



Race Book

Where the beauty of nature meets history

September 5–6
2026

Lake Bled,
Slovenia

x-waters.com

slovenia@x-waters.com



CONTENT



Welcome	3
Agenda	5
Start camp	6
Starter packages pick up	10
Briefing	11
Key swim rules	13
Time limits	14
Safety	14
What will help make the swim comfortable	16
Distance plan	18
Participating countries 2026	21
Weather	23
After the swim	25
Sightseeing	27
Try this	30
Eco-navigation	32
Partners	33
Get ready in advance 2026-2027 swims	34



TOO BEAUTIFUL TO BE TRUE!

Hello, X-Swimmers!

Lake Bled looks as if it were specially put together for a postcard: castle, island, church, mountains, crystal-clear water — all in one frame. The only thing missing for a bright accent is a couple of hundred swimmers — but we will arrive soon.

We created X-WATERS for this very reason: so that you can come to a fairytale place and dive right into a postcard.

Athletes already represent 38 countries, having appreciated this unique opportunity this season. The final picture should turn out wonderful — add your stroke!

And then we will get out of the water, look at all of this from the shore, and make sure we were not dreaming.

See you in Slovenia,

Aleksander Bazanov

Inspirer and managing partner X-WATERS



WELCOME

Hello, X-SWIMMERS!

We are thrilled to welcome you to one of the most picturesque corners of Slovenia. The breathtaking beauty of Lake Bled inspired us to create this event, and we can't wait to share this incredible experience with you!

The swim at Lake Bled is taking place for the fourth time—and it's breaking records once again! On September 6, more than 350 participants from 38 countries will join us. This makes us the largest open-water swimming event in Slovenia and the most international one in the Alps-Adriatic region.

For many participants, this will be a brand-new challenge this year. It is a true test of endurance and preparation, but the reward is unforgettable views and the pride of crossing the finish line!

See you in Slovenia!

The organizers of X-WATERS SLOVENIA powered by I FEEL SLOVENIA

**Vladislav
Litvinchuk**

**Mikhail
Belyanin**



AGENDA



september 5–6

Time	Event	Location
------	-------	----------

Saturday, September 5

IECD - Bled School of Management,
Prešernova cesta 33, 4260, Bled

16:00-18:00	Registration, pick up starter packages	
17:00	Briefing for all distances	

Sunday, September 6

Grajsko kopališče/ Castle Bathing Area,
Veslaška promenade 11, 4260, Bled

7:30 - 8:30	Pick up starter packages	
8:50	Pre-race briefing 1 mile / Starting area	
9:00	Start 1 mile	
9:50	Pre-race briefing 5 k and 10 k	
10:00	Start 5 km and 10 k	
13:50	Pre-race briefing 500 m and relay 2x500 m	
14:00	Start 500 m and relay	
14:30	Start X-KIDS 50 & 200 m	
15:30	Award ceremony	

START CAMP

How to get there

The distance from Ljubljana to Bled is 55 km. You can reach the lake by local bus, taxi, or by car (whether your own or a hire car).

By car:

The journey takes around 40 minutes, although the actual journey time depends on traffic and current weather conditions. Follow your sat-nav's directions, and you'll be sure not to get lost.

By bus:

A ticket for a regular bus service costs €5–6. This is a popular route, so buses run almost every hour. Check their websites for the latest timetable. The most convenient place to catch a bus is from Ljubljana railway station.

By train:

The train departs from Ljubljana railway station and costs around €15. Please note that the station is called Bled jezero and can only be reached from Ljubljana via a change at Jesenice; the journey time is over 1.5 hours.

The starting camp is situated on the beach below the castle (Veslaška promenada 11, 4260 Bled)

By Taxi:

Bled is easily accessible via the Uber taxi booking service or the GoOpti transfer service.

We recommend planning your journey in advance

Parking

We recommend parking on the top level of the car park near the ice hockey arena.

parking Bled - €3/h

During the swim, beach access is provided free of charge for the participant and one accompanying person!



START CAMP

The start camp features:

- changing rooms for men and women;
- toilets;
- bag drop;
- photo zones;
- partner areas.

Anything you don't need immediately for the swim must be left at the bag drop.

First-aid post

It is located in the start camp. Please go there at the first sign of feeling unwell.

Rubbish

Please dispose of waste only in designated areas.

In Slovenia, waste sorting is standard practice. Please pay attention to the bin labels and separate paper, glass, packaging, and other waste.

Official merchandise store: apparel, accessories, and souvenirs of the X-WATERS international swim series.

On September 6, you will have the opportunity to purchase official X-WATERS Slovenia 2026 merchandise on site



START CAMP



Start area



Finish area



Food court



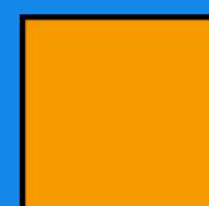
Entrance/Exit



First-aid post



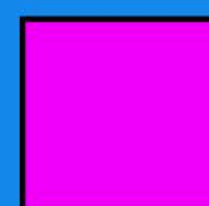
Toilets



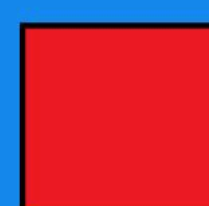
**Registration
& Race kit pick-up**



Bag drop



Partners



Changing room

CONQUER THE OPEN WATER WITH MAD WAVE

Mad Wave has everything for open water training and starts. Innovative technology, attention to details and functional equipment.



