

# ATHLETE'S GUIDE

*2019 CONSTANTA ETU SPRINT*

*TRIATHLON EUROPEAN CUP*

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**TRIATHLON** <sup>SPRINT</sup>  
**EUROPEAN CUP**  
**CONSTANTA 2019**

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**ETU**

H3ROES  
ARE *MADE*

**H3RO**  
TRICHALLENGE  
*FLAT FAST FUN*



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# 1. GENERAL INFORMATION

## 1.1. INTRODUCTION

Welcome, triathletes, to the 11th TriChall3nge Competition, the H3RO Weekend!

We promise you a great event, that will easily exceed your expectations.

We welcome you with our 10 years extended experience in organizing top level triathlons, working at the highest level, with major names like ITU and Ocean Lava.

## 1.2. KEY DATES

Information about the registration, briefing, course familiarization and race start

**Friday, 20 september 2019:**

- Registration for AgeGroup races: Rex Hotel Parking
- Registration for ETU Cup: [Hotel Complex Mediteranean](#)
- Aquathlon AgeGroup Race

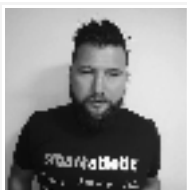



**Saturday, 21 september 2019:**


- Supersprint, Sprint, Olympic AgeGroup Triathlon
- ETU Sprint European Cup

**Sunday: 22 september 2019:**

- Long distance H3RO AgeGroup Triathlon

## 1.3. KEY CONTACTS

	<p><b>VLAD</b> Stoica                      Event director</p> <p><a href="mailto:vlad.stoica@smartatletic.ro">vlad.stoica@smartatletic.ro</a></p>	<p><b>RAQUEL</b> González Cascales                      Technical Delegate</p> <p><a href="mailto:raquelgcascales@gmail.com">raquelgcascales@gmail.com</a></p>
	<p><b>GABRIEL</b> Solomon                      Race director</p> <p><a href="mailto:gabriel.solomon@smartatletic.ro">gabriel.solomon@smartatletic.ro</a>                      +40 741.040.219</p>	<p><b>PETER</b> Klosz                      President FRTRI</p> <p><a href="mailto:klosz.peter@frtri.ro">klosz.peter@frtri.ro</a></p>
	<p><b>TEODORA</b> Dragusin                      Media Relations</p> <p><a href="mailto:teodora.dragusin@smartatletic.ro">teodora.dragusin@smartatletic.ro</a>                      +40 752.222.261</p>	 <p><b>ALEXANDRA</b> Moise                      Client Service Responsible</p> <p><a href="mailto:alexandra.moise@smartatletic.ro">alexandra.moise@smartatletic.ro</a></p>

	<p><b>SABINA Sarbu</b>                  Transfers and accommodation</p> <p><a href="mailto:sabina.sarbu@smartatletic.ro">sabina.sarbu@smartatletic.ro</a>                  +40 728.161.761</p>		
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### 1.4. LOC CONTACT DETAILS

**Organizer:**





**Smartatletic team**

Address: Str. Hagi Maria Moscu nr. 1, interfon 001 (demisol), Sector 1, București, ROMANIA

E-mail: [inscrieri@smartatletic.ro](mailto:inscrieri@smartatletic.ro)

Facebook: [facebook.com/smartatletic/](https://facebook.com/smartatletic/)

**Event team**

	<p><b>BOGDAN Antohe</b>                  Operations manager</p>		<p><b>DAN Cristea</b>                  Logistics Responsible</p>
	<p><b>CARMEN Nae</b>                  Financial manager</p>		<p><b>MIHAI Vigariu</b>                  Sports manager</p>

### 1.5. EVENT WEBSITE

All the information about the H3ro triathlon Festival can be found on the official website:

<http://h3ro.org/en/>

## 2. VENUE

### 2.1. RACE VENUE

Your hosts for the event are the Black Sea city of **Constanta** and its crown jewel resort, Mamaia. You will run and bike through the streets and alleys of the most desired summer holiday destination and one of the fastest developing resorts in Central Europe.

