



Table of Contents

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CROATIA MALI LOŠINJ

Introduction	4
Welcome to Lošinj, the island of vitality	4
Premiere edition of XTERRA in Croatia	5
Contact Information	5
Partners and Sponsors	6
Event Schedule	7
Friday, May 9	7
Saturday, May 10	8
Sunday, May 11	8
Event Venue	9
What is the best way to travel there?	9
Parking	
Accommodation	11
Event Map	. 12
Pre-race activities	13
Athlete Check-in / Registration	. 13
Athletes briefing	. 14
Official Opening Ceremony and Pasta Party	. 14
Race Day	15
Gear Checklist	. 15
Typical wheather in May	
Race Results	
Transition zone	
Water Temperature and Wetsuits	. 16
· · · · · · · · · · · · · · · · · · ·	





>>>>>>>>>>>

CROATIA MALI LOŠINJ

Race Courses	17
Full Distance Triathlon	
Sprint Triathlon	20
Super Sprint Triathlon	23
Trail Run 7K & 14K	26
MTB Race	27
Competition Rules	28
General rules	28
Swim	28
Bike	28
Run	28
Transition	29
Specific regulations	29
Prizes and WC Slots	30
XTERRA World Championship Slots	30
XTERRA Youth World Championship Slots	30

Athletes guide is subject to change. For latest version always check on XTERRA Croatia web page.

Introduction



Welcome to Lošinj, the island of vitality

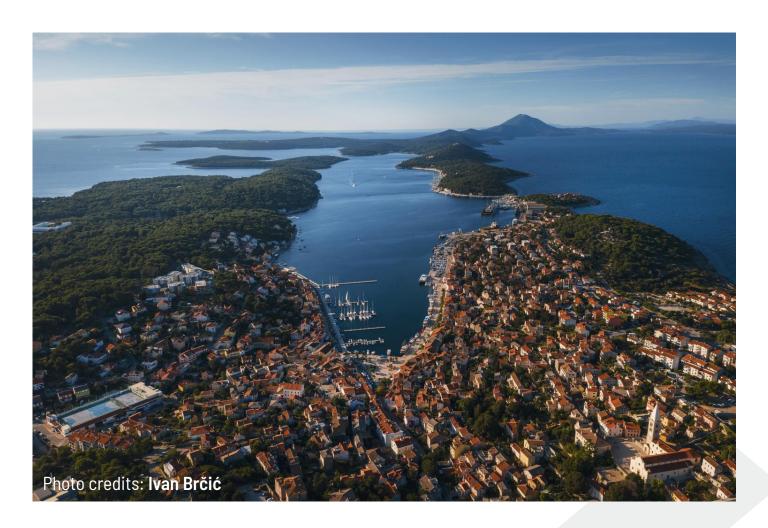
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A mild climate, rich biodiversity, a pleasant environment and 250 cultural and entertainment events – these are just some of the reasons why Lošinj has become famous as the island of vitality in the international market.

Health tourism is an important tradition here and it has been on offer for more than 125 years. The combined fragrance of thick pine forests and medicinal herbs create unique aromatherapy in the open.

High quality seas and supreme air quality with over 200 days of sunshine and 1018 plant species, of which 939 belong to indigenous flora, make Lošinj the ideal aromatherapy centre and a modern destination of vitality, health tourism and environmental awareness.

Source: Mali Lošinj Tourist Board (Visit Lošinj)



ATHLETES GUIDE 4

Introduction



Premiere edition of XTERRA in Croatia

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Embark on a weekend of adrenaline, adventure, and unforgettable moments at XTERRA Croatia Mali Lošinj, the ultimate off-road racing experience in the heart of the Adriatic. Taking place on the picturesque island of Mali Lošinj, this two-day event is packed with thrilling challenges and something for everyone, from elite competitors to weekend warriors and aspiring young athletes.



Contact Information

For any questions or inquiries, please reach out to the local organizers:

XTERRA Croatia - xterra@prosperityworks.com

For last minute updates please make sure you follow us on **Instagram** or **Facebook**

ATHLETES GUIDE 5

Introduction



Partners and Sponsors

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We extend our sincere thanks to our partners and sponsors for making the XTERRA Croatia, Mali Lošinj event possible.





























