



Balkan Cross-Country Championship

Câmpulung Moldovenesc, Romania

TEAM MANUAL

This document provides essential information for participating in the Balkan Cross-Country Championship, including logistical details, competition regulations, and registration procedures. The manual is intended to ensure a smooth and well-organized participation, providing the team with all the necessary information for a successful competition. We encourage you to review the manual in its entirety to be fully prepared for the event.

**ROMANIAN ATHLETICS
FEDERATION**



Balkan Cross-Country Championship

Câmpulung Moldovenesc / Romania

November 9, 2024

Competition Rules

Balkan Cross-Country Championship

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1. GENERAL INFORMATION

Câmpulung Moldovenesc, the host city of the Balkan Cross-Country Championship, is a beautiful town in Suceava County, located in the Northeastern part of Romania, in the historic region of Bukovina. It is a well-known tourist area with numerous attractions both within and around it, such as the peaks of Rarău and Giumalău (1650 m and 1857 m), which are the highest in the area. Additionally, visitors can explore the forests surrounding the town or visit a monastery in a nearby village.

Access to Câmpulung Moldovenesc can be made by both car and train. The European Route E58 crosses the town, connecting Moldova and Transylvania. There are two train stations: Câmpulung Moldovenesc Centru and Câmpulung Moldovenesc Est.

The main airport is in **Suceava**, approximately 80 km from Câmpulung Moldovenesc (1:30h). It is the only airport with free transportation provided by C.S.M. Rarăul.

Useful Information:

- **Shops:** 9:00 AM – 7:00 PM (some shops may stay open later)
- **Hypermarkets:** 7:00 AM – 10:00 PM
- **Banks:** 9:00 AM – 5:00 PM, Monday to Friday
- **ATMs:** Available 24/7
- **Post Offices:** 9:00 AM – 6:00 PM, some open on Saturdays, closed on Sundays
- **Currency Exchange Services:** 9:00 AM – 7:00 PM
- **Electricity:** 220 V
- **Country Code for Romania:** +40
- **Mobile Providers:** Vodafone and Orange
- **Credit Cards:** Most are accepted in restaurants and shops, but it's good to ask before making a purchase. Cash is always a safe option.
- **Emergency Number:** Dial 112 for fire/ambulance.

2. ORGANIZATIONAL STRUCTURE

2.1 Balkan Athletics Federation (BA)

- **President:** Slobodan Brankovic (Serbia)
- **Vice Presidents:**
 - Lambros Papakostas (Greece)
 - Cristina Man (Romania)
- **General Secretary:** Predrag Momirovic (Bulgaria)

2.2 BA Delegate

- **Technical Delegate:** Ștefan Alexandru

2.3 Romanian Athletics Federation

2.4 C.S.M. Rarăul

2.5 Partners

- National Agency for Sport
- City Hall of Câmpulung Moldovenesc

2.6 Local Organizing Committee

- **President:** Anișoara Stanciu
- **General Secretary FRA:** Valy Caciuriac
- **Competition Director:** Elena Erzilia Țîmpău
- **Mayor of Câmpulung:** Mihăița Negură
- **Event Management Protocol:**
 - Media/Marketing: Ion Buliga
 - Transport/Accommodation: Elena Erzilia Țîmpău
 - Ceremonies: Alexandru Terpezan

2.7 Competition Organization

- **Competition Director:** Elena Erzilia Țîmpău
- **Technical Chief:** Augustin Iancu
- **Appeals Committee:** Dalia Gherase
- **TIC Responsible:** Radu Lazăr
- **Competition Secretary:** Ion Buliga

2.8 Participating Countries

All BA member countries are expected: Albania, Armenia, Austria, Bosnia and Herzegovina, Bulgaria, Cyprus, Croatia, Georgia, Greece, Israel, Kosovo, North Macedonia, Malta, Moldova, Montenegro, Romania, Serbia, Slovenia, San Marino, Turkey, Ukraine, Azerbaidjan.

