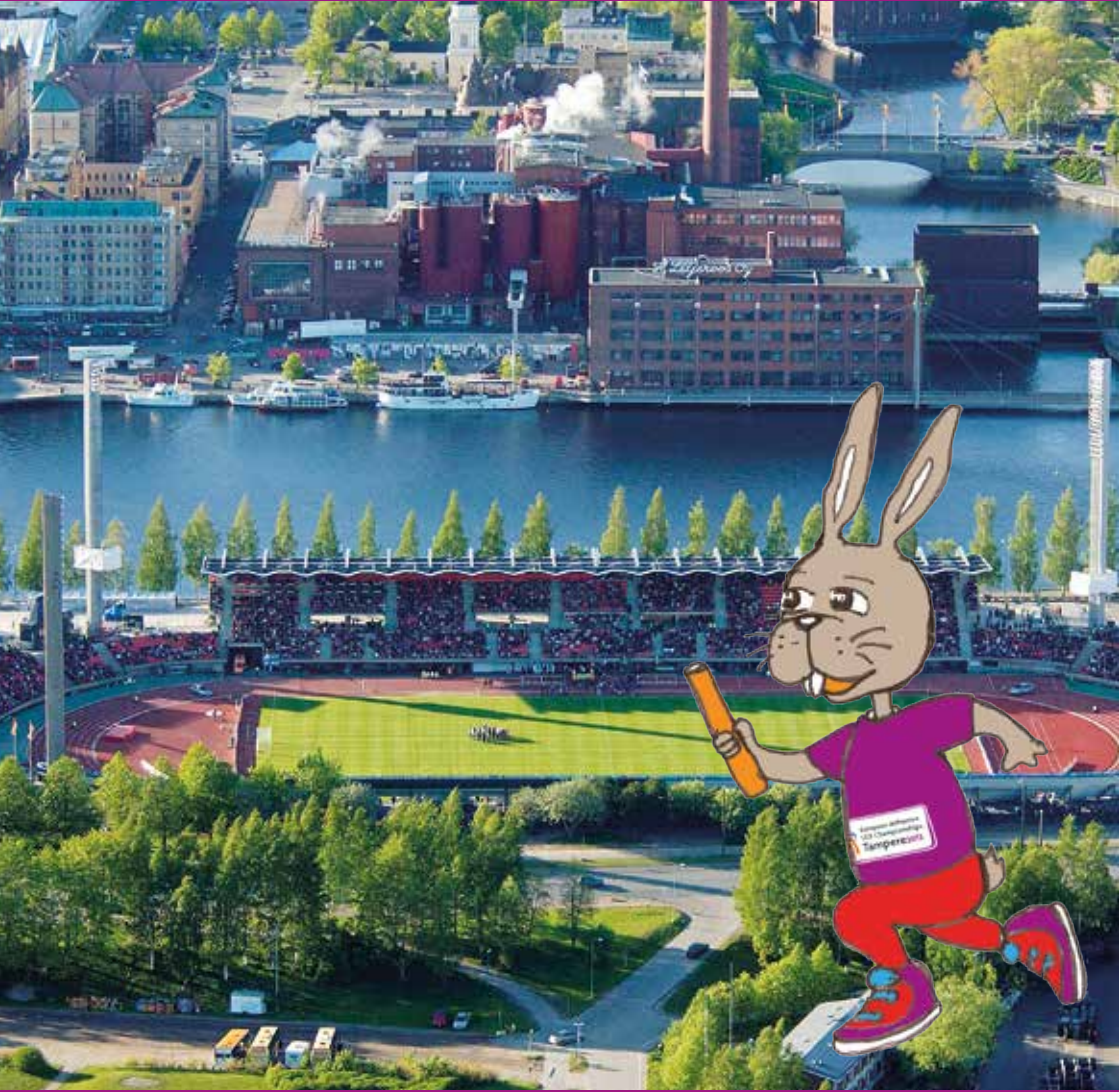




Team Manual

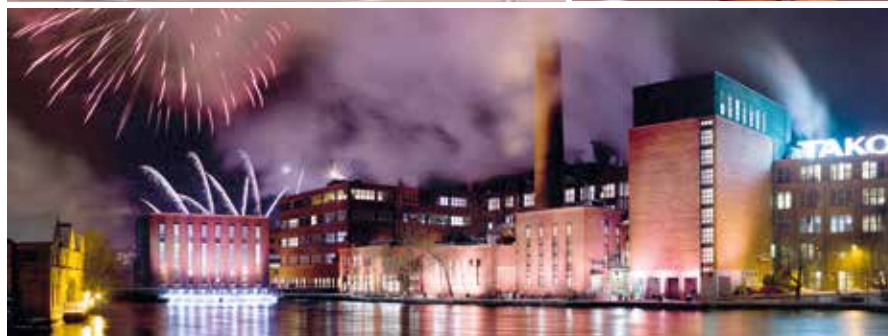
11-14 July 2013

www.tampere2013.fi



Tampere Stadium, Tampere, Finland





Picture: Emil Bobyrev

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1. GENERAL INFORMATION

1.1 Finland

Independence:	Declared on December 6, 1917. Previously a grand duchy in the Russian empire for 108 years, and a part of Sweden for 600 years before that.
Form of Government	Parliamentary democracy.
Head of State:	President of the Republic, elected every 6 years, two-term maximum. The current President Sauli Niinistö was elected in the February of 2012.
Location	64 00 N, 26 00 E. Finland is situated in the northern part of Europe with borders to Sweden, Norway and Russia.
Area	338,424 km ² (131,985 square miles), the fifth-largest country in Western Europe by area.
Population	5.4 million, 15.8 inhabitants per km ² (Nov 2011).
Life expectancy:	Men 76 years, women 83 years.
Coastline	1,250 km
Climate	Great contrasts – cold winters and fairly warm summers (2010 extremes: coldest day in Kuhmo -41.3 C/-42.3 F, warmest day in Joensuu 37.2 C/99.0 F)
Languages	Official languages are Finnish (spoken by 91%) and Swedish (5.4%). Sámi is the mother tongue of about 1,700 people.
Religion	Christianity; 79.9 % Lutheran and about 1.1% Orthodox. In practice society is fairly secularised
Capital	Helsinki (1.25 million inhabitants in metropolitan area)
Local Time	GMT + 3 hours (Summer time)
Electricity	The electric current for use in homes and hotels, as in most of Western Europe countries, is 220 volts (50 Hz) and the plugs used are two round pins.
Driving	Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level of at least 0.5 mg/litre).

International Calls	+ country code – city/town code – national telephone
Telephone Country Code	+ 358
Mobile Phone Networks	Finnish mobile phone networks operate under 3G, GSM and GPRS. Only phones that are manufactured to operate under these systems will work in Finland. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Finland, which will allow temporary connection with the Finnish networks. The main mobile companies are Sonera, Elisa, Saunalahti and DNA.
Currency	The Finnish Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).



1.2 Host city Tampere

Tampere is the third biggest city in Finland, located in the midst of a lake labyrinth, and has a population of 215,117 which makes it the second largest economic area in Finland. In the region of Tampere there are 352,000 inhabitants. Tampere is also known by its Swedish name, Tammerfors.

The City of Tampere was established by King of Sweden Gustav III in 1779, on the bank of The Tammerkoski rapids.

Tampere has been an industrial pioneer in Finland since the very beginning. Finland's first paper mill started operation in 1783, and the first paper machine was engaged at the J.C. Frenckell & Son's factory in 1842.

The cotton factory established in 1820 by James Finlayson grew to become the country's first large-scale industrial establishment. The first electric light in the Nordic countries was also lit in Finlayson's modern production facilities in 1882.

The city's engineering industry was bolstered by the manufacturer of grinding machines and water turbines Tampereen Pellava- ja Rauta-Teollisuus Oy (Tampella), which was established on the upper reaches of the Tammerkoski rapids in 1861.

Nowadays, Tampere is Finland's theatre capital and a major cultural centre in general. There are numerous professional theatres and active amateur groups. The dozens of museum, art exhibitions and galleries located in the city further enhance culture in Tampere. In addition, Tampere hosts a number of different festivals every year.

Today, Tampere is also famous for its information and biotechnology centres, universities, and numerous educational and research institutes. Tampere is also a significant centre of education and high-tech industries.

Useful expressions

Finnish

Hyvää huomenta
Hyvää päivää
Hyvää ilta
Moi
Näkemiin
Paljon kiitoksia
Hauska tutustua
Puhutko englantia?
En ymmärrä
En tiedä
Anteeksi

Swedish

God morgon
God dag
God kväll
Hej
Adjö
Tack så mycket
Trevligt att träffas
Talar du engelska?
Jag förstår inte
Jag vet inte
Ursäkta

English

Good morning
Good day
Good evening
Hello!
Goodbye!
Thank you very much
Nice to meet you
Do you speak English?
I do not understand
I do not know
Excuse me

2. ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President	Hansjörg Wirz (SUI)
Vice Presidents	José Luis de Carlos (ESP) Karel Pilny (CZE) Jean Gracia (FRA)
Director General	Christian Milz (SUI)
Council Members	Francesco Arese (ITA) Sylvia Barlag (NED) Jonas Egilsson (ISL) Liam Hennessy (IRL) Frank Hensel (GER) Dobromir Karamarinov (BUL) Toralf Nilsson (SWE) Erki Nool (EST) Antti Pihlakoski (FIN) Jorge Salcedo (POR) Gabriela Szabo (ROU) Salih Munir Yaras (TUR) Vadim Zelichenok (RUS)
IAAF President (ex officio member)	Lamine Diack (SEN)
European Athletics Honorary Life President	Carl-Olaf Homén (FIN)

2.2 European Athletics Delegates

Vice President	Karel Pilny (CZE)
Technical Delegates	John Cronin (IRL) Egert Juuse (EST)
Doping Control Delegate	Richard Driscoll (GBR)
Jury of Appeal	Dobromir Karamarinov (BUL) - Chair Dolores Rojas (ESP) Andrej Udovc (SLO)

Race Walking Judges

Jean-Pierre Dahm (FRA) - Chair
Inge-Marie Schöler (DEN)
Steve Taylor (GBR)
Lamberto Vacchi (ITA)
Ana Toureiro (POR)
Christian Melchior (GER)

Area Technical Officials

Keith Davies(GBR) – Chief
Lars Danielsson (SWE)
György Smoczter (HUN)
Dario Giombelli (ITA)
Paul Benard (FRA)
Samuel Lopes (POR)

IAAF Road Race Measurer

Peer Jensen (DEN)

International/Area Starter

Alan Bell (GBR)

International/Area Photofinish Judge

Zvonimir Čeč (CRO)

2.3 European Athletics Office

European Athletics
Avenue Louis-Ruchonnet 18
1003 Lausanne, Switzerland
Tel: +41 21 313 43 50
Fax: +41 21 313 43 51
E-mail: office@european-athletics.org
Web: www.european-athletics.org

