



Izvorani  
2024



# Athletes' Guide



Izvorani  
2024



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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's 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

Date	Time	Activity	Location
14/06/2024	18:00	Athletes briefing	Nicolae Navasart Sport Complex, Izvorani
15/06/2024	10.00 12.00	Individual race- Junior women Individual race- Junior men	Nicolae Navasart Sport Complex, Izvorani
15/06/2024	14.30	Medal Ceremony	Nicolae Navasart Sport Complex, Izvorani
15/06/2024	18:00	Mixed Relay briefing	Nicolae Navasart Sport Complex, Izvorani
16/06/2024	10:00	Mixed Relay race	Nicolae Navasart Sport Complex, Izvorani
16/06/2024	12:30	Mixed Relay Medal Ceremony	Nicolae Navasart Sport Complex, Izvorani

### 1.3. KEY CONTACTS

Role	Name	Email	Phone
Race director	Pietris Ciprian	cipsoft@yahoo.com	+40723356217
Technical Delegate	Monica Zubillaga	mzubill@hotmail.com	+34650974208
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		etu_hq@etu.triathlon.org	+32 478 825 456

### 1.4. CONTACT DETAILS

Romanian Triathlon Federation, 1 Hagi Moscu Maria Street, ap1, interfon 01, Sector 1, Bucharest  
Andrei Andresiu, +40 728 868 983, andrei.andresiu@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 FAMILIARIZATION

Swim course, bike course and run course (open roads) can be used for familiarization starting with Friday, between 10:00 – 18:00. Swim course will be supervised by a lifeguard between 14:00 and 16:00.

### 2.3. ATHLETE'S LOUNGE

Location: Nicolae Navasart Sport Complex – Izvorani, Romania  
Recovery zone close to the finish area.

### 2.4. ATHLETES' RACE PACKAGE



Entry fee: for Juniors: 75 Euro, Mixt Relay-150 Euro

Location: Nicolae Navasart Sport Complex – Izvorani, Romania <b>Friday 14<sup>th</sup> June 2024</b>		Time	Location
Registration and Race Package pick-up	19:00 – 20:00		Nicolae Navasart Sport Complex – Izvorani

## 2.5. DOPING CONTROL

Location of the doping control site: Nicolae Navasart Sport Complex – Izvorani, Romania Doping tests will be conducted according to ITU/WADA rules. The athletes must carry their identification to the doping control facilities.

## 2.6. SECURITY

Nicolae Navasart Sport Complex – Izvorani, Romania has it's own security personnel.

## 2.7. LOC OFFICE

Location: Nicolae Navasart Sport Complex – Izvorani, Romania Opening hours:

Friday, 14 <sup>th</sup> June 2024	8:00 – 20:00
Saturday, 15 <sup>th</sup> June 2024	06:30 – 20:00
Sunday, 16 <sup>th</sup> June 2024	06:30 – 17:30

Contact Person: Andrei Andresiu, +40728868983, [andrei.andresiu@triatlonromania.ro](mailto:andrei.andresiu@triatlonromania.ro)

### 3. ACCOMMODATION

Airport Transfers, Accommodation: Andrei Andresiu - [andrei.andresiu@triatlonromania.ro](mailto: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: Andrei Andresiu - [andrei.andresiu@triatlonromania.ro](mailto:andrei.andresiu@triatlonromania.ro), +40 728 868 983

### 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](mailto:andrei.andresiu@triatlonromania.ro), +40 728 868 983



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## 5. ATHELETE'S SERVICES

### 5.1 TRAINING FACILITIES



Location: Lake Snagov, Nicolae Navasart Sport Complex Izvorani, Romania.

All athletes have free access to the swim course Friday from 10:00 to 18:00 and Saturday from 15:00 to 18:00. No lifeguard service will be provided.



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



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

### 5.2 MEDICAL SERVICES

There will be First Aid and Emergency Medical Services 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 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: Bici Time, Burghilea Bogdan: +40721090866

On site Bike service:

Saturday, 15 <sup>th</sup> June 2024	08:00 – 13:00
Sunday, 16 <sup>th</sup> June 2024	08:00 – 11:00