3. ARRIVALS

3.1 Air Arrivals - Main Airport:

- **Suceava (Suceava Airport)** is located 80 km away, approximately 1:30 hours. It is the only airport offering free transportation provided by C.S.M. Rarăul.

3.2 Reception and Hotel Transport Services

Upon arrival at the airport, teams will be greeted by a representative or designated person. After collecting their luggage, team members will be directed to a special bus marked with the team's name, which will transport them to the reception area. From there, teams will be transferred to the hotel in Câmpulung Moldovenesc.

4. TRANSPORT

4.1 Transportation Service

Transport to the competition area, as well as to the opening and award ceremonies, will be provided by shuttle buses. These buses will pick up athletes from the hotel and transport them to the competition area, ensuring return trips as well. Detailed information about the schedule and routes will be available at the information desks in each hotel.

4.2 Return to Airport

On the departure day, teams will be transported to Suceava Airport according to the flight schedule provided in advance by the leaders of each delegation. Logistical details will be available at the information desks in the hotels.

5. ACCOMMODATION (HOTEL & MEALS)

5.1 General Information

The organizing team has reserved accommodation in Câmpulung Moldovenesc for the teams, providing full services and easy access to the competition area. The accommodations offer comfort and all the necessary facilities for a pleasant and efficient stay during the competition.

5.2 Hotels Allocated for the Championship

- **Vila Stadion:**
Str. Sirenei nr. 1, Câmpulung Moldovenesc 725100, Suceava County
Tel: 0744 614 874
- **Pensiunea Vranis:**
Sadova – Suceava County, DN 17A nr. 690
Tel: 0230 314 287, 0741 199 751
- **Hotel Eden:**
Str. Calea Bucovinei 148, Câmpulung Moldovenesc 725100, Suceava County
Tel: 0230 314 733, 0723 471 755
- **Pensiunea Ștefania Ing:**
Str. Trandafirilor 4, Câmpulung Moldovenesc 725100, Suceava County
Tel: 0749 332 211

5.3 Information Desk

The Information Desk will be located at Vila Stadion and will be staffed by

qualified personnel who will provide relevant information about the Balkan Cross-Country Championship.

The desk will be open daily from 08:00 AM to 06:00 PM. For any questions and assistance, you can contact the desk at +40-744 614 874.

5.4 Rates and Costs

- In accordance with the BA regulations, the host country will provide full board (FB) accommodation for 2 (two) nights for a total of 10 persons: 7 athletes and 3 officials. If the team travels by bus, drivers will not be included in the above quota, but their accommodation will also be covered by the host country.
- For any person exceeding the above quota or for any stay beyond the number of days covered by the LOC, the participating federation will pay a fixed rate of **80 euros per person per day for full board accommodation.**
- Participating delegations will cover their travel expenses in both directions.

5.5 Payment Procedures

An invoice will be sent to each federation, detailing the amount due based on final registrations. Payments must be made in advance, before checking in at the hotel.

5.6 Meal Schedule

All meals will be served at the restaurants of the hotels. Access to meals is based on the accreditation card.

Restaurant Opening Hours:

- **Breakfast:** 07:30 AM – 10:00 AM
- **Lunch:** 01:00 PM – 02:30 PM
- **Dinner:** 07:00 PM – 09:00 PM

Please have your accreditation card with you to access the meals.

6. ACCREDITATION

6.1 General

Each team member will receive an accreditation card that must be worn at all times and kept visible. Security personnel will monitor all areas. Accreditation is non-

transferable and does not allow the holder to bring another person past security checkpoints. Photos are not required for the accreditation card system.

6.2 Accreditation Procedures

Accreditation cards will be prepared in advance based on the information provided by the member federations in the final registration form. After all financial arrangements have been completed, accreditation cards will be distributed to the representative of each team at the information desk.

6.3 Lost Accreditation Cards

Any lost or damaged accreditation cards must be reported immediately to the Technical Information Center (TIC) at the hotel. Duplicate cards will be issued only upon presentation of proof of identity.

6.4 Access Zones for Teams

Team accreditation cards will grant access to the competition fields, ceremonies, and accommodation areas. Team leaders will receive special cards for access to the Technical Information Center (TIC).