2.4 Executive Board of Finnish Athletic Federation

President	Vesa Harmaakorpi
Vice President	Ahti Arokallio
	Maarit Ovaska
General Secretary	Jarmo Mäkelä
Members	Marko Ahtiainen
	Mårten Beijar
	Anne Fröberg
	Esko Hassinen
	Kari Niemi-Nikkola
	Pasi Oksanen
	Ringa Ropo
	Jukka Salmela

2.5 Local Organising Committee

President	Perttu Pesä
General Secretary	Elisa Hakanen
Competition	Pasi Oksanen
Press / Media	Antti-Pekka Sonninen
Security	Ismo Nykopp
Finance	Jarmo Hakanen
Office Manager (Accommodation, Accreditation)	Siiri Suominen
Transportation	Esa Utriainen
Promotion	Tiina Soikkeli
Medical/Anti-Doping	Michael Rorarius, Marjorit Nurmi
Ceremonies	Ilkka Vilonen
Art Director	Erja Lehto
Volunteers	Raija Oksanen
Catering	Minna Ehröla
VIP Hospitality	Ulla Harala
YLE	Jukka Ahonen
Tampereen Pyrintö	Saila Asumaniemi
City of Tampere	Matti Kaario
	Pekka P. Paavola
	Saara Saarteinen
Finnish Federation (SUL)	Mika Muukka
	Antti Pihlakoski

2.6 Competition Organisation

Competition Director	Pasi Oksanen
Meeting Manager	Kari Räsänen & Mika Suihko
Technical Manager	Heikki Jokinen & Kari Pekola
Event Presentation Manager	Raimo Kallioniemi & Jaana Suni
Call Room Referee	Kaija Appelqvist-Schmidlechner & Teemu Ylilauri
Track Events Referee	Arto Rintaoja & Lasse Sateila
Start Coordinator	Vesa Artman & Heikki Kamppuri
Start Referee	Tapio Lindroos
Chief Photo Finish	Anssi Mäkelä & Heikki Vikstedt
Chief of Race Walk	Kari Ahonen
Field Events Referees	
Long Jump	Jukka Hosio
Triple Jump	Mika Pelto
High Jump	Jaana Ojala
Pole Vault	Kauko Nyström
Shot Put	Pekka Yliruusi
Discus/Hammer	Mikko Viitamaa
Javelin	Ria Väisänen
Combined Events	Pekka Nurmi
Technical Information Centre Manager	Sari Pirkkanen & Aliisa Siljander
Secretary of Jury of Appeal	Mika Muukka
Marshall	Petri Pekkola
Stadium IT	Mikko Suominen & Elmeri Siltaoppi
Training & Warm-Up Venues	Kalevi Lammi
Medical for Athletes	Jari Inkinen & Michael Rorarius
Officials Services	Raija Oksanen

3. ARRIVALS

3.1 Arrival by Air

The official airport is Tampere International Airport, which is situated 20 km from the Tampere Stadium.

There are direct flights to Tampere from Helsinki, Copenhagen and Stockholm. However, the planes operating those flights have a limited capacity and should you not be able to book your team through to Tampere, we kindly ask you to book your flights to Helsinki airport, where from bus transport will be organised directly to your team hotel in Tampere.

A 50-seat bus for a return trip to Tampere costs 1,000 EUR and this amount will be split between the respective Member Federation and the LOC.

3.1.1 Welcome Service

Upon arrival at Tampere airport, the teams will be met by their Team Attachés. The Welcome Desk is situated in Terminal 1 at the airport and will be open on 9 July from 12:00-20:00 (on 8 July if needed) and on 10 July from 08:00-20:00 (depending on travel schedules).

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel, approximately 20 min from the airport.

3.1.2 Transportation of Equipment

The LOC will provide transport for the delivery of vaulting poles. Upon arrival to the airport athletes are responsible for taking their vaulting poles through customs and hand them over to LOC personnel, who will be waiting for them right outside customs in the Arrival Area. Vaulting poles will then be tagged and signed for and then transported to the Tampere Stadium.

Please make sure that each pole bag is CLEARLY marked with the name and country of the athlete.

3.2 Arrival by Train

There will be no Welcome Desk at the main railway station in Tampere. Teams arriving by train will be met by LOC representatives and taken to the team hotel, according to the arrival times given in the final entry system.

3.3 Arrival by Road

Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them.

3.4 Visa Requirements

The following countries require visas to enter Finland:

Albania¹, Armenia, Azerbaijan, Belarus, Bosnia and Herzegovina¹, Georgia, Former Yugoslav Republic of Macedonia¹, Republic of Moldova², Montenegro³, Russian Federation, Serbia*, Turkey and Ukraine (as of 29 Mar 2012)

¹ Holder of a biometric passport and/or diplomatic passport does not require visa

² Holder of a diplomatic passport does not require visa

³ Holder of a biometric passport does not require visa

*holder of a biometric passport does not require a visa, except holders of a biometric passport who live in Kosovo region and whose passport has been issued by Coordination Directorate of the Ministry of Interior of the Republic of Serbia in Belgrade. Passport is marked with PEC.REBULIKA SRBIJA and MUP R SRBIJEK, KOORDINACIONA UPRAVA. These Serbian passports do still require a visa.

Visas should be obtained before leaving your country, from Finland Embassy or Consulate. Should you have any problems, or require a letter of invitation please contact the LOC: elisa.hakanen@tampere2013.fi

4. TRANSPORT

4.1 Transport Desk

The transport desk will be located at Tampere Stadium at the Main Accreditation Centre and will be open from 8 to 15 July (08:00-22:00).

4.2 Bus Shuttle Service

A regular bus shuttle service will be provided between the team hotels, training venues, social functions, the technical meeting and the competition venue. Detailed schedule will be displayed at the Information Desk in each hotel. Depending on the location of the hotel and traffic conditions, transport time is about 30 minutes to an hour between the hotels and the competition venue. The following arrangements have been made for the team hotels:

Monday 8 to Wednesday 10 July

Route: Hotel Cumulus Hämeenpuisto – Pyynikki (training track) –
Varala Sport Institute – Pyynikki (training track) –
Hotel Cumulus Hämeenpuisto

Activity: Training

Frequency: Every half an hour

Times: Monday: 17:45-20:50
Tuesday: 09:45-11:55, 14:45-19:30
Wednesday: 14:45-20:25

Monday 8 to Sunday 14 July

Route: Police College – Hervanta (training track) – Hervanta Leisure centre –
Police College

Activity: Training

Frequency: Every half an hour

Times: 09:45-13:00, 14:45-20:00

Note: On Monday 8 and Tuesday 9 July times and frequency will be different. Detailed schedules for these days will be displayed at the Information Desk in the team hotels.

Thursday 11 to Sunday 14 July

Route: Police College – Tampere Stadium – Police College

Activity: Competition

Frequency: Every half an hour

Times: 07:45- end of the last victory ceremony

Thursday 11 to Sunday 14 July

Route: Hotel Cumulus Hämeenpuisto – Pyynikki (training track) –
Varala Sport Institute – Pyynikki (training track) – Tampere Stadium –
Hotel Cumulus Hämeenpuisto

Activity: Competition

Frequency: Every half an hour

Times: 07:45-end of the last victory ceremony

All team members will have the opportunity to attend the Opening Ceremony on Wednesday 10 July. Detailed bus schedules will be displayed at the Information Desk in the team hotels.

4.3 Return to Airport / Train station

Transport will be arranged according to the flight schedules/departure information submitted by the teams. Further information will be available from the Information Desks.

5. ACCOMMODATION & HOTEL INFORMATION

5.1 General Information

The LOC has reserved four of good quality hotels for teams, providing full board accommodation and easy accessibility to both the centre of Tampere and the competition venue.

5.2 Information Desk

An 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 U23 Championships. The Information Desks (Team Hotels) opening hours will be as follows:

Monday 8 July	12:00-23:00
Tuesday 9 July	09:00-23:00
Wednesday 10 July	07:00-23:00
Thursday 11 July	07:00-23:00
Friday 12 July	07:00-23:00
Saturday 13 July	10:00-23:00
Sunday 14 July	07:00-23:00
Monday 15 July	07:00-14:00

5.3 Official Hotels

The official hotels for the European Athletics U23 Championships are:

Teams Hotel

Cumulus Hämeenpuisto
Hämeenpuisto 47
33200 Tampere
Tel. +358 3 386 2000
Fax. +358 3 386 2299
www.cumulus.fi/hotellit/hameenpuisto

Cumulus Rautatienkatu
Rautatienkatu 21
33100 Tampere
tel. + 358 3 239 22100
www.cumulus.fi/hotellit/rautatienkatu/fi_FI/rautatienkatu/rautatienkatu.cumulus@restel.fi

Varala Sport Institute
Varalankatu 36
33240 Tampere
tel. +358 3 2631 111
www.varala.fi

Police College
Vaajakatu 2
33720 Tampere
www.polamk.fi

European Athletics Family and VIP Hotel

Hotel Ilves
Hatanpään valtatie
33100 Tampere
tel. +358 20 1234 631
www.sokoshotels.fi/hotellit/tampere/ilves/

Media Hotel (Technical Partners, Personal Coaches)

Cumulus Koskikatu
Koskikatu 5
33100 Tampere
tel. +358 3 2424111
koskikatu.cumulus@restel.fi
www.cumulus.fi/hotellit/koskikatu/

5.4 Costs and European Athletics Quota

For all athletes within the European Athletics Quota, the European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (408.1.4 and 410.4), for a maximum of six nights. No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

The European Athletics has previously informed all Member Federations about the allotted free places. The allocation of the free places is based on the results (places 1-8 achieved), the number of participants per country at the European U23 Championships 2011 in Ostrava and the European U23 season best-list 2012:

ALB	2	ISR	3
AND	2	ITA	17
ARM	2	LAT	6
AUT	3	LIE	2
AZE	4	LTU	5
BEL	9	LUX	2
BIH	2	MDA	3
BLR	10	MKD	2
BUL	4	MLT	2
CRO	5	MNE	2
CYP	3	MON	2
CZE	12	NED	12
DEN	3	NOR	9
ESP	15	POL	23
EST	5	POR	7
FIN	Host	ROU	11
FRA	21	RUS	40
GBR	26	SRB	5
GEO	3	SLO	3
GER	31	SMR	2
GIB	2	SUI	7
GRE	7	SVK	3
HUN	7	SWE	11
IRL	7	TUR	12
ISL	2	UKR	22

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and female athlete. Finland (FIN) as host of the Championships has not been allotted any free place.

The number of team officials in the hereunder chart is also eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

Ratio of Athletes & Officials

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

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	120 €	90 €
Officials outside the ratio	120 €	90 €
Additional nights (Athletes and Officials)	120 €	120 €

All prices include VAT.

Each participating team shall 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 given according to availability. The price for the additional single room is 120 Euros for the full board accommodation for all days.

Cancellation policy

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 any subsequent reduction in the actual numbers of athletes and/or officials.

