



**BALKAN
MOUNTAIN
RUNNING
CHAMPIONSHIPS**



TEAM MANUAL

BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS

18th of MAY, 2019

Câmpulung Moldovenesc
ROMANIA

BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS

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1. GENERAL INFORMATION

Câmpulung Moldovenesc, the host city of the **Balkan Mountain Running Championships** is a beautiful city in Suceava County, north-eastern Romania. It is situated in the historical region of Bukovina.

Câmpulung Moldovenesc is a well-known touristic destination. There are many places of interest located in and around Câmpulung Moldovenesc, such as Rarău and Giumalău, which at 1650 meters and 1857 meters are the highest peaks in the region. One can also enjoy the forests which surround Câmpulung Moldovenesc or visit a monastery in one of the nearby villages.

Câmpulung Moldovenesc is accessible by both car and train. The European route E58, that links the region of Moldavia with Transylvania, crosses the city. There are two railway stations located in the city: Câmpulung Moldovenesc in the city centre and Câmpulung Est in Capu Satului neighbourhood.

The airports are situated at:

Suceava (Suceava Airport) – 67 km. Approx. 1h (**MAIN AIRPORT** – This is the only airport that benefits from free transportation from Romanian Athletics Federation).

Bucharest (Otopeni Airport) - 476 Km. Approx. 6 h 45 min by car.

Cluj Napoca (Avram Iancu Airport) - 248 Km. Approx. 3 h 58 min by car.



Information

Opening and closing schedules of

- Shops: 9am– 7pm some might stay open late
- Hypermarkets: 7am – 11pm
- Banks : 9 am - 5 pm , Mo-Fri;
- ATM/Cash Machines are open 24/7
- Post offices: 9am-6pm, some might be open on Saturdays. Closed on Sundays.
- Currency exchange services: 9am-7pm. Some are open 24/7.

Electricity: 220 V.

Telephone area code for Romania: 40.

Cell phone Companies: Vodafone and Orange.

Credit cards: most cards are accepted at restaurants or shops.

Ask before ordering or proceeding with your shopping. Cash is always better. Emergency telephone numbers Fire Department/Ambulance: dial directly 112.

2. ORGANIZATIONAL STRUCTURE

2.1 Association of Balkan Athletics Federations (ABAF) Council

| | |
|-------------------|----------------------------|
| President | Dobromir Karamarinov (BUL) |
| General Secretary | Galia Puhaleva (BUL) |
| Vice President | Fatih Cintimar (TUR) |
| | Slobodan Brankovic (SRB) |

2.2 ABAF Delegate

Technical Delegate

2.3 Romanian Athletics Federation, Federal Council

| | |
|------------------|-------------------|
| Florea Florin | Mazaran Octavian |
| Iancu Augustin | Macelaru Ioan |
| Ursanu Grigore | Herman Vasile |
| Bogdan Vasile | Grasu Nicoleta |
| Preda Virgil | Dulgheru Gheorghe |
| Curta Neculai | Dragomir Cristian |
| Sandu Claudia | OrzaCristian |
| Casandra Silviu | Serafim Dan |
| Nicolau Gabriel | Vaduvoiu Dumitru |
| Georgescu George | Barbu Augustin |
| Bura Ion | |

2.4 CSM Rarăul Sports Club

2.5 Partners:

Ministry of Sports and Youth
Câmpulung Moldovenesc City Hall

2.6 Local Organising Committee

| | |
|---------------------------|----------------------|
| President | ELENA ERZILIA TÎMPĂU |
| General Secretary: | VIERU IOAN |
| Pitesti City Mayor: | MIHĂIȚĂ NEGURĂ |
| Event Management Protocol | |
| Media/Marketing | CĂTĂLINA ZOROJANU |
| Travel / Accommodation | ELENA ERZILIA TÎMPĂU |
| Ceremonies | NICOLAE CURTA |

2.7 Competition Organisation

| | |
|--------------------------|----------------------|
| Competition Director: | ELENA ERZILIA TÎMPĂU |
| Head Technical Official: | NICOLAE DURNAC |
| Competition Secretary: | LAURENTIU MOTOC |

2.8 Participating countries

There are expected all the countries from ABAF: Albania, Armenia, Azerbaijan, Bosnia and Herzegovina, Bulgaria, Cyprus, Croatia, Georgia, Greece, Israel, Kosovo, North Macedonia, Moldova, Montenegro, Romania, Serbia, Slovenia, San Marino, Turkey, Ukraine.

3. ARRIVAL

3.1. Arrivals by Air

Main airport

Suceava (Suceava Airport) – 67 km. Approx. 1h (**MAIN AIRPORT** – This is the only airport that benefits from free transportation from Romanian Athletics Federation).