NEOPRENE WETSUITS

- > for different distances
- > with and without sleeves
- > World Aquatics approved for international competitions



ACCESSORIES

- > safety buoys
- > neoprene socks
- > gloves,
- > and other accessories for warm and cold swims



GOGGLES

- > with mirror lens
- > with photochromic lenses
- > with polarized lenses



 FIND OUT MORE ON [MADWAVE.EU](https://www.madwave.eu)

STARTER PACKAGES PICK UP

RACE KIT PICK-UP

Race kit distribution will take place at the Start camp:

5 September from 4.00 pm to 6.00 pm;
6 September from 7.30 am to 8.30 am.

To get your race kit, please prepare:

- A passport or other valid identity document (a driver's license is not accepted as proof of identity)
- A completed and signed entry form / waiver for participation in the swim. The form can be found in [Appendix 1](#).

**Starter packages
can be received only
by the participant
personally.**

Contents of the starter pack

The race pack includes:

- Electronic timing chip;
- Individual swim cap;
- Information materials.

Life hacks for getting your race pack as quickly as possible:

- Print out the participant application form in advance and fill it out carefully and completely.
- Submit all documents together in one package along with your original passport!

You will receive a wristband at check-in. Please do not remove it until the event is over.

This wristband is your pass to the start camp, the start line, the bag drop, and even a delicious post-finish meal! It is completely waterproof and won't get in your way while swimming—we've tested it ourselves.

Pink cap – 500 m, 10 km;
Orange cap – 1 mile;
Turquoise cap – 5 km;
Light green cap – 2x500 m relay;
Blue cap – X-KIDS 50 & 200.

A personal swim safety buoy will be issued at the start or with the race kit. Details will be announced at the pre-race briefing

BRIEFING

5 SEPTEMBER

17:00 — ALL DISTANCES

6 SEPTEMBER

8:50 — 1 MILE

9:50 — 5 KM AND 10 KM

13:50 — 500 M AND RELAY

Attendance at the pre-start briefing is mandatory!

Venue: the start village, the start camp

Equipment

- At a water temperature above 24°C, the use of neoprene wetsuits is prohibited for all distances.
- At a water temperature above 18°C, the use of wetsuits is permitted for all distances.
- At a water temperature below 18°C, the use of neoprene wetsuits is mandatory. For distances over 3 km, full-body neoprene wetsuits are mandatory.
- At a water temperature below 16°C, full-body neoprene wetsuits are mandatory. Distances may be modified or the event may be cancelled.
- At a water temperature below 14°C, distances may be modified or the event may be cancelled. The use of neoprene swim caps/hoods is mandatory.

During the briefing, participants will receive recommendations on how to complete the course, as well as information about the rules, current weather conditions, and safety procedures.

Each participant must wear the swimming cap provided by the organizers throughout the swim.

Participants are allowed to wear a TOP 100 X-WATERS World Championship swimming cap. A participant who finishes without a swimming cap may be disqualified.

Restrictions

- The use of special swimming equipment such as fins, snorkels, paddles, inflatable mattresses, etc. is prohibited, except for personal safety buoys, wetsuits, neoprene hoods, socks, and non-webbed gloves.
- The use of mobile phones, headphones, music players, and other distracting devices during the swim is prohibited.

I FEEL
SLOVENIA

SLOVENIA. MY WAY OF EXPLORING DIVERSITY.

#ifeelsLOVEnia
#myway

KEY SWIM RULES



Timing Chip Use

- The electronic timing chip is included in your starter pack and is provided on a rental basis.
- Fasten it around your ankle using the Velcro strap before the swim and do not remove it until the entire race is finished.
- If you have any difficulty attaching the chip, please ask a volunteer for help. Improperly fastening the chip may prevent your time from being recorded!
- The chip must be returned at the finish line together with your individual safety buoy.
- Any swimmer who loses their timing chip after registration or during the race must notify the organizers immediately.
- Loss of the chip will result in a €50 fine.

Withdrawal from the race

- If you decide to withdraw from the race, you must inform the organizers and return your safety buoy and timing chip.
- Medical staff, organizers, and race officials have the right to withdraw you from the course at any time if they consider it necessary.
- If you need assistance during the swim, raise your hand and call for the nearest support boat.

If you have collected your Starter Pack but decide not to participate in the swim, please make sure to return the timing chip to the registration desk.

Each participant must wear an individual safety buoy provided by the organizers, secured around the waist throughout the swim.

A swimmer who finishes without the buoy will be disqualified and must reimburse the organizers for the cost of the buoy.

For distances of 9 km or more, participants may use their own buoy if they wish. The buoy must be orange and must not display any logos or symbols. Nothing may be attached to the buoy provided by the organizers.

Disqualification

The organizers have the right to disqualify you if they have reasonable concerns about your health, if you fail to comply with the competition rules, or if you demonstrate unsportsmanlike or inappropriate behavior.

Failure to finish within the time limit will also result in disqualification.

TIME LIMITS

500 m	•	15 min
1 mile	•	1 hour
5 km	•	3 hours
10 km	•	6 hours
Relay 2×500 m	•	30 min

A participant may be withdrawn from the race if they fail to finish within the time limit.

