

AMSTERDAM **2016**

 **EUROPEAN ATHLETICS
CHAMPIONSHIPS**



**EUROPEAN ATHLETICS
CHAMPIONSHIPS 2016**

6-10 JULY • OLYMPIC STADIUM • AMSTERDAM

TEAM MANUAL

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WELCOME TO AMSTERDAM!



My career as an athlete may now be behind me but 24 years after I won a gold medal in Barcelona, a new high point is on the horizon - my own country is staging the European Athletics Championships. I know what it is like to wait for the starting gun and I can still feel the same tension today, off the track. I'm very proud to be making my own contribution to this event.

Amsterdam is ready. We've been looking forward to welcoming Europe's best athletes and seeing them in action for some time. And our slogan, Athletics Like Never Before, is no exaggeration. We're taking athletics to the heart of the city by staging part of the discus and javelin events on the Museumplein. In the Olympic Stadium itself, we will welcome a record number of athletes and honour our heroes in the Fanzone. We Dutch know how to have a party! But then, our national colour orange goes well with every country's flag. This is a festival of athletics for everyone.

I treasure my memories of the 800 metres Olympic final in Barcelona in 1992 and I know that the European Championships will give you many wonderful memories as well. This fantastic event has been made possible by our partners, sponsors and Amsterdam city, together with European Athletics – but most of all by a terrific group of volunteers. We've done best to make sure every athlete can perform to the best of his or her ability. Enjoy!

Ellen van Langen,
Event ambassador

1. GENERAL INFORMATION



1.1 THE NETHERLANDS

Capital city: Amsterdam

Time zone: UTC +1 CET / UTC +2 CEST (March to October)

System of government: The Netherlands is a constitutionally monarchy based on a consensus-driven democratic system.

Government: The Dutch parliament is divided into two houses. The lower house (tweede kamer) has 150 members, the upper house (senate) has 75.

Surface area: 41,543 km²

Coastline: 523 km

Electricity: 230 (220 - 240) volts (50 cycles)

Population: The population of the Netherlands is 17 million.

Climate: The Netherlands has a moderate maritime climate and the wind comes predominantly from the south west. The country has cool summers and mild winters.

Languages: The official languages of the Netherlands are Dutch and Frisian.

Religious affiliations: Fewer than one third of the Dutch are actively religious. Some 24% are Christian, 5% are Muslim and 2% belonging to another faith group.

Traffic rules: Cars drive on the right hand side of the road and everyone must wear a seatbelt at all times. Bicycles are the most popular form of transport in the Netherlands.

Telephone code: +31

Currency: The Netherlands is a member of the Eurozone and the Euro is the sole currency. Many shops will not accept €250 and €500 notes.

1.2 AMSTERDAM

Amsterdam is a warm and welcoming city with a creative and informal atmosphere. From its medieval heart to the futuristic buildings in the new Zuidas business district, Amsterdam is as lively as it is inviting. The Dutch capital has a lot to offer: some of the greatest works of art in the world, more canals than Venice, more bridges than Paris and 8,663 listed buildings. No wonder Amsterdam's city centre canal rings were recently added to UNESCO's world heritage list. Amsterdam has many other attractions on offer, from world-famous diamond factories to great bars and nightclubs. Welcome indeed to Amsterdam!



1.2.1 GENERAL INFORMATION

Amsterdam is the capital of the Netherlands with a population of just over 821,000. It is located in the province of Noord-Holland. Amsterdam is one of the most popular destinations in Europe, receiving more than 4.5 million tourists every year.

Languages: The majority of Amsterdam's residents speak good English and are often fluent in one or two other languages. Getting by without Dutch is rarely a problem.

Climate: Both winters and summers are mild but it can turn very cold on occasion.

Height above sea level: Amsterdam is actually situated two metres (6.5 feet) below sea level.

Water quality: The city's tap water is safe to drink. The Netherlands is said to have the safest and cleanest tap water in Europe.

Shop opening hours:

Monday: 13:00-18:00
 Tuesday, Wednesday, Friday and Saturday: 09:00-18:00
 Thursday: 09:00-21:00 (late-night shopping)
 Sunday: 12:00-17:00 (city centre only)

Taxi service: +31(0)20 - 777 7777

1.2.2 EXPLORE THE CITY

With its picturesque network of canals, rich history and vibrant cultural scene, the capital of the Netherlands is one of the world's most unique city destinations. Here's a checklist of some of the best attractions and unmissable experiences in the 'Venice of the North'.

Get lost in the arty Jordaan

The Jordaan is often cited as Amsterdam's most charming neighbourhood. Originally a working class area, the Jordaan's narrow streets and pretty buildings now make up one of Amsterdam's most desirable quarters, dotted with art galleries, shops and bars and restaurants.

Soak up some culture on the Museumplein

Home to the Rijksmuseum, the Van Gogh Museum and the Stedelijk Museum of Modern Art, Museumplein is the cultural heart of Amsterdam.

Take a canal cruise

Created in the 17th century to keep the sea at bay, Amsterdam's UNESCO protected canal belt is the quintessential picture-postcard vision of Amsterdam. A guided boat tour is one of the best ways to see the city by day and by night.

Hit the shops around the Nine Streets

De Negen Straatjes or 'the Nine Streets' connect the main canals between Leidsegracht and Raadhuisstraat. Here you'll find over 200 retailers, including a fine selection of independent boutiques, vintage shops and specialty stores.

Visit the Anne Frank House

Reflect on the atrocities committed against the Jewish people during World War II at the Prinsengracht house where diarist Anne Frank and her family hid from the Nazis for two years before their deportation.

Discover Amsterdam's park life

With over 30 parks to choose from, you'll never be short of a picnic spot in Amsterdam. The 47 acre Vondelpark is the largest of the city's parks. Other notable green spaces include the cultural hub of Westerpark, Sarphatipark in De Pijp and Rembrandtpark in the west.

Visit a market

Whether you're looking to pick up a bargain, try some local delicacies or just soak up the atmosphere, visiting one of the many markets in Amsterdam is a unique and unforgettable experience. Some of the most popular Amsterdam markets include the Albert Cuypmarket in De Pijp (Mon - Sat), the floating flower market on the Singel (Mon - Sat) and the Waterlooplein flea market (Mon - Sat) near the Rembrandt House.

Spend the evening drinking in a former tram depot

Located in the hip Oud-West neighbourhood, De Hallen is a brand new centre for the arts, crafts, fashion and food housed in a recently refurbished industrial building dating from 1902. De Hallen houses a multiplex cinema, independent stores and a boutique hotel, as well as the impressive Food Hallen – a food and drink heaven.

Visit the EYE across the IJ

Dominating the view from the southern shore of the IJ behind Central Station, this striking white building has rapidly become one of Amsterdam's most iconic landmarks since it opened in spring 2012. An absolute must for film fans, the EYE Film Institute houses a permanent exhibition space as well as a vast film library, cinema and fabulous restaurant bar with a terrace overlooking the water.

1.2.3. LOCAL FOOD SPECIALTIES

Bitterballen

So you went out for a few drinks. You forgot to eat dinner. Those 8% Belgian beers are beginning to take their toll. What to do? The answer is bitterballen. Delicious, deep fried crispy meatballs traditionally served with mustard are the ultimate in Dutch pub snacks.

Stroopwafels

If you try one Dutch sweet treat, make it a stroopwafel. Two thin waffles stuck together with a layer of sweet syrup; these delectable delicacies are best enjoyed hot and gooey from a street market or bakery.

Raw herring

Raw herring may sound a little scary to the uninitiated, but every visitor to Amsterdam should give it a go. You'll spot haringhandels (herring stalls) serving up this Dutch speciality all over the city

Ask for a 'broodje haring' to get the fish served in a white roll with pickles and onions. The best time to try raw herring is between May and July when the herring is said to be at its sweetest.

1.2.4 GASTRONOMY

When it comes to dining out, Amsterdam has something for everyone. Here is a selection of great places to eat.

Restaurant Bridges

Oudezijds Voorburgwal 197, 1012 EX Amsterdam

Restaurant Bridges, located in The Grand Amsterdam, was awarded a Michelin star in 2013 and serves great fish in a unique ambiance.

Restaurant/Amstelhotel La Rive

Professor Tulpplein 1r, Amsterdam

La Rive is one of the most famous restaurants in the Netherlands and has a long tradition of culinary highlights, an extended wine collection and a Michelin star.

Food Hallen

Bellamyplein 51, 1053 AT Amsterdam

Based on an indoor food market concept similar to the Torvehallerne in Copenhagen and Mercado de San Miguel in Madrid, this is a great place to stroll around, picking up a variety of dishes from all kinds of kitchens on the go.



De Baars

Baarsstraat 3, 1075 RT, Amsterdam
French and international cooking in a warm and informal atmosphere. De Baars primarily serves local and sustainable products.

Loetje Oost

Ruyschstraat 15, 1091 BR Amsterdam
Loetje Oost is a great place to enjoy a snack, long business meetings or a group dinner. It specialises in all sorts of steaks and is known for its friendly staff.

1.2.5 SHOPPING

From luxury department stores and exclusive boutiques to antiques and contemporary Dutch design, Amsterdam has something for every type of shopper.

Department stores

The Bijenkorf on the edge of Dam Square carries fashion, handbags and shoes as well as household goods, luggage and electronics. On the ground floor there are luxury 'shop-in-shops' including Louis Vuitton, Hermes and Gucci.

PC Hooftstraat

Named after a 17th-century poet and playwright, the PC Hooftstraat has been an exclusive shopping destination since the 1970s. Located near the Museumplein, this street is your first stop for big-name designers like Hugo Boss, D&G, MaxMara, Ralph Lauren, Hermes, Gucci and more.



Van Baerlestraat

When you've had your fill of the PC. Hooftstraat, wander over to the Van Baerlestraat. Here you will find a number of renowned Dutch fashion designers like Pauw (clothes) and Fred de la Bretonière (footwear). Rivet Ledertassen also has a lovely selection of leather handbags.

Cornelis Schuytstraat

The Cornelis Schuytstraat in Amsterdam Zuid combines exclusive boutiques such as Repeat (cashmere) with cafes and great places to eat.

Beethovenstraat

Here you will find popular Dutch designers like Claudia Sträter, as well as jewellers and specialty shops. Sterre & Tijn has gorgeous furniture, toys and clothes for babies and infants, while The English Hatter offers a selection of hats and accessories for the distinguished gentleman.

Utrechtsestraat

In the heart of the city centre, the Utrechtsestraat starts at the Rembrandtplein and crosses Amsterdam's most famous canals. The street has a great mix of independent shops.

1.2.6 NIGHTLIFE

Amsterdam is home to a dazzling array of bars, nightclubs and cafés. Find a cosy neighbourhood atmosphere in authentic 18th and 19th century traditional pubs, known as 'brown cafés', or opt for one of their contemporary counterparts, the designer grand cafés or sleek lounge bars. A well-known mecca for dance music, Amsterdam attracts some of the world's top DJs to its trendy nightclubs. The most popular nightlife areas, Leidseplein and Rembrandtplein, have something for everyone, from mellow jazz and blues cafés to late night bars, and a casino. Amsterdam's compact size puts most nightlife venues within walking distance of each other.

Here is a selection of some of the city's most popular nightclubs.

Escape

Located on the lively Rembrandtplein in the city centre, Escape is one of Amsterdam's largest and most popular nightclubs. The club offers a musical menu covering all popular styles of dance music. house, electro, techno and pop

Westerunie

This huge hall in the Westerpark regularly hosts techno, house and acid nights and festivals.

Sugar Factory

The Sugar Factory is a dynamic, open-minded and creative place where club, live music and theatre meet.

Bitterzoet

Bitterzoet ('bittersweet') with its slick design is a bar as well as a club, music venue and theatre. Every day there is a different DJ line-up, band or theatre production, attracting a musically eclectic fan base - from rock through punk, hip-hop, soul and funk to reggae – and everything in between.

Melkweg

The city centre Melkweg (Milky Way) is one of the city's leading entertainment venues with two halls, a cinema, a theatre and a cafe - and a varied live programme.

1.2.7 EXPLORE AMSTERDAM ON TWO WHEELS

Biking in Amsterdam is safe and easy, thanks to its flatness and excellent network of bike paths. In the summer, there's nothing more exhilarating than jumping on a bike, cycling through the city and feeling the wind in your hair. Make sure you know the rules of the road before you start.



2. ABOUT AMSTERDAM 2016

2.1 OLYMPIC STADIUM



The Olympic Stadium (Dutch: Olympisch Stadion) was built as the main stadium for the 1928 Summer Olympics in Amsterdam. The first event to take place there was the 1928 Olympic hockey tournament on 17 May 1928. The venue is currently used for football, athletics and music events.

When completed, the stadium had a capacity of 31,600. In 1987 the stadium was listed as a national monument. Renovation started in 1996, and the stadium was brought back to its original 1928 construction. The second seating tier added in 1937 was removed, reducing capacity to 22,288, and the stadium was made suitable for track and field competitions again. Capacity during the European Athletics Championships will be almost 20,000.

Fanzone (Market Square)

The Fanzone, surrounding the Olympic Stadium, is the place to enjoy a break from the athletics action. This is where you can meet other fans, participate in all kind of (athletic) games, do some shopping and enjoy something to eat and drink. The Fanzone is also home to the Medal Plaza where the victory ceremonies for all the events will take place. The map gives a clear overview of the area and the attractions. **See Appendix 8 – Map of Olympic Stadium.**

2.2 MUSEUMPLEIN

The Museumplein is popular with both locals and tourists and is surrounded by the Rijksmuseum, the modern art Stedelijk museum and the Van Gogh museum. The qualification rounds for the javelin and shot put will be held there on Wednesday and Thursday. On Sunday the Museumplein is the start location of the Half Marathon and the Brooks 10K Champions Run.

See Appendix 10 – Map of Museumplein – Throwing Events.

See Appendix 12 – Map of the Half Marathon.

2.3 SIDE EVENTS

The European Athletics Championships go hand in hand with wide range of activities to stimulate sport, fair play and a healthy lifestyle among the Dutch population. These range from inter-school competitions to sports for all campaigns. Athletics like never before!

2.3.1 BROOKS 10K CHAMPIONS RUN

Enjoy the atmosphere and celebrate the final day of the European Athletics Championships as an athlete. The Brooks 10K Champions Run will take thousands of runners through the European Athletics Championships route just after the official Half Marathon. It's a unique opportunity to run through the bustling city centre of Amsterdam with thousands of fans lining the route. The start and finish take place on the Museumplein. By participating, the runners are supporting the Johan Cruyff Foundation, the social partner of the European Athletics Championships, which helps disadvantaged children take part in sport and stimulates fair play.



2.3.2 INTERNATIONAL PARA-ATHLETICS CHALLENGE

This year, for the first time, within the European Athletics Championships timetable there will be an International Para-Athletics Challenge included as an official side event. The aim of the Challenge is to introduce more people to the Paralympic branch of athletics and create special moments around the sport of Athletics.



2.3.3 WALKS AROUND AMSTERDAM

On Saturday 9 July visitors are invited to take part in one of three different walks around the city the best way to appreciate Amsterdam's special ambiance. The walks start between 08:00 and 10.00 at different locations but all will end up in the Vondelpark. There the walkers will gather for the last part of the route, which takes them to the finish at the Olympic Stadium. The three different routes cover the canals, the Amstel river route and the Jordaan district.

2.3.4 KIDS RUN

On Wednesday 6 July, children aged 4 to 12 are invited to take part in their own mini European Championships on the nearby Olympiaplein (just opposite the event venue). The run for children aged 6 to 12 will cover 800 metres and takes place at 15:30. The youngest children (four and five) will cover a distance of 200 metres. Their race starts at 14:00.

2.3.5 CONGRESSES AND MEETINGS

The European Athletics Championships are a massive gathering of top athletes, trainers, coaches, competition officials, managers and other experts: the perfect opportunity to exchange information and best practice about the sport of athletics. A packed programme of congresses, meetings and information sessions will be hosted at Amsterdam's VU University. The programme includes the five-day European Athletics Young Leaders Forum. Active volunteers between the ages of 18 and 26 representing each of European Athletics Member Federations have been invited to learn leadership skills and discuss ideas about their personal projects, developing the European Athletics Young Leaders Community and the future of athletics.

2.4 VOLUNTEERS

Volunteers are essential to the success of the European Athletics Championships, thanks to their diverse expertise and valuable know-how. It took no time at all to recruit the 1,750 volunteers needed to make sure Amsterdam 2016 runs smoothly. All our volunteers can communicate in English and are here to make your Championships experience the most enjoyable one!



