

ATHLETES GUIDE



WINTERTRIATHLON
EUROPEAN **CHAMPIONSHIPS**
CHEILE GRADISTEI 2020

ETU

CHEILE GRADISTEI

29 FEBRUARY

1 MARCH 2020

Welcome – Renato Bertrandi, ETU President



Cheile Grădiștei has become a firm favourite with our Winter Triathletes and for very good reasons. The venue, located at the Fundata Resort, is a purpose-built one that offers everything we need to stay, train, race and relax.

I am very pleased that once again we will see the very best athletes from Europe come to this venue to defend their titles won last year and to challenge others for the gold medal and the chance to become a European Champion.

Of course, this year the race will be a poignant one, with the tragic loss of Peter Klosz, whose enthusiasm and determination was a spark to others and who so successfully motivated people to deliver so many great events, but this will be a chance for us all to show our support for Triathlon Romania as they begin our racing year.

I would like to thank the new President of Triathlon Romania, Vlad Stoica, the venue hosts, Enel, as the main sponsor and of course the Ministerul Tineretului și Sportului (Ministry of Youth and Sports), for their continued support for this event.

Athletes travelling to Cheile Grădiștei at the end of February will have a chance to meet many old friends and of course make new ones and I am certain that these bonds will be strengthened at the famous after-party that has become such a legend at this event.

The courses you will race over are tough, but the tracks are very well created and the local volunteer team that will assist the highly-trained team of technical officials, led by Andrea Homberger (ITA), are there to ensure your safety and that the race is fair for all.

This event will see the very first of the 2020 ETU Championship medals presented to athletes and I would like to take this opportunity to wish every athlete, coach, technical official, volunteer and spectator a very successful race.

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1 GENERAL INFORMATION

1.1 INTRODUCTION

The purpose of the Athletes Guide is to inform both athletes and team managers about all procedures concerning the Event. The LOC has made every effort to ensure that information are correct and up-to-date. However, Team Managers are advised to check with the Sport Information Center for up-to-date information and last-minute changes.

1.2 EVENT ORGANIZER

Event	European Wintertriathlon Championships Cheile Gradistei 2020
Location	Cheile Grădiștei Resort Fundata
Date	29th February – 01th March 2020
Local Organizing Committee	Romanian Triathlon Federation
LOC Contact	Ovidiu Burghilea +40 763 820 423
E-mail	office@triatlonromania.ro
Website	https://www.triathlon.org/events/event/2020_cheila_gradistei_etu_winter_triathlon_european_championships

1.3 HOST NATIONAL FEDERATION

National Federation	Romanian Triathlon Federation
Contact	Ovidiu Burghilea
E-mail	office@triatlonromania.ro
Website	www.frtri.ro
Facebook	Cheile Gradistei Wintertriathlon European Championships 2020 Federatia Romana de Triatlon
Telephone	+40 763 820 423

1.4 KEY DATES

FRIDAY 28 FEBRUARY		
Activity Times Location	Times	Location
Bike Familiarisation	14:00	Biathlon Arena
Ski Familiarization	15:00	Biathlon Arena
Elite & Junior Athlete Briefing	17:00	Main Restaurant
Age-Group Athlete, TriTeam Briefing	18:00	Main Restaurant
START DRACULA WINTER NIGHT RUN - open trail race 4 km	19:00	Biathlon Arena
SATURDAY 29 FEBRUARY		
Activity Times Location	Times	Location
START Elite, U23 Men Winter Triathlon European Championships	10:00	Biathlon Arena
START Elite, U23 Women Winter Triathlon European Championships	10:02	Biathlon Arena
START Junior Men Winter Triathlon European Championships	12:15	Biathlon Arena
START Junior Women Winter Triathlon European Championships	12:17	Biathlon Arena
START Age-Group Man Winter Triathlon European Championships, TriTeam Relay	14:15	Biathlon Arena
START Age-Group Woman Winter Triathlon European Championships	14:17	Biathlon Arena
START Paratriathlon Winter Triathlon European Championships	14:18	Biathlon Arena
Award Ceremony – Elite, U23, Paratriathlon & Junior	16:00	Main Restaurant
Award Ceremony – Age-Group, TriTeam	16:30 – 18:30	Main Restaurant
Mixed-Relay Coach Briefing	18:30	Main Restaurant
Pursuit Briefing	19:00	Main Restaurant
SUNDAY 1 MARCH		
Activity Times Location	Times	Location
START Mixed-Relay Winter Triathlon European Championships	10:00	Biathlon Arena
START Pursuit Romanian Winter Triathlon Open Championships	12:30	Biathlon Arena
Award Ceremony – Mixed-Relay & Pursuit	16:00	Main Restaurant

