

Open National Triathlon long distance Championship  
Open Aquathlon & Triathlon Tournaments

SOK "KAMCHIA", September 22<sup>nd</sup> 2017

An aerial photograph of a coastal resort complex. The image shows a large, curved, multi-story building with a white facade and a central tower, situated on a hillside overlooking a sandy beach and the ocean. The surrounding area is lush with green trees and vegetation. In the foreground, there are several smaller buildings and a parking lot. The sky is clear and blue, suggesting a bright day.

# ATHLETES' GUIDE

## INTRODUCTION

The **Bulgarian Triathlon Federation** together with **SOK "KAMCHIA"** are proud to host the Open National Triathlon long distance Championship, Open Aquathlon Tournament & Open Triathlon Tournament.

We look forward to welcoming you and your athletes at SOK "KAMCHIA", VARNA between 22-24 September, 2017.

Please, find all the details about the event in our Athletes' guide.

## LOCATION

**SOK "Kamchia"** is situated in one of the most beautiful parts of the Bulgarian Black Sea coast, 25 km south of Varna.

The area is a combination of a dense forest, river, sand dunes and a magnificent sea coast, all under the protection of UNESCO.







## DISTANCES AND AGE GROUPS

### **Long Distance Triathlon**

1900 m swim – 90 km bike – 21 km run

age: 18+; maximum number of participants is 80 – first come first serve

### **Aquathlon I**

1000 m run – 300 m swim – 1000 m run

age groups: 2002/2003 and 2004/2005

### **Aquathlon II**

2500 m run – 1000 m swim – 2500 m run

age groups: Junior men and women – 1998 to 2001; Men and women – born up to 1997

### **Triathlon sprint**

750 m swim – 20 km bike – 5 km run

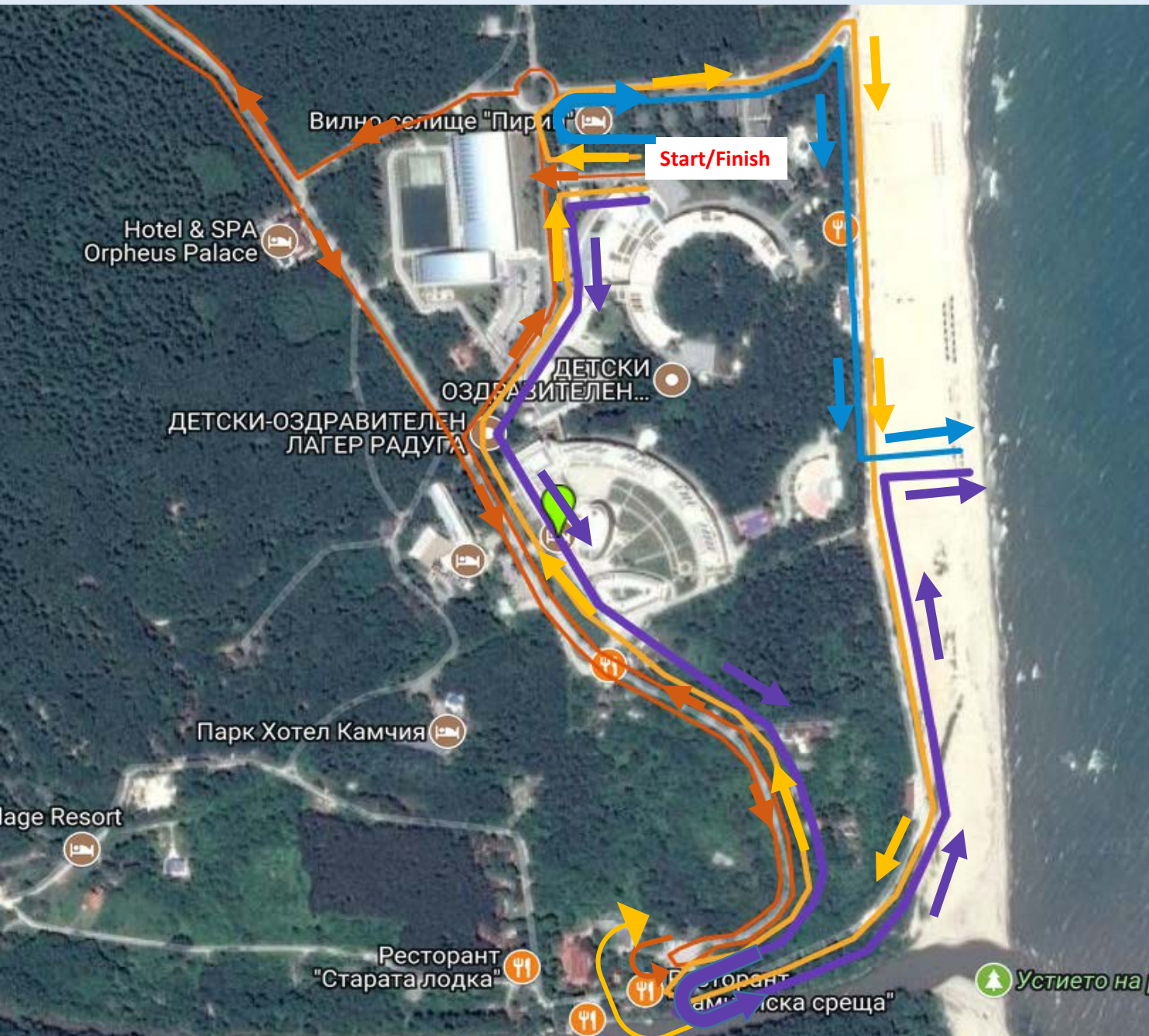
age groups Junior men and women – 1998 to 2001; Men and women – born up to 1997

