

AMSTERDAM **2016**

 **EUROPEAN ATHLETICS
CHAMPIONSHIPS**



**EUROPEAN ATHLETICS
CHAMPIONSHIPS 2016**

6-10 JULY • OLYMPIC STADIUM • AMSTERDAM

MEDIA GUIDE

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WELCOME MESSAGE FROM EUROPEAN ATHLETICS

The European Athletics Championships is the most exciting event in our competition programme, when new and established stars of our sport have the opportunity to shine on the continental stage. It is when our sport reaches its largest audience, with television coverage in almost all European countries and outside Europe as well.

Amsterdam 2016 is a spectacular curtain-raiser for the Rio 2016 Olympic and Paralympic Games. The Championships capitalises on the heightened interest in our sport during the Olympic year, acting as a key milestone in the narrative of athletics in the lead up, and is a barometer for the public judging its athletes' chances ahead of the Rio Games.

The success of these championships will not only be measured in terms of performance on the track, in the field, but in TV images, radio sound bites, in column inches and dazzling photographs. To achieve these in Amsterdam, the media will be working very hard and under considerable pressure, which is why the local organising team and European Athletics has made sure that the media services provided to broadcasters, written press and photographers is of a gold-medal standard.

With the Championships now staged every two years, we are creating more European champions, more stars in the sport within each competing country, and we are finding new stars more regularly. Now go out and promote these stars across the continent!

I take this opportunity to thank you for the tremendous support that you have provided to the sport through your extensive coverage of the European Athletics Championships over the years.

This handbook contains all the information that you need about the media services in Amsterdam. I sincerely hope you will enjoy what I am sure will be an outstanding European Athletics Championships.

Sincerely yours, 

Svein Arne Hansen, President European Athletics



DEAR FRIENDS,

Welcome to Amsterdam! It seems like only yesterday that we started our preparations for the European Athletics Championships Amsterdam 2016. From day one it has been an exciting time and now the big day is upon us. It is the first time ever that the European Athletics Championships have been held in the Netherlands. Over the next few days, the best athletes from 50 European countries will be competing for dozens of European titles. Here in Amsterdam, we are extremely proud to be hosting one of the most popular European sports events. Our team of enthusiastic professionals and volunteers has worked very hard to make sure these championships, the 23rd edition, are a success.

We want everyone to enjoy this festival of sport so we've added some special touches to the programme. Most of the events are taking place in the beautifully refurbished Olympic Stadium but we are also bringing some of them into the city at large. For example, the qualifying rounds of the javelin and discus are taking place on the Museumplein, a grassy square surrounded by museums full of priceless art. The medal ceremonies are not taking place in the main arena but in the Fanzone, the place to be if you are not in the stadium itself.

We've also organised a complete programme of side events. Thousands of children have been encouraged to take part in sports through a special schedule for schools. And thanks to our partnership with Amsterdam's VU University, experts will be able to exchange the latest theories on the importance of sport and movement. If you are in the mood to get moving yourself, on Sunday, July 10, thousands of people will take part in the Brooks 10K Champions Run to raise money for the Johan Crujff Foundation.

I would like to thank European Athletics, Amsterdam city council, the Olympic Stadium, our sponsors and partners who have helped make these championships an event for both athletes and fans to remember. Most of all, I hope that you enjoy these five days of European athletics at their best.



Age Fluitman, President of the Local Organising Committee

1. ORGANISATIONAL STRUCTURE

1.1 EUROPEAN ATHLETICS COUNCIL

President	Svein Arne Hansen (NOR)
First 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 (ZWE) 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)

1.2 EUROPEAN ATHLETICS DELEGATES

Organisational Delegate	Christian Milz (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 - 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)
Jury of Appeal	Jorge Salcedo (POR) - Chair Frank O. Hamm (GER) Imre Matrahazi (HUN) Tatiana Goncharenko (RUS) Keith Davies (GBR)
International Starter	Marco Pagliano (ITA)
International Photo Finish Judge	Tobia Koch (GER)
International VDM Judge	Iker Martinez (ESP) Krisztina Horvath (HUN)
Event Presentation Consultant	Andy Kay (GBR)

1.3 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

1.4 EVENT AMBASSADOR OF THE LOCAL ORGANISING COMMITTEE

Olympic Champion (800m) Barcelona 1992 Ellen van Langen

1.5 BOARD OF THE LOCAL ORGANISING COMMITTEE

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)

1.6. LOCAL ORGANISING COMMITTEE

Chief Executive Officer	Rien van Haperen
Chief Operating Officer	Erik Cornelissen
Deputy Chief Executive Officer	Yvonne Tamminga
Competition Director	Niels van der Aar
Logistics Manager	Niels Markensteijn
Marketing Manager	Norbert Chevalier
Communications Manager	Annemieke Sirks
TV & Media Manager	Marie-Louise Lemmen
Office & Team Services Manager	Jarmilla van Stralen
Delegate City of Amsterdam	Jacob Bergsma
Delegate Royal Dutch Athletics Federation	Jan Willem Landré

Logistics Coordinator/Transport Projects Coordinator	Kim Joosten
Accommodation	Louise Fredriksson
Accreditation	Gitta Hanraath
Victory Ceremonies/Half Marathon	Karin Kenter
Competition Coordinator	David van der Welle
Communication Coordinator	Yvonne van Langen
Online Marketing Manager	Linda Berkel
Medical Services	Roy van Damme
Anti-Doping	Niels Wijne
Media	Ellen van de Bunt
Protocol and Hospitality	Guus van Berkel
Ticketing	Josette Smit
Side Events	Kathy Kloos
Sponsors	Linda Griët
Volunteers Manager	Doron Zarr
	Yvon Roelofs