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# **Event Schedule**

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# Friday, May 9

| When          | What                                                     | Where                           |
|---------------|----------------------------------------------------------|---------------------------------|
| 11:00 - 18:00 | Trail & Bike Course open - unsupported                   | Trail & Bike Course             |
| 14:00 - 19:00 | Expo Area Open                                           | Trg Republike Hrvatske (Square) |
| 14:00 - 18:00 | Athlete Check-In/Registrations - Triathlon/<br>Kids Race | Trg Republike Hrvatske (Square) |
| 16:00 - 16:30 | Bike check-in - Kids race                                | Trg Republike Hrvatske (Square) |
| 16:30 - 18:30 | Kids Race                                                | Trg Republike Hrvatske (Square) |
| 18:30 - 18:45 | Awards Ceremony - Kids Race                              | Trg Republike Hrvatske (Square) |
| 18:30 - 19:30 | Bike check-out - Kids Race                               | Trg Republike Hrvatske (Square) |
| 19:00 - 19:45 | Athletes Briefing                                        | Trg Republike Hrvatske (Square) |
| 20:00 - 21:30 | Official Opening Ceremony & Pasta Party                  | Trg Republike Hrvatske (Square) |

ATHLETES GUIDE 7

# **Event Schedule**

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# Saturday, May 10

| When          | What                                                | Where                           |
|---------------|-----------------------------------------------------|---------------------------------|
| 07:00 - 08:45 | Transition Zone Open - Bike Check-In                | NK Lošinj - Football Pitch      |
| 09:00 - 18:00 | Expo Area Open                                      | Trg Republike Hrvatske (Square) |
| 09:00         | START - Super Sprint Triathlon Race                 | Blatina Bay                     |
| 10:00         | START - Sprint Triathlon Race - Men                 | Blatina Bay                     |
| 10:15         | START - Sprint Triathlon Race - Women               | Blatina Bay                     |
| 12:00         | START - Full Distance Triathlon Race                | Blatina Bay                     |
| 12:00 - 16:00 | Athlete Check-In/Registrations - MTB and Trail only | Trg Republike Hrvatske (Square) |
| 17:30 - 19:00 | Transition Zone Open - Bike Check-Out               | NK Lošinj - Football Pitch      |
| 19:30         | Awards Ceremony                                     | Trg Republike Hrvatske (Square) |

# Sunday, May 11

| When          | What                          | Where                         |
|---------------|-------------------------------|-------------------------------|
| 08:30         | START - 25K MTB Race          | <u>Trg Republike Hrvatske</u> |
| 09:00 - 15:00 | Expo Area Open                | Trg Republike Hrvatske        |
| 11:30         | START - Trail Race - 7K & 14K | <u>Trg Republike Hrvatske</u> |
| 14:00         | Awards Ceremony               | Trg Republike Hrvatske        |

ATHLETES GUIDE 8

# **Event Venue**



### What is the best way to travel there?

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Reaching Lošinj is quite simple, with several ferry, and travel options to suit your needs. Here's an overview of the best ways to get there:

### **Driving to Lošinj:**

Traveling by car involves first reaching the island of Cres. From there, you'll drive across the swing bridge at Osor (which operates at 09:00 and 17:00) to reach Lošinj.

There are 3 ways to get to the island of Cres by car:

#### Ferry Valbiska (island of Krk) - Merag (island of Cres)

- » The one-way trip takes 25 minutes.
- » The line is maintained by the shipping company Jadrolinija.

Click/tap here for sailing schedule and tickets

#### Ferry Brestova (Istria) - Porozina (island of Cres)

- » The one-way trip takes 20 minutes.
- » The line is maintained by the shipping company Jadrolinija.

Click/tap here for sailing schedule and tickets

#### Ferry Zadar - Ist - Olib - Silba - Premuda - Mali Losinj

- » The one-way trip takes 7 hours.
- » The line is maintained by the shipping company Jadrolinija.
- » During the pre-season the line operates only on Moday and Friday

Click/tap here for sailing schedule and tickets

The drive offers picturesque views and the freedom to explore at your own pace.

