ATHLETE’S GUIDE

TRANSILVANIA ETU 2019 MULTISPORT TRIATHLON EUROPEAN CHAMPIONSHIPS

CROSS TRIATHLON

TRANSILVANIA MULTISPORT TRIATHLON FESTIVAL EUROPEAN CHAMPIONSHIPS TIRGU MURES 2019 ETU
1. GENERAL INFORMATION

1.1. INTRODUCTION

"I have had so many very positive reports about the events delivered in Transylvania and of course, I have seen the great advertising and original branding that really raises the profile of these events. 2019 will be my chance to experience this all first-hand as I will be attending the Târgu Mureș ETU Multisport European Championships.

RENATO BRETRANDI
President European Triathlon Union

From a regional event, back in 2016, to a successful Cross Duathlon event in 2017 and then as the host venue in 2018 for both Cross Duathlon and Cross Triathlon, the city has shown it can welcome, accommodate and support large numbers of athletes. It is for ETU an essential that racing is affordable and this is something that has been delivered by the LOC in Transylvania.

A hard-working and dedicated team with strong ties across the local community will deliver a series of races; sprint and standard duathlon, cross triathlon, cross duathlon, Aquabike, Aquathlon and of course the Middle Distance Triathlon. Alongside these main events, I see that there are a number of side events, including the now famous “Dracula Night Run and Night Swim”. Something for everyone.

With over 1,600 athletes registered, this is going to be a wonderful opportunity for athletes from all over Europe and, from a look at the lists, a few visitors from outside Europe, to share racing experiences, test themselves over challenging courses and to make and renew friendships.

See you in Transylvania very soon “
1.2. KEY DATES

28 June
«The Parade of the Nations» - Tîrgu Mureș; Theater Square - The Medieval Fortress (Expo, Registration & Briefing Zone)
«Opening ceremony», concert, fireworks - Medieval Fortress
Time interval: 18:30 – 21:00

29 June
«Cross Triathlon European Championship» - elite, junior, para, AG - Tîrgu Mureș: Sports Complex Muresul - Cornești Plateau
Medal ceremony: Medieval Fortress 19:00 - 20:00

30 June
«Duathlon Sprint European Championship» - elite, junior, para, AG - Tîrgu Mureș: Victory Square - Theater Square - Medieval Fortress
Medal ceremony: Medieval Fortress 19:00 - 20:00

July 1
«Dracula Night Run» - Amateur Running Competition Tîrgu Mureș: Cornești Plateau

July 2
«Cross Duathlon European Championship» - elite, junior, para, AG - Sovata: Ursu Lake - Salt Route
Medal ceremony: Medieval Fortress 19:00 - 20:00

July 3
«Duathlon Standard European Championship» - AG - Transylvania Motor Ring
«Dracula Kids Duathlon» - Bicycle and Running Competition - Transylvania Motor Ring
Medal ceremony: Medieval Fortress 19:00 - 20:00

July 4
«Dracula Kids Aquathlon» - swimming and running competition for children Tîrgu Mureș, Sport Complex Muresul
«Dracula Night Swim» - amateurs swimming competition Tîrgu Mureș, Sports Complex Muresul

July 5

«Aquathlon European Championship» - elite, junior, para, AG - Tîrgu Mureș: Sports Complex Muresul
Medal ceremony: Medieval Fortress 19:00 - 20:00

July 7

«Middle Distance European Triathlon Championship» and «Aquabike European Championship» - elite, para, AG - Sangeorgiu de Padure Village and Lake Bezid
«The closing ceremony», concert, fireworks - the Medieval Fortress 20:00 - 22:00

1.3. KEY CONTACTS
Name and contact details of:
- Event manager & Duathlon, Duathlon Sprint & Aquathlon Race Director: Peter Klosz +40743416873, klosz.peter@frtri.ro
- Race Director Cross Triathlon & Cross Duathlon: Istvan Besenyei +40722993578
- Race Director Middle Distance Triathlon: Philip Stoica +40748676850
- Technical delegate:
  Daniel Martin (AUS) mail@danielmartin.at
  Miguel Alejandro Fernandez Vazquez (ESP) +34620755790
  Dora Rozsa (HUN) +31611620997
- Athlete services manager:
  Airport Transfer - Avram Izabella – avram.bella17@gmail.com
  Accommodation - Amza Margarit – reservation@transilvaniamultisport.ro
  Registration - Adina Dușa - dia27a@yahoo.com

1.4. CONTACT DETAILS
Romanian Triathlon Federation Tîrgu Mureș, street Lapușna, nr. 6C, Peter Klosz +40743416873, office@frtri.ro

1.5. EVENT WEBSITE
Here is the link to the Transylvania Cross Multisport Festival website: www.transilvaniamultisport2019.ro
1.6. EVENT ORGANISER

Sports Club Master Ski&Bike Târgu Mureș, street Lapușna, nr. 6C, Târgu Mureș, Mureș Region

Website: http://masterskibikeclub.ro/

1.7. HOST NATIONAL FEDERATION

Romanian Triathlon Federation, street Constantin Stahi, 14/1, Bucharest
Website: http://www.frtri.ro

ACCENTURE TRANSILVANIA 2019 ETU CROSS TRIATHLON EUROPEAN CHAMPIONSHIPS 29 JUNE 2019

2. CROSS TRIATHLON EUROPEAN CHAMPIONSHIPS

2.1. RACE VENUE

There are two venues:

1. Main venue: Cross Duathlon, T2 for Cross Triathlon, Dracula Night Run: this venue is the Cornești Plateau sports and recreation area in the top of the hill, almost in the middle of the city. From City Centre this is a 25 minutes’ walk and 10 minutes by car.