2.5 OFFICIAL MASCOT ADAM

Adam, the official mascot of the European Athletics Championships, is named after the city itself. Two lions feature on the city's official coat of arms, so what better beast is there to be the cuddly face of the tournament? Adam will be there when the javelins fly across the Museumplein, greets you when you enter the Olympic Stadium and supports the athletes on their way to athletics glory. By the way, the flames in his hair are a nod to the torch of the Olympic Games which were held in Amsterdam in 1928.

Follow Adam: [facebook.com/adamontour](https://www.facebook.com/adamontour)



2.6 MEDALS

The medals for the European Athletics Championships 2016 have been designed by Dutch designer Liza Meijer. One side features the famous canal houses of Amsterdam combined with the event logo. In addition to the discipline, the name of the medallist together with his/her performance will be engraved on the back side of the medal.

2.7 SOCIAL MEDIA

You can keep up with the latest news, photos and behind the scenes footage via the event's social media channels. Check out all the coverage and join in. Use the hashtag #ECH2016. You can also download the event app Amsterdam2016 from the Apple Store or via Google Play to stay on top of the latest news, team and championships info.

For more information: www.amsterdam2016.org

Follow us:

Twitter	@Amsterdam2016 (Dutch)
Twitter	@Euro_champs (English)
Facebook	Amsterdam2016
Instagram	Amsterdam_2016
Periscope	@Amsterdam_2016
Youtube	Amsterdam2016
App	Amsterdam2016
Snapchat	ECH_2016

Adam (the official event mascot)

Facebook	adamontour
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European Athletics: www.european-athletics.org

Facebook	EuropeanAthletics
Twitter	@EuroAthletics
Youtube	EuropeanAthletics

**THE OFFICIAL HASHTAG
FOR THE EVENT IS
#ECH2016**



3. ORGANISATIONAL STRUCTURE

3.1 EUROPEAN ATHLETICS COUNCIL

President	Svein Arne Hansen	(NOR)
Senior Vice President	Dobromir Karamarinov	(BUL)
Vice Presidents	Jean Gracia	(FRA)
	Frank Hensel	(GER)
Chief Executive Officer	Christian Milz	(SUI)
Council Members	Sylvia Barlag	(NED)
	Gregor Bencina	(SLO)
	José Luis De Carlos	(ESP)
	Panagiotis Dimakos	(GRE)
	Alfo Giomi	(ITA)
	Márton István Gyulai	(HUN)
	Toralf Nilsson	(SWE)
	Antti Pihlakoski	(FIN)
	Jorge Salcedo	(POR)
	Gabriela Szabo	(ROU)
	Erich Teigamägi	(EST)
	Libor Varhanik	(CZE)
	Salih Münir Yaras	(TUR)
IAAF President (ex officio member)	Sebastian Coe	(GBR)
European Athletics Honorary Life Presidents	Carl-Olaf Homén	(FIN)
	Hansjörg Wirz	(SUI)

3.2 EUROPEAN ATHLETICS DELEGATES

Organisational Delegate	Christian Milz	(SUI)
Project Leader	Bernadette Brun	(SUI)
Technical Delegate	José Luis De Carlos	(ESP)
	Patrick Van Caelenberghe	(BEL)
Doping Control Delegate	Richard Driscoll	(GBR)
Medical Delegate	Pedro Branco	(POR)
TV Delegate	Marco Pellegrini	(ITA) - EBU

International Technical Officials

Can Korkmazoglu	(TUR) - Chief
Antonio Costa	(POR)
John Cronin	(IRL)
Antonio Perez	(ESP)
Dean Williams	(GBR)
Nicole Hohmann	(GER)
Eric Jaffrelot	(FRA)
Jorge Salcedo	(POR) - Chair
Frank O. Hamm	(GER)
Imre Matrahazi	(HUN)

Jury of Appeal

To be appointed	
Keith Davies	(GBR)
Marco Pagliano	(ITA)
Tobia Koch	(GER)
Iker Martinez	(ESP)
Krisztina Horvath	(HUN)
Paul Hodgson	(GBR)
Andy Kay	(GBR)

International Starter

International Photo Finish Judge

International VDM Judge

IAAF Road Race Measurer

Event Presentation Consultant

3.3 EUROPEAN ATHLETICS HEAD OFFICE

European Athletics

Avenue Louis-Ruchonnet 18 - 1003 Lausanne - Switzerland

Tel.	+41 (0)21 313 4350
Fax.	+41 (0)21 313 4351
Email	office@european-athletics.org
Web	www.european-athletics.org

3.4 LOCAL ORGANISING COMMITTEE BOARD

President	Age Fluitman
Vice President	John Bos (Royal Dutch Athletics Federation)
Treasurer	Ton Nelissen
Board Members	Geert Dales (City of Amsterdam)
	Ellen van Langen (Royal Dutch Athletics Federation)
	Marjan Olfers (City of Amsterdam)

3.5 LOCAL ORGANISING COMMITTEE

CEO
COO
Deputy Chief Executive Officer
Competition Director
Communications Manager
Logistics Manager
Marketing Manager
TV & Media Manager
Team Services & Office manager
Delegate City of Amsterdam
Delegate Royal Dutch Athletics Federation

Rien Van Haperen
Erik Cornelissen
Yvonne Tamminga
Niels van der Aar
Annemieke Sirks
Niels Markensteijn
Norbert Chevalier
Marie-Louise Lemmen
Jarmilla van Stralen
Jacob Bergsma
Jan-Willem Landré

3.6 LOCAL ORGANISING COMMITTEE OFFICE

EC Athletics Amsterdam 2016
Olympisch Stadium 21 - 1076 DE Amsterdam - Netherlands
Office +31 (0)6 3818 5454
E mail info@amsterdam2016.org
Web www.amsterdam2016.org

3.7 COMPETITION ORGANISATION

Competition Directors

Niels van der Aar
Martin van Ooyen
David van der Welle
Dick van der Weide
Yvonne van Langen
Jorrit Rodermond
Ronald van der Wolf
Marcel van Lith (Head Referee)
Marcel Roosen
Nico van der Gulik
Bert Huizinga
Ronald de Bruijn
Wouter Schoemaker
Ron Wintjes

Competition Directors – Half Marathon

Competition Coordinator

Technical Managers

Start Referee

Track Referee

Start Coordinator

National Starters

National Photofinish Judge

Call Room Referee

Call Room and Combined Events Resting Area Manager Video Referees

High Jump Referee
Pole Vault Referee
Long Jump/Triple Jump Referee
Long Jump/Triple Jump Referee
Shot Put Referee
Long Throws Referee
Long Throws Referee
Half Marathon Referees

Wil Dries
Hugo Tijmsmans
Jan Snoeren
Dennis François
Ben Vroom
Ad Rasenberg
Rian Slegers
Hans-Peter Dries
Cees Disseldorp
Johan Knaap
Teunis van den Brink
Wil Dielessen
Pieter de Greef
Henk Sjamaar
Iris Steverink
Ard Vlooswijk
Dieneke Bliklager
Marianne Kremers
Jan Abelen
Stefan Beerepoot
Mitra Smit
Arnd Heiken
Florian Weber
Frans van Berlo
Gosia Dielessen

Technical Information Centre Managers

Judges and Officials Coordinators

Chief Marshall
Jury of Appeal Secretary
ITOs Secretary
Event Presentation Managers

Event Presentation - Coordinator

Event Presentation - Producer

4 TRAVEL TO AMSTERDAM

4.1 OFFICIAL AIRPORT AND ARRIVAL INFORMATION

Schiphol Airport, located 12.5 km from the Olympic Stadium, is the official airport and is where the LOC will provide welcome services. Transport for athletes will be provided from Schiphol Airport to their respective hotels as indicated in the European Athletics Event Management System ARENA.

Teams may request transport from/to alternative airports and/or train stations (outside Amsterdam). The LOC will then inform about the cost of providing such transport and will need approval from the Team Leader before confirming the service. This information will be included in the Arena system.

4.2 WELCOME DESK

On the main arrival date of the team at Schiphol Airport, the teams will be met by their Team Attachés. The welcome desk, situated in arrival hall 4, will be open as follows:
2 July – 12 July from 07:00 – 23:00

After collecting luggage and going through the customs, team members will be escorted to the official buses by the welcome desk staff and taken to the Team Hotel.



Please note that the Team Leader will be transported directly to the Team Accreditation Centre upon arrival. In case of early or late arrivals, accreditation formalities shall be carried out the next day or as soon as practical.

The transfer time from the airport to the official hotels is approximately 10-20 minutes. In case of lost luggage during the trip to Amsterdam please contact the LOC Welcome desk at the airport.

4.3 ARRIVAL BY TRAIN

Teams arriving by train should exclusively travel to the Schiphol Airport railway station where they will be met at the peron by their Team Attaché who will guide them to the Welcome Desk. Please note that no transport from/to Amsterdam Central railway station will be provided and there will be no welcome desk.

4.4 ARRIVAL BY ROAD

Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them. In case parking is needed, please liaise with Manager Jarmilla van Stralen, Team Services Manager:

E teams@amsterdam2016.org
T +316 38 18 54 54

4.5 ENTRY VISAS

Citizens of the following countries require visas to enter the Netherlands:

- | | |
|-----------------------|----------------|
| Albania* | Moldova* |
| Armenia | FYR Macedonia* |
| Azerbaijan | Russia |
| Bosnia & Herzegovina* | Serbia* |
| Belarus | Turkey |
| Georgia | Ukraine |
| Kosovo | |

* Visa only required for nationals of these countries without a biometric passport

It is the federations' own responsibility to apply for visas at the embassies or consulates and to make sure that all documents required for the application are complete. Incomplete applications slow down the process and may lead to a visa not being issued on time. Below is a list of embassy websites where a (Schengen) visa for the Netherlands can be requested.

ALBANIA*

Embassy of The Netherlands
Skopje / MACEDONIA
<http://macedonia.nlembassy.org/>

ARMENIA

Embassy of Germany
Yerevan / ARMENIA
<http://www.eriwan.diplo.de/>

AZERBAIJAN

Embassy of France
Baku / AZERBAIJAN
<http://www.ambafrance-az.org/>

BOSNIA & HERZEGOVINA*

Embassy of The Netherlands
Sarajevo / BOSNIA-HERZEGOVINA
<http://bosniaherzegovina.nlembassy.org>

BELARUS

Embassy of Germany
Minsk / BELARUS
<http://www.minsk.diplo.de/>

GEORGIA

Embassy of the Netherlands
Tbilisi / GEORGIA
<http://georgia.nlembassy.org/>

KOSOVO

Embassy of Switzerland
Pristina / KOSOVO
<https://www.eda.admin.ch/pristina>

MOLDOVA*

Embassy of Hungary
Chisinau / MOLDOVA
http://www.cac.md/index_en.html

FYR MACEDONIA*

Embassy of The Netherlands
Skopje / MACEDONIA
<http://macedonia.nlembassy.org/>

RUSSIA

Embassy of The Netherlands
Moscow and St. Petersburg / RUSSIA
<http://www.vfsglobal.com/netherlands/russia/english/index.html>

SERBIA*

Embassy of The Netherlands
Belgrade / SERBIA
<http://serbia.nlembassy.org/>

TURKEY

Embassy of The Netherlands
Ankara / TURKEY
<http://turkey.nlembassy.org/>

UKRAINE

Embassy of The Netherlands
Kiev / Ukraine
<http://ukraine.nlembassy.org/>

Visa application

Participants are recommended to apply for a Schengen visa.
The visa application form is available in English via the following link:
<http://www.government.nl/issues/visa-for-the-netherlands-and-the-caribbean-parts-of-the-kingdom/short-stay-visas-for-the-netherlands/applying-for-a-schengen-visa>

Visa enquiry timeline

Visa applications must be submitted directly to the respective embassy (see the list above) up to three months before entering the Netherlands. However, please consider that the entire visa procedure might take up to five weeks from the first contact with the visa authority. Short-term issues might cause unnecessary complications for and with the relevant authorities.

Reference letter

Participants who require a visa can contact the LOC to request a special reference letter to enhance visa procedures at the visa issuing authorities as soon and as early as possible. Please contact.

Jarmilla van Stralen, Team Services Manager

E teams@amsterdam2016.org

T +316 38 18 54 54

The following information must be included in the request for the reference letter.

- First name and FAMILY NAME as written in passport
- Nationality
- Passport number
- Date of birth
- Function

4.6 INSURANCE

According to the Regulation 110.9, the participating member federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

5. ACCREDITATION

5.1 General Information and registration procedure

Each team member will receive an accreditation card, which 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. Photo (passport type) is required for the accreditation. Photos should be uploaded online through the European Athletics Event Management System ARENA that will be accessible via the following link: <https://arena.european-athletics.org>

If a photo is not uploaded in advance, it will have to be taken on the day of card collection at the accreditation centre. An upload function will be available in the final entries module during final entries from 8 to 27 June (14:00 CET) as well as in the accreditation module after the closing of the final entries. Please upload your digital photos and follow below instructions:

Max File size: 1.0 MB; Allowed File extensions: .jpeg, .jpg, .png;

Important: Please insert a valid passport style picture in portrait orientation, taken on a plain light background showing the full head from the top of the hair to the bottom of the chin. Centre the head with the frame. No sunglasses or tinted glasses. No hair across your eyes.

5.2 ACCREDITATION PROCEDURE AFTER ARRIVAL

The Team Leader will be responsible for collecting the team's accreditation cards and bibs at the Team Accreditation Centre which is located in the Van der Valk Schiphol A4 hotel

Address	Team Accreditation Centre (TAC) Van der Valk Schiphol A4 hotel – Brussel room, 1st floor. Rijksweg A4 3 2132 MA Hoofddorp
Opening hours	2 – 8 July from 08:00 – 21:00

The Main Accreditation Centre (MAC) which is located in the Sports Hall (Sporthallen Zuid) will be open on 9-10 July to deal with any requests made on these days. The opening hours are from 08:00 – 21:00.

Transportation will be arranged for Team Leaders to pick up accreditation cards at the Team Accreditation Centre (TAC) upon arrival. In the case of the TAC being closed, transportation will be provided the following day.

If there is no photo on an accreditation card, the respective person/athlete must go to the TAC to have his or her picture taken and the accreditation card will be printed on site.

Please note:

It is highly recommended to upload the portrait pictures during the final entries procedure in Arena to avoid any waiting time in the accreditation centre.

Accreditation cards, TIC cards and Team Mixed Zone cards will be distributed at the Team Accreditation Centre. Specials passes, i.e. for the combined events resting area, refreshment area at Half Marathon, and cards/tickets for coaching areas, will be distributed at the Technical Information Centre one day prior to the respective event (for more information please see 5.5.)

5.3 WELCOME MEETING AND PAYMENT PROCEDURES

In order to collect the accreditation cards for the whole team, upon arrival the Team Leader will be asked to complete the following formalities at the Welcome Meeting which will take place at the Team Accreditation Centre:

- LOC accommodation invoice
- Uniform check
- Final confirmation of entries
- Collection of competition related forms and information
- Confirmation of departure details
- Athletes' bibs

The remaining amount of the accommodation invoice (after the final entries) has to be settled by bank transfer. Team Leaders are requested to provide the LOC with proof of payment upon arrival at the Welcome Meeting.

Please note: All costs for bank transfers must be paid by the federation which places the order. Any cost for bank transfers billed to the LOC will be charged back to the federation.

The final invoice or the remaining amount can also be settled at the office in cash (euros only) or by credit card (Visa, Mastercard). Please be aware that there is no money exchange office at the TAC, and that this service is provided at Amsterdam Schiphol Airport only.

Booked rooms are not refundable after the final entries deadline as final entries data is binding. Any additional bookings after final entry deadline will be invoiced.

5.4 LOSS OR DAMAGE OF ACCREDITATION CARDS

Any lost or damaged accreditation cards should be reported to the Team Accreditation Centre or the Main Accreditation Centre located in the Sports Hall. Duplicate cards can be obtained where proof of identity can be established.

Due to security reasons, € 170 will be charged for new accreditation.

Unauthorised use of an accreditation card will result in the card being confiscated.

5.5 ACCESS AREAS FOR TEAMS

All team accreditation cards will allow access to the team tribune, warm-up area and training venue, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the warm-up, Call Room and to the infield. Accreditation shall also be used to access the team shuttle buses.

Each team's head of delegation is invited to the VIP hospitality area and will be given the necessary access number on the accreditation card.

Separate cards will be issued for access to the Mixed zone, combined events resting area, personal refreshment stations (Half Marathon), coaching zones (see 11.6.3) and to access information in the teams' pigeon holes at the Technical Information Centre (TIC).