Extra Charges

The Team Leader must settle phone bills and all other extra services at the hotel reception, before departure. The Team Leader will be requested a credit card by the hotel reception desk for extras.

All payments must be made in Euros.

5.4.1 Payment Procedures

A proforma invoice has been sent to each Federation detailing the amount they owe based on their preliminary entries. Federations are kindly encouraged to make an advance payment of at least 50% by Tuesday **25 June**. Advanced payments should be made in Euros by bank transfer to the following account:

Bank account name:	Tampereen Pyrintö ry.
Bank name:	OKO Bank Helsinki, Finland
Address:	Pohjola Bank plc Teollisuuskatu 1b FI-00510 Helsinki
Swift (BIC):	OKOYFIHH
IBAN:	FI32 5730 0820 1136 25

Note: A copy of the bank transfer will be required upon arrival.

The balance of the payment must be paid on-site by the Team Leader upon arrival at the Main Accreditation Centre. Payment can be made by credit card or by cash in Euros.

The team hotels, especially the Police College, are very strict with their rules, so please pay attention to all hotel regulations. Additionally, and in order to cover any potential damage, the Team Leaders will be requested to give a credit card number upon arrival at the Finances office.

5.5 Rooming list

In order to make the arrival and check-in process as easy and fast as possible, LOC kindly asks all federations to enter the rooming list of their teams into the TOES (Team Online Entry system) from 2 to 8 July 2013.

5.6 Meals

All meals will be taken in the team hotels' restaurant. The restaurant opening times are:

Monday 8 – Monday 15 July:	
Breakfast 06:30-09:30	(Saturday - Sunday 07:30-10:30)
Lunch 12:00-15:00	(Wednesday from 11:00 to 16:00)
Dinner 19:00-22:00	(Friday till 23:00)

Accreditation cards will allow access to the restaurant.

Putting into practice our quest to organise a championships with sustainability at the forefront of our minds, tap water will be served free of charge to team members in the hotel restaurants. All other drinks must be paid for.

A late serving provision will be made for those athletes detained at the Stadium due to doping controls or protests.

5.7 Meeting Rooms for Teams

Arrangements can be made for a team meeting room through the Information Desk in the Team Hotels. Requests shall be made at least 12 hours in advance.

5.8 Telephone Calls

The telephone will be automatically activated to make room to room calls. Any athletes or delegation officials requiring the use of the room phone for outgoing calls must make arrangements with the Hotel Reception (Information Desk at the Police College). The telephone will be made available upon the presentation of a credit card to cover all charges.

All delegations will receive a contact list with important telephone numbers for the European Athletics U23 Championships Tampere 2013.

6. ACCREDITATION

6.1 General

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. Photos are not required for the accreditation card system.

6.2 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation through the online entry system. No changes will be accepted after the final entry deadline.

Accreditation cards will be distributed at the Main Accreditation Centre (MAC) located at the Tampere Stadium. The Team Leader will be responsible for collecting the team's accreditation cards.

Team Leaders are requested to take the athletes' passports or copies of them to the Accreditation Centre in order to allow verification of the participants' age.

The Team Leader will settle the payment of accommodation for team members outside the European Athletics quota and after he/she can collect the accreditations cards for the whole team.

6.3 Loss of an Accreditation Card

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

6.4 Access Areas for Teams

All team accreditation cards will allow access to the team seating area, warm-up area, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield.

The Head of Delegation from each team is invited to the VIP Hospitality area and will be given the necessary access number on the accreditation card.

Separate cards will be issued to Team Leaders, for access to the Mixed Zone, Combined Events Resting Area, personal refreshment station for Race Walking events and the information available in the teams' pigeon boxes at the Technical Information Centre (TIC).

Separate cards will also be distributed to the coaches (1 per competing athlete) for the coaching areas.

Access to the Doping Control: 1 pass will be given to the athlete upon notification and an additional pass for an accompanying person. Passes will be collected once they enter the Doping Control Station.

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The main function of the centre is to ensure smooth communication between each Team Delegation, the LOC and European Athletics Technical Delegates and the Competition Administration, regarding technical matters.

From 8 July at 12:00 (noon) the TIC is located at the competition venue (Stadium map).

Opening hours:

Day	Mon 8	Tue 9	Wed 10	Thu 11	Fri 12	Sat 13	Sun 14
Open	12:00-21:00	8:00-22:00	8:00-22:00	7:30-22:00	7:30-22:00	7:30-22:00	10:00-20:00

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

- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Competition information (start lists, results, etc)
- Liaison points concerning technical matters between Team Delegate(s), Technical Delegate(s), European Athletics and LOC
- Recovery of items confiscated at the Call Room
- Registration and collection of personal implements. (e.g. shot put, etc.)
- Request of documentation for national records or other purposes (additional doping control and Omega photo finish prints)
- Withdrawal of athletes
- Receipt of final declaration of members of relay teams
- Publication of results
- Receipt of protests and appeals from the teams

All technical information regarding the competition will be distributed to each delegation in a pigeon box given to each team. This information will also be displayed on information boards. Access to the information to be distributed at the TIC will be controlled by a separate card, not by the accreditation card. TIC cards will be given to each Team Leader (in principle one per team).

Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the TIC after the technical meeting.

There is also a Sub-TIC for race walking events. It will be located in the race walking call room and its opening hours will be as follows:

Tuesday 9 July: 18:30-19:30 and Wednesday 10 July: 15:30 – 20:30.

7.2 Technical Meeting

The Technical Meeting will be held on Wednesday 10 July at 14:00 in the Stadium (see stadium map). There is also a short Technical Meeting for race walking related matters on Tuesday 9 July at 19:00 in the race walking call room.

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.

All questions related to the Technical Meeting must be presented in writing, preferably in English, to the TIC before 10:00 on 10 July. The Technical Meeting will be conducted in English.

A shuttle service from the team hotels will be provided for this meeting – please refer to the Information Desk in the Team Hotel for detailed information.

The Technical Meeting will be attended by:

- European Athletics President (or his representative)
- Local Organising Committee President
- European Athletics Officials
- Competition Director
- Competition Officials
- TIC Manager
- European Athletics Staff

7.2.1 Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Local Organising Committee
- Welcome by the European Athletics President or his representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Presentation of the competition and warm up sites
- Information from the Technical Delegates on the following points:
 - Qualification system for running and field events
 - Raising of the bars (Qualifying Rounds and Final)
 - Other relevant issues not mentioned in the Team Manual
- Information briefing by the Doping Control Delegate
- Opening/Closing Ceremony and Closing Banquet
- Answering of questions submitted in writing by federations

Start lists for the first competition day will be ready for collection together with the bibs after the Technical Meeting.

Technical Meeting will be followed by a Medical meeting at 14:45 in the same room.

7.3 Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from 11 July in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first two meetings will be held on 11 July and 12 July at 14:30. Pick-up for team leaders will be at the TIC. The remaining meetings will be scheduled on site and according to the needs.

7.4 Equipment

The implements provided by the LOC (see implements list in the appendices) are selected from those appearing on the current IAAF approved equipment list.

Personal Implements shall also be allowed, providing that:

- They have IAAF certification
- They are not already on the official list
- They are in good conditions and the brand is easily recognised.
- They are made available to all the other competitors until the end of the Final
- They will have to be submitted to the TIC the day before the event and no later than 18:00.

Basic implements will be provided for warm-up and training.

Vaulting poles will be stored in the stadium and the poles will be kept in a locked store and will be brought to the competition site in due time by the organisers. There will be delivered special info-letter for teams concerning poles logistics.

Pole Vault training will be possible in stadium warm-up area (see more details 7.7. Training)

7.5 Inspection of Competition Venue

Heads of Delegation may visit the Stadium, inspecting access routes and other facilities which will be important to the teams on 10 July from 08:30 to 09:30. Heads of Delegation are to meet LOC members at the Call Room, from where they will be escorted on this visit.

7.6 Competition Area

Tampere Stadium and its surroundings are shown in appendices of this document. There are 16,800 seats in the stadium.

The stadium has the following competition sites:

- 8 lanes
- 2 High Jump sites (possible for both bends)
- 3 Pole Vault sites
- 3 sites for Long/Triple Jump
- 2 Shot Put circles (one removable)
- 1 Combined Discus/Hammer Circle
- 1 Javelin site

The Warm-up area has the following sites:

- 6 lanes (120m)
- 2 sites for Long/Triple Jump
- 1 Shot Put circle
- 1 Pole Vault site (for training)

Athletes' seats are located at the end of the main tribune close to the warm-up area, but it is also possible to sit freely in the stadium, as long as space is available

7.7 Training

There are several possibilities for training in the week of the games. See details below related both training possibilities and warm-up plan for specific events.

Training arenas are:

- Hervanta arena, close to the Police Academy accommodation, 10 km from the main Stadium (running, jumping, discus, javelin, shot put)
- Pynnikki arena, close to the Varala and hotel accommodations, 1 km from the main Stadium (running, jumping, shot put, artificial grass for running)
- Training and warm-up for hammer has its own area located less than 1 km from the main Stadium
- Pole Vault training is possible in the main warm-up area

The main warm-up area is located just next to the Stadium. Warm-up for long throws is located in two different places max 0,5km from the main Stadium.

Training areas (Hervanta and Pynnikki) will be open according to following schedule:

Monday	8 July	18:00 – 21:00
Tuesday	9 July	10:00 – 13:00 and 15:00 – 20:00
Wednesday	10 July	15:00 – 20:00
Thursday	11 July	10:00 – 13:00 and 15:00 – 20:00
Friday	12 July	10:00 – 13:00 and 15:00 – 20:00
Saturday	13 July	10:00 – 13:00 and 15:00 – 20:00
Sunday	14 July	10:00 – 13:00

Hammer training will be possible according to following schedule:

Tuesday	9 July	11:00 – 13:00 and 16:00 – 20:00
Wednesday	10 July	16:00 – 20:00
Thursday	11 July	16:00 – 20:00
Friday	12 July	16:00 – 20:00

Pole Vault training will be possible according to following schedule (main Stadium, warm-up area):

Wednesday	10 July	09:30 – 11:00 Men 11:30-13:00 Women
Thursday	11 July	09:00–11:00 & 15:00–17:00 Men 11:00-13:00 & 17:00-19:00 Women
Friday	12 July	15:00 – 17:00 Women 17:00-19:00 Men
Saturday	13 July	17:00 – 19:00 Men

Training schedule for Hervanta arena grass / long throws:

Date	10:00-11:30	11:30-13:00	15:00-17:00	17:00-19:00	19:00-20:00
Tue 9	Discus	Javelin	Discus	Javelin	Running
Wed 10			Javelin	Discus	Running
Thu 11	Javelin	Discus	Javelin	Discus	Running
Fri 12	Discus	Javelin	Javelin	Discus	Running
Sat 13	Javelin	Discus	Discus	Javelin	Running
Sun 14	Discus	Javelin			

Equipment and implements necessary for training will be available at the training venues. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

The Weight lifting rooms are available at the Varala Sports Institute and in Hervanta Sports Center (close to the Hervanta Arena). There is also small amount of equipment in warm-up area in stadium and some equipment in Hammer throw training area.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the Information Desk in the team hotels.

