ATHLETE GUIDE

TARGU MURES – MAROSVASARHELY

25-30 JULY 2017

1 | GENERAL INFORMATION

1.1 KEY DATES

WEDNESDAY 26 JULY		
Activity Times Location	**Times**	**Location**
Age Group athletes' bike course familiarization escorted / full course	12:00	Platou Cornesti
Age Group athletes' run course familiarization escorted / full course	13:00	Platou Cornesti
Elite, U23 and Junior athletes' bike course familiarization escorted / full course	14:00	Platou Cornesti
Elite, U23 and Junior athletes' run course familiarization escorted / full course	15:00	Platou Cornesti
Registration/Packet Pick-up	16:00 - 19:00	Palace of Culture
Athlete Briefing: Elite, U-23, Junior & Para **CROSS DUATHLON**	18:00 - 19:00	Palace of Culture
Athlete Briefing: Age Group **CROSS DUATHLON**	19:00 – 20:00	Palace of Culture
THURSDAY 27 JULY	**CROSS DUATHLON DAY 1**	
Activity Times Location	**Times**	**Location**
Registration/Packet Pick-up	07:00 – 08:00	Platou Cornesti
Transition Open – AG Check-in **CROSS DUATHLON**	08:00	Platou Cornesti

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Start CROSS DUATHLON European Championships Age Groups	**09:30**	**Platou Cornesti**
Athlete Lounge open for Juniors & Para-Athletes	11:30	Platou Cornesti
Transition open for Juniors & Para-Athletes	12:15	Platou Cornesti
Start CROSS DUATHLON Junior Men	**13:00**	**Platou Cornesti**
Start CROSS DUATHLON Junior Women	**13:10**	**Platou Cornesti**
Start CROSS DUATHLON Para Men & Women	**13:20**	**Platou Cornesti**
Award Ceremony – Age Groups **CROSS DUATHLON**	17:00	Platou Cornesti
Registration Dracula Night Run Race	20:00	Platou Cornesti
Start Dracula Night Run 5 km Trail Run	21:00	Platou Cornesti
FRIDAY 28 JULY	**CROSS DUATHLON DAY 2**	
Activity Times Location	**Times**	**Location**
TO office open	07:00	Platou Cornesti
Athlete Lounge open for Elite & U23 (Women)	07:30	Platou Cornesti
Transition Area Open for Elite & U23 (Women)	08:15	Platou Cornesti
Start CROSS DUATHLON European Championships Elite & U23 Women	**09:00**	**Platou Cornesti**
Elite, U23 and Junior athletes' swim course familiarization **CROSS TRIATHLON**	12:00	Complex Sportiv Muresul
Athlete Lounge open for Elite & U23 (Men)	11:30	Platou Cornesti

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Transition Area Open for Elite & U23 (Men)	12:15	Platou Cornesti
Start CROSS DUATHLON European Championships Elite & U23 Men	**13:00**	**Platou Cornesti**
Award Ceremony – All Elite, U-23, Juniors & Para , Night Run	16:00	Platou Cornesti
Registration/Packet Pick-up **CROSS TRIATHLON**	16:00 - 19:00	Palace of Culture
Athlete Briefing: Elite, U-23, Junior & Para **CROSS TRIATHLON**	18:00 - 19:00	Palace of Culture
Athlete Briefing: Age Group **CROSS TRIATHLON**	19:00 – 20:00	Palace of Culture
SATURDAY 29 JULY	**CROSS TRIATHLON DAY 1**	
Activity Times Location	**Times**	**Location**
Registration/Packet Pick-up	07:00 – 08:00	Platou Cornesti
Transition 2 Open – AG Check-in **CROSS TRIATHLON**	07:30 – 08:15	Platou Cornesti
Shuttle Bus from T2 to T1	08:10 ; 08:20	Platou Cornesti
Transition 1 Open – AG Check-in **CROSS TRIATHLON**	08:15 – 09:00	Complex Sportiv Muresul
Start CROSS TRIATHLON European Championships AG	**09:15**	**Complex Sportiv Muresul**
Athlete Lounge open for Junior & Para-Athletes	11:30	Platou Cornesti
Transition 2 Open – Junior&Para Check-in **CROSS TRIATHLON**	11:40– 12:20	Platou Cornesti
Shuttle Bus from T2 to T1	12:10 ; 12:20	Platou Cornesti
Transition 1 Open – Junior&Para Check-in **CROSS TRIATHLON**	12:20 – 13:05	Complex Sportiv Muresul

