



European  
Mountain Running  
Championships  
Gap2014



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# EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS

## Team Manual

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## 1. GENERAL INFORMATION

The 13<sup>th</sup> European Mountain Running Championships will take place 12 July 2014 in Gap (FRA).

**Official Language** French

**Population** 41.000 (City of Gap) / 5.000.000 (Provence-Alpes-Côte d'Azur)

**Currency** Euro (€), based on the decimal system; there are one hundred cents to each Euro(€). Coins are issued to the value of 1c, 2c, 5c, 10c, 20c, 50c, 1€ and 2€.

Notes are issued to the value of 5€, 10€, 20€, 50€, 100€, 200€ and 500€. Money can be changed at any bank and at most of the hotel reception desks.

**Time** Local Time is: GMT +1 hours

**Electricity** The electric current is 220 Volts (50Hz) and the plugs used are two round pins

**Water** Tap water is completely safe for drinking

**Country Code** Telephone Country Code is: +33

**Mobile Phone Network** French mobile phone networks operate under 3G, GSM and GPRS. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with France, which will allow temporary connection with the French network.

**Mobile Phone Companies** Bouygues Telecom, Free, Orange, SFR

**International calls** + or 00 (buzz) - country code - city/town code – telephone number

**Business opening hours** of the main establishments are as follows:

	Monday-Friday	Saturday	Sunday
<b>Banks</b>	8:30-13:00 14:30-15:30 (generally closed on Monday)	8:30-12:00	Closed
<b>Post Offices</b>	9:00-12:00 14:00-17:00	9:00-12:00	Closed
<b>Shops</b>	9:00-19:00	9:00-19:00	Generally closed
<b>Administration</b>	9:00-12:00 14:00-17:00	Closed	Closed

## 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 Delegates	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

Council Delegate	Dobromir Karamarinov (BUL)
Technical Delegate	Sarah Rowell (GBR)
Doping Control Delegate	David Herbert (GBR)

**Jury of Appeal will be appointed at the Technical Meeting.**

### 2.3 European Athletics Office

European Athletic Association  
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](mailto:office@european-athletics.org)  
Web: [www.euroepan-athletics.org](http://www.euroepan-athletics.org)

### 2.4 Executive Board of French Athletic Federation

President	Bernard Amsalem
Senior Vice-President	André Giraud
Vice-presidents	Marie-Claire Bruck Michel Huertas Martine Prevost Doris Spira Anne Tournier-Lasserve Martine Prevost Pierre Weiss

General Secretary	Jean-Marie Bellicini
Deputy Secretary	Jean-Pierre Fournery
General Treasurer	Christian Roggemans
Deputy Treasurer	Chantal Sechez
General Director	Julien Mauriat
Chief of Staff	Jean Gracia
Head Coach	Ghani Yalouz

## 2.5 Local Organising Committee

President	Bernard Amsalem
General Director	Julien Mauriat
General Coordinator	Christophe Halleumieux
Local Coordinator	Olivier Pelloquin
Finance	Christian Roggemans
International Relations	Pierre Weiss
Technical	Raymond Pretat
Competition	Jean-Jacques Godard
Officials	Jerôme Nicault
Facilities	Gilles Brochier
Course	Stéphane Passeron, Isabelle Guillot
Volunteers	Serge Isnard
Accommodation	Charles Blanc, Rémi Hachula
Transportation	Charles Blanc, Yves Arcamone
Accreditation	Michel Tourtet
Doping Control	Michel Marle, Bernadette Lecomte
Media, Communication	Serge Moro
Functions	Jeffrey De Freitas
Medical	Pierre Schillinger, Jacques Pruvost

## 2.6 Participating Federations (according to the preliminary entries)

Albania	ALB
Austria	AUT
Belarus	BLR
Belgium	BEL
Bulgaria	BUL
Croatia	CRO
Czech republic	CZE
France	FRA
Germany	GER
Great Britain & NI	GBR