### **Triathlon super sprint**

300 m swim – 10 km bike – 2 km run

age groups: 2002/2003 and 2004/2005





# Course Maps and Details

- Bike course – one lap distance 9650m
- Triathlon Run course – one lap distance 2650m
- Aquathlon I run course – one way distance 2500m
- Aquathlon II & Triathlon super sprint run course – one way distance 1000m

## Long Distance Triathlon

|                                       |                              |   |
|---------------------------------------|------------------------------|---|
| <b>SWIM – 1900m</b><br>2 laps of 1000 | <b>BIKE – 90km</b><br>9 laps | <b>RUN – 21km</b><br>8 laps <span style="color: yellow;">—</span> |
|---------------------------------------|------------------------------|---|

## Aquathlon I

|   |                             |   |
|---|-----------------------------|---|
| <b>RUN – 1000m</b><br>1 lap <span style="color: blue;">—</span> | <b>SWIM – 300m</b><br>1 lap | <b>RUN – 1000m</b><br>1 lap <span style="color: blue;">—</span> |
|---|-----------------------------|---|

## Aquathlon II

|   |                              |   |
|---|------------------------------|---|
| <b>RUN – 2500m</b><br>1 lap <span style="color: purple;">—</span> | <b>SWIM – 1000m</b><br>1 lap | <b>RUN – 2500m</b><br>1 lap <span style="color: purple;">—</span> |
|---|------------------------------|---|