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Start CROSS TRIATHLON Junior Men	**13:20**	**Complex Sportiv Muresul**
Start CROSS TRIATHLON Junior Women	**13:30**	**Complex Sportiv Muresul**
Start CROSS TRIATHLON Para Men & Women	**13:40**	**Complex Sportiv Muresul**
Award Ceremony – Age Groups **CROSS TRIATHLON**	17:00	Platou Cornesti
Registration Dracula Night Swim Race	20:00	Complex Sportiv Muresul
Start Dracula Night Swim 1 km Swim	21:00	Platou Cornesti
SUNDAY 30 JULY	**CROSS TRIATHLON DAY 2**	
Activity Times Location	**Times**	**Location**
TO office open	00:70	Platou Cornesti
Registration/Packet Pick Up Memorial "Szasz Albert" Cross Country Running Race 5 Km, 2.5 km and Kids' Race	07:30 – 08:00	Platou Cornesti
Start Memorial "Szasz Albert" Cross Country Running Race	08:30	Platou Cornesti
Start Memorial "Szasz Albert" Cross Country Running Race - Kids	08:35	Platou Cornesti
Athlete Lounge open for Elite & U23 (Women)	10:00	Platou Cornesti
Transition 2 Open – Elite & U23 (Women) Check-in **CROSS TRIATHLON**	10:20 – 11:00	Platou Cornesti
Shuttle Bus from T2 to T1	10:50 ; 11:00	Platou Cornesti
Transition 1 Open – Elite & U23 (Women) Check-in **CROSS TRIATHLON**	11:00 – 11:45	Complex Sportiv Muresul

START CROSS TRIATHLON – Elite & U23 (Women)	**12:00**	**Complex Sportiv Muresul**
Athlete Lounge open for Elite & U23 (Men)	14:00	Platou Cornesti
Transition 2 Open – Elite & U23 (Men) Check-in **CROSS TRIATHLON**	14:30 – 15:00	Platou Cornesti
Shuttle Bus from T2 to T1	13:50 ; 14:00	Platou Cornesti
Transition 1 Open – Elite & U23 (Men) Check-in **CROSS TRIATHLON**	15:00 – 15:45	Complex Sportiv Muresul
START CROSS TRIATHLON – Elite & U23 (Men)	**16:00**	**Complex Sportiv Muresul**
Award Ceremony – All Elite, U-23, Juniors & Para	19:00	Platou Cornesti
Award Ceremony Dracula Night Swim and Szasz Albert memorial	19:30	Platou Cornesti
After Party	21:00	Jazz & Blues Club

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The briefings will be held at the **Palace of Culture**, nr 2; George Enscu str; Targu Mures

1.2 KEY CONTACTS

Function	Name	Contact Number
LOC Sport Manager	**Klosz Peter**	**+40 743 416 873**
LOC Service Manager	**Amza Margarit**	**+40 720 540 347**
LOC Technical Operations Manager	**Zoldi Zoltan**	**+40 744 828 687**
ITU Technical Delegat	**Paul Groves**	**+44 7779 336 918**
Medical Delegat	**Dr.Mathe Lehel**	**+40 755 052 335**

1.3 EVENT WEBSITE

Here is the link to the Transylvania Cross Multisport Festival website:
http://www.tecfest.ro/

1.4 EVENT ORGANISER

Clubul Sportiv Master Ski&Bike Tg.Mures, Lapusna str 6 C, Tg.Mures, Mures Region
Website: http://masterskibikeclub.ro/

1.5 HOST NATIONAL FEDERATION

Federatia Romana de Triatlon, Constanti Stahi str, 14/1 Bucurest
Website: http://www.frtri.ro