#### Event office

The main event area is placed in the parking area of Hotel Rex:

[Grand Hotel Rex \(click to see map\)](#)

Constanta 900001

Latitude: 44.24802 | Longitude: 28.622379

#### Swim

The swim will be in the Black Sea with a beach start. The area is in the back of the Grand Hotel Rex. The swim will consist of one loop of 750m

#### Transition

The transition area will be on the road in front of Grand Hotel Rex. The distance from the swimming start to the transition is approximately 400m.

#### Cycling

The cycling portion will take place on loop of 3.5 km between the transition area and Mamaia Nord. There will be 6 laps for a total distance of 21km

#### Running

Will take place on the beach promenade and will consist of 2 laps of 2.5km

#### Finish area

Will be in the Grand Hotel Rex parking area

### 2.2 FAMILIARIZATION

#### Friday, 20 september 2019.

- TBD - Bike course familiarization
- TBD - Swim familiarization

#### Safety instructions:

Athletes need to take into consideration that regular traffic for the cycling course. During the race, the road will be closed.

### 2.3. ATHLETE'S LOUNGE

Location: beside transition zone

## 2.4. ATHLETES' RACE PACKAGE

Race package can only be picked up after entry fee is paid.

- Entry fee: 70 EUR (330 lei)

For payment details and invoice please contact us on [inscrieri@smartatletic.ro](mailto:inscrieri@smartatletic.ro)

Athletes' race package pick-up time is before and after the briefing. Accreditation Cards will be distributed after briefing. Timing chips and swimming caps will be distributed before the race.

## 2.5. DOPING CONTROL

Doping Control will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

## 2.6. SECURITY

Private security service will be provided on race days.

# 3. ACCOMMODATION

Accommodations start at Starting with 34 euro / room / day

For complete offer, please [click here](#)

For reservations, please contact:

Sabina SARBU

Mobile: +40 728161761

E-mail: [sabina.sarbu@smartatletic.ro](mailto:sabina.sarbu@smartatletic.ro)



## 4. TRANSFER AND TRANSPORT

### Arriving by plane:

Constanta has an international airport called Mihail Kogalniceanu Intl. Airport, 20 km north-west of the city. The airport is connected to the city by a bus which operates 2 times per day. The bus stops near the Central Station.

At the airport, we recommend the use of the automatic taxi teller devices. You may choose Uber for good quality transportation for roughly 100 Euro from Bucharest to Constanta - the equivalent of 25 Euro for four people, but with limited or no space for bikes. Also, Clever Taxi and Black Cab are reliable services, available through dedicated apps for both Android and iOS.

### Arriving by train:

Constanta's train station has connections with the rest of the country. There are five daily trains to/from Bucharest during off-season and more trains in summer and the trip takes between 2.5-3 hours, depending on the type of train. A second class ticket costs roughly 90 Lei (19 euro).

### Arriving by car:

The most popular route is the Bucharest-Constanta A2 highway, which is quite new and in excellent condition. There is a tax of 11 lei (2.3 euro) to cross the bridge over the Danube. You can rent a car at Autonom - [www.autonom.ro](http://www.autonom.ro), as well as at the international chains Hertz and Avis.

### Arriving by bus

Plenty of buses connect Constanta with the rest of the country. Throughout the day, Bucharest buses leave towards Constanta every 45 minutes starting at 06:00. The trip takes about 3.5 hours. Tickets costs 40-60 Lei (8.5-12.5 euro) and are usually bought from the driver.

### Information on transfer:

LOC will provide grouped transfer from Bucharest International Airport (Otopeni) in vans (max number of people is determined by number of bikes and luggage size (for example: 4-5 bikes, 6-8 persons).

Send us an email with the following details no later than the 10.09.2019

- The date, time and number of your flights
- Number and dimensions of all your luggage (including bike box)

Or complete [this form](#)

We will then endeavour to find the best option for you (depending on the time of your flight and the number of athletes that can join you). Exact price and timings of our offer will be confirmed within the next three days - no later than 13.09.2019

### Please note

The prices include luggage and bike box. We are aiming to provide options with 2h max waiting time (however, the driver will wait if there is a case of a late flight)

## Local transport:

When in Constanta, there are several ways to get by, in the city:

- **Taxi:**  
Taxi Start, on average 1.99 Lei (0.42 Eur). Then, on average 1.99 Lei (0.42 Eur) per kilometre during daytime, 2.99 Lei (0.63 Eur) during the night, 3.49 (0.73 Eur) outside the city limits and 19.90 Lei (4.2 Eur) per hour, if waiting. Taxis do not accept credit card payments.
- **Public Transport:**  
One-way ticket, 1.5 Lei (0.32 Eur).

