ATHLETE’S GUIDE

TRANSILVANIA ETU 2019 MULTISPORT TRIATHLON EUROPEAN CHAMPIONSHIPS

28 JUNE – 7 JULY 2019
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 “
“In last couple years Romania and Transylvania hosted a lot of international events like Cross Duathlon, Cross Triathlon and Wintertriathlon European Championships or Wintertriathlon World Championships. In 2019 the Romanian Triathlon Federation invites you to participate to a true triathlon festival between 28 June - 7 July in heart of Transilvania, in Targu Mures.

We think, we are ready to offer you an unforgettable experience, a beautiful opening ceremony, six European Championships organized on the highest level and many related events, but especially we want to offer your our friendship and hospitality.”

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@transilvianiamultisport.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.transilvianiamultisport2019.ro

1.6. EVENT ORGANISER
Sports Club Master Ski&Bike Tîrgu Mureș, street Lapușna, nr. 6C, Tîrgu Mureș, Mureș Region
Website: http://masterskibikeclub.ro/

1.7. HOST NATIONAL FEDERATION
Romanian Triathlon Federation, street Constantin Stahî, 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 Tîrgu Mures. 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>Activity</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>
</tr>
</tbody>
</table>

**Saturday 29 June 2019**

<table>
<thead>
<tr>
<th>Activity</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>Corneşti Plateau</td>
</tr>
<tr>
<td>Transition 1 Open – AG Check-in</td>
<td>06:30 – 07:45</td>
<td>Sports Complex Mureşul</td>
</tr>
<tr>
<td><strong>Start European Championships</strong></td>
<td><strong>08:00</strong></td>
<td><strong>Sports Complex Mureşul</strong></td>
</tr>
<tr>
<td>AG – wave starts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transition 2 Open – Junior &amp; Para</td>
<td>11:20 – 11:50</td>
<td>Corneşti Plateau</td>
</tr>
<tr>
<td>Transition 1 Open – Junior &amp; Para</td>
<td>11:30 – 12:10</td>
<td>Sports Complex Mureşul</td>
</tr>
<tr>
<td><strong>Start European Championships</strong></td>
<td><strong>12:20</strong></td>
<td><strong>Sports Complex Mureşul</strong></td>
</tr>
<tr>
<td>Junior &amp; Para</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transition 2 Open – Elite Men &amp; Women</td>
<td>13:50 – 14:20</td>
<td>Corneşti Plateau</td>
</tr>
<tr>
<td>Event</td>
<td>Time</td>
<td>Location</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>---------------</td>
<td>---------------------------------</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>
</tr>
</tbody>
</table>

### 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.
2. DUATHLON SPRINT EUROPEAN CHAMPIONSHIPS

2.1. RACE VENUE

Targu Mures City Center

Duathlon Sprint Venue will be located in Targu Mures City Center – Piata Trandafirilor & Piata Victoriei, with Finish in front of Mures County Hall and Palace of Culture.
2.2. COURSE FAMILIARIZATION

Saturday, 29 June 2019

BIKE

Bike familiarization - Elite, U23, Junior & Age Group start front of Mures County Hall at: 08:00

2.3. ATHLETES’ RACE PACKAGE

Age Group - Registration/Packet Pick-up – Saturday 29 June – Medieval Castle, Targu Mures – Expo Zone from 12:00 till 20:00

2.4. 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.

