



CHALLENGE
BUDVA-MONTENEGRO
we are triathlon!

ATHLETES GUIDE





1,5km
SWIM



40km
BIKE



10km
RUN

PARTNERS:

ORGANIZERS

PARTNERS

ABOUT BUDVA

SWIM COURSE

BIKE COURSE

RUN COURSE

T-ZONE

TIME SCHEDULE

CUT OFF

RULES

ORGANIZERS:



RRM
Road Runners Montenegro

PARTNERS:



Ministarstvo ekonomskog
razvoja i turizma

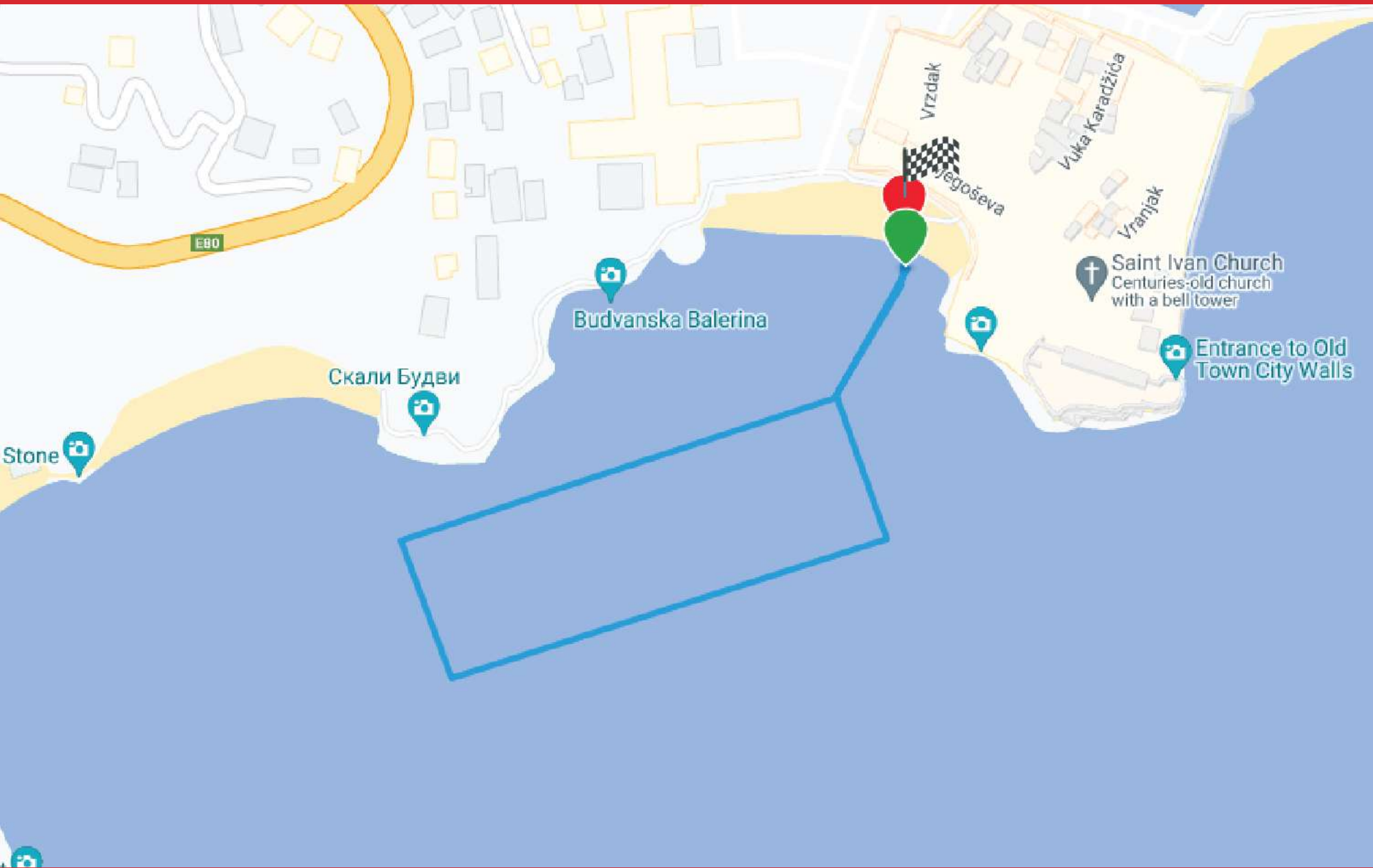




About Budva

Budva is a medieval city of more than 2,500 years old in Montenegro, Europe. This makes it one of the oldest settlements on the Adriatic coast. It's located in the central part of the Montenegrin coast and it is the centre of Montenegro tourism. The area surrounding Budva is called the Budva Riviera. Also part of Budva Riviera are the smaller tourist towns Bečići, Sveti Stefan and Petrovac. The towns of the Riviera boast cobbled streets, medieval towers, imposing battlements, formidable city walls and charming terracotta rooftops. These monuments mix perfectly with the more contemporary restaurants, bars and modern, luxury, up-market boutiques.

Behind the hotels, business- and residential buildings, closer to the sea, there is a multitude of hidden places nestling close to the villages. These places are blending in with the rocky hills, which are covered in olive trees, coniferous trees, oaks, hornbeam, ash or other Mediterranean and continental trees and vegetation.