All participants who exceed the specified time limit will receive OTL (Out of Limit) status in the final results. No X-WATERS World Championship points will be awarded for this race.

Participants who are clearly unable to finish within the time limit, or who fail to reach a checkpoint within the required time, may also be removed from the course at the organizers' discretion before the overall time limit expires.

The organizers are not responsible for participants who choose to continue swimming after the time limit has expired.

SAFETY

Medical Assistance

The medical aid station is located in the start area. Please seek medical assistance if you feel unwell.

If you have health concerns and are unsure whether it is safe for you to participate, you can transfer your slot to another participant until August 31 at 8:00 PM. The slot transfer option is available in your personal account.

Please take your pre-race medical examination seriously.

Rescue Team

During the swim, all participants must follow the instructions and requirements of the rescue team. Answer their questions and do not joke around. These simple rules can save lives.

If you feel unwell during the swim, raise your hand — the nearest support boat will assist you.

Medical staff and rescuers may remove you from the course if you show signs of excessive fatigue, illness, overheating, or hypothermia.

REGENERACIJA NA POLNO!

NOVO!

Union Radler 0.0 ISOTONIC je mešana pijača iz 0.0 piva in osvežilne brezalkoholne pijače z okusom pomaranče in melise ter dodanimi vitamini B, vitaminom C ter kalijem.

Union Radler 0.0 ISOTONIC pomaranča smo razvili v sodelovanju s profesionalnimi kolesarji ekipe Bahrain Victorious.

Namenjen je za regeneracijo po intenzivnem profesionalnem ali rekreativnem športu, ko naše telo potrebuje osvežitev z manj sladkorja in dodanimi minerali in vitamini.

ISOTONIC POMARANČA IN MELISA

+ KALIJ | VITAMIN C | VITAMINI B +



PLOČEVINKA 0,50 L

OSNOVNO PAKIRANJE

TRANSPORTNO PAKIRANJE

EAN KODA

383 0001 716252

383 0001 716269

VRSTA PAKIRANJA

PLOČEVINKA

TASA 24 x 0,50 L

NETO KOLIČINA

0,50 L

12 L

DIMENZIJE

168 x 66 MM

403 x 267 x 170 MM

ROK UPORABE

365 DNI

365 DNI

WHAT WILL HELP MAKE THE SWIM COMFORTABLE

- Arrive at the starting town early, don't be late.
- Rest the day before the start, don't overeat, don't drink alcohol.
- Participating in a swim, even a short distance, should not be your first experience of swimming in open water.
- Study the race route and listen carefully to the briefing. Don't hesitate to ask the organizers questions.
- Do your usual warm-up exercises 10-15 minutes before the start.
- Try to get into the water.
- Use proven equipment on the day of the start.
- Have a spare pair of swimming goggles on hand.
- Relax and focus on your breathing technique.
- Feel free to take a short break during the race, holding on to your individual buoy.

**Do your best and
enjoy the swim!**

**NUTRITION CAN HELP YOU SET A
PERSONAL RECORD, OR IT CAN UNDO
ALL YOUR TRAINING EFFORTS.**

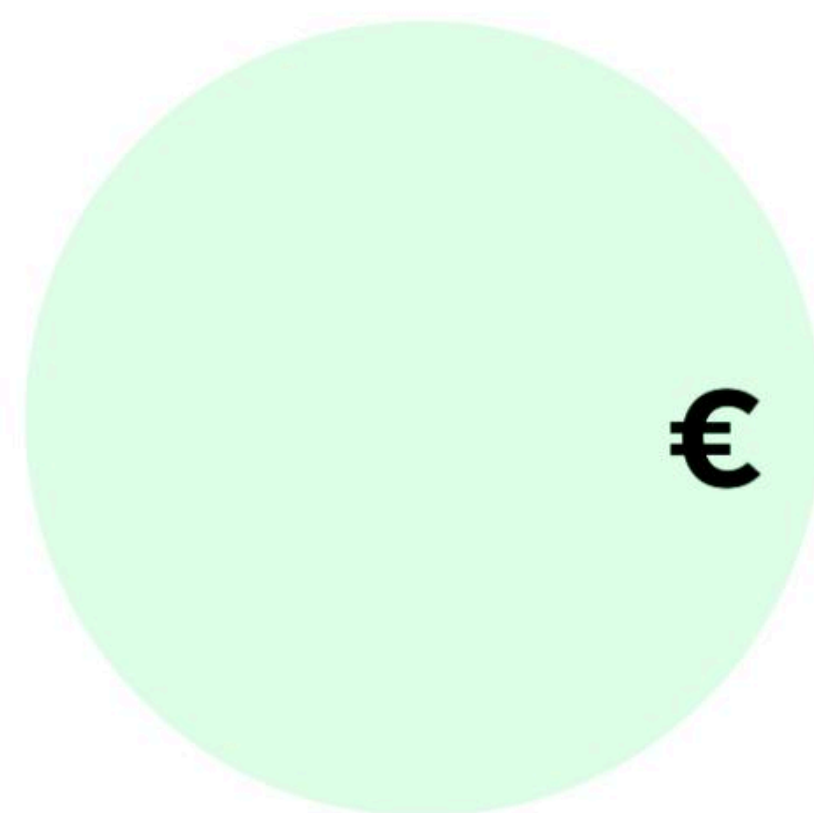
Have breakfast. Take something quick with you that you can eat right before the start, such as an energy gel or a banana.