ATHLETES GUIDE 9

# **Event Venue**



## Getting to Lošinj by high-speed Catamaran:

Catamaran carries only passengers and their baggage, BUT NO BIKES.

#### Catamaran Rijeka - Mali Losinj

» The one-way trip takes 3 - 4 hours.

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» The line is maintained by the shipping company Jadrolinija.

Click/tap here for sailing schedule and tickets

#### Catamaran Pula - Mali Losinj - Zadar

- » The one-way trip takes 2,5 hours From Pula or Zadar.
- » The line is maintained by the shipping company Krilo Kapetan Luka
- » During the pre-season the line operates only on Friday and Sunday

Click/tap here for sailing schedule and tickets

### Flying to Lošinj:

- » Lošinj Airport (IATA: LSZ, ICAO: LDLO) is a small airport near Mali Lošinj, accommodating both domestic and international flights.
- » If flying internationally, Rijeka Airport on the nearby island of Krk is the most convenient large airport.
- » From Rijeka Airport, you can take a bus from Omišalj directly to Lošinj, simplifying your journey.

### **Parking**

- » Please check the map on the following page to see the location of parking areas during the race weekend.
- » You can park for free in any place where parking is not prohibited and where there's no paid parking sign.
- » For paid parking you can pay using parking machines or **Bmove App**.

ATHLETES GUIDE 10





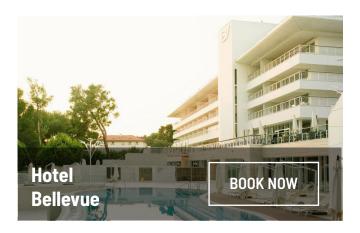
### **Accommodation**

With the special discount code **XTERRA you will get 10% off** on Lošinj Hotels&Villas semi-flexible price that is already 10% off of the regular accommodation price. You can use the discount codes for booking your accommodation until the beginning of the event.

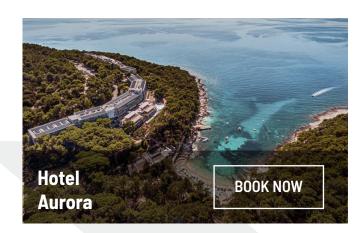
The discount code XTERRA is only valid if you book through Lošinj Hotels&Villas' website.



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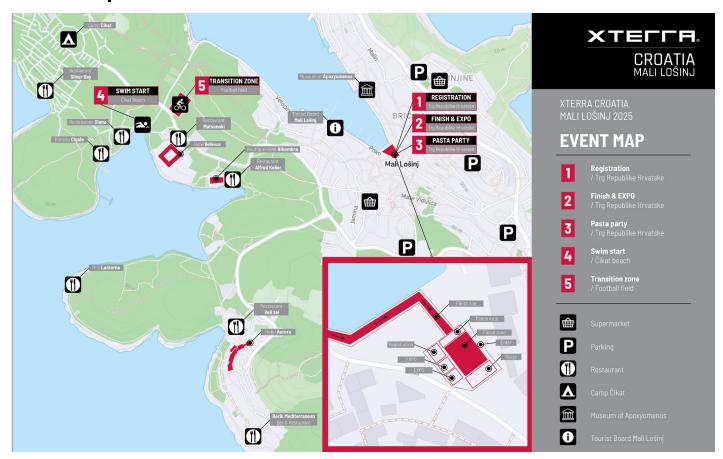


Event Venue

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Event Map





ATHLETES GUIDE 12

Pre-race activities



Athlete Check-in / Registration

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Participants can register and pick up their packet at the XTERRA Registration desk in the Festival Area, at the main square - <u>Trg Republike Hrvatske</u> following the schedule:

Friday, May 9 from 14:00-18:00

- » FULL DISTANCE triathlon
- » SPRINT triathlon
- » SUPER SPRINT triathlon
- » Kids Race

Saturday, May 10 from 12:00-16:00

- » Trail Run
- » MTB Race

All athletes are required to show an ID (a photo of ID on your phone or physical ID card). Youth athletes (minors) without an ID must be accompanied by a parent/guardian with a photo ID. You don't need to present any license to get your race packet. However, for the Sprint triathlon, all competitors, regardless of nationality, must have valid Medical certificate and be in a possesion of HTS (Croatian Triathlon Federation) day or annual triathlon licence. You can buy HTS day licence on premise (cash only) and take part in the Croatian National Cross Triathlon Championship (XTERRA Sprint Cross Triathlon).



