

 Europe
Triathlon
Balkan
Championships

Izvorani
2024



Athletes' Guide





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1 General Information

1.1 Introduction

Welcome to Romania for the Izvorani Triathlon Balkan Championships!

We are thrilled to host athletes and fans from across the region in our beautiful country. Romania's rich history, vibrant culture, and warm hospitality await you. May this championship be filled with outstanding performances, new friendships, and unforgettable memories. Enjoy your time here and best of luck to all the competitors!

Competitions will take place in Nicolae Navasart Sport Complex – Izvorani, Romania - located 40km from the city center of Bucharest in the protected area of Snagov forest reservation



Romania





1.2. Key dates

Date	Time	Activity	Location
04/10/2024	18:00	Athletes briefing Sprint (Elite)	Nicolae Navasart Sport Complex
05/10/2024	09.00 11.30 14:00 16:30	Start Women Sprint (Elite) Start Men Sprint (Elite) Start Sprint (Junior, Open AG race) Start Supersprint (Cadets)	Nicolae Navasart Sport Complex
05/10/2024	13.00 18:00	Medal Ceremony (Elite) Medal Ceremony (Sprint, Supersprint AG, Junior, Cadets)	Nicolae Navasart Sport Complex
5/10/2024	19:00	Mixed Relay briefing	Nicolae Navasart Sport Complex
06/10/2024	10:00	Mixed Relay race start	Nicolae Navasart Sport Complex
06/10/2024	12:30 13:00 16:00	Mixed Relay Balkan Medal Ceremony (Elite) and National CH Medal Ceremony (Elite) Tri Kids Start Trikids Medal Ceremony	Nicolae Navasart Sport Complex

1.3. Key contacts

Role	Name	Email	Phone
Race director	Solomon Gabriel	gabriel@yoloevents.ro	+40.744 640 908
Technical Delegate – Elite sprint	Nataša Preis - Bedenik	shangrilanata@gmail.com	+385 91 56 82 789
Technical Delegate – Junior sprint	Istvan Besenyei	Istvan.besenyei@triatlonromania.ro	+4072233957 8
Technical Delegate – Trikids and AG races	Blaga Radu	rblaga@yahoo.com	+4072421171 2
Technical Delegate – Mixed Relay	Istvan Besenyei	Istvan.besenyei@triatlonromania.ro	+4072233957 8
Medical Delegate	Iulia Staicu, dr med.	iulia.staicu20@gmail.com	+4075809664 6
Athlete services manager	Andrei Andresiu	andrei.andresiu@triatlonromania.ro	+40 728 868 983
Airport Transfers, Accommodation Manager	Andrei Andresiu	andrei.andresiu@triatlonromania.ro	+40 728 868 983
Europe Triathlon office	Maryia Charkouskaya-Tarasevich	etu_hq@etu.triathlon.org	+32 478 825 456



1.4. Contacts details

LOC contact: Romanian Triathlon Federation

Andrei Andresiu

1 Hagi Moscu Maria Street, ap1, interfon 01, Sector 1, Bucharest

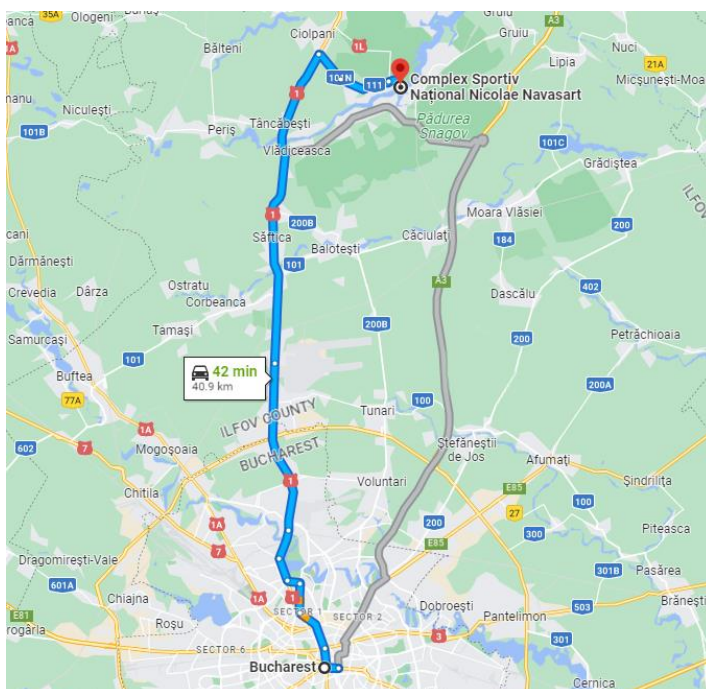
Ovidiu Burghilea

+40 763 820 423, office@triatlonromania.ro

2 Venue

2.1. Race venue

Nicolae Navasart Sport Complex – Izvorani, Romania - located 40km from the city center of Bucharest in the protected area of Snagov forest reservation





2.2 Course familiarisation

Swim familiarization: Friday, 4.10.2024.