Izberi Radensko ob kavi

Posebna ponudba Radenske 0,25l
(Classic, Naturelle ali z okusom)
ob nakupu kave po izbiri

*Ponudba velja za eno osebo.



♦ NEKATERE STVARI SO ♦

#ZASKUPAJ



DISTANCE PLAN

1 MILE

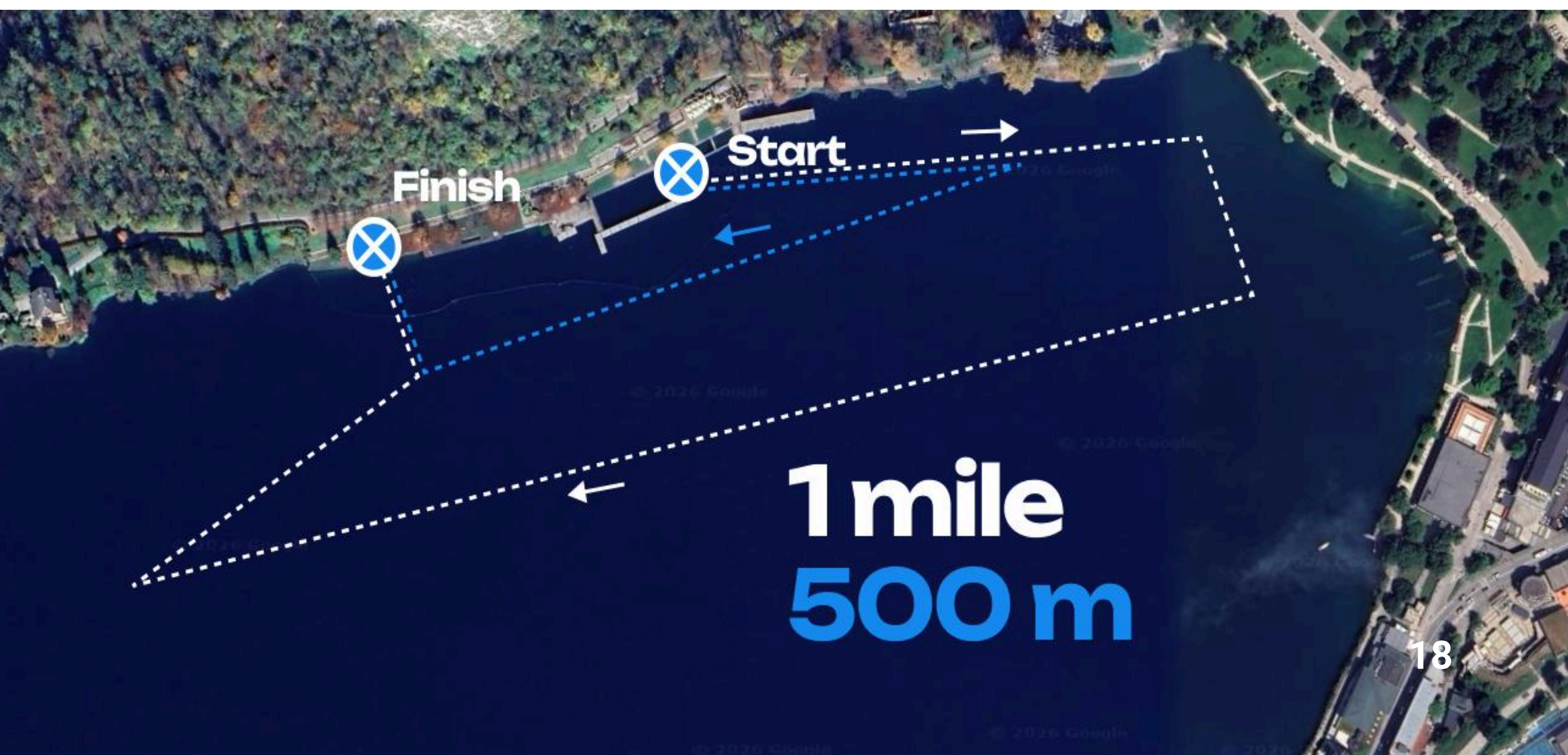
Start and finish at the Castle Bathing Area. Participants start from the pier and swim clockwise around the marker buoys.

500 M

Start and finish at the Castle Bathing Area. Participants start from the pier and swim clockwise around the marker buoys. The finish is located on the far side of the beach.

RELAY 2x500 M

Start and finish at the Castle Bathing Area. Participants start from the pier and swim clockwise around the buoys. Team members change on the pier at the start line. The second swimmer finishes on the far side of the beach.