2 | VENUES

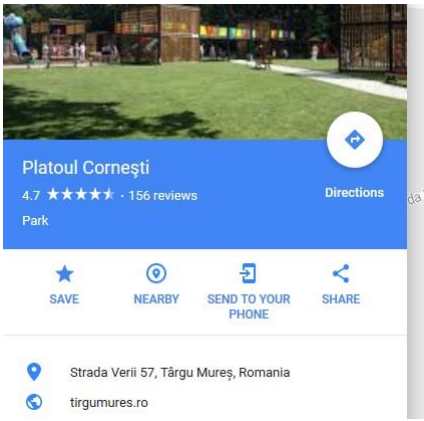
2.1 VENUE

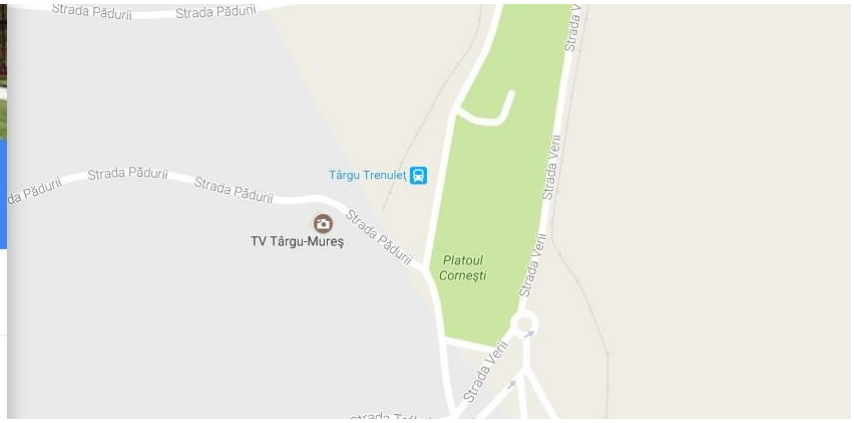
There are two venues:

1. Main venue : Cross Duathlon, T2 for Cross Triathlon, Dracula Night Run: this venue is the **Platou Cornesti** sport 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 **: Complex Sport Muresul "Weekend Complex"-** recreational area Tirgu Mures. From City Centre this is a 25 minutes' walk and 10 minutes by car. Plutelor Street.

VENUE 1 - Platou Cornesti





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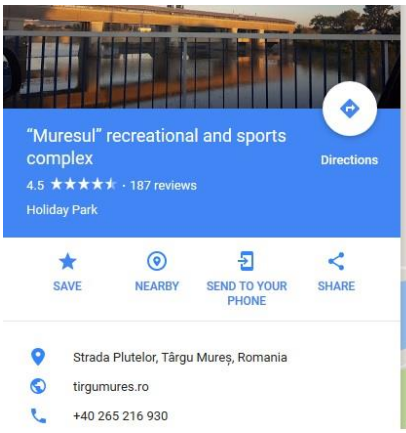
VENUE 2 - Complex Sport Muresul "Weekend Complex"



2.2 ATHLETES' 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 offered to the athletes before and after the race, in the athletes' lounge.

Athletes' lounge check in times:

- **CROSS DUATHLON** Junior & Para men & women 27 July 11:30 – 16:00
- **CROSS DUATHLON** Elite, U23 men & women 28 July 07:30 – 16:00
- **CROSS TRIATHLON** Junior & Para men & women 29 July 11:30 – 16:00
- **CROSS TRIATHLON – Swim Athletes' Lunge** Junior & Para men & women 29 July 12:00 – 13:30
- **CROSS TRIATHLON** Elite, U23 men & women 30 July 10:00 – 19:00
- **CROSS TRIATHLON – Swim Athletes' Lunge** Junior & Para men & women 29 July 11:00 – 16:00

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.

2.4 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 Mures

Str. Dr. Gh. Marinescu nr. 50, cod: 540136, Târgu Mures, Mures Tel: 037265-3100

The Hospital Samaritano is about 10 min drive from event venue: Platou Cornesti.

2.5 BIKE MECHANIC SERVICE

Bike Mechanic Support will be available in the venue next the transition T2, Platoul Cornesti area during course familiarizations and competitions.

