



Multisport
World Championships

TARGU MURES
2022

ATHLETE'S GUIDE

**2022 WORLD TRIATHLON MULTISPORT
CHAMPIONSHIPS TARGU-MURES**

5 – 12 June 2022

V1 – 27 May 2022

TABLE OF CONTENTS

1. GENERAL INFORMATION	4
1.1. INTRODUCTION	4
1.2. KEY DATES	7
1.3. KEY CONTACTS	8
1.4 TECHNICAL OFFICIALS Q&A SECTIONS	9
1.5.KEY LOCATIONS	10
1.6.DOPING CONTROL	11
1.6.SECURITY	12
1.6.LOC OFFICE LOST&FOUND	12
2. BRIEFINGS	13
3. REGISTRATIONS	14
4. CROSS DUATHLON WORLD CHAMPIONSHIPS	16
4.1.RACE VENUE	16
4.2.COURSE FAMILIARIZATION	16
4.3.ATHLETE'S RACE PACKAGE DISTRIBUTION	16
4.4.Bike and Gear Check In + Race day athlete lounge/transition area check-in	17
4.5.ATHLETE LOUNGE AND TRANSITION CHECK-IN FOR ELITE/U23, JUNIOR, PARA	18
4.6.START TIME CROSS DUATHLON - MONDAY 6 JUNE	18
4.7.DISTANCES	18
4.8.COURSE MAPS	19
5. CROSS TRIATHLON WORLD CHAMPIONSHIPS	22
5.1.RACE VENUE	22
5.2.COURSE FAMILIARIZATION	22
5.3.ATHLETE'S RACE PACKAGE DISTRIBUTION	23
5.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN	23
5.5.START TIME CROSS TRIATHLON - WEDNESDAY 8 JUNE	24
5.6.FIELD OF PLAY	25
5.7.DISTANCES	26
5.8.COURSE MAPS	26
5.9.Water Quality - 24 May 2022	32
6. DUATHLON WORLD CHAMPIONSHIPS - ELITE/U23, AGE-GROUP STANDARD, JUNIOR SPRINT	33
6.1.RACE VENUES	33

6.2.TRANSPORTATION	33
6.3.ATHLETE’S RACE PACKAGE DISTRIBUTION	33
6.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN	34
6.5.ATHLETE LOUNGE AND TRANSITION CHECK-IN FOR ELITE/U23, JUNIOR	35
6.6.START TIME DUATHLON ELITE, JUNIORS, AGE-GROUP STANDARD - FRIDAY 10 JUNE	36
6.7.DISTANCES	36
6.8.COURSE MAPS	37
7. DUATHLON WORLD CHAMPIONSHIPS - PARA, ELITE+JUNIORS MIXED RELAY, AGE-GROUP SPRINT	37
7.1.RACE VENUE	37
7.2. COURSE FAMILIARIZATION	37
7.3. ATHLETE’S RACE PACKAGE DISTRIBUTION	37
7.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN	38
7.5.Athlete Lounge And Transition Check-In For Elite & Junior Mixed Relay / Paratriathlon	40
7.6.START TIME DUATHLON PARA, AGE-GROUP SPRINT AND ELITE+JUNIORS MIXED RELAY - SUNDAY 12 JUNE	40
7.7.DISTANCES	41
7.8.COURSE MAPS	41
8. TRANSFER AND TRANSPORT	44
9. ATHLETE’S SERVICES	45
9.1.TRAINING FACILITIES	45
9.2.MEDICAL SERVICES	46
9.3.COVID TESTING SERVICE	46
9.4.BIKE MECHANICAL SERVICE	46
10. TIMING CHIPS	47
11. RESULTS	47
12. COMPETITION RULES / UNIFORM	47
13. CEREMONIES	48
14. ACCREDITATION	49
15. OTHER USEFUL INFORMATION	49
16. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES	51
17.PRIZE MONEY DISTRIBUTION (in \$USD)	55
18.AGE-GROUP ATHLETE WAIVER	57

1. GENERAL INFORMATION

1.1. INTRODUCTION

The purpose of the Athlete Guide is to ensure that all athletes, coaches, and Team Managers 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 Managers are advised to check with the event office regarding any changes in information included in this guide.

Athlete's Guide version 1. Date: 26.05.2022



A very warm welcome to the 2022 World Triathlon Multisport Championships Targu Mures.

It is my great pleasure to welcome you all to such a beautiful region of Romania for this year's edition of our prestigious Multisport World Championships. These festivals of sport have become a hugely important and popular part of the World Triathlon calendar and this year is set to be one of the most stunning and exciting yet.

Here in the valley of the Mures river we will have the ideal setting for our Cross Triathlon and Cross Duathlon events, the latter making its debut as a World Championships, adding an exciting extra layer of competition to proceedings. The Duathlon World Championships will complete an action-packed schedule, and we can look forward to seeing the world's best Elite and Age-Group, Junior and U23 specialists in the disciplines battling it out.

It is the warmth of our hosts and the coming together of athletes from all over the world that always makes these celebrations of our sport so special and so important. Events such as this underline the accessibility and broad appeal of multisport, and help us to grow and reach new audiences and participants every year.

So I would like to express my enormous thanks to the Local Organising Committee and to Triathlon Romania for all of their hard work and

collaboration in bringing together this occasion. Our gratitude of course goes out to the people of Targu Mures and all of the volunteers without whom this would not be possible, and to all the athletes for bringing the fair but competitive spirit that is always so inspiring and has become the signature of these championships.

I want to wish you all an excellent week and the best of luck in achieving your goals, whatever they may be, and I hope that you get to enjoy and explore this magical city as it hosts the impressive spectacle of the World Triathlon Multisport Championships.

Yours in Sport,

Marisol Casado
World Triathlon President
IOC member



It is a big honor to host such a great event, our community has achieved the greatest challenge in the life of Romanian Triathlon and it's the best way to keep up the legacy which Peter Klosz has created, with such a strong LOC crew, and location, which became really popular during the past few years. We are looking forward to welcoming the triathletes from all around the world.

Vlad Stoica
President of Romanian Triathlon Federation

Welcome everyone!

Welcome to Transylvania and especially to my home town of Târgu Mureş.



My name is Viktor Klosz and I am your Event Manager.

You have made a special journey here. Not just the travel but all the many hours of training; in the pool, on the bike and on the paths as you build up your power, speed and endurance.

With our dedicated team of volunteers here, we aim to give you the very best multisport experience and now that you are here, your focus will be on your race.

Our focus is on you and how we can make sure your race is one of the best race ever.

Our courses have been designed to offer you a great challenge but at the same time to show off our city and the surrounding locations.

We return to Platoul Corneşti (Somostető) high above the city for the **Cross-Duathlon World Championships**. For many of you, this location will be familiar but slightly different as we have refined and improved the course. For some of you, this will be your first visit and well, be prepared for something rather special.

For the **Cross Triathlon World Championships**, we head to the Mureşul Leisure & Sports complex, or simply "Weekend", as we all call it. The swim is pretty flat but then you have to climb up, up and up again to Platoul Corneşti (Somostető) for the tough bike and run segments.

We are also hosting the Dracula Night Run – up on the Platoul (make sure you bring a headlight with you and some garlic) and the Dracula Night Swim at the Mureşul Leisure & Sports complex. We recommend a couple of cloves of garlic tucked inside your swimming costume, just to be safe.

For the **Standard Distance Duathlon World Championships**, we take you to the Transylvania Motor Ring for a race on the most perfect surface you can imagine.

For the **Sprint Distance Duathlon World Championships**, we return to the city and the most amazing downtown race experience. Crowds lining the streets, cheers and music ringing out along the bike and run courses.

Our volunteers will be there to support you. We are here to guide you and to offer you advice on anything local. We will be working closely with the Team of Technical

Officials, and it will be they who will answer all your questions about rules and regulations.

I am delighted to be your Event Manager and especially happy that I am able to continue with the legacy that my brother, Péter started so many years ago.

Péter would have been so thrilled to see you all here and to for his dream to come true. I and all my team hope that for you, all your racing dreams come true in Târgu Mureş/Marosvásárhely.

Are you ready to come to one of the best places to race in Europe?

1.2. KEY DATES

31th May, Tuesday

Press conference

Targu Mures, Medieval Castle

Time interval: 10: 00 – 11:00

5th June, Sunday

Parade of nation: 17:30 (meeting at 17:15 - Medieval Castle)

Opening ceremony 2022 World Triathlon Multisport Championships

Medieval Castle

Time interval: 18:00-19:00 (followed by pasta party)

6th June, Monday

«2022 World Triathlon Cross Duathlon Championships» - Elite/U23, Junior, Para, AG

Targu Mures, Cornesti Plateau

AG and Para Medal Ceremony: Medieval Castle 20:30-21:00

7th June, Tuesday

Dracula Night Swim – Open

Targu Mures, Muresul 'Weekend' Sport Complex

Time interval: 20:00-22:30

8th June, Wednesday

«2022 World Triathlon Cross Championships» - Elite/U23, Junior, Para, AG

Targu Mures, Muresul Sport Complex - Cornesti Plateau

AG and Para Medal Ceremony: Medieval Castle 20:30-21:00

10th June, Friday

«2022 World Triathlon Duathlon Championships» - ELITE, U23 - Standard, JUNIORS - Sprint, Age-Group - Standard (draft illegal)

Cerghid, Transilvania Motor Ring Circuit

AG Medal Ceremony: Medieval Castle 20:30-21:00

11th June, Saturday

«Dracula Night Run» - Open - Additional Event

Targu Mures, Cornesti Plateau

Time interval: 20:00-22:30

12th June, Sunday

«2022 World Triathlon Duathlon Championships» - Para, Age-Group - Sprint (draft legal), Mixed Relay - Elite & Junior

Targu Mures, City Center

Mixed Relay Ceremony, Medieval Castle 20:00

Para Ceremony, Medieval Castle 20:15

AG Medal Ceremony, Medieval Castle 20:30-21:00

Closing Ceremony: Medieval Castle 21:00-22:00

1.3. KEY CONTACTS

Name and contact details of:

Local Organising Committee

- Event manager: Viktor Klosz +40722375681, viktor@masterdruck.ro

- Event manager: Margarit Amza +40720540347 margarit@sportlife.ro

- Technical director: Istvan Besenyei +40722993578, istvan.besenyei@triatlonromania.ro

- COVID-19 Officer: Istvan Besenyei +40722993578, istvan.besenyei@triatlonromania.ro

- Athlete Service Manager: Izabella Avram , - office@masterskibikeclub.ro; +40741746049

- Romanian Triathlon Federation, 1 Hagi Moscu Maria Street, ap1, interfon 01, Sector 1, Bucharest Ovidiu Burghilea, +40763820423, office@triatlonromania.ro

World Triathlon

- World Triathlon Team Leader: Alpar Nagy (HUN) alpar.nagy@triathlon.org
- World Triathlon Technical Delegates
 - o Stefane Mauris (SUI) stefane.mauris@triathlon.org;
 - o Esther Sanchez (ESP) esther.sanchez@triatlocv.org
- Medical Delegate: Dr. Angela Pedro (POR) angela.gairifo@gmail.com
- Head Referees

Peter Thygesen (DEN) peter.thygesen@gmail.com	Cross Dua/Triathlon: Elite/U23 Duathlon: Elite/U23, Para, Mixed Relay
Radu Blaga (ROU) rblaga@yahoo.com	Cross Dua/Triathlon: Juniors/Para, Age-Group Duathlon: Juniors, Age-Group Sprint and Standard

1.4 TECHNICAL OFFICIALS Q&A SECTIONS

For technical questions regarding your race, you are encouraged to ask Technical

Officials who will be available at Medieval Castle as per schedule below:

Sun 05 Jun 2022	14:00	15:30	AG TOs Q&A session - Cross Duathlon WCH
--------------------	-------	-------	---

Tue 07 Jun 2022	14:00	15:00	AG TOs Q&A session - Cross Triathlon WCH
--------------------	-------	-------	--

Thu 09 Jun 2022	12:00	13:00	AG TOs Q&A session - Duathlon Standard WCH
--------------------	-------	-------	--

Sat 11 Jun 2022	15:00	16:30	AG TOs Q&A session - Duathlon Sprint WCH
--------------------	-------	-------	--

1.5.KEY LOCATIONS

Event Venue Map



1.6.DOPING CONTROL

As a World Triathlon Age-Group athlete going to a World Championships, you are subject to Doping Control.