DISTANCE PLAN

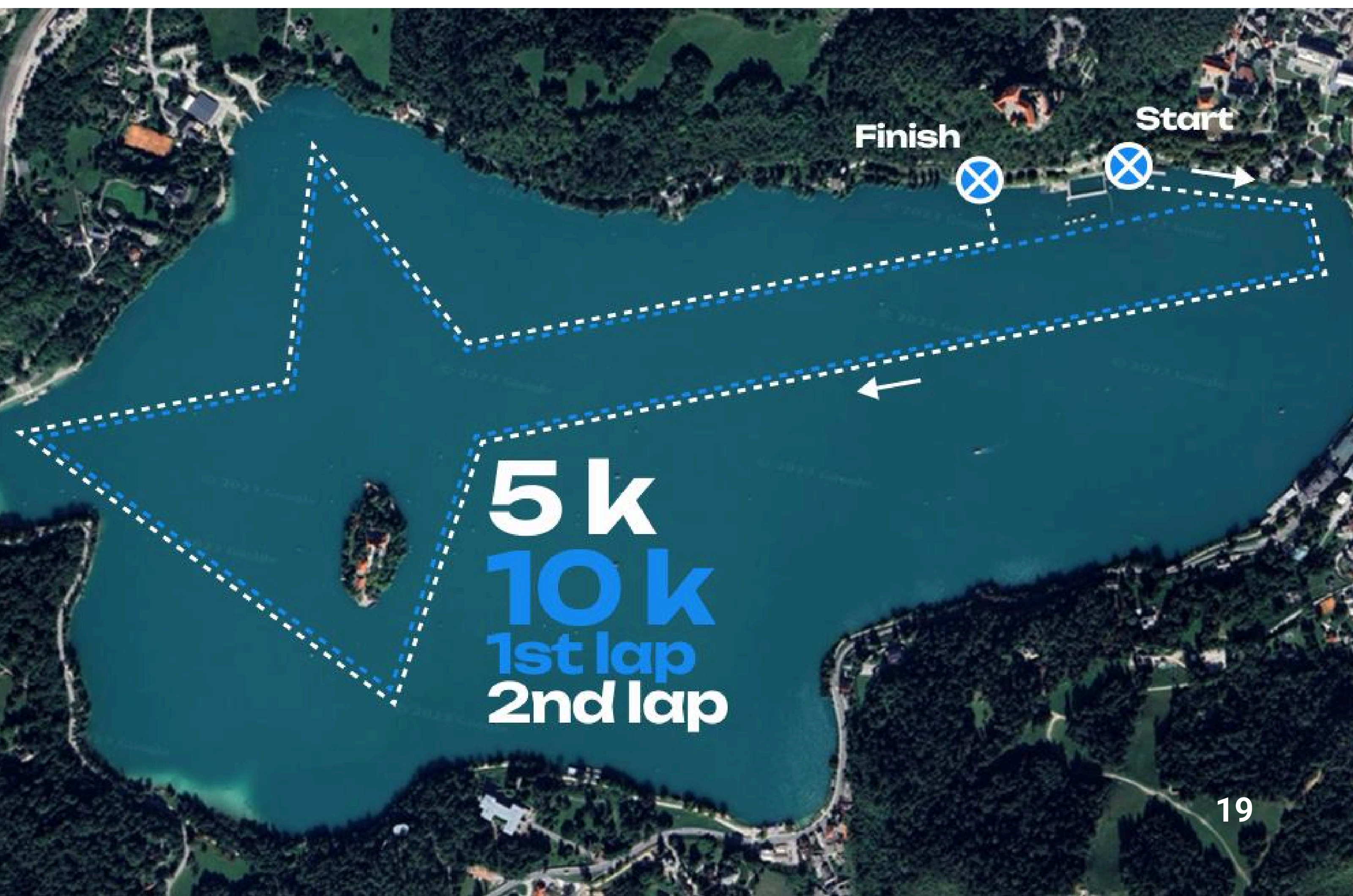
5 AND 10 KM

The start and finish are at the Castle Bathing Area (Grajsko kopališče).

Participants start from the pier and swim clockwise, following the route marked by buoys.

5 km — 1 lap around Lake Bled.

10 km — 2 laps of 5 km each.





Specialisti fizioterapije Medicofit

Vsako zdravljenje ortopedskega obolenja začnemo z **diagnostično terapijo**, pacientom tako omogočamo **visokokakovostno specializirano fizioterapijo** in celovito oskrbo simptomov.

**Odpravimo
bolečine
in povrnemo
gibanje.**



✉ medicofit@medicofit.si

☎ 064 190 220

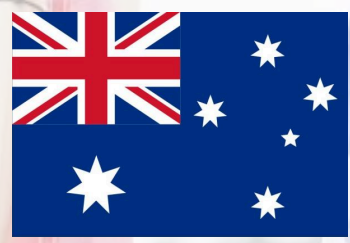
📍 Koprška ulica 106H, 1000 Ljubljana

Naročite se!