14:00 - 14:45 Supersprint course

15:00 – 16:00 Sprint Course

Bike familiarization: Friday, 4.10.2024.

16:00 - 16:20, one lap with Start near the Transition zone

2.3. Athletes' lounge

Location: Nicolae Navasart Sport Complex – Izvorani, Romania

Recovery zone close to the finish area.

2.4. Athletes race package

Entry fees:

Individual Sprint: 70,00 eur

Individual Sprint Juniors, AG open: 35,00 eur

Supersprint; 30,00 eur

Mixed relay: 120,00 per team

Tri kids: free

Bank details:

Romanian Triathlon Federation

Banca Comerciala Romana

SWIFT: RNCBROBUXXX

IBAN: RO39 RNCB 0498 1316 9932 0003

Race package pick-up

Location: Nicolae Navasart Sport Complex – Izvorani, Romania

Elite Men and Woman:

Registration: 17:00-18:00

Race Package pick-up: 18:30 (after the briefing)

All other Categories:

Registration and Race Package pick-up: 18:00 – 20:00



2.5. Doping control

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

2.6. Security

Nicolae Navasart Sport Complex – Izvorani, Romania has its own security personnel

2.7. LOC office

Nicolae Navasart Sport Complex – Izvorani, Romania

Contact Person: Ovidiu Burghilea, +40763820423, office@triatlonromania.ro

Opening hours:

Friday, 05 th October 2024	8:00 – 20:00
Saturday, 06 th October 2024	06:30 – 20:00
Sunday, 06 th October 2024	06:30 – 17:30

3 Accommodation

Airport Transfers, Accommodation:

Andrei Andresiu - andrei.andresiu@triatlonromania.ro, +40 728 868 983

A Sport Hotel Facility exists in the proximity of the Nicolae Navasart Sport Complex – Izvorani. For details, please contact our Transportation and Accommodation Service Manager.

4 Transfer and Transport

Closest Airport:

Bucharest Henri Coanda Otopeni International Airport – 23km distance

Closest Railway Station:

Bucharest Nord Railway Station, 39km distance

Information for transfer. Please contact our Transportation and Accommodation Service Manager, Andrei Andresiu, andrei.andresiu@triatlonromania.ro, +40 728 868 983).



5 Athletes' Services

5.1. Training facilities

SWIM

Lake Snagov, Nicolae Navasart Sport Complex Izvorani, Romania.

No special lifeguard service will be provided, except during swim familiarization and race days.

BIKE

Public road network around the Nicolae Navasart Sport Complex – Izvorani with very limited traffic.

RUN

Sydney 2000 Olympic Sport Complex, 1,8km distance from Nicolae Navasart Sport Complex – Izvorani

5.2. Medical services

First Aid and Emergency Medical Services will be provided at the venue on competition day.

Medical and Paramedical personnel will be available throughout the race.

An ambulance will be available to provide emergency transfers to a nearby hospital.

A medical area will be provided on site, at the post-finish area.

Medical services at the venue are free of charge.

Treatment in public hospitals for emergency services are free of charge.

Treatment in private hospitals is to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

Closest hospital:

Clinical Emergency Hospital Bucharest, 8 Calea Floreasca, Bucharest

Emergency telephone number: **112**

5.3. Bike mechanical service

Bike partner: Ovidiu Burghelea: +400763820423

On site Bike service:

Saturday, 05 th October 2024	08:00 – 13:00
Sunday, 06 th October 2024	08:00 – 11:00