This is a prospective schedule. Hours and days may be modified due to weather conditions. For the

detailed schedule have a look at point 4.1 Event Schedule.
The briefings will be held at the **Resort Fundata – Main Restaurant**

1.5 KEY CONTACTS

Function	Name	Email	Contact Number
LOC Service Manager	Ovidiu Burghilea	office@frtri.ro	+40 763 820 423
ETU Technical Delegate	Andrea Homberger	andreahomberger@fitri.it	+39 3355373388
ETU aTD	Attila Kiss	attila@kissattila.ro	+40 749 181 242
Medical Delegate	Dr Casandra Luca	casandra_man@yahoo.com	+40 746 797 327





2 VENUES

2.1 VENUE

Cheile Grădiștei Resort Fundata: touristic complex, biathlon arena & sport centre is situated at 20 km from Bran Castle on a higher zone in the Fundata area. Access is only along a private paved road.

The resort offers beautiful panoramas for the Piatra Craiului Mountains and Bucegi mountains, the freshness and the privacy make the complex to be a place full of beauty and peace.



Neighboring Towns

- Bran: 5 km
- Fundata: 15 km
- Raşnov: 16 km
- Piatra Craiului: 23,5 km
- Braşov: 35 km

2.2 FACILITIES

ATHLETES' LOUNGE – Elite, U23, Junior & Para

Facilities including an athletes' lounge and toilets are provided for the athletes close to the finish area. Sealed bottles of water, hot tea and fruit will be offered to the athletes before and after the race, in the athletes' lounge.

Athletes' lounge check in times:

Elite & U23 29rd February 08:30 – 9:30

Junior Men & Junior Women 29rd February 10:45 – 11:45

All Para athletes 29rd February 13:20 – 13:50

Mixed Relay 1th March 08:30 – 09:30

For MTB cross-country and ski renting, contact: cheilegradistei@gmail.com

2.3 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.

If you have been prescribed medications included in the Prohibited List of the World Anti-doping Agency (WADA), make sure you have received a Therapeutic Use Exemption (TUE) from your National Anti-doping Agency and bring a copy with you.

2.4 MEDICAL SERVICES

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

DESIGNATED HOSPITAL

A designated hospital is 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 Braşov

Calea Bucureşti 25, Braşov 500326 Tel 00 40 268 320 022

2.5 BIKE MECHANIC SERVICE

Bike Mechanic Support will be available in the Biathlon Arena before and during athletes familiarization (Friday) and before and during races (Saturday and Sunday).

2.6 INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at Biathlon Arena next the Athletes' Lounge

Opening hours LOC Office:

Thursday 27 February 14:00 – 19:00

Friday 28 February 10:00 – 19:00

Saturday 29 February 08:00 – 19:00

Sunday 1 March 08:00 – 10:00

For assistance outside these hours, please contact LOC Service Manager: Ovidiu Burghilea +40 763 820 423

2.7 INSURANCE

The LOC has a standard public liability and property damage insurance policy covering the risks of insurable nature under the staging of the event. Athletes and team support personnel must have their own medical insurance.

All athletes competing in an ETU event must have personal insurance coverage guaranteed by their National Federation. This insurance will cover:

Any accident occurring before, during and after any competition;

Any sickness that an athlete could suffer during a trip to a competition or event;

Athlete's liability during the competition.

