

# 2018 TITANS TRIATHLON

## ATHLETES' GUIDE

2018 BUCHAREST ETU TRIATHLON JUNIOR EUROPEAN CUP



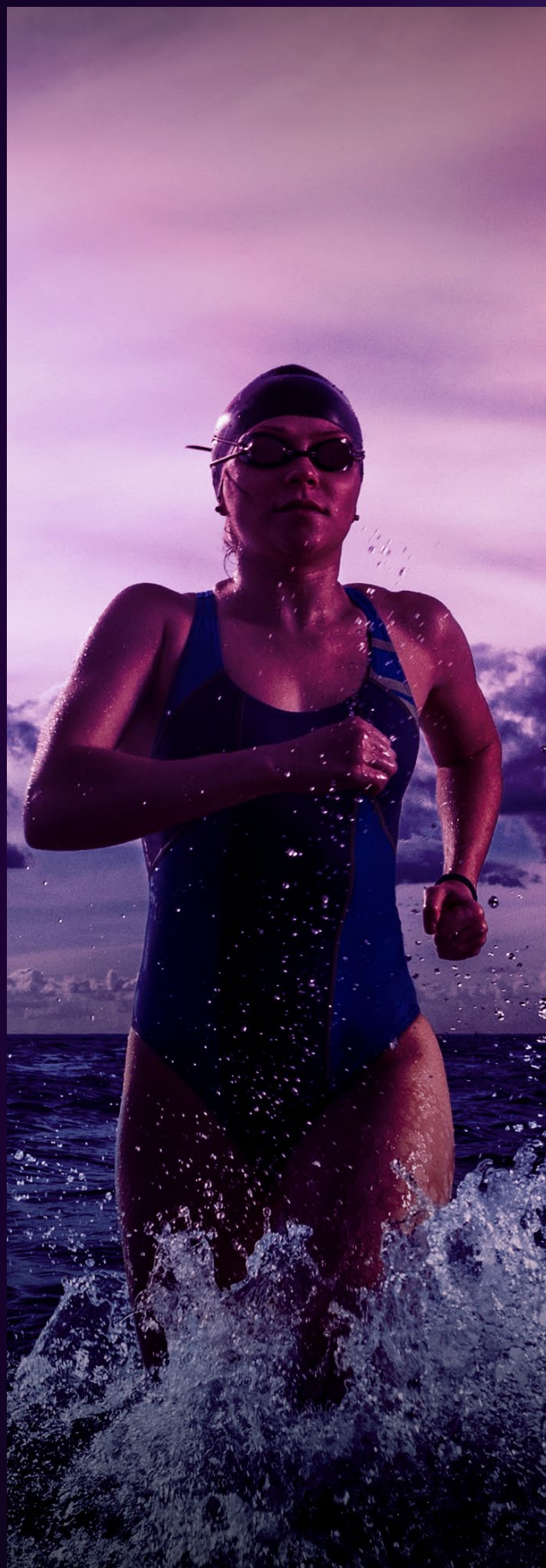
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TRIATHLON  
JUNIOR EUROPEAN CUP  
BUCHAREST 2018  
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# GENERAL INFORMATION

## 1.1. INTRODUCTION

The purpose of the Athletes' Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

## 1.2. KEY DATES

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

### 1.2.1 Registration:

Athletes must sign the ITU Athlete's Agreement, which states that any disputes arising from the ITU Rules that cannot be settled by its existing appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the ITU Athlete's Agreement is valid until the end of the competition year in which it has been signed.

National Federations are responsible for entering their athletes and coaches for all ITU Events using the ITU online system on [www.triathlon.org](http://www.triathlon.org). All questions regarding entries must be submitted via e-mail to [entries@triathlon.org](mailto:entries@triathlon.org).

Athletes must provide picture ID at race registration /package pick-up prior to competition.

The 2018 Bucharest ETU Triathlon Junior European Cup start list will be produced and published inside the ITU web site [www.triathlon.org](http://www.triathlon.org). No athlete will be included in the start list if the entry has not be processed through ITU on line entry system.