2.5. COMPETITION SCHEDULE

Saturday, 29 June 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Familiarization</td>
<td>08:00 – 09:00</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Registration/Packet Pick-up</td>
<td>12:00 - 20:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manger &amp; Age Group</td>
<td>17:00 - 18:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Elite, U23, Junior &amp; para</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>
### Sunday, 3 July 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition Open – AG Check-in</td>
<td>07:30–08:10</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td><strong>Start European Championships</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AG – wave 1 – AG Male AGM18 – AGM40</td>
<td>08:30</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>AG – wave 2 – AG AGM45 – AGM80</td>
<td>08:34</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>AG – wave 2 – AG Female all categories, open male</td>
<td>08:38</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Transition Open – Junior Male &amp; Female, Para</td>
<td>09:45-10:20</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td><strong>Start European Championships</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Male</td>
<td>10:30</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Junior Female</td>
<td>10:30</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Para</td>
<td>10:34</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Transition Open – Elite Male &amp; Female</td>
<td>11:15–11:50</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td><strong>Start European Championships</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elite Male</td>
<td>12:00</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td>Elite Female</td>
<td>12:05</td>
<td>City Center - County Hall</td>
</tr>
<tr>
<td><strong>Medal Ceremony – all categories</strong></td>
<td>19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>

### 2.7. INFORMATION ABOUT THE FIELD OF PLAY

**Elite, U23 and Age Groups**

- Run 1 = 5 km (4 laps), Bike – 20 km (5 laps), 2 Run = 2.5 km (2 lap)

**1 Run course**

- Each lap = 1.25 km elevation 0 m/lap
- 1<sup>st</sup> run 4 laps = 5 km

**Bike course**
• Each lap 5 km – asphalt, flat, elevation 15 m/lap
• 4 laps

2 Run course

• Same like 1st run course,
• 2nd run 2 laps = 2.5 km

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 finish zone.

2.8. COURSE MAPS

DUATHLON SPRINT RUN COURSE
1 lap 1.25 km elevation: 0 m/lap
1st run: 4 laps - 2nd run: 2 laps
2.9. COMPETITION RULES
Duathlon Standard it will be DRAFT ILLEGAL race. The Transylvania Duathlon Standard European Championships will conform to the current ITU Competition Rules.

TRANSILVANIA 2019 ETU CROSS DUATHLON EUROPEAN CHAMPIONSHIPS 2 JULY 2019

2.1. RACE VENUE

Sovata – Lake Tineretului – Tivoli -

Sovata City located at 55 km from Targu Mures it is a popular health resort. The geological events in 1875 gave birth to the Bear Lake in Sovata, which is unique in Europe, its water being helio-thermal and salty, with purported therapeutic effects
for chronic gynecological symptoms, severe rheumatic pains, peripheral nervous system and post-accidental motor diseases

Venue it will be located near from Tineretului or Tivoli Lake, second major lake in Sovata in middle of the forest

2.2. COURSE FAMILIARIZATION

Monday, July 1

BIKE & RUN

- Bike & Run familiarization start from Tivoli (Tineretului) Lake at: 14:00 all categorie
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 – Monday 1 July – Medieval Castle, Targu Mures – Expo Zone from 12:00 till 20:00
Elite, U23, Junior & Para - Monday 1 July – Medieval Castle, Targu Mures – Expo Zone from 18:30, after Athlete Briefing

2.5. SHUTTLE BUS SERVICE

Shuttle buses will connect Targu Mures Medieval Castle with Cross Duathlon Venue in briefing & familiarization day 1 July and race day 2 July, both direction

1 July
12:00 – 12:30 from Tirgu Mures Medieval Castle to Sovata Cross Duathlon Venue
15:30 – 16:30 from Sovata Cross Duathlon Venue to Tirgu Mures Medieval
19:00 – 19:30 from Tirgu Mures Medieval Castle to Sovata Hotels

2 July
06:00 – 06:30 from Tirgu Mures Medieval Castle to Sovata Cross Duathlon Venue
15:00 – 15:30 1 wave from Sovata Cross Duathlon Venue to Tirgu Mures Medieval
17:00 – 17:30 2 wave from Sovata Cross Duathlon Venue to Tirgu Mures Medieval
20:30 – 21:00 from Tirgu Mures Medieval Castle to Sovata Hotels

2.6. 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.