www.medicofit.si

PARTICIPATING COUNTRIES 2026



Australia



Andorra



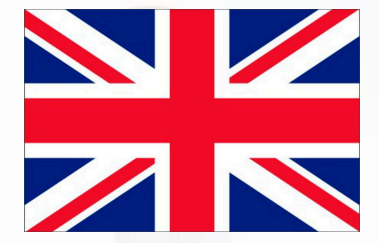
Austria



Belarus



Belgium



United Kingdom



Hungary



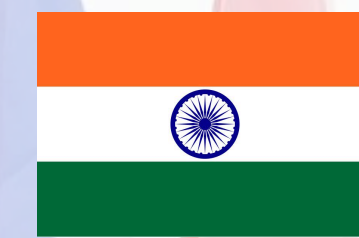
Germany



Denmark



Israel



India



Ireland



Spain



Italy



Kazakhstan



Cyprus



Costa Rica



Lithuania



Luxembourg



Moldova



Netherlands



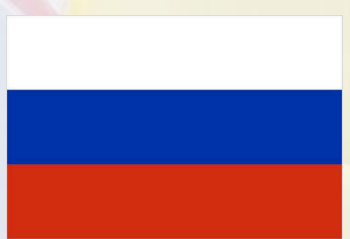
UAE



Poland



Portugal



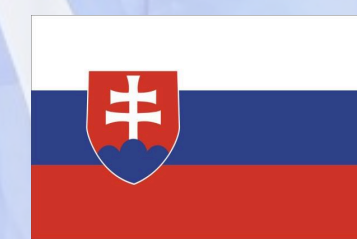
Russia



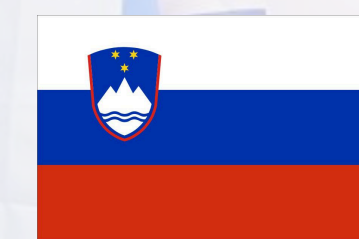
Romania



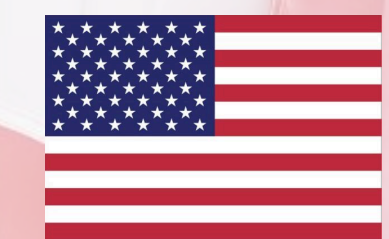
Serbia



Slovakia



Slovenia



USA



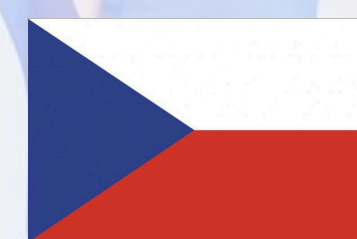
Turkey



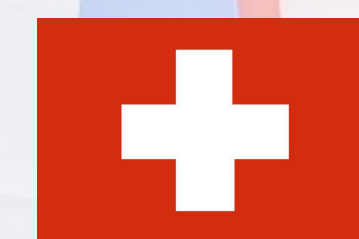
Ukraine



Finland



Czech Republic



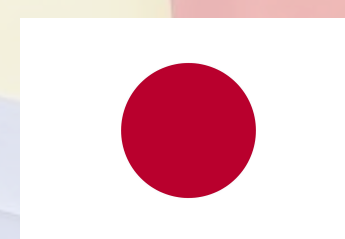
Switzerland



Sweden



South Africa



Japan



Specialisti fizioterapije Medicofit

Vsako zdravljenje ortopedskega obolenja začnemo z **diagnostično terapijo**, pacientom tako omogočamo **visokokakovostno specializirano fizioterapijo** in celovito oskrbo simptomov.

Odpravimo bolečine in povrnemo gibanje.

Naročite se!



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📍 Koprška ulica 106H, 1000 Ljubljana

WEATHER

Weather forecast for 6 September:

Air temperature during the day +20-25°C

The forecast promises sunny. But can get a chilly in the morning, don't forget to bring a sweater to keep warm.

Water temperature:

21-23°C

The average water temperature in September is +20–22°C.

Please follow the safety guidelines!



barcaffé

**Prava
turška kava.**
Kjerkoli in kadarkoli!

Popoln za
**trenutke
razvajanja!**



HITRA
PRIPRAVA
PRAVA
TURŠKA KAVA
ENERGIJA
NA POTI

Prepoznaven in bogat okus prave turške kave, ki jo pripravite v eni minuti. Black'n'Easy predstavlja idealno izbiro za vse aktivne, ki pri okusu svoje kave ne sprejemajo kompromisov.



BOGAT
OKUS
KREMAST
IN PENAST
POPOLNO
RAZVAJANJE

Barcaffé Cappuccino odlikuje bogat mlečno-kavni okus, ki se mu je preprosto nemogoče upreti. Popolna pena, prijetna sladkost in užitek, ki navdihuje.

AFTER THE SWIM

**Please join us for the
awards ceremony at
15:30**

- Awards will be given to the top 3 winners in the “Men” and “Women” absolute categories at all distances.
- In events where the number of registered participants exceeds 60, certificates are awarded in age groups. The number of award categories may be increased at the organiser’s discretion. Participants who finish in the top places in the overall classification are not eligible for awards in the age groups.
- In the relay race, prizes are awarded to the teams finishing in the top three places in the overall standings, without distinction between men’s, women’s and age categories.
- All participants who finish within the set time limit will receive a finisher’s medal. In the children’s races, all participants who finish will receive a medal; there will be no awards in the overall classification or age groups.

**Participants in the swim are divided into
the following age groups:**

Age	Men	Women
born 1997-2010	M18	F18
born 1987-1996	M30	F30
born 1977-1986	M40	F40
born 1967-1976	M50	F50
born 1966 and before	M60	F60

**Get your participant
medal right after
crossing the finish
line!**

Return the chip and the individual buoy to the organizers at the finish line.

Results on the day of the start will be available on the website <https://www.timingljubljana.si/Rezultati.aspx>

Attention!

The protocols will be produced in the evening after the swim and refined within 2-3 days.

Unfortunately, there is a possibility of the electronic chip failure. If you did not find your name in the protocol, please contact us at slovenia@x-waters.com.