The athlete registration at the event will not proceed until payment by bank transfer has been received in full by the Local Organizing Committee (LOC). Payment confirmation must be e-mailed to: [info@titanstriathlon.ro](mailto:info@titanstriathlon.ro).

The athlete registration at the event will not proceed until payment has been received in full by the LOC within the deadline of 2nd of June 2018.

**Entry fees: 60,00 euro/athlete**

**Payment: Bank Transfer**

<b>Holder Name:</b>	ASOCIATIA CLUBUL SPORTIV JUNIOR SWIM BUCURESTI
<b>Address:</b>	8 Int. Reconstructiei Street, Bl.28BIS, Sc.2, Et.4, Zip code 0311726, 3rd District, Bucharest
<b>Bank:</b>	BCR
<b>IBAN Code:</b>	RO72RNCB0084131059580004
<b>SWIFT Code:</b>	RNCBROBU



## GENERAL INFORMATION

Athletes' race packages will be distributed at the Registration Office: located at the Venue Area.

Athletes must bring their race uniform to registration for photograph and logo check.  
The race package includes decals, swim cap and number stickers and an event T-shirt.

### 1.3. KEY CONTACTS

Name and contact details of:

- Race director: Adina Dusa
- Technical delegate: Paul Groves (ITU), paul.groves@etu.triathlon.org
- Athlete services manager: Bogdan Manea, bogdan.manea@titanstriathlon.ro, +40 757 744 452

### 1.4. CONTACT DETAILS

**ASOCIATIA CLUBUL SPORTIV JUNIOR SWIM BUCURESTI**

8 Int. Reconstructiei Street, BL28BIS, Sc.2, Et.4, Zip code 0311726, 3rd District, Bucharest

**Responsible person:**

- Marius Grigore, marius.grigore@titanstriathlon.ro, +40 723 047 523
- Istvan Besenyei, istvan.besenyei@titanstriathlon.ro, +40 722 339 578



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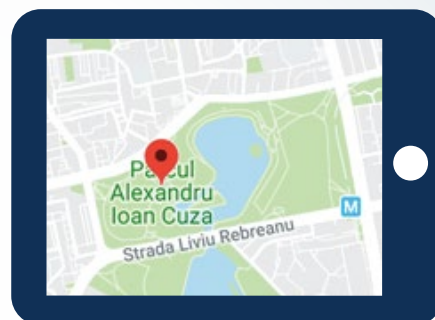
# VENUE

## 2. VENUE

### 2.1. RACE VENUE

**Location:**

The venue is in Bucharest, 3rd District – Alexandru Ioan Cuza Park.



### 2.2 COURSE FAMILIARIZATION

Friday, 22nd of June 2018

15:00 – 17:45 – Course Familiarization

At 17:00 there will be a bike course familiarization organized by LOC with the local police providing an escort.

### 2.3. ATHLETES' LOUNGE

Location: will be placed at the race venue and will provide toilets, water, fruit and energy drinks.

The Recovery zone will be located close to the finish area and a physiotherapist for post-race massage will be provided by LOC.

### 2.4. Juniors (and/or other categories) ATHLETES' RACE PACKAGE

Information on where and when to get the athletes' race package

Friday, 22nd of June 2018

18:00 – Athletes' Briefing, Registration and Race Package pick-up.

Location: Gloria Multifunctional Conference Hall, Strada Bucovina 6, 3rd District, Bucharest.

### 2.5. DOPING CONTROL

Doping tests will be conducted according to ITU/WADA rules. The athletes must ensure that they bring photo ID to the doping control facilities.

### 2.6. SECURITY

Security is provided by the LOC.

### 2.7. LOC OFFICE

**Location:**

18th-21st June 2018, the LOC could be contacted at:

Hotel Olimpia, Șoseaua Iancului 128a, 021715, București, Romania

Opening hours: 08:00am – 18:00pm

Contact details:

- Marius Grigore, marius.grigore@titanstriathlon.ro, +40 723 047 523
- Istvan Besenyei, istvan.besenyei@titanstriathlon.ro, +40 722 339 578

# **ACCOMMODATION TRANSFER AND TRANSPORT**

22nd-24th June 2018, the LOC could be contacted at:

Race Venue area.

