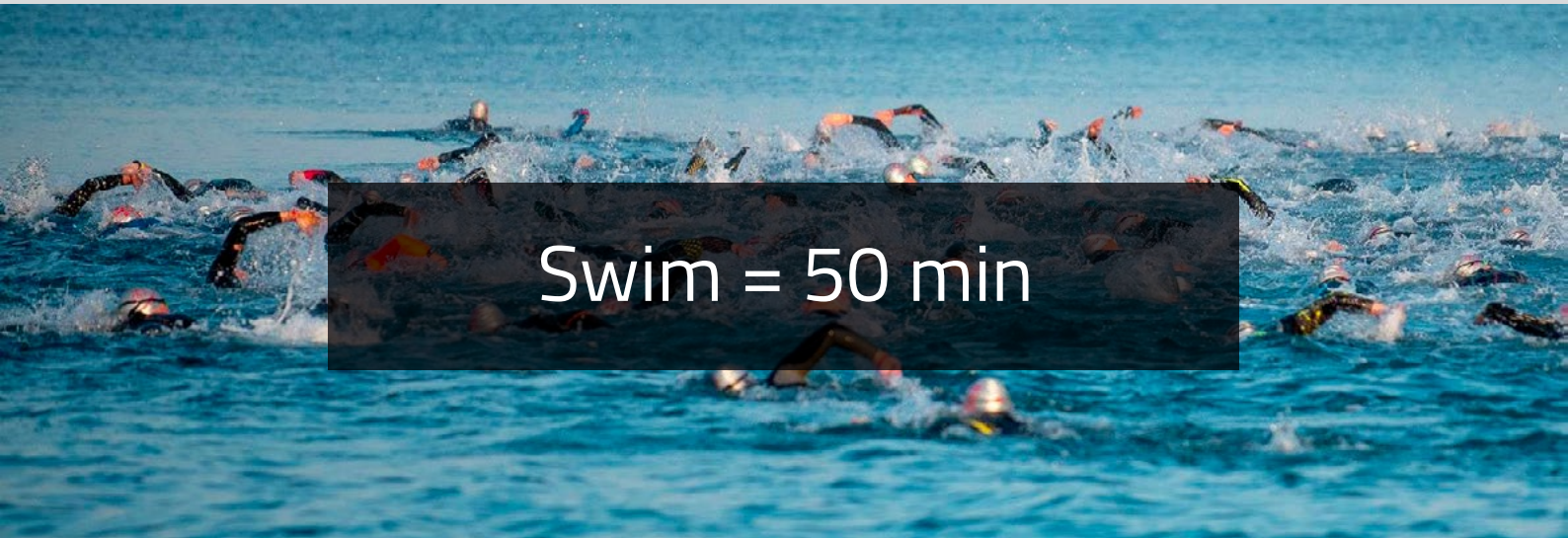
Rules:

- No outside assistance is allowed.
- Wearing headphones is not allowed.




CUT OFF TIMES

11



Swim = 50 min



Swim/Bike = 2h 50 min



Swim/Bike/Run = 4h

12 AFTER THE RACE | CHECK-OUT RESULTS | AWARDS

- After you finish the race, you will pick up 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.
- Banquet - available at Hotel Molindrio Plava Laguna Restaurant - Athletes only

-
- 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.

-
- Results will be available on our website.

-
- 1st, 2nd & 3rd in each category will receive a Plava Laguna 5150 Triathlon Cup
 - **Awards ceremony at Finishline Area**



Energija koja pokreće Hrvatsku

 **HEP**
Više od struje



14

EVENT SPONSORS



PLAVA LAGUNA



Energija koja pokreće Hrvatsku

 **HEP** Više od
struje