TV & Media Organisation

TV & Media Manager	Marie-Louise Lemmen (+31-6-51893849)
Press Manager	Guus van Berkel (+31-6-10557936)
Main Press Centre Manager	Geert Jan Verwiël (+31-6-53257802)
Photographers Chief	Pascal Rondeau
Mixed Zone Manager	Stefan Thies
Media Tribune Manager	Josephine Watkinson

1.7 LOCAL ORGANISING COMMITTEE OFFICE

European Athletics Championships Amsterdam 2016

Olympic Stadium 21, 1076 DE Amsterdam, Netherlands

Office +31 (0)6 3818 5454

Hospitality number (on event days 09:00 – 22:00)

+31 (0)6-24918368

E-mail info@amsterdam2016.org

Web www.amsterdam2016.org

1.8 PARTICIPATING MEMBER FEDERATIONS



ALB
Albania



AND
Andorra



ARM
Armenia



AUT
Austria



AZE
Azerbaijan



ITA
Italy



KOS
Kosovo



LAT
Latvia



LIE
Liechtenstein



LTU
Lithuania



BLR
Belarus



BEL
Belgium



BIH
Bosnia
Herzegovina



BUL
Bulgaria



CRO
Croatia



LUX
Luxembourg



MKD
FYR Macedonia



MLT
Malta



MDA
Moldova



MON
Monaco



CYP
Cyprus



CZE
Czech Republic



DEN
Denmark



EST
Estonia



FIN
Finland



MNE
Montenegro



NED
Netherlands



NOR
Norway



POL
Poland



POR
Portugal



FRA
France



GEO
Georgia



GER
Germany



GIB
Gibraltar



GBR
Great Britain



ROU
Romania



SMR
San Marino



SRB
Serbia



SVK
Slovak Republic



SLO
Slovenia



GRE
Greece



HUN
Hungary



ISL
Iceland



IRL
Ireland



ISR
Israel



ESP
Spain



SWE
Sweden



SUI
Switzerland



TUR
Turkey



UKR
Ukraine

2. VISITOR INFORMATION



2.1 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 €200 and €500 notes.

2.2 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!



2.2.1 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

2.2.2 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, 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 speciality 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.

2.2.3. 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 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.

2.2.4 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.

2.2.5 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.

2.2.6 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.

2.2.7 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.



3. ABOUT AMSTERDAM 2016

3.1 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 Fan Zone, 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 Fan Zone 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.

3.2 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 discus and javelin events 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.

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	



■ OLYMPIC STADIUM
■ MUSEUMPLEIN



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- @Euro_champs (English)
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3.4 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!

3.4.1 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.



3.4.2 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.



3.4.3 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.

3.4.4 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.

3.4.5 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.

3.5 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!



3.6 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.



© European Athletics Championships Amsterdam 2016

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

3.7 CEREMONIES

3.7.1 OPENING CEREMONY - TUESDAY 5 JULY

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 Alderman Eric van der Burg. The Opening Ceremony will start at 17.00 and will last about 30 minutes. During the opening ceremony, around the pond on the Museumplein, there will be a media section available for pre-registered press.

3.7.2 VICTORY CEREMONIES

Victory ceremonies will take place at the Medal Plaza (Fanzone), right next to the Olympic Stadium. Please see 3.1 for detailed timetable.

3.7.3 CLOSING CEREMONY - SUNDAY 10 JULY

The Closing Ceremony will consist of the European Athletics flag handover to the representatives of the Berlin 2018 European Athletics Championships. It will take place infield around 19:00, i.e. after the end of the last relay race.

3.8 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.





3.9 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**

3.10 ADDRESSES

Olympic Stadium Olympisch Stadion 2	Competition venue 1076 DE Amsterdam
Museumplein Museumplein	Competition venue 1071 Amsterdam
Arsenal IJsbaanpad 50	Warm-up stadium 1076 CV Amsterdam
Ookmeer Dokter Meurerlaan 7	Training stadium 1067 SM Amsterdam
Sports Hall Burgerweeshuispad 54	Main Accreditation Centre - Main Press Centre 1076 EP Amsterdam
Olympic Stadium Olympisch Stadion 21	LOC Office (prior and during event) 1076 DE Amsterdam

4 MEDIA

4.1 ACCREDITATION

4.1.1 GENERAL INFORMATION

Each person involved in Amsterdam 2016 European Athletics Championships will receive an accreditation card, which must be worn during the entire competition and should be clearly visible. Security personnel will control all areas.

The accreditation is non-transferable and does not allow the holder to take another person beyond checkpoints. Each accreditation card is personalised and requires passport information and a portrait photo (passport type) which needs to be pre-uploaded electronically by the registrant when requesting accreditation through the registration form. Please note that only completed registrations including portrait pictures can be processed.

The accreditation card is the property of European Athletics and may be withdrawn at any time.

4.1.2 ACCREDITATION PROCEDURE

All media representatives will receive their accreditation at the Main Accreditation Centre (MAC). The MAC is located at the Sports Hall nearby the Olympic Stadium.