7. TECHNICAL INFORMATION

7.1 Technical Information Center (TIC)

The TIC ensures effective communication between delegations, competition administration, and organizers regarding any technical issues. The TIC is located at the “Rarăul” Stadium (Str. Sirenei nr. 1) and is properly marked.

TIC Opening Hours:

- Friday, November 8: 14:00 – 18:30

The TIC will be connected to all information desks created for this event and will manage the following:

- Distribution of technical information to delegations.
- Posting information on notice boards.

- Publishing information regarding daily schedules, entry lists, results, and any official information from the LOC.

7.2 Technical Meeting

The technical meeting will take place on November 8, 2024, at 18:00, at the CSM Rarăul Municipal Stadium. Each team may be represented by two delegates and, if necessary, a translator. It is very important that all teams are represented at this technical meeting.

All questions for the technical meeting should be submitted in writing, preferably in English, to the TIC by 17:00 on the day before the meeting. The meeting will be conducted in English.

7.2.1 Agenda Items:

- Welcome by Mrs. Anișoara Stanciu, President of the Romanian Athletics Federation;
- Speech by the BA Delegate;
- Introduction of the national competition officials;
- Overview of the competition and warm-up areas;
- Selection of the Appeals Jury (3 members);
- Information on the opening and closing ceremonies;
- Introduction of the competition officials;
- Appeals and schedules;
- Scoring system;
- Responses to written questions submitted by participating federations;
- Distribution of competition numbers.

After the technical meeting, each country will designate two representatives to attend the official dinner.

7.3. Inspection of the competition route

Delegation leaders are invited to inspect the competition course on November 8, 2024, starting at 10:30 AM.

7.4. Route Details

The course is 1000 meters long and may include obstacles (e.g., logs). The distances for each category are:

- **U20 Women:** 4 laps
- **U20 Men:** 6 laps
- **U23 Women:** 6 laps
- **U23 Men:** 8 laps
- **Senior Women:** 8 laps
- **Senior Men:** 10 laps

7.5. Warm-up and Training

The warm-up area is located near the starting points. Tents will be set up at the start.

Training can be conducted at any time at the "Rarăul" Stadium (Str. Sirenei nr. 1).

8. COMPETITION REGULATIONS

8.1. Events

- **U20 Women:** 4 km race
- **U20 Men:** 6 km race
- **U23 Women:** 6 km race
- **U23 Men:** 8 km race
- **Senior Women:** 8 km race
- **Senior Men:** 10 km race

8.2. Athlete Participation

- The Championship is both an individual and team competition.
- A maximum of 4 athletes from each team can participate in each race, and the best 3 will score for the team.
- Countries without a complete team may enter individual athletes in any category.
- No athlete under the age of 16 (as of December 31 of the competition year) is allowed to participate. Each athlete may be entered in only one race of the Championship and may compete only in the race they were entered for.
- U18 athletes (16 or 17 years old as of December 31 of the competition year) may compete only in the U20 category.
- U20 athletes (18 or 19 years old as of December 31 of the competition year) may compete only in the U20 category.
- U23 athletes (20, 21, or 22 years old as of December 31 of the competition year) may compete only in the U23 or Senior categories.
- Upon arrival, team leaders must present passports or other official documents of U18, U20, and U23 athletes, indicating their year of birth for copying by the organizers.

8.2.1. Preliminary Entries

By October 8, each member federation must send the host and BA headquarters a preliminary list of athletes and officials.

8.2.2. Final Entries

By November 1, each federation must send the host country and BA headquarters a final list of athletes and officials. Entries are made only through national federations. Changes after the deadline will not exceed 1% of the total participants.

8.2.3. Final Confirmation

No changes will be allowed after final entries. For each withdrawal without a valid reason after final entries, the member federation will be subject to a withdrawal fee of 10 euros per person, payable to the Romanian Athletics Federation.

8.3. Scoring System

8.3.1. Each race will be scored separately.

8.3.2. Team results will be determined by the aggregate ranking of the best three athletes from each team. The team with the lowest total points will be declared the winner.