E90

Vrzdak

Vuko Karadžića

Vranjak

Jugoševa

Budvanska Balerina

Скали Будви

Saint Ivan Church
Centuries-old church
with a bell tower

Entrance to Old
Town City Walls

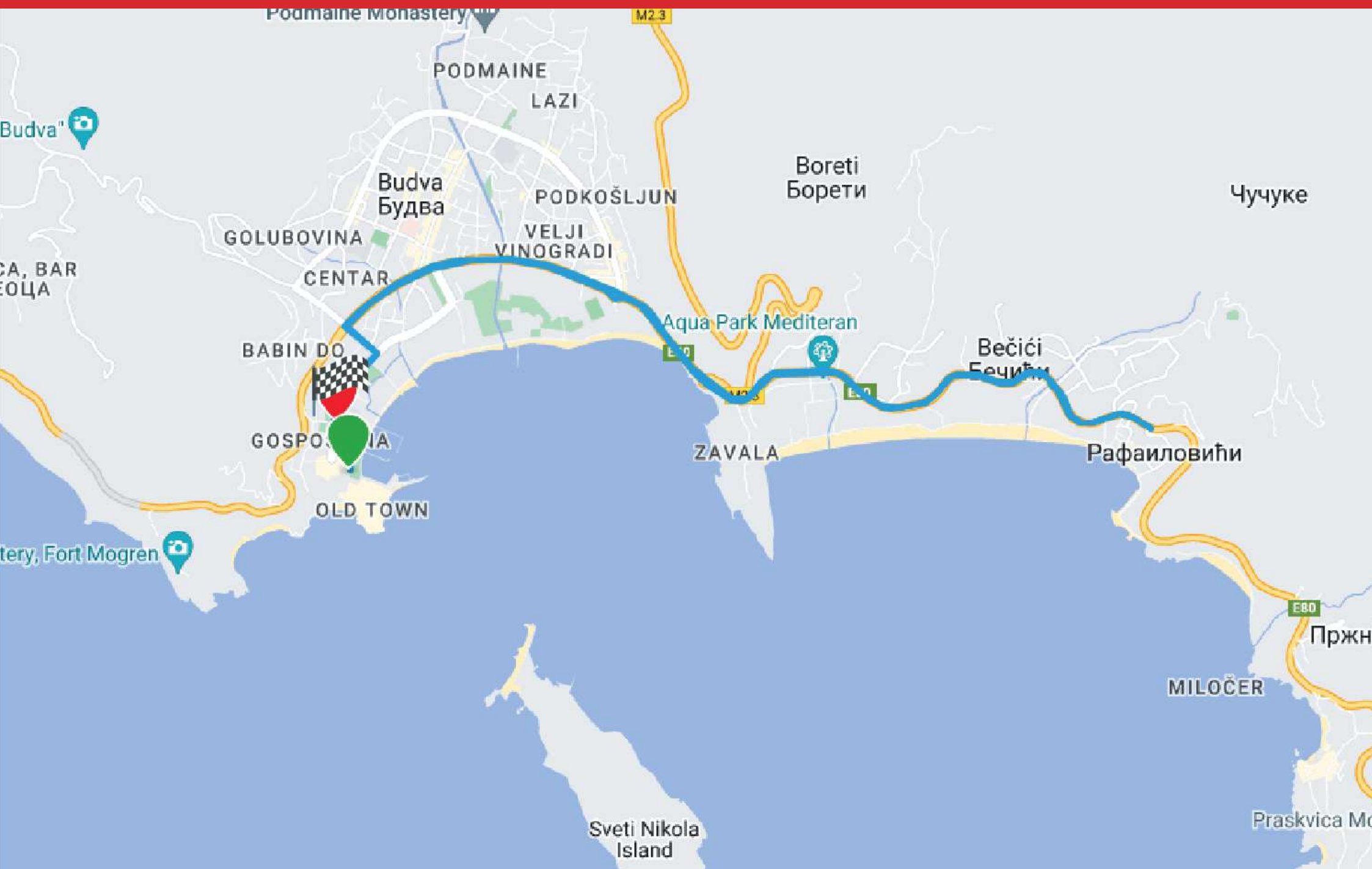
Stone

Swim course

The swim course begins and finishes at a place that exudes a rich history: the Old Town of Budva, whose first pillars date back to the 9th century. The swim route will consist of two laps, athletes will -on one side- have views of the beautiful beach Mogren, while on the other side their views will extend towards the blue open sea. At the finish, athletes will swim near the beautiful walls of the Old Town.

Swim rules

- Neoprene cannot be used above 23°C and will be mandatory below 16°C. It is optional between both water temperatures. Race organizers reserve the right to restrict the usage of wetsuit depending on conditions. Final decision will be announced at the Race Briefing or in the morning of the race day;
- In the case of an emergency or in case of fatigue/distress, Competitor should immediately stop swimming, take off their swimming cap, and wave with it overhead to facilitate assistance from lifeguards. Competitors who do so have disqualified themselves;
- Competitors who wish to overtake another swimmer must not constrain the swimming strokes of other competitors;
- It is allowed to swim with the bib as long as it is below the neoprene, otherwise it is prohibited;
- It is allowed to swim with compression legs below the neoprene;
- No fins, paddles, snorkels, flotation devices of any kind are permitted;
- Any assistance required during swim may result in disqualification.

