



22nd IAU 24H European Championships

*Timișoara - Romania
26th - 27th May 2018*

General Information Sheet

22nd IAU 24 Hour European Championships

TIMISOARA – ROMANIA

26TH – 27TH MAY 2018

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WELCOME

Dear guests, dear runners,

I am privileged to be contemporary with one of the biggest athletic events that is taking place in Romania since the founding of the Romanian Athletics Federation, 105 years ago.

This position honors me and, at the same time, it puts a great deal of responsibility on my shoulders.

Together with the staff of the Romanian Athletics Federation, the Local Organizing Committee and the IAU representatives, we aim to ensure the highest standards to the IAU 24-Hour European Championships, standards expected by all the runners, officials and invited guests.

I am convinced that the inhabitants of Timisoara will be excellent hosts, good friends and amazing supporters for you and for your goal of overcoming your own limits.

I would like to give thanks on behalf of the great Romanian athletics family:

- To you, athletes, officials and representatives of European Federations, to all of you who have chosen to be present at the IAU 24-Hour European Championships in Timisoara - Romania;
- To Nadeem Khan, the IAU Acting President, for the trust in Romanian Athletics Federation and the honor given to us to organize the IAU 24-Hour European Championships, a very important competition and, at the same time, a very special one for Romanian athletics;
- To the President of the Local Organizing Committee - Diana Amza for the development of ultrarunning and the 24-hour run in Romania, and especially for the courage and perseverance of fulfilling a special dream: the organizing in Timisoara of the IAU 24-Hour European Championships;
- To the Governing Board of the RFA, the Timisoara City Hall and the Government of Romania for trust and support.

I'm sure that you, the running athletes, will reward us with top performances, positive attitude and friendship moments that we will never forget.

May 26-27, 2018 is a special date that writes a unique record in the history of Romanian and European athletics and opens the road of ultrarunning in Romania, a road towards performance and new challenges.



Florin FLOREA
President of Romanian Athletics Federation

Dear guests, dear runners,

Words cannot express the gratitude I feel that Romania is hosting the 22nd edition of the IAU 24-Hour European Championships.

Since my daughter Ana was born, I have been incessantly promoting exercise and ultrarunning, realizing that ultramarathon is just an excellent metaphor of life, since it teaches you to befriend pain and accept hard times, be aware they are part of your path and their role is not to stop you, but bring fantastic qualities of you to light. This is why I take great pleasure in welcoming you to Romania by means of such a race, filled with deep meanings!

For our country, this event is a dream come true, especially that over the past years ultrarunning has gained more supporters among Romanians. We are honored that the European elite of endurance athletes is coming to the city of Timisoara, which will be the European Capital of Culture in 2021.

All institutions are working locally and nationally to hold high standard Championships. Together we are preparing this event with responsibility and attention to all details: from the course to accommodation, meals and schedule, so that we provide you with a special experience in Romania. I am convinced that you will feel very good in our country, since Romanians are famous for their hospitality.

Hosting this Championship is a great step for Romania. We are convinced our country will play an increasingly important role on the European map of ultrarunning.

Until our meeting on May 26th-27th, 2018 I wish you good luck with your trainings and preparations! I rejoice at the opportunity of writing together with you the story of an extraordinary competition!



Diana AMZA
President of the Local Organizing Committee



1. ROMANIAN ATHLETICS FEDERATION (RFA)

PRESIDENT: Florin FLOREA

Address: 2 Primo Nebiolo Street, 011349 Bucharest 1, Romania

Tel: +40-21-3192445

E-mail: office@fra.ro

Website: www.fra.ro

2. LOCAL ORGANIZING COMMITTEE (LOC):

CONTACT DETAILS: Super Sports Club – is a member club of the RFA who organises the S24H Ultrarunning Race in Timisoara, Romania

E-mail: contact@s24h.ro

Website: www.s24h.ro

DIRECTOR OF ACCOMMODATION AND MEALS: Laura PAZARI

E-mail: laura.pazari@fra.ro

Tel: +40 755 062 678

PRESIDENT: Diana AMZA

E-mail: amzadiana21@gmail.com

Tel: +40 721 719 831

DIRECTOR OF TRANSPORT: Maria KIDIK

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DIRECTOR OF ACCREDITATION: Neculai CURTA