6 Competition schedule

Saturday, 05 th October 2024		
7:45 – 8:45	Athlete Lounge Open Women (Elite)	Nicolae Navasart Sport Complex
8:15 – 8:45	Transition Area Open Women	Nicolae Navasart Sport Complex
8:30 – 8:45	Swim Warm-up Elite Woman	
8:50	Line up Elite Woman	
9:00	Race start Elite Women	Nicolae Navasart Sport Complex
9:00-12:00	Race packs pick-up for CN Triathlon Sprint, Supersprint, Relay and Tri-kids (AG, Junior, Cadets, Tri-kids)	Nicolae Navasart Sport Complex
9:45 – 11:15	Athlete Lounge Open Men (Elite)	Nicolae Navasart Sport Complex
10:45 – 11:15	Transition Area Open – Men	Nicolae Navasart Sport Complex
11:00 – 11:15	Swim Warm-up Elite men	
11:20	Line up Elite men	
11:30	Race start Elite Men	Nicolae Navasart Sport Complex
12:30 – 13:20	Athlete Lounge opening (Junior, AG)	Nicolae Navasart Sport Complex
13:30	Sprint transition opening (Junior, AG)	
13:30	Medal Ceremony Elite	Nicolae Navasart Sport Complex
13:50	Transition close (Junior, AG)	Nicolae Navasart Sport Complex
13:50	Line up Junior Men, Woman, AG	
14:00	Race start Start Sprint (Junior, AG)	Nicolae Navasart Sport Complex
16:00	Supersprint transition opening	Nicolae Navasart Sport Complex
16:20	Transition close	Nicolae Navasart Sport Complex
16:30	Race start Supersprint	Nicolae Navasart Sport Complex
18:00	Medal Ceremony Sprint, Supersprint	Nicolae Navasart Sport Complex
19:00	Mixed Relay briefing	Nicolae Navasart Sport Complex

Sunday, 06 th October 2024		
09:30 – 10:50	Athlete Lounge Open – Mixed Relay Race packs pick-up for Trikids	Nicolae Navasart Sport Complex
9:20	Mixed Relay - Transition Area Open	Nicolae Navasart Sport Complex
9:50	Mixed Relay - transition closed	Nicolae Navasart Sport Complex
10:00	Race start – Mixed Relay	Nicolae Navasart Sport Complex
12:30	Mixed Relay medal ceremony	Nicolae Navasart Sport Complex
12:30 – 12:50	Trikids transition	Nicolae Navasart Sport Complex
13:00	Start Trikids Mixed Relay 9-10 years	Nicolae Navasart Sport Complex
13:40	Start Trikids Mixed Relay 11-12 years	Nicolae Navasart Sport Complex
14:10	Start Trikids Mixed Relay 13 years	Nicolae Navasart Sport Complex
16:00	Medal ceremony Trikids	Nicolae Navasart Sport Complex



6.4. Competition rules

The event follows the latest published Competitions Rules of the World Triathlon (TRI).

6.5. Athletes' briefing

Individual Elite Race	Friday, 04 th October 2024, 18:00	Restaurant, Nicolae Navasart Sport Complex
Mixed Relay	Saturday, 05 th October 2024, 18:00	Restaurant, Nicolae Navasart Sport Complex

6.6. 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 in the athletes' lounge before the competitions, during their check-in procedure.

6.7. Results

Official results will be uploaded live at the World Triathlon official website www.triathlon.org.

For Sprint, Supersprint and Trikids (AG, Junior, Cadets, Trikids) the result will be on <https://results.sporthive.com/for/MAXVELO%20Time>

6.8. Protest & appeals

Standard procedures will be followed according to the current World Triathlon Competition Rules

7 Accreditation

The LOC will provide all the Organising Committee Members, Europe Triathlon Technical Officials, Athletes, VIPs, media, technical staff, volunteers, etc. with an official Accreditation Card.

Info on when and where the accreditations will be distributed

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition. All accredited people are requested to always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.



8 Other useful information

- 8.1. Language : Romanian. Most of the citizens are familiar with English language
- 8.2. Currency: Romanian Lei, 1 euro = 4, 97 lei
- 8.3. Time : CET+ 1
- 8.4 Electricity: 230 V, European plug in
- 8.5 Water: the public water supply network is drinkable water quality