Pre-race activities

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Athletes briefing

- » Athletes briefing is **MANDATORY** for all competitors who are competing on Saturday in triathlon races.
- » Race officials will run through the ins and outs of the XTERRA triathlon courses, so it could be very useful even for the competitors in MTB race and Trail run.

WHEN?

» May 9 (Friday), 19:00 - 19:45

WHERE?

» Festival Area (Trg Republike Hrvatske)

For the Kids Race, MTB race and Trail run, the race officials will do short race briefing near the start line 10 minutes before each start.

Official Opening Ceremony and Pasta Party

- » The Official Opening Ceremony will take place at the main square in the Festival Area, starting at 20:00.
- » Following the ceremony, you're invited to join us for a Pasta Party. Our partners from Lošinj Hotels & Villas will be serving a selection of traditional pasta dishes inspired by the flavors of the Kvarner region.



ATHLETES GUIDE 14





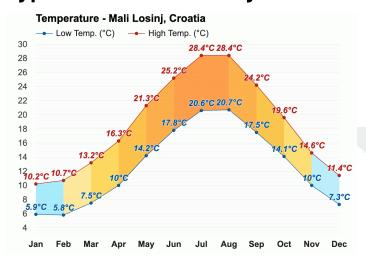
Gear Checklist

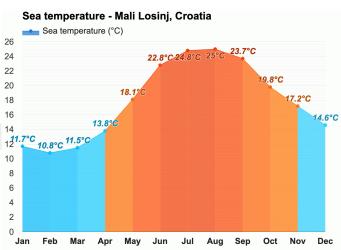
Here is a list of things to bring with you on race day:

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- » Timing chip and strap
- » Helmet
- » Approved wetsuit (wetsuit legal call to be made at athletes briefing)
- » Race clothing including swimwear (provided swim cap), bike shorts, top, goggles
- » Race belt or pins for race bib on the run leg (Wear your race number and division tattoos)
- » Hidration & nutrition
- » Spare tube/Co2 canister in case of a flat (chain tool is a good idea)
- » Running shoes (trail run shoes recommended)
- » Sunglasses, Hat/Visor (optional for the run)
- » Sunscreen
- » Towel (optional)

Typical wheather in May





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### **Race Results**

Results will be displayed in a special section on

XTERRA Croatia
web page

# **Race Day**



#### **Transition zone**

Transition Zone is located at the Mali Lošinj Football pitch

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Transition Zone will be open for BIKE CHECK-IN on Saturday, May 10 from 07:00-08:45



Transition Zone will be open for BIKE CHECK-OUT on Saturday, May 10 from 17:30-19:00

# **Water Temperature and Wetsuits**

Final water temperature reading and determination of wetsuit use will take place on Suturday morning 1 hour before the first start.

XTERRA follows the Swimming Conduct rules for Wetsuit established by World Triathlon.

Please note that no speed suits are allowed for any race.

ATHLETES GUIDE 16



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#### **Full Distance Triathlon**

- » Saturday, May 10
- » Start at 12:00
- » SWIM 1500M (2 laps) GPX
- » BIKE 27K (2 laps) GPX
- » RUN 11,5K (2 laps) GPX

#### **SWIM**

- » The swim course if flat, meaning its taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 2 laps around XTERRA buoys (counter-clockwise direction)
- » An "Australian Exit" after first lap (short running distance after first lap)
- » Exit on the sand beach with 150 meter run up to the transition area