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COMMUNICATIONS MANAGER: Catalina ZOROJANU
E-mail: catalina.lazar@gmail.com
Tel: +40 724 519 747

MEDICAL DIRECTOR: Beatrice CONSTANDACHE
E-mail: beatrice.constandache@fra.ro
Tel: +40 742 050 771

RACE DIRECTOR: Eduard LUKINICH
E-mail: leduard@gmail.com
Tel: +40 723 470 066

3. INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Website: www.iau-ultramarathon.org

IAU ACTING PRESIDENT: Nadeem KHAN
E-mail: nadeem.khan@iau-ultramarathon.org
Tel: +1 716 392 6657

DIRECTOR OF COMUNICATION: Liesbeth JANSEN
E-mail: liesbeth.jansen@iau-ultramarathon.org
Tel: +31 622 49 00 53

IAU GENERAL SECRETARY: Hilary WALKER
E-mail: secretary@iau-ultramarathon.org
Tel: +44 7884 473 336

PROTOCOL COORDINATOR: Robert BOYCE
E-mail: robert.boyce@iau-ultramarathon.org

GENERAL COORDINATOR: Paco RICO
E-mail: paco.rico@iau-ultramarathon.org
Tel: +34 616 50 82 28

EUROPEAN AREA REPRESENTATIVE: Walter HILL
E-mail: walter.hill@iau-ultramarathon.org

TEHNICAL COORDINATOR: Francisco Montanes GOMEZ
E-mail: montypac@hotmail.com
Tel: +34 649 65 22 78



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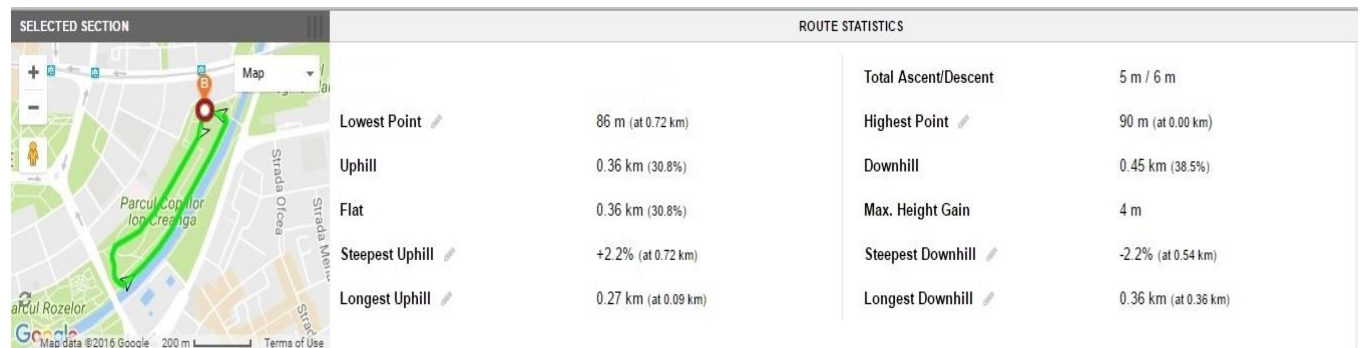
4. GENERAL COMPETITION INFORMATION

MIAUC	IAU 24 Hour European Championships
Date:	26 th – 27 th May 2018
Start time:	10:00 AM, Saturday 26 th May
Finish time:	10:00 AM, Sunday 27 th May
Race venue:	“Ion Creanga” Children’s Park, 20 Revolution of 1989 Boulevard, Timisoara, Romania
Course:	Road
▪ Length:	Approx. 1236 m. Official measurement pending.
▪ Running surface:	Concrete, cobble stones, hard surface.
▪ Width:	3 meters
▪ Running direction:	Anti-clockwise (no change of direction)
Competitions:	<ul style="list-style-type: none"> ○ Men’s individual ○ Women’s individual ○ Men’s team ○ Women’s team
	Only athletes and teams officially entered by their National Federation can compete in this MIAUC.
Open race:	No
Central meeting point/ Headquarters of the LOC:	Hotel Timisoara 1-3 Marasesti Street, 300086 Timisoara

Photo of the course



Map of the course





5. ENTRIES – PRELIMINARY (PEF) AND FINAL (FEF) FORMS

DEADLINE PRELIMINARY ENTRY FORM (PEF): March 16th 2018

In order to book the accommodations, each Federation will send:

- A list with the number of athletes and officials.
- Arrival and departure dates.
- Required numbers of rooms and their typology (twin or single).
- Required numbers of nights.