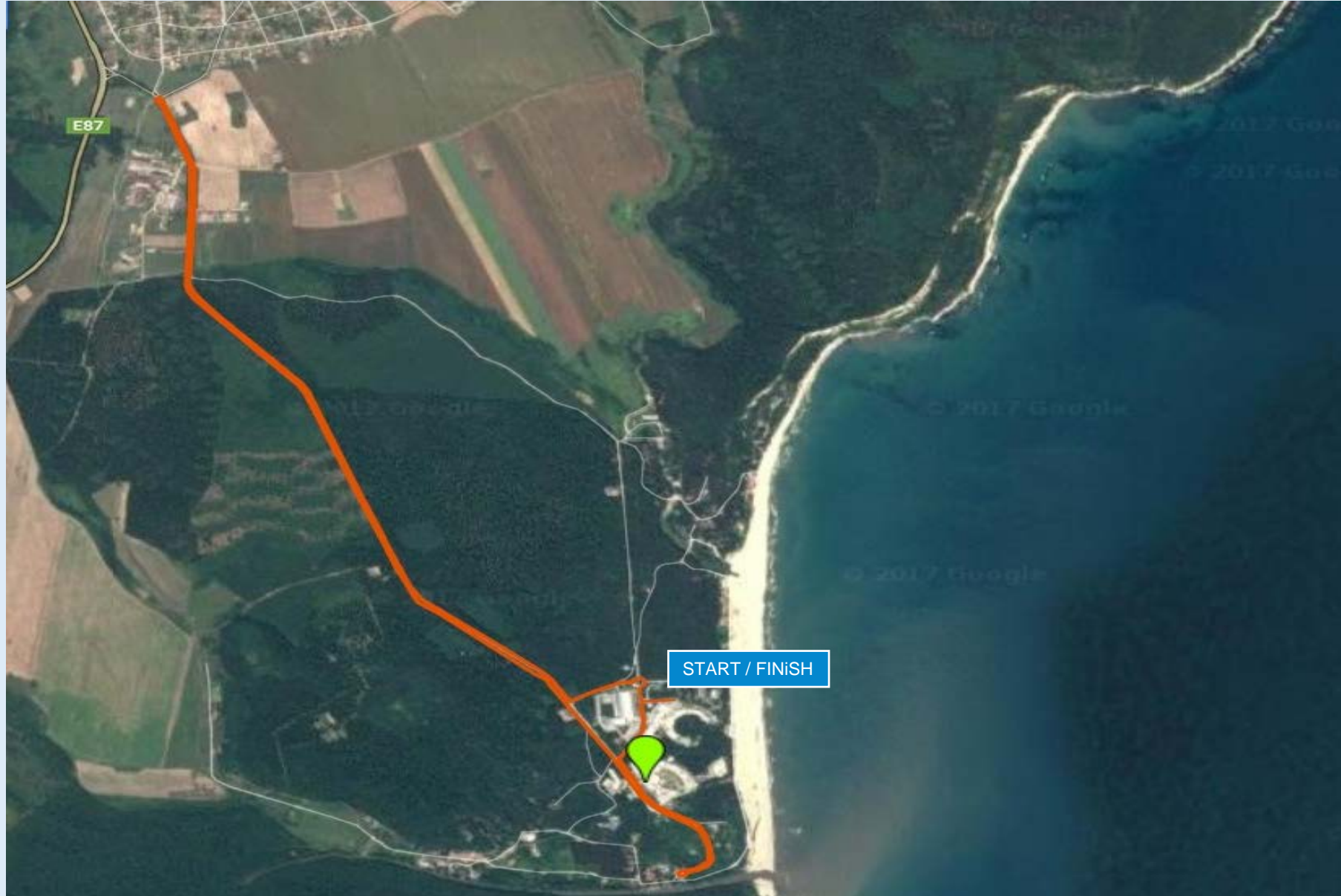
## Triathlon sprint

|                             |                              |  |
|-----------------------------|------------------------------|--|
| <b>SWIM – 750m</b><br>1 lap | <b>BIKE – 20km</b><br>2 laps | <b>RUN – 5km</b><br>2 laps <span style="color: yellow;">—</span> |
|-----------------------------|------------------------------|--|

## Triathlon super sprint

|                             |                             |   |
|-----------------------------|-----------------------------|---|
| <b>SWIM – 300m</b><br>1 lap | <b>BIKE – 10km</b><br>1 lap | <b>RUN – 2km</b><br>1 lap <span style="color: blue;">—</span> (both ways) |
|-----------------------------|-----------------------------|---|