7.7.1 Training at the competition venue

Official training for all athletes at the Tampere Stadium will take place on 10 July from 09:30 to 11:30. The competition warm-up area will also be available during this time only.

7.7.2 Training with Official Starters

This will take place at the Tampere Stadium on 10 July from 10:00 to 11:00.

7.8 Dressing Rooms

Dressing rooms are available in the training arenas. In the main Stadium there is a possibility to change in the Call Room.

7.9. Race Walking

General Information

The start and finish line for Men's and Women's walking events will be at the Laukontori market square. The course is a 1 km loop, which will be closed to pedestrians and traffic and marked with cones.

7.9.1 Timetable

Women's 20km Race Walking will take place on 10 July at 16:15
Men's 20km Race Walking will take place on 10 July at 18:30.

7.9.2. Race Walking course and Orientation visit

A detailed plan of the walking course can be found in the appendices. A tour will start at the end of the bridge over the river (opposite side from the main Stadium) at 18:00 on Tuesday 9 July. After the orientation visit (1h) there will be a short technical meeting for race walking at 19:00 in the call room tent (market square). There will also be a Sub-TIC point in the same tent.

7.9.3 Warm-up area

The warm-up area for the athletes competing in the race walking events will be located at the race walking course. (see Race Walking map).

7.9.4 Use of transponders

Transponder timing will be one of the official timing measurement and athletes must wear a transponder according to the instructions given in the Call Room. Transponders will be used for races starting from 800m.

7.9.5 Call Room

Athletes shall enter into the Call Room at the following times:

- Women's 20km Race Walking on 10 July from 15:35 to 15:45
- Men's 20km Race Walking on 10 July from 17:50 to 18:00

Accompanied by officials the athletes will be guided to the starting line, where they will have to be 10 minutes before the start.

7.9.6 Refreshment Stations

There will be a Refreshment Station along the race walking course, which will be passed every 1 kilometre.

Signs indicating the upcoming Refreshment Station will be displayed 50m before the station.

Still water in bottles will be provided by the LOC in the station on the tables located after the personal refreshments. Race Walkers will pick up their bottles on their own.

7.9.7 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 other teams, 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.

LOC can provide two bottles for each athlete competing in a race walking event. The bottles should be picked-up in the TIC 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

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

A maximum of two officials from each team will have access to the Refreshment Station. Those officials must wear a special card issued by the LOC, which can be collected at the TIC the day before each competition. These officials are authorised to place refreshments directly into the athletes' hands from the designated place behind the team's table. These persons shall not, under any circumstances, run beside an athlete while he/she is taking refreshments, as stated in IAAF Rule 230.9. (f). In this situation or if the athlete collects refreshments from a place other than the Refreshment station renders himself liable to disqualification by the Referee.

7.9.8 Drinking & Sponging Station

There will be a Drinking and Sponging Station along the race walking course, which will be passed every 1 kilometre.

Signs indicating an upcoming drinking and sponging station will be displayed 50m before the station.

Wet sponges and still water in bottles will be located in the station. Runners will pick up their bottles and sponges on their own.

7.9.9 Toilets

Toilets will be available close to the start/finish area and also close to the turning point at the other end of the course.

7.9.10 Assistance

During the competition, walkers are not allowed to give or receive any kind of assistance in any manner. When a competitor is unable to continue walking 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 official medical staff appointed by the LOC and properly identified as such, who may carry out an on-the-spot medical examination. There are first aid stations located along the route.

7.9.11 Lap Scoring

There will be lap counters beside the course, who will show the walkers the number of laps remaining.

7.9.12 Race Walking Disqualifications

The Posting Board showing the red cards and disqualifications will be placed at the start/finish area.

8. COMPETITION REGULATIONS

8.1 Team Composition

There will be 22 men's events and 22 events for women.

Only athletes aged at least 20 (twenty) and not more than 22 (twenty two) years on 31 December of the year of the competition may participate in the European Athletics U23 Championships.

An official ID card (with picture) stating their birth date of the athlete will be requested during the accreditation procedure to verify the participants' age (see point 6.2)

Individual competition: Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may compete provided that each athlete has reached the qualifying standard so far set for that event. Alternatively each European Athletics Member Federation may enter one athlete in each individual event even if such athlete has not achieved the qualifying standard for that event.

Relay teams: Every European Athletics Member may enter 1 (one) team in each relay event. 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the Championships, 4 (four) athletes to start must be nominated at the time specified for the final declaration of runners.

8.2 Competition Entry Procedures

8.2.1 General Information

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules. Furthermore they must comply with the following conditions of age as stipulated at 8.1

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date. No athlete may compete in the European Athletics Championships for Athletes under 23 Years unless entered by a European Athletics Member Federation.

8.2.2 Final Entries

Final entries shall be made through the European Athletics Teams Online Entry System. The online entry system will be accessible at the European Athletics website:

www.european-athletics.org in the section "**Member Federations/Competition**"

Member Federations should use the already known ID and password.

Final entries indicating the names of the competitors and their performances as well as the names of the officials must be submitted not later than 10 (ten) days before the event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Tuesday 18 June
- Deadline for the final entries: Monday 1 July, 24:00 (CET)

All teams will receive a pdf report with a status of their entries 24h before the deadline and one pdf confirmation after closing of the system.

Please also note that the Team Online Entry system will re-open from 2 to 8 July for rooming list registration and/or travel details amendments.

8.2.3 Final Confirmation

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).

For stadium events held on the first day of the competition, i.e. 11 July, Team Leaders or their representatives must submit the final confirmation of entered athletes by 19:00 on 9 July. For events held on and after the 2nd day of competition, confirmation of entries must be made by 09:00 on the day before the event.

For race walking Team Leaders or their representatives must submit the final confirmation of entered athletes by 19:00 on Tuesday 9 July.

The composition of each relay team as well as the order of running 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 during accreditation. 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 day	Deadline for Final Confirmation
10 July (race walking)	9 July 19:00
11 July	9 July 19:00
12 July	11 July 09:00
13 July	12 July 09:00
14 July	13 July 09:00

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.

8.2.4 Withdrawal

Withdrawal of any confirmed athlete must be indicated to the TIC at the Stadium in writing on the official withdrawal form.

In accordance with rule 142.4 of IAAF Competition Rules, the provision of a medical certificate, endorsed by a medical officer appointed by the Local Organising Committee may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events (except Combined Events Individual Events) on a subsequent day of the competition.

8.3 Competition Bibs

The LOC will provide the teams with competition bibs after the Technical Meeting.

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 running events of 800m and more (including last race of Combined 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.

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. Bibs for relay teams will be given in the Call Room.

Each competitor in the race walking events will be given two special bibs which must be worn as follows:

- the bib with his/her name and identification number on his/her front,
- the bib with his/her identification number only on his/her back.

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

Special bibs

The current European Leader competing in an individual event (blue background) will wear a special bib to be worn on the chest.

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest.

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.

8.4 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.

The European Athletics has a record of the Team vests of all Member Federations on its website. If the team vest displayed on the website differs from your current official team vest, a full set of photographs must be provided to the European Athletics Office (preferably in an electronic version) by July 1 at the latest:

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mail to: competition@european-athletics.org
- 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

Spike which projects from the sole or the heel shall not exceed 9 mm except in the high jump and javelin throw events where it shall not exceed 12mm. These spikes must be constructed that it will, at least for the upper half of its length, fit through a square sided 4 mm gauge.

The Sole and the Heel

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 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

9. COMPETITION PROCEDURE

9.1 Timetable

Please refer to Appendix 2 for the competition timetable.

9.2 Warm-up before Events

Warming up will take place in the main warm-up area that is located behind the west curve tribune. Running, jumping and shot put facilities are located in this main warm-up area. Warm-up for long throws is located as satellite areas close to the main Stadium.

There are two specific areas for long throw warm-up. Hammer warm-up will be done at the same place as hammer training and for Discus and Javelin warm-up there is a specific area just across the river facing the main Stadium.

There will be transportation from the long throw warm-up areas to the main Stadium but not from the main Stadium to the long throw warm-up areas. It is not mandatory to use these warm-up facilities. Athlete can also go straight to the Call Room. Transport from the long throw warm-up areas is starting 10 min before the time of the First Call.

Warm-up daily schedule for long throws

Thursday 11	
Hammer M Q	08:00 – 10:30
Javelin M Q	11:00 – 13:00
Discus M Q	15:00 – 17:30
Friday 12	
Hammer W Q	08:00 – 10:30
Javelin M F	18:00 – 19:30
Saturday 13	
Javelin W Q	08:00 – 10:15
Discus W Q	10:15-12:45
Hammer M F	14:00 – 15:15
Hammer W F	15:45 – 17:00
Discus M F	17:30 – 18:45
Sunday 14	
Discus W F	11:30 – 13:00
Javelin W F	15:30 – 17:00

Implements for warm-up will be provided by the LOC. There will be mainly the same models that will be used during competition.

9.3 Call Room Procedures

The call for the participants will be made in the Call Room that is located between the warm-up area and the main stadium. It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

Athletes must report to the Call Room based on following schedule:

	First Call	Last Call	Arrival to the infield
Track Events	35 min	25 min	10 min
Field Events	55 min	45 min	30 min
High Jump	75 min	65 min	50 min
Pole Vault	85 min	75 min	60 min

Times are prior to the scheduled starting time of each event or heat.

The above times may be changed for qualifying rounds due the number of entries. After the Final Confirmations, a detailed call-up schedule will be issued daily and distributed to the Teams

Race Walking athletes shall enter the race walking Call Room at the following times:

- Women's 20km Race Walking on 10 July from 15:40 to 15:50
- Men's 20km Race Walking on 10 July from 17:55 to 18:05

In the Call Room 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

Athletes competing in all races 800m or more (including the last event in the Combined 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, where they will be collected by volunteers.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per IAAF Rule 144.2. Competition officials in Call Room 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 TIC once their event has finished.

A detailed list of Call Room times will be handed out at the TIC day by day for the following day. Team Leaders must inform all their athletes about the times at which they must report in Call Room and on the procedures to be followed in Call Room.

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

9.4 Combined events

Competitors taking part in combined events must report to Call Room at the start of the first session of each day.

A resting area for the competitors taking part in combined events will be provided at the stadium (2nd floor, see stadium map), where athletes can rest and wait for their next event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check.

Athletes can bring their bags to the resting area before the first event. Doing this there is no need to inspect the whole bag and bring it to the infield for first event.

Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available. Athletes can also order specific lunch boxes the day before the event from TIC.

Access to the combined events resting area is limited to the competitors and up to one other accredited person per athlete (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.

9.5 Event Presentation format

All participants of the finals will be introduced to the public before the start of the event. During preliminary rounds and semi-finals, only the athletes with the best results will be introduced.