Every country can send 6 men and 6 women athletes and can nominate one non-travelling reserve for each team in case of late withdrawal. For the teams' results, the delegations will be ranked according to the addition of the performances of their 3 best athletes.

Maximum number of officials: 1-6 athletes (3 officials), 7-12 athletes (6 officials).

In addition, the following information must be sent:

- Billing information
- Federation name
- Fiscal address
- VAT
- Country

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

Teams can also express their desire to take part in a *walking guided tour* of the City of Timisoara and also in the *Seminar "The mindset of high performers"* on Thursday afternoon 24th May 2018 (see the General Time Schedule).

DEADLINE FINAL ENTRY FORM (FEF): April 10th 2018

With the final entry form, each Federation will send the final list with the names of their athletes, dates of births, gender and their personal bests. Each Federation will also inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms and their typology, required number of nights, required number of meals to be provided.

The forms must be sent via email to both this email addresses:

LOC: contact@s24h.ro

IAU: secretary@iau-ultramarathon.org

Please note that the accommodation and transfer offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

6. TRANSPORTATION PLAN

DIRECTOR OF TRANSPORT: Maria KIDIK

E-mail: marina@marinatravel.ro

Tel: +40 722 218 004

TRAVEL OF THE DELEGATIONS

The teams can reach Timisoara:

➤ By road:

Getting to Timișoara from Sibiu Airport: From Sibiu you can drive on the A1 highway towards Deva. From Deva there is a 60 km distance on the DN68A road, until Marginea. From Marginea to Timișoara you can drive on A1 highway.

Getting to Timișoara from Cluj Napoca Airport: From Cluj Napoca airport you will travel on E81 road until Sebeș, then on A1 highway until Deva. From Deva there is a 60 km distance on the DN68A road, until Marginea. From Marginea to Timișoara you can drive on A1 highway.

Getting to Timișoara from Hungary. The athletes coming from Hungary can drive on the A1 highway from Szeged to Arad. The A1 highway continues to Timișoara.

Getting to Timișoara from Belgrad: From Belgrad you will travel on E70 road until Timișoara.

- By train: to Timisoara North Railway Station
- By plane: to TSR – Traian Vuia International Airport

The LOC will organize, free of charge, the transfers from/to Timisoara Airport to the Hotels and from/to Timisoara Railway Station to the hotels.

Because **NH Hotel & Hotel Continental** are closer to the race venue but **Hotel Timisoara** is the Headquarters of the LOC and the place where the Technical Meeting, Pasta Party and Final Banquet will take place, the LOC will manage the following free transfers:

- from Hotel Timisoara to the race venue and return
- from NH Hotel & Hotel Continental to the Opening Ceremony and return
- from NH Hotel, Hotel Continental & Hotel Timisoara to the Award and Closing Ceremony and return

The final transportation schedule will be handed out on the arrival of the teams.

The LOC will set up a Welcome desk in the airport and in the railway station during the arrival times of the delegations. The LOC will also set up Info Desks in the Hotels.