With their registration for the event, National Federations guarantee the insurance coverage for all athletes.



3 ACCOMODATION & TRANSFERS

3.1 OFFICIAL HOTEL

Cheile Grădiștei – Resort Fundata & Resort Moeciu

Jud. Brașov; Comuna Fundata, 507070

CONTACT & BOOKING:

cheilegradistei@gmail.com

DISTANCE HOTEL-VENUE

*Resort Fundata 5 minutes' walk,

*Resort Moeciu 10 minutes' car

PRICES:

* Accommodation & full board 3*** - 65.00 euro/day/person in double room - 75.00 euro/day/person in single room

* Accommodation & full board 2** - 55.00 euro/ day/person in double room - 65.00 euro/day/person in single room

Including free access to SPA and Sport Facility

Romania's electrical current is 230 V; 50 cycles and sockets take the standard continental European dual round-pin plugs.

3.2 AIRPORT TRANSFERS

The LOC can provide transportation for athletes and officials from București - Otopeni Airport. For booking and prices please contact office@frtri.com

* București - Otopeni International Airport 177 km - Transfer cost: 45 euro/ pers/ way.

4 COMPETITION INFORMATION

4.1 COMPETITION SCHEDULE

FRIDAY 28 FEBRUARY		
Activity Times Location	Times	Location
LOC office open	10:00	Biathlon Arena
Bike Familiarisation	14:00	Biathlon Arena
Ski Familiarization	15:00	Biathlon Arena
Race Packet Pick-Up Age-Group, TriTeam	16:00	Biathlon Arena
Elite & Junior Athlete Briefing	17:00	Main Restaurant
Elite & Junior Race Packet Pick-Up	17:30	Main Restaurant
Age-Group Athlete, TriTeam Briefing	18:00	Main Restaurant
Registration DRACULA WINTER NIGHT RUN	18:30	Biathlon Arena
START DRACULA WINTER NIGHT RUN - open trail race 4 km	19:00	Biathlon Arena
SATURDAY 29 FEBRUARY		
Activity Times Location	Times	Location
LOC office open	07:30	Biathlon Arena
Transition Open Elite, U23 Men & Women Winter Triathlon European Championships	09:00	Biathlon Arena
START Elite, U23 Men Winter Triathlon European Championships	10:00	Biathlon Arena
START Elite, U23 Women Winter Triathlon European Championships	10:02	Biathlon Arena
Transition Open Junior Men & Women Winter Triathlon European Championships	11:20	Biathlon Arena
START Junior Men Winter Triathlon European Championships	12:15	Biathlon Arena
START Junior Women Winter Triathlon European Championships	12:17	Biathlon Arena
Transition Open AG, Para Winter Triathlon European Championships	13:15	Biathlon Arena

Transition Open TriTeam Relay	13:15	Biathlon Arena
START Age-Group Men Winter Triathlon European Championships, TriTeam Relay	14:15	Biathlon Arena
START Age-Group Women Winter Triathlon European Championships	14:17	Biathlon Arena
START Paratriathlon Winter Triathlon European Championships	14:18	Biathlon Arena
Award Ceremony – Elite, U23, Paratriathlon & Junior	16:30	Main Restaurant
Award Ceremony – Age-Group, TriTeam	17:00	Main Restaurant
Award Ceremony – Romanian National Championships	17:45	Main Restaurant
Award Ceremony Dracula Night Run	18:00	Main Restaurant
Mixed-Relay Coach Briefing	18:30	Main Restaurant
Pursuit Briefing	19:00	Main Restaurant
SUNDAY 1 MARCH		
Activity Times Location	Times	Location
LOC office open	07:30	Biathlon Arena
Transition Open Mixed-Relay Winter Triathlon European Championships	09:15	Biathlon Arena
START Mixed-Relay Winter Triathlon European Championships	10:00	Biathlon Arena
START Pursuit Romanian Winter Triathlon Open Championships	12:30	Biathlon Arena
Award Ceremony – Mixed-Relay & Pursuit	16:00	Main Restaurant

4.2 TRAINING

BIKE & RUN & COUNTRY SKI - TRAINING

The course will be marked out from Thursday 27 February. It will be possible to train using the race course every day (except when there are races) between 10:00 and 18:00. Please note, in the case of bad weather the course may be closed. Use sports facility fee: free for Resort Fundata & Resort Moeciu guest and 25 euro/day for other athletes.