If you get selected for Doping Control someone will approach you and notify you that you have been selected for Doping Control. This could be done even before your race. For example, after you pick up your registration package or check in your bicycle into the transition area. The Doping Control Chaperone and/or Officer will explain the procedure to you but you should be aware that you have certain rights and responsibilities.

You have the right to:

- Nominate a representative of your choice to accompany you to Doping Control.
- Arrange an interpreter (if required).
- Request additional information about the Doping Control procedure.
- Request a delay in reporting to the Doping Control Station for valid reasons. (These reasons may be to receive necessary medical attention, locate a representative or fulfil a media commitment but you must have the consent of, and be in full view of, the Doping Control Officer or Chaperone).
- Request necessary modifications if you have a disability.
- Note any concerns with the Doping Control Process on the Doping Control Form.
- Request part 'B' of your sample be analysed to confirm a positive result.
- A fair hearing in accordance with the World Anti-Doping Code.

Your responsibilities include:

- Be aware of, and comply with, the World Anti-Doping Code and the World Triathlon Anti-Doping Rules.
- Be aware of which substances are not allowed as they are on the Prohibited List.
- Comply with requirements for Therapeutic Use Exemptions (TUE). A TUE allows you to take a substance on the Prohibited List, if that is the only option available to you and you meet specific requirements. There are strict rules governing TUEs so it is best to check those out before the event. As an Age-Group athlete you may apply for a retroactive TUE but it is not guaranteed so you may want to request one no later than 30 days prior to racing.
- Report to the Doping Control Station immediately or within the required time specified by the Doping Control Chaperone.
- Control your sample until it is sealed in the sample collection kit.
- Ensure the sealed sample collection kit is secure and identified; and
- Ensure all appropriate documentation is accurate.

You must have photo identification to take with you to the Doping Control Station. It is also a good idea to make sure that you have access to your National Federation manager's phone number so that you can let them know that you have been selected for Doping Control.

If you have any questions about anti-doping, you should visit our booth at the expo where there are volunteers who can answer any of your questions. You can also check out the Age-Group Anti-Doping section on https://triathlon.org/agegroup/anti_doping

1.6.SECURITY

Security personnel will be provided on every race and Venue Center, also the Local Police Department. Only accredited athletes, support team, TO's and LOC will have access to the Venue facility.

1.6.LOC OFFICE LOST&FOUND

Location: Medieval Castle

Opening hours during the event: 10:00-18:00

2. BRIEFINGS

All the briefings will be held online.

Cross Duathlon

Athlete Group	Date/Time	Registration link
Age-Group Team manager	Sunday 5 June - 10:00	https://us02web.zoom.us/webinar/register/WN_5js5hTT3SQeBOlz2mDYvWg
Juniors, Para	Sunday 5 June - 13:30	https://us02web.zoom.us/webinar/register/WN_ZF7s3hhzTvqnysgTha1pJQ
Elite/U23	Sunday 5 June - 15:00	https://us02web.zoom.us/webinar/register/WN_M4BZb9q9RuudyYvGq-VpQA

Cross Triathlon

Athlete Group	Date/Time	Registration link
Age-Group Team manager	Tuesday 7 June - 10:00	https://us02web.zoom.us/webinar/register/WN_ZxQP3OhKQZm4lChqZDiFYA
Juniors, Para	Tuesday 7 June - 13:30	https://us02web.zoom.us/webinar/register/WN_CL-yOkCKTkWpiplqSdSXQQ
Elite/U23	Tuesday 7 June - 16:00	https://us02web.zoom.us/webinar/register/WN_-U6KLqzTQOGswFuuCw_G7Q

Duathlon

Athlete Group	Date/Time	Registration link
Age-Group Standard - Team manager	Thursday 9 June - 10:00	https://us02web.zoom.us/webinar/register/WN_FHnulXYoTJSx1omAfsK28g
Age-Group Sprint - Team manager	Saturday 11 June - 10:00	https://us02web.zoom.us/webinar/register/WN_CAyEK65xSROAW9AUMHaTMA
Juniors (incl Mixed-Relay)	Thursday 9 - 15:30	https://us02web.zoom.us/webinar/register/WN_1lEHRerSSlqPU2lyuNSqKg
Elite/U23 (incl Mixed-Relay)	Tuesday 7 June - 16:30	https://us02web.zoom.us/webinar/register/WN_tSAKWPbWSTqecTcVxWGP0w
Para	Saturday 11 June - 16:00	https://us02web.zoom.us/webinar/register/WN_X2mKHwBPRDKDoCuoWb7t7Q

After the briefings you can find the recording and presentation here:
https://www.triathlon.org/about/downloads/category/race_briefings

Age-Group: beyond the recording, Q&A sessions will be held at race-pack distribution where World Triathlon Head Referee and Technical Officials will be able to answer your questions about the competition rules.

Cross Duathlon: Sunday 5 June, 14:00 - 15:00

Cross Triathlon: Tuesday 7 June, 14:00 - 15:00

Duathlon Age-Group Standard: Thursday 9 June, 12:00 - 13:00

Duathlon Age-Group Sprint: Saturday 11 June, 15:00 - 16:30

3. REGISTRATIONS

WHAT YOU WILL NEED

- Photo identification (drivers license or passport). It will not be possible to pick up your race package without an ID.
- Only the person registered can pick up their race package at registration. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name.
- If you are under 18 years of age, the Athlete waiver must be signed by a legal parent or guardian

ATHLETE WAIVER

All athletes need to personally sign the Athlete waiver. Athletes are recommended to print and sign the Athlete waiver and bring it to the package pick up to save some time. Waiver is available at the end of this Guide.

RACE PACKAGE

Date and time for race package distribution can be found under the respective event section in this document. Your race package will contain the following items:

Race package	Elite / Juniors / Para	Age-Group
Swim caps (cross triathlon only)	(1)	Yes
Body decals	Yes (4x)	Yes (2x)
Category decal (to place at the back of your calf)	n/a	Yes
Bib number	n/a	Yes (2)
Sticker (bike, helmet, bags)	Yes	Yes
MTB plate + zip ties (cross dua/triathlon only)	Yes	Yes
Timing chips	(1)	Yes
Wristband / Accreditation	Yes (card)	Yes (wristband)
T-shirt	Yes	Yes
Running number belt	Yes	Yes

Notes

- (1) distributed on race day at athlete lounge
- (2) mandatory for the run segment

Body decals: please, make sure you have them on prior to entering the Transition Area on the morning of the race. For Age-Groupers, the race number tattoos go on your right and left arms, the category tattoo on the back of one of your calves.

4. CROSS DUATHLON WORLD CHAMPIONSHIPS

4.1. RACE VENUE

Prepare for an adventurous, exciting cross race, at the Cornesti Plateau sports and recreation area at the top of the hill, almost in the middle of the city.

25 minutes by walk from city center, 10 minutes by car.

Parking options: Cornesti Plateau - Public Parking Area

Public transport options: Download Moovit App- Realtime Public Transit App



4.2. COURSE FAMILIARIZATION

There is no official familiarization scheduled for the cross races, the course will be prepared and marked, so everyone will have the possibility to access it.

4.3. ATHLETE'S RACE PACKAGE DISTRIBUTION

Age-Group: Race Package Pick-Up –

4th June, Saturday - Medieval Castle - Expo Zone - 12:00 -18:00 and

5th June, Sunday – Medieval Castle – Expo Zone - 12:00 – 16:00

TOs Q&A Sessions on 5th June, Sunday 14:00 - 15:00

Elite/U23/Junior/Para: 5th June, Sunday – Medieval Castle – Expo Zone – 16:00 - 17:00

4.4. Bike and Gear Check In + Race day athlete lounge/transition area check-in

Helmets and cycling shoes can be placed in the Transition Area, at the designated spot, and **INSIDE** the transition bins/boxes (supplied by the Organizer) once the material has been used. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as to leave their shoes attached to their bike upon arrival at the Transition Area. No loose gear will be allowed on the ground next to the bicycles following Transition 2.

Please label all your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

As you enter the Transition Area to check in your bike, your bike/helmet will be subject to a **MANDATORY** bike/helmet check. Please ensure your bike is in safe-working conditions. Securely fasten all equipment you may carry with you. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

Your bike shoes can be placed on your bike.

You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Bike technicians and bike pumps will be available in the transition area on race morning.

On race day, a uniform and body decals check will take place upon your arrival to transition.