Greece	GRE
Hungary	HUN
Ireland	IRL
Israel	ISR
Italy	ITA
Luxembourg	LUX
Malta	MLT
Poland	POL
Portugal	POR

Romania	ROU
Russia	RUS
Serbia	SRB
Slovak Republic	SVK
Slovenia	SLO
Spain	ESP
Switzerland	SUI
Turkey	TUR
Ukraine	UKR

## 3. ARRIVALS

### 3.1 Arrival by Air

The official airport is Marseille Airport (MRS) which is situated 180 km from Gap. Upon arrival at Marseille Airport, the teams will be met by volunteers. The Welcome Desk is located in the arrivals area of the Terminal 1 and 2 and will be open according to the arrival times of the teams. After collecting luggage, team members will be escorted to the official buses by the welcome staff and taken to the team hotel, approximately 2 hours' drive from the airport.

### **3.2 Arrival by Road**

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

### **3.3 Visa Requirements**

Countries requiring visas to enter France should obtain them from the French Embassy or Consulate in their country. The following countries require visas to enter France: Armenia, Azerbaijan, Belarus, Georgia, Moldova, Russia, Turkey and Ukraine.

Citizens of Albania, Bosnia and Herzegovina, FYR of Macedonia, Montenegro and Serbia who have biometric passports are allowed to freely enter France. Those who have the older type of passport (not containing biometric information) are still required to apply for French visa.

Those federations should contact the LOC well in advance and send a long list of participants, containing the names and passport data (date of delivery and expiration) of all persons who could be part of the team coming to France. The LOC will then send a visa invitation letter and will assist the visa issuance procedure.

French Athletic Federation / [international@athle.fr](mailto:international@athle.fr) / Fax: +331 4581 4040

Holders of valid Schengen visas can freely enter France without additional French visa.

## **4. TRANSPORT**

### **4.1 Bus Service**

Shuttle buses to take a look at the course will be provided accordingly to the official programme. Team will be given a bus schedule on their arrival and there will be ones at the hotel information desks.

### **4.2 Return to Airport**

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available at the Information Desk.

## **5. ACCOMMODATION**

### **5.1 General Information**

Teams are accommodated in 5 hotels of the city, located at a maximum distance of 5.5 km from/to the competition site.

### **5.2 Information Desk**

An LOC Information Desk will be located in the lobby of each hotel offering relevant information about all aspects of the European Mountain Running Championships.

The Information Desk opening hours will be from 10 July 9:00-20:00 (or from the first team arrival) to 13 July (9:00-20:00 or until the last team departure).

### **5.3 Official Hotels**

See map in Appendix 1.

### Teams Hotels

- **Gapotel**                      18, avenue Emile Didier - 05000 GAP  
+33.4.92.52.37.37 / [www.gaphotel.fr](http://www.gaphotel.fr)  
Distance to competition venue: 5,5 km
- **Pavillon-Carina**            27 route de Chabanas - 05000 GAP  
+33.4.92.52.02.73 / [www.carina-hotel.com](http://www.carina-hotel.com)  
Distance to competition venue: 2 km
- **Best Western**                8 avenue de Provence - 05000 GAP  
+33.4.92.52.17.57  
[www.bestwestern.fr/fr/hotel-Gap,BEST-WESTERN-Hotel-Gap,93812](http://www.bestwestern.fr/fr/hotel-Gap,BEST-WESTERN-Hotel-Gap,93812)  
Distance to competition venue: 5 km
- **Prévert**                        Rue Belle Aureille - Route de Marseille - 05000 GAP  
+33.4.92.52.45.84 / [www.hotel-prevert.com](http://www.hotel-prevert.com)  
Distance to competition venue: 5,5 km
- **Kyriad Hotel**                 5 Chemin des matins calmes - Route de Marseille - 05000 GAP  
+33.4.92.51.57.82 / [www.kyriad-gap.fr](http://www.kyriad-gap.fr)  
Distance to competition venue: 5,5 km