Access to the Doping Control area: a pass will be given to the athlete upon notification, and an additional pass will be given for an accompanying person. Passes will be collected at the entrance to the Doping Control area.

5.6 PERSONAL COACH POLICY

Accreditation requests for Personal coaches must be entered by the Member Federations in the European Athletics management system ARENA, during the final entries. Transport details must be entered in the transportation module after the closing of final entries.

Accreditation will be charged at the rate of €170 for the entire duration of the championships. It will be charged directly to the respective member federation and be included in the general team accommodation invoice. Accreditation cards can be picked up at the Team Accreditation Centre by Team Leader OR by Personal Coach. In case of not being accommodated at the team hotel, Personal Coaches will have possibility to pick up their accreditation card at the Main Accreditation Centre, located near the stadium at the Sports Hall. Opening dates and times of the Main Accreditation Centre will be as follows: 4 -10 July from 08:00 until 21:00.

Accreditation gives the right to.

- Use event shuttle service (please note that transfer from the airport will be to the Team Accreditation Centre/Main Accreditation Centre only and possibly to Team Hotels if some personal coaches are staying there)
- Seat in the team tribune
- Access to Warm-up and training areas

European Athletics reserves the right not to issue an accreditation to any official who is not clearly identifiable as a personal coach.

6 ACCOMMODATION

6.1 GENERAL INFORMATION

The LOC has made accommodation arrangements for team members in seven hotels of similar standard.

The hotels will officially operate with full services from Sunday 3 July. If members of your federation are planning to arrive earlier, please contact the LOC, teams@amsterdam2016.org, well in advance, to make sure specific arrangements are made.

6.2 HOTEL INFORMATION DESK

A Hotel Information Desk will be located in the lobby of each Team Hotel with qualified personnel offering relevant information about all aspects of the European Athletics Championships Amsterdam 2016. The Hotel Information Desks will be open as follows.

Sunday 3	08:00 – 20:00
Monday 4	08:00 – 20:00
Tuesday 5 to Sunday 10	06:30 – 23:00
Monday 11	06:30 – 13:00

6.3 TEAM HOTELS

NH Schiphol Airport

Kruisweg 495
2132 BA Hoofddorp
Telephone +31 (0)20 6550 370

<http://www.nh-hotels.com/nh/en/hotels/the-netherlands/amsterdam/nh-schiphol-airport.html>

Hyatt Place Amsterdam Airport

Address Rijnlanderweg 800
2132 NA Hoofddorp
Telephone +31 (0)20 5421 251

<http://amsterdamairport.place.hyatt.com/en/hotel/home.html>

Van der Valk Schiphol A4 hotel

Rijksweg A4, no 3

2132 MA Hoofddorp
Telephone +31 (0)252 629288
<http://www.hotelschiphol.nl/en/>

I Am Amsterdam Airport Hotel

Rijksweg A4 3
2132 MA Hoofddorp
Telephone +31 (0)252 629 222
<http://www.iamhotelamsterdam.nl/en/>

Novotel Amsterdam Schiphol

Taurus Avenue 12
2132 LS Hoofddorp
Telephone +31 (0)20 721 9180
<http://www.novotel.com/gb/hotel-7060-novotel-amsterdam-schiphol-airport/index.shtml>

Crowne Plaza Amsterdam Schiphol

Planeebaan 2
2132 HZ Hoofddorp
Telephone +31 (0)23 566 2881
<http://www.ihg.com/crowneplaza/hotels/gb/en/hoofddorp/amsap/hoteldetail>

Van der Valk Haarlem

Toekanweg 2
2035 LC Haarlem
Telephone +31 (0)23 536 7500
<https://www.hotelhaarlem.nl/>

Final bookings will be made by the LOC based on the accommodation requirements indicated in the final entries.

6.4 EUROPEAN ATHLETICS FAMILY HOTEL

Novotel Amsterdam City

Europaboulevard 10
1083 AD Amsterdam
Telephone +31 (0)20 6462 823
<http://www.novotelamsterdamcity.com/>

6.5 ACCOMMODATION COSTS AND EUROPEAN ATHLETICS QUOTA

6.5.1 EUROPEAN ATHLETICS QUOTA

European Athletics has previously informed all member federations about the allotted free places which were based on the achieved results (places 1-8) and the number of participants per country at the European Athletics Championships Zurich 2014 and the European season's best list 2015.

Those member federations with one free place will receive an additional free place on the condition that they have at least one male and female athlete. The Netherlands, as host of the championships, has not been allotted any free places.

ALB	3	CRO	8	GEO	3	KOS	2	MON	2	SRB	6
AND	2	CYP	3	GER	40	LAT	7	NED	Host	SUI	11
ARM	3	CZE	14	GIB	3	LIE	2	NOR	9	SVK	8
AUT	5	DEN	5	GRE	9	LTU	7	POL	28	SWE	12
AZE	4	ESP	21	HUN	8	LUX	3	POR	11	TUR	12
BEL	10	EST	9	IRL	8	MDA	3	ROU	8	UKR	21
BIH	3	FIN	10	ISL	3	MKD	2	RUS	44		
BLR	11	FRA	32	ISR	5	MLT	2	SLO	5		
BUL	8	GBR	41	ITA	20	MNE	2	SMR	2		

6.5.2 RATIO OF ATHLETES TO OFFICIALS

A number of team officials are also eligible for fixed price accommodation and other benefits. See the chart on the next page. European Athletics will not cover these officials' accommodation costs.

Team officials include head of delegation, Team Leaders, coaches, medical staff (medical doctors and physiotherapists), team press liaison and others.

- (1) European Athletics will not cover the accommodation costs of officials who are eligible for fixed price accommodation and other benefits.
- (2) For personal coaches beyond the maximum number of officials, packages can be offered without accommodation, including accreditation with access to the warm-up, training facilities and team seats.

Number of Athletes From - to	Number of Team Officials Up to ⁽¹⁾ :	Maximum number of additional officials (out-of-ratio) ⁽²⁾ :
1 - 3	1	1
4 - 6	2	1
7 - 10	3	2
11 - 15	5	3
16 - 20	7	3
21 - 25	9	4
26 - 30	11	4
31 - 35	13	5
36 - 40	15	5
41 - 45	17	6
46 - 50	18	7
51 - 55	19	9
56 - 60	20	10
61 - 70	21	14
71 - 80	22	18
Plus 10	+ 1	+4

6.5.3 ACCOMMODATION COSTS

European Athletics will pay full board accommodation, as stipulated in the European Athletics Competition Regulations (108.1.4 and 110.4), for a period limited to the number of competition days plus two for all athletes within the European Athletics quota.

The official period is thus seven nights: check-in on Monday 4 July and check-out on Monday 11 July. The minimum stay for athletes has been fixed to four nights and no contribution will be made in respect of athletes representing the host member federation.

The additional nights have been fixed on Saturday 2 and Sunday 3 July.

This means that if your team is planning to stay in Amsterdam outside the period from 2-11 July (nine nights), the rates below will not apply and a separate agreement will have to be made directly with the LOC/respective hotels.

The following rates apply for team members. This includes full board accommodation and applies to any additional days for athletes and officials within the ratio and outside the ratio.

Group	Single room	Double/Twin room
Athletes outside the quota and in ratio-officials	160 €*	110 €
Officials outside the ratio	220 €	135 €
Additional nights (Athletes and Officials)	220 €	135 €

Rates are per person, per night. All prices include VAT.

*Each participating team will be allocated a minimum number of single rooms equal to 10 % of the total number of athletes and in ratio team officials entered in the final entries. Additional single rooms can be requested and will be allocated according to availability. The price for the additional single room is €160 for full board accommodation for all days.

6.5.4 EUROPEAN ATHLETICS REGULATION 103.12 AND 110.8.

103.12 European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced its participation, does not take part or attends the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry. The latter applies only if the Preliminary Entry is more than 4 (four).

110.8 The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

Note: The team Invoice will be based on the accommodation requests included in the final entries as well as any additional requirements indicated after the closing of the final entries.

6.6 ROOMING LIST

Detailed information about athletes and officials' rooming list will have to be entered by the member federations during the final entries process.

Further amendments must be made through the accommodation module of European Athletics event management system after the closing of the final entries.

6.7 MEALS

Meals will all be served in buffet style. A large selection of suitable food will be available taking into consideration the special diets, religion and culture of the participants.

Meals times

Breakfast from four hours before first event, otherwise 05:30 to 10:00

Lunch from 11:30 to 15:00

Dinner from 18:00 to 00:00

Late meals will be provided for athletes retained at the stadium due to doping controls or protests. Late dinner will be served as a plate service.

Mineral water and one fruit juice per person will be provided free of charge during lunch and dinner. All other drinks must be paid for.

Accreditation cards will allow access to meals. Access to restaurants will only be possible at the hotels where the teams are staying.

Catering for the combined events athletes will be provided in the combined events resting area. See section 11.5.

6.8 SERVICES IN THE TEAM HOTELS

6.8.1 MEETING ROOMS

Rooms for meetings are available at all Team Hotels. You are required to reserve a meeting room at the Hotel Information Desk in advance.

To ensure that all teams have access to the meeting room, usage may be limited. Teams requiring any additional services may make separate arrangements through the Hotel Information Desk. You may also reserve office/meeting rooms for exclusive use for the whole duration of the championships. Please contact.

Before event: Jarmilla van Stralen, teams@amsterdam2016.org.

During event: Gitta Hanrath, accommodation@amsterdam2016.org.

6.8.2 ROOMS FOR PHYSIOTHERAPY

In each Team Hotel the LOC will provide a dedicated physiotherapy room for general use with massage benches that can be used by all teams. There is also the opportunity to book dedicated rooms for exclusive use, at the teams cost (subject to availability). Reservations must be made in advance by e-mailing the LOC. There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff. For more information see 12.6 Physiotherapy services.

6.8.3 INTERNET ACCESS

Free internet access will be provided at Team Hotels.

7 TRANSPORTATION

Transportation between the Team Hotels and the various venues, including official social functions, will be guaranteed by the LOC shuttle service.

7.1 TRANSPORT DESK

The main transport office will be located at the roundabout between the Olympic Stadium and the Sportshall and will be open from 26 June to 12 July from 08:00 – 00:00. The transport office can be reached via transport@amsterdam2016.org



There will be transport desks open at the following locations.

Schiphol Airport:	2-12 July from 07:00 – 23:00
Team Hotels:	2-12 July from 08:00 – 23:00 (6-7 July from 07:00 – 23:00)
Olympic Stadium:	2-12 July from 08:00 – 24:00
Training venue: (Sportpark Ookmeer)	3-10 July from 10:00 – 18:00 (10 July from 10:00 – 15:00)
Museumplein:	6-7 July from 10:00 – 20:00 and 10 July from 07:00 – 13:00.

7.2 BUS SHUTTLE SERVICE

A detailed specific timetable will be posted on the notice boards at the Hotel Information Desk in each Team Hotel.

Transfer times between the hotels and the competition venue will be between 10 – 20 minutes, depending on the hotel location and traffic conditions.

A combination of shuttle buses and assigned buses will be used to transport teams.

Training Venue

The official training venue for all events is Sportpark Ookmeer.

It is open from 3-10 July from 10:00 (14:00 on Sunday 4) - 18:00 except on Sunday 10 when it will close at 15:00.

A shuttle service will take team members to the training venue. Buses will follow four different routes, each including two hotels; with exception of the Van der Valk Haarlem Hotel which will have its dedicated route. The transfer time between each hotel is 15 minutes. Each route takes about 30 minutes from the first hotel to get to the training venue. The routes are as follows:

- Novotel Amsterdam Schiphol
Crowne Plaza Hoofddorp
training venue
Crowne Plaza Hoofddorp
Novotel Amsterdam Schiphol
- NH Hotel Schiphol
Hyat Place Amsterdam Schiphol
training venue
NH Hotel Schiphol
Hyat Place Amsterdam Schiphol
- I Am Hotel Amsterdam Schiphol
Van der Valk Hotel Schiphol A4
training venue
van der Valk Hotel Schiphol A4
I Am Hotel Amsterdam Schiphol
- Van der Valk Hotel Haarlem
training venue
Van der Valk Hotel Haarlem

Shuttle time:

- 3 July 13:30 – 17:00 (every 60min)
- 4 July 09:30 – 17:00 (every 30min)
- 5 July 09:30 – 17:00 (every 60min) and from 14:00-18:00 (every 30min)
- 6 - 9 July 09:30 – 17:00 (every 30min)
- 10 July 09:30 – 14:30 (every 30min)

There will also be a shuttle service between the training venue and the Olympic Stadium. The buses will run every 30 minutes.

Shuttle time:

- 6 July 09:30 - 17:00
- 7 - 8 July 11:00 – 18:00
- 9 July 10:30 – 18:00 (from 12:30 – 13:30 shuttle will run every 15min)

Olympic Stadium

A dedicated shuttle service, approximately every 30 minutes, will take team members directly from the hotels to the Olympic Stadium. At peak periods, capacity will be increased. For detailed information see the following route schedule.

- Novotel Amsterdam Schiphol – Olympic Stadium – Novotel Amsterdam Schiphol
- Crowne Plaza Hoofddorp – Olympic Stadium – Crowne Plaza Hoofddorp
- NH Hotel Schiphol – Olympic Stadium – NH Hotel Schiphol
- Hyatt Place Amsterdam Schiphol – Olympic Stadium – Hyatt Place Amsterdam Schiphol
- I Am Hotel Amsterdam Schiphol – van der Valk Hotel Schiphol A4 – Olympic Stadium – van der Valk Hotel Schiphol A4 – I Am Hotel Amsterdam Schiphol
- Van der Valk Haarlem – Olympic Stadium – Van der Valk Haarlem

Shuttle time:

- 4 July 08:30 – 10:30 (only for final confirmation process)
- 5 July 09:00 - 10:00
- 6 July 07:30 – 21:00
- 7 July 07:30 – 20:00
- 8 July 08:30 – 23:00
- 9 July 09:00 – 24:00
- 10 July 14:00 – 18:00

Throwing Events (Museumplein)

There will be a dedicated shuttle for athletes from Call Room 1 (warm-up) to Call Room 2 (Museumplein).

There will be a shuttle bus available on Wednesday 6 and Thursday 7 between the Olympic Stadium and Museumplein for all others with accreditation. There will be two transfers before each event, 60 minutes and 30 minutes before the start. At the end of the event there will be transport available from Museumplein to the Olympic Stadium.

There will be a shuttle bus available on Wednesday 6 and Thursday 7 between the hotels and Museumplein for everyone with accreditation.

Half Marathon

On Sunday 10 there will be a shuttle service between the Team Hotels and Museumplein every 30 minutes. They will run from 07:00 – 09:00 (hotels – Museumplein) and from 11:00 – 12:30 (Museumplein – hotels).

Special Transport

Dedicated transport (mini bus or car pool) will be reserved for athletes staying late for doping controls and press conferences.

Special transport will be organised for all activities related to teams.

- Medical Seminar
- Official training at the Stadium
- Orientation visit to the Stadium
- Technical Meeting
- Opening Ceremony
- Visit to the Half Marathon Course
- Closing Party

Athletes will be transported between Call Room 1 (warm-up) and Call Room 2 located at the Olympic Stadium. On Saturday 9 there will be also transport between the training venue Sportpark Ookmeer and the warm-up area for these teams participating in the 4x400m and 4x100m Round 1 willing to warm-up at the training stadium.

7.3 PUBLIC TRANSPORT

Team members will have access to the Amsterdam metropolitan area public transport network. People staying in Team Hotels outside the city public transport network are kindly requested to first take the shuttle to the Olympic Stadium and from there, travel downtown using public transport passes. Passes can be requested at the Hotel Information Desk by filling in the appropriate form. Detailed information about the Amsterdam public transport network will be available at the Information Desk or can be found at <http://en.gvb.nl/>

7.4 TRANSPORTATION OF EQUIPMENT

The LOC will provide transport for the delivery of vaulting poles. Upon arrival athletes are responsible for taking their vaulting poles to the Welcome Desk. Vaulting poles will then be transported to the training venue by the LOC.

The procedure for handing in vaulting poles is as follows:

- All athletes collect their vaulting poles at the 'odd sizes' baggage desk before going through customs.
- All athletes with vaulting poles will handle over their poles to the LOC at the welcome desk at Schiphol Airport.
- Vaulting poles bags will be tagged with the name of the athlete, country and the discipline / gender.
- A receipt with the name, country, the discipline / gender, the departure date and time and number of vaulting poles will be given to the athlete.
- A copy of the receipt will be kept by the LOC for the return of the vaulting poles upon departure.
- The LOC will deliver the vaulting poles to the training venue at Sportpark Ookmeer.
- The vaulting poles will be transported to the competition venue the evening before the event (18:00).
- After the event the vaulting poles will be transported back to the training venue, so the poles are available for the training the next day (from 10:00).