Opening hours: 08:00am – 20:00pm

Contact details:

- Marius Grigore, [marius.grigore@titanstriathlon.ro](mailto:marius.grigore@titanstriathlon.ro), +40 723 047 523
- Istvan Besenyei, [istvan.besenyei@titanstriathlon.ro](mailto:istvan.besenyei@titanstriathlon.ro), +40 722 339 578

## **3. ACCOMMODATION**

**Host hotel:**

Hotel Olimpia Bucharest \*\*\*

128 Șoseaua lăncului Street, 3rd District, Bucharest

Accommodation in double and triple rooms, \*\*\* standard

Accommodation fee + 3 meals / day / person: 35 euro

**Other hotel options:**

For inquiries regarding other accommodation facilities, please contact the Athlete services manager:

Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.

For inquiries regarding other accommodation facilities, please contact the Athlete services manager: Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452 or please use the form on [www.titanstriathlon.ro](http://www.titanstriathlon.ro).

## **4. TRANSFER AND TRANSPORT**

**From the airport:**

Bucharest Henri Coandă International Airport (OTP) <http://www.bucharestairports.ro/en>

Distance to Hotel Olimpia: 22 km. Duration: between 25-60 min, depends on the traffic conditions

Distance to Rin Grand Hotel: 25 km. Duration: between 40-60 min, depends on the traffic conditions

**Information on railway station:**

Gara de Nord, Bucharest central railway station.

<https://rail.cc/en/bucharest/bucharest-north-railway-station/l246>

**Information on transfer:**

To request the transfer, please contact the Athlete Services Manager, Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.

Please provide the information needed in order to arrange the transfer using the form on [www.titanstriathlon.ro](http://www.titanstriathlon.ro).

We can offer to you our transfer service using shuttle bus for 20 euro / route.

If you decide not to use our transfer services, then public taxi services are available at Bucharest Henri Coandă Airport (OTP). Public taxis can be ordered using info-kiosk systems available in the non-restricted area of the arrival hall. It is not recommended that you use unlicensed taxis.

# ATHELETE'S SERVICES

## 5.1. TRAINING FACILITIES



### SWIM

Swimming pool is available on the site of the Bucharest Olimpia Hotel, 128 Soseaua Iancului street, 3rd District, Bucharest.

For details about the Opening times and pool reservation please contact the Athlete Services Manager Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.



### BIKE

Safe bike locations are to be found close to the Bucharest Olimpia Hotel, at the facility of the Lia Manoliu National Sport Complex.

For details about the Opening times and other information and/or for local support please contact the Athlete Services Manager: Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.



### RUN

Running locations is in the close area of the Bucharest Olimpia Hotel, at the facility of the Lia Manoliu National Sport Complex.

Running surface is asphalt or tartan.

For details about the Opening times and other information on the tartan running surface and/or for local support please contact the Athlete Services Manager: Bogdan Manea, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.

## 5.2. MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the Registration Area before and during the training sessions and during the race.

There will be First Aid and Emergency Medical Services at the Race Village on competition day.

Medical and Paramedical personnel will be available throughout the race. Several ambulances will be available to provide emergency transfers, if needed, 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 but any treatment in private hospitals must be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

### Closest hospitals and addresses:

- Monza Hospital (Private Hospital), 27 Tony Bulandra Street, 3rd District, Bucharest
- Ilfov County Emergency Hospital (Public Hospital), 49-51 Bulevardul Basarabiastreet, Bucharest
- Clinical Emergency Hospital Sfantu Pantelimon (Public Hospital), 340-342 Soseaua Pantelimonstreet, Bucharest
- Hospital Orthopedics and Plastic Surgery Medlife (Private Hospital), 98-100 Bulevardul Ferdinand Street, Bucharest

Emergency telephone number: 112

## 5.3. BIKE MECHANICAL SERVICE

Bike and mechanical service will be provided by the LOC.