Opening hours:

29 - 3 July	10:00 - 18:00
4 - 10 July	09:00 - 21:00

You must pick up your accreditation card in person and present your passport or ID card. The passport or ID card must be the same as used in Arena registration form.

All photographers will be requested to wear a bib. Bibs will be distributed at the Photographers' Briefing on Tuesday 5 July at 13:00 in the Sports Hall.

4.1.3 LOSS OF ACCREDITATION CARD

If you lose or damage your accreditation card, you should report this immediately to the Main Accreditation Centre. Duplicate cards will be issued after careful consideration and if proof of identity can be established. The cost of a replacement card will be €170, due to security issues.

4.1.4 ACCESS AREAS FOR MEDIA

The accreditation card for media representatives gives access to the Main Press Centre, media tribune and mixed zone. A description of all the accreditation zones can be found on the back of the accreditation pass.

The accreditation pass also gives access to the media shuttle buses between Olympic Stadium and the official media hotels.

4.1.5 ACCREDITATION PASSES

The following general rules will apply to all media accreditation passes:

- Each accreditation is personalised and requires a portrait photo.
- Accreditation is a proof of access to specific zones in order to carry out a function.
- The accreditation pass has to be visible at all times to ensure full access to all services and privileges assigned to it

4.2 ACCOMMODATION

4.2.1 HOTELS AND GENERAL INFORMATION

The official Media Hotels are:

Mercure Amsterdam City ****

Joan Muyskenweg 10

1096 CJ Amsterdam

The Netherlands

T +31 20 717 95 63

<http://www.mercure.com/gb/hotel-1244-mercure-hotel-amsterdam-city/index.shtml>

IBIS Schiphol Amsterdam Airport ***

Schipholweg 181

1171PK Badhoevedorp

The Netherlands

T +31 20 721 91 71

<http://www.accorhotels.com/gb/hotel-0649-ibis-schiphol-amsterdam-airport/index.shtml>

Parking fees media hotels:

Mercure Amsterdam City: € 24 per 24 hours.

Parking in the street next to the hotel is free at weekends.

IBIS Schiphol Amsterdam Airport:

First hour free, then € 2.50 per hour to a maximum of € 17.50 per day.

A transportation desk will be located in the lobby of each Media Hotel with 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 July	08:00 - 20:00
Monday 4 July	08:00 - 20:00
Tuesday 5 to Sunday 10 July	06:30 - 23:00
Monday 11 July	06:30 - 13:00

4.3 MEDIA SERVICES AND FACILITIES

4.3.1 ENTRANCES

The media representatives shall use the Olympic Stadium south entrance. Please refer to Appendix 2 for Stadium Map

4.3.2 MAIN PRESS CENTRE

The Main Press Centre is located at the Sports Hall (Dutch: Sporthallen Zuid) nearby the Olympic Stadium south entrance.

4.3.3 MAIN PRESS CENTRE FACILITIES

- Welcome desk
- Free internet connection (WLAN and wired connections)
- Pigeon holes with media information
- TV screens with live signal
- CIS (commentator information system)
- Printers
- Coffee corner (free coffee, tea and water)
- Lockers (for photographers and press)

4.3.4 MAIN PRESS CENTRE OPENING HOURS

Pre-event:	Event:
Monday 4 - Tuesday 5 July 10:00 – 18:00	Wednesday 6 July - Thursday 7 July 07:30 - 23:00
	Friday 8 - Saturday 9 July 09:30 - 01:00
	Sunday 10 July 07:30 - 23:00

4.3.5 MAIN PRESS CENTRE CONTACT:

Phone +31 6 24918465

E-mail: press@amsterdam2016.org

4.3.6 MEDIA TRIBUNE OLYMPIC STADIUM

There are two entrances to the media tribune: see signage 'Media Tribune'. One entrance is dedicated to commentary positions and one is dedicated to written press. The media tribune is located close to the finish line overlooking the 100m straight. It consists of tabled positions with TV screens and CIS terminals for written press and fully/partially equipped commentary positions for TV and radio (according to the request from the rights holder). There is also a limited number of observer seats.

There will be a seating plan, which will be displayed at the Main Press Centre and at the entrance of the media stand. Each accredited written press will have a reserved seat.

4.4 GENERAL RULES

The media tribune is divided into one section for TV/radio commentators and a section for written press. All journalists are asked to respect these sections and seating plan to enable proper working conditions for all media representatives.

4.4.1 DISTRIBUTION OF START LISTS, RESULTS, STATISTICS, FLASH QUOTES

In consideration of the environment, the LOC will endeavor to keep waste paper to a minimum during the championships.

All necessary information for media representatives will be provided via a special press portal - a secured media section on the website.

To use the press portal we will provide you with a username and password. In this portal includes:

- All relevant documents and forms
- Articles (daily updates)
- Athlete profiles
- Videos
- Photos
- Flash quotes
- Statistics handbook
- Media guide

Printed versions of the following documents will be available, on request, at the Main Press

Centre

- Start lists
- Results
- Flash quotes
- Biographical entry lists

4.4.2 MEDIA TRIBUNE

Results will be distributed via the media stand on request only.

Flash quotes are available via the press portal (see above).

Journalists working on the media stand will receive green stickers, on request.

Please label your position with one of them if you wish to receive hard copies of the results.

Start lists will be distributed on the media stand only if they are not available at the Main Press Centre prior to the competition session (e.g. if the semi-final and the final of an event are held during the same session).