# FULL BIKE COURSE





1000 m

750 m

300 m



SWIM COURSE

## SCHEDULE

### **Friday, 22 September 2017**

|       |  |
|-------|--|
| 14:00 | Athletes' Briefing – Aquathlon                                       |
| 14:30 | Athletes' Briefing – Aquathlon                                       |
| 15:00 | Athletes' Briefing – Triathlon long distance (National Championship) |
| 16:00 | Bike course familiarization  |
| 16:30 | Swim course familiarization  |

### **Saturday, 23 September 2017**

|       |  |
|-------|--|
| 08:00 | Start of Triathlon long distance (National Championship) |
| 16:00 | Start of tournament Aquathlon I                          |
| 15:00 | Start of tournament Aquathlon II                         |

### **Saturday, 24 September 2017**

|       |   |
|-------|---|
| 09:00 | Start of tournament Triathlon sprint distance       |
| 11:00 | Start of tournament Triathlon super sprint distance |



# ACCOMMODATION

## A. Reservations till 31<sup>st</sup> August, 2017

### Long Distance Triathlon

|   |        |
|---|--------|
| 1 night full board + participation fee:   | 135 lv |
| 2 nights full board + participation fee : | 170 lv |
| Participation fee:                        | 80 lv  |

### Aquathlon I - 1000 - 300 – 1000

|  |        |
|--|--------|
| 1 night full board + participation fee:  | 65 lv  |
| 2 nights full board + participation fee: | 110 lv |
| Participation fee :                      | 20 lv  |

### Aquathlon II - 2500 - 1000 – 2500

|  |        |
|--|--------|
| 1 night full board + participation fee:  | 75 lv  |
| 2 nights full board + participation fee: | 120 lv |
| Participation fee:                       | 30 lv  |

### Triathlon sprint

|   |        |
|---|--------|
| 1 night full board + participation fee: | 95 lv  |
| 2 night full board + participation fee: | 140 lv |
| Participation fee:                      | 50 lv  |

### Triathlon super sprint

|   |        |
|---|--------|
| 1 night full board + participation fee: | 75 lv  |
| 2 night full board + participation fee: | 120 lv |
| Participation fee:                      | 30 lv  |

## B. Reservations after 1<sup>st</sup> September, 2017

### Long Distance Triathlon

|   |        |
|---|--------|
| 1 night full board + participation fee:   | 155 lv |
| 2 nights full board + participation fee : | 190 lv |
| Participation fee:                        | 100 lv |

### Aquathlon I - 1000 - 300 – 1000

|  |        |
|--|--------|
| 1 night full board + participation fee:  | 75 lv  |
| 2 nights full board + participation fee: | 120 lv |
| Participation fee :                      | 30 lv  |

### Aquathlon II - 2500 - 1000 – 2500

|  |        |
|--|--------|
| 1 night full board + participation fee:  | 85 lv  |
| 2 nights full board + participation fee: | 130 lv |
| Participation fee:                       | 40 lv  |

### Triathlon sprint

|   |        |
|---|--------|
| 1 night full board + participation fee: | 115 lv |
| 2 night full board + participation fee: | 120 lv |
| Participation fee:                      | 70 lv  |

### Triathlon super sprint

|   |        |
|---|--------|
| 1 night full board + participation fee: | 85 lv  |
| 2 night full board + participation fee: | 130 lv |
| Participation fee:                      | 40 lv  |

Prices for coaches or other accompanying people:

1 night - 45 lv.

2 nights - 90 lv.

## Other related information

|   |   |
|---|---|
| Event Contact Name:   | Emil Stoynev  |
| Event Contact Address:<br>Company or name of the contact<br>person, street, town, post code,<br>country | Bulgarian Triathlon Federation<br>75, Vasil Levski Blvd<br>Sofia 1040<br>Bulgaria |
| Event Contact Email:  | burgastriathlon@gmail.com   |
| Event Contact Phone:  | +359 888 530 656  |
| Event Website:  | <a href="https://bgtriathlon.com">https://bgtriathlon.com</a>                     |

**REGISTRATION FOR ATHLETES, COACHES AND PEOPLE ACCOMPANYING** - online registration form at <https://triathlonbg.com/online-registration-form/>