For information on the availability of the Bike Mechanic Services and on the location of local bike stores, please contact the Athlete Services Manager: **Bogdan Manea**, [bogdan.manea@titanstriathlon.ro](mailto:bogdan.manea@titanstriathlon.ro), +40 757 744 452.





# COMPETITION SCHEDULE



# COMPETITION SCHEDULE

## 2018 BUCHAREST ETU TRIATHLON JUNIOR EUROPEAN CUP AND 2018 TITANS TRIATHLON - ALL CATEGORIES

Date	Hour		Activity	Location
Friday, 22 <sup>nd</sup> June 2018	11:00	12:00	Official Bike Course Familiarization	Bike Course
Friday, 22 <sup>nd</sup> June 2018	11:00	14:00	Official Swim and Run Familiarization	Venue Area
Friday, 22 <sup>nd</sup> June 2018	14:00	20:00	Titans Triathlon Race Packages - 2018 Titans Triathlon Kids Race	Venue Area
Friday, 22 <sup>nd</sup> June 2018	15:00	15:30	Press conference	Venue Area
Friday, 22 <sup>nd</sup> June 2018	18:00	19:00	ETU Triathlon Junior Cup Athletes' briefing + Race Package	Gloria Hall

## 2018 TITANS TRIATHLON KIDS RACE

Date	Hour		Activity	Location
Saturday, 23 <sup>rd</sup> June 2018	07:00	07:45	2018 Titans Triathlon TA open for kids, all categories	FOP, TA
Saturday, 23 <sup>rd</sup> June 2018	07:55	07:59	Calling area kids 9-10y, female	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	08:00		<b>Start:</b> 2018 Titans Triathlon kids 9-10yrs, female	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	08:40	08:44	Calling area kids 11-12-13y, female	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	08:45		<b>Start:</b> 2018 Titans Triathlon kids 11-12-13yrs, female	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	09:25	09:29	Calling area kids 9-10-11y, male	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	09:30		<b>Start:</b> 2018 Titans Triathlon kids 9-10-11yrs, male	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	09:55	09:59	Calling area kids 12-13y male	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	10:00		<b>Start:</b> 2018 Titans Triathlon kids 12-13 yrs, male	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	10:45	11:30	2018 Titans Triathlon TA Open	FOP, TA

## 2018 BUCHAREST ETU TRIATHLON JUNIOR EUROPEAN CUP - WOMAN

Date	Hour		Activity	Location
Saturday, 23 <sup>rd</sup> June 2018	11:30	12:45	Athlete Lounge check-in	Venue Area
Saturday, 23 <sup>rd</sup> June 2018	12:00	12:50	TA check-in	FOP, TA
Saturday, 23 <sup>rd</sup> June 2018	12:45	13:15	Swim warm-up	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	13:20	13:25	Calling area	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	13:25	13:29	Athletes introduction	FOP, Start Zone
Saturday, 23 <sup>rd</sup> June 2018	13:30		Start ETU Triathlon Junior European Cup - WOMAN	FOP, Start Zone

# COMPETITION SCHEDULE

## 2018 BUCHAREST ETU TRIATHLON JUNIOR EUROPEAN CUP - MALE

Date	Hour	Activity	Location
Saturday, 23 <sup>rd</sup> June 2018	14:00	15:15	Athlete Lounge check-in
Saturday, 23 <sup>rd</sup> June 2018	14:30	15:15	TA check-in
Saturday, 23 <sup>rd</sup> June 2018	14:45	15:15	Swim warm-up
Saturday, 23 <sup>rd</sup> June 2018	15:20	15:25	Calling area
Saturday, 23 <sup>rd</sup> June 2018	15:25	15:29	Athletes introduction
Saturday, 23 <sup>rd</sup> June 2018	15:30		Start ETU Triathlon Junior European Cup - MALE