Mixed Zone

The mixed Zone includes five areas:

- Live TV/radio mixed zone
- ENG mixed zone
- News access TV/radio mixed zone
- Written press mixed zone
- Non-rights holders mixed zone / web – TV and radios

The dedicated live TV/radio mixed zone will be located in front of the main stand. All other areas of the mixed zone are located in the offices and tents within easy reach of the media-tribune. TV screens and CIS monitors will allow media representatives to follow events in the mixed zone.

All athletes will leave the competition area through the mixed zone.

4.4.3 PRESS CONFERENCES

A media conference room is located in the Sports Hall, in the same building as the Main Press Centre. All accredited media representatives will have access to the media conference room.

There will be no medal press conferences.

Official Press conference

The official press conference will be held on Tuesday 5 July at 15:30 at the Stedelijk Museum, van Baerlestraat 31, 1071 AN Amsterdam. The Stedelijk Museum is located on the Museumplein where the opening ceremony is being held.

Media Facilities Museumplein

There is no Main Press Centre at the Museumplein venue. The press facilities at the Museumplein include: a number of observer seats, internet access and a mixed zone.

4.4.4 HALF MARATHON

There is no Press Centre at the Museumplein for the start and finish of the Half Marathon. There are a number of observer seats for media representatives close to the start and finish line and access will be granted on a first come first served basis. A mixed zone will be available. The Half Marathon can also be followed on video screens and via CIS monitors at the Main Press Centre.

Victory ceremonies

Victory ceremonies will take place at the Medal Plaza at the Olympic Stadium. The victory ceremony for the Half Marathon will also take place at the Medal Plaza on Sunday afternoon, before the start of the final session.

Please refer to Appendix 4 for Victory Ceremonies Schedule.

4.4.5 MEDIA FACILITIES AT TRAINING AND WARM-UP AREAS

There are no specific media areas in the training venues. Media representatives have no access to these facilities. If you would like to interview athletes at one of the training facilities, kindly contact the team press liaison and/or the press manager beforehand.

There are ENG camera positions at the warm-up track. Photographers and representatives of the written press do not have access to warm-up stadiums.

Only the host broadcaster, rights holders and European Athletics camera crews will have access to the warm up areas.

Smoking is prohibited in the Olympic Stadium.

5. PHOTOGRAPHERS' SERVICES AND FACILITIES

5.1 GENERAL RULES OF CONDUCT

All photo positions are allocated on a first come first served basis and cannot be reserved.

Accreditations are not transferable and must be worn at all times together with the photo bib.

Photographers are not allowed to wear any unsanctioned advertising in the infield and must dress appropriately, as they are often in public view. Smoking is prohibited in the stadium. Smoking and eating on the infield are strictly forbidden.

5.1.1 HEAD-ON POSITION

The photographers' head-on position will be located just in front of the TV head-on position and there will be a number of reserved seats in tribune section N, row 1-5, seats 94-101.

5.1.2 OTHER OUTFIELD PHOTO POSITIONS / PHOTO CHANNEL

The number of outfield photo positions at the Olympic Stadium is limited because there is no photo moat nor the option of building photo platforms in the spectators' area (with the exception of the head-on position).

In most positions there is plenty of room behind the sponsor boards. However, please be aware that in some areas you may obstruct the view of spectators and/or TV. This means access to and work at the photo area will be carefully managed by the Photo Chief.

5.1.3 INFIELD PHOTOGRAPHERS

A limited number of photographers will have access to the infield.

The list of organisations with permanent infield access will be determined by European Athletics and the LOC.

Photographers may request temporary access to the infield by filling in the relevant form at the Main Press Centre help desk the day before the relevant session.

All infield photographers will be given an infield photo bib by the photo team.

The Stadium entrance for photographers is at the office of Interbest, Olympic Stadium 37.

See appendix 2 for Stadium Map

5.1.4 REMOTE CAMERAS

Remote cameras may be set-up at the low head-on and at various locations on the infield.

Photographers wishing to set-up remote cameras on the infield must fill in the relevant form at the Main Press Centre help desk the day before the relevant session.

Photographers must set their remote cameras no later than 60 minutes prior to the beginning of a competition session and under the supervision of the photo chief.

All remote cameras must be checked. After they have been checked, photographers will receive a sticker from the photo chief to put on the camera.

5.2 VICTORY CEREMONIES

All victory ceremonies will take place at the Medal Plaza in front of the Olympic Stadium. There will be a head-on position for photographers, with a limited number of free LAN connections managed by the LOC on a first come first serve basis and intended for short-term use only.

5.2.1 HALF MARATHON

Photographers will be granted access to a head-on position for the finish of the race. There will be no photo truck available for the half marathon race itself, more information will be provided during the photographers briefing.

5.2.2 PHOTOGRAPHERS' WORKROOM

Photographers may use the Main Press Centre as a workroom. The Main Press Centre offers work spaces equipped with internet access and a power supply. Photo lockers are also available for the storage of photo equipment. At the entrance to the stadium (Interbest) there will be a limited number of free LAN connections managed by the LOC on a first come first serve basis and intended for short-term use only.

5.3 CAMERA REPAIR SERVICE

Professional services from Canon and Nikon will be located at the Main Press Centre, offering the usual range of services to photographers.

5.4 PHOTOGRAPHERS' BRIEFING

Time: Tuesday 5 July at 13:00

Location: Press conference room (Location: Sports Hall)

All accredited photographers are advised to attend as important details concerning access to photo positions will be explained at the briefing.