The LOC will transport the vaulting poles from the Olympic Stadium or the training venue to Schiphol Airport on the athletes' departure date. Athletes will pick up their poles at the transport desk at Schiphol Airport located in arrival hall 4 see 4.2. Volunteers will escort the athletes to the poles.

Teams may also transport the poles by car. In that case teams are asked to bring the vaulting poles directly to the training venue (**for opening hours see section 9.3**).

8 TECHNICAL INFORMATION

8.1 TECHNICAL INFORMATION CENTRE (TIC)

The main TIC is located at the competition venue (see Appendix 8 – Map of Olympic Stadium). The main function of the centre is to ensure a smooth liaison between each team, the Local Organising Committee, European Athletics technical delegates and the competition management for the championships regarding technical matters.

The TIC will be open on Monday 4 from 09:00 and, from two hours before the start of the first event of the day until one hour after the end of the last event on all competition days.

The opening hours are as follows:

Days	Opening hours	A sub-TIC will be located at the Museumplein.	
Monday 4	09:00 – 17:00	This sub-TIC will be open as follows:	
Tuesday 5	08:00 – 20:00		
Wednesday 6	08:00 – 21:00	Days	Opening hours
Thursday 7	08:00 – 21:00	Tuesday 5	14:00 – 18:00
Friday 8	09:30 – 23:00	Wednesday 6	10:00 – 20:00
Saturday 9	09:30 – 23:00	Thursday 7	10:00 – 20:00
Sunday 10	15:00 – 20:00	Sunday 10	7:30 – 12:30

The TIC is responsible for, but not limited to, the following:

- Displaying official communications to the teams on the relevant notice board, including start lists, results and Call Room reporting times
- Distributing urgent notices to the delegations from the technical delegates and competition management via the pigeon holes. It is the Team Leader's duty to collect this information on time.
- Distributing event diplomas
- Receiving written questions to be answered during the Technical Meeting
- Settling of technical enquiries from delegations
- Receiving final confirmations
- Distributing and receiving relay order confirmation forms
- Distributing special passes the day before the respective event, according to start lists
- Registering and collecting personal implements (shot put, etc.)
- Managing national record doping control requests
- Receiving withdrawal forms
- Managing written appeals
- Distributing bottles for personal refreshment at Half Marathon
- Communicating the victory ceremonies schedule

8.2 TECHNICAL MEETING

The Technical Meeting will be held on Tuesday 5 July at 14:00 at the VU University, within walking distance to the Olympic Stadium.

Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

The Technical Meeting will provide updates and information not already mentioned in this team manual and will include.

- Timetable amendments (if any)
- Qualifying procedures for races
- Qualifying distances for field events
- Starting heights and raising of the bar for the vertical jumps
- Specific procedures for the Half Marathon
- Answers to the submitted written questions

The Technical Meeting will be attended by:

- The European Athletics president (or his representative)
- The Local Organising Committee President/CEO
- European Athletics officials
- Representatives of the Local Organising Committee
- Relevant national competition officials
- European Athletics staff

8.3 WRITTEN QUESTIONS

Any enquiries concerning the technical conduct of the championships must be made in writing (in English). These questions will be answered at the Technical Meeting.

The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre.

These forms must be returned to the TIC no later than Tuesday 5 July at 10:30. This can be done on paper or as an attachment in an email to TIC@amsterdam2016.org. No questions will be accepted during the Technical Meeting.

8.4 DAILY TEAM LEADER MEETINGS

Meetings with the Team Leaders will be held daily starting on Wednesday 6 July (16:00) in order to provide further relevant information to the teams and answer any questions related to team services. Meeting Point: TIC at the Olympic Stadium. The remaining meetings will be scheduled on site and according to the needs.

8.5 DOCUMENT DISTRIBUTION

Reducing the use of paper is important for the environment and we have reviewed the way paper will be used at the European Athletics Championships 2016 in Amsterdam. It has been decided not to distribute competition related information systematically through the team pigeon holes. For the distribution of competition related information we ask you to email one, max two, email addresses to TIC@amsterdam2016.org prior to the start of the championships. When the Team Leaders are collecting the team accreditation cards and bibs they will be asked to confirm the e-mail addresses.

We have established the following document distribution guidelines.

- Competition related information: via publication board at TIC, at the Hotel Information Desks and via the team e-mail addresses
- Important notices of general interest (e.g. changes to the timetable): via publication board at TIC, at the Hotel Information Desks and via the team e-mail addresses
- Individual communications to specific teams: print-out to the pigeon holes of the specific team and via the team's e-mail address

9. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

9.1 COMPETITION VENUE

The Stadium has the following competition sites:

- 8 lanes around (9 sprint lanes)
- 4 High Jump sites
- 2 Pole Vault sites
- 2 sites for Long/Triple Jump
- 5 Shot Put circles
- 1 Combined Discus/Hammer circle
- 1 Javelin site

The Museumplein has the following competition sites:

- 1 Javelin site
- 1 Discus circle

The Warm-up area, which is only accessible for the athletes competing that session, has the following sites:

- 4 lanes around
- Home straight: 6 lanes
- 4 additional sprint lanes in the infield
- 1 High Jump site
- 1 site for Long/Triple Jump
- 1 Shot Put circle
- 1 combined Discus/Hammer circle
- 1 Javelin site
- Small weightlifting facility

9.2 HALF MARATHON COURSE

The start and finish line of the Half Marathon is on the Museumplein, see **Appendix 13 – Map of Museumplein (Start & Finish Half Marathon)**, in front of the Rijksmuseum. The scenic course will take the competitors through the city of Amsterdam, past the canals, museums, the Carré theatre and the city's main park, the Vondelpark. The course is a 10.5 km route, which the competitors run twice.

The route will be closed to pedestrians and traffic. Every kilometre will be marked. There will be personal refreshment stations at the 4.8, 9.9, 15.6 and 20.6 kilometre mark and a water/sponging area at 2.3, 7.4, 13.1 and 18.1 kilometres.

A detailed plan of the Half Marathon course can be found in **Appendix 12 – Map of the Half Marathon**. A tour of the route will start at the Museumplein on Friday 8 July at 10:00 (see 11.9.1). Transport will be organised accordingly and transportation times will be published at the Hotel Information Desks.

9.3 OFFICIAL TRAINING VENUE

Athletes are able to train at the official training venue located some 10 km from the stadium.

Address: Sportpark Ookmeer, Willinklaan 7, Amsterdam

The training venue has the following facilities.

- 8-lane track
- 2 high jump pits
- 1 pole vault pit
- 3 locations for long/triple jump
- 2+1 shot put circles
- 1 combined discus/hammer circle (see training schedule below)
- 1 javelin pitch
- Weight lifting facilities

Opening hours.

3 July	14:00 –18:00
4-9 July	10:00 –18:00
10 July	10:00 –15:00

Specific training schedule for the combined discus/hammer area:

Hammer	10:00-11:30 and 14:00-16:00 (3 July from 14:00 and 10 July until 15:00)
Discus	11:30-13:00 and 16:00-18:00 (3 July from 16:00 and 10 July until 13:00)

Equipment and implements for training will be available at the training venue. Officials will be present to help in the case of problems or special requirements. Accreditation card must be handed in when borrowing equipment.

The weight lifting room in the training venue is situated in the sports hall next to the athletics track. Opening hours are the same as the opening hours of the training venue (see above).

Details about transport for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the Hotel Information Desks in each Team Hotel.

9.4 ORIENTATION VISIT TO THE COMPETITION VENUE

Heads of Delegation may visit the Olympic Stadium, inspect access routes and other facilities which will be important to the teams on Tuesday 5 July from 09.30 to 10.30. Heads of Delegation are to meet LOC members at the entrance of Call Room 1 (at 09.30) from where they will be escorted on this visit.

9.5 OFFICIAL TRAINING AT THE COMPETITION VENUE

Official training for all athletes at the Olympic Stadium will take place on Tuesday 5 July from 09.30 to 12:00. The competition warm-up area will also be available during this time only. Transport to the Olympic Stadium will be organised accordingly.

Training with official starters will take place at the Olympic Stadium on Tuesday 5 July from 10:00 to 11:00.

9.6 SPORTS EQUIPMENT

9.6.1 POLES

Each team is responsible for organising the transport of vaulting poles to Amsterdam. Pick-up will be arranged by members of the LOC at Amsterdam Schiphol Airport and they will transfer the poles to the training venue. For further information see section 7.4.

9.6.2 MARKERS

Athletes will not be permitted to use their own markers during the championships. Those athletes wishing to use a marker may only use the markers provided by the LOC at the event site. Officials will provide adhesive tape for athletes participating in the relays in Call Room 2.

9.7 IMPLEMENTS

9.7.1 OFFICIAL IMPLEMENTS

The implements provided by the LOC (see **Appendix 2 – Implements List**) are selected from those appearing on the current IAAF approved implements list.

9.7.2 PERSONAL IMPLEMENTS

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are IAAF certified
- They are not already on the official list
- They have been checked for compliance with IAAF Rules
- They are made available to all the other competitors until the end of the Final

Personal implements will have to be submitted to the TIC (located in the Olympic Stadium) the day before the event and no later than 14:00.

If a personal implement cannot be accepted into the pool because it is not meeting the specifications or being unidentifiable, the relevant team will be notified the day before the event around 19:00 through the TIC. An explanation for the rejection will be added.

10 ENTRY, QUALIFICATION SYSTEM AND FINAL CONFIRMATIONS

10.1 ENTRY RULES

In accordance with European Athletics regulations 103, all participants must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF Rules. No athlete may compete in the European Athletics Championships unless entered by a European Athletics Member Federation.

Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Athletics Championships. Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put (men) and Hammer Throw (men).

Only athletes aged at least 20 (twenty) years on 31 December of the year of the competition may participate in Half Marathon.

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date.

10.2 ENTRY STANDARDS AND QUALIFICATION PROCEDURE

10.2.1 INDIVIDUAL ENTRIES

Each European Athletics Member Federation may enter up to 5 (five) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see **Appendix 1 – Entry Standards & Conditions**)

Alternatively, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event. The next ranked performances to the set entry standards shall be considered if complying with the number of athletes per country per event.

The Host Country will be allowed to enter one athlete without standard in any event provided it has no athlete with entry standards for that event.

- **Other Eligibility Procedures for individual events:**
It is the European Athletics goal to secure the participation of a target number of athletes in order to ensure a high level of competition with the appropriate number of entries. Therefore in case the target number cannot be achieved by reaching the set limits European Athletics will consider the level of additional athletes on the reserve list and, if suitable, invite additional athletes up to a maximum of the target number, as follows:
 - Member Federations that wish to participate at an event with athletes that have not reached the entry standard even in those events where MFs have entered also athletes having achieved the entry standards, must enter them also in the Teams Online Entry System by the deadline for the final entries, 27 June 2016 at 14:00 (CET), as for the athletes with entry standard.
 - On the 27 June 2016, European Athletics will inform directly those Member Federations whose athletes can be accepted to participate without reaching the entry standard.
 - The selection will be made by European Athletics, through the appointed Technical Delegates, taken in consideration two aspects:
 - Number of athletes needed to reach the minimum figures required per event.
 - Season best ranking list of the year of the Championships.

However not more than 5 athletes can be entered and not more than 3 athletes can compete, per Member Federation, in each of the individual events of the European Athletics Championships.

Track events up to 400m:

For 100m, 200m, 400m, 100/110m Hurdles and 400m Hurdles (Men and Women) the qualification system will be as follows:

- There will be 3 rounds: Pre-qualification round, semi-final and final;
- The pre-qualification round will include all athletes entered by the Member Federation and eligible to compete in the championships, except 12 top athletes (12 best ranked athletes according to the 2016 Season List entered by their Member Federation and to a maximum of 3 per country) directly qualified to the Semi-finals;
- There will be 3 Semi-Finals which compositions are detailed below.

Direct qualification for the Semi-finals

The athletes to be directly qualified for the semi-finals are the entered athletes who are in the top 12 of the season list (in that case a maximum of 12 athletes, or more in case of a tie for the 12th best performances, but also possibly less).

Example 1:

The athletes to be directly qualified for the semi-finals are the entered athletes who are in the top 12 of the season list (in that case a maximum of 12 - but also possibly less)

Season List						Entered in Final Entries	Directly qual. In semi-final
1	10.21	Aleksandr Brednev	RUS	Yerino	6 Jun	X	1
2	10.22	Sulayman Bah	SWE	Skara	6 Jun		
	10.22	Andrew Robertson	GBR	Cheboksary	19 Jun	X	2
4	10.24	Marvin Rene	FRA	Remire Montjoly	20 Jun	X	3
	10.24	Ojie Edoburun	GBR	Kuortane	8 Aug		
6	10.27	Kieran Showler-Davis	GBR	Clermont FL	18 Apr	X	4
	10.27	Likoúrgos-Stéfanos Tsákonas	GRE	Kalamáta	29 May	X	5
	10.27	Denis Dimitrov	BUL	Sofia	10 Jun		
	10.27	Catalin Campeanu	ROU	Bucure ti	13 Jun		
	10.27	Robert Hering	GER	Nürnberg	25 Jul	X	6
11	10.28	Hensley Paulina	NED	Mannheim	8 Aug	X	7
12	10.29	Aleksandr Yefimov	RUS	Yerino	6 Jun		
	10.29	Solomon Bockarie	NED	Amsterdam	31 Jul		
14	10.3	Patrick Domogala	GER	Wetzlar	13 Jun	X	
	10.3	Aleksandr Sidorchuk	RUS	Irkutsk	15 Aug	X	

Click on the names above to see a players profile

In that case, the number of qualified athletes for the first round will be increased accordingly: **7 athletes directly qualified in the semi-finals + 17 to qualify from the first round.**

Note:

In case of a tie for the 12th performance of the season list, all tied concerned athletes would be eligible for direct qualification in Semi-finals, and the number of qualified athletes from the first round would be reduced proportionally.

Example 2:

Season List						Entered in Final Entries	Directly qual. In semi-final
1	10.21	Aleksandr Brednev	RUS	Yerino	6 Jun	X	1
2	10.22	Sulayman Bah	SWE	Skara	6 Jun	X	2
	10.22	Andrew Robertson	GBR	Cheboksary	19 Jun	X	3
4	10.24	Marvin Rene	FRA	Remire Montjoly	20 Jun	X	4
	10.24	Ojie Edoburun	GBR	Kuortane	8 Aug	X	5
6	10.27	Kieran Showler-Davis	GBR	Clermont FL	18 Apr	X	6
	10.27	Likoúrgos-Stéfanos Tsákonas	GRE	Kalamáta	29 May	X	7
	10.27	Denis Dimitrov	BUL	Sofia	10 Jun	X	8
	10.27	Catalin Campeanu	ROU	Bucure ti	13 Jun	X	9
	10.27	Robert Hering	GER	Nürnberg	25 Jul	X	10
11	10.28	Hensley Paulina	NED	Mannheim	8 Aug	X	11
12	10.29	Aleksandr Yefimov	RUS	Yerino	6 Jun	X	12
	10.29	Solomon Bockarie	NED	Amsterdam	31 Jul	X	13
14	10.3	Patrick Domogala	GER	Wetzlar	13 Jun	X	
	10.3	Aleksandr Sidorchuk	RUS	Irkutsk	15 Aug	X	
16	10.31	Joel Groth	SWE	Skara	6 Jun	X	

Click on the names above to see a players profile

13 athletes directly qualified in semi-finals + 11 to qualify from the first round.

Seeding procedure for semi-finals

With 12 athletes to qualify directly plus 12 athletes qualified from first round a ranking based on the season best from the year of the European Athletics Championships shall be made and the distribution per heat in the Semifinals will be made according the IAAF rules for the 1st round:

HEAT A	HEAT B	HEAT C
1st in SB 2016 Ranking position	2nd	3rd
6th	5th	4th
7th	8th	9th
12th	11th	10th
13th	14th	15th
18th	17th	16th
19th	20th	21th
24th	23th	22th

IAAF Rule 166.4b will apply for the lanes draw.

