

ATHLETE GUIDE



TULCEA
24–25 August 2019

TRIATHLON 
JUNIOR EUROPEAN CUP
TULCEA 2019

ETU

1 | GENERAL INFORMATION

1.1 KEY INFO

SATURDAY 25 AUGUST		
Activity Times Location	Times	Location
TO office open	07:00	Race Venue Ciuperca
Transition Open MINITri 9,10,11.12 and 13 Years	08:00	Race Venue Ciuperca
START MINITri 9,10,11.12 and 13 Years	8:45	Race Venue Ciuperca
Transition Open Tulcea International Youth Triathlon 14–16 years – supersprint distance	10:45	Race Venue Ciuperca
START Tulcea International Youth Triathlon 14–16 years – supersprint distance	11:30	Race Venue Ciuperca
“START CAMPIONI LA TRIATHLON” – aquathlon 7&8 years	13:00	Race Venue Ciuperca
Award Ceremony MINITri, Youth Triathlon, Start Campioni	15:00	Race Venue Ciuperca
Registration, Race Packet Pick-Up Romanian National Championships Award Ceremony – Elite & Junior n	17:00	Hotel Esplanada
Junior Athlete Briefing	18:00	Hotel Esplanada
AG Athlete Briefing	18:30	Hotel Esplanada
SUNDAY 26 AUGUST		
Activity Times Location	Times	Location
TO office open	07:00	Race Venue Ciuperca Lake
Transition Open Romanian National Championships Triathlon Standard Distance	07:15	Race Venue Ciuperca
START Romanian National Championships Triathlon Standard Distance	8:15	Race Venue Ciuperca

Transition Open Junior Men Tulcea ETU European Cup	11:00	Race Venue Ciuperca
START Junior Men Tulcea ETU European Cup	12:00	Race Venue Ciuperca
Transition Open Junior Women Tulcea ETU European Cup	13:00	Race Venue Ciuperca
START Junior Women Tulcea ETU European Cup	13:45	Race Venue Ciuperca
Medal Ceremony ETU Triathlon Junior European Cup – Junior Women and Men	15:30	Race Venue Ciuperca
Medal Ceremony Romanian National Championships Triathlon Standard Distance	16:00	Race Venue Ciuperca

1.2 KEY CONTACTS

Function	Name	Email	Phone
LOC Sport Manager	Peter Klosz	klosz.peter@frtri.ro	+40 743 416 873
LOC Service Manager	Ovidiu Burghilea	office@frtri.ro	+40 763 820 423
ETU Technical Delegate	Janice Goble	goble@sky.com	na

1.3 EVENT WEBSITE

Here is the link to the Tulcea Junior European Cup website:

www.deltatriathlon.ro

1.4 HOST NATIONAL FEDERATION

Romanian Triathlon Federation office@frtri.ro

Website: www.frtri.ro

Phone: +40-743416873



2 | VENUES

2.1 VENUE

The venue is in Tulcea, Romania. Tulcea city is situated in the north part of Dobrogea, in the south-eastern part of Romania, close to Constanta.

The city of Tulcea, laid out on seven hills like Rome, has been an important harbor since ancient times. It has a population of about 92,000 inhabitants. Located at the tip of the three channels of Danube river, where the famous Danube river finally ends its journey through Europe as it empties into the Black sea creating the famous Danube Delta, Tulcea makes a great starting point for exploring the Delta.

The Danube Delta is comprised of an intricate network of waterways and lakes divided between the three main estuary channels of the Danube. The area of floating reed islands, forests, pastures and sand dunes covers 3,000 square miles and is home to a vast array of wildlife.

Tulcea, also known as the entry gates to the Danube Delta, represents

one of the most inspiring venues for organizing a Junior European Cup.