Distribution of photo bibs will also take place at this time. Only photographers wearing a bib and accreditation are allowed in the designated photo positions.

5.4.1 TELECOMMUNICATION SERVICES / INTERNET ACCESS

Media representatives will have access to a range of internet connections.

5.4.2 MEDIA TRIBUNE

Wi-Fi (LOC will provide the media representatives with a personal username and password for a maximum of three devices).

5.4.3 MAIN PRESS CENTRE

Wi-Fi (access with the provided username and password) and limited number of 100 free LAN-connections.

5.4.4 HEAD-ON POSITIONS (PHOTO)

There are a limited number of free LAN connections at the head-on which are managed by the LOC on a first come first serve basis and intended for short-term use only.

6. CATERING

6.1 MEDIA RESTAURANT

The Media Restaurant will be an Amsterdam style restaurant. Crewfood will create a warm and cozy restaurant where you will be able to enjoy lunch and dinner. The Media Restaurant is located on the first floor in Sports Hall.

Crewfood cooks exclusively on location and ensures quality of the products and dishes, served in a hygienic environment. We respond to new culinary developments in which we process sustainable and fresh products as much as possible. Through our years of experience in the events industry, we know how important it is to have a good and healthy meal during work. Therefore Crewfood provides a daily menu.

During lunch there will be an extensive 3-course buffet boasting sandwiches, soup, two types of hot dishes, a salad buffet and several hot snacks.

During dinner there will be a 3-course buffet as well. Offering a wide range of dishes: there will be soup, three different types of hot dishes, a salad bar and different kinds of desserts.

The Media Restaurant will also be open all day for drinks, coffee, tea, cookies, candy, muffins and sausage rolls.

Prices:

Lunch: € 15,00

Dinner: € 18,50

Prices include buffet and tablewater

Opening hours Media Restaurant

- 1 July - 5 July: 10:00 - 23:00
- 6 July: 08:45 - 23:00
- 7 July: 08:00 - 23:00
- 8 July: 10:00 - 01:00
- 9 July: 11:00 - 01:00
- 10 July: 10:00 - 23:00
- 11 July: 10:00 - 23:00

Meal vouchers will be sold in the Media Restaurant. It is possible to pay cash, by debit- or creditcard (only Mastercard and Visa). It is also possible to buy meal vouchers in the Main Accreditation Centre.

Lunch and dinner will be served during the following timeslots:

1 July - 7 July:

Lunch: 12:00 - 16:00

Dinner: 18:00 - 22:00

8 July:

Lunch: 12:00 - 16:00

Dinner: 17:00 - 23:00

9 July:

Lunch: 12:00 - 16:00

Dinner: 17:00 - 23:00

10 July:

Lunch: 12:00 - 16:00

Dinner: 18:00 - 22:00

11 July:

Lunch: 12:00 - 16:00

Dinner: 18:00 - 22:00

Water and Coffee

Tea, coffee and water will be provided free of charge at the Main Press Centre

7. TRANSPORT

7.1 ARRIVAL BY PLANE

The official airport of the European Athletics Championships 2016 is Schiphol Airport, located 10 km south of the city centre of Amsterdam.

7.1.2 WELCOME SERVICE

After collecting luggage and passing customs, please follow the signs to the transportation desk. There will be signs to guide accredited persons to the transport desk. Each gate and the main meeting point will be manned with volunteers. Volunteers will wear official clothing and carry a sign. The volunteers will accompany media representatives to the main transportation desk. From there, the media representative will be escorted to their assigned vehicle. Scheduled arrivals outside the transportation desk's official hours will be organised on an individual basis.



7.2 ARRIVAL BY TRAIN

Media representatives arriving by train shall stop at Schiphol Airport railway station and proceed to the transportation desk. There will not be any transport provided from/to Amsterdam Centraal train station.

7.3 ARRIVAL BY CAR/BUS

Media representatives arriving by car are kindly requested to proceed directly to their official hotel.

7.4 TRANSFER FROM THE AIRPORT TO THE OFFICIAL MEDIA HOTELS OR THE MAIN ACCREDITATION CENTRE

A shuttle bus service from Schiphol Airport to the official media hotels and/or the MAC will be provided for media representatives from 2 - 10 July. Arrivals before or after these dates will be managed on an individual basis.

7.5 DEPARTURES

A shuttle service will also be in place for departures. The frequency of this service will be based on the departure schedule, which will be posted at the information desk of each hotel. Any changes must be reported to the information desk 48 hours prior to the scheduled departure. However, media representatives should confirm their departure time during the accreditation process.

7.6 SHUTTLE BUS SERVICE HOTELS – OLYMPIC STADIUM/MAIN PRESS CENTRE

A regular shuttle bus service will run the following route between the official media hotels in Amsterdam and the Main Press Centre, situated close to the Olympic Stadium. Full details of the schedule will be displayed at the transportation desks in each official media hotel, Main Press Centre and at the transportation desks at the Olympic Stadium and the Museumplein. See below the full media shuttle service:

7.7 MEDIA SHUTTLE TIMETABLE

Saturday 2 July: Hotel - Olympic Stadium
10:00 and 12:45

Saturday 2 July: Olympic Stadium - Hotel
13:15 and 18:00

Sunday 3 July: Hotel - Olympic Stadium
10:00 and 12:45

Sunday 3 July: Olympic Stadium - Hotel
13:15 and 18:00

Monday 4 July: Hotel - Olympic Stadium
10:00 and 12:45

Monday 4 July: Olympic Stadium - Hotel
13:15 and 18:00

Tuesday 5 July: Hotel - Olympic Stadium
10:00 and 12:45

Tuesday 5 July: Olympic Stadium - Hotel
13:15 and 18:00

Tuesday 5 July: Hotel - Museumplein via Olympic Stadium
14:00 (14:15 at Olympic Stadium)

Tuesday 5 July: Hotel - Museumplein via Olympic Stadium
15:30 (15:45 at Olympic Stadium)

Tuesday 5 July: Museumplein - Hotel via Olympic Stadium
17:30

Wednesday 6 July: Hotel - Olympic Stadium
07:30 - 09:30 (every 30 minutes)

Wednesday 6 July: Olympic Stadium - Hotel
20:00 - 23:00 (every 30 minutes)

Wednesday 6 July: Olympic Stadium - Museumplein
10:30 - 19:00 (every 30 minutes)

Wednesday 6 July: Museumplein - Olympic Stadium
11:00 - 20:30 (every 30 minutes)

Thursday 7 July: Hotel - Olympic Stadium
07:30 - 11:00 & 15:45 (every 30 minutes)

Thursday 7 July: Olympic Stadium - Hotel
13:00 & 20:00 - 23:00 (every 30 min)

Thursday 7 July: Olympic Stadium - Museumplein
10:30 - 20:30 (every 30 minutes)

Thursday 7 July: Museumplein - Olympic Stadium

11:00 - 20:30 (every 30 minutes)

Friday 8 July: Hotel - Olympic Stadium

09:30 - 13:00 & 17:15 (every 30 minutes)

Friday 8 July: Olympic Stadium - Hotel

14:15 & 22:00 - 01:00 (every 30 minutes)

Saturday 9 July: Hotel - Olympic Stadium

10:30 - 14:00 & 17:45 (every 30 minutes)

Saturday 9 July: Olympic Stadium - Hotel

15:00 & 22:00 - 01:00 (every 30 minutes)

Sunday 10 July: Hotel - Museumplein via Olympic Stadium

07:30

Sunday 10 July: Museumplein - Hotel via Olympic Stadium

12:00

Sunday 10 July: Hotel - Olympic Stadium

14:30 - 17:00 (every 30 min)

Sunday 10 July: Olympic Stadium - Hotel

19:00 - 22:00 (every 30 min)

* Shuttles will only run from the official media hotels.

7.8 OFFICIAL PRESS CONFERENCE

A shuttle from the media hotels via Olympic Stadium to the Museumplein will depart at 14:00 (14:30 from the Olympic Stadium).

7.9 OPENING CEREMONY

There will be a shuttle service from the media hotels and MPC to Museumplein.

7.10 HALF MARATHON

On Sunday 10 July there will be a shuttle service between the media hotels, the Main Press Centre and Museumplein at 07:30. Return transfer to the hotels is scheduled at 12:00 via the Olympic Stadium (Sports Hall).

7.11 THROWING EVENTS

The Discus and Javelin qualification rounds take place at the Museumplein on Wednesday 6 and Thursday 7 July. A shuttle service will operate between the Olympic Stadium (Sports Hall) and Museumplein every 30 minutes. Wednesday July 6th between 10:30 - 19:30 and Thursday July 7th between 10:30 - 20:30. The shuttle service between Museumplein and the Olympic Stadium (Sports Hall) will operate July 6th & 7th from 11:00 to 20:30 hours every 30 minutes.

7.12 PUBLIC TRANSPORT

Media representatives will have free access to the Amsterdam public transport network on request. The media hotels are outside this network and media representatives are requested to first take the shuttle to the Olympic Stadium and from there, travel downtown with the relevant public network pass. Passes can be requested at the Main Press Centre (written press/ photographers) or at the IBC (broadcasters) by filling in the appropriate form. Tram 16 (direction Central Station) passes the Museumplein every 10 minutes. The stop is in front of the Olympic Stadium main entrance.

Detailed information about the Amsterdam public transport network will be available at the Hotel Information Desk or can be found at <http://en.gvb.nl/> and <http://www.ns.nl/en> (railway)

There are also free mobile transport apps in the Appstore:

- GVB (Amsterdam's public transport network)
- 9292 (train, bus, tram)

7.13 TAXIS

The recommended taxi company in Amsterdam is TCA, phone: +31 207 777 777

7.14 MEDIA PARKING

Parking is very limited at the Olympic Stadium and not possible at the Museumplein. We kindly request media representatives to use the shuttle service offered from the official media hotels. For media not staying in an official media hotel use the Bosbaan car park in the nearby Amsterdamse Bos park. From there there will be a shuttle to the Olympic Stadium.

7.15 BOSBAAN SHUTTLE

Monday July 4th: Bosbaan - Olympic Stadium

6:30, 7:30, 8:30, 9:30, 14:45.

Monday July 4th: Olympic Stadium - Bosbaan

16:00, 17:15, 18:15, 22:45, 00:15.

Tuesday July 5th: Bosbaan - Olympic Stadium

6:30, 8:30, 11:30, 14:45, 16:30.

Tuesday July 5th: Olympic Stadium - Bosbaan

16:00, 17:00, 20:15, 22:45, 00:15.

Wednesday July 6th: Bosbaan - Olympic Stadium

6:30, 7:00, 8:00, 8:30, 9:15, 10:00, 13:30, 14:30, 14:45, 15:30, 16:30.