9 Course maps

SWIM COURSE

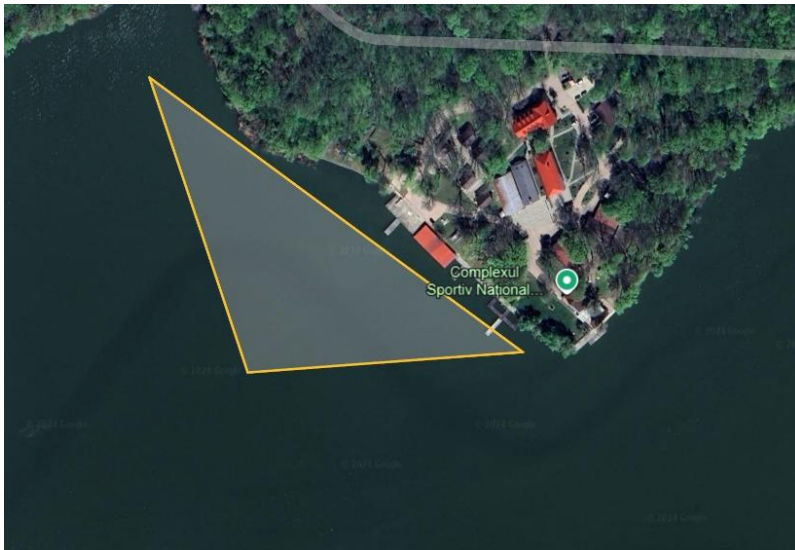
Start procedures: deep water start

Number of laps: 1

SPRINT: 750 m

SUPERSPRINT: 350 m

Average water temperature: $\approx 22^{\circ}\text{C}$ / 79°F



*** yellow swim course on map is for the sprint race



*** red swim course on map is for the supersprint race



TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the Transition area 1 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.

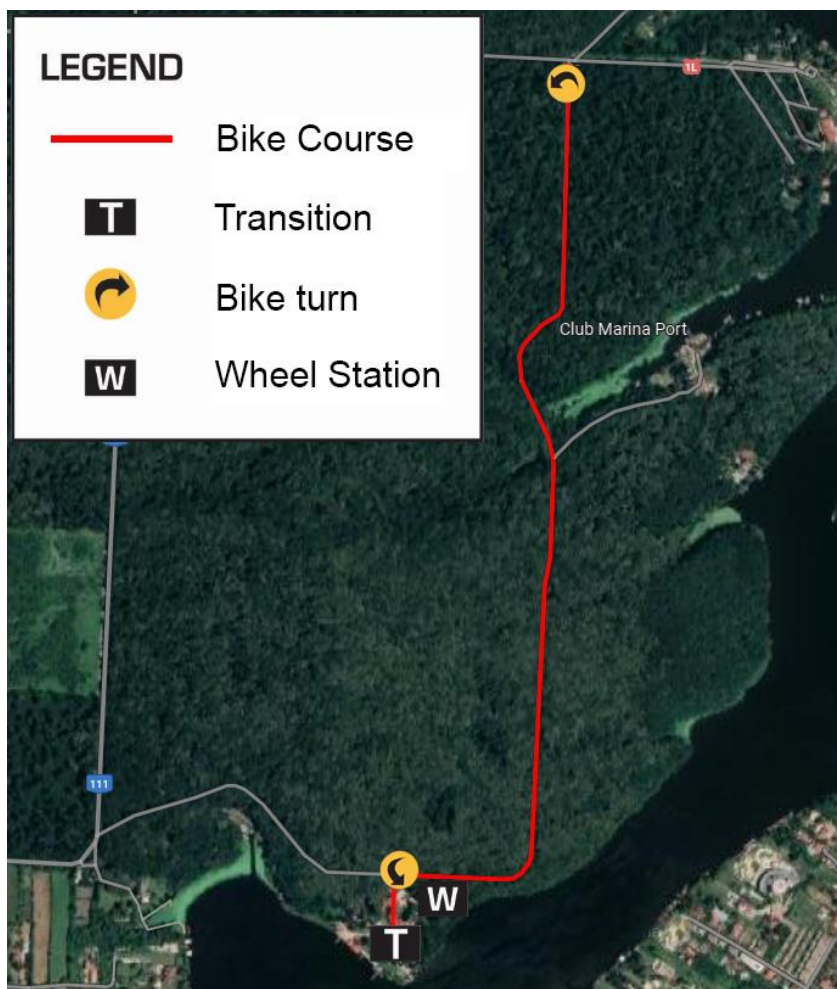
BIKE COURSE

Bike course:

SPRINT: 20 km, 6 laps

SUPERSPRINT: 10 km, 3laps

Location of the team wheel station: close to the beginning of the lap



TRANSITION 2

A flow through transition has been developed to keep athletes moving forward. After the bike leg is completed, athletes rack their bikes and move on the running course.