AFTER THE SWIM

Photographers will work at the swim:

Photographers will work at the swim:
smile at them in the starting, at the
distance and at the finish gate!
Photos will be posted on: [https://
witisi.photo/event/X-WatersSlovenia2026](https://witisi.photo/event/X-WatersSlovenia2026)



SIGHTSEEINGS



Bled Island

Bled Island is a must-visit place where you should spend some time. There are several ways to reach the island: by traditional pletna boat, by renting a rowing boat yourself, or even by paddleboard.

The traditional pletna boats, crafted by local masters, are easily recognizable by their colorful canopies. They depart from various points around the lake: Spa Park, in front of Hotel Park, from the Mlino area, and from Velika Zaka beach.

On the island stands the famous Church of the Assumption of the Virgin Mary with its wishing bell. According to local legend, if you ring the bell and make a wish, it will surely come true. In addition, on the island you can enjoy stunning views of the lake and mountains, visit a small museum, and relax in a café.

SIGHTSEEINGS



Bled Castle

Bled Castle is the oldest castle in Slovenia, first mentioned in 1011.

The castle looks like a true medieval fortress! Inside, there are several courtyards, with the circular courtyard standing out — open for walks and photo sessions.

Today, the castle houses a museum where you can learn about the region's history, medieval traditions, see ancient household items and rare exhibits. In the wine cellar, you can taste local wine.

On the castle grounds, there are restaurants and cafés where you can try Slovenian dishes and enjoy panoramic views of the lake and the Julian Alps.

SIGHTSEEINGS



Vintgar Gorge

Vintgar Gorge is located just 4 km from Bled and is one of the most picturesque natural attractions of the region. It was opened to visitors in 1893 and has since become a popular walking destination.

The gorge stretches for about 1.6 km along the Radovna River, which has carved through the rock, creating rapid streams, whirlpools, and a small waterfall called Šum, approximately 13 meters high.

Wooden bridges and walkways run through the gorge, allowing visitors to safely walk the entire trail and enjoy views of turquoise water, steep cliffs, and rushing streams.

A walk through Vintgar Gorge is suitable for visitors of all ages and takes about 1–1.5 hours. It is a perfect addition to a visit to Bled, especially for nature lovers and fans of easy hiking.

TRY THIS



Cremeschnitte

This dessert is available in many patisseries throughout Slovenia, but only in Bled can you find the genuine, original cream cake. Authentic cream cakes are made every day using natural ingredients and are on sale at Kavarna Park, opposite the hotel.

A golden puff pastry base made with butter, delicious vanilla cream, whipped cream and another layer of crispy puff pastry, dusted with icing sugar. This is a renowned national dish that you simply must try during your trip to Bled.

TRY THIS



Štruklji

Tradicionalna slovenska jed: tanko razvaljano testo se zvije v zvitek z nadevom; štruklji se pripravljajo bodisi kuhani bodisi pečeni ter se postrežejo v slani ali sladki različici. Med priljubljenimi nadevi so skuta, orehi, jabolka, mak in pehtran. To je ena od značilnih jedi slovenske kuhinje, ki jo najdemo po vsej državi.

Na Gorenjskem štruklje pogosto pripravljajo iz ajdovega testa z nadevom iz skute, orehov ali borovnic ter jih kuhajo na pari – to je značilna lokalna tehnika priprave hrane.

Štruklji are served both as a side dish with meat and as a dessert — for example, with breadcrumbs fried in oil and a dusting of icing sugar.

You can try them in a wide range of restaurants, including those in Bled; for example, Mayer serves homemade skutini štruklji (with cottage cheese).

ECO-NAVIGATION

Sustainable Waste Management in Slovenia:

Slovenia is actively working to reduce waste, particularly single-use plastic and food waste. Nine local authorities are taking part in the Zero Waste initiative, which has helped prevent 15,000 tonnes of waste from being generated. Please help us look after the environment – sort your waste and dispose of it in the appropriate bins.



PACKAGING

Plastic cutlery and cups, plastic bottles and tin cans, plastic and aluminium foil, and polystyrene packaging.



PAPER AND CARDBOARD

Envelopes and paper, newspapers and magazines, paper packaging, cardboard.



GLASS

Bottles, glass containers (preserving jars).



RESIDUAL WASTE

Cork stoppers/plugs, broken ceramics and porcelain.



ORGANIC WASTE

Paper napkins, paper handkerchiefs and towels, biodegradable (wooden) cutlery, vegetable and fruit waste, and food scraps.

PARTNERS



POWERED BY:

I FEEL
SLOVENIA



**MAD
WAVE**



Exploring new horizons – since 1986

I  **SUPERSPORT**



BER
HUG



GET READY IN ADVANCE! 2026-2027 SWIMS!