### VIP and Media Hotel

- **Ibis hotel**                      5-7 Boulevard Georges Pompidou - 05000 GAP  
+33.4.92.53.57.57  
[www.accorhotels.com/fr/hotel-1120-ibis-gap/index.shtml](http://www.accorhotels.com/fr/hotel-1120-ibis-gap/index.shtml)  
Distance to competition venue: 4,5 km

### **5.4 Costs and European Athletics Quota**

According to point 1110.4 of the European Mountain Running Championships Regulation "European Athletics shall bear the board and lodging expenses at the venue of the competition for a maximum period of not more than 3 (three) days for a maximum of 3 (three) male and 3 (three) female athletes in each category."

European Athletics or LOC will not cover the officials' accommodation costs.

The following rates (per person/night) must be paid for "out of quota" athletes and team officials during the competition period (3 nights) as well as for all team members on additional nights:

Single*	Twin*
90 Euros	75 Euros

\*Note: Prices are set per person/per night with full board accommodation; VAT included

Each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and in ratio 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 90 EUR for the full board accommodation for all days.



### 5.4.1 Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on the preliminary entries. Federations have to make an advance payment upon receipt on the invoice and before arriving to Gap. This advance Payments should be made in EUR by bank transfer to the following account:

Bank account name:	FEDEATION FRANCAISE D'ATHLETISME
Bank reference:	CAISSE EPARGNE ILE DE FRANCE
Bank account number:	17515 9000 08227851208 02
Swift No:	CEPAFRPP751
IBAN:	FR76 1751 5900 0008 2278 5120 802

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

The team leader must settle any extra charges (bar, laundry, telephone, etc.) at the hotel reception desk, before departure. The team leader may be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.

### 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.

If necessary, the balance of the payment will be made on-site by the Team Leader upon arrival at the Accreditation Centre. Payment on site can be made by credit card (Visa or Mastercard) or by cash in Euros.

### 5.5 Meals

Except for Kyriad hotel, all meals will be served in the hotel. The restaurant opening times are:

- Breakfast : 07:00 - 09:00 (from 6:30 the competition day)
- Lunch : 12:00 - 13:30 (14:30 the competition day)
- Dinner : 19:30 - 21:00 (closing banquet the competition day)

Special arrangements will be made for late arrivals and early departures, doping control and appeal procedures.

Accreditation cards or voucher will allow access to meals.

Bottled water will be available to team members free of charge in the LOC office in the lobby. All other drinks have to be paid for.

### 5.6. Meeting Room for Teams

Arrangements can be made for a team meeting room through the Information Desk in the Team hotel. Requests shall be made at the arrival.

## **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 in the final entry. No changes will be accepted after the final entry deadline.

Accreditation cards will be distributed at the main accreditation centre located at VIP hotel (Ibis hotel). Team leaders will receive transport from their respective hotels to go to the main accreditation center, and will be responsible for collecting the team's accreditation cards.

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

### **6.3 Access Areas for Teams**

All team accreditation cards will allow access to the warm-up area and teams changing facilities. Only athletes who are directly involved in the competition will have access to the call room and to the course.

The Head of Delegation from each team is invited to the VIP Hospitality and will be given the necessary access number on the accreditation card. Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

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.

### **6.4 Loss of Accreditation**

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

## **7. TECHNICAL INFORMATION**

### **7.1 The Course**

The 13<sup>th</sup> edition of the European Mountain Running Championships will be disputed on an uphill and downhill course.

Start and arrival areas are next to each other. The senior mens start is 800m away from the starting point of other three races. There are short stretches on the course where passing will not be easy.

Distances and amounts of ascent/descent per race are as follows:

Race	Distance	Ascent/Descent
<b>Junior Women</b>	4,2 km	250 m
<b>Junior Men</b>	8,1 km	500 m
<b>Senior Women</b>	8,1 km	500 m
<b>Senior Men</b>	12,8 km	750 m

The detailed map and profile of the courses are available in appendix 4 and 5 of this manual.