- 10,000m (men & women):
The first three placed athletes (men & women) of the two editions of the European Cup 10,000m preceding the European Athletics Championships (2015 and 2016) will automatically become eligible to compete in this event, even if the entry standard was not achieved.
- The first 3 placed athletes (if they are European) in each event at European Athletics Premium meetings & the first athlete in European Athletics Classic (outdoor meetings staged between the 1 January 2015 and 26 June 2016) will be considered eligible for the respective event in the European Athletics Championships 2016. These performances must be achieved in an event which is part of the official programme and where the requirements set in the App. A of the Principles of Selection and Management of the European Athletics Meetings were fulfilled, therefore to be confirmed by European Athletics.

Note:

In the two previous cases the athletes become eligible but their entry at the European Athletics Championships is at the discretion of respective Member Federation's criteria

10.2.2 RELAY TEAMS

Only 16 national teams will be qualified to compete in each relay event. The qualification procedure will be based on the aggregate of the two fastest times achieved by national teams in the qualification period. A minimum of three different national teams, representing at least three Member Federations, must compete in the race for the result to be considered for qualification. Member Federations that wish their qualified relays to compete must declare it by the 19.06.2016 (24:00 CET) and enter them later in the Final Entries.

The Host Nation has the right to be represented with one national team in each relay race. If they wish to participate and are not qualified as indicated above, the number of national teams to qualify will be reduced to 15. The Host Nation shall declare their intention to compete in any of the relay races by 05.06.2016.

Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the European Athletics Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

10.2.3 EUROPEAN HALF MARATHON CUP

The European Half Marathon Cups are competitions for national men's and women's teams and are incorporated in the Half Marathon events of the European Athletics Championships. Each European Athletics Member Federation may take part with one men's and one women's team.

Each European Athletics Member Federation entering a Half Marathon team shall take part with no fewer than 3 (three) and not more than 6 (six) runners.

10.3 ENTRY PROCEDURES

Entries shall be made through the European Athletics Event Management System which will be accessible at the following link: <https://arena.european-athletics.org/>. Member Federations' entries manager shall use their already known individual and personalised access.

10.3.1 FINAL ENTRIES

Final entries indicating the names and individual logistical information (detailed travel arrangements, accommodation request and rooming list) of the competitors and of the officials must be received not later than 9 (nine) days before the event. According to the regulations the deadlines for the final entries are:

Opening of the final entries:
8 June 2016

Deadline for the final entries:
27 June 2016, 14:00 (CET)

All member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process. Amendments and updates will then be possible through the accommodation and transportation modules after the closing of the final entries.

10.3.2 FINAL CONFIRMATIONS

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline (see table below).

Final confirmation forms will be distributed to the Team Leaders at the Accreditation Centre. Final confirmation forms can be submitted together (for all competition days) or for one day at time at the TIC in accordance with the times and dates shown in the table below:

Competition days	Deadline for Final Confirmation
Wednesday 6 July	Monday 4 July, 10:00
Thursday 7 July	Wednesday 6 July, 10:00
Friday 8 July	Thursday 7 July, 10:00
Saturday 9 July	Friday 8 July, 10:00
Sunday 10 July	Saturday 9 July, 10:00

Any team foreseeing to arrive to the venue of the Championships later than the deadline set above shall confirm the respective athletes' participation via email to competition@european-athletics.org.

10.3.3 RELAYS DECLARATION FORMS

The composition of each relay team as well as the running order shall be officially declared at the TIC, no later than one hour before the published first call time for the first heat of each round of the competition.

Forms for the final declaration and confirmation will be distributed to each delegation at the TIC the day before each event. The forms must be completed and submitted to the TIC at the Stadium in accordance with the deadline set out in the table below:

Competition days

Competition days	Deadline for Final Declaration - Relays
Saturday 9 July	Saturday 9 July, 12:05 – 4x400m W R1
Saturday 9 July	Saturday 9 July, 12:35 – 4x400m M R1
Saturday 9 July	Saturday 9 July, 17:50 – 4x100m M R1
Saturday 9 July	Saturday 9 July, 18:10 – 4x100m W R1
Sunday 10 July	Sunday 10 July, 15:45 – 4x100m W Final
Sunday 10 July	Sunday 10 July, 16:05 – 4x100m M Final
Sunday 10 July	Sunday 10 July, 16:50 – 4x400m W Final
Sunday 10 July	Sunday 10 July, 17:00 – 4x400m M Final

Remark: The exact deadlines will be determined after closure of the final entries, which can lead to (small) adjustments in the Timetable.

Once the team has taken part in the event, only two additional athletes may take part in the Final. Substitutes may only be taken from the list of entered athletes, whether for the Relay or for any other event.

10.3.4 FAILURE TO PARTICIPATE

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113, shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4)).

10.3.5 WITHDRAWALS

Withdrawals after final confirmation, have to be submitted, on the official Withdrawal Form, to the TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, its acceptance being the responsibility of the Technical Delegates based on the IAAF Rules.

11 COMPETITION PROCEDURE

11.1 TIMETABLE

Please refer to **Appendix 3 – Timetable (provisional)** for the competition timetable.

11.2 COMPETITION BIBS

11.2.1 GENERAL

For individual events, each competitor will receive 4 personal bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag.

Exceptions are made for High Jumpers and Pole Vaulters: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For all track events (stadium events), athletes will receive a bib with a plastic pouch for the transponders that shall be pinned in the front. Transponders will be handed out at the Call Room.

Bibs must not be cut, folded or covered in any way.

11.2.2 RELAYS

Each runner in a relay team must wear the bib with the official three-letter country code of his/her national federation on his/her front. On his/her back the runner must wear the personal bib.

11.2.3 HALF MARATHON AND 10,000M

Each competitor in the Half Marathon and 10,000m events will be given two additional bibs which must be worn as follows.

- The bib with his/her name plus identification number on his/her chest.
- The bib with his/her identification number on his/her back.

11.2.4 COMBINED EVENTS

In the combined events, the leading athlete after each event will be given a special yellow chest bib in the combined events resting area, indicating he/she is the leading athlete.

All athletes competing in the last race of the combined events will also be given a special bib, to be worn on their chest, which will indicate their position in the competition prior to the last event.

11.2.5 SPECIAL BIBS

The defending European champion (orange background) and the current European leader (blue background) competing in an individual event will wear a special chest bib.

11.2.6 HIP NUMBERS

Athletes competing in track events will also be given two adhesive hip numbers at Call Room 2 before entering the field. The hip numbers must be secured to both sides of the athlete's shorts/legs.

11.3 COMPETITION CLOTHING

Competitors must wear the Federation's official team clothing. IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

European Athletics has a record of the Team vests of all Member Federations available on European Athletics event management system, Arena, accessible at the following link: <https://arena.european-athletics.org/>.

Member Federations shall confirm their team vests. If the uniform on its website, differs from your current official uniform, the revised Team Vests form must be uploaded by 27 June 2016 using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews at the Stadium and Victory Ceremonies.

Dimensions of Spikes (IAAF Rule 143.4)

The part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin throw, where it shall not exceed 12mm. the spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

The Sole and the Heel (IAAF Rule 143.5)

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. in the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm and the heel in High Jump shall have a maximum thickness of 19mm. in all other events the sole and/or heel may be of any thickness.

11.4 CALL ROOMS

All athletes (except athletes competing in combined events and Half Marathon but including those competing on the Museumplein on 6-7 July) must report to Call Room 1 located at the warm-up area, according to the Call Room timetable.

- Call Room 1 is located in the building near the exit of the warm-up track.
 - Call Room 2 is situated outside the stadium in a temporary building. The entrance from Call Room 2 into the stadium is located behind the 100m / 110 m hurdles starting lines (see stadium map in **Appendix 8 – Map of Olympic Stadium**).
- For the field events on the Museumplein, Call Room 2 is located at the Museumplein.

Dedicated transport between Call Room 1 and Call Room 2 will be arranged for the competing athletes. **It will not be possible to report directly to Call Room 2 near the stadium or at the Museumplein (Except for Half Marathon).** Access to the Call Rooms will be allowed to athletes only and according to the following reporting times (subject to change depending on the number of athletes in a specific event).

Event *	First call at the Warm-up area	Entrance Call Room 1	Exit Call Room 1**	Entrance Call Room 2	Exit Call Room 2	Arrival infield
Track	50	40	30	25	15	10
High Jump	80	70	60	55	45	40
Pole Vault	100	90	80	75	65	60
Other Field Events Stadium	70	60	50	45	35	30
Discus/Javelin Museumplein	95	85	75	45	35	30

* All times are prior to the actual starting time of the event in minutes.

** Transport between Call Room 1 and Call Room 2 Stadium takes about 5 minutes.

Transport between Call Room 1 and Call Room 2 Museumplein takes about 30 minutes.

Athletes who fail to report on time to the Call Room or, in the case of combined events to the resting area, without a valid reason may be excluded from participating in this and all further events in the championships, including relays.

A dedicated, heat by heat, call-up schedule will be issued once final entries are confirmed. The schedule will be displayed at the warm-up area or, in the case of combined events, in the resting area and handed out at the TIC on a daily basis.

Refreshments (still water) and toilets will be available next to the Call Rooms.

11.4.1 CALL ROOM PROCEDURES

Judges will check that the following are in accordance with IAAF Rules.

In Call Room 1.

- Competition bibs

In Call Room 2 the judges will check the following in accordance with IAAF Rules.

- Shoes and spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

All athletes competing in track events will be provided with a small transponder which will be inserted in a pouch at the back of the front bib.

After the competition, the athletes should return the transponder at the entrance of the Kit Collection Area (directly after the Mixed Zone), where they will be collected by volunteers.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones, smart phones, tablets or similar devices) will not be permitted in the infield as per IAAF Rule 144.3. Competition officials in Call Room 2 will confiscate all not authorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the Post Event Area (near kit collection area) once their event has finished.

Only small bags will be allowed on the infield. Big bags can be handed in at call room 2 and will be transported the Post Event Area (near kit collection area) where athletes will be able to retrieve them after their event is finished.

11.5 COMBINED EVENTS

The combined events resting area will be located at the Olympic Stadium (see Appendix 8 – Map of Olympic Stadium).

For the combined events the resting area is also the Call Room! All athletes must report to the resting area meeting point according to the following schedule.

- Decathlon Day 1 100m: 25 minutes before the start
- Decathlon Day 2 110m hurdles: 25 minutes before the start
- Heptathlon Day 1 100m hurdles: 25 minutes before the start
- Heptathlon Day 2 Long jump: 45 minutes before the start

An optional buggy transport service will be provided for the combined events athletes from the warm-up venue to the combined events resting area prior to the first event of each day.

In the combined events resting area the judges will check the following in accordance with IAAF Rules.

- Competition bibs
- Shoes and spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

An athlete may only leave the competition area during an event when accompanied by a judge. The athlete must communicate the intention to leave the competition area to the referee or the Chief Judge of the event. After each event, judges escort the athletes outside the field of competition. Athletes can then go to the combined events resting area. From the Meeting Point in the combined events resting area they are taken to the next event by a judge at the following times:

- Track event: 15 minutes before the start
- High jump: 45 minutes before the start
- Pole vault: 65 minutes before the start
- Other field events: 35 minutes before the start

At the end of day 1 and day 2 athletes leave the infield through the Mixed Zone where media interviews can be carried out.

Catering will be provided in the combined events resting area, as will toilet and shower facilities and gymnastic mats, stretchers and massage benches.

The following foods will be continuously provided in the combined events resting area.

- Sliced fruit and whole pieces of fruit
- Small sandwiches with cheese and ham
- Cookies or biscuits and crackers
- Chocolate and energy bars
- Bottled drinks such as fruit juices, water, diet soft drinks
- Plain milk and/or with flavours (chocolate, vanilla, strawberry)
- Hot drinks

In addition, a hot buffet will be available for athletes and one official per athlete, according to the following opening times:

- Day 1: 12:30 – 15:00
- Day 2: 14:00 – 17:00
- Day 3: 14:00 – 16:30
- Day 4: 14:00 – 17:00

Access to the combined events resting area is limited to the competitors and any other accredited person (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition. The number of passes per athlete/team is limited to 1 special pass per competing athlete for an accompanying person plus 1 extra pass per team (distribution at TIC).

11.6 SPECIFIC EVENT PROCEDURES

Athletes in race events will be asked to enter infield already dressed in competition clothing. Tracksuits shall be placed in baskets at Call Room 2 and will be taken to the kit collection area at the end of the Mixed Zone for collection after the race.

In case of bad weather conditions, and upon decision of the Technical Delegates, athletes may be allowed to enter infield still wearing their tracksuits, which shall then be placed in baskets at the start, and these will be taken to the kit collection area at the end of the Mixed Zone for collection after the race.

11.6.1 TRIALS IN FIELD EVENTS

In the case of throwing events, each athlete is allowed, two practice trials under the supervision of the judges, more if time allows. The athletes will be called to the practice trials in the competition order.

In the remaining field events, the practice trials will be supervised by the relevant judges.

In qualification for the final in all field events, except for High Jump And Pole Vault, all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial are not allowed to take any further trials. In those finals each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials. The competing order for the last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials.

11.6.2 COACHING ZONES

To facilitate proper coaching of the athletes, stadium seats have been reserved for all Pole Vault competitions (including qualifications, finals and combined events). For all other field events special coaching zones have been created directly behind the advertising boards.

For the Pole Vault coaching areas tickets to the stands will be provided. For all other field events special accreditation passes will be issued to access the coaching areas. Both the coaching tickets for the stadium seats and the coaching passes for the coaching areas behind the boarding will be distributed at the TIC the day prior to the event. Coaches of the “other field events” are requested to meet at the entrance of the combined events resting area outside the stadium. Special coach stewards will bring the coaches to the specific coaching zone.

Meeting times:

- High jump: 50 minutes before the start
- Other Field events: 40 minutes before the start

Remark:

Coaches for Pole Vault competitions can enter the stands with their tickets on their own convenience.

11.7 TIMING & MEASUREMENT

The official timing will be provided by OMEGA and will be displayed on the official electronic timing instrument and photo finish cameras provided by OMEGA. For all races of 800m or more, the elapsed time will be displayed on electronic timers located at the end of each straight.

All field events will be measured by OMEGA scientific measurement equipment.

11.8 POST COMPETITION PROCEDURES

After the competition, athletes leave immediately through the Mixed Zone. In the Mixed Zone, athletes will meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The first three athletes in each event may be asked to attend an official press conference. These press conferences will take priority over all other interview requirements. They will usually be held before doping controls.

11.9 HALF MARATHON

11.9.1 COURSE

The Half Marathon will start and end on the Museumplein in front of the Rijksmuseum, where there also will be a tent for the teams, a Call Room and a sub TIC, see **Appendix 13 – Map of Museumplein (Start & Finish Half Marathon)**. The course covers 10.5 kilometres, which the competitors will cover twice. The course will be closed for pedestrians and traffic. Every kilometre will be marked along the route. A detailed plan of the Half Marathon course can be found in **Appendix 12 – Map of the Half Marathon**.

An Orientation Tour will start at the Museumplein on Friday 8 July at 10:00. Attendance will have to be confirmed by Tuesday 5 July at 10:30 at the latest at the TIC. Buses for the tour will leave from the Team Hotels and the departure times will be published at the Hotel Information Desks.

The warm-up area will be at the Museumplein. Access will be reserved to team members only. Last-minute warm-ups will take place behind the start line (access limited to competing athletes).

The women's race will start on 10 July at 09:30.
The men's race will start on 10 July at 09:50.

11.9.2 CALL ROOM

Transportation for participants Half Marathon to Call Room at Museumplein will be organised directly from the Teams Hotels. Access to the Call Room will be allowed to athletes only and according to the following reporting times:

Call Room Times Half Marathon	Entrance Call Room Museumplein	Exit Call Room Museumplein	Arrival start area	Start competition
Women	08:55	09:10	09:15	09:30
Men	09:15	09:30	09:35	09:50

Athletes taking part in the Half Marathon will receive a foot transponder to be placed on one of their shoes. Transponders will be handed out at the Call Room. Athletes must ensure the proper placement of the transponder. After the race, and after having passed through the Mixed Zone where they will also return the transponders, the athletes will return to the teams' tent to collect their clothing.

Incorrect



Correct



11.9.3 DRINKING / SPONGING AND REFRESHMENT STATIONS

There will be two personal refreshment stations based on the two loop course:

- Personal refreshment station 1 at: 4.8km & 15.6km
- Personal refreshment station 2 at: 9.9km & 20.6km

There will be two water and sponging stations based on the two loop course:

- Water and sponging station 1 at: 2.3km & 13.1km
- Water and sponging station 2 at: 7.4km & 18.1km

Drinking / Sponging

Tables at the drinking / sponging stations will be arranged as follows and at a distance of about 10 metres between the groups.