The Check In will take place on race day:

Age-Group Transition Check-in

Transition Check In Mon 6 June, 12:00-14:00

4.5.ATHLETE LOUNGE AND TRANSITION CHECK-IN FOR ELITE/U23, JUNIOR, PARA

Bike and equipment check will take place at the Athlete Lounge on race day and this is where you will receive your timing chips

Juniors + Para

- Athlete Lounge Mon 6 June, 06:30-07:30
Location: Cornesti Plateau
- Transition Check In Mon 6 June, 07:00-07:45

Elite/U23 Men and Women

- Athlete Lounge Mon 6 June, 09:00-10:00
Location: Cornesti Plateau
- Transition Check In Mon 6 June, 10:30-11:15

What to bring

- Helmet (with stickers)
- Bicycle (with sticker)
- Uniform and body decals check
- Any nutrition/liquid that you want to leave on your bike

4.6.START TIME CROSS DUATHLON - MONDAY 6 JUNE

8:00	Juniors M
8:10	Juniors W
8:15	Para

11:30	Elite/U23 M
11:35	Elite/U23 W

14:30	AG M18-49
14:40	AG M50+
14:50	AG Women

4.7.DISTANCES

Elite/ U23/ Age-Group

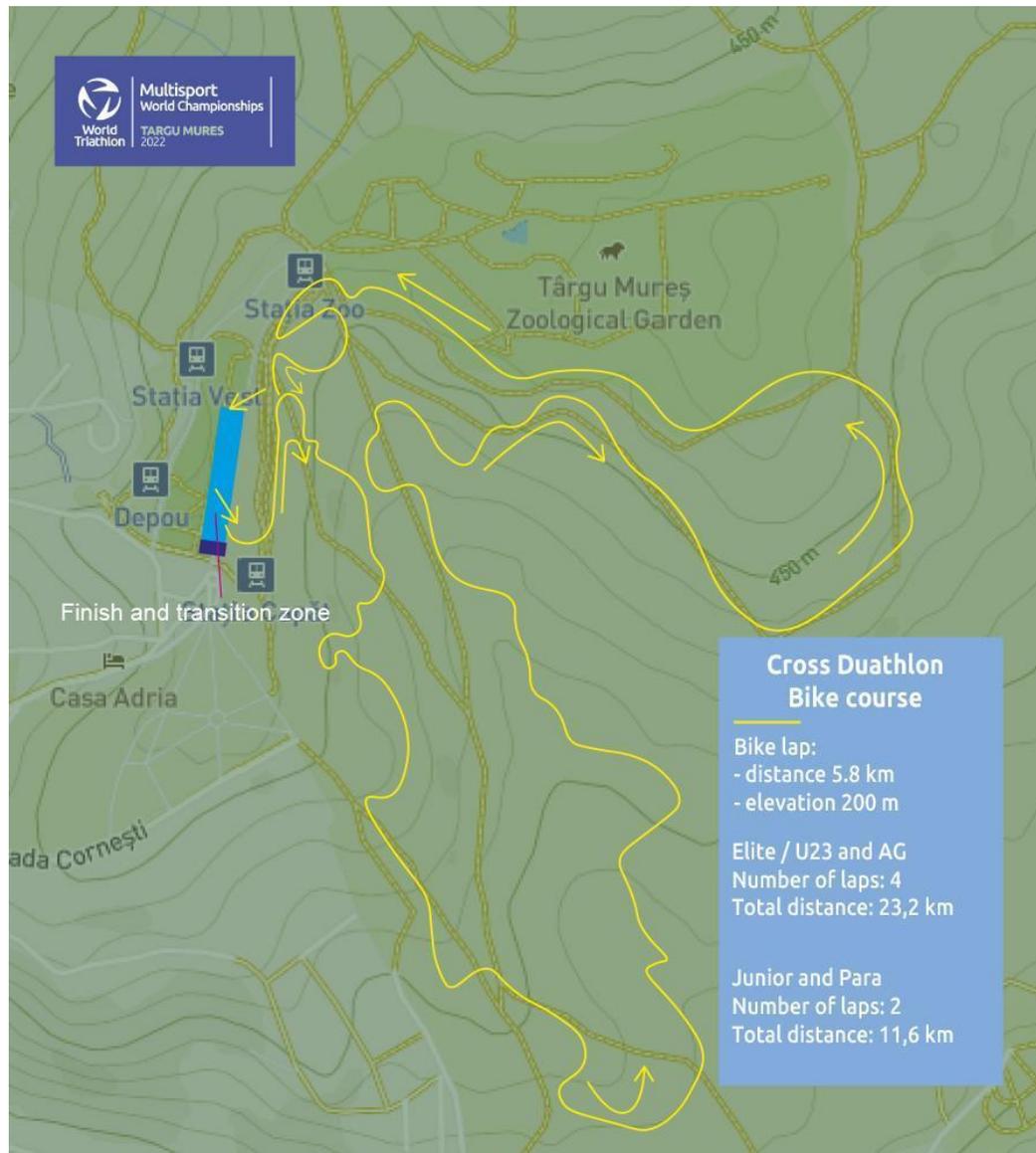
Run 1 = 7 km (2 laps) **Bike** = 23.2 km (4 laps) **Run 2** = 3.5 km (1 lap)

Para/ Junior

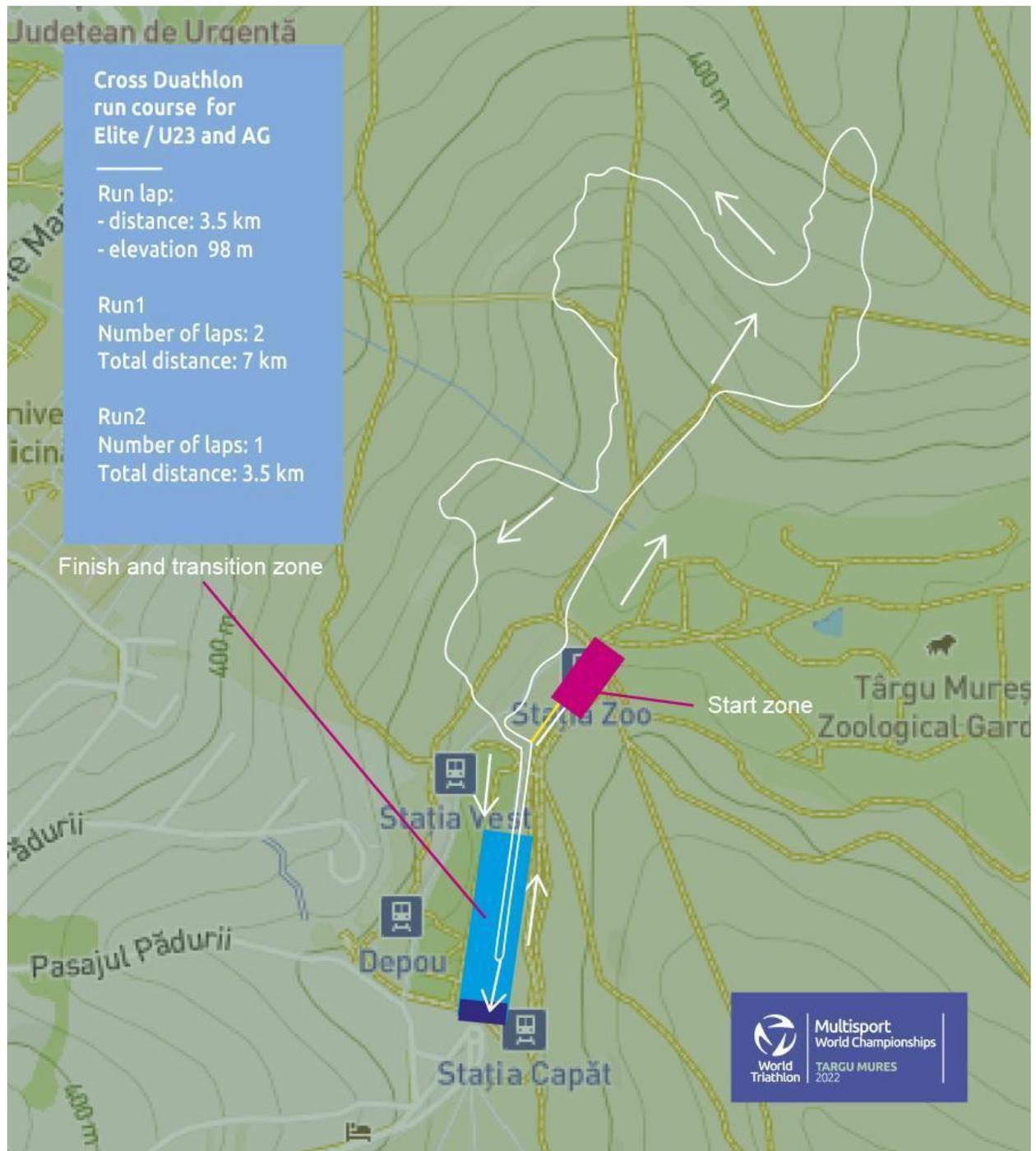
Run 1 = 3.6 km (2 laps) Bike = 11.6 km (2 laps) Run 2 = 1.8 km (1 lap)

4.8.COURSE MAPS

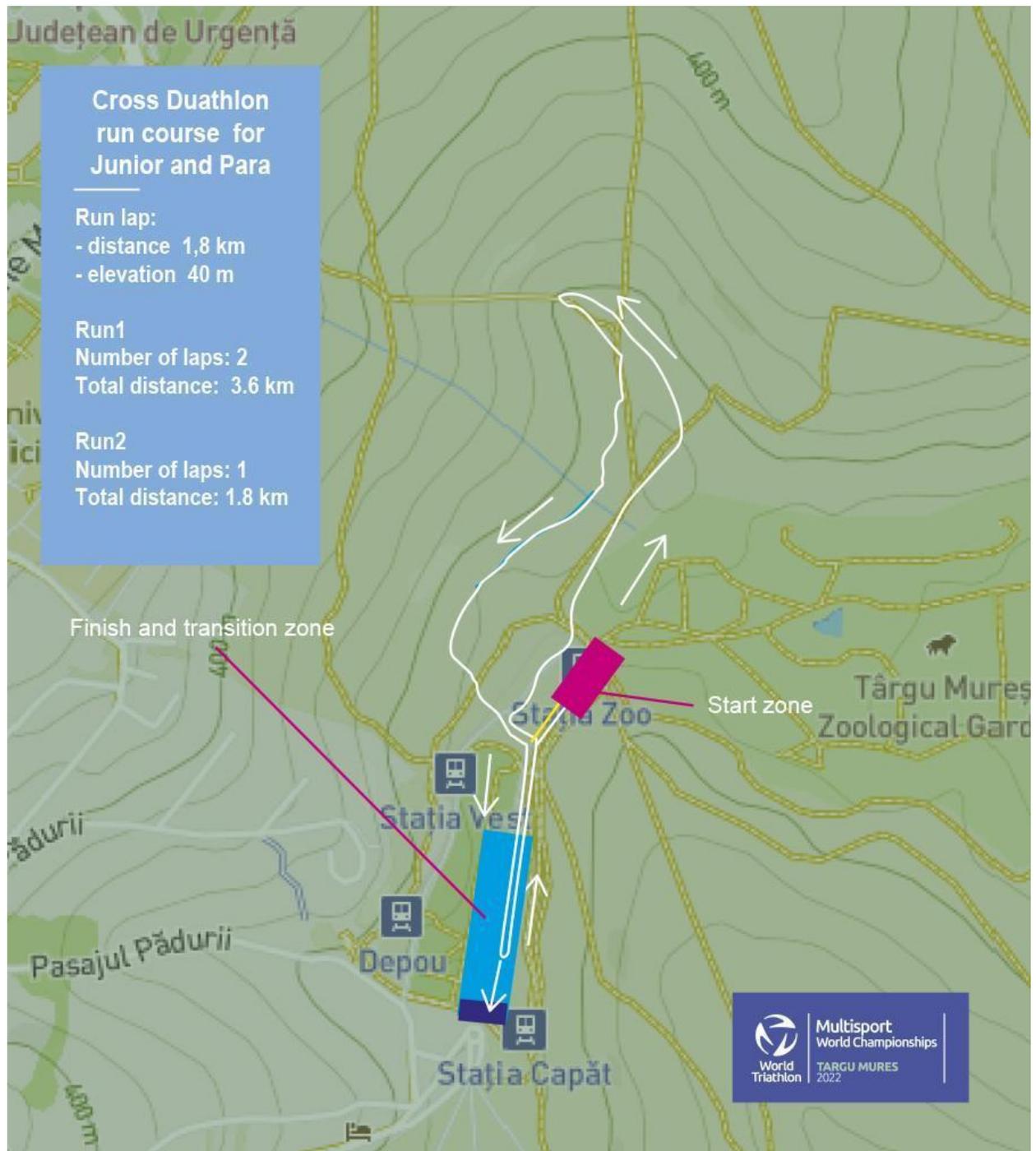
Bike Course



Run Course for Elite/U23/AG



Run Course Junior/Para



5. CROSS TRIATHLON WORLD CHAMPIONSHIPS

5.1. RACE VENUE

Main venue: Same as the Cross Duathlon, T2 for Cross Triathlon, - Cornesti Plateau sports and recreation area at the top of the hill, almost in the middle of the city.