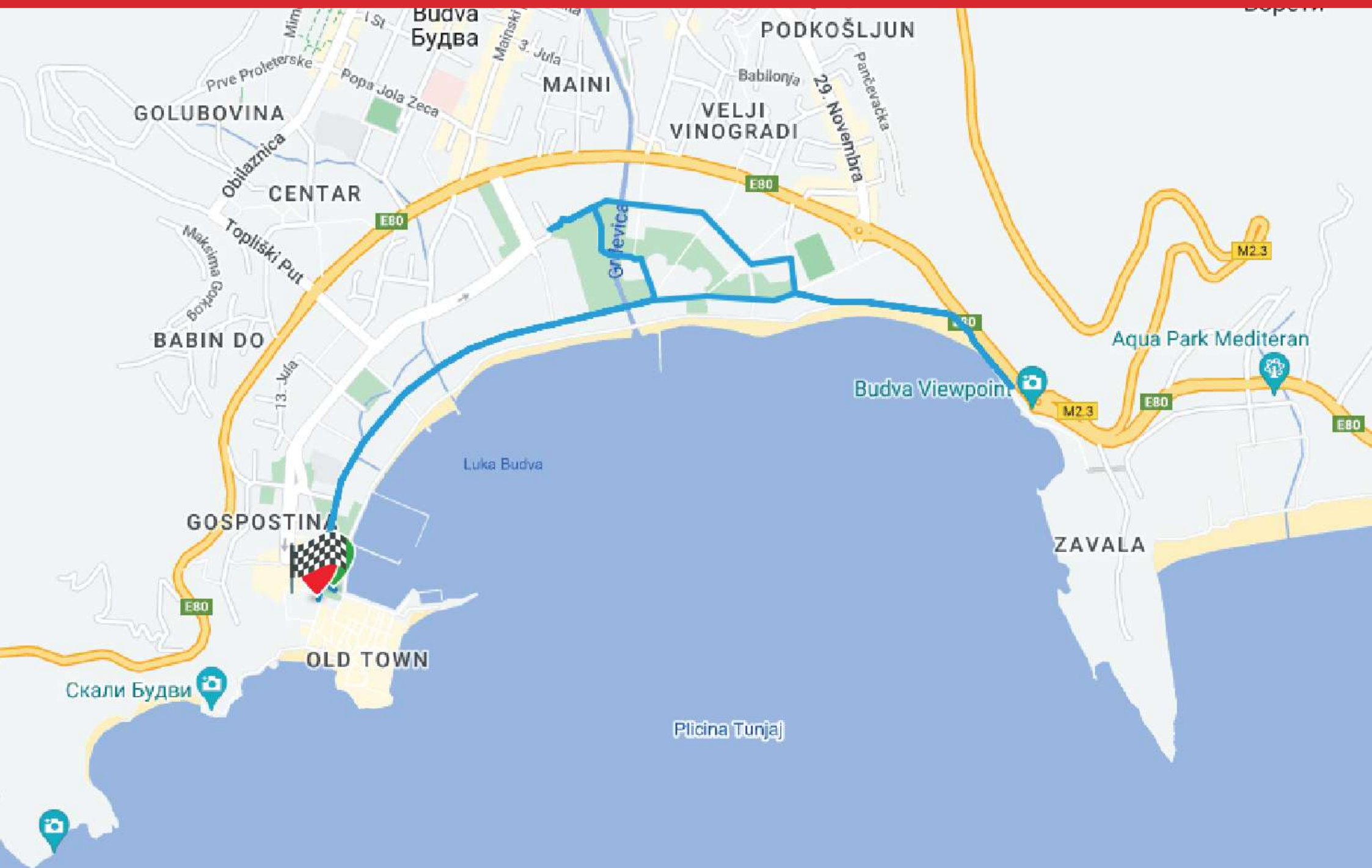


Bike course

The Montenegrin coast is considered one of the most beautiful coasts on the Adriatic, and Budva, as the heart of the Montenegrin coast, is a symbol of that beauty. The cycling route will consist of four laps, during which competitors will have an impressively beautiful view of the crystal blue sea, stunning wild nature, and historical monuments. The bike course starts with the flat part of the course through Budva and Bečići. After passing these two cities, athletes will make a U-turn in Rafailovici and come back to the city.

Bike rules

- Competing in this event without a helmet is prohibited;
- Bikes that fail inspection will not be allowed to race;
- TT bikes and aerobars are allowed;
- It is mandatory to wear the bib on the back during whole bike section;
- NO DRAFTING IS ALLOWED! Draft zone is area 15 meters long and 2 meters wide. Another athlete has 20 seconds to pass through that zone. Likewise, once an athlete is passed they have 20 seconds to drop back out of the draft zone;
 - Helmets must be secured by the chin strap before uncracking the bike, and must remain fastened until the cyclist has dismounted the bike and returned it to its rack;
 - Competitors must keep as far to the right as is practically possible at all times, and pass others on the left and must obey all traffic laws, traffic regulations and the directions of Event officials and the Police;
 - The penalty for drafting, dangerous riding or unsportsmanlike conduct will be an 5 (five) minute stand down in the penalty box before enter transition area. A second penalty will result in disqualification.