## 7.2 Technical Information Centre (TIC)

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

The TIC is located close to the finish line and will be open Friday 11 July 2014 from 9:00 to 13:00 and Saturday 12 July from 7:00 to 14:00.

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

- Settlement of technical enquiries from delegations
- Competition information
- Recovery of items confiscated at the Call Room
- Applications for additional doping control tests
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, European Athletics and LOC
- Publication of results
- Receipt of appeals from the teams

All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards.

Access to the information in the pigeon boxes will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each Team Leader.

## 7.3 Technical Meeting

The Technical Meeting will be held on Friday 11 July 2014 at 14:00, in the City Hall of Gap.

Each team may be represented by a maximum of 2 (two) team delegates 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, at the TIC before 11:00 on 11 July. The Technical Meeting will be held in English.

The Technical Meeting will be attended by:

- European Athletics President
- European Athletics Council Delegate
- European Athletics Technical Delegate
- European Athletics Doping Control Delegate
- Jury of Appeal
- Representatives of the Organising Committee
- National Competition Officials
- TIC Manager
- European Athletics Project Co-ordinator

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

### **7.3.1 Technical Meeting Agenda**

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Organising Committee
- Welcome by the European Athletics President or his representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Presentation of the competition and warm-up venues
- Information briefing by the Doping Control Delegate
- Ceremonies and Closing Banquet
- Answering of questions submitted in writing by federations

### **7.4 Inspection of Competition Venue and official training**

Official training is Friday 11 July from 9:30 to 12:00. A tour along the course is planned at 10:00. The course will be marked from 10 July.

The presentation regarding the competition and warm-up areas will also be given at the Technical Meeting.

### **7.5 Dressing Tents**

Dressing tents are located near the start areas.

## **8. COMPETITION REGULATIONS**

### **8.1 Entries**

Every European Athletics Member may enter 1 (one) team for each event.

In accordance with European Athletics Regulation 1102.6, each European Athletics Member Federation may enter a maximum of 6 (six) athletes of which a maximum of 4 (four) may participate, in the following conditions:



- No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the European Mountain Running Championships;
- No athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

Each athlete may only be entered in one race of the Championships and he/she can only compete in the race for which he/she was entered.

Although the European Mountain Running Championships are basically a team competition, individual entries may be accepted.

### **8.1.1 Final Entries**

Final entries shall be made through the European Athletics online entry system. The online entry system will be accessible on the European Athletics website: [www.european-athletics.org](http://www.european-athletics.org) in the section "Arena/Extranet". Member federations should use the already known ID and password.

Final entries indicating the names of the athletes and the names of 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: 18 June 2014
- Deadline for the final entries: 2 July 2014 24:00 (CET)

### **8.2 Final Confirmation**

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition.

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. These forms must be completed and returned immediately or no later than 19:00 on Thursday 10 July 2014.

Any team foreseeing to arrive later than this deadline shall confirm the respective athletes' participation via email to [competition@european-athletics.org](mailto:competition@european-athletics.org).

Final start lists will be ready for collection together with the bibs after the Technical Meeting.

#### **8.2.1 Withdrawal**

Withdrawal of any confirmation must be indicated to the TIC or the Accreditation Centre in writing on the official withdrawal form.

### **8.3 Starting Positions**

The starting positions for each event will be allocated based on the respective team standings (scoring teams only) of the previous edition of the European Mountain Running Championships. Each team shall be lined up behind each other at the start of the respective race. All other teams will be positioned behind in alphabetical order. The Technical Delegate has the power to alter the above starting positions in special circumstances.