Tulcea presentation – <https://www.youtube.com/watch?v=YMP5MXKAibg>

Tulcea 360° – http://www.panopixel.ro/multirez/tulcea_day.html



2.2 ATHLETES' LOUNGE

Facilities including an athletes' lounge and toilets are provided for the athletes close to the finish area. 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:

- 24 August 10:30 – 11:30
- 25 August 12:15 – 13:15

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

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 Hospital Tulcea

Tulcea, judet Tulcea, Str. 1848, nr. 32, Tel 0240-532209, 0240-532210

2.5 BIKE MECHANIC SERVICE

Bike Mechanic Support will be available in the Venue Area

2.6 INFORMATION CENTRE / LOC OFFICE

The LOC Information Office is located at Venue Area Lacul Ciuperca

Opening hours LOC Office:

Saturday 24 August 07:00 – 20:00

Sunday 25 August 07:00 – 18:00

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

3 | ACCOMMODATION

For accommodation arrangements, please contact:

Puf Holidays Tourism Agency – office@pufholidays.ro, Contact person:

Ana Călin, phone: +40-742966572,

<http://pufholidays.ro/transfer-tulcea-otopeni/>

or

ICAR TOURS Tourism Agency – tulcea@icar.ro, Contact person: Florentina

Pascal, phone: +40-755157539.

Detailed list is available here – <https://deltatriathlon.ro/?id2=00030005>



They can offer you accommodation in *** or **** Hotels and Pensions with or without meals, close to the event venue (max 2 km). The prices range from 30 euro (double rooms with breakfast included) to 60 euro (double rooms with breakfast included).

PRICES: Delta Hotel

* 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.

4 | AIRPORT TRANSFERS

For transportation/transfer arrangements, please contact:

Puf Holidays Tourism Agency – office@pufholidays.ro

Contact person: Ana Călin, phone: +40-742966572

<http://pufholidays.ro/transfer-tulcea-otopeni/>

or

ICAR TOURS Tourism Agency – tulcea@icar.ro

Contact person: Florentina Pascal, phone: +40-755157539.

Price: 20 eur/one way

5 | TRAINING

5.1 SWIM & RUN TRAINING

It will be possible to train using the run race course every day (except when there are races) and it is a public strand at Ciurca Lake for swim, open all day long.

5.4 COURSE FAMILIARIZATIONS

BIKE – Saturday 24 August 16:00

SWIM – Saturday 24 August 17:00



6 | COMPETITION INFORMATION

6.1 COMPETITION SCHEDULE

Saturday 24 August 2019

TO office open	07:00	Race Venue Ciuperca
Registration, Race Packet Pick-Up Romanian MINITri Kids Race		
Transition Open MINITri 9,10,11.12 and 13 Years	08:00	Race Venue Ciuperca
START MINITri 9,10,11.12 and 13 Years	08:45	Race Venue Ciuperca
Transition Open Tulcea International Youth Triathlon 14-16 years - supersprint distance	10:45	Race Venue Ciuperca
START Tulcea International Youth Triathlon 14-16 years - supersprint distance	11:30	Race Venue Ciuperca

“START CAMPIONI LA TRIATHLON” – aquathlon 7&8 years	13:00	Race Venue Ciuperca
Award Ceremony MINITri, Youth Triathlon, Start Campioni	15:00	Race Venue Ciuperca
Registration, Race Packet Pick-Up Romanian National Championships Award Ceremony Junior	18:00	Hotel Esplanada
Junior Athlete Briefing	18:00	Hotel Esplanada
AG Athlete Briefing	18:30	Hotel Esplanada

Sunday 25 August 2019

TO office open	07:00	Race Venue Ciuperca Lake
Transition Open Romanian National Championships Triathlon Standard Distance	07:15	Race Venue Ciuperca
START Romanian National Championships Triathlon Standard Distance	08:15	Race Venue Ciuperca
Transition Open Junior Men Tulcea ETU European Cup	11:00	Race Venue Ciuperca
START Junior Men Tulcea ETU European Cup	12:00	Race Venue Ciuperca
Transition Open Junior Women Tulcea ETU European Cup	13:00	Race Venue Ciuperca
START Junior Women Tulcea ETU European Cup	13:45	Race Venue Ciuperca

6.2 COMPETITION RULES

The Tulcea ETU Junior European Cup will conform to the current [ITU Competition Rules](#).