25 minutes by walk from city center, 10 minutes by car.

Parking options: available public parking area on the Cornesti Plateau area.

Swim venue: Swim and T1 for Cross Triathlon,; Muresul Sports Complex 'Weekend Complex' – recreational and sports complex area in Targu Mures, 25 minutes' walk from City Center, 10 minutes by car to Plutelor street.

Parking options: available public parking on Plutelor street, in the area of the bridge.

How to go between the two venues:

After check-in in T2, with motorbike or e-bike guiding in the front, the athletes can go to T1 (Muresul Complex) on their own bikes.

A second option available is: By shuttle bus. This service is available also for the athlete supporters, coaches, other team members.

5.2. COURSE FAMILIARIZATION

7th June

SWIM

- Swim course familiarization (All categories): **14:00-16:00** – Muresul Sports Complex

BIKE & RUN

There is no official familiarization scheduled for the cross races, the course will be prepared and marked, so everyone will have the possibility to access it.

5.3.ATHLETE’S RACE PACKAGE DISTRIBUTION

Age-Group: Registration/Package Pick-Up –

6 June, Monday – Medieval Castle – Expo Zone – 12:00 – 18:00

7 June, Tuesday – Medieval Castle – Expo Zone – 12:00 – 17:00

TOs Q&A Sessions on 7 June, Tuesday 14:00 - 15:00

Elite/U23: 7 June, Tuesday – Medieval Castle – Expo Zone – after Athlete Briefing – 18:00 – 19:00

Junior/Para: 7 June, Tuesday – Medieval Castle – Expo Zone – 17:30 – 18:30

5.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN

Helmets and cycling shoes can be placed in the Transition Area, at the designated spot, and INSIDE the transition bins/boxes (supplied by the Organizer) once the material has been used. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as to leave their shoes attached to their bike upon arrival at the Transition Area. No loose gear will be allowed on the ground next to the bicycles following Transition 2.

Please label all your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

As you enter the Transition Area to check in your bike, your bike/helmet will be subject to a MANDATORY bike/helmet check. Please ensure your bike is in safe-working conditions. Securely fasten all equipment you may carry with you. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

Your bike shoes can be placed on your bike.

You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Bike technicians and bike pumps will be available in the transition area on race morning.

On race day, a uniform and body decals check will take place upon your arrival to transition.

The Check In will take place on race day:

Juniors and Para

Transition 2 check-in Wed 8 June, 06:30-07:00

Athlete Lounge check-in Wed 8 June, 07:00-07:30

Transition 1 check-in Wed 8 June, 07:15-07:45

Elite/U23 Men

Transition 2 check-in Wed 8 June, 09:30-10:15

Athlete Lounge check-in Wed 8 June, 10:00-11:00

Transition 1 check-in Wed 8 June, 10:15-11:15

Age-Group

Transition 2 check-in Wed 8 June, 12:30-13:15

Transition 1 check-in Wed 8 June, 12:45-14:15

5.5.START TIME CROSS TRIATHLON - WEDNESDAY 8 JUNE

8:00	Juniors M
8:10	Juniors W
8:15	Para

11:30	Elite/U23 M
11:40	Elite/U23 W

14:30	AG M18-44
14:40	AG M45+
14:45	AG Women

5.6.FIELD OF PLAY

SWIM COURSE

Start procedures: water start

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

Number of laps: 1



Average water temperature: 19 Celsius degrees.

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 box 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 mount line

TRANSITION 2

Location: Cornesti Plateau

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.

5.7.DISTANCES

Elite/ U23

Swim = 1 km (1 lap) // Bike = 26.2 km (3.7 + 5 laps of 4.5km) // Run = 7 km (2 laps)

Para/Junior

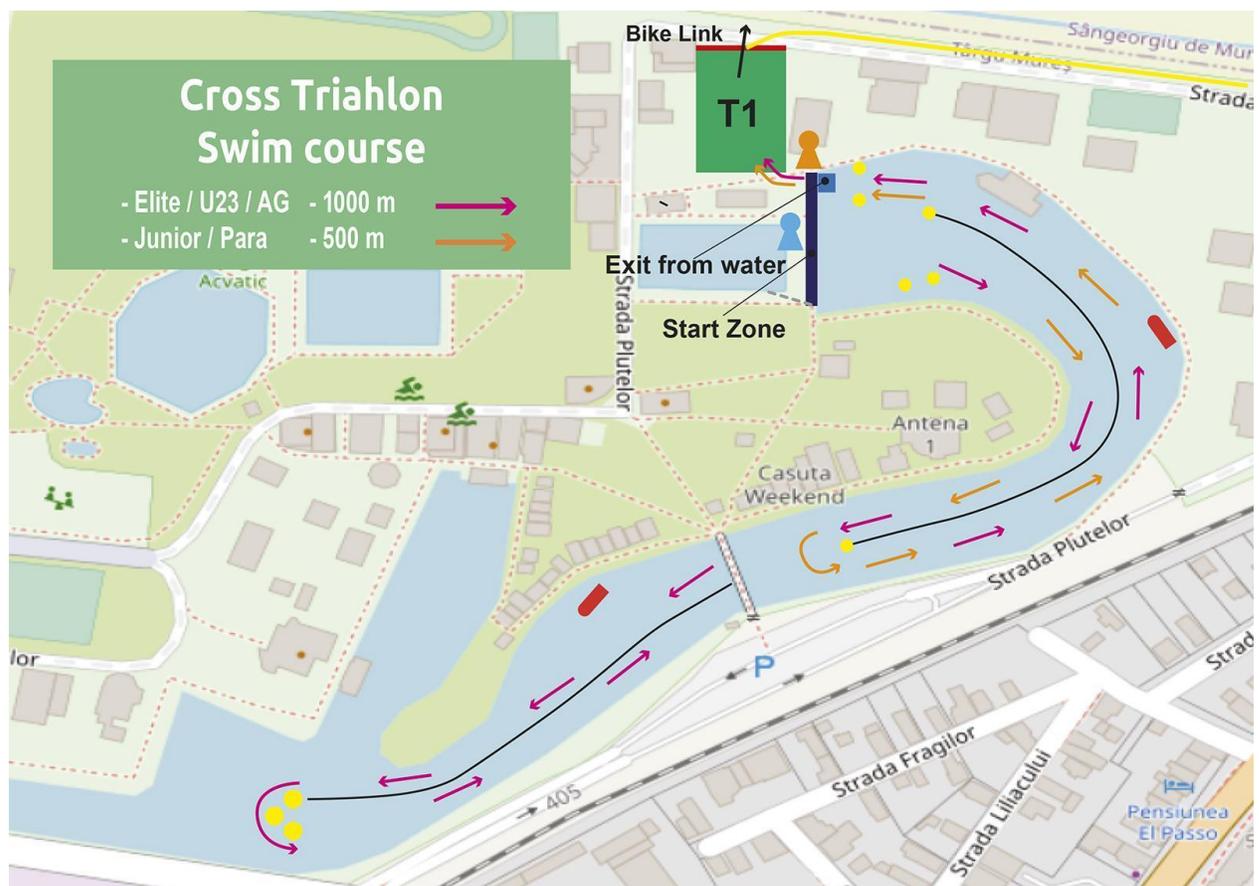
Swim = 0.5 km (1 lap) // Bike = 10.7 km ((3.7 + 2 laps of 3.5km) // Run = 3.6 km (2 laps)

Age-Group

Swim = 1 km (1 lap) // Bike = 27 km (3.7 + 4 laps of 5.8km) // Run = 7 km (2 laps)