If you need help outside these hours please contact the LOC Office or EasyBike Shop +40 745 654694 str. Dorobantilor No 1 Târgu Mures

2.6 INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at Platou Cornesti next the Athlete Lounge

Opening hours LOC Office:

Wednesday 26 July 10:00 – 18:00

Thursday 27 July 07:00 – 18:00

Friday 27 July 07:00 – 18:00

Saturday 27 July 07:00 – 18:00

Sunday 27 July 07:00 – 18:00

For assistance outside these hours, please contact LOC Service Manager Amza Margarit +40 720 540 347

3 | ACCOMODATION

3.1 OFFICIAL HOTEL

Grand Hotel

Piața Victoriei 28-30, Târgu Mureș 540052, Romania

Contact: **Adina Dusa - +40 746 793 078 dia27a@yahoo.com**

DISTANCE HOTEL-VENUE 30 minutes' walk

PRICES Approximately 30 -50 euro/night/pers

BOOKINGS **Adina Dusa - +40 746 793 078 dia27a@yahoo.com**

3.2 ADDITIONAL OPTION

Hotel Adria

Verii Street No 49, Târgu Mures,

DISTANCE HOTEL-VENUE 3 minutes' walk

PRICES Approximately 25 -50 euro/night/pers

BOOKINGS Adina Dusa - +40 746 793 078 dia27a@yahoo.com

For more accommodation options please contact – Adina Dusa - +40 746 793 078 dia27a@yahoo.com

*Please note, there are no mirrors in the hotels. Garlic is available at reception.

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

4 | AIRPORT TRANSFERS

The LOC will provide transportation for athletes and officials from Cluj International Airport Cluj Napoca

For booking and price please contact **Adina Dusa - +40 746 793 078** dia27a@yahoo.com

5 | TRAINING

5.1 BIKE TRAINING

Bike course will be marked out from Monday 24 July. 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.

5.3 RUN TRAINING

Run course will be marked out from Monday 24 July. It will be possible train in 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.

5.4 SWIM TRAINING

In Complex Sportiv Muresul there are 6 different swimming pools. It is possible to training only in this swimming pools. Swimming in the lake is only permitted during the swim familiarization and competitions.

5.4 COURSE FAMILIARIZATIONS

BIKE

Bike course familiarization start from Platou Cornesti Restaurant

Wednesday 26 July

- Elite, U23 and Junior athletes' bike course familiarization escorted / full course 14:00
- Age Group athletes' bike course familiarization escorted / full course 12:00

RUN

Run course familiarization start from Platou Cornesti Restaurant

Wednesday 26 July

- Elite, U23 and Junior athletes' run course familiarization escorted / full course 15:00
- Age Group athletes' run course familiarization escorted / full course 13:00

SWIM

Swim course familiarization start from Complex Sportiv Mures, Olympic Swimming Pool

Friday 28 July

- Elite, U23 and Junior athletes' swim course familiarization escorted 12:00

6 | COMPETITION INFORMATION

6.1 COMPETITION SCHEDULE

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Wednesday 26 July 2017

Registration/Packet Pick-up	16:00 - 19:00	Palace of Culture
Athlete Briefing: Elite, U-23, Junior & Para **CROSS DUATHLON**	18:00 - 19:00	Palace of Culture
Athlete Briefing: Age Group **CROSS DUATHLON**	19:00 – 20:00	Palace of Culture

Thursday 27 July 2017

Registration/Packet Pick-up	07:00 – 08:00	Platou Cornesti
Transition Open – AG Check-in **CROSS DUATHLON**	08:00	Platou Cornesti
Start CROSS DUATHLON European Championships Age Groups	**09:30**	**Platou Cornesti**
Transition open for Junior Men & Women & Para	12:15	Platou Cornesti
Start CROSS DUATHLON Junior Men	**13:00**	**Platou Cornesti**

Start CROSS DUATHLON Junior Women	**13:10**	**Platou Cornesti**
Start CROSS DUATHLON Para Men & Women	**13:20**	**Platou Cornesti**
Start Dracula Night Run 5 km Trail Run	21:00	Platou Cornesti

Friday 28 July 2017

Transition Area Open for Elite & U23 (Women)	08:15	Platou Cornesti
Start CROSS DUATHLON European Championships Elite & U23 Women	**09:00**	**Platou Cornesti**
Transition Area Open for Elite & U23 (Men)	12:15	Platou Cornesti
Start CROSS DUATHLON European Championships Elite & U23 Men	**13:00**	**Platou Cornesti**
Registration/Packet Pick-up **CROSS TRIATHLON**	16:00 - 19:00	Palace of Culture
Athlete Briefing: Elite, U-23, Junior & Para **CROSS TRIATHLON**	18:00 - 19:00	Palace of Culture
Athlete Briefing: Age Group **CROSS TRIATHLON**	19:00 – 20:00	Palace of Culture