2. Swim venue: Swim and T1 for Cross Triathlon, Dracula Night Swim: Sports Complex Mureșul - "Weekend Complex"- recreational area Târgu Mureș. From City Centre this is a 25 minutes’ walk and 10 minutes by car to street Plutelor.
VENUE 1 - Cornești Plateau

VENUE 2 - Sports Complex Mureșul - "Weekend Complex"
2.2. COURSE FAMILIARIZATION

Friday, June 28

SWIM

- Swim course familiarization start from Sports Complex Mureșul, Olympic Swimming Pool: 12:00

BIKE & RUN

Bike course familiarization starts from Cornești Plateau Restaurant

- Elite, U23, Para, Junior & Age Group athletes’ bike course familiarization escorted / full course: 14:00
- Elite, U23, Para, Junior & Age Group athletes’ run course familiarization escorted / full course: 15:00

2.3. ATHLETE’S LOUNGE

Elite, U23, Junior & Para

Facilities including an athletes’ lounge and toilets are provided for the athletes close to the finish area. Secondary Athletes’ lounge position, for Cross Triathlon close for the swim start. Sealed bottles of water and fruit will be provided to the athletes before and after the race. Physiotherapist for massage in recovery zone

2.4. ATHLETES’ RACE PACKAGE

Age Group - Registration/Packet Pick-up - Friday 28 June – Medieval Castle – Expo Zone from 12:00 till 20:00

Elite - Friday 28 June – Medieval Castle – Expo Zone from 18:30, after Athlete Briefing

2.5. DOPING CONTROL

Doping control will be performed according to the international anti-doping rules and standards. The doping control facilities are located at the main venue, next to the athletes’ lounge.
## 2.6. COMPETITION SCHEDULE

### Friday 28 June 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration/Packet Pick-up</td>
<td>12:00 - 20:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Elite, U23, Junior &amp; Para</td>
<td>16:00 - 17:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manager &amp; Age Group</td>
<td>17:00 – 18:00</td>
<td>Medieval Castle</td>
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</tbody>
</table>

### Saturday 29 June 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition 2 Open – AG Check-in</td>
<td>06:00 – 06:45</td>
<td>Cornești Plateau</td>
</tr>
<tr>
<td>Transition 1 Open – AG Check-in</td>
<td>06:30 – 07:45</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 1 – AGM16 – AGM30</td>
<td>08:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 2 – AGM35 -AGM40</td>
<td>08:05</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 3 – AGM45 -AGM50</td>
<td>08:10</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 5 – AGM55 -AGM80</td>
<td>08:15</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 6 – All Female 7 Open</td>
<td>08:20</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Transition 2 Open – Junior &amp; Para</td>
<td>11:20 – 11:50</td>
<td>Cornești Plateau</td>
</tr>
<tr>
<td>Transition 1 Open – Junior &amp; Para</td>
<td>11:30 – 12:10</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships Junior &amp; Para</td>
<td>12:20</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Transition 2 Open – Elite Men &amp; Women</td>
<td>13:50 – 14:20</td>
<td>Cornești Plateau</td>
</tr>
<tr>
<td>Transition 2 Open – Elite Men &amp; Women</td>
<td>14:00 – 14:45</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships Elite Men &amp; Women</td>
<td>14:55 ; 14:58</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Medal Ceremony – all categories</td>
<td>19:00</td>
<td>Medieval Castle</td>
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</tbody>
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2.7. INFORMATION ABOUT THE FIELD OF PLAY

Elite, U23 and Age Groups

Swim = 1000 m (1 lap) Bike = 23.4 km (3.75 km +3 laps) Run = 6.2 km (2 laps)

Junior & Para

Swim = 500 m (1 lap) Bike = 10.3 km (3.75 km + 1 laps) Run = 3.1 km (1 lap)

The swimming part for Cross Triathlon will take place in Sports Complex Mureșul, distance from T1 to bike lap 1.4 km, bike and run course will take place at Cornești Plateau, almost 100% in forest.

Swim course

- Elite, U23, AG = 1 km/lap in the lake, Juniors & Para = 500 m/lap

Bike Course

- Each lap = 6.55 km in the forest, technical, fast, elevation 195 m/lap

Run course

- Each lap = 3.1 km in the forest, technical, elevation 109 m/lap

Wheel Stations

NO wheel station – athletes need to carry theirs bike tools.

Aid Stations

- There will be 1 aid station on the run course.