Wednesday July 6th: Olympic Stadium - Bosbaan

15:15, 15:40, 16:40, 17:15, 20:15, 21:15, 21:45, 22:45, 23:15, 00:15.

Thursday July 7th: Bosbaan - Olympic Stadium

6:30, 7:30, 8:00, 8:30, 9:00, 13:30, 14:00, 14:45, 15:00, 15:30, 16:55.

Thursday July 7th: Olympic Stadium - Bosbaan

15:15, 15:45, 16:15, 21:15, 21:45, 23:15, 00:15.

Friday July 8th: Bosbaan - Olympic Stadium

6:30, 8:00, 8:30, 9:30, 10:45, 12:30, 14:00, 14:45, 16:00, 16:25, 16:55.

Friday July 8th: Olympic Stadium - Bosbaan

16:15, 16:45, 17:10, 17:45, 22:45, 23:15, 00:15, 00:45.

Saturday July 9th: Bosbaan - Olympic Stadium

6:30, 8:00, 9:00, 9:30, 10:30, 11:30, 13:30, 14:45, 15:30, 16:30, 17:30.

Saturday July 9th: Olympic Stadium - Bosbaan

16:00, 16:45, 18:15, 22:45, 23:15, 00:15.

Sunday July 10th: Bosbaan - Olympic Stadium

6:00, 6:30, 7:00, 7:30, 8:00, 12:30, 14:30, 14:45, 14:55, 15:30.

Sunday July 10th: Olympic Stadium - Bosbaan

14:30, 15:30, 16:00, 17:30, 19:15, 21:15, 22:15, 00:15.



8. MEDICAL SERVICES

Emergency treatment in the Olympic Stadium will be provided in the grandstand building. The nearest hospital is the VU Medical Centre, approximately 1.5 km from the Olympic Stadium.

There are several first aid stations within the stadium, should you require medical treatment. These are open from 09:00 to 00:00. In addition, a number of first aid officials will be on duty inside and outside the stadium during these times and on the Museumplein on Wednesday and Thursday from 12:00 until 17:00.

9. SECURITY

CTSN security staff and the police are in charge of security at all times. Instructions given by the LOC, security personnel and the police must be followed in all areas, as well as during transport from one location to another. Accreditation cards must be worn at all times. If an accreditation card is lost or damaged, this should be reported to any LOC information desk.

The emergency phone number for police, fire and ambulance is 112

10. OMEGA

OMEGA provides world-class timekeeping for the European Athletics Championships

OMEGA looks forward to bringing its unparalleled sports timekeeping expertise to the 2016 European Athletics Championships in Amsterdam this July.

OMEGA has been involved in athletics timekeeping for more than 80 years. In 1932, its split second chronographs were already considered the most reliable instruments available for measuring world-class performance at sporting events and OMEGA's reputation was such that the International Olympic Committee (IOC) asked the firm to supply all sports timing devices for use at the Olympic Games to be held that year in Los Angeles. The company was happy to oblige, and delivered 30 OMEGA chronographs, accompanied by an expert watchmaker, to ensure precise timekeeping and reliable results from all the competitions. OMEGA has continued to develop and deliver state-of-the-art sports timing and measurement systems ever since, and this year at the Rio 2016 Olympic Games, it will assume the Official Timekeeper role for the 27th time.

Every year, OMEGA's experts deploy teams of timekeeping professionals to sporting events around the world, armed with a veritable arsenal of advanced sports timekeeping and

measurement equipment. Their innovative systems include starting blocks and false-start detection systems and the latest photo-finish cameras for the sprints and middle-distance events, as well as height and distance measurement devices for field disciplines.

OMEGA records and displays the results with the world's best equipment

OMEGA's official timekeepers ensure timely delivery of the official results to everyone involved in the competitions they support. At the events it serves, OMEGA is also responsible for the competitor displays for the athletes and their support teams along with the public displays to spectators at each venue. The official results are also delivered in real time to broadcast, network and print media who in turn relay results and commentary to remote audiences around the world.

Though each event requires a specific configuration of precisely tuned devices and systems, perhaps the most famous of OMEGA's timekeeping inventions is the photofinish camera. First developed for use at the London 1948 Olympic Games, these cameras solved the problem of grouped finishes by enabling judges to separate the winners from the runners-up. The OMEGA Scan'O'Vision cameras have evolved continuously over the years and the current version, the Scan'O'Vision MYRIA, provides more than 10,000 high-definition images of the participants as they cross the finish line.

OMEGA and athletics

While the number and variety of events make the Olympic Games the most famous, complex and challenging of world championships, OMEGA's track and field timekeeping experts are busy every year at competitions around the world. The brand proudly serves as Official Timekeeper for the IAAF Diamond League meets as well as the European Athletics Indoor, Under 23, Junior, Team and Cross Country Championships.

OMEGA wishes the talented athletes participating in the European Athletics Championships every success in this extraordinary event. We look forward to recording all of their record-setting performances!

11. SOCIAL ACTIVITY

Omega Media race

OMEGA and the Amsterdam 2016 LOC will organize a media race over 800 meters on Friday 8 July at 15:30 in the Olympic Stadium. Please sign up by Thursday 7 July 18:00 at the Welcome Desk in the Main Press Centre. Participants are requested to go on Friday 8 July at 15:20 directly to call room 2.