5.8.COURSE MAPS

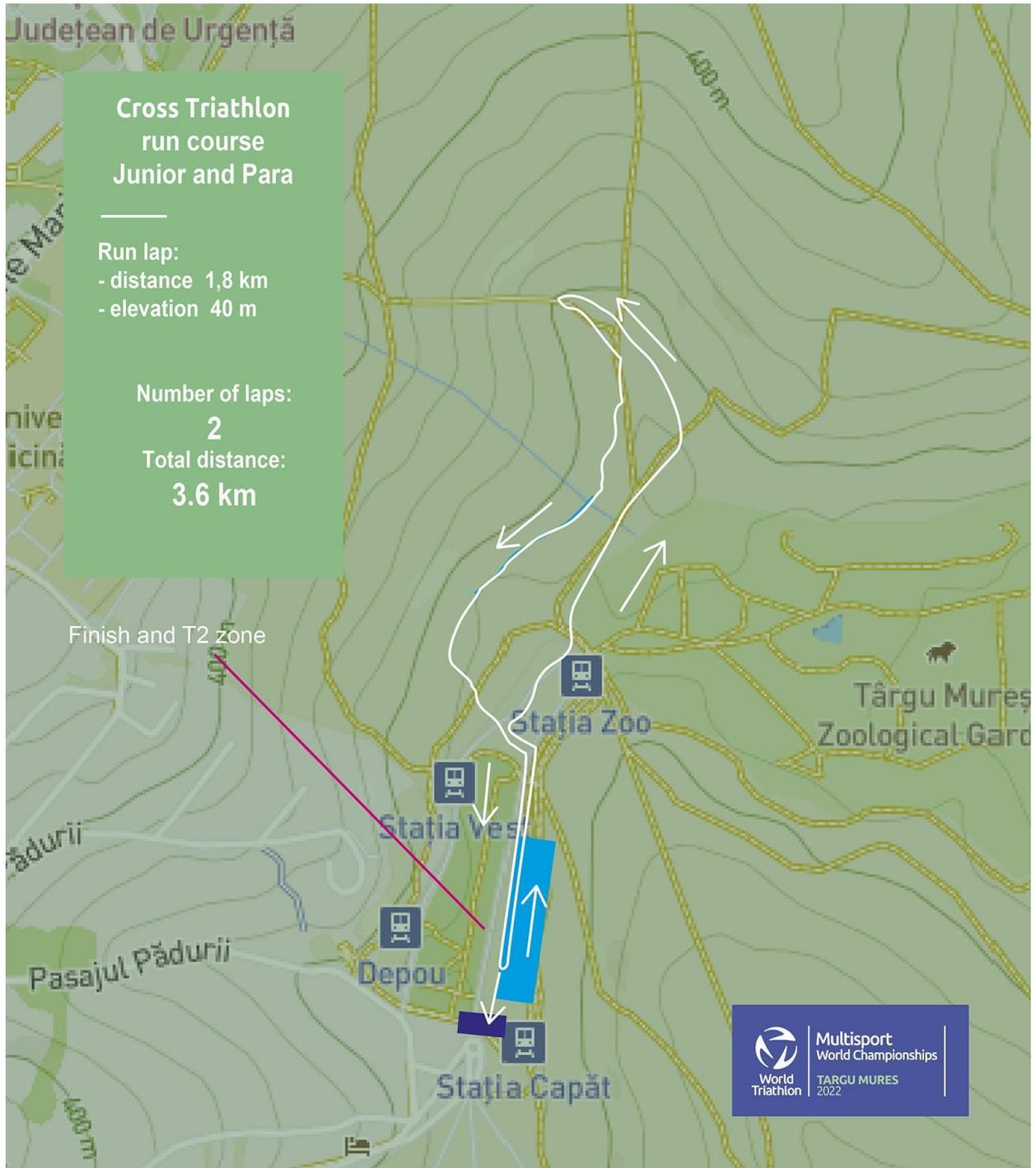
Swim Course Map



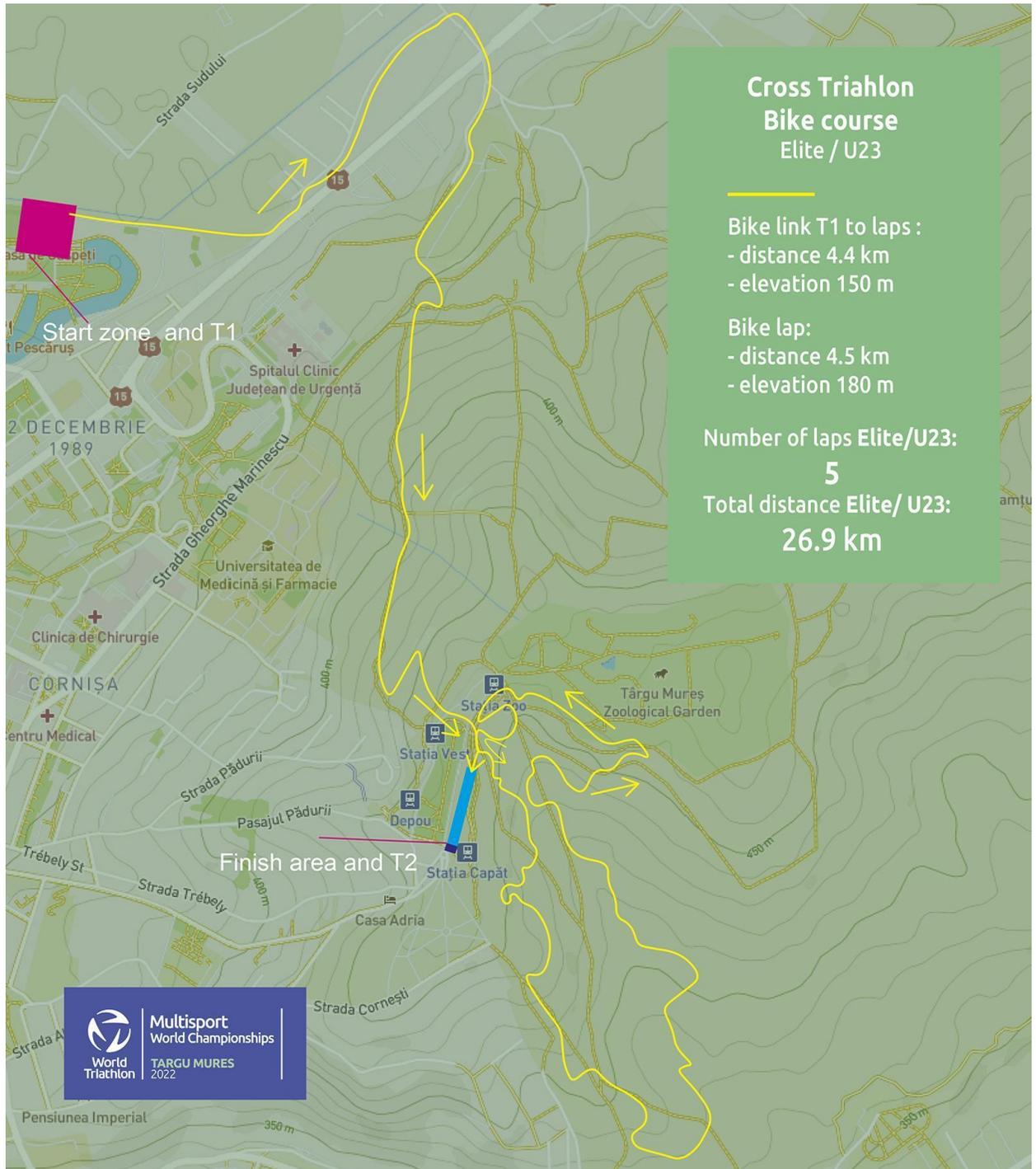
Bike Course Map - Junior/Para



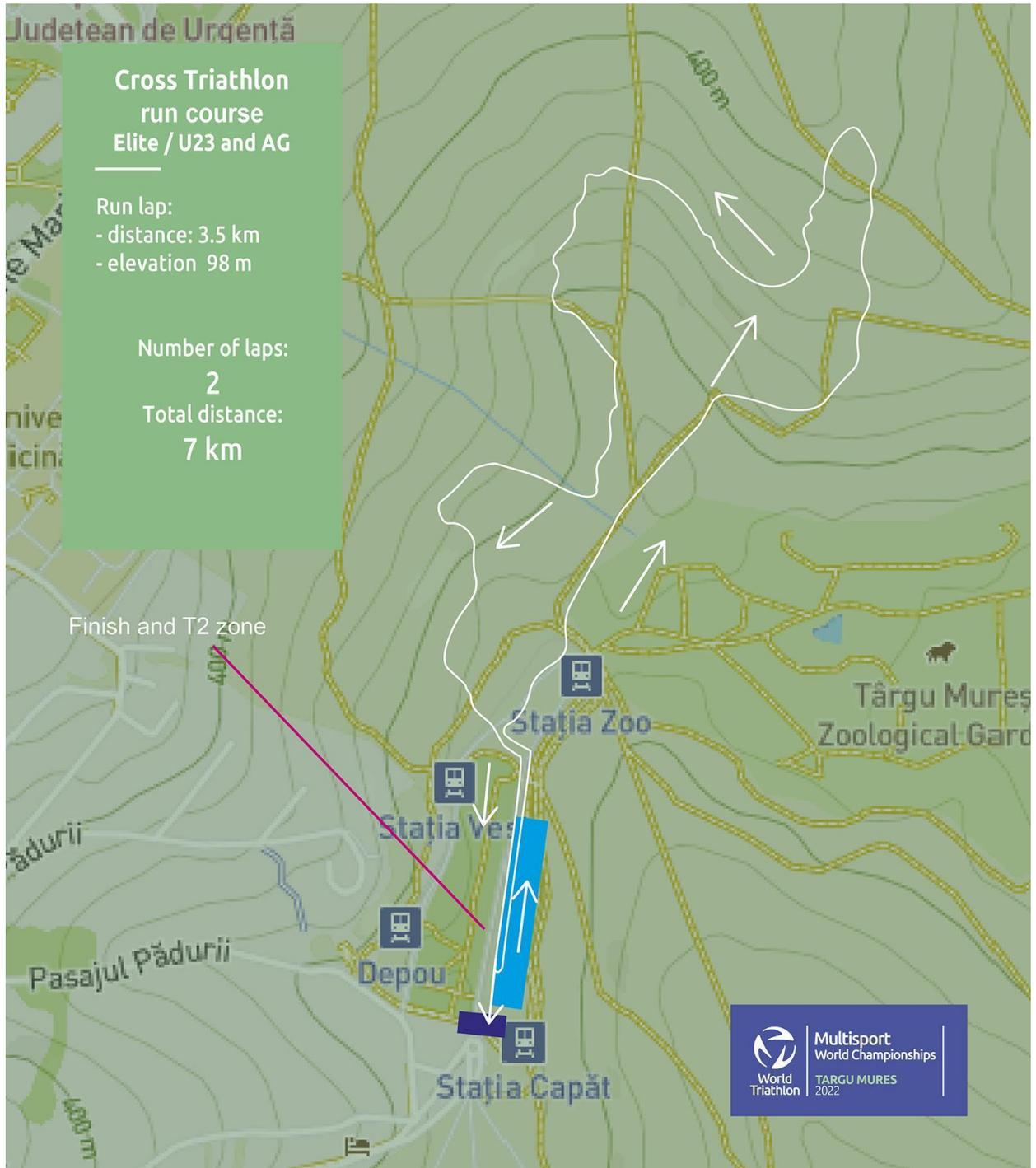
Run course - Junior/Para



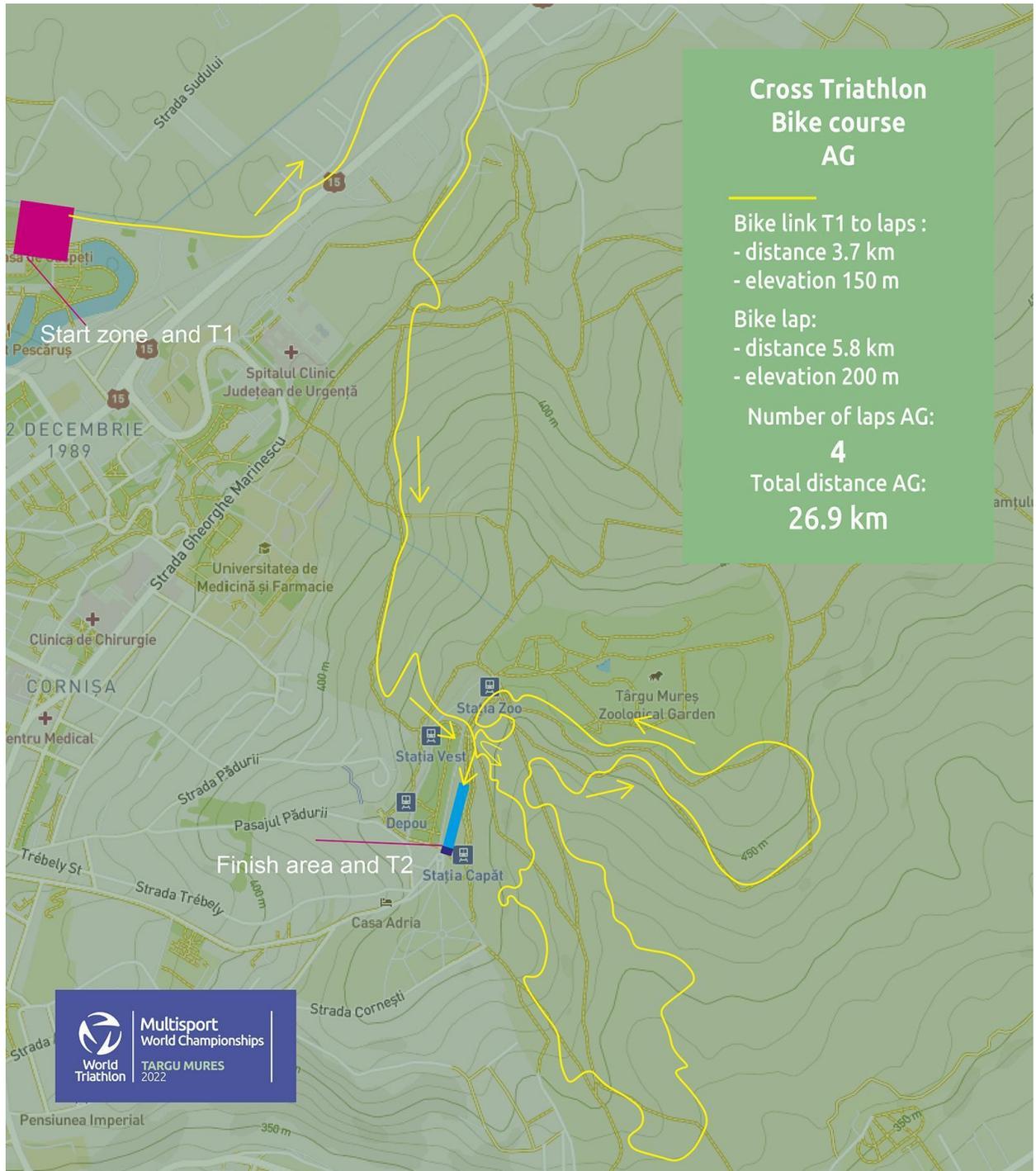
Bike Course - Elite/U23



Run Course - Elite/U23



Bike Course - Age Group



NOTE: Run Course - Age Group - SAME WITH THE ELITE/U23 CATEGORY

5.9. Water Quality - 24 May 2022

24 May 2022	A - north side of lake	B - Middle of lake	C - south side of lake	Competition Rules
Enterococci (cfu/100ml)	56	58	52	<200 cfu/100ml
E-coli (cfu/100ml)	284	282	280	<500 cfu/100ml
PH	7.52	7.56	7.5	[6-9]

Linked with visual sanitary inspection, the rating of the water is:

1 = 'Very Good Water Quality': (E.Coli < 250 or Enterococci < 100) with no or potential visual pollution during sanitary check or forecasted heavy rain;

6. DUATHLON WORLD CHAMPIONSHIPS - ELITE/U23, AGE-GROUP STANDARD, JUNIOR SPRINT

6.1.RACE VENUES

Transylvania Motor Ring

Transylvania Motor Ring is an establishment in the public domain of Mures County and management of the County Council. Transylvania Motor Ring (TMR) can accommodate any competing car, running and cycling that can take place on a circuit of asphalt.

Location:

The circuit is located 4 km from the national road DN 15 (E 60) Turda - Targu Mures - Toplita
- Borsec and 1.70 kilometers of road DJ 151 B Ungheni - Upper chapel - Sibiu County limit.

Google map link: <https://goo.gl/maps/NYQXU37zDq28RkCs5>

Parking options: available at the entrance of the Transylvania Motor Ring Circuit

The racing surface is easily one of the very best that you will ever get to experience and the facilities available at the venue make it a perfect location for racing.

6.2.TRANSPORTATION

The transportation schedule will be available on the events website at the <https://transylvaniatrathlonfestival.ro/athlete-info/transfer-and-transport/> section.

6.3.ATHLETE'S RACE PACKAGE DISTRIBUTION

Age-Group: Registration/Package Pick-Up –

8 June, Wednesday – Medieval Castle – Expo Zone – 10:00 - 16:00

9 June, Thursday – Medieval Castle – Expo Zone – 10:00 - 16:00

TOs Q&A Sessions on 9 June, Thursday 12:00 - 13:00

Elite/U23: 9 June, Thursday – Medieval Castle – Expo Zone – 18:00 - 19:00

Junior: 9 June, Thursday – Medieval Castle – Expo Zone – 17:00 – 18:00

COURSE FAMILIARIZATION

9th June, Thursday

BIKE & RUN

Bike & Run familiarization Transilvania Motor Ring Elite/U23/Junior - Duathlon Venue - 12:30 - 13:30

6.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN

Helmets and cycling shoes can be placed in the Transition Area, at your designated spot. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as to leave their shoes attached to their bike upon arrival at the Transition Area. All used equipment must be placed inside the bins/boxes supplied by the organiser. No loose gear will be allowed on the ground next to the bicycles following Transition 2. All non-competition equipment will have to be dropped at the Age-Group Bag drop area or at the Elite/Juniors/Para athlete lounge.

Please label all your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

There will be signs and volunteers at the Transition Check In to help you check in your gear and rack your bike in the right spot.

As you enter the Transition Area to check in your bike, your bike/helmet will be subject to a MANDATORY bike/helmet check (make sure to place all stickers before coming to the check-in). Please ensure your bike is in safe-working conditions. Securely fasten all equipment you may carry with you. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

Your bike shoes can be placed on your bike.

The Check In will take place on race day:

AG STANDARD BIKE CHECK IN - MANDATORY

It is mandatory to check your bike in transition the day before the event. There will be no bike check-in on race day.

Place: Motor Ring Circuit

Date and time: Thursday 9 June, 16:00 - 19:00

What to bring

- Bicycle (with sticker on it)