ATHLETES GUIDE 17



# CROATIA MALI LOŠINJ

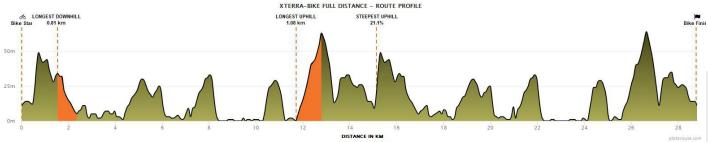
# **Race Courses**

#### **Full Distance Triathlon**

#### **BIKE**

- » This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitable uphills and mediterranean city cobbles with lots of stairs. The bike leg starts seriously form the start, taking you straight to its most difficult part ascent towards "Vela straža" viewpoint, after which it's all getting easier descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you'll be continuing to the Mediterranean city cobbles and stairs only to return to the famous Čikat pine forest.
- » Total ascent 428m
- » Uphill 12,96km (44,9%), Flat 4,5km (15,6%), Downhill 11,34km (39,3%)
- » 2 Aid stations at 11,8km and 25,7km





ATHLETES GUIDE 18



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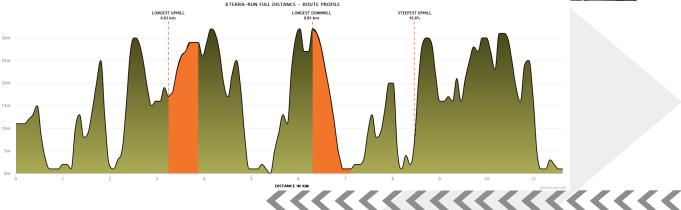


#### **Full Distance Triathlon**

#### **RUN**

- » The run course takes you along Bellevue and Alhambra hotels to the beachfront (lungomare) with its carefully crafted gravel part perfect for off-road run. From there you'll be going uphill, through the small trim track only to come down to the beachfront again. At the most western part of the small peninsula you'll be hitting hard left to the WWII path, most difficult uphill part only to be rewarded with a downhill soon taking you to the Čikat park and it's maze of walkways. Don't worry, from there we'll guide you the aid station and Xterra Croatia bridge after which it's only red carpet to the finish line. If you're doing full distance, you'll be enjoying "the double pleasure" of everything described.
- » Total ascent 168m
- » Uphill 5,04km (43,3%), Flat 1,8km (15,5%), Downhill 4,77km (41,2%)
- » 4 Aid stations at 1km, 5,5km, 6,7km and 11km







# CROATIA MALI LOŠINJ

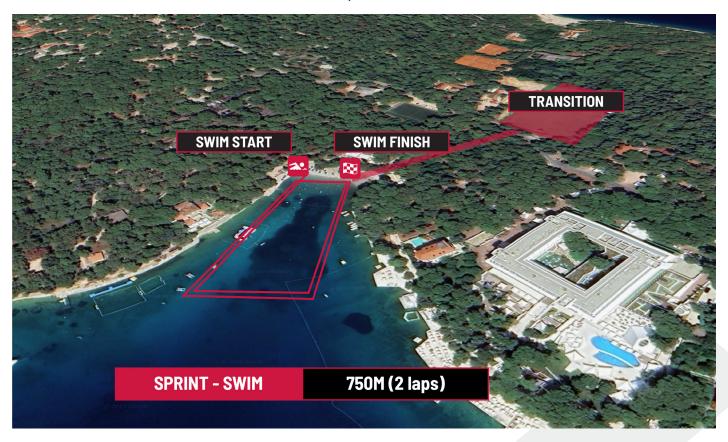
# **Race Courses**

### **Sprint Triathlon**

- » Saturday, May 10
- » Start at 10:00 (10:00 Heat 1 Man All) (10:15 Heat 2 Woman All)
- » SWIM 750M (2 laps) GPX
- » BIKE 15K (1 lap) GPX
- » RUN 5,4K <u>GPX</u>

#### **SWIM**

- » The swim course if flat, meaning its taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 2 laps around XTERRA buoys (counter-clockwise direction)
- » An "Australian Exit" after first lap (short running distance after first lap)
- » Exit on the sand beach with 150 meter run up to the transition area.