- Tables with water
- Tables with sponges

Personal refreshments

Team officials may hand the athletes their personal beverages/refreshments at the personal refreshment tables. According to the number of athletes competing by country, each team will have its own table or share a table with another team, which will be marked with the national flag and the IAAF country code. The tables are arranged in alphabetical order according to the three-letter country code. If both men and women are participating for the same team, they will share the table.

LOC can provide bottles for each athlete competing in the Half Marathon. The bottles should be picked up at the TIC in the afternoon of the day before the race. Athletes can also use their own bottles, as long as they comply with the IAAF advertising regulations.

All personal refreshments must clearly display the following information.

- Athletes' name
- Athletes' bib number
- IAAF country code
- Kilometre station at which the refreshment is to be placed

Athletes are responsible for the identification of their bottles. Stickers will be also available at the TIC the day before the race.

Delivery of personal refreshments to the stations is to be arranged by the LOC or directly by team officials.

Delivery by the LOC

Athletes or team officials can drop off their personal refreshments in the sub TIC located at Museumplein on the morning of the race on 10 July before 8:30. The personal refreshment bottles will be stored in insulated boxes and transported to the refreshment stations by LOC officials.

Direct delivery by the team officials

A maximum of two team officials per country will be allowed to be present at any one of the personal refreshment stations (in possession of the special pass).

A third official may be allowed in case a country is represented by more than 3 athletes.

On race day, team officials will walk with a LOC volunteer to the personal refreshment stations and back to Museumplein.

11.9.4 MIST STATION

There will be no mist station installed, unless the temperature gives reason to do so.

11.9.5 ASSISTANCE

During the competition, athletes are not allowed to receive any kind of assistance in any manner. When a competitor is unable to continue running due to physical difficulties, he must inform the nearest judge. To indicate his intention of quitting the race, the runner shall remove the bibs with his/her name and identification number. (A competitor is not permitted to receive assistance from any person other than a member of the designated medical team, who may carry out an on-the-spot medical examination. There are first aid stations located along the route.)

11.9.6 HALF MARATHON CUP SCORING AND TIE

The times of the first three finishing runners in each team will be aggregated in order to determine the finishing order, the team with the lowest aggregate time being the winner, and so on. A tie will be resolved in favour of the team whose last scoring runner finishes nearest to first place.

A team finishing with fewer than three runners will not be classified in the team result.

All runners finishing the race will be classified individually and eligible for individual awards.

11.10 PROTESTS AND APPEALS

Protests and appeals are permitted and will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (Rule 146.3). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

If the final decision of Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.7 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, the rules require the payment of a €75 deposit. If the protest is unsuccessful, the deposit will not be returned. The jury's decision will be provided in writing.

11.11 LOST & FOUND

All the items left on the field, in the Mixed Zone or at the kit collection location will be placed at the lost & found desk, located at the public entrance.

(See Appendix 8 – Map of Olympic Stadium)

12 MEDICAL SERVICES

12.1 INTRODUCTION

Amsterdam has an integrated health care and medical insurance system with excellent medical resources. Medical staff are well trained and experienced in providing medical services for large scale sports events. Currently, there are six Hospitals (two academical) in Amsterdam. One of these Hospitals (VU Medical Centre) is within 500 meters of the Olympic Stadium. The VUMC is specialised in sports medicine, rehabilitation, orthopedics, neurosurgery, emergency medicine, critical care. The medical department of the Local Organising Committee (LOC) will provide effective, high standard and comprehensive medical services during the European Athletics Championships in Amsterdam 2016.

12.2 GENERAL PROTOCOL

The LOC Medical Department is responsible for providing medical services to Championships accredited athletes, team officials, VIPs, and the media as well as spectators, sponsors and other personnel in the Olympic Stadium, Warming Up Venue, Training Venue and along the half marathon course. The LOC will also provide high standard medical services at the VIP and Team Hotels. 24-hour medical and ambulance services will be provided at the designated medical centres. All medical service areas and medical staffs will have clear symbols and signs.

Medical services will be provided to all participants of the European Championships Amsterdam 2016 in accordance with the IAAF Competition Medical Guidelines and under the guidance of the European Athletics Medical Delegates.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

12.3 MEDICAL SEMINAR

The European Athletics Medical Seminar will be organised on the 3rd and 4th of July at the VU University. Each team may be represented by a maximum of two people — a team doctor and a physiotherapist and, if necessary, an interpreter. The Medical Meeting of the 2016 European Athletics Championships will be organised during the seminar on Sunday 4th of July at 13:00. Medical Passes for teams will be distributed after the Medical Meeting.

12.4 MEDICAL SERVICES

During the Championships, athletes, coaches and other team members will be provided with free emergency medical care and ambulance services. On all venues first aid stations are located and the teams will have direct access to experienced medical staff. All the medical stations are equipped with adequate basic medical equipment.

12.4.1 OLYMPIC STADIUM

For the location of the team medical centre please refer to the venue map (**Appendix 8 – Map of Olympic Stadium**). This station is dedicated to competing athletes. Four first aid teams will be in four designated positions near the track during each event, with physicians and nurses in each team. One ambulance will be placed near the Olympic Stadium. Ambulances and Emergency Medical Technicians (EMT) will be on call during all events.

Opening dates: July 5–10 July

Time: One hour before the start of each day's competition until 1 hour after the competitions end.

12.4.2 Warm-up Venue Schinkeleiland

One medical station will be positioned in the warm-up area, this will be equipped with ice-bath facilities for athletes. There is also a possibility for physiotherapy and massage services. Massages benches are available for the teams upon request. At the reception of the medical station medical prescriptions can be requested, see section 12.8.

Opening dates: 5 – 10 July.

Time: Two hours prior to the start of first event of each session until 1 hour after the competitions end.

12.4.4 TRAINING VENUE SPORTPARK OOKMEER

One medical station will be positioned in the training area.

Opening dates: 3 – 10 July.

Time: One hour before the start of training each day until 1 hour after the training concludes.

12.4.5 HALF MARATHON

Medical stations are set up at the starting point and then every 5 km along the marathon route. There is a dedicated Half Marathon medical area near the finish line. The comprehensive medical system ensures that any injured or sick athletes can be transferred swiftly by ambulance to the Half Marathon Medical Area or to a designated hospital. The Medical Department has also anticipated solutions for managing potential heat exhaustion cases in Half Marathon.

12.4.6 DESIGNATED HOTELS

All Team Hotels are close together. In the I Am Amsterdam Airport Hotel one person of the medical staff will stay in case of emergencies during the night. If necessary it is possible to escort somebody to the hospital. For physiotherapy services in the team hotels, see section 12.6.

12.4.7 DESIGNATED HOSPITAL

VU Medical Centre is designated hospital. Medical manager: Dr.F. Bloemers.

Medical personnel: 10 medical staff members in total, specialising in sports medicine and traumatology. A complete list of all Amsterdam hospitals can be found below:



12.5 MEDICAL DELEGATE AND MEDICAL PROCEDURES

The European Athletics Medical Delegate is responsible for the overall supervision of medical care to be provided according to IAAF Competition Rules and Medical Competition Guidelines. He is also responsible for the review and approval of the Team Physicians' Medical Certificates/ reports, notification of change for a relay, any cancellation or disqualification of an athlete from a competition, as well as granting permission for team doctors and physiotherapists to enter the restricted areas in exceptional cases.

The injured or sick team members should go to the designated medical centre at the warm-up venue to receive medical services. Outside operating hours, team members must contact the emergency number in order to obtain medical services offered by the Local Organising Committee.

During the competition, if an athlete has to be withdrawn from competition due to injury or illness, a certificate must be obtained from the official medical service centre and be presented to the Technical Information Centre (TIC). The European Athletics Medical Delegate will attest these certificates.

12.6 PHYSIOTHERAPY SERVICES

In each Team Hotel the LOC will provide a dedicated medical room for general use with massage benches that can be used by all teams. There is also the opportunity to book dedicated rooms for exclusive use, at the teams cost (subject to availability). Reservations must be made in advance by e-mailing the LOC.

In the following hotels the LOC will provide physiotherapy services available for the teams (also available for the teams in the adjacent hotels):

- NH Schiphol
- Van der Valk Schiphol A4
- Van der Valk Haarlem

Reservations must be made in advance at the respective locations.

12.7 MEDICAL INSURANCE

The LOC will provide free medical services and first aid treatment for all accredited team members for acute injuries under emergent conditions at the medical centres and first aid stations inside the official venues. The patients and/or their teams through appropriate medical insurance will pay the cost of additional medical care after the patient has been transferred to the designated hospital. It is strongly recommended that each registered person should

have his/her own medical insurance. Each team should be responsible for sufficient medical insurance to cover the additional medical fees, such as the treatment in designated hospitals, non-urgent treatments, or emergency transportation for their team members. All the participants of the European Athletics Championships Amsterdam 2016 may contact the European Athletics Office for any issues concerning medical insurance.

12.8 PRESCRIPTION MEDICATION

At the reception of the medical station at the warm-up venue prescriptions for medication can be requested from the LOC doctor. Medication is at the team's own expense. Pick-up is located at the same desk.

12.9 OTHER MEDICAL ISSUES

12.9.1 RULES ON IMPORT OF MEDICATION, MEDICAL EQUIPMENT, ETC.

The Dutch customs allow registered foreign athletes, officials and judges of the European Athletics Championships to carry medication and medical equipment for personal use.

12.9.2 INFORMATION ON LICENSING FOR TEAM DOCTORS AND PHYSIOTHERAPISTS

The team doctors and physiotherapists who have been reviewed and registered by European Athletics may provide medical and physiotherapy services to their own team members (athletes and officials) after obtaining accreditation cards. Team doctors or physiotherapists are not allowed to provide medical or physiotherapy services to people outside their own teams. There is no need for a temporary licence for the visiting team doctors.

Foreign team doctors may provide medical advice or contribute to discussions concerning patients from their own teams, once the patients have been transported to the designated hospitals. There is no need for a temporary license for the visiting physiotherapists.

12.9.3 DISTRIBUTION OF ICE

The LOC Competition Department will ensure an adequate supply of ice during the Championships. The main ice distribution points will be located at the warm-up area, training venue and hotels.

12.9.4 COLLECTION OF MEDICAL WASTE

Each team should collect their own medical waste and deposit it in the special container at the hotel information desks.

12.10 INJURY AND ILLNESS SURVEY

The European Athletics Medical & Anti-Doping Commission will carry out a protocol of injury and illness monitoring (prevention study) during the European Athletics Championships Amsterdam 2016. All the team medical staffs and doctors of Amsterdam Organising Committee will be required to fill out the injury and illness questionnaire every day, to record information on all injuries and illnesses of the athletes during the European Athletics Championships Amsterdam 2016. In addition, a Health Condition Questionnaire will be distributed to the athletes before the competition, so that athletes may report any injury or illness sustained in the four weeks prior to the competition. This is to be filled in on a voluntary basis and all the information collected will be used anonymously for a scientific study. The Medical personnel of the Member Federation concerned will be responsible for the project, and they are encouraged to fully participate and provide all the necessary information. All the medical information will be collected in strict confidentiality. An information handbook will be available to all the medical team staff members. Team doctors and physiotherapists are required to attend the Medical Briefing of this study. This prevention study will enhance the European Athletics Medical and Anti-Doping Commission's efforts to establish the guidelines for athletic injuries and illness prevention.

13 DOPING CONTROLS

13.1 GENERAL INFORMATION

Doping controls will be conducted in accordance with IAAF Rules and Anti-Doping regulations. They are in accordance with the revised WADA code in force since 1 January 2015. The controls will be done under the supervision of the European Athletics doping control delegate. Both urine and blood samples may be collected immediately before, during, and after the championships.

Athletes selected for doping control will be informed by Anti-Doping officials. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice. The athletes are required to carry a valid ID proof to the DCS.

The selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or doping control officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample can make them liable to disqualification and may result in further disciplinary action. Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the therapeutic use exemption system prior to attending the championships. Either an IAAF TUE or a national TUE is acceptable for the European Athletics Championships in Amsterdam.

13.2 SELECTION OF ATHLETES

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics doping control delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics doping control delegate.

All athletes setting world or European records must report to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

13.3 ADDITIONAL CONTROLS

Athletes requiring doping control (e.g. for national records) may request to be tested by reporting to the TIC, where they should complete a doping control request form. They will then be escorted to the doping control station. The cost of this will be paid by European Athletics and deducted from the member federation's support grant after the championships.

14 CEREMONIES AND SOCIAL EVENTS

14.1 OPENING CEREMONY

The Opening Ceremony will take place on Tuesday 5 July around the pond on the Museumplein in Amsterdam, one day before the start of the championships itself. Athletes will carry the flag of their respective country and the European Athletics Championships flag will be hoisted in the presence of the European Athletics President, Svein Arne Hansen, Local Organising Committee President Age Fluitman and the Mayor of Amsterdam, Eberhard van der Laan. The Opening Ceremony will start at 17:00 and will last about 30 minutes.

Transport from all seven Team Hotels to the Opening Ceremony will be as follows.

- Flag bearers dressed in national team clothing: pick-up at 15:00
- Other team members: pick-up at 16:00
- From Museumplein (pick-up point: Van Gogh museum) back to the Team Hotels: 17:45

14.2 EUROPEAN ATHLETICS – LOC OFFICIAL DINNER (BY INVITATION ONLY)

The Official Dinner will be held at the National Maritime Museum on Thursday 7 July at 21:00. Two members of each team will be invited. Invitation cards will be given together with accreditation cards, as long as guest names were previously confirmed. Transport will be provided solely from the Olympic Stadium at 20:30 and return to the hotels.

14.3 VICTORY CEREMONIES

All the medal ceremonies will take place at the Medal Plaza just outside the stadium. Some of the ceremonies will take place in the evening directly after the respective events while some will take place on the next day just before the evening session. The schedule of the ceremonies can be found in **Appendix 4 – Victory Ceremonies Timetable**.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags or bags.

Teams will receive detailed information about the victory ceremonies for individuals and teams at the Technical Meeting but also through the TIC.

Athletes are asked to report to Call Room 2 30 minutes prior to the victory ceremony.

From Call Room 2 the athletes will be transported with buggies to the Medal Plaza.

This is also valid for the ceremonies taking place on the following day!

Half Marathon: A short flower ceremony will take place on the Museumplein immediately after the finish of the first three men and women. The official victory ceremony for the Half Marathon, including the Half Marathon cup, will take place at the Medal Plaza just before the start of the last evening session in the Olympic Stadium. **(See Appendix 4 – Victory Ceremonies Timetable).**

14.4 CLOSING CEREMONY

The Closing Ceremony will consist of the flag handover to the representatives of the Berlin 2018 European Athletics Championships. The ceremony will take place in the Olympic Stadium on Sunday 10 July around 19:00, i.e. immediately after the last 4x400m race.

14.5 CLOSING PARTY

The Closing Party will take place on Sunday 10 July from 22:00 at Claus Party House (Bosweg 19, 2131 LX Hoofddorp). Everyone with accreditation is welcome to attend. The LOC will provide a shuttle service from and to this venue. The last shuttle from this venue to the official hotels will leave at 01:00.

15 DEPARTURE

A shuttle service will be organised for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the Hotel Information Desk of each Team Hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team Leaders will have to confirm departure details during the Welcome Meeting. If there are any changes to these details, teams should complete and return the special departure form to the Hotel Information Desk, at least 48 hours before departure. The departure times of the shuttle buses from the hotel will be provided and displayed at the Hotel Information Desks.

For more information about pole transport arrangements, **see section 7.4.**

16 CONTACT DETAILS

For further details about the European Athletics Championships in Amsterdam please contact: Jarmilla van Stralen, Team Services Manager

E teams@amsterdam2016.org

T +316 38 18 54 54

16.1 EUROPEAN ATHLETICS OFFICE (ON SITE)

Olympisch Stadion 24-28 (ground floor)
1076DE Amsterdam

16.2 LOCAL ORGANISING COMMITTEE CONTACT

Before the event, for further details about the European Athletics Championships in Amsterdam please contact: Jarmilla van Stralen, Team Services Manager

E teams@amsterdam2016.org

T +316 38 18 54 54

During the event, please liaise with your Team Attaché, who is in direct contact with the Team Services team.