## 2018 BUCHAREST ETU TRIATHLON JUNIOR EUROPEAN CUP AND 2018 TITANS TRIATHLON KIDS RACE MEDAL CEREMONY

Date	Hour	Activity	Location
Saturday, 23 <sup>rd</sup> June 2018	19:00	19:30	Medal ceremony 2018 Titans Triathlon kids 9-13 age
Saturday, 23 <sup>rd</sup> June 2018	19:30	19:45	Medal ceremony 2018 Bucharest ETU Triathlon Junior European Cup
Saturday, 23 <sup>rd</sup> June 2018	19:45		Pasta party & Concert

## 2018 TITANS TRIATHLON - YOUTH, JUNIOR, AGE GROUP, RELAY, PARATRIATHLON

Date	Hour	Activity	Location
Friday, 22 <sup>nd</sup> June 2018	14:00	20:00	Titans Triathlon Race Packages - All Categories
Saturday, 23 <sup>rd</sup> June 2018	08:00	18:00	Titans Triathlon Race Packages - All Categories
Sunday, 24 <sup>th</sup> June 2018	07:00	07:45	Titans Triathlon Race Packages - All Categories
Sunday, 24 <sup>th</sup> June 2018	07:00	07:45	TA check-in, all categories Youth 14-16y, Relay and Paratriathlon, Age Group all categories, sprint distance
Sunday, 24 <sup>th</sup> June 2018	07:50	07:55	Calling area Youth 14-16y
Sunday, 24 <sup>th</sup> June 2018	07:55	07:59	Athletes' introduction: Youth 14-16yrs
Sunday, 24 <sup>th</sup> June 2018	8:00		<b>Start:</b> Youth 14-16yrs
Sunday, 24 <sup>th</sup> June 2018	8:50	08:55	Calling area Relay and Paratriathlon
Sunday, 24 <sup>th</sup> June 2018	8:55	08:59	Athletes introduction, Relay and Paratriathlon
Sunday, 24 <sup>th</sup> June 2018	9:00		<b>Start:</b> Relay and Paratriathlon, supersprint distance
Sunday, 24 <sup>th</sup> June 2018	10:50	10:55	Calling area Age Group all categories, sprint distance
Sunday, 24 <sup>th</sup> June 2018	10:55	10:59	Athletes introduction, Age Group all categories, sprint distance

## COMPETITION SCHEDULE

Sunday, 24 <sup>th</sup> June 2018	11:00		<b>Start:</b> Age Group all categories, sprint distance	FOP, Start Zone
Sunday, 24 <sup>th</sup> June 2018	13:00	13:20	TA open for check-out, sprint distance, Youth, Relay, Paratriathlon	FOP, Start Zone
Sunday, 24 <sup>th</sup> June 2018	13:30	14:15	TA check-in, Age Group all categories, standard distance	
Sunday, 24 <sup>th</sup> June 2018	14:20	14:25	Calling area Age Group all categories, standard distance	FOP, Start Zone
Sunday, 24 <sup>th</sup> June 2018	14:25	14:29	Athletes introduction, Age Group all categories, standard distance	FOP, Start Zone
Sunday, 24 <sup>th</sup> June 2018	14:30		<b>Start:</b> Age Group all categories, standard distance, cut-off time 3,30h	FOP, Start Zone
Sunday, 24 <sup>th</sup> June 2018	18:00		TA open for check-ot	
Sunday, 24 <sup>th</sup> June 2018	18:30		Medal ceremony 2018 Titans Triathlon - Youth, Junior, Elite, Age Group, Relay, Paratriathlon	Venue Area





## **GENERAL INFORMATION**

### **6.3. COMPETITION RULES**

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

<https://www.triathlon.org/about/downloads/category/rules>

### **6.4. ATHLETE'S BRIEFING**

22<sup>nd</sup> June 2018, 18:00, Gloria Multifunctional Conference Hall, 6 Bucovina street, 3rd District, Bucharest.

### **6.5. TIMING CHIPS**

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

### **6.6. RESULTS**

Results will be uploaded live at the ITU official website <https://www.triathlon.org/results>.

Live coverage will be available on the [www.titanstriathlon.ro](http://www.titanstriathlon.ro).

All the Results information will be distributed to the Team Leaders at the Information Centre located in the Venue Area once the Race Referee has signed them off.