2.7. COMPETITION SCHEDULE

**Monday, 1 July 2019**

<table>
<thead>
<tr>
<th>Activity</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>Bike &amp; Run familiarization all categories</td>
<td>14:00 – 15:30</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manger &amp; Age Group</td>
<td>17:00 – 18:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Elite, U23, Junior &amp; Para</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>

**Tuesday, 2 July 2019**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition Open – AG Check-in</td>
<td>07:30 – 08:15</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships AG – wave 1 – AG Male all categories</td>
<td>08:30</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships AG – wave 2 – AG Female all categories</td>
<td>09:30</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships AG – wave 3 – Open M/F</td>
<td>10:00</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Transition Open – Junior Male &amp; Female, Para</td>
<td>11:00-11:45</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships - Junior Male</td>
<td>12:00</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships - Junior Female</td>
<td>12:02</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships - Para</td>
<td>12:04</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Transition Open – Elite Male &amp; Female</td>
<td>13:45 – 14:15</td>
<td>Sovata, Lake Tivoli</td>
</tr>
<tr>
<td>Start European Championships Elite Male</td>
<td>14:30</td>
<td>Sovata, Lake Tivoli</td>
</tr>
</tbody>
</table>
### 2.7. INFORMATION ABOUT THE FIELD OF PLAY

**Elite, U23 and Age Groups**

- Run 1 = 7 km (2 laps), Bike – 20.4 km (4 laps), 2 Run = 3.5 km (1 lap)

**Junior and Para**

- Run 1 = 3.5 km (1 lap), Bike – 10.2 km (2 laps), 2 Run = 1.7 km (1/2 lap)

#### Run course

- Each lap = 3.5 km cross country, hilly & technical
- Elite, U23, AG 1st run 2 laps, 2nd run 1 lap, Junior & Para - 1st run 1 lap, 2nd run 1/2 lap

#### Bike course

- Each lap 5.1 km – cross country, hilly
- Elite, U23, AG = 4 laps, Junior & Para - 2 laps

#### 2 Run course

- Elite, U23, AG 1 lap * 3.5 km
- Junior & Para ½ lap * 1.75 km

#### Aid Stations

- There will be 2 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 finish 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
2.9. COMPETITION RULES

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

TRANSILVANIA 2019 ETU
DUATHLON STANDARD
EUROPEAN CHAMPIONSHIPS
3 JULY 2019
*Draft illegal*

2.1. RACE VENUE
Transilvania Motor Ring

Transylvania Motor Ring is an object in the public domain of Mures County and management of the County Council. Transylvania Motor Ring (TMR) can accommodate any competing car, running and cycling that can take place on a circuit of asphalt.
Location

The circuit is located 4 km from the national road DN 15 (E 60) Turda - Targu Mures - Toplita - Borsec and 1.70 kilometers of road DJ 151 B Ungheni - Upper chapel - county limit Sibiu.

2.2. COURSE FAMILIARIZATION

Tuesday, 2 July 2019

BIKE & RUN

Bike & Run familiarization Motor Ring - Duathlon Venue at: 14:00

2.3. ATHLETES’ RACE PACKAGE

Age Group - Registration/Packet Pick-up – Thursday 2 July – Medieval Castle, Targu Mures – Expo Zone from 12:00 till 20:00
2.4. SHUTTLE BUS SERVICE

Shuttle buses will connect Targu Mures Medieval Castle with Motor Ring - Duathlon Venue in briefing & familiarization day 2 July and race day 3 July, both direction.

Distance between Targu Mures City Center to Motor Ring 20 km

2 July
12:30 – 13:30 from Tirgu Mures Medieval Castle to Motor Ring - Duathlon Venue
15:30 – 16:30 from Motor Ring - Duathlon Venue to Tirgu Mures Medieval

3 July
07:00 – 08:00 from Tirgu Mures Medieval Castle to Motor Ring - Duathlon Venue
13:30 – 15:30 from Motor Ring - Duathlon Venue to Tirgu Mures Medieval

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

Tuesday, 2 July 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration/Packet Pick-up</td>
<td>12:00 - 20:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Bike &amp; Run Familiarization</td>
<td>14:00 – 15:00</td>
<td>Motor Ring - Duathlon Venue</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manager &amp; Age Group</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>