9.6 Competition Preparations

9.6.1 Field Events

Each athlete is allowed a minimum of two practice trials under the supervision of the officials, more if time allows. The athletes will be called to the practice trials in the competition order. Only official markers provided by the LOC will be allowed for marking the runways.

9.6.1.1 Trials in Field Events

In qualification for the final in Long Jump, Triple Jump, Shot Put, Javelin, Discus and Hammer Throws, all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial are not required to take any further trials.

In all field events, those achieving the qualifying standard will be qualified for the final, and if less than 12 athletes will achieve it, the group of finalists shall be expanded to 12, adding athletes according to their performances in the qualification. In those finals all athletes are allowed three attempts and the 8 best after three rounds will be given additional 3 attempts with a re-arranged competing order after the 3rd round of trials.

9.6.1.2 Measurements

All field events will be measured by OMEGA using electronic and video distance measurement equipment.

The heights in vertical jumps will be measured with a calibrated yardstick.

9.6.2 Track Events

Tracksuits shall be placed in baskets at the start, and these will be taken to the mixed zone for collection after the race.

9.6.2.1 Starter's Commands

The starter's commands will be given in English.

The starter's command for the distances up to and including 400m and 4x400m relay are:

- On your marks
- Set
- Gun

For distances of 800m and over, the commands will be:

- On your marks
- Gun

Omega starting blocks will be used at the European Athletics U23 Championships. These blocks have a false start detection system and are linked to the false start console.

9.6.2.2. Timing

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.

9.7 Leaving the stadium during the competition

An athlete may only leave the competition area when accompanied by a judge. The intention has to be communicated to the Referee.

9.8 Leaving the stadium after the competition

After the competition, athletes leave immediately through the mixed zone. The exit route passes the interview cameras of the TV, then through the radio interview room into the mixed zone. The clothing baskets will be brought to kit collection area.

9.9 Drinking Stations

Water and soft drinks are provided in the infield, mixed zone and in the warm-up area.

9.10 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 a responsible official acting on his/her behalf (Rule 146.3). 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). Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 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, a deposit of EUR 75, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

9.11 Interviews

Immediately after the competition, the flash interview group will interview the winning athletes. These interviews will be distributed on information sheets to the media. In the mixed zone, all athletes 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.

10. MEDICAL SERVICES & DOPING CONTROLS

10.1 Medical Services

10.1.1 General Information

The medical service will provide medical information and assistance to teams, organisation personnel, and honorary guests as well as, during the competition, to the spectators in the stadium.

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

More information will be given during the Medical Meeting, Wednesday 10 July at 14:45, after the Technical meeting.

10.1.2 Medical Services in the Team Hotels

The medical centre serves the athletes, trainers, other team members as well as members of the competition organisation. The medical centre is located at the Tampere Stadium and will be open one hour before the competition and will be closed one hour after the end of competition. During other hours there will be a doctor on call, phone number +358 45 6729390.

10.1.3 Medical Care at the Competition Venue

The stadium medical service is responsible for any problems concerning the athletes' health. There is also a room for medical attention next to the 100 meter start line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

The stadium medical service is also responsible for first aid in the warm-up area.

There are four first aid teams on the infield, supervised by a doctor and marked with green crosses.

10.1.4 Physiotherapy

In every hotel there is a room available for Physiotherapy.

Equipped physiotherapy facilities will be available in the warm-up area which will be open according to the daily competition schedule.

During the competition times, it is possible to use the services of the LOC physiotherapists, who are available in the medical room.

Ice baths will be available in both training venues, Pyynikki and Hervanta as well as ice at the competition venue.

10.1.5 Insurance

According to the Regulation 410.9 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.

10.2 Doping Controls

10.2.1 General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti doping officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS). Athletes are reminded that they have the responsibility to provide a valid photo identification at the Doping Control Station.

A 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 render them liable to disqualification and may lead to 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.

10.2.2 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.

10.2.3 Additional Controls

Additional athletes may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

10.3 European Athletics Anti-Doping Education Programme

European Athletics Anti-Doping Educational Programme European Athletics is determined to increase its fight against doping. We want to ensure a clean sport and fairness amongst all competitors. One way is to search for cheating athletes through doping controls. We are continuously improving our testing programme, however, controls and tests are only a tool to identify those athletes that already broke the rules and have cheated everybody by doping.

We want to support the true and clean athletes when they start to engage in our sport. We need to show that we are ready to help and give them guidance to challenge doping. European Athletics aims to promote education for awareness, knowledge and prevention. The athletes can only act in the right way if they know the rules and know the danger of doping.

As a long term goal we wish to contribute with our programme to the promotion of fairness and respect among athletes. We need to fight doping as it is destroying the fundamental principle of our sport: fair play.

In order to target the youngest group of athletes, the programme which is supported by the UNESCO, the World Anti-Doping Agency and the IAAF will be implemented for the fifth time at the European Athletics U23 Championships in Tampere/FIN (11-14 July 2013).

Please encourage your athletes to take part in this important programme.

Only together we can make our sport drug free!

10.3.1. Procedure of the Programme at the Championships

All competing athletes will have a chance to learn with an interactive education tool to increase their knowledge and also take part in an electronic quiz about doping in our educational tent located in the teams' physio area. The interactive tool gives the possibility to learn more about anti-doping procedures and side effects of drugs while the quiz is a multiple choice test which will give a detailed explanation in case of wrong answers.

The programme will run on all 4 competition days in order to give all athletes the possibility to take part. Participant of the Anti-Doping Education Programme will be entered in a draw, where athletes can win the following prizes:

1st place:

- Accreditation (Team Access) for the European Athletics Championships in Zürich (SUI),
- Single room and full board accommodation for the duration of the Championships in one of the team hotels.
- Contribution to the flight ticket up to 400 CHF.

2nd place:

- Accreditation (Team Access) for the European Athletics Championships in Zürich (SUI),
- Single room and full board accommodation for the duration of the Championships in one of the team hotels.

3rd place:

- Accreditation (Team Access) for the European Athletics Championships in Zürich (SUI).

The winners will be announced during the closing party. Further information will be given in the athletes' welcome bags and displayed during the event.

10.3.2 FINADA's Clean Win programme

European Athletics and Finnish Antidoping Agency FINADA's Clean Win programme are working together to promote fair play between athletes. Make sure to visit the Anti-Doping stations (at the Cumulus Hämeenpuisto hotel and Varala Sport Institute on Thursday and Friday from 11:00 to 14:00; at the Cumulus Rautatiekatu and the Hervanta hotels on Saturday and Sunday from 11:00 to 14:00; and at the Stadium during the evening sessions of the Championships) to learn more and win prizes.

11. INFORMATION

11.1 Stadium

Timing Boards

A clock showing the race time is positioned in the infield near the finishing line as well as near the 100m, 200m and 300m start line.

Field Events Boards

The result of each trial in field events will be shown on the dedicated infield scoreboards. Final and intermediate results of the field events will be indicated on the scoreboard.

The qualifying marks for the final of the Championships will be marked in the following disciplines:

- Long Jump and Triple Jump yellow mark along the landing area
- Throwing events yellow lines in the landing sector

11.2 Announcements

Official announcements will be made in Finnish and English.

11.3 Start Lists and Results

Start Lists for each competition day will be made available to Team Leaders at the TIC on the previous day.

Results and start lists will be displayed on the TIC Information Board and also at the main warm-up venue.

Copies of the results of each day's events will be distributed to each Team at the TIC team mailbox on each evening of competition. A daily program, which will include the start list for each competition day and the results of the previous competition day, will be available each morning at the TIC team pigeon box. Complete results in the form of a booklet will be issued to Team Leaders at the Team Hotels' Information Desk on Monday 15 July

12. SECURITY

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

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

If necessary, the police can be contacted through the LOC Information Desk at your hotel.

13. CEREMONIES & SOCIAL FUNCTIONS

13.1 Welcome Dinner

A Welcome Dinner hosted by the City of Tampere will be held at the City Hall on Wednesday 10 July at 21:30, right after the Opening Ceremony. One person from each team will be invited. Invitation cards will be included in the welcome bags.

13.2 Opening Ceremony

The Opening Ceremony will take place on Wednesday 10 July at 20:30 at the Laukontori Square. All teams are invited to attend the Opening Ceremony. There will be a reserved area for team members. Team members are not requested to take part in the Opening Ceremony programme.

13.3 Victory Ceremonies

Immediately after the finals of track and field events, all medallists will be given notifications with indication about when and where they must report for their victory ceremony. These notifications will serve as access passes to victory preparation area. Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Meeting. All the victory ceremonies will take place at Tampere Stadium with the exception of both race walking ceremonies which will be held during the Opening Ceremony on Wednesday evening and both 4x400m relay ceremonies which will be held during the Closing Party on Sunday evening. 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, bags or other.

Team Leaders are requested to check their countries respective flags and anthems at the time of the Accreditation.

13.4 Closing Party

The Closing Party will take place on Sunday 14 July at 22:00 at the Restaurant Miami & Hullu Poro ("Crazy Reindeer") located in the Shopping Mall, right next to the Stadium. Everyone with accreditation card is welcome to attend.

14. DEPARTURE

Teams will be asked to provide full travel details together with the final entries. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, only if there are any changes to the provided details. Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier. On the day of departure the LOC Hotel Manager will check the rooms together with the Team Leaders.

Pole Vault will be transported by the LOC directly from the Tampere Stadium to the airport, where they will be kept under surveillance and handed over to the team member according to team's departure times. The LOC will provide a lorry for this service.

15. CONTACT DETAILS

For further details about the European Athletics U23 Championships in Tampere please contact:

15.1 European Athletics Office

European Athletics

Avenue Louis-Ruchonnet 18
1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

Fax: +41 21 313 43 51

E-mail: competition@european-athletics.org

Web: www.european-athletics.org

See point 2.3. for the European Athletics Headquarters' contact details.

15.2 Office of The Local Organising Committee

Ms Elisa Hakanen

General Secretary

tel. +358 50 352 0982

elisa.hakanen@tampere2013.fi

Web: www.tampere2013.fi

Ms Siiri Suominen

Office Manager

siiri.suominen@tampere2013.fi

16. APPENDICES

TIMETABLE AND DAILY MAPS

WEDNESDAY 10.7.