8.3.3. If a team finishes the competition with fewer than three athletes, it will not be classified in the team results.

8.3.4. Each athlete who finishes the race is eligible for individual placement. No adjustments will be made to the rankings concerning athletes without a score or individual athletes.

8.3.5. In the event of a tie, it will be resolved in favor of the team whose last scoring athlete finishes closest to the first place.

8.3.6. TIC will provide the teams with race numbers at the technical meeting. Each athlete will receive two race numbers, which must be attached to the front and back of the competition attire. Race numbers must not be altered or covered.

8.4. Time and Measurements

Official timing will be provided by a digital system for real-time recording.

9. MEDICAL SERVICE

9.1. Overview

Medical services are provided for team leaders, competition organization, information staff, guests of honor, as well as for spectators, during the competition.

Participating teams are responsible for using their own insurance to cover illness or injury to any team member while traveling to and from the competition.

In case of emergency, contact the nearest emergency post. For other situations, follow the instructions given.

10. ANTI-DOPING CONTROL

No anti-doping control will be carried out unless requested by European Athletics.

11. SECURITY

Instructions from TIC, security and police personnel must be followed in all areas and during transfers between locations.

The accreditation card must be carried at all times. In the event of its loss, the incident must be reported immediately to the ICT Information Office.

12. CEREMONIES

12.1. The award ceremony

The award ceremonies will take place immediately after the end of the race.

13. DEPARTURE

Teams will be asked to provide full travel details on the entry form. Teams will also receive a departure form to be completed and returned to the TIC Information Desk.

The bus schedule will be displayed at the team hotels and at the TIC Information Desk.

14. CONTACT DETAILS

14.1. Organizational department

For more details about the Balkan Cross Country Championship, please contact:

- Mrs. Elena Erzilia Țâmpău at +40 744 614 874
- Mr. Iancu Augustin at +40 720 586 895

14.2. The technical department is represented by:

- Mr. Alexandru Terpezan at +40 767 602 876
- Mr. Lazar Radu at +40 731 464 260

APPENDIX

Appendix 1 - Balkan Cross Country Championship - PROGRAM

Friday – November 8

- **08:00** - Reception of guests (volunteers will welcome guests all day)
- **08:00 - 10:00** - Breakfast
- **10:30** - Tour of the route
- **13:00 - 14:30** - Lunch at the hotel
- **17:00** - The technical meeting at the Campulung Municipal Stadium
- **18:30** - Transfer of officials to the festive dinner
- **19:00** - Athletes' dinner at the hotel
- **19:00** - Festive dinner at Casa Baci, Fundu Moldovei
- **22:00** - Transfer of officials to the hotel

Saturday – November 9

- **07:00 - 09:00** - Breakfast
 - **08:00 - 10:00** - Transfer of athletes and coaches to the venue of the competition
- 9:20 - Opening ceremony.** Each country will be represented by at least 3 members.

The call is made 15 minutes before the start:

- **09:45 - 10:00** - Call U20 women
- **10:15 - 10:30** - Call U20 men
- **10:45 – 11:00** - Call U23 women
- **11:15 - 11:30** - Call U23 men
- **11:55 - 12:10** - Call Senior women

- **12:40 - 12:55** - Call Senior men

Start of races:

- **10:00** - Start U20 women (4 km)
- **10:30** - Start U20 men (6 km)
- **11:00** - Start U23 women (6 km)
- **11:30** - Start U23 men (8 km)
- **12:10** - Start Senior women (8 km)
- **12:55** - Start Senior men (10 km)

Award ceremony

It will take place after the end of each trial, in the Finish area.

- 13:30 - Transfer of the athletes to the hotel
- 14:00 - Lunch

Attention: Those who leave in the afternoon of the day must notify in advance to have a meal at the hotel.

The program is subject to change. The final program will be communicated to all participating teams 5 days before the start of the event or at the latest at the technical meeting.



Balkan Athletics Cross Country Championships

Appendix 2 – Route Map