Wednesday, 3 July 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition Open – AG Check-in</td>
<td>08:30 – 09:40</td>
<td>Motor Ring - Duathlon Venue</td>
</tr>
<tr>
<td>Start European Championships AG – wave 1 – AG Male AGM18 – AGM40</td>
<td>10:00</td>
<td>Motor Ring - Duathlon Venue</td>
</tr>
<tr>
<td>Start European Championships AG – wave 2 – AG AGM45 – AGM80</td>
<td>10:03</td>
<td>Motor Ring - Duathlon Venue</td>
</tr>
</tbody>
</table>
2.7. INFORMATION ABOUT THE FIELD OF PLAY

Age Groups

Run 1 = 10 km (4 laps), Bike – 37.5 km (5 laps), 2 Run = 5 km (2 lap)

1 Run course

- Each lap = 2.5 km elevation 17 m/lap
- 1st run 4 laps = 10 km

Bike course

- Each lap 37.5 km km – perfect asphalt, technical, elevation 24m/lap
- 5 laps

2 Run course

- Same like 1st run course,
- 2nd run 2 laps = 5 km

Aid Stations

- There will be 2 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 finish zone.
2.8. COURSE MAPS

DUATHLON STANDARD - RUN COURSE

1 LAP - 2.5 KM ELEVATION 17 M/LAP
AGE GROUP : 1 RUN 4 LAPS : 10 KM
AGE GROUP : 2 RUN 2 LAPS : 5 KM

TRANSILVANIA MOTOR RING

DUATHLON STANDARD - BIKE COURSE

1 LAP - 7.5 KM ELEVATION 24 M/LAP
AGE GROUP : 5 LAPS : 37.5 KM

TRANSILVANIA MOTOR RING
2.9. COMPETITION RULES

Duathlon Standard it will be DRAFT ILLEGAL race. The Transylvania Duathlon Standard European Championships will conform to the current ITU Competition Rules.

TRANSILVANIA 2019 ETU
AQUATHLON
EUROPEAN CHAMPIONSHIPS
5 JULY 2019

2. AQUATHLON EUROPEAN CHAMPIONSHIPS

2.1. RACE VENUE

Sports Complex Mureşul - "Weekend Complex" - recreational area Târgu Mures. From City Centre this is a 25 minutes’ walk and 10 minutes by car to street Plutelor.

Sports Complex Mureşul - "Weekend Complex"
2.2. COURSE FAMILIARIZATION

Thursday, July 4

SWIM

- Swim course familiarization start from Sports Complex Mureșul, Olympic Swimming Pool: 12:00 elite, U23 & Junior, 13:00 Age Group

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 – Thursday 4 July – Medieval Castle, Targu Mures – Expo Zone from 12:00 till 20:00

Elite, U23, Junior & Para - Friday Thursday 4 July – Medieval Castle, Targu Mures – 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

Thursday, 4 July 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>Swim course familiarization Elite, U23, Junior &amp; Para</td>
<td>12:00 – 12:30</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Swim course familiarization AG</td>
<td>12:30 – 13:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Athlete Briefing: Elite, U23, Junior &amp; Para</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manger &amp; Age Group</td>
<td>19:00 – 20:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>

Friday 5 July 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition Open – AG Check-in</td>
<td>07:30 – 08:45</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 1 – AGM16 – AGM30</td>
<td>09:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 2 – AGM35 -AGM45</td>
<td>09:30</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 3 – AGM55 -AGM80</td>
<td>10:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 5 – AGF16 -AGM35</td>
<td>10:30</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships AG – wave 5 – AGF16 -AGM35</td>
<td>11:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Transition Open – Para</td>
<td>10:30-11:15</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships Para</td>
<td>11:30</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Transition Open – Elite, U23, Junior Men</td>
<td>12:15 – 12:45</td>
<td>Sports Complex Mureșul</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start European Championships Elite, U23, Junior Men</td>
<td>13:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Start European Championships Elite, U23, Junior Women</td>
<td>14:00</td>
<td>Sports Complex Mureșul</td>
</tr>
<tr>
<td>Medal Ceremony – all categories</td>
<td>19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>

2.7. INFORMATION ABOUT THE FIELD OF PLAY

Elite, U23, Junior, Para and Age Groups

Swim = 1000 m (1 lap) Run = 5 km (4 laps)

Swim course
- Elite, U23, AG, Junior, Para = 1 km/lap in the lake

Run course
- Each lap = 1.25 km flat – totally 4 laps

Aid Stations
- There will be 2 aid station on the run course.