4.3 COURSE FAMILIARIZATIONS

BIKE & SKI

Bike & Ski course familiarization start from Biathlon Arena

Friday 28 February

Elite & Junior athletes' bike course familiarization escorted / full course 14:00

Age-Group athletes' bike course familiarization escorted / full course 14:30

Elite, & Junior athletes' country ski course familiarization escorted / full course 15:00

Age-Group athletes' country ski course familiarization escorted / full course 15:30

4.4 COMPETITION RULES

The Winter Triathlon European Championships will conform to the current ITU Competition Rules. (https://www.triathlon.org/about/downloads/category/competition_rules)

MTB characteristics must comply with UCI MTB standards (Union Cyclist International). No Cyclo-cross or gravel bike allowed.

Mixed-Relay

A team is composed of 2 athletes: 1 man and 1 woman, who will compete in the following order: woman, man, woman, man. Each of them will perform a complete winter triathlon. It is available only for elite/U23/junior athletes.

TriTeam Relay

Available only for Age Group, three persons/team the composition by age is indifferent. Each participant from one team has to choose and complete ONE race (run or bike or ski). We have three different categories: women team, mixt team and men team. The touch area will be at the zone before entering in Transition.

Dracula Winter Night Run

This will be an open trail race, even for the supporters and attendants. Anybody can register, it focuses more on the fun than the racing. Distance: 4 KM run.

Pursuit

- * Tracking competition
- * Start list: first 25 men and 10 women with the best times from Age Group Saturday races
- * Available just for Age Group athletes
- * Supersprint format: 1 lap run (1.5 km), 1 lap bike (2.8 km) & 1 lap ski (2 km)
- * Start interval is determined by the results of the Saturday competition, so that the best time starts first, the second follows by 3 seconds and so on, until 25th man and 10th woman.

4.5 INFORMATION ABOUT THE FIELD OF PLAY

Elite and Under 23 events will be held in Standard distances.
Age Group, Junior and Paratriathlon events will be held in Sprint distances.
They can be modified due to weather conditions.

Run course

Each lap = 1,5 km, elevation 40 m

Elite, U23: 4 laps = 6 Km

Junior, Paratriathlon, Age Group, TriTeam Relay: 2 laps = 3Km

Mixed Relay, Pursuit: 1 lap = 1,5 Km

Bike Course

Each lap = 2,8 km, elevation 85 m

Elite, U23: 3 laps = 8,4 Km

Junior, Paratriathlon, Age Group, TriTeam Relay: 2 laps = 5,6 Km

Mixed Relay, Pursuit: 1 lap = 2,8 Km

Ski Course

Each lap = 2 km, elevation 60 m

Elite, U23: 4 laps = 8 Km

Junior, Paratriathlon, Age Group, TriTeam Relay: 2 laps = 4 Km

Mixed Relay, Pursuit: 1 laps = 2 Km

Wheel Station

Personal Wheel Station. Close to Transition Zone.

Aid Station

There will be 1 aid station along the run, bike and ski course.