### **6.7. PROTESTS & APPEALS**

Standard procedures will be followed according to the ITU Competition Rules (see link above).



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# ACCREDITATION

## 7. ACCREDITATION

The LOC will provide to all the Organizing Committee Members, ITU Technical Officials, Athletes, VIPs, media, technical staff, LOC personnel, volunteers, etc. with an official Accreditation Card.

- Accreditations will be distributed by the LOC in the usual manner.
- Only accredited people will be allowed to access certain venue areas.
- Accreditation Cards provide access to specific areas of the competition areas.
- We ask you to wear your Accreditation Cards at all times and when requested, to show them.
- Accreditation Cards are mandatory to enter the venue.

## OTHER USEFUL INFORMATION

### 8. OTHER USEFUL INFORMATION

Bucharest is the capital of and largest city in Romania. It is the nation's cultural, industrial and financial centre. It is located in the south region of the country, on the banks of the Dâmbovița River, less than 60 km (37.3 mi) north of the Danube River and the Bulgarian border.

#### 8.1. LANGUAGE

Official language is Romanian. Many Romanian citizens are fluent in English. Our LOC staff and volunteers are fluent in English.

#### 8.2. POPULATION

According to the 2011 census, 1,883,425 inhabitants live within the city limits, a decrease from the 2002 census. The urban area extends beyond the limits of Bucharest proper and has a population of about 1.9 million people. Adding the satellite towns around the urban area, the proposed metropolitan area of Bucharest would have a population of 2.27 million people. Bucharest is the 6th largest city in the European Union by population within city limits, after London, Berlin, Madrid, Rome, and Paris.

#### 8.3. CURRENCY

Local currency is the Romanian Leu (RON)

#### 8.4. TIME

Time zone: EET (UTC+2) / Summer (DST): EEST (UTC+3)

#### 8.5 ELECTRICITY

In Romania, power sockets are of Type F, common in Europe (this socket also works with plug C and E). Standard voltage is 230 V and the standard frequency is 50Hz.

#### 8.6 WATER

Tap water may be safe to drink in Bucharest because the water is chlorinated but to avoid any risk that might result in stomach upsets and/or diarrhoea, bottled water is recommended. Bottled water is cheap and available everywhere.

#### 8.7 TELEPHONE CONNECTIONS

Country code: +40



# COURSE MAPS

## 9. COURSE MAPS

### SWIM COURSE

Start procedures: pontoon.

The start area wide is approximately 45m.

Depends on the weather and water conditions, the start procedure will be decided by the ITU Technical Delegate and will be communicated during the athletes briefing.

The Race Referee with assistance of Technical Officials, who are assigned to the start, will start each race.

- Number of laps: 2
- Average water temperature: 20 Celsius degree



## **COURSE MAPS**

### **TRANSITION 1**

- Athletes must place all used equipment into the allocated box.
- Athletes' name, country code and number will be displayed on the top of each bike rack.
- Athletes' number will be displayed on the box
- Athletes must fasten their helmet before they touch their bike.
- Athletes may leave T1 by following the centre line of Transition and then move towards the mount line.

### **BIKE COURSE**

- Number of laps: 6
- Wheel stop will be located at 150m from the mount line, on the bike course.
- A neutral Wheel stop will be provided by the LOC and will be located 50m after the first turning point on the bike course.
- The bike course is mainly flat.

### **TRANSITION 2**

- Athletes must dismount BEFORE the dismount line.
- Athletes must rack their bike at their own position, marked with the Athletes' name, country code and number.
- Athletes must NOT unfasten their helmet until they have racked their bike.
- All used equipment MUST be placed into the athlete box, marked with their number.

### **RUN COURSE**

- The run course is asphalt and mainly flat, with only minor undulations.
- Number of laps: 3
- Two aid stations will be provided by the LOC.
- The first aid station will be placed 150 after the exit from T2.
- A second aid station will be placed on the run course, approximate 750m from the exit from T2
- The penalty box will be located at the finish of the one lap.



**2018**

# **TITANS TRIATHLON**

**GOOD LUCK!**



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