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APPENDIX 1 – ENTRY STANDARDS & CONDITIONS

Athletes	Rounds	MEN	Event	WOMEN	Rounds	Athletes
32	3	10.38	100m	11.50	3	32
32	3	20.95	200m	23.60	3	32
32	3	46.70	400m	53.40	3	32
32	3	1:47.60	800m	2:02.90	3	32
24	2	3:40.50	1500m	4:12.00	2	24
20	Final	13:40.00	5000m	15:40.00	1	20
24	Final	28:50.00	10,000m	33:20.00	Final	24
n/a	Final	NES	Half Marathon	NES	Final	n/a
32	2	8:37.50	3000m SC	9:55.00	2	32
32	3	13.90	110m H / 100m H	13.30	3	32
32	3	51.00	400m H	57.90	3	32
			4x100m			
			4x400m			
26	2	2.26	High Jump	1.90	2	26
26	2	5.55	Pole Vault	4.40	2	26
26	2	7.95	Long Jump	6.55	2	26
26	2	16.55	Triple Jump	13.95	2	26
26	2	19.75	Shot Put	16.20	2	26
26	2	63.00	Discus	56.00	2	26
26	2	73.50	Hammer	68.00	2	26
26	2	79.00	Javelin	57.50	2	26
24	2 Gr	7800	Combined Events	5900	2 Gr	24

NES = No entry standards

Note: The column “athletes” refers to the target number of athletes per event not the limit number of athletes per event.

See Circular Letter 2015/27.

Conditions:

- Performances must be achieved between the 1 January 2015 and 26 June 2016 (except for Relay Teams, where performances are considered until 19.06.2016);
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules;
- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed events (between male and female participants), held completely in the stadium, shall not be accepted as entry standards;
- Wind assisted performances will not be accepted; (For the combined events the conditions set in IAAF Rule 260.27 [version 2009] will still be applied for qualification purposes, so either the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s or the wind velocity in any individual event shall not exceed plus 4 m/s);
- Hand-timed performances in 100m, 200m, 400m, 800m, 110m/100m Hurdles, 400m Hurdles and 4x100m relay shall not be accepted;
- Indoor performances for all field events and for races of 200m and longer, shall be accepted.
Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules;

No athlete may compete in the European Athletics Championships unless entered by a European Athletics Member Federation, but the participation of athletes without entry standards will be always subject to the European Athletics selection

APPENDIX 2 – IMPLEMENTS LIST

SHOT WOMEN – 4KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
F253C	NISHI Athletic Goods	Shot 4kg, Steel, dia: 109mm	Silver	I-99-0084
F253	NISHI Athletic Goods	Shot 4kg, Steel, dia: 103mm	Silver	I-99-0089
N1118E	Nelco	Shot 4kg, Turned iron, dia: 108mm	Red	I-99-0094
PK-4/105-S	Polanik	Shot 4kg, Stainless steel, dia: 105mm	Metallic	I-00-0232

SHOT MEN – 7.26KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
F251	NISHI Athletic Goods	Shot 7.26kg, Steel, dia: 125.5mm	Silver	I-99-0087
F251C	NISHI Athletic Goods	Shot 7.26kg, Steel, dia: 129mm	Silver	I-99-0083
N1118A	Nelco	Shot 7.26kg, Turned iron, dia: 128mm	Yellow	I-99-0093
34163	Gill Athletics	Shot 7.26kg, Turned steel, dia: 128mm	Black	I-99-0054
A-245.40726	Bayerische Sportstätten (BSS)	Shot 7.26kg, BSS, turned steel dia: 120mm	Red	I-02-0275

DISCUS WOMEN – 1KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
D1000JSUS	Denfi Sport	Discus 1kg, Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/ yellow centre	I-99-0099
CPD11-1	Polanik	Discus 1kg, Competition, plastic, stainless rim, synthetic sides	Blue	I-11-0493
6176100	Nordic Sport	Discus 1kg, Gold, brass rim, fibreglass sides	White/gold	I-99-0005
N1105GD	Nelco	Discus 1kg, Gold, brass rim, plastic sides	White/gold	I-99-0096

DISCUS MEN – 2KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
N1105A	Nelco	Discus 2kg, Super Spin Black, stainless steel rim, plastic sides	Black	I-99-0091
6176200	Nordic Sport	Discus 2kg, Gold, brass rim, fibreglass sides	White/gold	I-99-0006
720-1200	UCS	Discus 2kg, Orange Flyer Medium Moment, steel rim, fibreglass	Orange	I-99-0122
D2000SKYM	Denfi Sport	Discus 2kg, Skymaster, Chrome rim, mixed carbon/ plastic plates	Red/white centre	I-02-0270
D2000JSUS	Denfi Sport	Discus 2kg, Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/ yellow centre	I-99-0098

HAMMER WOMEN – 4KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
PH-4-B/UW-110	Polanik	Hammer 4kg, Premium Black, Steel, dia: 95mm,	Black	I-10-0466
F210A/F352/F353	NISHI Athletic Goods	Hammer 4kg, Steel and Ductile, dia: 95mm	Blue	I-99-0080
PM-4/95-S/UP/UW-110	Polanik	Hammer 4kg, Stainless steel, dia: 95mm	Silver	I-00-0201

HAMMER MEN – 7.26KG

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
F201A/F352/F353	Nishi Athletic Goods	Hammer 7.26kg, Steel and Tungsten dia: 110mm	Orange/black	I-09-0442
F201/F352/F353	Nishi Athletic Goods	Hammer 7.26kg, Steel, dia: 110mm	Orange	I-99-0079
PM-7,26/110-S/UP/UW-115	Polanik	Hammer 7.26kg, Stainless steel, dia: 110mm	Silver	I-00-0203
5125726/5120040	Nordic Sport	Hammer 7.26kg, Brass, dia: 110mm	Gold	I-99-0008

JAVELIN WOMEN – 600GR

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
600C75	Nemeth Javel-Inn	Javelin 600g, Club 75m, aluminium, violet cord	Violet/yellow/blue	I-99-0103
600CS80	Nemeth Javel-Inn	Javelin 600g, Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
7917603	Nordic Sport	Javelin 600g, Diana Steel, steel, blue cord, 80m	Lilac, white	I-99-0018

7917602	Nordic Sport	Javelin 600g, Diana Classic flex 7.7, 600g	Pink	I-99-0016
7917606c	Nordic Sport	Javelin 600g, Olimpia Carbon, carbon, green cord	White, green spiral	I-10-0457
7917608c	Nordic Sport	Nordic Hera Carbon 600g, dark blue cord	White, blue spiral	I-16-0771

JAVELIN MEN – 800GR

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION NO.
7916800	Nordic Sport	Javelin 800g, Champion Steel, steel, black cord	Lilac, white	I-99-0012
7916808c	Nordic Sport	Javelin 800g, Orbit Carbon flex 5.0, carbon, blue cord	White, blue spiral	I-99-0190
7916800c	Nordic Sport	Javelin 800g, Champion Carbon flex 4.8, carbon, lilac cord	White, lilac spiral	I-99-0189
800CMC90	Nemeth Javel-Inn	Javelin 800g, Classic 90m, medium composite	Violet/yellow/green	I-13-0635
7916808	Nordic Sport	Javelin 800g, Orbit, steel, black cord	Blue, white	I-99-0014
42800CS95	Nemeth Javel-Inn	Javelin 800g, aluminium, violet cord	Violet/yellow/orange	I-99-0101

SCHEDULE EUROPEAN ATHLETICS CHAMPIONSHIPS AMSTERDAM 2016

DAY 1 - WEDNESDAY 6 JULY

SESSION 1 : 10:45 – 14:05				
10:45	Hammer Throw	Women	Qualifying A	
10:50	100m Decathlon	Men		
11:05	High Jump	Women	Qualifying A+B	
11:40	100m Hurdles	Women	Qualifying Round	
11:45	Long Jump Decathlon	Men	A+B	
12:00	Discus Throw Museumplein	Women	Qualifying A	
12:05	Hammer Throw	Women	Qualifying B	
12:10	200m	Women	Qualifying Round	
12:40	100m	Men	Qualifying Round	
13:05	Long Jump	Men	Qualifying A+B	
13:10	400m	Women	Qualifying Round	
13:15	Discus Throw Museumplein	Women	Qualifying B	
13:25	Shot Put Decathlon	Men	A+B	
13:35	400m	Men	Qualifying Round	
SESSION 2 : 15:30 – 20:00				
15:30	High Jump Decathlon	Men	A+B	
17:05	Javelin Throw Museumplein	Men	Qualifying A	
17:05	400m Hurdles	Men	Qualifying Round	
17:30	200m	Women	Semi-Final	
17:50	Pole Vault	Men	Qualifying A+B	
17:55	3000m Steeplechase	Men	Round 1	
18:25	800m	Women	Round 1	
18:40	Javelin Throw Museumplein	Men	Qualifying B	
18:40	Long Jump	Women	Qualifying A+B	
18:55	10.000 m	Women	Final	
19:10	Shot put	Women	Qualifying A+B	
19:35	400m Decathlon	Men		

DAY 2 - THURSDAY 7 JULY

SESSION 3 : 10:00 – 15:45				
10:00	110m Hurdles Decathlon	Men		
10:05	Pole Vault	Women	Qualifying A+B	
10:50	Discus Throw Decathlon	Men	A	
11:10	Triple Jump	Men	Qualifying A+B	
11:20	200m	Men	Qualifying	
12:00	Javelin Throw Museumplein	Women	Qualifying A	
12:05	800m	Men	Round 1	
12:10	Discus Throw Decathlon	Men	B	
12:45	100m	Women	Qualifying Round	
13:15	Pole Vault Decathlon	Men	A+B	
13:25	Javelin Throw Museumplein	Women	Qualifying B	
SESSION 4 : 16:10 – 19:50				
16:15	Javelin Throw Decathlon	Men	A	
16:15	400m Hurdles	Men	Semi-Final	
16:35	Discus Throw Museumplein	Men	Qualifying A	
16:45	400m	Men	Semi-Final	
17:05	Shot Put	Women	Final	
17:10	100m Hurdles	Women	Semi-Final	
17:20	Javelin Throw Decathlon	Men	B	
17:30	High Jump	Women	Final	
17:35	400m	Women	Semi-Final	
18:00	100m	Men	Semi-Final	
18:15	Discus Throw Museumplein	Men	Qualifying B	
18:20	Long Jump	Men	Final	
18:25	1500m	Men	Round 1	
18:35	Javelin Throw	Men	Final	
18:50	800m	Women	Semi-Final	
19:10	200m	Women	Final	
19:20	1500m Decathlon	Men		
19:40	100m Hurdles	Women	Final	
19:50	100m	Men	Final	

DAY 3 - FRIDAY 8 JULY

SESSION 5 : 12:15 – 14:40				
12:15	100m Heptathlon	Women		
12:30	Hammer Throw	Men	Qualifying A	
12:55	110m Hurdles	Men	Qualifying Round	
13:00	High Jump Heptathlon	Women	A+B	
13:10	Triple Jump	Women	Qualifying A+B	
13:30	3000m Steeplechase	Women	Round 1	
13:40	Hammer Throw	Men	Qualifying B	
14:15	400m Hurdles	Women	Qualifying Round	
SESSION 6 : 18:05 – 21:45				
18:05	Shot Put Heptathlon	Women	A+B	
18:10	Hammer Throw	Women	Final	
18:15	1500m	Women	Round 1	
18:35	800m	Men	Semi-Final	
18:50	200m	Men	Semi-Final	
19:10	Pole Vault	Men	Final	
19:15	100m	Women	Semi-Final	
19:20	Long Jump	Women	Final	
19:40	400m Hurdles	Men	Final	
19:50	400m	Men	Final	
20:00	200m Heptathlon	Women		
20:15	Discus Throw	Women	Final	
20:25	400m	Women	Final	
20:35	200m	Men	Final	
20:45	10,000m	Men	Final	
21:25	3000m Steeplechase	Men	Final	
21:45	100m	Women	Final	










DAY 4 - SATURDAY 9 JULY

SESSION 7 : 13:00 – 16:10				
13:00	Long Jump Heptathlon	Women	A+B	
13:05	Shot Put	Men	Qualifying A+B	
13:55	4 x 400m Relay	Women	Round 1	
14:10	High Jump	Men	Qualifying A+B	
14:20	Javelin Throw Heptathlon	Women	A	
14:25	4 x 400m Relay	Men	Round 1	
15:25	Javelin Throw Heptathlon	Women	B	
SESSION 8 : 18:40 – 22:00				
18:45	Javelin Throw	Women	Final	
19:15	110m Hurdles	Men	Semi-Final	
19:20	Pole Vault	Women	Final	
19:40	4 x 100m Relay	Men	Round 1	
19:45	Triple Jump	Men	Final	
20:00	4 x 100m Relay	Women	Round 1	
20:20	400m Hurdles	Women	Semi-Final	
20:35	Discus Throw	Men	Final	
20:45	800m Heptathlon	Women		
21:05	5000m	Women	Final	
21:30	110m Hurdles	Men	Final	
21:40	800m	Women	Final	
21:50	1500m	Men	Final	

DAY 5 - SUNDAY 10 JULY

SESSION 9 : 09:30 – 11:30				
9:30	Half Marathon	Women	Final	
9:50	Half Marathon	Men	Final	
SESSION 10 : 17:00 – 19:00				
17:00	High Jump	Men	Final	
17:05	400m Hurdles	Women	Final	
17:10	Hammer Throw	Men	Final	
17:15	3000m Steeplechase	Women	Final	
17:25	Triple Jump	Women	Final	
17:30	Shot Put	Men	Final	
17:35	4 x 100m Relay	Women	Final	
17:45	1500m	Women	Final	
17:55	4 x 100m Relay	Men	Final	
18:10	5000m	Men	Final	
18:30	800m	Men	Final	
18:40	4 x 400m Relay	Women	Final	
18:50	4 x 400m Relay	Men	Final	

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-  @Amsterdam2016 (Dutch)
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-  Amsterdam2016



 OLYMPIC STADIUM
 MUSEUMPLEIN

APPENDIX 4 – VICTORY CEREMONIES TIMETABLE

DAY 1 - Wednesday Evening – 6 July

(session 2)

Start	Event	
hh:mm		
20:00	IPAC Discus Throw	M
20:06	10,000m	W

DAY 2 - Thursday Evening – 7 July

(session 4)

Start	Event	
hh:mm		
20:00	Shot Put	W
20:05	High Jump	W
20:10	Long Jump	M
20:15	Decathlon	M

DAY 3 - Friday Afternoon– 8 July

(session 5)

Start	Event	
hh:mm		
14:30	Javelin Throw	M
14:35	100m H	W

DAY 3 - Friday Evening – 8 July

(session 6)

Start	Event	
hh:mm		
22:00	Hammer Throw	W
22:05	400m H	M
22:10	Long Jump	W
22:15	400m	M
22:20	400m	W
22:25	200m	M
22:30	100m	M

DAY 4 – Saturday Morning – 9 July, 2016

(session 7)

Start	Event	
hh:mm		
16:00	3000m SC	M
16:05	Discus Throw	W
16:10	10,000m	M
16:15	Pole Vault	M
16:20	IPAC 100m T34	W
16:25	IPAC 100m T34	M
16:30	IPAC Long Jump T42/44	M
16:35	IPAC 800m T54	M
16:40	IPAC 100m T37	M
16:45	IPAC 1500m T54	W
16:50	IPAC 200m T43/44	M

DAY 4 - Saturday Evening – 9 July

(session 8)

Start	Event	
hh:mm		
22:00	100m	W
22:05	Javelin Throw	W
22:10	Triple Jump	M
22:15	Heptathlon	W
22:20	110m H	M
22:25	5000m	W
22:30	Pole Vault	W
22:35	Discus Throw	M

DAY 5 – Sunday Afternoon – 10 July

(session 9)

Start	Event	
hh:mm		
16:30	½ Marathon	W
16:36	½ Marathon Team	W
16:42	½ Marathon	M
16:48	½ Marathon Team	M

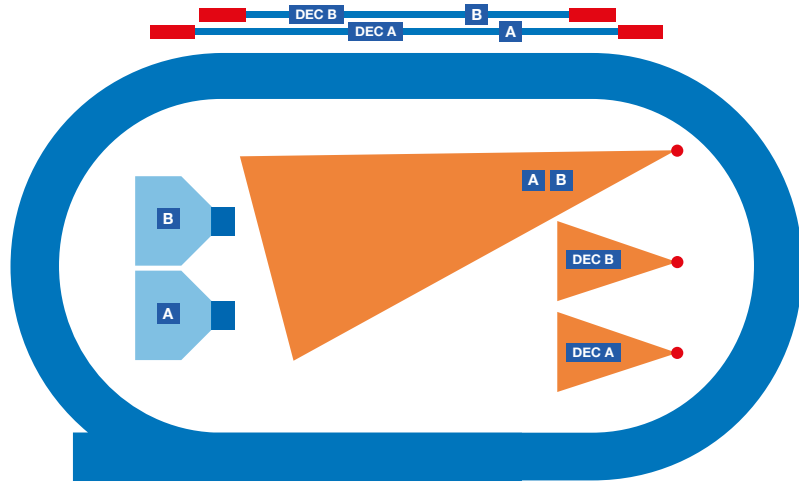
DAY 5 – Sunday Evening – 10 July

(session 10)