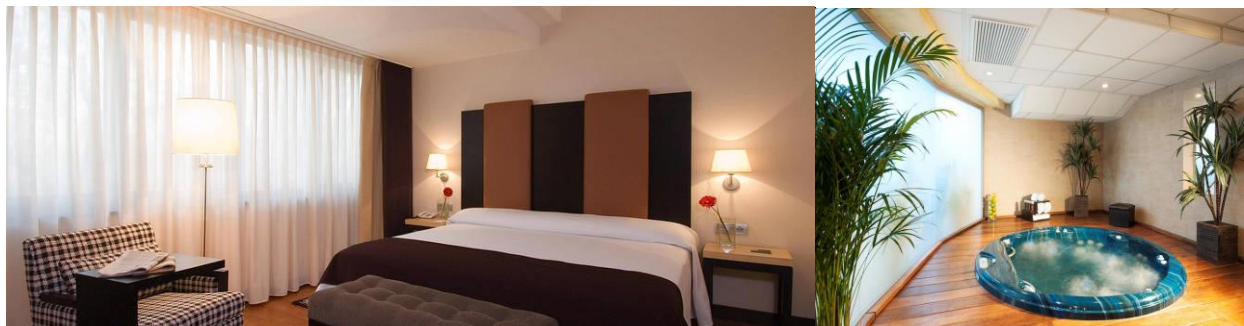
7. ACCOMODATION AND MEALS

The delegations will be accommodated in 3 hotels:

- Hotel NH

Address: 1A Pestalozzi Street, 300115 Timisoara

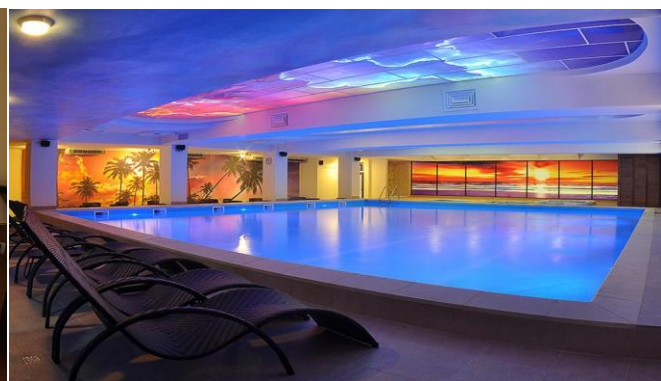
Website: www.nhtimisoara.ro



➤ Hotel Continental

Address: 5 Revolution of 1989 Boulevard, 300054 Timisoara

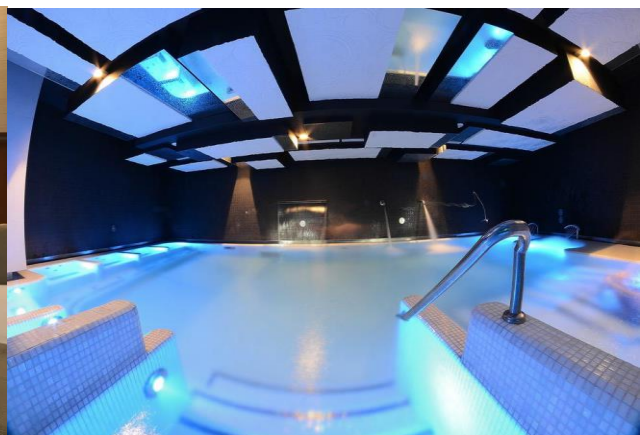
Website: www.hotelcontinental.ro/



➤ Hotel Timisoara

Address: 1-3 Marasesti Street, 300086 Timisoara

Website: <http://hoteltimisoara.ro/ro/>



The Organizing Committee will offer full board accommodation, free of charge, for a maximum **2 male** and **2 female athletes** per delegation for **3 nights**.

The duration of the free stay is:

- either from the Lunch of Thursday until Lunch of Sunday
- or from the Breakfast of Friday until breakfast of Monday

Full board accommodation for additional athletes, officials, other crew members and any eventual additional nights will be charged at the following rates:

- 75 euro/day/person in a twin room.
- 100 euro/day in single room (limited to a reduced number of single rooms available).

The price includes:

- Full board accommodation for one person
- Standard room services (Air conditioning, hair dryer, phone, TV, WI-FI)
- Leisure facilities (Gym, sauna, swimming pool, spa)

Pasta Party is free of charge for all athletes (maximum of 6 men and 6 women athletes per country), officials (number as mentioned in the GIS) as well as for crew members who paid full board accommodation.