AG STANDARD RACE DAY TRANSITION AREA CHECK-IN (NO BIKE CHECK-IN)

Bicycles will NOT be permitted to enter the transition area on race morning. You will not be allowed to remove your bike from the transition area until the start of the bike portion of the race.

Bike technicians and bike pumps will be available in the transition area on race morning. Athletes are allowed to bring their own pump into transition but, like any other equipment that are not used during the race, should NOT remain in transition during the event and should be placed in the bag drop area

On race day, a uniform and body decals check will take place upon your arrival to transition. You will have access to your bike to drop your equipment and nutrition at your designated area.

Place: Motor Ring Circuit

Date and time: Friday 10 June, 06:00-07:15

What to bring

- Uniform and body decals check

- Helmet with sticker

- Any nutrition/liquid that you want to leave on your bike (optional)

6.5.ATHLETE LOUNGE AND TRANSITION CHECK-IN FOR ELITE/U23, JUNIOR

Bike and equipment check will take place at the Athlete Lounge on race day and this is where you will receive your timing chips

Juniors Men and Women

- Athlete Lounge Fri 10 June, 17:15-18:15

Location: Motor Ring circuit

- Transition Check In Mon 6 June, 17:30-18:30

Elite/U23 Men

- Athlete Lounge Fri 10 June, 12:00-13:00
Location: Motor Ring circuit
- Transition Check In Fri 10 June, 12:15-13:15

Elite/U23 Women

- Athlete Lounge Fri 10 June, 14:45-15:45
Location: Motor Ring circuit
- Transition Check In Fri 10 June, 15:00-16:00

6.6.START TIME DUATHLON ELITE, JUNIORS, AGE-GROUP STANDARD - FRIDAY 10 JUNE

7:30	AG STD M18-34
7:40	AG STD M35-44
7:50	AG STD M45-59
8:00	AG STD F18-39
8:10	AG STD F40-54
8:20	AG STD F55+
8:30	AG STD M60+

13:30	Elite/U23 M
16:15	Elite/U23 W

18:45	Juniors M
18:55	Juniors W

6.7.DISTANCES

Elite/ U23 STANDARD – Draft Legal

Run 1 = 10 km (4 laps) Bike = 37.5 km (5 laps) Run 2 = 5 km (2 laps)

Age-Group STANDARD – Draft Illegal

Run 1 = 10 km (4 laps) Bike = 37.5 km (5 laps) Run 2 = 5 km (2 laps)

Junior SPRINT – Draft Legal

Run 1 = 5 km (2 laps) Bike = 22.5 km (3 laps) Run 2 = 2.5 km (1 lap)

6.8.COURSE MAPS



7. DUATHLON WORLD CHAMPIONSHIPS - PARA, ELITE+JUNIORS MIXED RELAY, AGE-GROUP SPRINT

7.1.RACE VENUE

Exciting race through the beautiful historical buildings of the city center.

7.2. COURSE FAMILIARIZATION

11th June, Saturday

BIKE & RUN

The bike and run course are on open public roads, so everyone can make its own familiarization in compliance with the legal provisions.

7.3. ATHLETE'S RACE PACKAGE DISTRIBUTION

Age-Group: Race Package Pick-Up –

11th of June, Saturday– Medieval Castle – Expo Zone – 12:00 – 18:00

TOs Q&A Sessions on 11th June, Saturday 15:00 - 16:30

Para: Race Package Pick-Up – 11th of June, Saturday – Medieval Castle – Expo Zone – 18:00 - 18:30

Elite/Junior Mixed relay: Race Package Pick-Up - 11th of June, Saturday – Medieval Castle – Expo Zone – after Team composition declaration – 18:00 – 18:30

7.4. BIKE AND GEAR CHECK IN + RACE DAY ATHLETE LOUNGE/TRANSITION AREA CHECK-IN

Helmets and cycling shoes can be placed in the Transition Area, at your designated spot. Athletes will also have the option to start the race with their cycling shoes attached to their bike as well as to leave their shoes attached to their bike upon arrival at the Transition Area. All used equipment must be placed inside the bins/boxes supplied by the organiser. No loose gear will be allowed on the ground next to the bicycles following Transition 2. All non-competition equipment will have to be dropped at the Age-Group Bag drop area or at the Elite/Juniors/Para athlete lounge.

Please label all your clothing and gear (including shoes). If you lose or find any belongings, there will be a Lost and Found Desk at the Information Stand-Expo.

There will be signs and volunteers at the Transition Check In to help you check in your gear and rack your bike in the right spot.