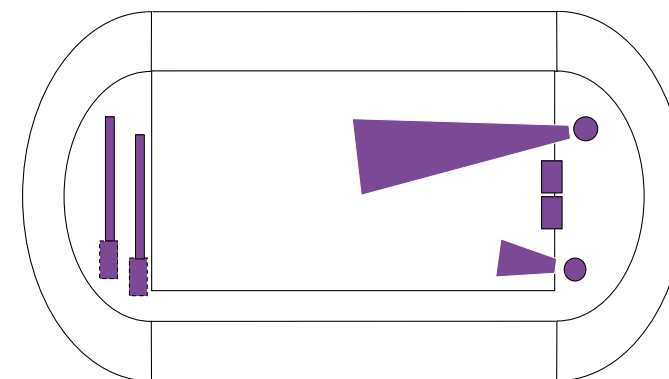
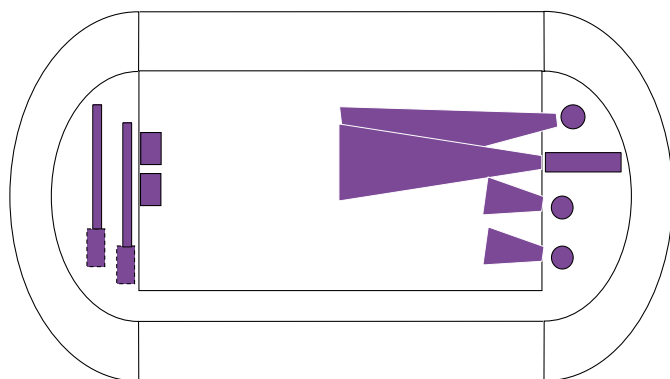
16:15	20km Race Walking	W
18:30	20km Race Walking	M
20:30	Opening Ceremony (incl. Race Walk VC)	

THURSDAY 11.7. MORNING

10:00	Hammer Throw	M	Q A
10:10	100m	M	Dec
10:20	Shot Put	M	Q A+B
10:40	100m	M	RI
11:00	Long Jump	M	Dec A+B
11:20	100m	W	RI
11:20	Hammer Throw	M	Q B
12:05	3000m St	W	RI
12:20	Shot Put	M	Dec A+B
12:50	Javelin Throw	M	Q A
13:00	High Jump	W	Q A+B
13:05	400m Hurdles	W	RI
13:50	400m Hurdles	M	RI
14:05	Javelin Throw	M	Q B

THURSDAY 11.7. AFTERNOON

17:00	High Jump	M	Dec A+B
17:00	800m	W	RI
17:10	Discus Throw	M	Q A
17:30	800m	M	RI
17:50	Long Jump	M	Q A+B
18:10	100 m	W	SF
18:30	100m	M	SF
18:40	Discus Throw	M	Q B
18:50	10 000m	M	F
19:20	Shot Put	M	F
19:30	Triple Jump	W	Q A+B
19:35	400m	W	RI
20:00	400m	M	RI
20:17	10 000m	M	VC
20:25	400m	M	Dec
20:40	Shot Put	M	VC

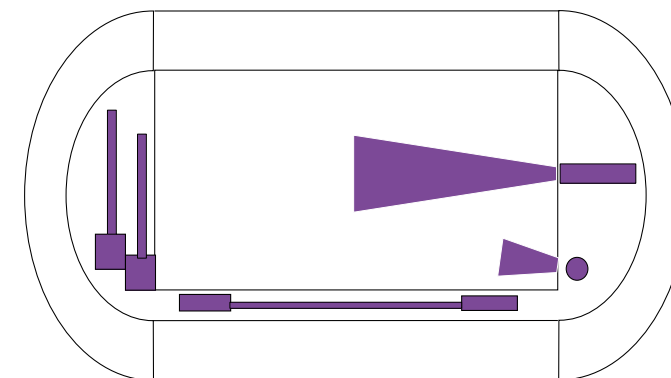
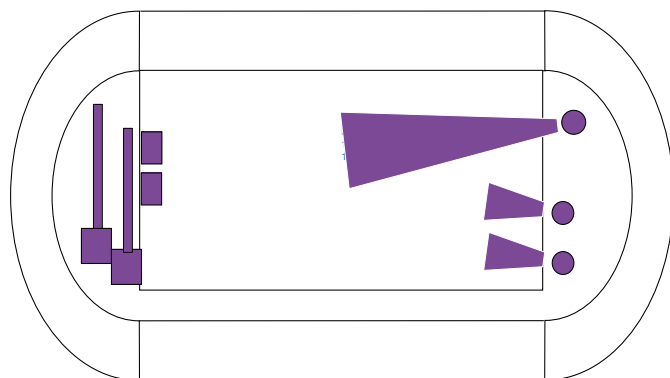


FRIDAY 12.7. MORNING

10:00	Hammer Throw	W	Q A
10:00	High Jump	M	Q A+B
10:45	100m Hurdles	W	RI
11:15	Hammer Throw	W	Q B
11:30	Shot Put	W	Q A+B
11:35	110m Hurdles	M	Dec
12:05	110m Hurdles	M	RI
12:20	Pole Vault	W	Q A+B
12:40	Discus Throw	M	Dec A
12:45	3000m St	M	RI
13:40	Discus Throw	M	Dec B

FRIDAY 12.7. AFTERNOON

15:35	Pole Vault	M	Dec A+B	19:15	Pole Vault	M	Q A+B
17:00	400m Hurdles	W	SF	19:42	Triple Jump	W	VC
17:10	Triple Jump	W	F	19:50	400m	W	SF
17:20	400m Hurdles	M	SF	20:00	Long Jump	M	F
17:55	Javelin Throw	M	Dec A	20:05	400m	M	SF
18:00	100m	W	F	20:11	800m	W	VC
18:05	Shot Put	W	F	20:20	Javelin Throw	M	F
18:10	100m	M	F	20:22	800m	M	VC
18:30	800m	W	F	20:30	200m	W	RI
18:40	800m	M	F	20:49	10 000m	W	VC
18:43	100m	W	VC	20:57	Shot Put	W	VC
19:51	100m	M	VC	21:05	200m	M	RI
19:00	10 000m	W	F	21:35	1500m	M	Dec
19:00	Javelin Throw	M	Dec B	21:50	Long Jump	M	VC

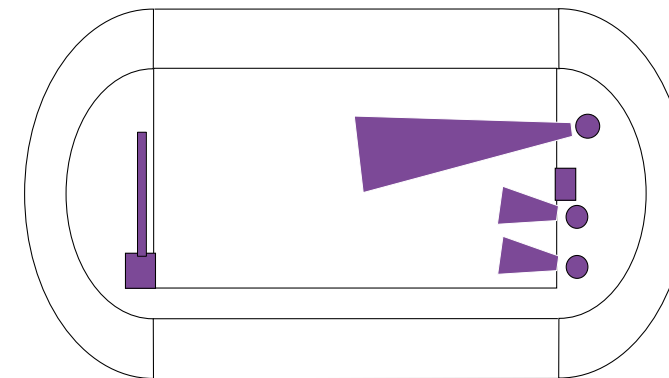
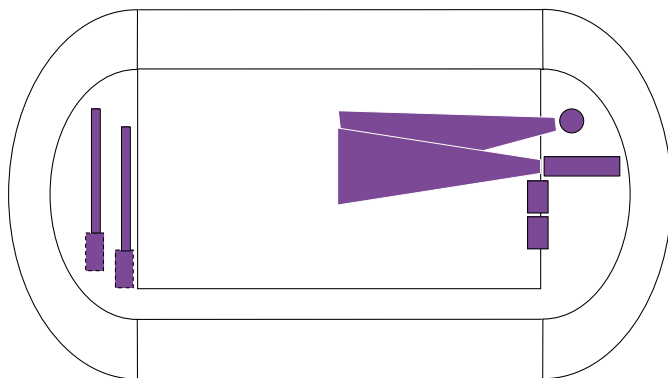


SATURDAY 13.7. MORNING

10:00	Javelin Throw	W	Q A
10:10	100m Hurdles	W	Hept
10:25	Long Jump	W	Q A+B
10:40	1500m	W	RI
11:00	1500m	M	RI
11:10	Javelin Throw	W	Q B
11:15	High Jump	W	Hept A+B
11:25	200m	M	SF
11:40	200m	W	SF
12:05	4x400m Relay	M	RI
12:15	Triple Jump	M	Q A+B
12:30	Discus Throw	W	Q A
12:30	4X400m Relay	W	RI
13:40	Discus Throw	W	Q B

SATURDAY 13.7. AFTERNOON

16:00	Hammer Throw	M	F	18:50	200m	M	F
16:18	Decathlon	M	VC	18:55	400m	M	VC
16:30	Pole Vault	W	F	19:05	110m Hurdles	M	SF
16:38	Javelin Throw	M	VC	19:12	Pole Vault	W	VC
17:00	Shot Put	W	Hept A+B	19:20	100m Hurdles	W	SF
17:10	400m Hurdles	W	F	19:35	Discus Throw	M	F
17:20	400m Hurdles	M	F	19:40	200m	W	Hept
17:35	400m	W	F	19:52	200m	W	VC
17:40	Hammer Throw	W	F	20:00	200m	M	VC
17:41	400m Hurdles	W	VC	20:10	5000m	M	F
17:50	400m	M	F	20:32	3000m St	W	VC
17:53	400m Hurdles	M	VC	20:40	110m Hurdles	M	F
18:01	Hammer Throw	M	VC	20:50	100m Hurdles	W	F
18:10	3000m St	W	F	20:52	Hammer Throw	W	VC
18:31	400m	W	VC	21:00	5000m	M	VC
18:40	200m	W	F	21:08	High Jump	W	VC
18:45	High Jump	W	F				



IMPLEMENT LIST

Shot Put Men	Description	Colour	Catalogue No.	IAAF cert.
Nishi	Steel 125,5mm	silver	F251	I-99-0087
Gill Athletics	Steel 128mm	black	34163	I-99-0054
Nordic	Olympic Super Steel 128mm	yellow	5131726	I-99-0021
Nordic	Steel 117mm	silver	5134726	I-99-0024

Discus Men	Description	Colour	Catalogue No.	IAAF cert.
Nordic	Gold, brass rim, fibreglass side	white/gold	6176200	I-99-0006
Denfi	Jürgen Schult Ultimate Spin, chrome rim, carbon	gray/yellow centre	D2000 JSUS	I-99-0098
Denfi	Space traveller	blue/black	D2000 ST	I-10-0456
Gill Athletics	Pacer Gold	Bronze alloy rim	G720201	I-99-0036

Hammer Men	Description	Colour	Catalogue No.	IAAF cert.
Nishi	Steel 110mm	orange	F201/F352	I-99-0079
Polanik	Brass 110mm	gold	PM-7,26/110-M/UP/UW-130	I-00-0206
Polanik	Steel 110mm	silver	PM-7,26/110-S/UP/UW-130	I-00-0203
Nordic	Brass 110mm	gold	5125726/5120010	I-99-0008

Javelin Men	Description	Colour	Catalogue No.	IAAF cert.
Nordic	Orbit, carbon, blue cord	white, blue spiral	7916808c	I-99-0190
Nordic	Airglider, carbon, red cord	white, red spiral	7916803c	I-03-0300
Nemeth	Classic 90m, aluminium, violet cord	violet/yellow/green	800CS90	I-99-0100
Nordic	Champion carbon	white, violet spiral	7916800C	I-99-0189