ATHLETES GUIDE 20



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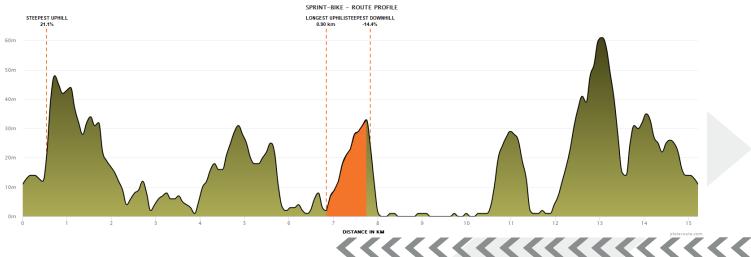


### **Sprint Triathlon**

#### **BIKE**

- » This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitable uphills and mediterranean city cobbles with lots of stairs. The bike leg starts seriously form the start, taking you straight to its most difficult part ascent towards "Vela straža" viewpoint, after which it's all getting easier descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you'll be continuing to the Mediterranean city cobbles and stairs only to return to the famous Čikat pine forest.
- » Total ascent 215m
- » Uphill 6,84km (44,9%), Flat 2,25km (14,8%), Downhill 6,12km (40,3%)
- » 1 Aid station at 12km







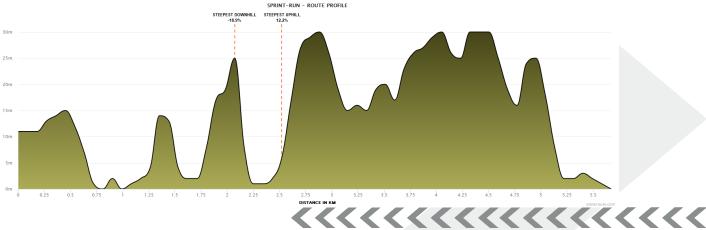
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### **Sprint Triathlon**

#### **RUN**

- » The run course takes you along Bellevue and Alhambra hotels to the beachfront (lungomare) with its carefully crafted gravel part perfect for off-road run. From there you'll be going uphill, through the small trim track only to come down to the beachfront again. At the most western part of the small peninsula you'll be hitting hard left to the WWII path, most difficult uphill part only to be rewarded with a downhill soon taking you to the Čikat park and it's maze of walkways. Don't worry, from there we'll guide you the aid station and Xterra Croatia bridge after which it's only red carpet to the finish line.
- » Total ascent 72m
- » Uphill 2,7km (47%), Flat 0,63km (11%), Downhill 2,34km (42%)
- » 2 Aid stations at 1km and 4,5km





# >>>>>>> Race Courses

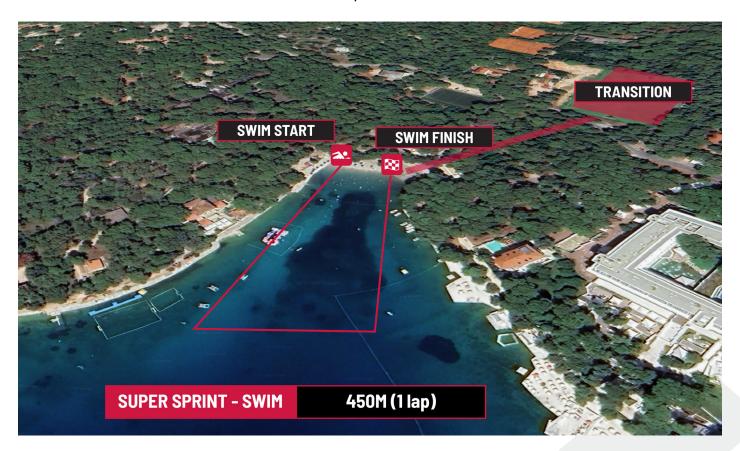
# CROATIA MALI LOŠINJ

# Super Sprint Triathlon

- » Saturday, May 10
- » Start at 09:00
- » SWIM 400M (1 lap) GPX
- » BIKE 8,58K (1 lap) GPX
- » RUN 3,23K GPX

#### **SWIM**

- » The swim course if flat, meaning its taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 1 lap around XTERRA buoys (counter-clockwise direction)
- » Exit on the sand beach with 150 meter run up to the transition area.