Saturday 29 July 2017

Registration/Packet Pick-up	07:00 – 08:00	Platou Cornesti
Transition 2 Open – AG Check-in **CROSS TRIATHLON**	07:30 – 08:15	Platou Cornesti
Transition 1 Open – AG Check-in **CROSS TRIATHLON**	08:15 – 09:00	Complex Sportiv Muresul
Start CROSS TRIATHLON European Championships AG	**09:15**	**Complex Sportiv Muresul**

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Transition 2 Open – Junior&Para Check-in **CROSS TRIATHLON**	11:40– 12:20	Platou Cornesti
Transition 1 Open – Junior&Para Check-in **CROSS TRIATHLON**	12:20 – 13:05	Complex Sportiv Muresul

Start CROSS TRIATHLON Junior Men	**13:20**	**Complex Sportiv Muresul**
Start CROSS TRIATHLON Junior Women	**13:30**	**Complex Sportiv Muresul**
Start CROSS TRIATHLON Para Men & Women	**13:40**	**Complex Sportiv Muresul**
Start Dracula Night Swim 1 km Swim	21:00	Platou Cornesti

Sunday 30 July 2017

Start Memorial "Szasz Albert" Cross Country Running Race	08:30	Platou Cornesti
Transition 2 Open – Elite & U23 (Women) Check-in **CROSS TRIATHLON**	10:20 – 11:00	Platou Cornesti
Transition 1 Open – Elite & U23 (Women) Check-in **CROSS TRIATHLON**	11:00 – 11:45	Complex Sportiv Muresul
START CROSS TRIATHLON – Elite & U23 (Women)	**12:00**	**Complex Sportiv Muresul**
Transition 2 Open – Elite & U23 (Men) Check-in **CROSS TRIATHLON**	14:30 – 15:00	Platou Cornesti
Transition 1 Open – Elite & U23 (Men) Check-in **CROSS TRIATHLON**	15:00 – 15:45	Complex Sportiv Muresul
START CROSS TRIATHLON – Elite & U23 (Men)	**16:00**	**Complex Sportiv Muresul**

After Party	21:00	Go Kart Pub&Restaurant

6.2 COMPETITION RULES

The Transylvania Cross Duathlon European Championship & Cross Triathlon European Championships will conform to the current ITU Competition Rules (http://www.triathlon.org/uploads/docs/itusport_competition-rules_2017.pdf).

6.3 INFORMATION ABOUT THE FIELD OF PLAY

CROSS DUATHLON COURSE

Elite, U23 and Age Groups

 Run = 6,2 km (2 laps) Bike = 20 km (4 laps) Run = 3,1 km (1 lap)

Junior & Para

 Run = 3,1 km (1 lap) Bike = 10 km (2 laps) Run = 1,5 km (1 lap)

The Cross Duathlon competition will be held in Platou Cornesti, almost 100% in forest.

CROSS TRIATHLON COURSE

Elite, U23 and Age Groups

 Swim = 1000 m (1 lap) Bike = 23,7 km (3,7 km +4 laps) Run = 6,2 km (2 laps)

Junior & Para

 Swim = 500 m (1 lap) Bike = 13,7 km (3,7 km + 2 laps) Run = 3.1 km (1 lap)

The Cross Triathlon competition swim will be held in Complex Sportiv Muresul , distance from T1 to bike lap 1.4 km, bike and run course will be held in Platou Cornesti, almost 100% in forest.

CROSS DUATHLON & CROSS TRIATHLON

Swim course

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

Run course

- Each lap = 3,1 km in the forest , technical , elevation 109 m/lap

Bike Course

- Each lap = 5 km in the forest , technical, fast, elevation 100 m/lap

Wheel Stations – Elite, U23, Juniors Only

- There will be 2 wheel stations along the course.

The LOC will provide neutral wheels at the wheel stations with 26”, 27” and 29” wheels

Teams are permitted to leave team wheels to the first wheel station.

Aid Stations

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

Littering zones

- Clearly marked littering zones will be marked on both the bike and the 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 and Juniors only

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

6.4 WEATHER CONDITIONS

In Târgu Mureș, the months of July are characterized by a continental, moderate temperature; mornings and evenings 14-16 degrees centigrade and 25-30 degrees centigrade in daytime.