Littering zones

- Clearly marked littering zones will be on both bike and run courses. More information will be provided at the race briefing.
Run Penalty box

- There will be 1 run penalty box. It will be located before the Transition zone.

Coaches areas – Elite, U23, para and Junior only

- There will be 2 coaches areas (next to the transition area and next to the penalty box).

2.8. COURSE MAPS
BIKE T1 TO T2

CROSS TRIATHLON EUROPEAN CHAMPIONSHIPS
BIKE COURSE LINK T1 TO T2
3.75 KM · 151 ASCENT

CROSS TRIATHLON - BIKE COURSE

1 LAP · 6.55 KM ELEVATION 195 M/LAP
ELITE & AGE GROUP: 3 LAPS + LINK T1 TO T2: 23.4 KM
JUNIOR & PARA: 1 LAP + LINK T1 TO T2: 10.3 KM
2.9. COMPETITION RULES

The Transylvania Cross Duathlon European Championship & Cross Triathlon European Championships will conform to the current ITU Competition Rules.

3. ACCOMMODATION


3.2. LOC: special race packages
Prices in double rooms in 2 ** and 3 *** hotels with breakfast in Tîrgu Mureș:
* Cross package 28.06 - 03.07 - 129 euro/pers for 5 nights
* Duathlon standard package 01 - 03.07 - 89 euro/pers for 3 nights
* Aquathlon package 03 - 06.07 - 89 euro/pers for 3 nights
* Half distance package 03 - 08.07 - 129 euro/pers for 5 nights
Extra nights 30 euro/pers/night, single rooms 30% plus

4. TRANSFER AND TRANSPORT

The LOC will provide transportation for athletes and officials from Cluj International Airport, Cluj- Napoca & Tîrgu Mureș Transylvania Airport
For booking and prices please contact Avram Izabella: avram.bella17@gmail.com

5. ATHLETE’S SERVICES

5.1. TRAINING FACILITIES

SPORTS COMPLEX MUREȘUL “MURESUL AQUAPARK” – several pools and one Olympic pool – entry fee needed

BIKE
Mountain Bike: Tîrgu Mureș - Cornești Plateau – several MTB tracks – not marked
Road Bike: high

RUN
Tîrgu Mureș - Cornești Plateau – 1, 35 km tartan track - 24/7 open

5.2. MEDICAL SERVICES

Medical services will be provided at the venue during each official activity (course familiarizations/competitions)

DESIGNATED HOSPITAL

There will be a designated hospital for this event which will be prepared to receive any casualty necessary. There is considerable local expertise in treating the undead.

The designated hospital for this event is:

Regional Emergency Hospital Mureș
5.3. BIKE MECHANICAL SERVICE

Bike partners:

- EASY RIDER BIKE SHOP - Târgu Mureș, street Gheorghe Doja 15
- TUDOR CITY BIKECOOL - Târgu Mureș, street Înfrățirii 15
- BIKE TRADE - Târgu Mureș, street Predeal 22

5.4. 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.

5.5. RESULTS

Results will be uploaded live at the ITU official website www.triathlon.org. Please inform if there is any live coverage.

All the Results information will be distributed to the Team Leaders at the Information Centre – Expo Zone – Medieval Castle.

5.6. PROTEST & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

6. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIP, media, technical staff, security personnel, volunteers, etc. an official Accreditation Card or identification bracelet.

Accreditations (identification bracelet) will be distributed at LOC Office & Registration – Târgu Mureș Medieval Castle Expo Zone. Only accredited people will be allowed to access certain venue areas. Accreditation Cards (identification bracelet) provide access to specific areas of the competition areas.

All accredited people are advised to carry their Accreditation Cards (identification bracelet) with them at all times and to show them upon request. Accreditation Cards (identification bracelet) are mandatory to enter at the venue.
7. OTHER USEFUL INFORMATIONS

Could be and is not limited to:
7.1. LANGUAGE: Romanian, Hungarian
7.2. POPULATION: Romanian, Hungarian
7.3. CURRENCY: Romanian Lei, 1 euro = 4, 75 lei
7.4. TIME: CET+ 1
7.5. ELECTRICITY: 230 V, European plug in
7.6. WATER:
7.7. TELEPHONE CONNECTIONS: ROU prefix +40
7.8. LOC OFFICE: Tîrgu Mureș street Lapușna 6C - until 27 June (8:00-16:00) and from 27 June until 8 July - Medieval Castle (8:00 – 20:00)

8. ADVANTAGE 2 YOU – TRANSILVANIA CARD

Discounts in partner restaurants, drugstores, services and shuttle bus services between venues for "Transilvania Advantage2You" cardholders.

Shuttle buses will circulate in the following way:
* 01-02 July Tîrgu Mureș- Sovata- Tîrgu Mureș
* 02-03 July Tîrgu Mureș- MotoRing- Tîrgu Mureș
* 06-07 July Tîrgu Mureș- Bezid Lake- Tîrgu Mureș
Bus schedule will be annunced till 20 June

Transilvania Advantage2You Card - in Multisport Official Store- Expo Zone- Tîrgu Mureș Medieval Castle

CROSS TRIATHLON

2019

TRANSILVANIA
european championships