3.2. Welcome Services and commuting to the hotel.

Upon arrivals at the Airport teams will be welcomed by an LOC representative or a designated Team Attaché. After luggage pick-up, team members will board on a bus marked with the name of the team that will take them to the welcoming area and then to the assigned hotel in Câmpulung Moldovenesc. The official welcome will be accommodated at the stadium (Sirenei street no.5)

3.3. Visa Requirements

An Entry Visa is required for Armenian Delegation.

4. Transportation

4.1 Transportation Service to Race Area, Opening and Award Ceremonies

Shuttle buses will be available to take the athletes from the hotel to the Race Area and back. Transportation information will be available at the information desks in the lobby in each team hotel.

4.2 Returning to the Airport

On the day of departure the transfer of teams to the Airport (Suceava Airport) will be arranged according to the flight schedules submitted in advance by the Team Leaders. Further information will be available at the Information Desks in the hotels.

5. ACCOMMODATIONS (hotel and meals) & INFORMATION

5.1 General Information

The LOC has reserved accommodation at Câmpulung Moldovenesc for teams, providing full board accommodation and easy access to the competition area.

5.2 The hotels allocated for the Championships are:

Aqua Alpin:

Street Sandru nr.12, Câmpulung Moldovenesc 725100, Suceava County, tel: 0740 770 000 / 0371 359 653

Vranis Pension:

Sadova – Suceava County DN 17A nr. 690 street, tel: 0230/314.287 - 0741/199.751

5.3 Information Desk

An LOC Information Desk will be located in the lobby of each hotel with qualified personnel offering relevant information on all aspects of the Balkan Mountain Running Championships. The desks will be open from 8 am to 6 pm.

5.4 VIP / Romanian Athletics Federation Guests Accommodation

VIPs and FRA Guests will be accommodated at Eden Hotel
(<http://hoteledengardenspa.ro/>)

5.5 Costs and Quota

- In accordance with the ABAF regulation, the organising country shall provide full board accommodation for 2 days for a total number of 19 people: 16 athletes and 3 officials plus drivers where applicable.
- Additional person will be charged the amount of 50 Euros per day.

5.6 Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Payments should be made in advance before hotel check-in.

5.7 Meals Schedule

All meals will be served in the restaurants of the respective hotels. Access to meals in the restaurant is allowed based on your accreditation card.

The restaurants opening times are as follows:

| | |
|------------|---------------|
| Breakfast: | 07:30 – 10:00 |
| Lunch: | 12:30 - 15:00 |
| Dinner: | 20:00 – 22:30 |

On 18th of May, 2019 the Banquet Dinner will be celebrated at the Alpine Hotel Restaurant Street Sandru nr.12, Câmpulung Moldovenesc 725100

6. ACCREDITATIONS

6.1 General

Each team member will receive an accreditation card that must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. Photos are not required for the accreditation card system.

6.2 Accreditation Procedure

Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the final entry form.

After all financial agreements are settled accreditation cards will be distributed to Team Leader, at the Information Desk,

6.3 Loss of an Accreditation Card

Any lost or damaged accreditation card should be reported immediately to the Technical Information Center (**TIC**) at the hotel. Duplicate cards can be obtained only when proof of identity can be established.

6.4 Access Areas for Teams

All team accreditation cards will allow access to race grounds, ceremonies and accommodation areas.

Separate cards will be issued to Team Leaders, for access to the TIC.

7. TECHNICAL INFORMATION

7.1 Technical information Centre (TIC)

The main function of the Centre is to ensure smooth communication between each Team Delegation and LOC and the Competition Administration, regarding any technical matters.

The TIC is located at the Stadium "Rarăul" (*Str. Sirenei no 5*) and is clearly marked by signage.

Opening hours of the TIC:

| | | |
|----------------------|---------------|---------------|
| Friday 17th of May | | 16:30 – 18:30 |
| Saturday 18th of May | 08:00 – 13:00 | 15:00 – 22:00 |
| Sunday 19th of May | 08:00 – 12:00 | |

The TIC will be linked to all information desks set up for this event and shall be responsible for the following:

- The distribution to each delegation of technical information regarding the competition.
- Posting of all information on information boards.
- The Information will also be placed in mailboxes and will include daily schedules, entry lists, results as well as any official information from the LOC.

7.2 Technical Meeting

The technical meeting will be held on 17th of May 2019 at 18:00 at the City Hall. Each team may be represented by two delegates and, if necessary, an interpreter. It is highly important that all teams attend the Technical Meeting.