ATHLETES GUIDE 23



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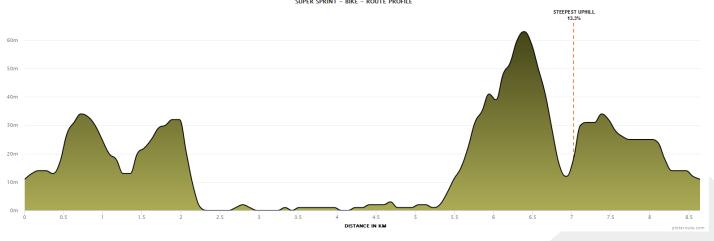


## **Super Sprint Triathlon**

#### **BIKE**

- » The course is mix of pine forest paths, beautiful port and main square of Mali Lošinj and old city streets and roads.
- » Total ascent 113m
- » Uphill 3,24km (37,5%), Flat 2,43km (28,1%), Downhill 2,97km (34,4%)
- » 1 Aid station at 5,4km





ATHLETES GUIDE 24

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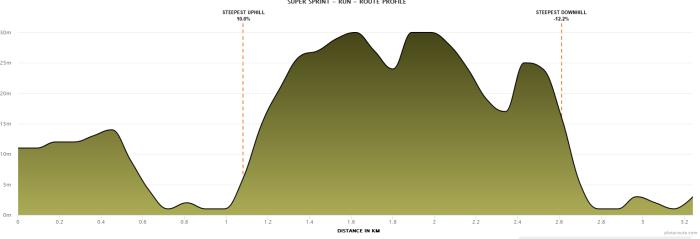


# **Super Sprint Triathlon**

#### **RUN**

- » Shorter than Sprint run, but you will feel the same course spirit.
- » Total ascent 28m
- » Uphill 1,35km (41,4%), Flat 0,45km (13,8%), Downhill 1,44km (44,8%)
- » 2 Aid stations at 1km and 2,5km





ATHLETES GUIDE 25



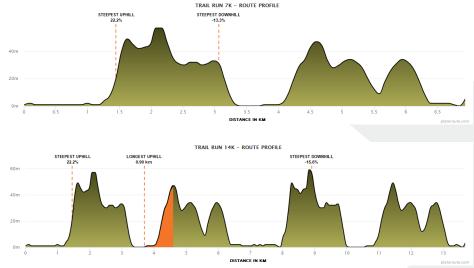
#### Trail Run 7K & 14K

- » There's no better place to run in the summer than in the shades of the forest, therefore Mali Lošinj is a perfect spot. Click/tap here for GPX.
- » Total ascent 7K 128m; Total ascent 14K 261m

**>>>>>>>>>>** 

- » Uphill 7K/14K 2,61km/5,22km, Flat 1,71km/3,24km, Downhill 2,61km/5,22km
- » 7K Aid station at 3,4km; 14K Aid stations at 3,4km and 10km





ATHLETES GUIDE 26

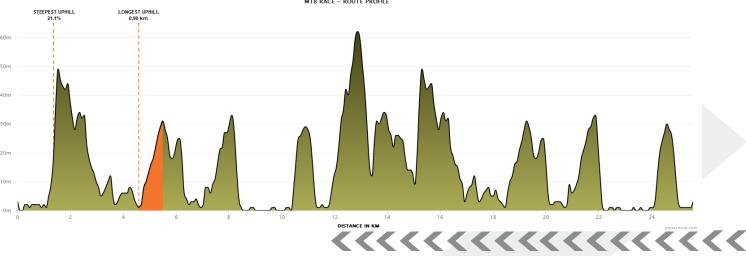
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#### **MTB Race**

- » The same course as for Full distance triathlon bike. This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitably uphills and mediterranean city cobbles and stairs. The bike leg starts seriously form the start, taking you straight to its most difficult part ascent towards "Vela straža" viewpoint, after which it's all getting easier descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you'll be continuing to the mediterranean city cobbles and stairs only to return to the famous Čikat pine forest. Click/tap here for GPX.
- » Total ascent 340m
- » Uphill 11,35km (44,5%), Flat 4,23km (16,5%), Downhill 9,99km (39%)
- » 1 Aid station at 11,9km





# **Competition Rules**

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XTERRA Croatia, Mali Lošinj is a **CROATIAN TRIATHLON FEDERATION (HTS) sanctioned event** - **World Triathlon Rules and Regulations** will apply.