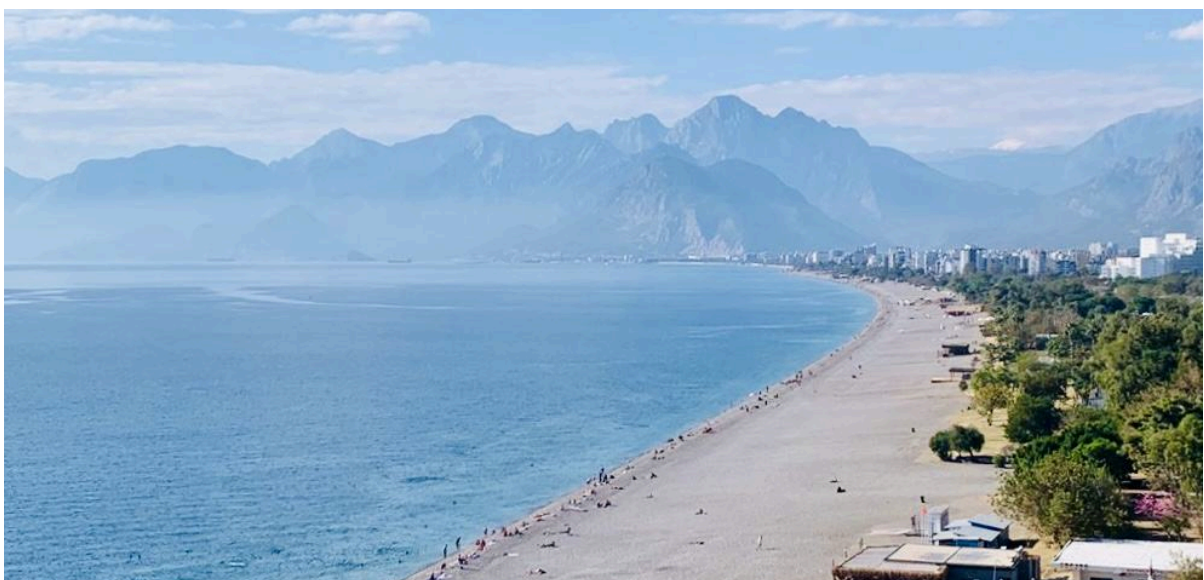


X-WATERS Montenegro 2026

Two Towns, Two Islands, One Fjord!

Date: September 26-27th, 2026
Location: Montenegro, Risan,
Beach of the hotel Mövenpick Kotor Bay
Distances: 1 mile, 4,5 k, 7 k, 500 m,
Night 750 m, X-KIDS

[Registration](#)

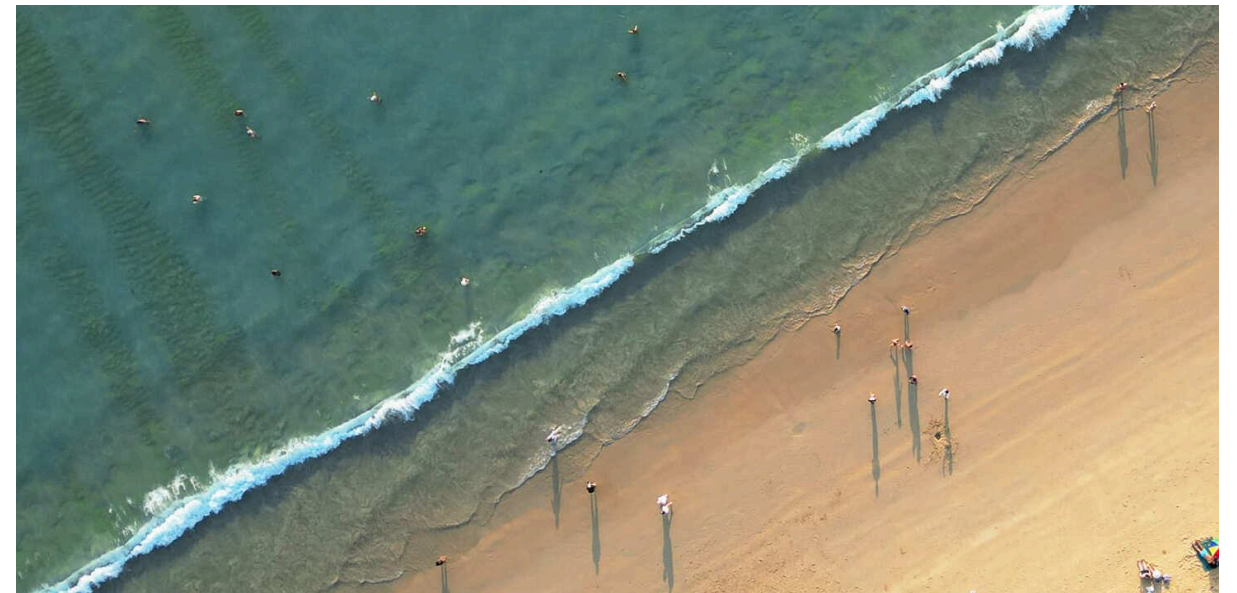


X-WATERS Antalya 2027

Swim the Mediterranean Dream!

Date: May 8-9th 2027
Location: Turkiye, Antalya, Konyaalti
Beach Park
Distances: 500 m, 1 mile, 4 k, 8 k

[Registration](#)



X-WATERS Thailand 2027

Exotical, Tropical, Smiling!

Date: March 27th 2027
Location: Thailand, Phuket Island
Distances: 1 k, 3 k, 5 k, 2x1 k, 1 k
finswimming, X-KIDS

[Registration](#)



X-WATERS Belgrade 2027

Swim Beyond your Limits Feel the
Freedom!

Date: coming soon
Location: Ada Ciganlija Lake, Serbia,
Belgrade
Distances: 500 m, 1 mile, 3 km, 5 km, X-
KIDS, relay

[Registration](#)

X·WATERS

**DON'T FAWN
JUST SWIM**

X-WATERS.COM

welcome@x-waters.com