All questions related to the technical meeting must be presented in writing preferably in English, to TIC before 17:00 on 17th of May 2019. The Technical Meeting will be conducted in English.

The Technical Meeting will be chaired by the Technical Delegate and attended by:

- The President of the Romanian Athletics Federation.
- The Organizing Committee Delegate.
- The Competition Manager.
- National Competition Officials
- The Romanian Athletics Federation Staff.
- The representatives of each participating delegations.

7.2.1. Agenda:

- Greeting from Mr. Florin Florea, the President of Romanian Athletic Federation
- Word of the ABAF delegate.
- Presentation of national officials of the competition.
- Presentation of the entire competition and the warm-up areas.
- Selection of the Appeal Jury made up of 3 members.
- Information for the opening and closing ceremonies.
- Introduction of the Competition Officials.
- Call-room procedures and schedules.
- Scoring system.
- Appeals.
- Answering of questions submitted in writing by federations.
- Bibs distribution.

7.3 Inspection of Competition Arena

Delegations leaders are invited to inspect the trace course starting 12.00 o'clock on 17th of May.

7.4 Trace routes

Senior course is 12km long with 1200m elevation. The start is at Campulung Moldovenesc town centre. It starts on flat ground for 0.15km, then uphill for about 1 km with 100m gain, followed by a 0.8km flat path into the forest and then left, downhill, with the river on the runners' right side. Afterwards, the second uphill sector starts with a 300m gain. After a short descent of 0.5km, following a 0.7km forest road with a refreshment station at the beginning, the course turns right, leaving the road and meeting the short course for the last 5 km. They are the final, continuous climb, about 650m gain through the forest and technical terrain with moderate slope and short steep sectors reaching the finish line on the top of Rarau.

The U 20 course, with 5,4 km and 590m vertical drop, starts from the Rarau Ski Resort alt. 1000m. Following the slope, it turns right on a forest road and after 0.5 km it meets the senior track by turning left and follows it for the last 5 km and the final and most sustained climb, about 550m gain through the forest and technical terrain with moderate slope and short sections of steep sectors reaching the finish line on the top of Rarau.

7.5 Changing / warm-up / Training

The warm-up area is located near the start points (different for Seniors and Juniors). Tents will be placed at each start point

Training can be performed at any time at “Rarău” city stadium (Sirenei str. no5)

8. COMPETITION REGULATIONS

8.1 Events

Junior

Men: 5.4km race – mountain trace

Women: 5.4km race – mountain trace

Senior

Men: 12km race – mountain trace

Women: 12km race – mountain trace

8.2 Participation of athletes

- ❑ The Championships is a team and individual competition.
- ❑ A maximum of 4 athletes from each team may start in each race of whom the best 3 will score.
- ❑ There will be no “out of competition” athletes.
- ❑ Countries which do not have a complete team may enter individual athletes in any category.
- ❑ No athlete aged less than 16 years on 31 December of the year of the competition may participate in the event. No athletes younger than 18 years on 31 December of the year of the competition shall be accepted in the senior races.
- ❑ Upon arrival, Team Leaders must present the passports or other official documents of the junior athletes indicating the year of birth, in order for them to be photocopied by the organisers.

8.2.1 Preliminary entries:

Not later than 18th of March, each Member Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

8.2.2 Final Entries:

Not later than 12th of May each Federation shall send to the hosting country and to ABAF Headquarters a final list of its athletes, plus the names of accompanying officials.

Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

8.3 Scoring

Each race shall be scored separately.

8.3.1 The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.

8.3.2. If a team finishes with less than three athletes, it will not be classified in the team result.

Each finishing athlete shall be eligible for individual placing. **8.3.4.** No adjustment to the placings shall be made in respect of non-scoring or individual athletes.

8.3.4. In case of a tie, it shall be resolved in favor of the team whose last scoring athlete finishes nearest to the first place.

8.3.5. Competition bibs

The LOC will provide the teams with competition bibs at the Technical Meeting. Each competitor receives 2 bibs. Their personalised competition numbers shall be pinned on the front and back of the competition tops, and the third bib on the tracksuit or on the bag.

The competition bibs may not be cut, folded or covered in any way.

8.4 Timing and measurements

The official timing will be provided by my-run with cip

9. Medical Services

9.1 General

The medical services are in charge of any medical assistance to the team leaders, the competition organisation, the information personnel, the honorary guests as well as the spectators during competition time

The participating teams are responsible for using their own insurance to cover illnesses or injuries to any member of their team when travelling to and from the competition. In case of an emergency please contact the nearest Emergency Room station; in other cases the given instructions should be followed.