## 5. ATHLETE SERVICES

### 5.1. TRAINING FACILITIES

#### **SWIM**

Open water swim is possible at any time at the sea side except during the saturday age-group races

#### **BIKE**

Cycling on Bd. Mamaia (the race course) is possible on all days except during the age-group race on saturday and sunday (between 8:00 and 16:00).

Please have in mind, that the roads are not closed, if you are going on your own. The roads are closed only for the official races.

#### **RUN**

The running course is a promenade closed to traffic and can be used outside the race times.

### 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available before and during the training sessions and during the race. Medical and Paramedical personnel will be available throughout the race. One Ambulance Car will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Emergency telephone number: 112

### 5.3. BIKE MECHANICAL SERVICE

Official bike service partner will be provided on race day.

For bike parts and small service on days before the race please contact our partners:

- **Triathlon gear supply:** [www.trisport.ro](http://www.trisport.ro) and available on the spot in the sport expo
- **Bike gear:** [www.mosionroata.ro](http://www.mosionroata.ro) and available on the spot in the sport expo
- **Swim gear:** [www.tyr-sport.ro](http://www.tyr-sport.ro) and available on the spot in the sport expo

## 6. COMPETITION INFORMATION

### 6.1. COMPETITION SCHEDULE

#### 6.1.1. WOMEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY,20 sept 2019.	18:00		Athlete's briefing	Hotel Complex Mediteranean
FRIDAY,20 sept 2019.	17:30		Athlete registration	Hotel Complex Mediteranean
SATURDAY,21 sept 2019.	13:00	13:50	Athlete Lounge check in	REX Hotel Parking
SATURDAY,21 sept 2019.	13:00	13:50	TA check in	REX Hotel Parking
SATURDAY,21 sept 2019.	13:00	13:50	Swim warm-up	REX Hotel Parking
SATURDAY,21 sept 2019.	13:45		Calling area	REX Hotel Beach
SATURDAY,21 sept 2019.	13:50		Athletes introduction	REX Hotel Beach
SATURDAY,21 sept 2019.	14:00		Start	REX Hotel Beach
SATURDAY,21 sept 2019.	18:00		Award Ceremony	REX Hotel Parking

#### 6.1.2. MEN

DAY	START	END	ACTIVITY	LOCATION
FRIDAY,20 sept 2019.	18:00		Athlete's briefing	Hotel Complex Mediteranean
FRIDAY,20 sept 2019.	17:30		Athlete registration	Hotel Complex Mediteranean
SATURDAY,21 sept 2019.	15:00	15:50	Athlete Lounge check in	REX Hotel Parking
SATURDAY,21 sept 2019.	15:00	15:50	TA check in	REX Hotel Parking
SATURDAY,21 sept 2019.	15:00	15:50	Swim warm-up	REX Hotel Parking
SATURDAY,21 sept 2019.	15:45		Calling area	REX Hotel Beach
SATURDAY,21 sept 2019.	15:50		Athletes introduction	REX Hotel Beach
SATURDAY,21 sept 2019.	16:00		Start	REX Hotel Beach
SATURDAY,21 sept 2019.	18:00		Award Ceremony	REX Hotel Parking

## 6.2. COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

## 6.3. ATHLETE'S BRIEFING

Friday, 20 of september 2019, at 18:00

Hotel Complex Mediteranean: <https://goo.gl/maps/cW481Mi7Azy275f17>

## 6.4. TIMING CHIPS

On race day athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

## 6.5. RESULTS

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org).