FROM CALL ROOM 2 THE PARTICIPANTS WILL ENTER THE STADIUM GUIDED BY LOC STAFF.

12. DHL PARCELSHOP

SEND PARCELS EASILY

DHL is always near you. During the European Athletics Championships you easily send your documents and parcels within the Netherlands and worldwide. Whether you choose for a STANDARD or FAST service, you always send your shipment at an attractive price. Prepare your parcel at the DHL Parcelshop at the Market Square of the Olympic Stadium, or at Van Baerlestraat 114 near Museum Square.

- benefit from reliable worldwide services
- use DHL-packaging
- follow online with track & trace
- let take care of customs regulations



Prepare

Prepare your parcel at the DHL Parcelshop at the Market Square, Olympic Stadium, or at Van Baerlestraat 114, Museum Square.



Drop off

Your parcel will be delivered within 1-5 business days, depending on the country of destination.



Tracel parcel

As soon as your parcel is scanned, you simply follow it online with track & trace.



Market Square, Olympic Stadium
Van Baerlestraat 114, Museumplein

APPENDIX 1 - MAP OLYMPIC STADIUM



APPENDIX 2 - MAP MUSEUMPLEIN



APPENDIX 3 – 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

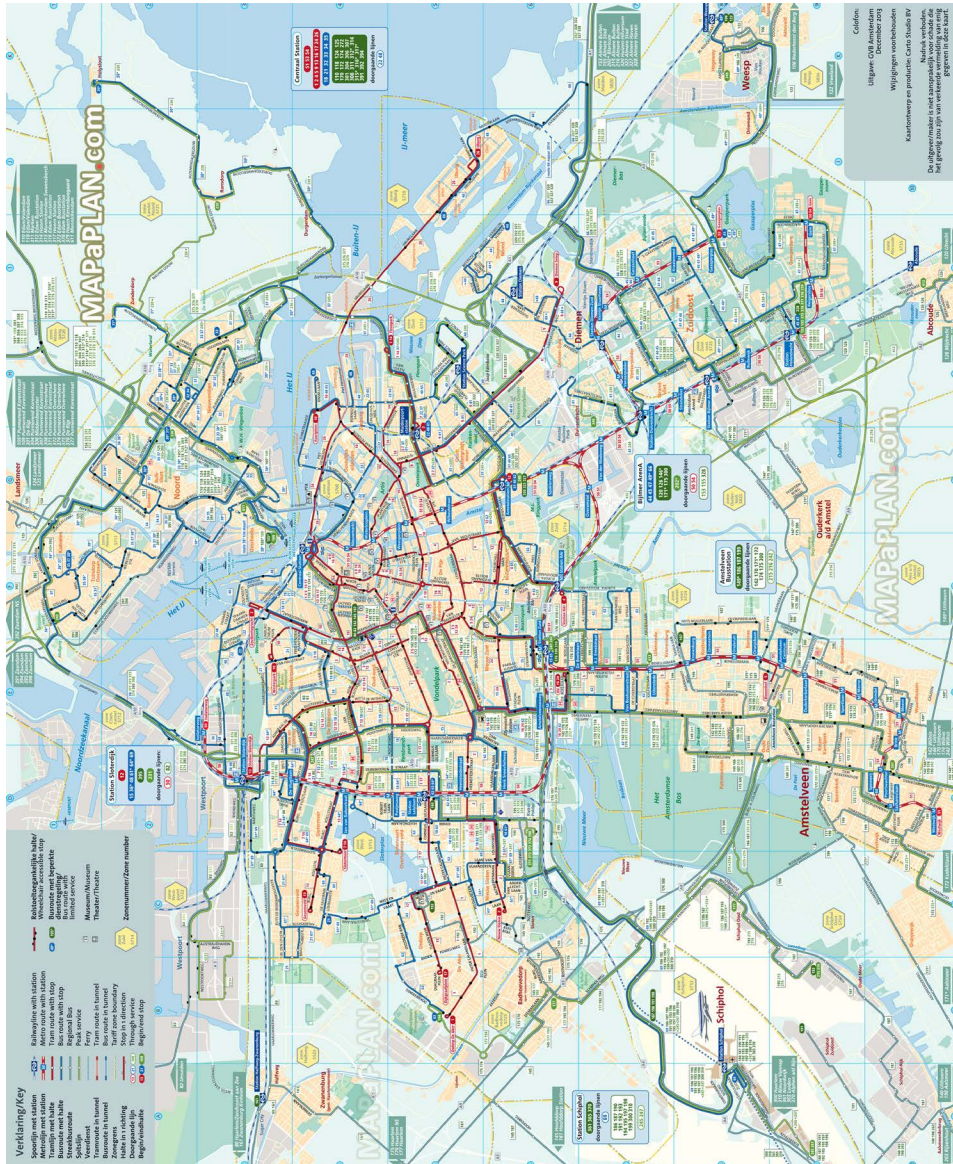
APPENDIX 4 - MAP HALF MARATHON



APPENDIX 5 - MAP MEETING POINT AT THE AIRPORT



APPENDIX 6 - OVERVIEW PUBLIC TRANSPORT



INTERNATIONAL PARTNERS



OPERATED BY EBU

NATIONAL PARTNER



NATIONAL SPONSORS



NATIONAL SUPPLIERS



HOST INSTITUTIONS



SOCIAL PARTNER



HOST BROADCASTER



MEDIA PARTNERS



Your Sport for Life