For weather forecasts go to http://www.accuweather.com/ro/ro/targu-mures/289415/weather-forecast/289415

6.5 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.

6.6 PROTESTS & APPEALS

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

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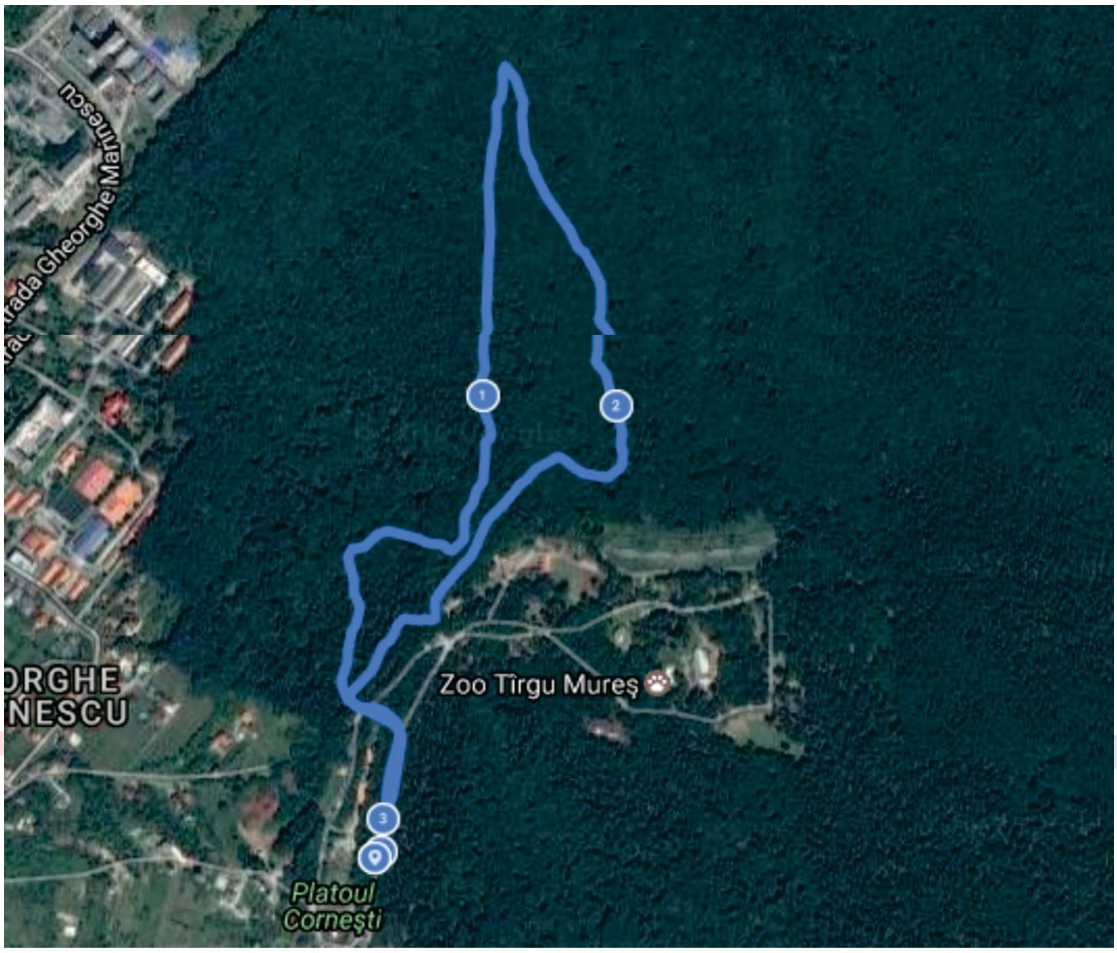
6.7 COURSE MAPS