Littering zones
- Clearly marked littering zones will be on 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 finish 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

AQUATHLON - SWIM COURSE 1 LAP - 1 KM

TRANSILVANIA ETU MULTISPORT

AQUATHLON RUN COURSE
4 LAP - 1 LAP : 1.25 KM
2.9. COMPETITION RULES

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

TRANSILVANIA 2019 ETU
MIDDLE DISTANCE TRIATHLON & AQUABIKE
EUROPEAN CHAMPIONSHIPS
7 JULY 2019
*Draft illegal*

2. MIDDLE DISTANCE TRIATHLON & AQUABIKE

2.1. RACE VENUE

Bezid Lake – swim venue + T1

Bezid Lake is an artificial lake in Romania, Transylvania, Mureș county 35 km from Targu Mures. instead of the lake was the village of Bozod which was flooded by water, stood at the site of the lake, and today only a few ruined buildings remained in the village

Sângheorgiu de Pădure - T2 and FINISH

English : Saint George on the Heath, Hungarian: Erdőszentgyörgy German: Sankt Georgen auf der Heide is a town in Mureș County at 32 km from Targu Mures.

The grave of Claudia Rhedey, grandmother of Queen Mary of England, is placed in the crypt of the Reformed church which was renovated in 1936 from donation of Queen Mary of England, great-granddaughter of count Rhedey and grandmother of Queen Elisabeth II of Great Britain and British royal family.
Location T1 and START: Bezid Lake
Location T2 and FINISH: Sangeorgiu de Padure str. Morii & str. Nicolae Balcesu

2.2. COURSE FAMILIARIZATION

Saturday, 6 July 2019

SWIM

Swim familiarization Bezid Lake at: 11:00

BIKE

Bike familiarization Bezid Lake at: 12:00
2.3. ATHLETES’ RACE PACKAGE
Age Group - Registration/Packet Pick-up – Saturday 6 July – Medieval Castle, Targu Mures – Expo Zone from 12:00 till 20:00

2.4. SHUTTLE BUS SERVICE

Shuttle buses will connect Targu Mures Medieval Castle with Bezid Lake briefing & familiarization day 6 July and race day 7 July, both direction
Distance between Targu Mures City Center to Bezid Lake 35 km

6 July
09:30 – 10:30 from Tirgu Mures Medieval Castle to Bezid Lake
14:00 – 15:00 from Bezid Lake to Tirgu Mures Medieval

7 July
05:00 – 06:00 from Tirgu Mures Medieval Castle to Bezid Lake
14:00 – 17:30 from Bezid Lake to Tirgu Mures Medieval

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

Saturday. 6 July

<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>Bike &amp; Run Familiarization</td>
<td>11:00 – 13:00</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Athlete Briefing: Elite</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
<tr>
<td>Athlete Briefing: Team Manger &amp; Age Group</td>
<td>18:00 - 19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>
Sunday, 7 July 2019

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition T2 Open – Check– in</td>
<td>06:30 – 08:45</td>
<td>Sangeorgiu de Padure</td>
</tr>
<tr>
<td>Transition T1 Open – Check– in</td>
<td>06:30 – 08:45</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 1 – Elite Men</td>
<td>09:00</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 2 – Elite Women</td>
<td>09:02</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 3 – AG Male AGM18 – AGM35</td>
<td>09:06</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 4 – AG Male AGM440 – AGM45</td>
<td>09:08</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 5 – AG Male AGM50 – AGM80</td>
<td>09:10</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 6 – AGF18 – AGF40</td>
<td>09:12</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance – wave 7 – AGF45 – AGF80</td>
<td>09:14</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships AQUABIKE – wave 8 – all Men category</td>
<td>09:16</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships AQUABIKE – wave 9 – all Women category</td>
<td>09:18</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance - wave 10 – Paratriathlon</td>
<td>09:20</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Start European Championships Middle Distance/Aquabike – wave 11 – Open</td>
<td>09:22</td>
<td>Bezid Lake</td>
</tr>
<tr>
<td>Medal Ceremony – all categories</td>
<td>19:00</td>
<td>Medieval Castle</td>
</tr>
</tbody>
</table>
2.7. INFORMATION ABOUT THE FIELD OF PLAY