Accommodation in the mentioned hotels will be offered by the LOC on the “First come, first served” basis. The LOC will respect your preference, but if not possible, the LOC will decide. The LOC will divide the accommodations as economically as possible.

Every day, breakfast, lunch and dinner will be served in the hotel where you are accommodated (except the Pasta Party, the meals during race day and the Final Banquet), according to the following schedule:

Breakfast 7:00 - 10:00

Lunch 13:00 – 15:00

Dinner 19:00 – 21:00

Distances between locations:

- NH Hotel to Start – 500 m
- Hotel Continental to Start – 800 m
- Hotel Timisoara to Start – 1200 m

- NH Hotel to Opening Ceremony – 1600 m
- Hotel Continental to Opening Ceremony – 700 m
- Hotel Timisoara to Opening Ceremony – 90 m

- NH Hotel to Award & Closing Ceremony – 1300 m
- Hotel Continental to Award & Closing Ceremony – 1300 m
- Hotel Timisoara to Award & Closing Ceremony – 1300 m



All delegations are responsible for the entries and requests for accommodation. As soon as the Final Entry Form (FEF) is received, the LOC will send an accommodation invoice for which payment is **mandatory before arrival**.

Payment for accommodation should be done by bank transfer here:
FEDERATIA ROMANA DE ATLETISM
2 Primo Nebiolo Street, Bucharest 1, Romania
IBAN code: RO67BRDE441SV22010514410

CANCELLATION POLICY

- ❖ **Free of charge – 3 weeks before the event**
- ❖ **50% charge – 2 weeks before the event**
- ❖ **100% charge – 10 days before the event**

8. VISA REQUIREMENTS

Any foreign visitor wishing to visit Romania should have a valid passport or a valid identity card of the European Union.

Please find below the information on the visa requirements for Romania:

- **Albania** - does not require visa for a 90-day stay
- **Belarus** - requires a visa
- **Bosnia and Herzegovina** - requires a visa
- **Cyprus** - requires a visa, for passport with at least 6-month validity
<http://nicosia.mae.ro/node/260>
- **Montenegro** - requires a visa
- **Russian Federation** - requires a visa
- **Serbia** - no visa required for biometric passport holders
- **Turkey** - requires a visa
- **Ukraine** - no visa required for biometric passport holders

Useful information for Ukrainian citizens

Starting with June 11, 2017, Regulation (EU) 2017/850 of the European Parliament and of the Council of 17 May 2017 amending Regulation (EC) No. 539/2001 listing the third countries whose nationals must be in possession of visas when crossing the external borders and those whose nationals are exempt from that requirement will be enforced and become effective; according to the Regulation provisions, the holders of biometric passports issued by Ukraine in line with the standards of the International Civil Aviation Organisation (ICAO) may travel without visas to the EU and, therefore, Romania, for a maximum period of 90 days every 180 days.

- **Armenia** - requires a visa and the passports should have been issued over the last 10 years, passports issued in 2003 are no longer accepted.
- **Azerbaijan** - requires a visa

Useful information for the citizens of the Republic of Azerbaijan:

“Useful information for the citizens of the Republic of Azerbaijan who hold business passports:

Starting with August 25, 2016, the Agreement between Romanian Government and the Government of the Republic of Azerbaijan became effective, with respect to waiving the visa for holders of business passports, as signed in Baku, on March 10, 2016.

Consequently, as of August 25, 2016, the Azerbaijani citizens holders of business passports may travel without visas to Romania, for a maximum period of 90 days every 180 days.”

- **Georgia** - no visa required for biometric passport holders. The others require a visa. In order to obtain the visa, one needs an original and copy of the invitation letter. The copy shall stay with the Romanian Consulate and the original invitation shall be shown at the Romanian border.

Useful information for Georgian citizens

Starting with March 28, 2017, Regulation (EU) 2017/372 of the European Parliament and of the Council amending Regulation (EC) No. 539/2001 listing the third countries whose nationals must be in possession of visas when crossing the external borders and those whose nationals are exempt from that requirement will be enforced and become effective; according to the Regulation provisions, the holders of biometric passports issued by Georgia in line with the standards of the International Civil Aviation

Organisation (ICAO) may travel without visas to the EU and, therefore, Romania, for a maximum period of 90 days every 180 days.