6.3 INFORMATION ABOUT THE FIELD OF PLAY

Swim course

- 1 lap = 750 m

Bike Course

- Each lap = 5.5 km flat, technical
- Total = 5 laps
- Total distance = 22.5 km

Run Course

- Each lap = 2.5 km flat
- Total = 2 laps
- Total distance = 5.1 km

Wheel Stations – There will be one team wheel station.

Teams are permitted to leave team wheels to the 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 in the end of the lap

Coaches areas

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

6.4 WEATHER CONDITIONS

The climate of Tulcea is temperate continental with sub Mediterranean influences. The average August temperature is 30–32 °c

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.

7 | ACCREDITATION

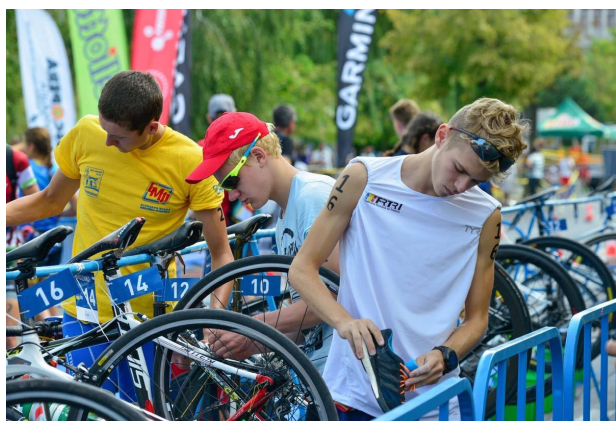
LOC will provide to all the athletes and team support an official accreditation card in line with ITU guidelines.

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

The city of Tulcea has a bus transport network operated by S.C. Public Transportation S.A. The main bus line is line 1, linking A. Saligny High School to the Neptun Quarter (with 1b A. Saligny High School – ANL), but there are several bus lines covering almost all of the city. The succession intervals are about 20 minutes, but the most requested central area is crossed by several paths (1, 1b, 2, 3, 4, 4b), their traffic charts making this part of route to run a bus at 6 – 7 minutes.



TRIATHLON ★ ★
JUNIOR EUROPEAN CUP
TULCEA 2019

ETU

9 | CONTEXT – about 2019 Tulcea ETU Triathlon Junior European Cup

2019 Tulcea ETU Triathlon Junior European Cup is an initiative by multiple Olympic canoe champion Ivan Patzaichin, part of Rowmania campaign to promote ecotourism destinations in the Danube Delta and slow tourism values.

Rowmania advocates a better understanding and interpretation of nature, and addresses outdoor sports fans and those who love and protect nature. During the first four editions, the audience reached over 50.000 people, with a steady grow year over year. It is now the main international public event located at the gates of the Danube Delta. Accordingly, it benefited from increased media coverage, both in classical media and online outlets.

9 | CONTEXT – about Ivan Patzaichin



Ivan Patzaichin is a world legend of canoeing, multiple Olympic champion and the only Romanian that was ever awarded the “Platinum Wreath” by the International Olympic Committee (in 1990). Born in 1949, he competed in five consecutive Olympics (1968–1984) and won 7

Olympic medals (4 gold and 3 silver). He also competed in 11 World Championships (during 1970 – 1983).

Born in Mila 23, a fishermen’s village in a remote secluded area in the Danube Delta, he started at 16 as a fisherman’s apprentice next to his

father. Inspired by some fellow villagers, he takes up rowing and as he turns 18 he wins his first Olympic gold medal.

After 20 years of athletic glory, Ivan Patzaichin continues his passion for canoeing as a coach for over 25 years, while he was responsible for winning with his athletes over 150 medals, in Olympic games, European and World championships. During 1993 – 2009 he was the coordinator of the Romanian Olympic team.

In 2010, he decided it's time to address the hard issue of disadvantaged areas where population can't benefit from the opportunities provided by the vicinity of natural protected areas, and he turns to local development projects and social entrepreneurship. He supports the design and production of a new type of rowing boat – the „canotca”. Based on this, he enrolls in developing tourism products and programmes, he launches an international rowing festival, and inspires PATZAIKIN, a new brand of eco-fashion and design.