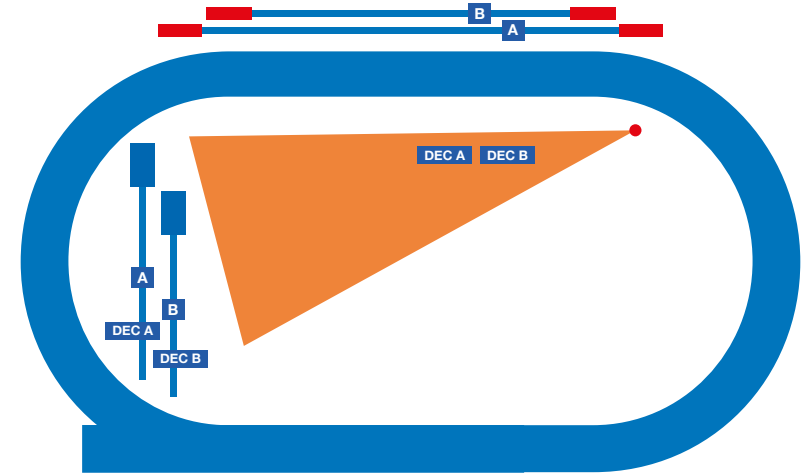
Start	Event	
hh:mm		
19:00	800m	W
19:05	1500m	M
19:10	400m H	W
19:15	3000m SC	W
19:20	Hammer Throw	M
19:25	Shot Put	M
19:30	Triple Jump	W
19:35	High Jump	M
19:40	5000m	M
19:45	800m	M
19:50	1500m	W
19:55	4x100m Relay	M
20:01	4x100m Relay	W
20:07	4x400m Relay	M
20:13	4x400m Relay	W

APPENDIX 5 – DAILY MAPS OF COMPETITION VENUE OLYMPIC STADIUM

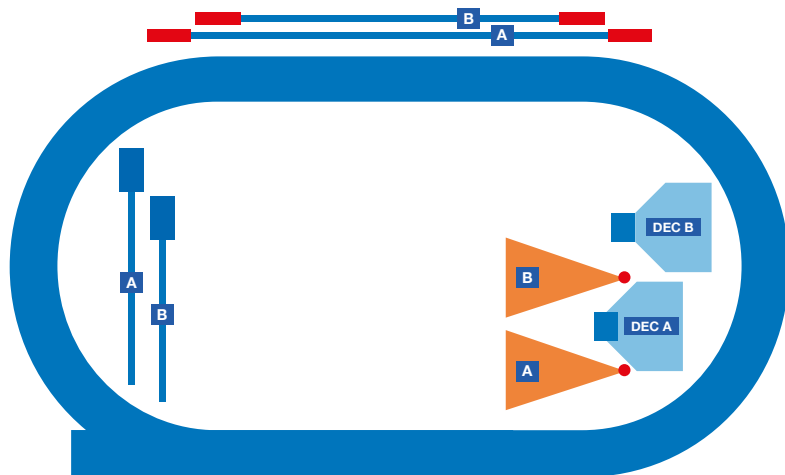
WEDNESDAY 6 JULY - MORNING SESSION (1)



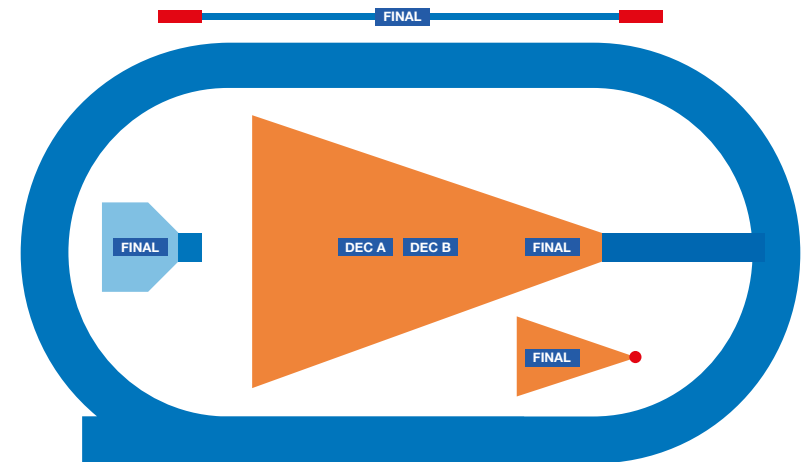
THURSDAY 7 JULY – MORNING SESSION (3)



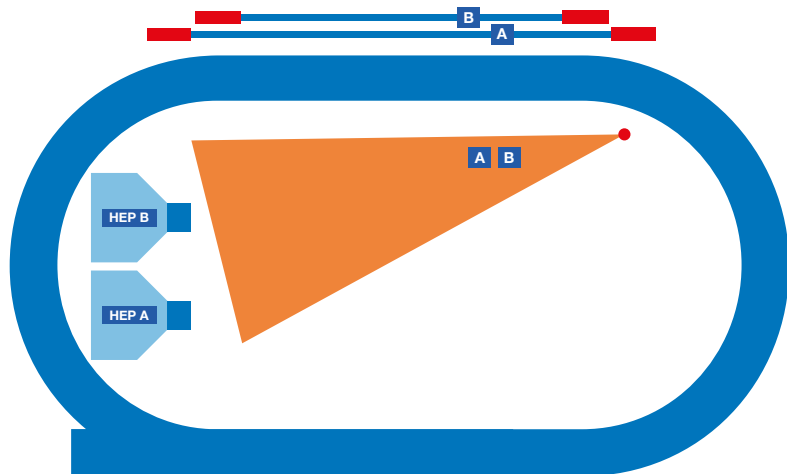
WEDNESDAY 6 JULY – EVENING SESSION (2)



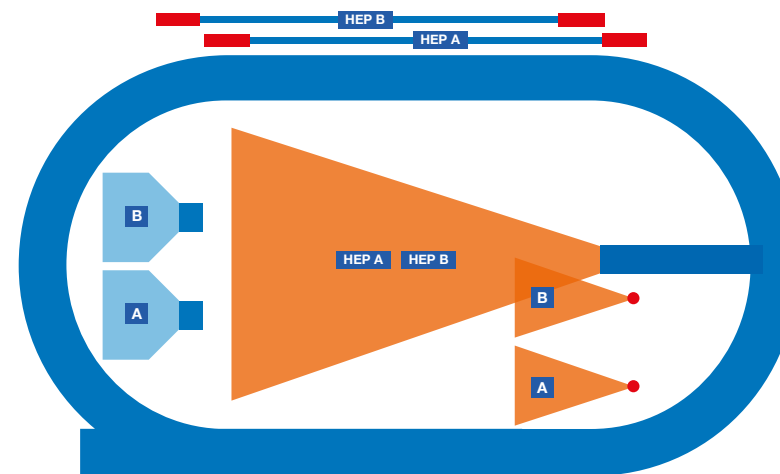
THURSDAY 7 JULY – EVENING SESSION (4)



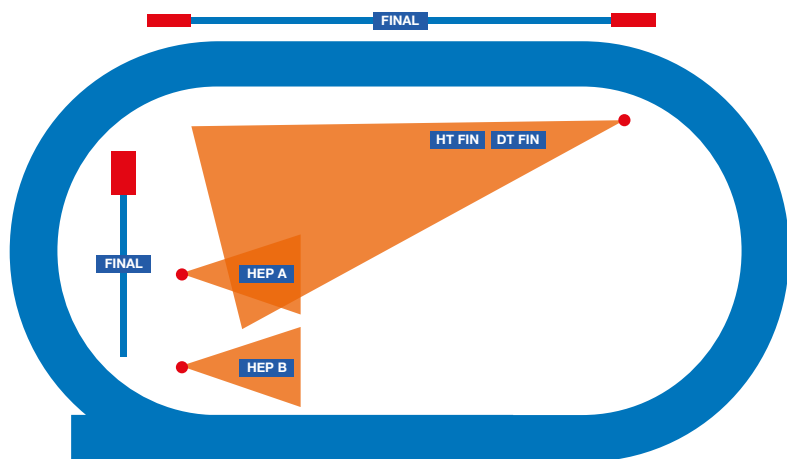
FRIDAY 8 JULY – MORNING SESSION (5)



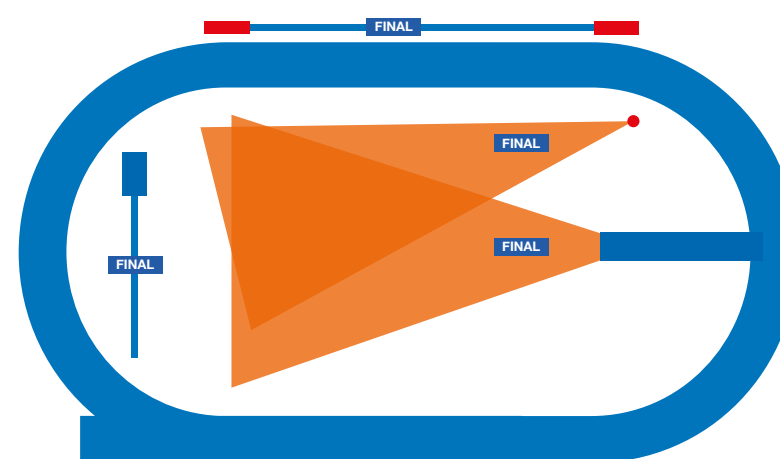
SATURDAY 9 JULY – MORNING SESSION (7)



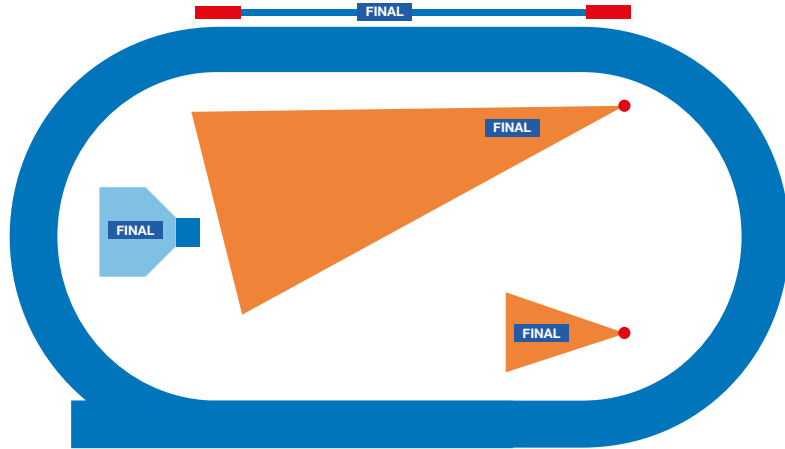
FRIDAY 8 JULY – EVENING SESSION (6)



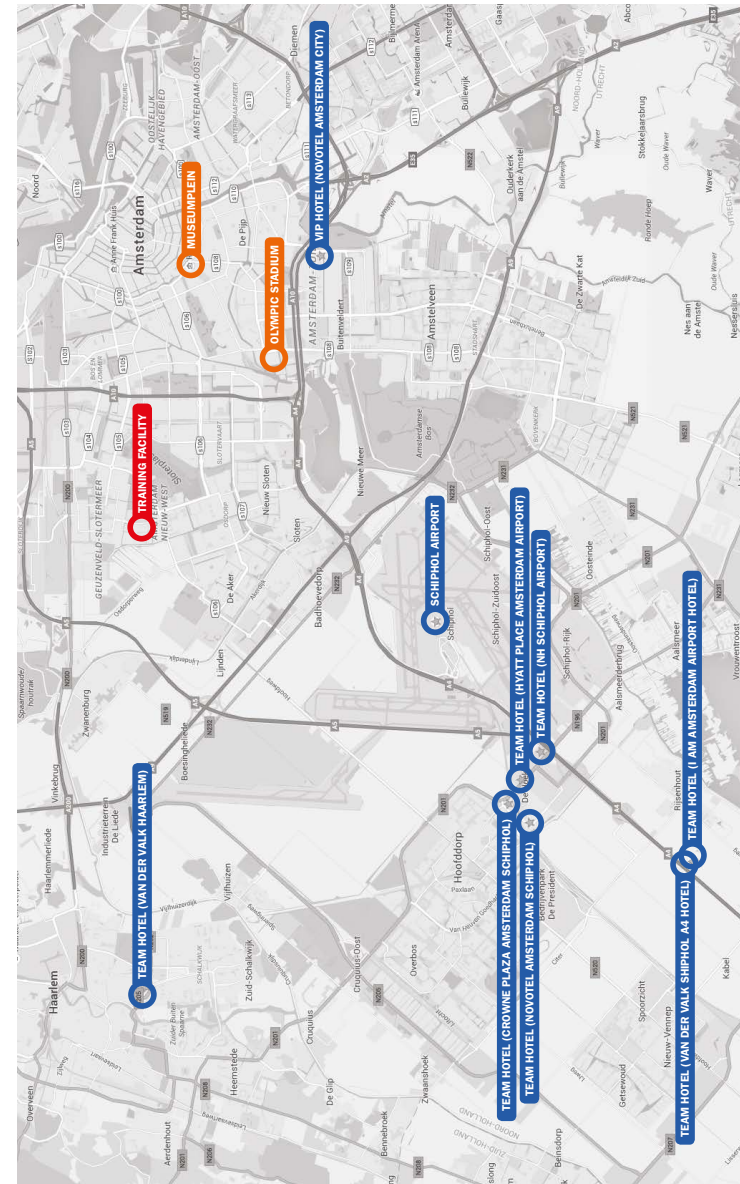
SATURDAY 9 JULY – EVENING SESSION (8)



SUNDAY 10 JULY – EVENING SESSION (10)



APPENDIX 6 – CITY MAP WITH TEAM HOTELS & OLYMPIC STADIUM



APPENDIX 7 – OLYMPIC STADIUM OVERVIEW



APPENDIX 8 – MAP OF THE OLYMPIC STADIUM



APPENDIX 9 – MAP OF THE WARM-UP VENUE



APPENDIX 10 – MAP OF THE MUSEUMPLEIN – THROWING EVENTS



APPENDIX 11 – MAP OF THE TRAINING FACILITY



APPENDIX 12 – MAP OF THE HALF MARATHON



**APPENDIX 13 – MAP OF THE MUSEUMPLEIN
(START & FINISH OF THE HALF MARATHON)**



APPENDIX 14 – KEY DATES AND GENERAL PROGRAMME

Date	Time (CET)	Event	Place
5 June		Deadline for Host Nation to declare intention to compete in relay events	
8 - 27 June	14:00	Final Entries	
19 June	24:00	Deadline to declare intention to compete in relay events	
01- 08 July	08:00 - 21:00	Team Accreditation Centre open	Van der Valk Schiphol A4 Hotel – Brussel room, 1st floor - Rijksweg A4 3 - 2132 MA Hoofddorp
3 July	13:00 - 17:00	Medical Seminar	Vu University
4 July	09:00 - 13:00		
4 July	10:00	Final Confirmation of Entries for Day 1	TIC - Olympic Stadium
5 July	09:30 - 10:30	Orientation Visit to the competition venue	Meeting at Call Room 1 (Olympic Stadium)
5 July	09:30 - 12:00	Official training	Olympic Stadium
5 July	10:30	Deadline for submitting written questions for the Technical Meeting + confirmation of attendance to the Half Marathon course visit	TIC Olympic Stadium
5 July	10:00 - 11:00	Training with official starters	Olympic Stadium
5 July	14:00 - 15:00	Technical Meeting	VU University
5 July	15:30	Official Press Conference	Stedelijk Museum
5 July	17:00	Opening Ceremony	Museumplein
6 July	16:00	Team Leaders Daily Meeting N°1	TIC – meeting point (Olympic Stadium)
7 July	21:00	Official Dinner (by invitation only)	National Maritime Museum
8 July	10:00	Orientation Visit Half Marathon	Museumplein
10 July	19:00	Closing Ceremony – Flag Handover	Olympic Stadium
10 July	22:00	Closing Party	Claus Party House
11 July		Main Departure Teams	
Day BF Q	14:00	Personal Implements to be submitted	Olympic Stadium

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