- **Kazakhstan** - requires a visa
- **Israel** - for a 90-day stay for touristic purposes, no visa is required. There are no references to athletes

IAU members which need a visa prior to departure should contact the LOC (contact@s24h.ro) well in advance and send a list of the participants, containing the names and passport data (date of birth, date of delivery and expiration date) of all person who could be part of the team coming to Romania. The LOC will then send a visa invitation letter.

9. TRAVEL GRANT AND THE USE OF WILDCARDS

Travel Grant information will be scheduled right before the Technical meeting, on Friday, 25th May 2018. The allocated Travel Grant for the National Athletics Federations for this MIAU is:

TG (TEAM)	IG (A)	IG (B)	IG (C)
160 €	160 €	120 €	80 €
Team Grants are paid for maximum one male and one female team (= minimum 3 runners/team) IG Grants are paid for maximum 3 men and 3 women/country. All these grants are cumulative!			

The TRAVEL GRANT will only be paid by bank transfer, after the event.

The provisional travel grant invoice will be given after the Technical Meeting. After the start of the race, there will be a last check of the athletes who started. If athletes who are on the Travel Grant paper did not start, the amount of Travel Grant will be changed.

The table shows that if you send a full team, then you will receive a basic team grant (TG). Then, additionally, you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes, then the travel grant will be just that of the individual athlete.

On the IAU website, www.iau-ultramarathon.org, nearer the race date, you will find a list of the runners of your Federation who belong to category A, B or C.

Use of Wildcards

The introduction of WILDCARDS means that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAU competition. At every MIAUC you can use a maximum of 2 wildcards (combined men and women). This regulation gives team delegations the opportunity to send potential “B athletes” even when certain situations made it impossible for some athletes to compete in a IAU labeled race to achieve the IAU recognized performance.

These WILDCARD athletes **must** be indicated on the [Final Entry Form](#).

If you have any questions about this, please contact the IAU Director of Organisations: Liesbeth Jansen: E-mail: liesbeth.jansen@iau-ultramarathon.org, Tel: +31 622 49 00 53

10. ACCREDITATION PROCEDURE

- Accreditation badges will be prepared in advance of the event, based on the information provided by the Member Federation in the FEF.
- No changes will be accepted after the final entry deadline, except in case of lesion, last minute illness of one of the team members.
- Accreditation badges will be handed out on teams` arrival.

11. MEDICAL

The safety and welfare of competitors is of paramount importance to the Medical Team. In accordance with rule 53.1 of the IAAF Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and/or pathology – in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests form of use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner`s ability or not to participate in the competition.

- e. Accept that, under rule 144 of the IAAF Competition Rules, the Medical Team decision on participation before or during the race is final.

Romania Anti-Doping has been appointed to carry out testing during the Championship.

12.WEATHER CONDITIONS

Average weather conditions during the last 5 years:

May	2013			2014			2015			2016			2017		
	09:00	12:00	15:00	09:00	12:00	15:00	09:00	12:00	15:00	09:00	12:00	15:00	09:00	12:00	15:00
Daily temperature °C	13	12	14	20	25	27	16	18	18	18	22	25	15	21	22
Humidity (%)	94	94	88	88	65	51	82	73	73	77	53	32	77	56	46
Humidity average (%)	88			83			84,6			72			66		
Temperature average °C	11,8			20,6			15,4			20			18		
Temperature high °C	16			27			19			26			24,5		
Temperature low °C	9			15			10			14			11,7		

13.IMPORTANT TIMES AND DATES

Guided Tours of Timisoara

Thursday afternoon, May 24 between 15:00 – 17:00

Seminar – The mindset of high performers – *Speakers to be confirmed*

Thursday afternoon, May 24 between 18:00 – 19:00, Hotel Timisoara

Pre-Race Press Conference

Friday morning, May 25 at 10:00, Hotel Timisoara

Outfit meeting

Friday afternoon, May 25 between 15:00 – 15:30, Hotel Timisoara

Team leaders/managers to present their national uniforms, to confirm the athletes who are competing, to receive the race numbers.