The allocation of the starting positions will be announced at the technical meeting and displayed at the Information Desk in the team hotels as well as on the start gantry at the course

## 8.4 Scoring

Each race shall be scored separately. Each team's score shall be determined by the aggregate of the places of its 3 (three) best placed athletes. Teams shall be classified according to their scores, the team in each race having the lowest score being the winner, and so on. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

A team with fewer than 3 (three) finishing athletes shall not be counted in the teams' classification. No adjustments to teams' places shall be made in respect of non-scoring team members or athletes participating as individuals.

## 8.5 Competition Bibs

Each competitor receives 3 competition bibs. The bibs shall be worn according to IAAF Rule 143. The competition bibs may not be cut, bent or covered in any way. The teams will be provided with the competition bibs immediately after the Technical Meeting.

The timing chips are fixed on the front bib, all the three bibs for each athlete will be given to teams after the Technical Meeting. An athlete without timing chip will not be ranked

## 8.6 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room.

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

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, a full set of photographs must be uploaded by **26** June using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.

## 9. COMPETITION PROCEDURE

### 9.1. Timetable

The competition timetable will be as follows:

Start Time	Category
<b>09:00</b>	Junior Women
<b>09:30</b>	Junior Men
<b>10:30</b>	Senior Women
<b>11:30</b>	Senior Men

## 9.2 Warming Up Before Events

Warming up will take place around the start area. At the end of the warming up the athletes shall prepare for the race and will put the removed clothing in dedicated bags identified with the respective country code name (one for each Federation). These will be transported by the LOC staff from the start to the post event area at the finish.

## 9.3 Assembly and Call Room Procedures

It is the responsibility of the Team leaders to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late will be excluded from participation.

All athletes must report to the Call Room starting 30 minute before their respective event, but no later than 10 minutes before the start. Call room reporting times for each event are shown in appendix 3.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- That non-authorized equipment (radio, Walkman, mobile phone, camera etc) are not brought infield.

On leaving the call room, athletes will be directed into the start area to prepare for the race. A warning signal will be given 5 minutes, 3 minutes and 1 minute before the start of the race.

## 9.4 Event Presentation Format

The top athletes will be presented on the start line.

## 9.5 Competition Preparations

### 9.5.1 Starter Commands

All instructions will be given in English. The command is: "On your marks!" followed by a shot from the starter's gun.

### 9.5.2 False start

In the event of the false start, the starter will fire a second shot and officials will raise a tape across the course, 100 m from the start line.

## 9.6 Refreshment Stations

Refreshment Stations with water and sponges will be located as follows:

Category	Refreshment station
Junior Women	Arrival
Junior Men	4,1 km - Arrival
Senior Women	4,1 km - Arrival

<b>Senior Men</b>
-------------------

5 km - 9,1 km - Arrival
-------------------------

There will be no refreshment station on the Junior Women's course.

Personal refreshment may be handed over to athletes by their coaches or other team members on the official Refreshment Stations only. An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

### **9.7 Timing**

The official timing will be provided by Genialp using chip timing system on bib and the results will be displayed on the info board near the finish line.

### **9.8 Leaving the Course after the Competition**

After the competition, athletes shall leave immediately the course and the finish line area through the mixed zone where media interviews will be carried out.

Athletes attending the flower ceremony will be accompanied directly to the Flower Ceremony zone.

The clothes left in the Call Room before the race will be brought to the post event area.

### **9.9 Protests and Appeals**

Protests 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 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 at the TIC.

### **9.10 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.

### **9.11 Doping Control**

#### **9.11.1 General Information**

Doping control shall be conducted in accordance with IAAF Rules and 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/representative to accompany them to the Doping Control Station (DCS).

### **9.11.2 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.

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 DCC. 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.

### **9.11.3 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 European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

## **10. MEDICAL SERVICES**

### **10.1 General**

The medical service is in charge of any medical assistance to teams, the competition organisation, the personnel, the honorary guests as well as, during the competition, to the spectators.