Littering zone

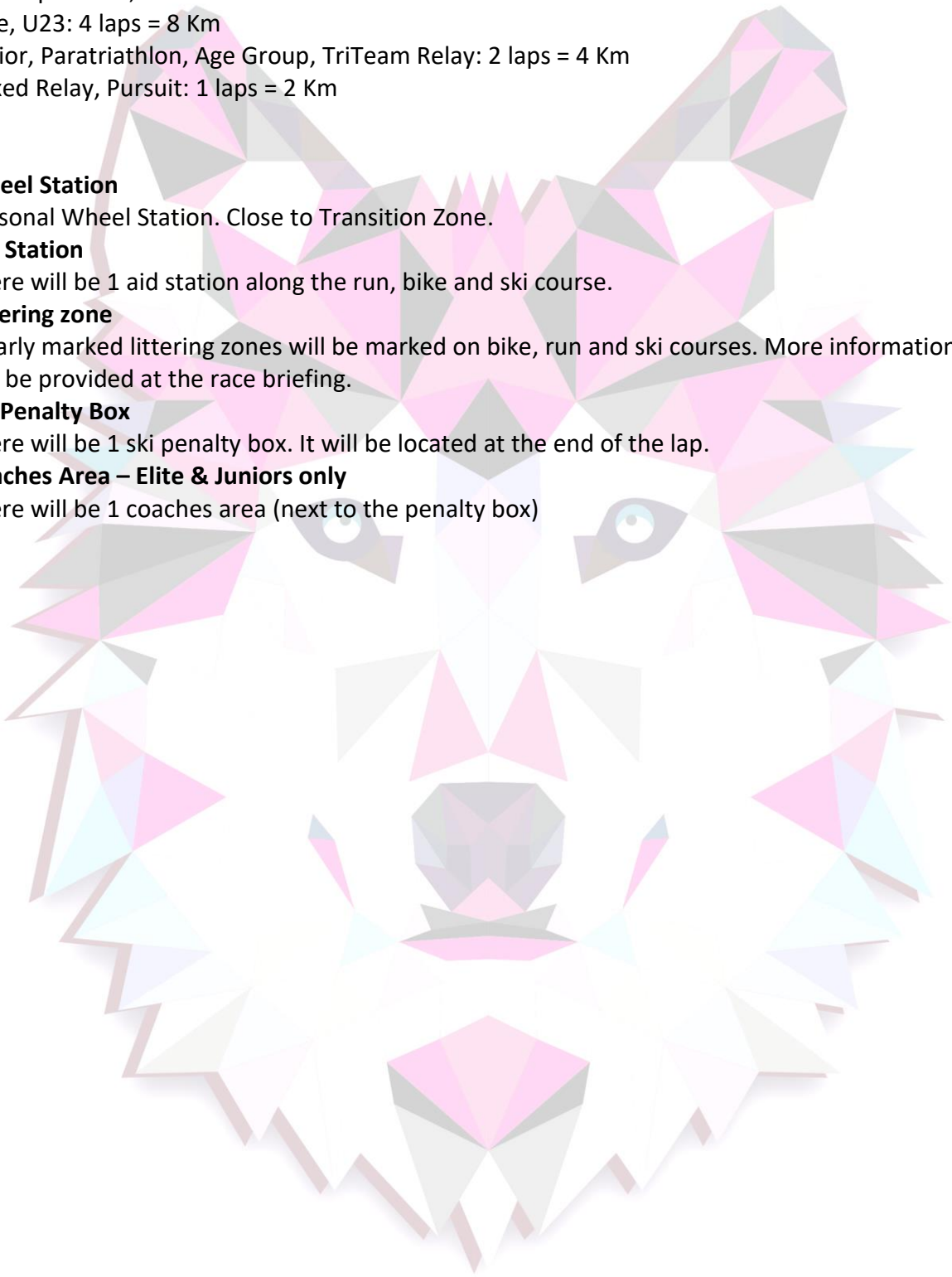
Clearly marked littering zones will be marked on bike, run and ski courses. More information will be provided at the race briefing.

Ski Penalty Box

There will be 1 ski penalty box. It will be located at the end of the lap.

