



Category 	Age group		Distance (m)	Course		Presentation		Transition	Briefing & Line up	START	Transition
	from	till	Swim-Run	Swim	Run	from	till	in			out
Kategória 	Vek		Dĺžka (m)	Trať (lap=kolo)		Prezentácia		Depo	Poučenie	ŠTART	Depo
	od	do	pláv-beh	pláv	beh	od	do	dnu			von
Pupils B Deti - Nádeje B	5	9	50 - 250	1 lap 50m	1 lap 250m	7:30	8:50	09:00 - 09:10	9:10	9:20	09:40 - 09:50
Pupils A Deti - Nádeje A	10	11	100 - 500	1 lap 100m	1 lap 500m	7:30	9:05	09:00 - 09:10	9:25	9:35	09:40 - 09:50
Youth younger Mladší žiaci	12	13	200 - 1000	1 lap 200m	2 laps 500m	7:30	9:30	09:40 - 09:50	9:50	10:00	10:10 - 10:20
Youth older Starší žiaci	14	15	400 - 2000	2 laps 200m	2 laps 1000m	7:30	10:00	10:10 - 10:20	10:20	10:30	10:50 - 11:10
Fit women, men Fit ženy, muži	16	99	400 - 2000	2 laps 200m	2 laps 1000m	7:30	10:00	10:10 - 10:20	10:20	10:30	10:50 - 11:10
Elite and all others Elita a ostatní	16	99	1000 - 5000	2 laps 500m	4 laps 1250m	7:30	10:50	10:50 - 11:10	11:10	11:20	11:50 - 12:20