GOLUBOVINA

Budva
Будва

PODKOŠLJUN

MAINI

VELJI
VINOGRADI

CENTAR

BABIN DO

GOSPOSTIN

OLD TOWN

ZAVALA

Aqua Park Mediteran

Budva Viewpoint

Skali Budvi

Plicina Tunja



E80

E80

E80

E80

M23

E80

E80

M23

Run course

Have you ever run by the sea? Have you ever felt the sea waves cheering for you throughout almost the entire running segment?! At Challenge Budva Olympic distance, you will feel that! The two-laps run course - starts in the harbor and leads the athletes to Slovenska Beach. On the run you'll pass all different things from small fishing boats and palm trees to a Mediterranean promenade. These are just some of the details that adorn this course. On the run course are many hot spots, which makes the run course really spectator-friendly.

Run rules

- Slower competitors must keep to the right with other competitors overtaking on the left;
- No individual support vehicles or non-participant escort are allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the disqualification of a participant;
- Each participant must wear upper-body clothing;
- It is mandatory to wear the bib in the front during the running section.

T-zone rules

- In the transition area, the bike has to be left alone without any separate element on the ground. The items that the participant needs must be left in the transition bags (glasses, helmet, etc.);
- It is only allowed to leave the cycling shoes as long as they are placed on the pedals without touching the ground;
- It is mandatory to leave the bike during the check-in time. Transition bags should be left at transition area in the morning of the Event until it's closed.

Time schedule

Saturday 24.09.

Kids race

9:00 - 9:30

Registration

10:00

Start of the program

- **Introductory word - Dr Vesna Ivancevic, pediatrician specialist at "Moj Lab" polyclinic > zagrijvanje ucesnika**

10:30

Start of the 400m and 800m races

Aquathlon

13:00 - 15:00

Registration – Aquathlon & Challenge Budva Olympic Distance

14:00 - 15:15

Transition open – Old town

15:15

Transition close

15:30

Short race briefing

15:40 - 15:50

Warm up

16:00

Race start

17:15

Race end

17:30

Awards ceremony

Challenge Budva Olympic Distance

17:00 Transition close

Time schedule

Sunday 25.09.

Challenge Budva Olympic Distance

7:30 - 8:30	Registration
7:30 - 9:15	Bike check in; Transition open.
9:15	Transition close
9:30	Short race briefing (location: swim start)
9:40 - 9:50	Warm up
10:00	Race start
15:00	Race end
13:45 - 17:00	Bike check out
14:00	Awards ceremony
14:30	Artistic and cultural program - KUD Stara Budva
15:00	Music program - Bend Refugee Jesus&Apostles



General rules

- It is important that all competitors exhibit good behavior and sportsmanlike conduct, and treat fellow competitors, Event organisers, volunteers and contractors with courtesy and respect. Failure to do so may result in disqualification at any time before, during or after the Event;
 - The Event Medical or Safety Team will have ultimate discretion and the final decision as to the suitability of a competitor to continue in the Event, and likewise if they should be withdrawn from the Event;
 - No competitor may use any banned substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose;
 - If a competitor withdraws from the Event they must advise officials of their withdrawal as soon as possible;
 - Athletes must be a minimum of 18-years-old on race day;
 - All athletes must register during the allocated times and attend the compulsory race briefing;
 - It is mandatory to carry the timing chip on the ankle during the entire race and to return it when checking out;
 - The use of headphones, phones, cameras and other objects is not allowed in any part of the race;
 - In the case of bad weather or any other reason, Challenge Budva Montenegro reserves the right to shorten the course, change format of competition or cancel the event without obligation to refund entry fees.

CUT OFFS

Swim **50min**

Swim + Bike **3h**

Finish **5h**