Coaches Area – Elite & Juniors only

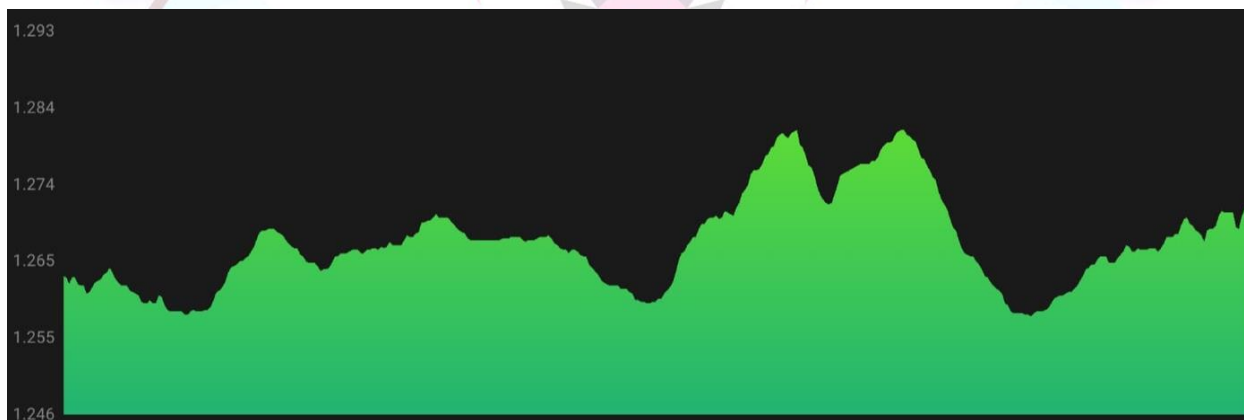
There will be 1 coaches area (next to the penalty box)



4.6 COURSE MAPS

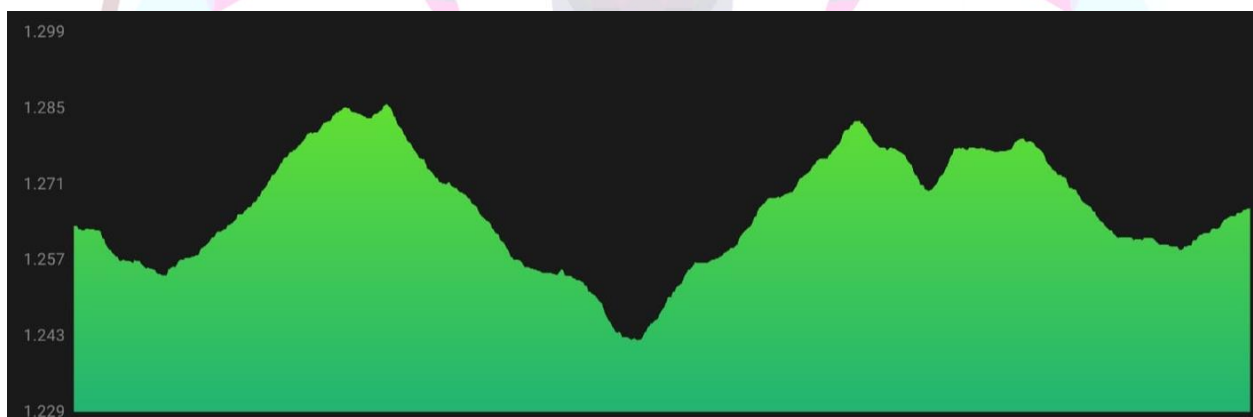
RUN COURSE MAP

RUN	LAP 1.5 Km	Elevation LAP 40 m
Elite/U23	4 LAP – 6 Km	
Junior/Para/AG/TriTeam	2 LAP – 3 Km	
Mixed Relay/Pursuit	1 LAP – 3 Km	