As you enter the Transition Area to check in your bike, your bike/helmet will be subject to a MANDATORY bike/helmet check (make sure to place all stickers before coming to the check-in). Please ensure your bike is in safe-working conditions. Securely fasten all equipment you may carry with you. Once the bike has been approved, you must place your bike in the appropriately numbered spot on the bike racks.

Your bike shoes can be placed on your bike.

Age-Group Sprint: Race Day Transition Area Check-In

Contrary to the standard event, the bike check and uniform control will take place on race day upon your arrival to transition. .

Bike technicians and bike pumps will be available in the transition area on race morning. Athletes are allowed to bring their own pump into transition but, like any other equipment that are not used during the race, should NOT remain in transition during the event and should be place in the bag drop area

Place: Transition Area City Center

Date and time: AG Sprint Duathlon - Sunday 12 June, 08:30-11:00

What to bring?

- Uniform and body decals check
- Helmet with sticker
- Bicycle with sticker *
- Any nutrition/liquid that you want to leave on your bike (optional)

(*) let us remind you important rules about the bike for AG draft legal event



- Traditional road frame
- Traditional drop handlebars
- No aero-bars, including short "draft legal" clip-on aerobars
- No disc-wheels

7.5. Athlete Lounge And Transition Check-In For Elite & Junior Mixed Relay / Paratriathlon

Bike and equipment check will take place at the Athlete Lounge on race day and this is where you will receive your timing chips

Mixed Relay

- Athlete Lounge Sun 12 June, 14:00-14:45
Location: Strada George Enescu
- Mixed Relay Transition Check In Sun 12 June, 14:30-15:15

Para

- Athlete Lounge Sun 12 June, 06:30-07:30
Location: Strada George Enescu
- Transition Check In Sun 12 June, 07:00-07:45

7.6. START TIME DUATHLON PARA, AGE-GROUP SPRINT AND ELITE+JUNIORS MIXED RELAY - SUNDAY 12 JUNE

8:00	PARA PTWC-1 Men/Women
8:02:42	PARA PTWC-2 Men (+2:42)
8:30:00	PARA PTS2, PTS3, PTS4, PTS5

11:00	AG Sprint M16-39
11:10	AG Sprint M40-49
11:20	AG Sprint M50-59
11:30	AG Sprint M60+
11:50	AG Sprint F16-44
12:00	AG Sprint F45+

15:30	Elite 2x2 Mixed Relay
15:35	Junior 2x2 Mixed Relay

7.7.DISTANCES

Age-Group - Draft LEGAL

Run 1 = 5 km (4 laps) Bike = 20 km (5 laps) Run 2 = 2.5 km (2 laps)

Para - Draft Illegal

Run 1 = 5 km (4 laps) Bike = 20 km (5 laps) Run 2 = 2.5 km (2 laps)

MIXED RELAY Junior & Elite - SPRINT – Draft Legal

Run 1 = 1.6 km (2 laps) Bike = 5.4km (2 laps) Run 2 = 0.8km (1 lap)

7.8.COURSE MAPS

Run and Bike Course - Para

8. TRANSFER AND TRANSPORT

Athlete Service Manager: Avram Izabella, - office@masterskibikeclub.ro;
Whatsapp: +40741746049

LOC can help in booking accommodation for National Teams in 3*** or 4**** hotels, with breakfast included. If you are interested, send us a message: office@masterskibikeclub.ro

Official travel agencies:

NIRVANA - EVENT TRAVEL, ACCOMODATION & LOGISTICS

Nirvana are delighted to provide Event, Travel & Accommodation services to competitors, spectators & teams travelling to the Europe and World Triathlon events. [World Triathlon | Events | Nirvana Europe](#)

ANDAVO MEETINGS & INCENTIVES

Andavo Meetings & Incentives is the official travel partner of USA Triathlon for the World Championships. They work with USAT to pick the team hotel, design the travel packages, and plan team events that help create an experience to remember. Andavo Meetings & Incentives has packages that will make life easier for you and your supporters.

<https://web.cvent.com/>

Closest Airport:

Avram Iancu International Airport Cluj Napoca – The biggest airport from Transylvania, 100 km from Targu Mures

Transylvania International Airport Targu Mures, 12 km from City Center

Sibiu International Airport, 132 km from Targu Mures

Henri Coandă International Airport, Bucharest, 325 km from Targu Mures, national flights available to Cluj Napoca Airport

By car:

From Bucharest, 350 km to Targu Mures

From Oradea, western border 270 km to Targu Mures

Information on transfer.

Please contact our Transfer Service Manager, Bianca Pui, - office@masterskibikeclub.ro; Whatsapp: +40755375014

Airport Transfer Service:

Every athlete and guest who arrives or departs by plane to the two airports Avram Iancu International Airport (Cluj Napoca) or Transylvania International Airport (Targu Mures) can request airport transfer. The transfer includes bike transport too.

Shuttle buses will travel regularly during the event.

Transfer cost Cluj Napoca Avram Iancu Airport: **39 EUR/pers/way incl. bike**

Transfer cost Targu Mures Transylvania International Airport: **19 EUR/pers/way incl. bike**

*Transfer bookings were closed in 25th May. For last minute booking contact us by email office@masterskibikeclub.ro, but take into consideration that we can't guarantee

9. ATHLETE'S SERVICES

9.1. TRAINING FACILITIES

SWIM

Location: 'Muresul' Sport Complex aka Weekend – Olympic Swimming Pool - no entry fee needed for athletes showing the race wristband or accreditation card.

BIKE

Mountain Bike: Targu Mures – Cornesti Plateau – several MTB tracks in the forest zone – not marked

Road Bike: Public road network around Targu Mures, nearby highroads. On the public road network please drive on the right side. In Targu Mures area, the drivers are used with bikers on the road side, but in any case the full obey to the traffic rules are mandatory. In case of emergency service need the European Unique Emergency number is 112.

RUN

Location: Targu Mures – Cornesti Plateau – 1.35 km tartan track – open 24/7

Note: Avoid rush hours in traffic, between 7:30-9:00 in the morning and 16:00-18:00 in the afternoon.

9.2.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 venue on competition day.

Medical and Paramedical personnel will be available throughout the race. Two ambulances 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 are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance. Closest hospital:

Regional Emergency Hospital Targu Mures, Gheorghe Marinescu street no.50

Emergency telephone number: 112

9.3.COVID TESTING SERVICE

For those Athletes/Coaches/Supporters/etc. who's travel needs requires covid 19 testing, we can provide PCR testing facility, by the help of our rescue team. Please note that this service is charged.

9.4.BIKE MECHANICAL SERVICE

Bike shop and service partners:

EASY RIDER BIKE SHOP – Targu Mures, Gheorghe Doja street no.15

BIKE TRADE – Targu Mures, Predeal street no. 21

On site bike service: – 06:30 – 20:00

Service will be provided on every race day on site, on the rest days service will be provided on two marked bike shops mentioned above. Minor service problems will be handled at the Expo Zone at TRISPORT tent.

The mechanical service is free of charge (at the venues and EXPO zone) any additional materials are payable.

For any major mechanical problem,which can not be solved on site will be charged by the service.

10. TIMING CHIPS

Elite/U23, Juniors, Para athletes will receive their chips on race day at the athletes lounge check-in. Age-Group athletes will receive the timing chips with their race pack

On race day athletes will be given a timing chip, to be worn on the athletes' ankle.

The timing chip will be removed from the athlete's ankle after they finish their race, in the finish zone and handed over to the volunteers.

11. RESULTS

Results will be timed by EvoChip, and will be posted live on <https://triathlon.org/timing> on the day of the races. We encourage spectators to visit www.triathlonlive.tv for basic live tracking such as split times, laps, transitions etc.

Official results will be posted on a board near the Recovery Area as well as at the Castle and will be published on <https://www.triathlon.org/results> and <https://transylvaniatrathlonfestival.ro>

In case of questions or mistakes with your result, please contact your Team Manager; if you don't have a Team Manager on site, please look for the Head Referee in the finish area.

After the race you will be able to download your Race Certificate here: <https://triathlon.org/results/certificates>

12. COMPETITION RULES / UNIFORM

To check World Triathlon Competition Rules, please click [HERE](#).

To clarify any rules, please contact the Head Referees (see name and email earlier in this document).

Uniform Rules

At the Multisport World Championships, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the [World Triathlon Competition Rule Book](#).

Please note the following amendment of the rules:

https://www.triathlon.org/news/article/change_in_the_age_group_uniform_rule

Due to weather statistics, the Technical Delegates have approved Age-Group athletes and Paratriathletes to wear short sleeve National Federation uniforms for all events.

Check the approved Multisport national uniform

- Elite: click [HERE](#)
- Age-Group: Click [HERE](#)

Protest & Appeals

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

13. CEREMONIES

OPENING CEREMONY

On Sunday 5th, athletes should assemble with their country's team at 17:15 at the entrance of the medieval castle, at a marked meeting point.

National Federations are welcome to name a flag bearer and to bring a flag for the Parade of Nations.

PASTA PARTY

After the opening ceremony, pasta party will take place in the expo zone. Bon appetit.

MEDAL CEREMONIES:

The top 3 athletes will be awarded in each Age-Group division (male and female). We start the ceremonies with the oldest categories.

If you are to receive a medal, please be aware of the following rules and regulations regarding medal ceremonies (As the per the World Triathlon

Competition rules, section 2.8):

2.8 c.) (i) Athletes must wear the uniform during the entire competition and award ceremony. Long sleeves and long pants are allowed for the award ceremony;

Additionally:

- Children are not allowed on the podium.
- You have to be present to receive your medal. If you cannot attend the medal ceremony, your Team Manager or one of your teammates can pick up your medal after the ceremony.

14. ACCREDITATION

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

The athletes (Elite, Junior, U23, Para, AG) will be provided with official wristbands for each different race event.

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 always carry their Accreditation Cards with them and to show them upon request. Accreditation Cards are mandatory to enter the venue.

15. OTHER USEFUL INFORMATION

Could be and is not limited to:

- LANGUAGE: Romanian, Hungarian
- POPULATION: Romanian, Hungarian, Romany
- CURRENCY: Romanian Lei, 1 EUR = 4.95 Lei, 1 USD = 4.43 Lei
- TIME: CET+1
- WATER: Drinkable tap water
- TELEPHONE CONNECTIONS: ROU prefix +40
- ELECTRICAL CURRENT: 220 V, European plug
- LOC OFFICE: Targu Mures, Lapusna street no.6C (till 2 weeks before the event)

If you'd like to discover Targu Mures or Mures county, ask for help at the **Visit Mures tourist information office**, right in the center of the city or download the Visit Mures app for FREE here: <https://visitmures.com/en/mobiles>
We recommend downloading the Visit Mures App also because in the 'HoReCa' section you can find many options of cafés, restaurants, bars and fast foods if you select Targu Mures from the list.