9.2 Medical Care on Race Grounds

The race medical service is responsible for any problems concerning the athlete's health.

There will be Paramedics Crew on the infield, supervised by an MD.

10. Doping Control

No doping control shall be conducted

11. SECURITY

Instructions given by the LOC, the security personnel and the police have to be followed in all areas, as well as during transfers from one location to another.

The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to the LOC Information Desk or TIC.

12. Ceremonies

12.1 Victory Ceremonies

Victory Ceremonies will be awarded in the centre of the city in front of City Hall

12.2 Closing Banquet

The closing banquet will be celebrated on 18th of May, 2019 at the Alpine Hotel Restaurant at 20.00, Street Sandru nr.12, Câmpulung Moldovenesc 725100. Access to dining area is permitted with accreditation card or by invitations, only.

13. Departure

Teams will be asked to provide full travel details on the entry form. Teams will also receive a departure form that has to be filled out and returned to the LOC Information Desk.

Buses schedules will be posted at your hotels and at LOC Information Desk.

14. Contact details

For further details about the Balkan Mountain Running Championships, please contact:

14.1 Organizing Team

Ms. Elena Erzilia Timpau phone +40 744 614 874

Mr. Vieru Ioan Lucian phone +40 746 22 55 94

14.2 Competition technical details

Mr. Nicu Durnac phone +40 740 259 657

15. APPENDICES

Appendix 1 Balkan Mountain Running Championships SCHEDULE*

Friday - 17th of May

12.00 – *Inspection of race grounds for those interested*

13.30 – 15.00 – Lunch at the hotel

15.30 – Transfer from hotel to Câmpulung Moldovenesc City Hall for the Opening Ceremony

16.00 – Opening Ceremony of the Balkan Mountain Running Championship

17.30 – Transfer of the athletes and officials to the hotel (athletes will have dinner at their hotels)

18.00 – Technical meeting at Câmpulung Moldovenesc City Hall

18.00 – Scientific seminary “**Mountain Running**” at Alpin Hotel (open to athletes, officials and general public)

19.00 – Transfer of the officials to the restaurant for the official dinner (Fundu’ Moldovei „La Baciú” restaurant)

19.30 – Official Dinner

21.30 – Transfer of the officials to the hotel (Eden Hotel)

Saturday – 18th of May

7.00 – 8.00 – Breakfast

8.30 – Transfer to the centre of the city in front of the City Hall for the appeal. The appeal will be made for male and female Junior and Senior athletes.

9.00 – Transfer of the male and female Junior athletes to the Start point, situated at the ski slope, approximatively 7 km.

9.00 – Heat rounds for Senior athletes in the centre, in front of the City Hall, in the special delimited area

9.35 – Heat rounds for Junior athletes near the Start point

10.30 – Start for the race of Junior athletes – Women (Ski slope starting point)

10.30 – Start for the race of Senior athletes – Women (Start in front of the City Hall)

10.35 – Start for the race of Junior athletes – Men (Ski slope starting point)

10.35 – Start for the race of Senior athletes – Men (Start in front of the City Hall)

Attention! The coaches that want to see the final for the Junior race, cannot be present at the start, due to the long distance by car that has to be done from the start point to finish (the road circumvents over 30km)

10.35 – The coaches present to the Start point of the senior athletes (in front of the City Hall) will be transferred by bus to the Finish, near Salvamont station.

13.30 – Everybody will be transferred to the centre, in front of City Hall for Award Ceremony

14.00 – The Award Ceremony

15.00 – Transfer to the hotel

15.30 – 16.30 – Lunch at the hotel

20.00 – Banquet – Alpin Hotel

22.00 – The end of the Banquet. Transfer to the hotel for those who are not accommodated to the Alpin Hotel