In case of an emergency please contact the nearest medical first aid station. At their arrival, teams' leader will have an emergency phone number of the doctor on duty during their stay.

### **10.2 Medical Services in the Hotel**

The Emergency number for First Aid and Ambulance is 15 or 112 (free of charge). For any emergency please address to reception of any hotel, open 24 hours/24 hours.

### **10.3 Medical Services at the Competition Venue**

A medical tent will be set up near the Finish line for acute medical assistance. First aid team of the Mountain Rescue Service, supervised by a doctor, will be positioned around 1,5th km and 3,5th km of the lap. They will be able to transport severely injured athletes to the ambulance waiting on standby near the start area.

The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

#### **10.4 Physiotherapy**

On request, LOC physiotherapy team on duty can work in teams' hotels Thursday 10 and Friday 11 July. Medical center at the competition site is equipped with massage tables and ice.

#### **10.5 Insurance**

According to the Regulation 1110.9 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.

### **11. 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.

The emergency phone number is 112 (police, ambulance and fire department). If necessary, the police can be contacted via the TIC or the Information Desk in the Team hotel.

### **12. CEREMONIES AND SOCIAL PROGRAMME**

#### **12.1 Welcome Dinner**

A welcome dinner will be hosted by the LOC at 19:30 on Friday 11 July just after the opening ceremony; transfer is provided directly from there. Invitation cards will be given during the accreditation process.

#### **12.2 Opening Ceremony**

The Opening Ceremony will take place on Friday 11 July at 18:00 in the city. It consists of a flag parade in the streets of Gap, official speeches and street show.

All team members are invited to take part in the Opening Ceremony, they are requested to gather at their respective hotel lobbies at 17:30. Volunteers will be available to organise and assist them.

#### **12.3 Flower Ceremony**

The Flower Ceremony for the individual medallists will take place on Saturday 12 July 2014 immediately after the finish of each race near the finish line.

## 12.4 Victory Ceremonies

The Victory Ceremonies for the winning athletes and teams will take place on Saturday 12 June at 19:00 in "Le Quattro" just before the closing banquet. The athletes must wear the official team clothing for the ceremonies.

## 12.5 Closing Banquet

The Closing Banquet will take place on Saturday 12 July at 19:30 after the Victory Ceremonies in "Le Quattro". People with accreditation or special invitation are welcome to attend.

## 13. DEPARTURE

Teams will be asked to provide full travel details on the on line entry system. 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, especially if there are any changes to the preliminary confirmed 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 hotel reception before departure.

## 14. CONTACT DETAILS

To obtain further information about the 2014 European Mountain Running Championships in Gap (FRA) please visit the official website of the competition ([www.gap2014.fr](http://www.gap2014.fr)) or contact the Competition Department of European Athletics ([competition@european-athletics.org](mailto:competition@european-athletics.org)) or the LOC ([gap2014.international@athle.fr](mailto:gap2014.international@athle.fr)).