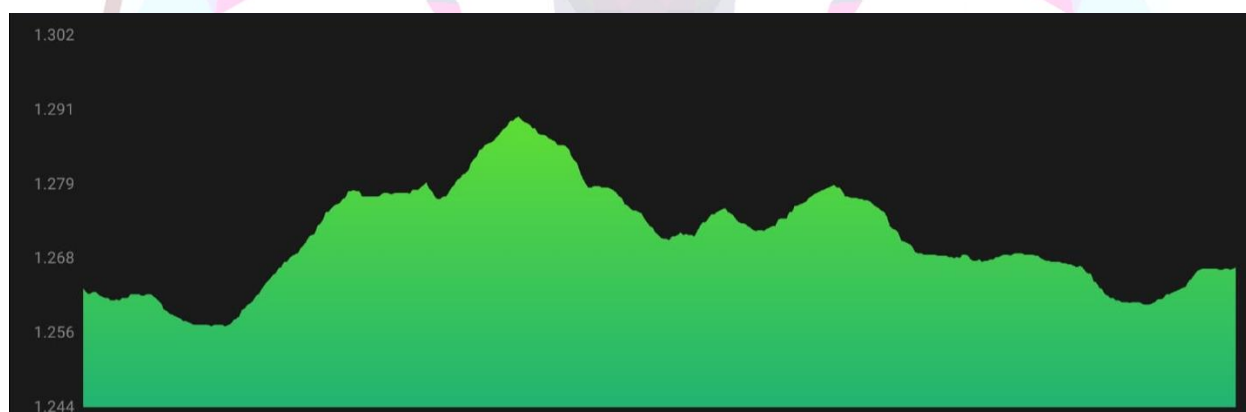
BIKE COURSE MAP

BIKE	LAP 2.8 Km	Elevation LAP 85 m
Elite/U23	3 LAP – 8.4 Km	
Junior/Para/AG/TriTeam	2 LAP – 5.6 Km	
Mixed Relay/Pursuit	1 LAP – 2.8 Km	



SKI COURSE MAP

SKI	LAP 2 Km	Elevation LAP 60 m
Elite/U23	4 LAP – 8 Km	
Junior/Para/AG/TriTeam	2 LAP – 4 Km	
Mixed Relay/Pursuit	1 LAP – 2 Km	



4.7 WEATHER CONDITIONS

In Cheile Grădiștei, the months of February are characterized by a continental, winter temperature; mornings and evenings -2 to -10 degrees centigrade and -4 to +4 degrees centigrade in daytime.

For weather forecasts go to <https://www.accuweather.com/ro/ro/fundata/277842/weather-forecast/277842>

4.8 RESULTS

Results will be uploaded live to the ITU's official website: www.triathlon.org

All the results information will be distributed to the team managers / coaches at the LOC Information Office.

4.9 PROTESTS & APPEALS

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

5 ACCREDITATION

LOC will provide to all the athletes and team support an official accreditation card or a bracelet in line with ITU guidelines. Coaches/Managers who are not registered on-line via the ITU entries procedure will not be issued with any accreditation.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are colour-coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.

Resort Fundata & Resort Moeciu guest will have special accreditation for free access to SPA and Sport Facility.

6 REGISTRATION

Registrations (entry) have to be completed exclusively through the National Federations via the ITU online System (www.triathlon.org) before 17.02.2020. National Federations are responsible for entering their athletes and coaches through ITU online system www.triathlon.org for all ITU events. No exception admitted. Individual entries are not allowed.

The NF should collect at least the athlete's name, surname, nationality, year of birth, and e-mail address.

ENTRY FEE

Entry Fees	
Elite – Under 23 – Paratriathlon	€ 75,00 per athlete
Junior – Age Group	€ 75,00 per athlete
Mixed Team Relay	€ 100,00 per Team
Dracula Night Run	€ 10,00 per athlete
Winter TriTeam Race	€ 50,00 per Team
Pursuit	€ 20,00 per athlete

7 PRIZE MONEY

Elite athletes and Teams entitled to prize-money should download the claim form from the ITU Web -site: in order to claim prize money from the International Triathlon Union the athlete has to give his/her full and correct address and bank details in clear and legible writing. If incorrect information are provided, a bank transfer of prize money will not be possible.

Place	Elite Male	Elite Female
1.	450 EURO	450 EURO
2.	375 EURO	375 EURO
3.	300 EURO	300 EURO
4.	225 EURO	225 EURO
5.	150 EURO	150 EURO

8 PUBLIC TRANSPORT

No Public transport in Resort Fundata – everything it in 10 minute' walk distance

No Public Transport in Resort Moeciu – can ask transport from LOC to race venue in race day from Resort Moeciu to Resort Fundata and back.



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