#### **General rules**

- » No music devices/earphones
- » No course cutting. Immediate DQ. Life time ban on 2nd offence.
- » No littering. 5 minute penalty for littering on course. Use Litter Zone at aid stations.
- » No outside assistance. Athletes may help each other.
- » Unsportsmanlike behavior, foul riding and running or the use of profane or abusive language may lead to disqualification
- » Athletes who do not finish the event, at the time of pulling out, must please report it to any
- » Technical Official.

#### **Swim**

- » Provided swim cap must be worn.
- » Goggles are optional.
- » Wetsuit is optional, depending on water temperature, see Rules.

#### **Bike**

- » Mountain bike with race number displayed on handlebars is required.
- » Helmet and shoes are compulsory.
- » Clothing covering bottom and torso is compulsory.
- » Bike needs to be in good working order.
- » Bikes may only be removed when all athletes are off the course.

#### Run

- » Race number must be worn on the front. (Best is an elastic with 3 pins or special triathlon number belt)
- » Clothing covering bottom and torso is compulsory.

ATHLETES GUIDE 28



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XTERRA Croatia, Mali Lošinj is a **CROATIAN TRIATHLON FEDERATION (HTS) sanctioned event** - **World Triathlon Rules and Regulations** will apply.

#### **Transition**

- » Helmet on and buckled before taking your bike.
- » Remove helmet only once back has been racked after cycling leg.
- » Riding your bike within the Transition Area is prohibited. You may only begin cycling once you have passed the mount line outside the Transition Area
- » Familiarise yourself with the mount and dismount lines.
- » Only participants allowed in transition.
- » Bikes must be returned to the same location on the bike rack during the transition to the run
- » Bikes must be securely racked and may not be left on the ground before heading onto the run
- » Personal seconding or assistance in the Transition Area is prohibited

### **Specific regulations**

#### **Croatian National Cross Triathlon Championship (Youth B and Junior)**

The 2025 XTERRA Croatia, Mali Lošinj will be hosting the Croatian National Cross Triathlon Championships in collaboration with the Croatian Triathlon Federation (HTS). The fastest Male and Female Croatian nationals with HTS license racing the XTERRA Sprint Cross Triathlon will become "Croatian Cross Triathlon Champion".

For the Sprint triathlon, all competitors, regardless of nationality, must have valid Medical certificate and be in a possesion of HTS (Croatian Triathlon Federation) day or annual triathlon licence. You can buy HTS day licence on premise (cash only) and take part in the Croatian National Cross Triathlon Championship (XTERRA Sprint Cross Triathlon).

#### Special thanks to our co-organizers:





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XTERRA World Championship Slots

28 WC Slots

The winner of each age group at a qualifying event on the World Tour schedule will automatically earn a qualifying slot to the XTERRA World Championship. The number of slots indicated apply equally to male and female divisions.

The top male and female finishers in the Full Distance Triathlon will be awarded an unforgettable stay on the beautiful island of Lošinj!

FULL DISTANCE TRIATHLON AWARDS:

- » Male winner: 2-night stay for 2 with breakfast at Hotel Bellevue
- » Female winner: 2-night stay for 2 with breakfast at Hotel Bellevue

Winners will have the flexibility to choose their weekend stay in May, June, September, or October.

XTERRA Youth World Championship Slots

30 Youth WC Slots

Top 5 male and female youth athletes in the 18-19 (Junior), 16-17 (Youth B) and 14-15 (Youth A) divisions of the XTERRA Croatia Mali Lošinj Sprint Triathlon will be awarded with slots to the XTERRA Youth World Championship.

The top male and female finishers in the Sprint Triathlon will be awarded an unforgettable stay on the beautiful island of Lošini!

SPRINT TRIATHLON AWARDS:

- » Male winner: 2-night stay for 2 with breakfast at Vitality Hotel Punta
- » Female winner: 2-night stay for 2 with breakfast at Vitality Hotel Punta

Winners will have the flexibility to choose their weekend stay in May, June, September, or October.

ATHLETES GUIDE 30