Elite, Para & Age Groups

Swim = 1.9 km (1 lap), Bike – 83 km (4 laps), Run = 5 km (4 lap)

Swim course

- 1900 m – 1 lap
- Expected water temperature 21 C

Bike course

- 83 km - total elevation 900 m – asphalt, technical and hilly
- 4 lap * 20 km and 3 km link to T2

Run course

- 20 km – elevation 20 m
- 4 lap * 5 km

Aid Stations

- There will be 2 aid station on the run course and 1 aid station in the bike 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 and 1 bike penalty box
2.8. COURSE MAPS
2.9. COMPETITION RULES

Duathlon Standard it will be DRAFT ILLEGAL race. The Transylvania Duathlon Standard 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. ATHELETE’S SERVICES

5.1. TRAINING FACILITIES

SWIM
Sports Complex Mureșul “Muresul Aquapark” – several pools and one Olympic pool – entry fee needed

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

RUN
Târgu 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
Str. Dr. Gh. Marinescu nr. 50, cod: 540136, Târgu Mureș, Mureș, tel: 037265-3100

5.3. BIKE MECHANICAL SERVICE

Bike partners:

- EASY RIDER BIKE SHOP - Târgu Mureș, street Gheorghe Doja 15
- TUDOR CITY BIKECOOL - Târgu Mureș, street Înfațirii 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 INFORMATION
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 Mureş 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 announced till 20 June

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


Shuttle buses between Tîrgu Mures – Sovata

1 July
12:00 – 12:30 from Tîrgu Mures Medieval Castle to Sovata Cross Duathlon Venue
15:30 – 16:30 from Sovata Cross Duathlon Venue to Tîrgu Mures Medieval 19:00 – 19:30 from Tîrgu Mures Medieval Castle to Sovata Hotels

2 July
06:00 – 06:30 from Tîrgu Mures Medieval Castle to Sovata Cross Duathlon Venue
15:00 – 15:30 1 wave from Sovata Cross Duathlon Venue to Tîrgu Mures Medieval
17:00 – 17:30 2 wave from Sovata Cross Duathlon Venue to Tîrgu Mures Medieval
20:30 – 21:00 from Tîrgu Mures Medieval Castle to Sovata Hotels

Shuttle buses will connect Targu Mures Medieval Castle with Motor Ring - Duathlon Venue in briefing & familiarization day 2 July and race day 3 July, both direction

2 July
12:30 – 13:30 from Tîrgu Mures Medieval Castle to Motor Ring - Duathlon Venue
15:30 – 16:30 from Motor Ring - Duathlon Venue to Tirgu Mures Medieval

3 July
07:00 – 08:00 from Tirgu Mures Medieval Castle to Motor Ring - Duathlon Venue
13:30 – 15:30 from Motor Ring - Duathlon Venue to Tirgu Mures Medieval

**Shuttle buses will connect Targu Mures with Bezid Lake:**

6 July 09:30 – 10:30 from Tirgu Mures Medieval Castle to Bezid Lake
6 July 04:00 – 05:00 from Bezid Lake to Tirgu Mures Medieval
7 July 05:00 – 06:00 from Tirgu Mures Medieval Castle to Bezid Lake
7 July 14:00 – 17:30 from Bezid Lake to Tirgu Mures Medieval

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

GOOD LUCK ! SUCCES ! SOK SZERNCSÉT !