## 6. COMPETITION SCHEDULE

Friday, 14 <sup>th</sup> June 2024		
17:00 – 18:00	Registration and	Nicolae Navasart Sport Complex
18:00 – 19:00	Athlete Briefing	Restaurant, Nicolae Navasart Sport Complex
19:00 – 20:00	Race Package pick-up	Nicolae Navasart Sport Complex
Saturday, 15 <sup>th</sup> June 2024		
08:45 – 09:45	Athlete Lounge Open – Junior Women	Nicolae Navasart Sport Complex
09:00 – 09:45	Transition Area Open – Junior Women	Nicolae Navasart Sport Complex
<b>10:00</b>	<b>Race start – Junior Women</b>	Nicolae Navasart Sport Complex
10:45 – 11:45	Athlete Lounge Open – Junior Men	Nicolae Navasart Sport Complex
11:00 – 11:45	Transition Area Open – Junior Men	Nicolae Navasart Sport Complex
<b>12:00</b>	<b>Race start – Junior Men</b>	Nicolae Navasart Sport Complex
14:30	Medal Ceremony	Nicolae Navasart Sport Complex
17:00	End Registration – Mixed Relay	Nicolae Navasart Sport Complex
18:00 – 18:30	Athlete Briefing – Mixed Relay	Restaurant, Nicolae Navasart Sport Complex
18:30 – 19:00	Race Package pick-up	Nicolae Navasart Sport Complex
Sunday, 16 <sup>th</sup> June 2024		
09:00 – 09:30	Athlete Lounge Open – Mixed Relay	Nicolae Navasart Sport Complex
09:15 – 09:45	Transition Area Open – Mixed Relay	Nicolae Navasart Sport Complex
<b>10:00</b>	<b>Race start – Mixed Relay</b>	Nicolae Navasart Sport Complex
12:30	Medal Ceremony	Nicolae Navasart Sport Complex

## COMPETITION RULES

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

### 6.2 ATHLETE'S BRIEFING

Individual Race	Friday, 15 <sup>th</sup> June 2024, 18:00	Restaurant, Nicolae Navasart Sport Complex
Mixed Relay	Saturday, 16 <sup>th</sup> June 2024, 18:00	Restaurant, Nicolae Navasart Sport Complex

## 6.3 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 before the competitions, during their check-in procedure.

## 6.4 RESULTS

Results will be uploaded live at the World Triathlon official website [www.triathlon.org](http://www.triathlon.org).

All the Results information will be distributed to the Team Leaders at the Information Centre: Nicolae Navasart Sport Complex – Izvorani, Romania

## 6.5 PROTEST & APPEALS

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

### 7. ACCREDITATION

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

Distribution:

Only accredited people will be allowed to access certain venue areas. Accreditation Cards provide access to specific areas of the competition areas.

All accredited people are requested to carry their Accreditation Cards with them at all times 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, 96 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

8.6. TELEPHONE CONNECTIONS: ROU prefix +40

### 9. COURSE MAPS

SWIM START



## SWIM COURSE

Start procedures: from water.