## 15. APPENDICES

Appendix 1 – Hotels overview

Appendix 2 – General programme

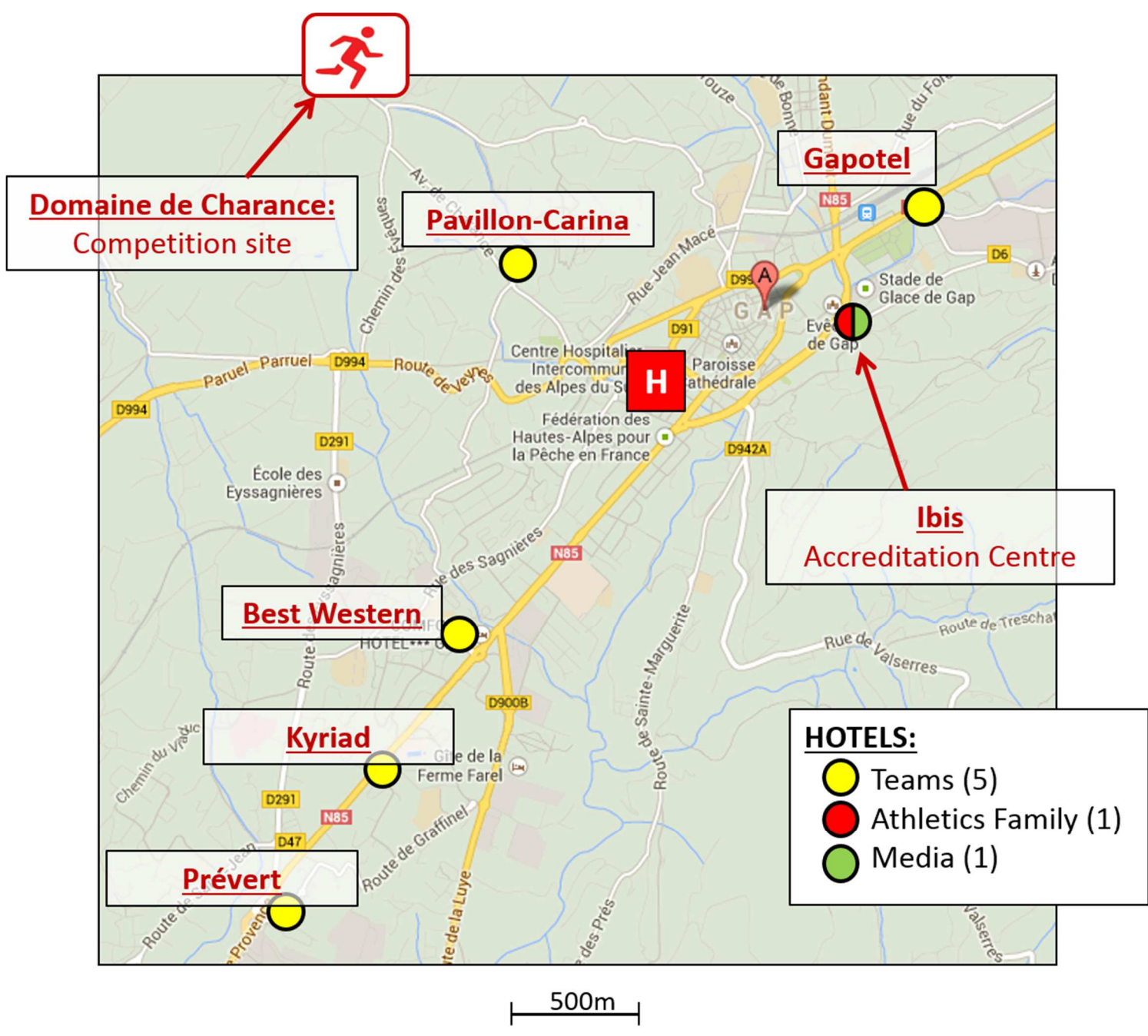
Appendix 3 – Competition timetable with Call Room reporting times