RUN COURSE

Run course:

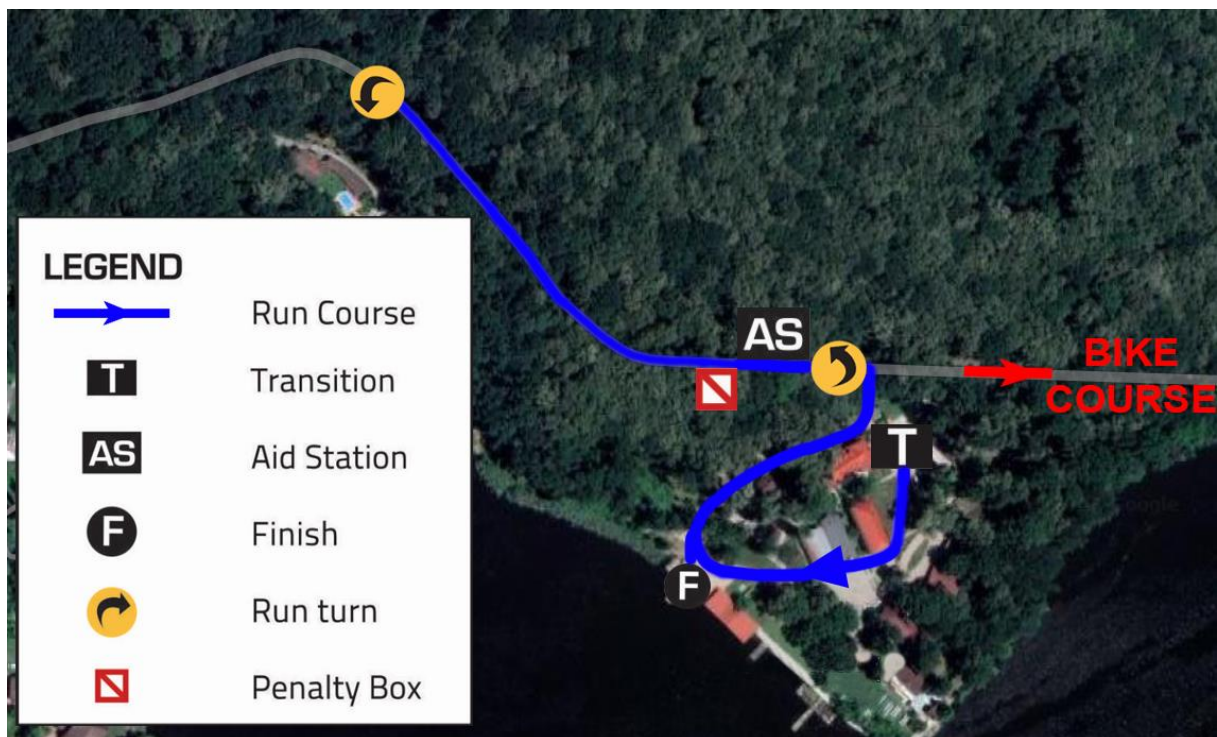
SPRINT: 5 km, 4 laps

SUPERSPRINT: 2.5 km, 2 laps

Surface: asphalt / paved.

One aid station on the right side of the running course, on each lap.

Penalty box location: on the running course, on each lap, 400m before the finish line.





ADDITIONAL INFORMATION

Race distances of Balkan Championships 2024:

Cadets, AG open: Supersprint: 350m swim / 10km bike / 2.5km run

Juniors, Age Group open: Sprint: 750m swim / 20km bike / 5km run

Mixed Relay: 250m swim / 5km bike / 1,5km run

Categories for Balkan Championships 2024.:

Supersprint:	Cadets: 14-15 years (2009, 2010 year of birth)
Sprint:	Junior II: 16-17 years (2007, 2008 year of birth)
Sprint:	Junior I: 18-19 years (2005, 2006 year of birth)
Sprint:	Age groups Men/Woman: 20-24, 25-29, ... 60-64, 65+
Mixed relay 4x1:	Elite

TriKids races:

Trikids relay: team of two athletes (female, male, mixed): distance covered by each athlete:

9-10 years • 50m swimming / 2 km bicycle / 500m running

11-12 years • 100m swimming / 2km cycling / 900m running

13 years old • 150m swimming / 4km bike / 1500m running

Trikids category Relay 2 persons (2x1)

9-10 year (mixed relay boy-boy or girl-girl)

11-12 year (mixed relay boy-boy or girl-girl)

13 years (mixed relay boy-boy or girl-girl or mixed)

Link registration:

SUPERSPRINT:

<https://racehub.ro/register/SupersprintIzvorani2024?language=en-US>

SPRINT (JUNIOR, AG): <https://racehub.ro/register/cnsprint2024?language=en-US>

TEAM RELAY: <https://racehub.ro/register/RelayIzvorani2024?language=en-US>

TRI KIDS: <https://racehub.ro/register/trikids2024?language=en-US>