Sunday – 19th of May

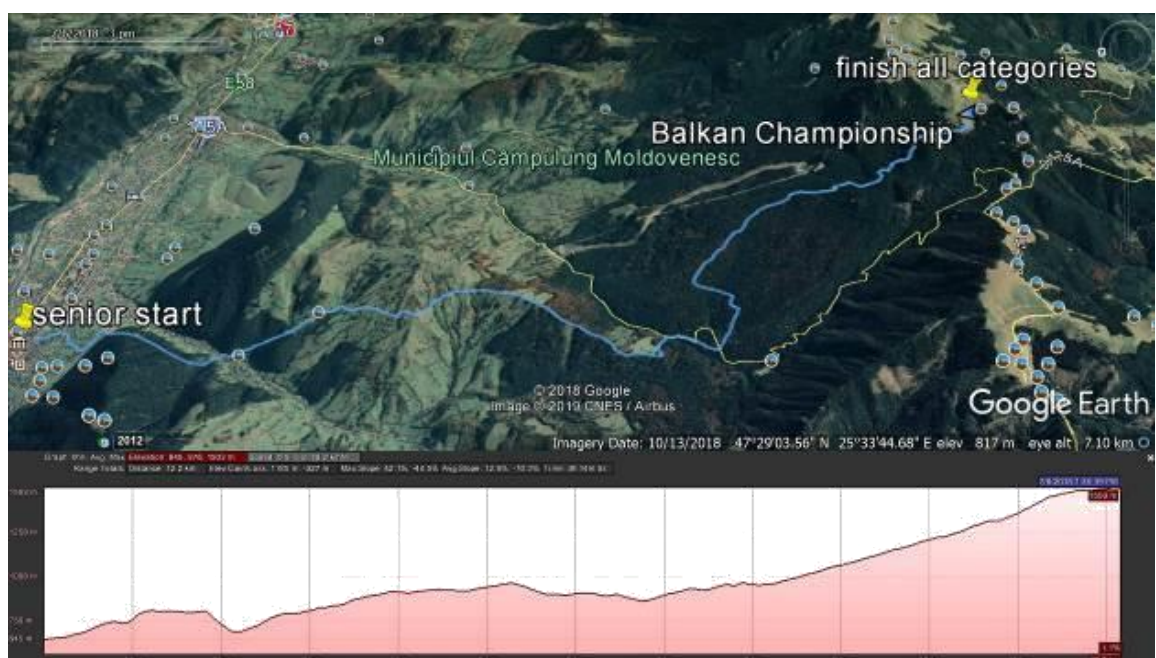
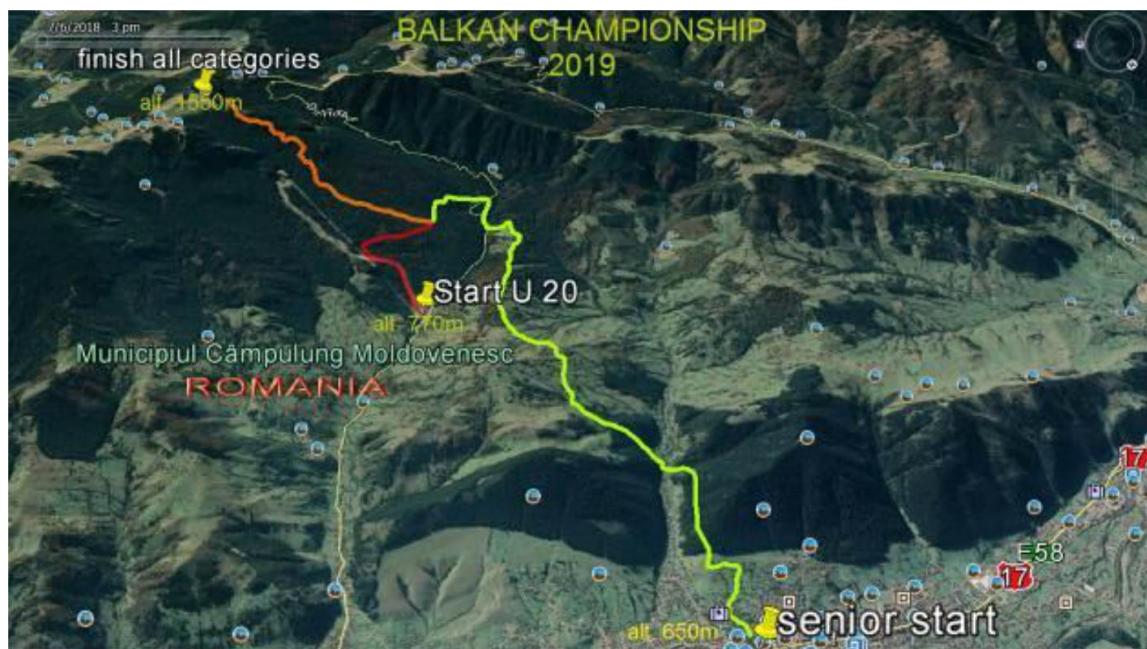
7.30 – 9.20 – Breakfast

All morning – Transfers to the airport

Attention: Those who leave in the afternoon must announce in advance in order to have Lunch at the hotel.

**The schedule may be subject to change. The final schedule will be communicated to all participating teams with 5 days prior to the start of the event.*

Appendix 2 - Map of Race Areas



Appendix 3 – Câmpulung Moldovenesc City Map: Hotel locations and Routes