## 6.6. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules

# 7. ACCREDITATION

The LOC will provide an official Accreditation Cards. Accreditation Cards will be distributed before Race briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

# 8. OTHER USEFUL INFORMATION

- **LANGUAGE:** Romanian  
most young Romanians are also fluent in English and good at Italian, French, Spanish or German.
- **POPULATION:** Zagreb - 806,920; Croatia - 4,128,264
- **CURRENCY:** Lei (RON), 1 EUR = 4.8 lei, 1 GBP = 5.6 Lei, 1 USD = 4.2 Lei
- **TIME:** CET + 1
- **ELECTRICITY:** 230 V || 50 Hz. European plug in
- **TELEPHONE CONNECTIONS:** ROU prefix +40

## 9. COURSE MAPS



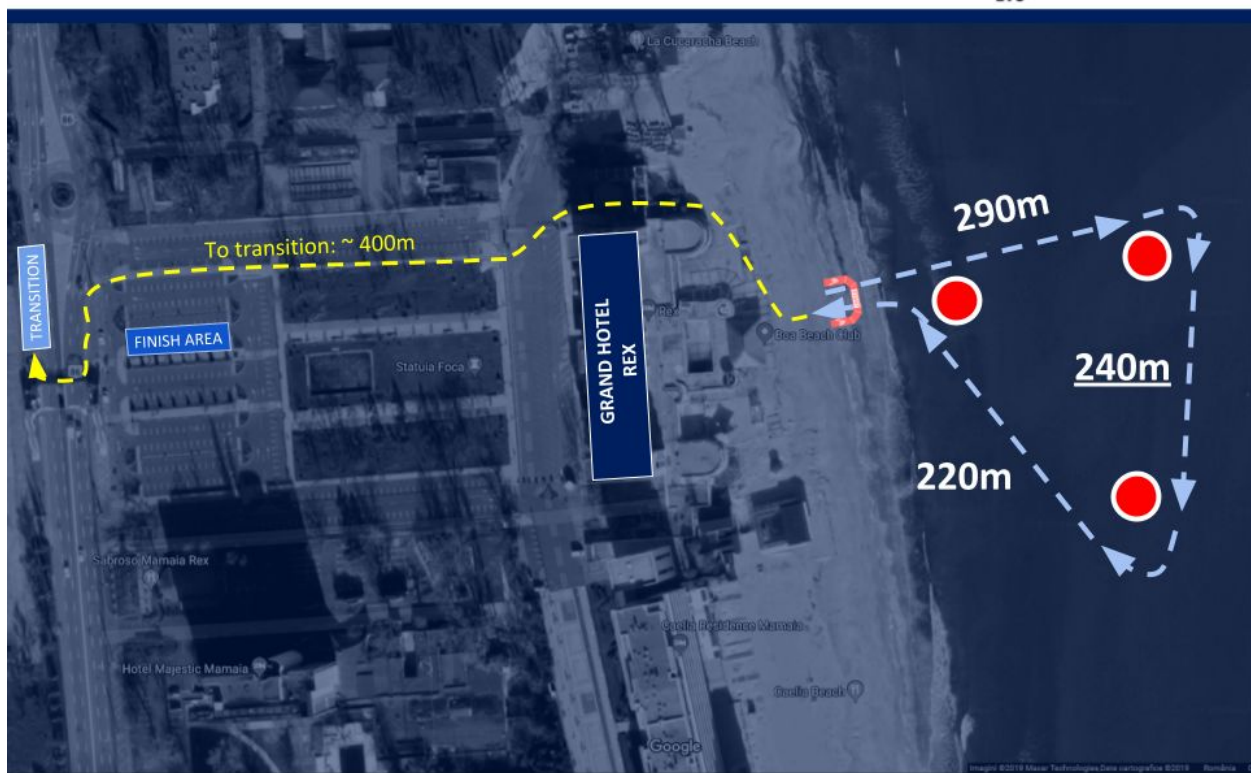
### SWIM COURSE

<b>Start procedures:</b> BEACH START	<b>Number of laps:</b> 1	<b>Distance:</b> 750 m	<b>Average Water temperature:</b> 20° C
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The Race Referee with the assistance of Technical Officials will start each race.

[\[click on map for large file\]](#)

## SWIM COURSE



## TRANSITION

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes unrack the bike by moving forward into the centre lane and towards the mount line.

