

Home



Burgas, Rosenets park

3 June 2023

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Olympic Cross Triathlon



1.5 km



40 km



10 km

*distances may vary

Categories



▪ Individual



▪ Team of two



Team of three

Track

Swimming track

[Download](#)

Cycling track

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Running track

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Locations

- Registration and Start – fisherman's harbour “Chengene skele”
- T1 – fisherman's harbour “Chengene skele”
- Cycling – Strandzha mountain – Bakarlaka region
- T2 – fisherman's harbour “Chengene skele”
- Trail running – Rosenets Park
- Final – fisherman's harbour “Chengene skele”

Regulation

- **01.07 from 12:00 to 19:00 – Utopia Beach** – Registration for MTB stage – bike check and drop-off, starter package pick-up; **Beach Rosenets north** – mandatory documents exchange (declaration, contract and medical examination);

- **01.07** from 20:00 – **Utopia Beach – Technical conference**
- **02.07** from 07:00 to 8:30:00 – fisherman's harbour
"Chengene skele" – Registration for swimming
- **02.07** – 19:00 – Award ceremony;
- **02.07** – 21:00 – party whit DJ Emil Prize & band REWIND;
- **Cut off – swimming** – 1 hour; **cycling** – 3:30 hour;
running – 1:30 hour
- **Every** competitor must wear racing number on the shoulder and helmet, on the handlebar and seat pole for the MTB stage as well as on the front of the torso for the trail running stage;
- **Every** competitor must wear his/her timing bracelet, GPS device and charged phone for the respective stages;
- **Upon** disqualification of failure to proceed **every** competitor must immediately notify the organizers either directly or through a phone call and wait for further instructions at the closest check-point;
- **Competitors may** resign from the race and get partially refunded until the end of registration for the competition. After that starting taxes can't be refunded;
- **Teams may insert** changes until the end of registration for the competition. After that no changes can be made.;

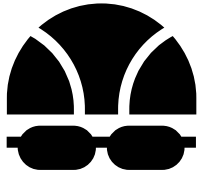
[Rules and regulations](#)

[Participation contract](#)

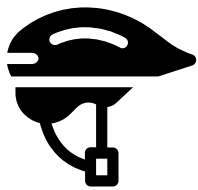
[Privacy policy](#)

*the medical examination may be performed onsite

Mandatory equipment



Swimming hat and goggles

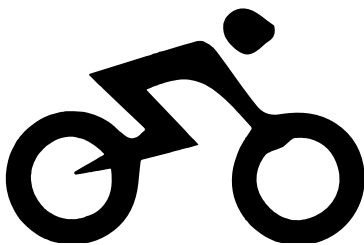


Helmet

Sunglasses



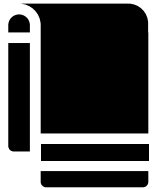
Race bottle



Personal mountain bike

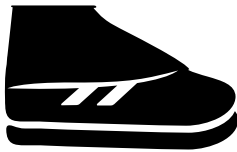
Running sneakers

The Lion Heart team strongly suggest taking



A towel

Pair of high socks



Summer running gators

Come and toss them beans

[Sign up](#)

Mandatory documents

Please bring the documents printed and completed to facilitate our work.

If you do not bring printed and completed documents, you will

be able to do so on the spot for a fee of BGN 5

Participation contract

Personal insurance*

Medical note**

***Personal insurance** (covering accidents on cross country terrain, in competition mode, on terrain outside the official road network);

****Note from a medical examination**, which you can perform on the spot for BGN 10 (valid up to 3 days before the start of the competition).

!! These documents are mandatory for competitors of all categories – ultra, relay and half marathon. Without them you will not be allowed to participate. Please bring them prepared in advance.

Get in touch

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