RUN COURSE MAP



BIKE COURSE MAP

SWIM COURSE MAP

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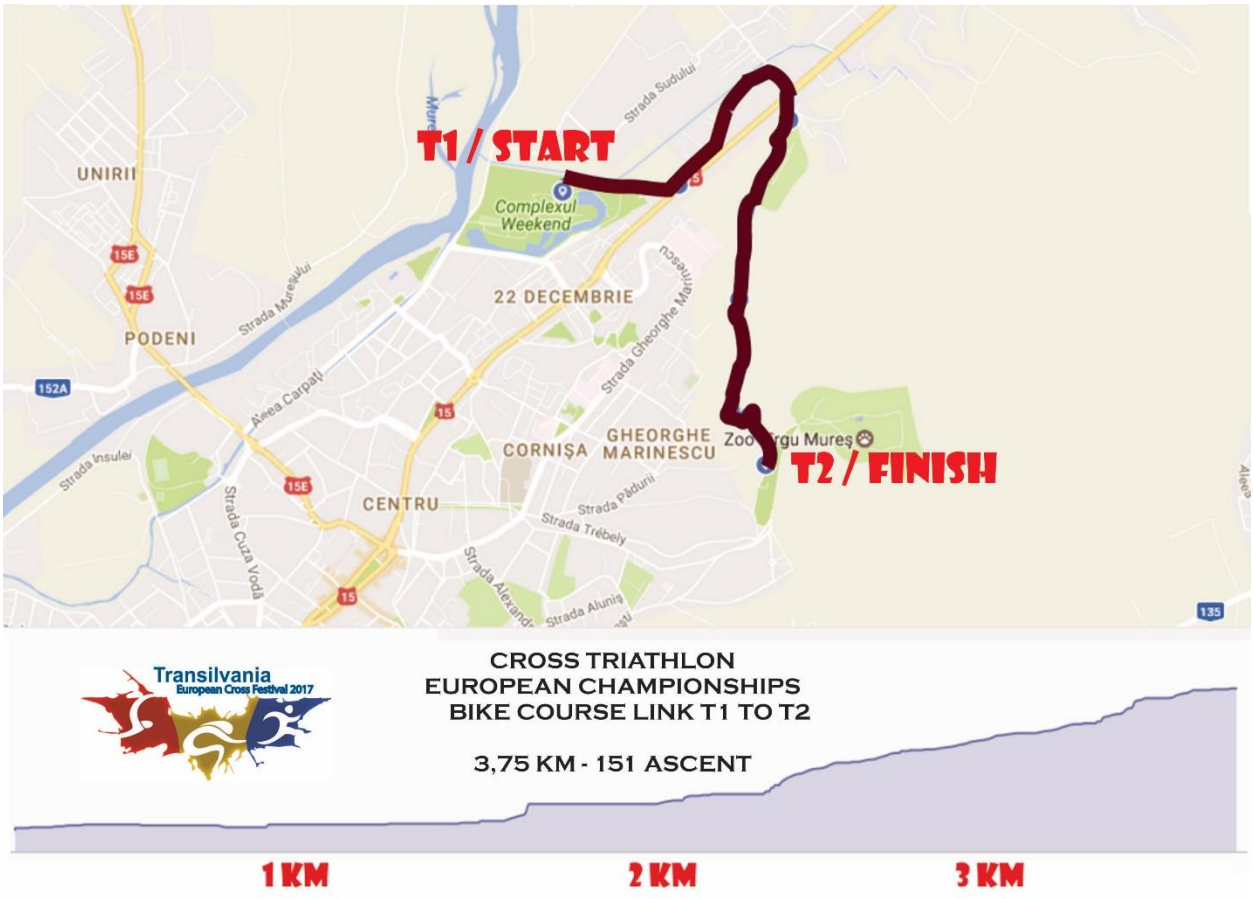
CROSS TRIATHLON
EUROPEAN CHAMPIONSHIPS
SWIM COURSE

1 KM / 1 LAP

BIKE CONNECTION SWIM TO BIKE LAPS



7 | ACCREDITATION

LOC will provide to all the athletes and team support an official accreditation card in line with ITU guidelines.

Additional accreditation cards can be collected at the race briefings.

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.

8 | PUBLIC TRANSPORT

Public Bus – Transport Local SA

Bus Line Guide http://www.transportlocal.ro/?page_id=7

Bicycles - not allowed on bus.

There is no Bus to and from the Main Race Venue, Platou Cornesti but it is an easy ride by bike.

City Centre to Swim Venue you can use Bus numbers: 2 ; 2b ; 2e ; 19 : 20 : 23 – station “Secuilor Martiri”

Taxi: cheap and safe

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