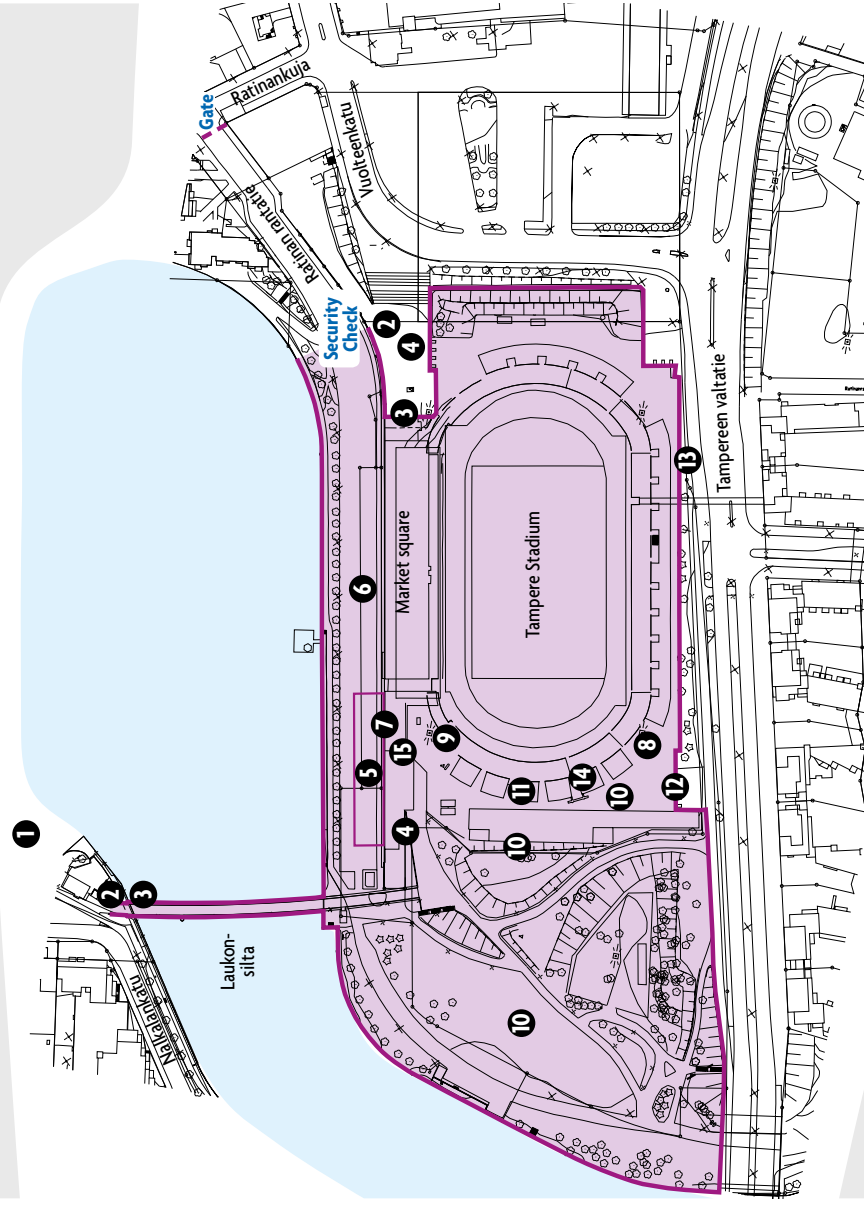
Shot Put Women	Description	Colour	Catalogue No.	IAAF cert.
Nelco	Turned Iron 104mm	black	N1118EA	I-99-0137
Nordic	Turned Steel 108mm	red	5133402	I-99-0025
Nishi	Steel 109mm	silver	F253C	I-99-0084
Nordic	Olympic Super Steel 100mm	blue	5133401	I-99-0027
Nordic	Stainless steel 95 mm	silver	5134400	I-99-0028

Discus Women	Description	Colour	Catalogue No.	IAAF cert.
Nordic	Gold, brass rim, fibreglass sides	white/gold	6176100	I-99-0005
Nishi	Super HM, steel rim, FRP sides	purple/black/white	F333A	I-02-0256
Denfi	Jürgen Schult Ultimate Spin	gray/yellow centre	D1000JSUS	I-99-0099
Nelco	Gold, brass rim, plastic side	white/gold	N1105GD	I-99-0096

Hammer Women	Description	Colour	Catalogue No.	IAAF cert.
Nishi	Steel 96mm	blue	F210A/F352	I-99-0080
Polanik	Brass 95mm	gold	PM-4/95-M/UP/UW-130	I-00-0204
Polanik	Stainless Steel 95mm	silver	PM-4/95-S/UP/UW-130	I-00-0201
Nelco	Olympic Brass 95mm	gold	N1121D/N1125BN	I-99-0147

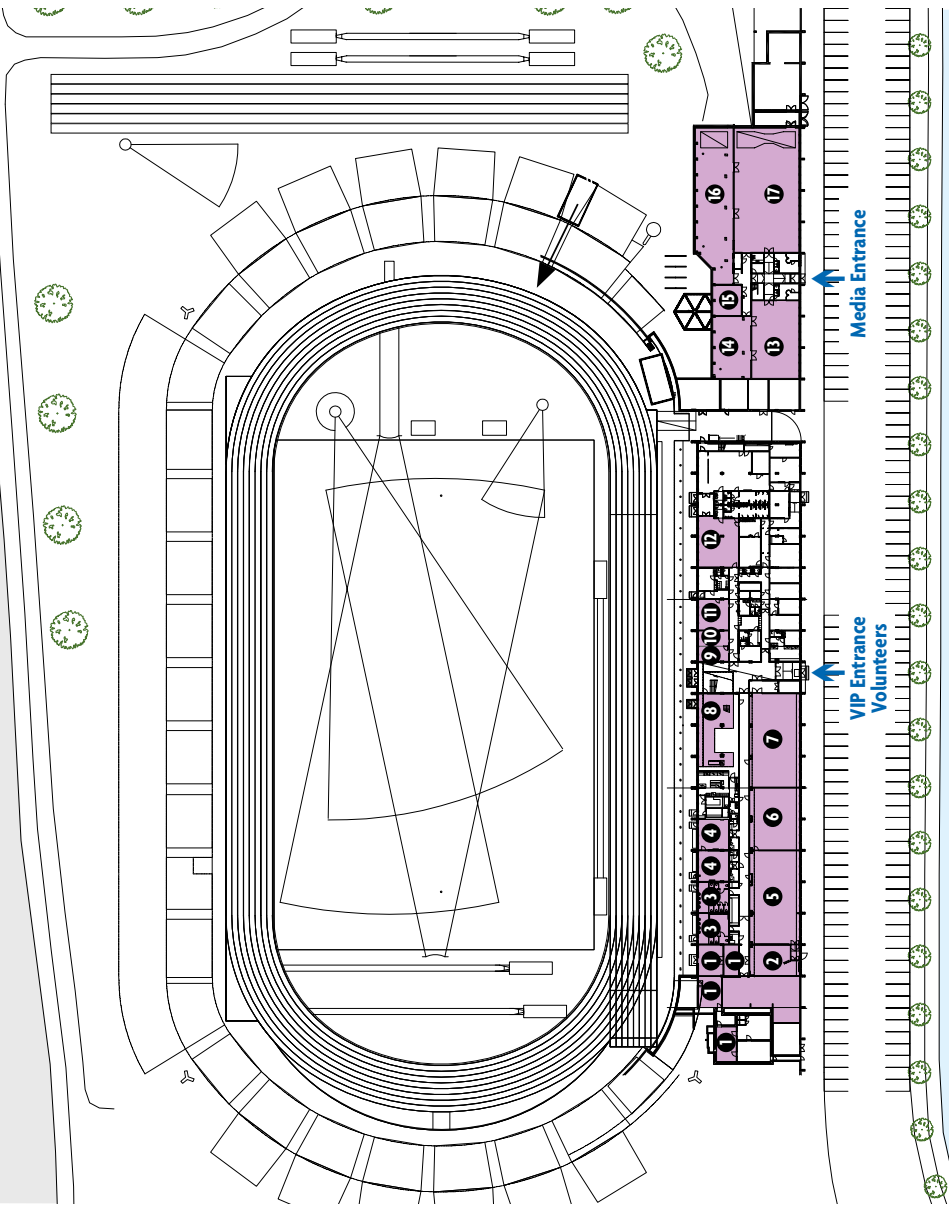
Javelin Women	Description	Colour	Catalogue No.	IAAF cert.
Nemeth	Club 75, aluminium, violet cord	violet/yellow/blue	600C75	I-99-0103
Nemeth	Classic 80m, aluminium, violet cord	violet/yellow/green	600CS80	I-99-0102
Nordic	Diana 80, steel, blue cord 80m	lilac white	7917603	I-99-0018
Nordic	Olympia Carbon	White, green spiral	7917606c	I-10-0457