Technical Meeting

Friday afternoon, May 25 between 15:30 – 16:30, Hotel Timisoara

The Meeting will be conducted in English.

Travel Grant Confirmation

Friday afternoon, May 25 between 16:30 – 17:00, Hotel Timisoara
 Team leaders/ managers to confirm travel grant allocations.

Opening Ceremony

Friday afternoon, May 25 between 17:30 – 18:45, City center – Victory Square, Timisoara



All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and wear their federation outfit.

Pasta Party

Friday evening, May 25 between 19:00 – 21:00, Hotel Timisoara

Awards and Closing Ceremony

Sunday, May 27 between 13:00 – 14:00, West University of Timisoara



Final Banquet

Sunday, May 27 at 14:30, Hotel Timisoara

14. GENERAL TIME SCHEDULE

This is the proposed time table/ The confirmed and final timetable will be handed out upon arrival.

Wednesday 23 rd May	All day	Arrival of the first teams
Thursday 24 th May	All day	Arrival of the teams
	13:00 – 15:00	Lunch at the hotel
	15:00 – 17:00	Guided tours of Timisoara (by foot)
	18:00 – 19:00	Seminar “Mindset of High performers” – <i>speakers to be confirmed</i>
	19:00 – 21:00	Dinner at the hotel
Friday 25 th May	All day	Arrival of the last teams
	10:00	Pre-race press conference
	13:00 – 15:00	Lunch at the hotel
	15:00 – 15:30	Outfit Meeting
	15:30 – 16:30	Technical meeting
	16:30 – 17:00	Travel Grant Confirmation
	17:30 – 18:45	Opening ceremony
	19:00 – 21:00	Pasta Party
Saturday 26 th May	10:00	Start of the race
Sunday 27 th May	10:00	Finish of the race
	13:00 – 14:00	Award Ceremony
	14:30	Final banquet
	Afternoon	Departure of the first teams
Monday 28 th May	All day	Departure of the last teams

15. TOURIST INFORMATION

The city on the shores of the Bega is a place where history meets novelty and cultural diversity. Timișoara provides its visitors with tourist attractions worthy of an European city: cultural events, urban art sows, architectural heritage, parks that are genuine oases of greenery and quiet. Discover below the main tourist attractions of the largest city in western Romania:

The Victory Square is watched over by the Metropolitan Cathedral, the tallest church in Romania, and on the opposite side rises the Opera building, housing 4 cultural institutions and also the place where the 1989 Revolution was born.

In the centre of Timișoara one finds the “Corso” promenade, the walking spot for the Timișoara high society in the beginning of the 1900’s and the “Surogat” promenade, the walking spot for the young and working of that time. Also it is here where most palaces were built in the 1900’s, impressive through their architectural details and their beauty.



The Unirii Square is the oldest of the city, laid out in a Baroque style and reminding of an important part of the history, namely Timișoara independence from, the Ottoman rule, by General Eugene of Savoy, in the beginning of the 18th century. The shores of the Bega are run by alleys ideal for walking, and everywhere you go you will come across terraces, benches and lounges. Here is also where the most beautiful parks in Timișoara are found.



Timișoara takes pride in a series of cultural sights and important museums. The Art Museum, the Banat Village Museum, where you feel like in the countryside and in the heart of the city, the Revolution Memorial, the art galleries opened in the upgraded spaces of the old Bastion are good enough reasons to choose the city over the Bega as your cultural destination.



The Herneacova Estate is located in one of the oldest places in the Timiș county, with a documentary attestation in 1349. The place is secluded in the middle of nature, 30 km away from Timișoara and provides great liberty in organizing wood trekking with the carriage, on horseback, bicycle riding or on foot. Here we find 3 grounds for horseback riding, 3 paths along the wood for the trekking or mountain bike lovers, a lake, a restaurant with a rich and diverse menu, the Adventure Park where 2 zip lines are mounted, 240- and 260-m long, a tennis court, a bed and breakfast and rustic areas for relaxation and dining in the middle of nature.

**We are looking forward to
 welcoming you to Romania!**