Public transport options: Download Moovit App- Realtime Public Transit App



Taxi options: Download Bolt App



16. COVID-19 MEASUREMENTS FOR ATHLETES AND COACHES

1. Travel

For arrival into Romania please check the most up to date information here:

<https://reopen.europa.eu/en>

If you require additional help please contact Istvan Besenyei – Istvan.besenyei@triatlonromania.ro, +40722339578

2. Airport Transfer

Anyone using the shuttles provided by the LOC must be informed that the use of masks and face covering is recommended but not mandatory. Everyone needs to disinfect their hands before entering the bus.

3. Accommodation

General Covid-19 prevention measures need to be respected at the hotel. In all closed public areas, the proper wearing of the face mask is recommended but not mandatory.

4. Training sites

Athletes are recommended to keep distance during running sessions and during their session in the swimming pool. Overall recommendation is to try to have those sessions in the morning to avoid peak times.

5. Testing protocol and health screening

- For the Elite, U23, Junior and Para triathlon races that are taking place as an additional wave of an Age Group event, the regulations for the Age-Group races will be applied (see bellow)
- We will continue to respect the decision/rules of the local public health of the host country

For Age-Group event

All individuals (except for the LOC, its volunteers and contractors) applying for an accreditation to World Triathlon and Continental Triathlon events must respect the following condition

- Respect the travel regulations set by the host country
- We will continue to respect the decision/rules of the local public health of the host country

All the specific measures can be found in the table below:

Categories	Pre-event questionnaire	Process before traveling	Medical certificate before traveling	COVID-19 test at event	Daily health screening
------------	-------------------------	--------------------------	--------------------------------------	------------------------	------------------------

Elite athletes	In case of stand alone event only	Respect the travel regulations set by the host country	Follow public health or World Triathlon request	In case of stand alone event only	yes
U23 athletes					yes
Junior athletes					yes
Para triathlon athletes/ personal handlers/ guides					yes
Youth athletes	n/a			Follow public health request	yes
AG athletes					yes
Coaches/team medical/ support NF personnel	In case of stand alone event only			In case of stand alone event only	yes
TDs/ITOs /NTOs/ Competition Jury	In case of stand alone event only				yes, for the ones in close contact with the athletes; the others follow the public health request
IF/ Continental Federation Delegations	In case of stand alone event only			yes	
LOC/ Contractors	Follow public health request			Follow public health request	yes
Para triathlon swim exit assistants	In case of stand alone event only	In case of stand alone event only	yes		

6. Athlete's briefing

Athletes briefing will be online, recorded and available at:

https://triathlon.org/about/downloads/category/race_briefings

7. Race package distribution

The use of masks and social distancing is mandatory in the closed areas.

8. Health screening

Temperature checks will be performed every time the athletes and coaches are on site including at the times of the athletes' package distribution and familiarizations. Temperature above 38°C will be reported to the RMD/MD.

9. Competition activities

- a. The mask should be worn until the last minute before athletes' introduction.

Please make sure that you will wear your mask after the warm-up.

- b. Wheel stations:

- At the team wheel station, the volunteers and TOs present at that location must not have any contact with the team wheels. The team representatives are responsible for disinfecting the wheels prior to depositing them at the wheel station. An athlete in need of a spare wheel will be directed by the TO to the proper wheel which can be picked up by the athlete.
- Technical officials will wear masks/mouth-nose face covering and rubber/disposable gloves

- c. Finish Area

- Timing chip removal must be done by the athlete, who must deposit the timing chip to a specific bin close to the exit of the post-finish area.
- Medalist photo at the post-finish area is not allowed.
- All recovery stations will be self-served.
- Food provided will be individually wrapped.
- Massage facilities will not be provided.
- Athletes must avoid lying or sitting down on the blue carpet (without any medical need/problems). A minimum number of volunteers will be available to support the athletes and make sure that the athletes are not congregating at the post finish area. These volunteers will wear rubber/disposable gloves and masks/mouth-nose face covering.

- Masks will be distributed to the athletes to wear at their earliest convenience.

d. Medal Ceremonies

- Medal ceremonies will be performed according to the COVID-19 guidelines for medal ceremonies that can be found on the World Triathlon COVID-19 Guidelines for Event Organizers.

10. Spectators' access

The event will be open to spectators. Any non-accredited person can watch the event from the spectator's areas.

11. Accreditation

Every National Federation will have a support team quota according to the World Triathlon Competition Rules 10.9.

12. All facilities used by the athletes will be cleaned and disinfected by the LOC through the day.

13. COVID-19 medical protocols

- a. COVID-19 emergency contact details: Please contact MD in case of COVID-19 symptoms.
- b. Protocols to be followed in case of a positive case:

Procedures are defined for:

13.1 The collection of contact information from the person with the virus. • The management of the workplace to be sanitized, and possible information to be communicated to the competent authorities.

13.2 COVID-19 POSITIVE CASE MANAGEMENT

In case of symptoms or doubts, all persons involved in the organization or participation in the event must stay at home or at the hotel, do not go to the emergency room or doctor's office and immediately inform the race medical manager or a person in charge of the organization.

The race doctor and those responsible for the organization will contact the nearest health department to handle the case.

13.3 HEALTHCARE FACILITIES MANAGEMENT COVID 19

The health authorities will be alerted before the event and all health activities will be coordinated with the local health authorities and with the help of the public emergency service.

13.4 Contingency plan.

It will be implemented according to the provisions in force on the date of the event.

17. PRIZE MONEY DISTRIBUTION (in \$USD)

Prize money will be distributed according to the finish line order (Overall Elite/U23).

Elite/U23 Duathlon World Championships - Individual: USD 70,000

1. 8 750
2. 7 000
3. 5 250
4. 3 500
5. 2 450
6. 2 100
7. 1 750
8. 1 050
9. 790
10. 615
11. 525
12. 435
13. 350
14. 260
15. 175

Elite 2x2 Mixed Relay: USD 8,000

1. 2 400
2. 2 000
3. 1 600
4. 1 200
5. 800

Elite/U23 Cross Triathlon World Championships: USD 32,000

1. 4 000
2. 3 200
3. 2 400
4. 1 600
5. 1 280
6. 1 120
7. 960
8. 640
9. 480
10. 320

Elite/U23 Cross Duathlon World Championships: USD 10,000

1. 1 500
2. 1 250
3. 1 000
4. 750
5. 500

18.AGE-GROUP ATHLETE WAIVER

Please make sure to read, print, sign the Age-Group Athlete Waiver and bring one copy at each race pack distribution. One waiver = one race pack,



Be your
extraordinary

WAIVER – RELEASE OF LIABILITY

Please read this acknowledgment, waiver and release from liability carefully:

I understand that competing in the 2022 World Triathlon Multisport Championships Targu Mures events involve swimming in lake, cycling, running or walking on public roads and property used by the public. I am aware of the risks involved. The risks include but are not limited to vehicle traffic, pedestrians, actions of competitors, spectators, event personnel, weather conditions and my physical and mental state of health. In my judgement I have sufficient competence and experience to participate safely. I certify that I am sufficiently trained for participation in these events. I have not been advised by a qualified medical person against competing in these events. Should I be advised by a qualified medical person against competing in these events, prior to the date of competition, I will notify World Triathlon/LOC and withdraw my entries into these events. I certify I have my own liability, accident and health insurance with the necessary coverage for my participation in the 2022 World Triathlon Multisport Championships Targu Mures. The World Triathlon and the LOC decline all responsibility in case of accident, fall, loss, theft, etc.

I accept and consent to the World Triathlon Competition Rules and the Athlete's Guide available on World Triathlon's website at www.triathlon.org.

I accept that photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

In consideration of my acceptance of entry into these 2022 World Triathlon Multisport Championships Targu Mures sanctioned events, I agree that the LOC and officials, World Triathlon and Romania Triathlon Federation, its directors, employees, subcontractors, volunteers, members and sponsors shall not be liable for injuries or loss I might suffer because of my participation in these events.

The LOC has put enhanced health and safety measures in place due to the potential spread of COVID-19, that are in accordance with World Triathlon COVID-19 rules. I shall follow all instructions while visiting any event-related venue, whether posted or otherwise communicated verbally or in writing. An inherent risk of exposure to COVID-19 exists in any place where people are present and may be contracted from other person(s) (including but not limited to any co-participant; spectator; Organizer staff, representative, volunteer, or contractor; and/or any other person(s)). By visiting any event-related venue, I voluntarily assume all risks related to exposure to covid-19, so I (or my child, if applicable) may participate in the event and the activities.

DATA POLICY

I agree and consent for the following:

- To World Triathlon and the LOC processing and keeping my personal data in any format, including but not limited to my full name, gender, country, year of birth, sport, Sport Class, Sport Class Status, category, email address, phone number **to comply with as a condition of participating in World Triathlon events for as long as this information is useful in accordance with GDPR, LPrD (https://triathlon.org/privacy_notice) and the article 5.3 of the International Standard for the Protection of Privacy and Personal Information (hereinafter “ISPPPI”)**.
- World Triathlon publishes on World Triathlon’s website my full name, gender, year of birth, country, category, Sport Class and Sport Class Status as well as Anti-Doping results.
- That my name, email address being shared by World Triathlon for commercial purposes with all World Triathlon Global Sponsors (including but not limited to NTT, Asics,), World Triathlon Championship Series, World Cup and World Championships Global Sponsors and Local Competition Organisers Committee.
- That World Triathlon provides all the data collected for these events to the Olympic Channel (IOC) for its development and use.
- That my full name, year of birth, gender, country, category, Sport Class being shared by the LOC to Datasport in order to publish the race results on the website page.
- That photos, film footage, interviews, advertisements and other promotional tools World Triathlon/LOC taken during these events are the property of World Triathlon/LOC and can be freely used by the World Triathlon/LOC, including on social media.

As a participant in the 2022 World Triathlon Multisport Championships Targu Mures, I verify that I have read and understood the present waiver and policies. **By signing this Waiver, I understand and consent to the DATA POLICY:**

Print Name: _____

Date: _____

Signature: _____

Parent/Guardian Name (for participants under the age of 18): _____

Parent/Guardian Signature: _____

Date: _____

VOLUNTEERS/TECHNICAL OFFICIALS

We all know that the success of any sporting event is largely due to the Volunteer Team. Their help in carrying out various essential organisational tasks is vital for the perfect execution/operation of the safest and most fantastic event possible for athletes and their supporters alike!

Volunteers will help with different aspects of the event's organisation such as supporting administration tasks and judges/TOs, helping with protocol, access control and management, athletes and spectators support etc. This is a unique opportunity to enjoy the sport from within the organisation, to meet athletes from all over the world and to be involved in all the other exciting things in our World Triathlon Multisport Championships event!

We encourage you to say THANK YOU to them whenever possible. Without the Volunteers and the Technical Officials we simply would not be able to run this event.

Good luck! Success!