Tampere Stadium, Competition Areas



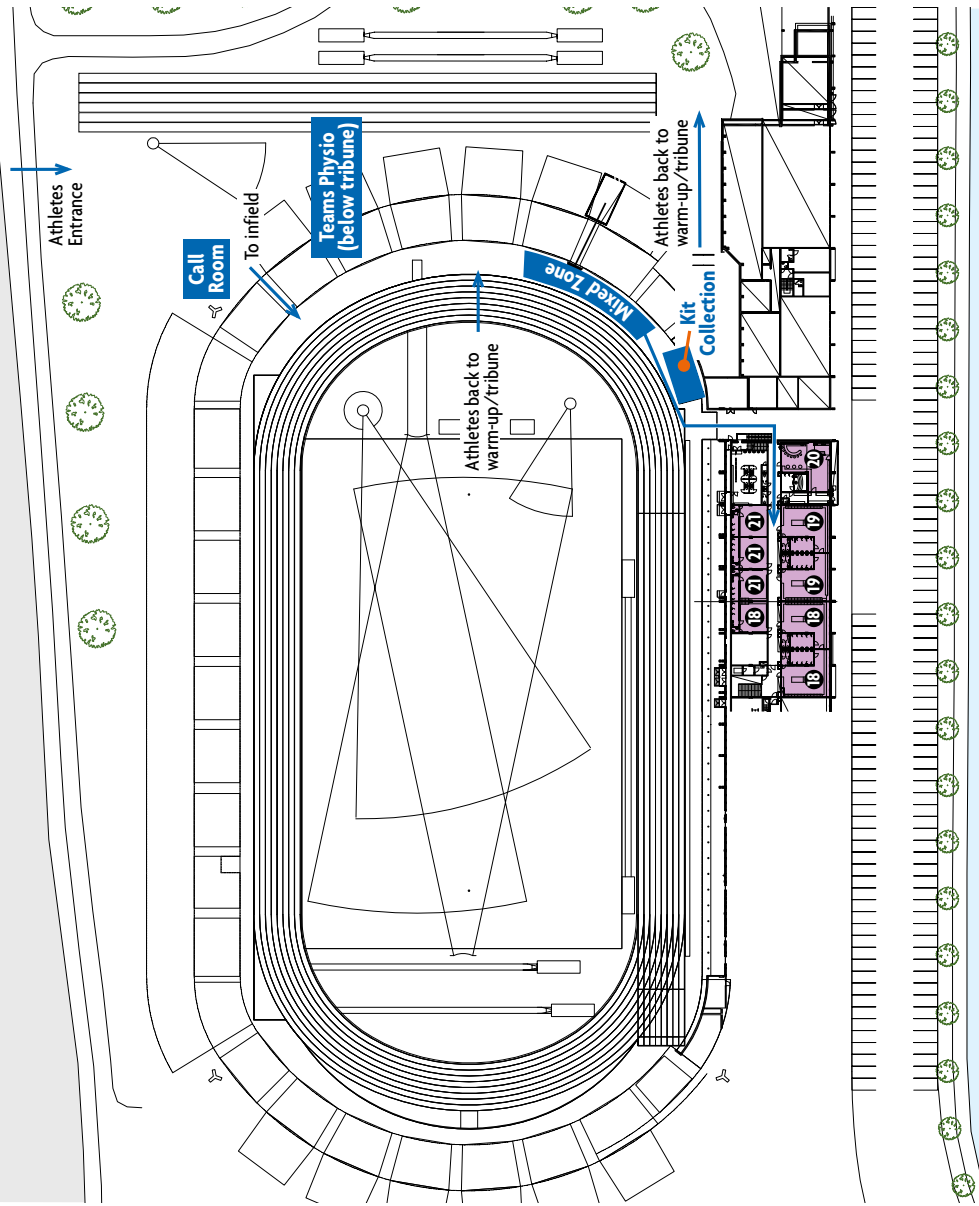
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|----------|---|-----------|-----------------------------------|
| 1 | Opening Ceremony /
Race Walking Events | 8 | Call Room |
| 2 | Ticket Office | 9 | Mixed Zone |
| 3 | Main Entrance | 10 | Warm-up |
| 4 | Bicycle Parking | 11 | Victory Ceremony Podium |
| 5 | YLE TV Compound | 12 | Athletes Entrance |
| 6 | VIP/LOC Parking | 13 | Team Shuttle Bus Drop-off/Pick-up |
| 7 | Media Centre | 14 | Teams Physio (below tribune) |
| | | 15 | Kit Collection |

Tampere Stadium, Competition Areas & Offices – Ground Floor



- | | | |
|---------------------------------|--------------------------------------|--|
| 1 Storage | 7 European Athletics Office | 13 TIC |
| 2 LOC Office | 8 European Athletics Club | 14 YLE |
| 3 WC | 9 Technical Delegates Room | 15 Storage |
| 4 Medical Centre | 10 ITOs/ATOs Room | 16 Media Centre |
| 5 Volunteers Centre | 11 Competition Office | 17 Main Accreditation Centre
Finances Office
Transport Office |
| 6 Technical Meeting Room | 12 Omega data processing Room | |

Tampere Stadium, Competition Areas & Offices – 1st Floor



18 Doping Control Centre

19 Resting Area for Combined Events

20 LOC - European Athletics Meeting Room

21 Meeting Rooms

OFFICIAL VENUES AND HOTELS

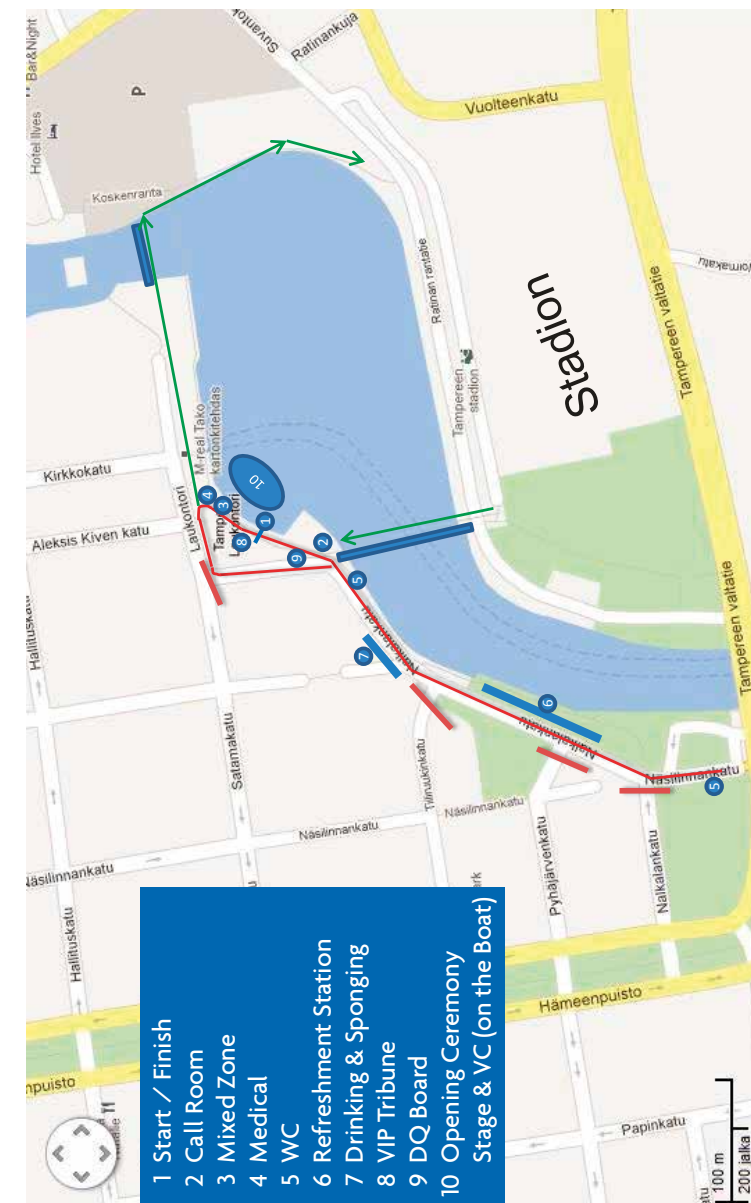


Teams

Four venues of good standard have been chosen to accommodate all the Teams. The hotels are located within a radius of 3 km from the Stadium and from the training fields Pyynikki and Hervanta.

- | | |
|---|--|
| <ul style="list-style-type: none"> 1 Cumulus Hämeenpuisto 2 Cumulus Rautatienkatu 3 Cumulus Koskikatu
Media, Technical Partners, Personal Coaches 4 Hotel Ilves
European Athletics Family | <ul style="list-style-type: none"> 5 Police College 6 Varala Sport Institute 7 Pyynikki (training field) 8 Miami/Hullu Poro Restaurant
Closing Party, Media Restaurant |
|---|--|

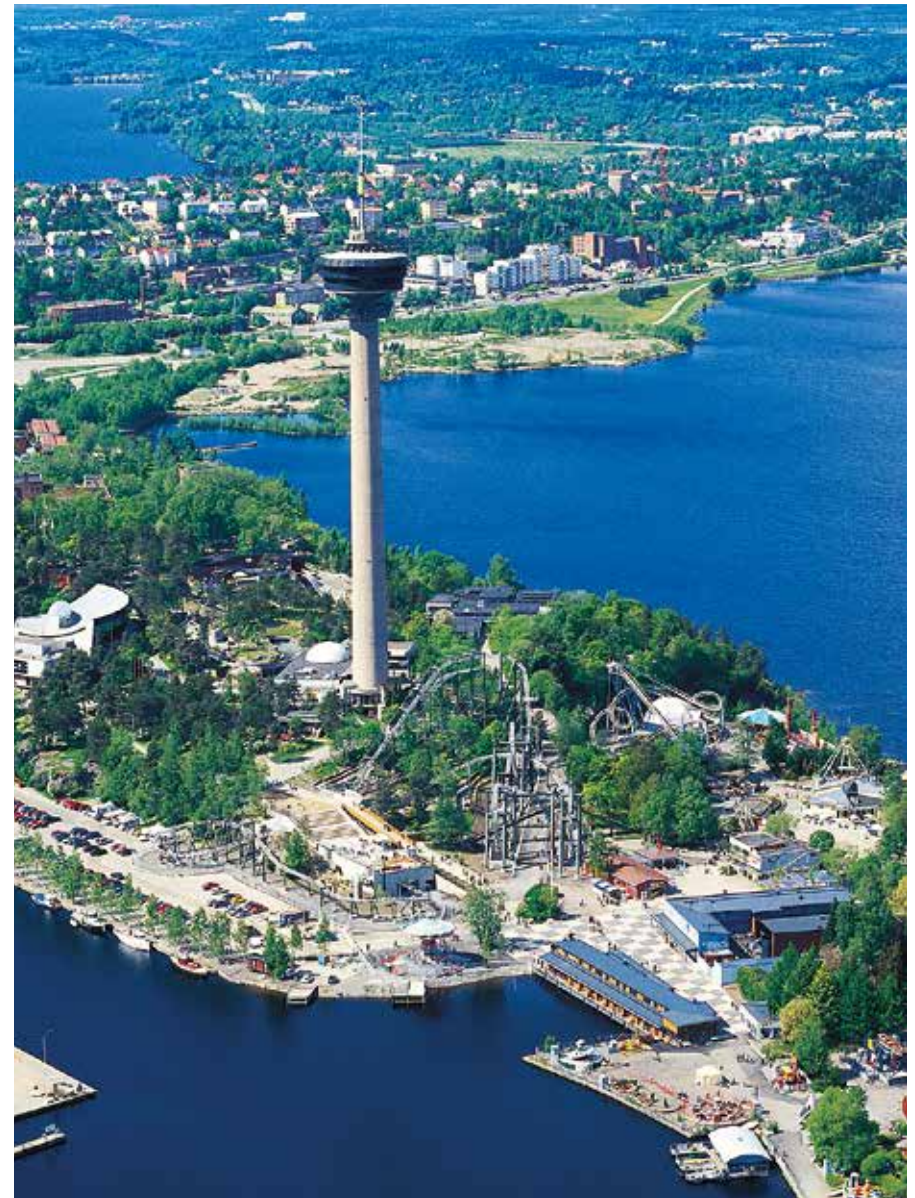
RACE WALKING



- 1 Start / Finish
- 2 Call Room
- 3 Mixed Zone
- 4 Medical
- 5 WC
- 6 Refreshment Station
- 7 Drinking & Sponging
- 8 VIP Tribune
- 9 DQ Board
- 10 Opening Ceremony
Stage & VC (on the Boat)

Athletes flow







EUROPEAN ATHLETICS U23 CHAMPIONSHIPS

INTERNATIONAL PARTNERS



OPERATED BY EBU

NATIONAL SPONSORS



NATIONAL SUPPLIERS



MEDIA PARTNER



HOST INSTITUTIONS



SUOMEN URHEILULIITTO
Finnish Athletics



TAMPERE

Ministry of Education
and Culture