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



### Individual race:

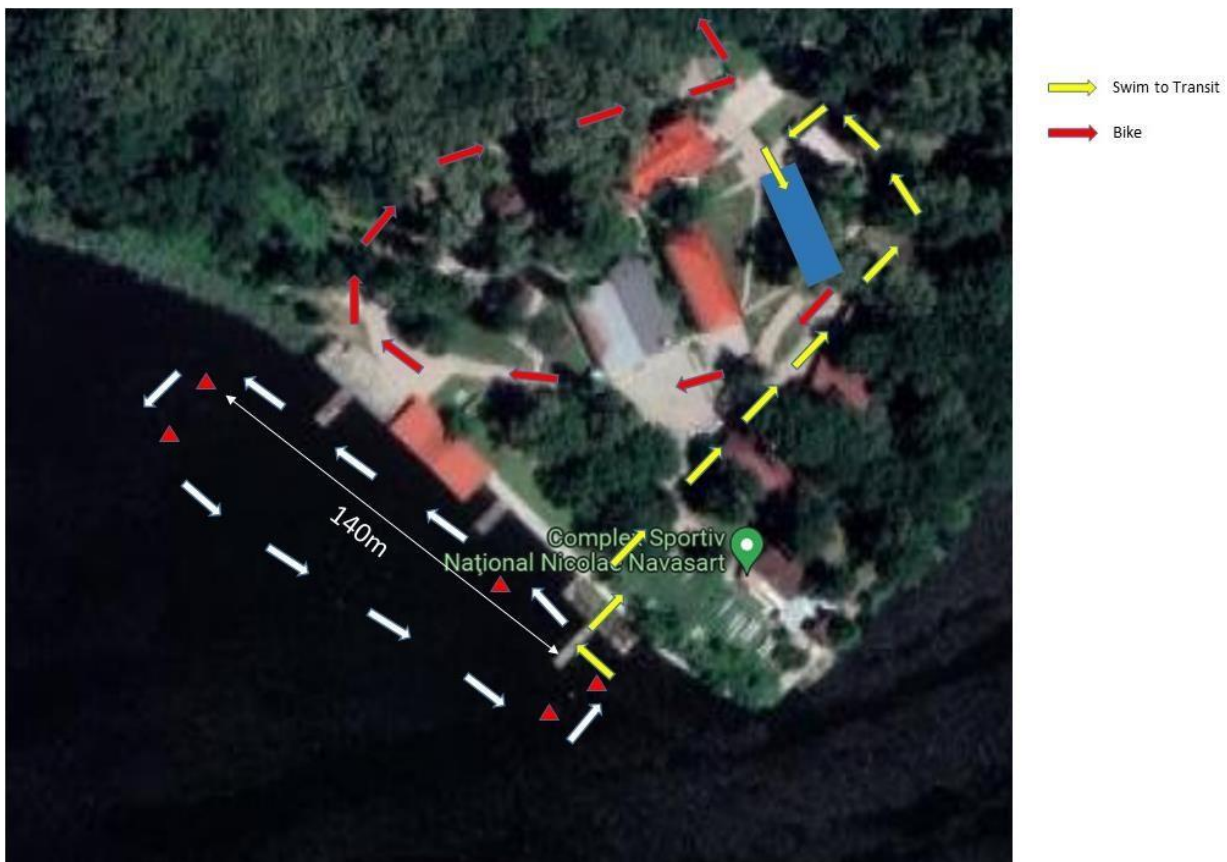
Swim course: 400m Number of laps: 1

### Team relay race:

Swim course: 250m Number of laps: 1

Average water temperature:  $\approx 26^{\circ}\text{C} / 79^{\circ}\text{F}$

## Map of the individual swim course :



**Map of the team relay swim course:**



## TRANSITION 2

# TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on each bike rack. After the helmet is secured, athletes un-rack the bike by moving forward into the center lane and towards the mountline

## BIKE COURSE

### Individual race:

Bike course: 11km Laps: 3

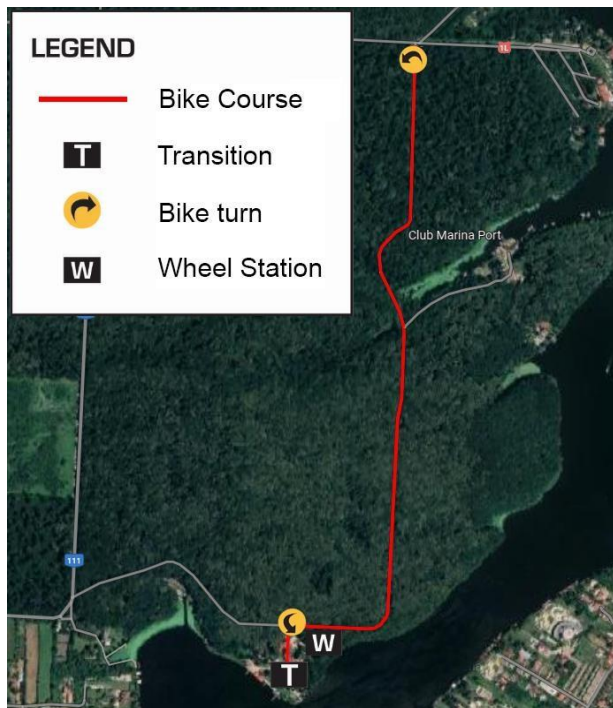
Location of the team wheel station: close to the beginning of the lap

### Team relay race:

Bike course: 5km Laps: 2

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

## Map of the bike course



The bike course is mostly flat. Inside the Sport Complex the bike course is challenging, with tight corners!

## TRANSITION 2

From the dismount line, the flow of the transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit the bike in the designated area of the traditional rack and the helmet and other bike gear in a bin placed beside the bike racks. Athletes' names and/or numbers are displayed on the top of the bike rack. After the helmet is placed in the bin, athletes will equip with the running shoes and by moving forward into the center lane and towards the exit from the transition area. Running shoes may be placed beside the rack or in the bin.

## RUN COURSE

### Individual race:

Run course: 2,5km Laps: 2

### Team relay race:

Run course: 1,5km Laps: 1

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.

## Map of the run course.



If you require additional help, please contact Pietris Ciprian – [cipsoft@yahoo.com](mailto:cipsoft@yahoo.com), +40 723356217



**HAVE A GOOD RACE AND A WISHFUL  
RESULT!**