[\[click on map for large file\]](#)

## TRANSITION



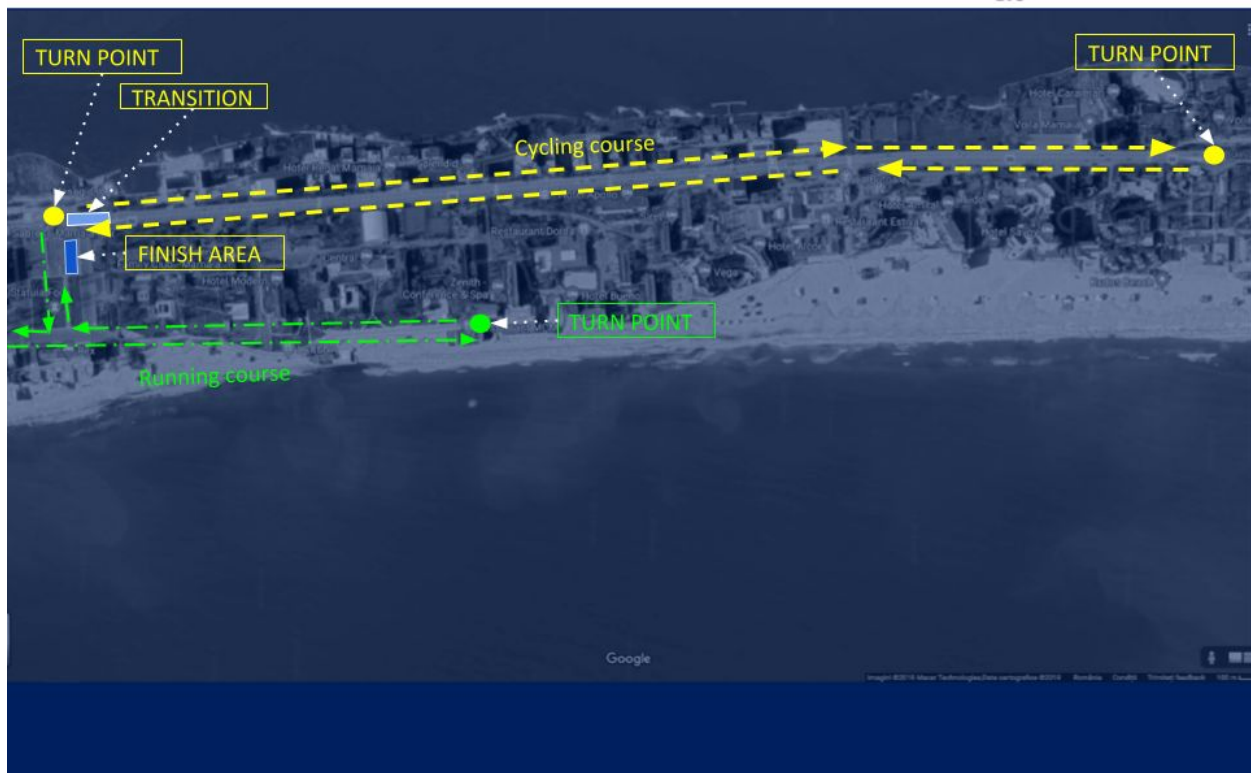
 **BIKE COURSE**

<b>Course type:</b> Single road lap	<b>Lap length:</b> 3.6 km	<b>Laps:</b> 6	<b>Distance:</b> 21km
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Race will be held on one side of a major boulevard with 3 lanes on each side. The side used by the event is closed to traffic and is flat.

[\[click on map for large file\]](#)

**CYCLING COURSE**



**RUN COURSE**

<b>Course type:</b> Single road lap	<b>Lap length:</b> 2.5 km	<b>Laps:</b> 2	<b>Distance:</b> 5 km
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Description: beside sea, completely flat  
 One aid station, 300 meters from the T2.  
 Penalty box located on run turning point closer to transition/finish zone.

[\[click on map for large file\]](#)

**RUNNING COURSE**





Good luck!

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ARE *MADE*

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TRICHALLENGE  
FLAT FAST FUN