Appendix 4 – Competition site

Appendix 5 – Course map

Appendix 6 – Course profile

APPENDIX 1: HOTELS OVERVIEW





## APPENDIX 2: GENERAL PROGRAMME

### Thursday 10 July

**All day** Teams Arrival and Accreditation

### Friday 11 July

**09:30 - 12:00** Course inspection and official training (*Domaine de Charance*)

**14:00** Technical Meeting (City Hall)

**15:00** Press Conference (City Hall)

**18:00** Opening Ceremony (Street of the city)

**19:30** Welcome dinner (*Les Olivades*, by invitation only)

### Saturday 12 July

**09:00 - 12:30** 2014 European Mountain Running Championships (*Domaine de Charance*)

**19:00** Award Ceremonies (*Le Quattro*)

**19:30 - 00:00** Closing Banquet and Party (*Le Quattro*)

### Sunday 13 July

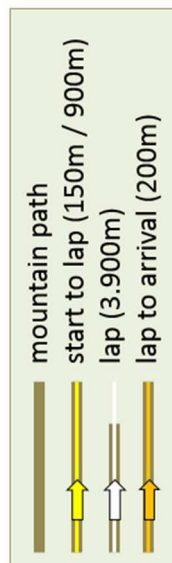
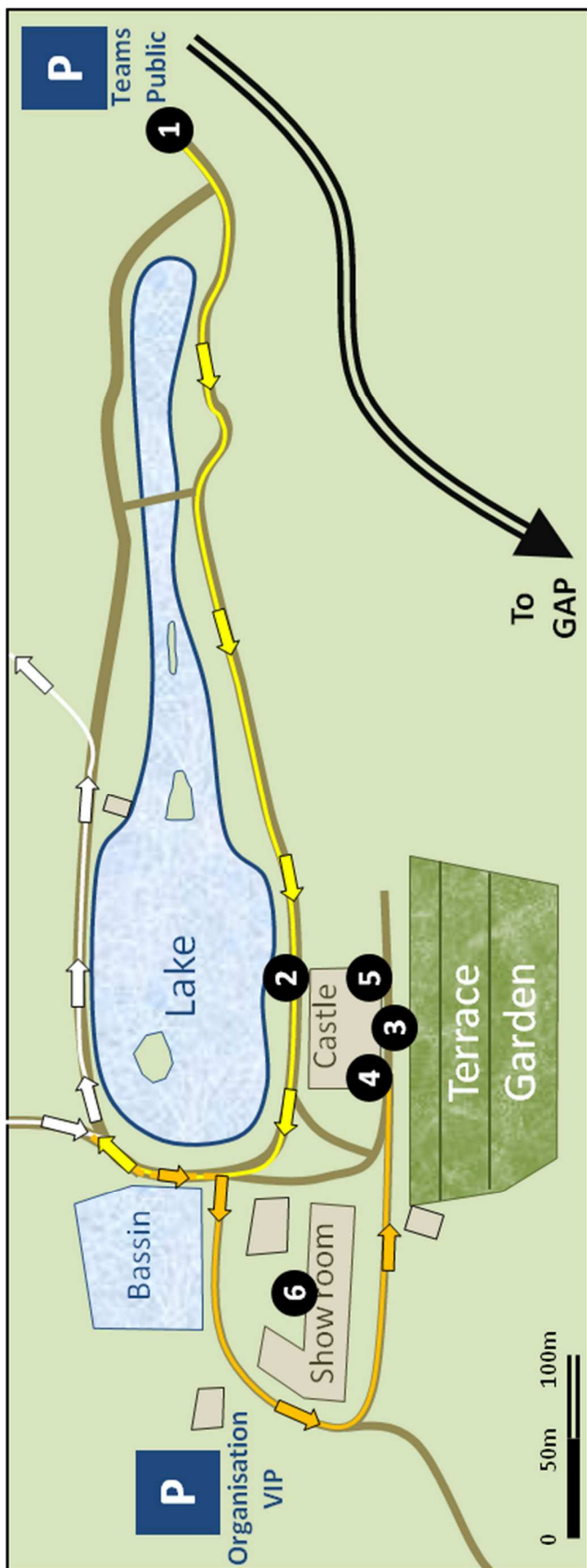
**All day** Teams Departure

## APPENDIX 3: COMPETITION TIMETABLE

With call room reporting times and course details

First Call	Last Call	Start Time	Category	Distance	Ascent Descent
08:30	08:50	<b>09:00</b>	<b>Junior Women</b>	4,2 km	250 m
09:00	09:20	<b>09:30</b>	<b>Junior Men</b>	8,1 km	500 m
10:00	10:20	<b>10:30</b>	<b>Senior Women</b>	8,1 km	500 m
11:00	11:20	<b>11:30</b>	<b>Senior Men</b>	12,8 km	750 m

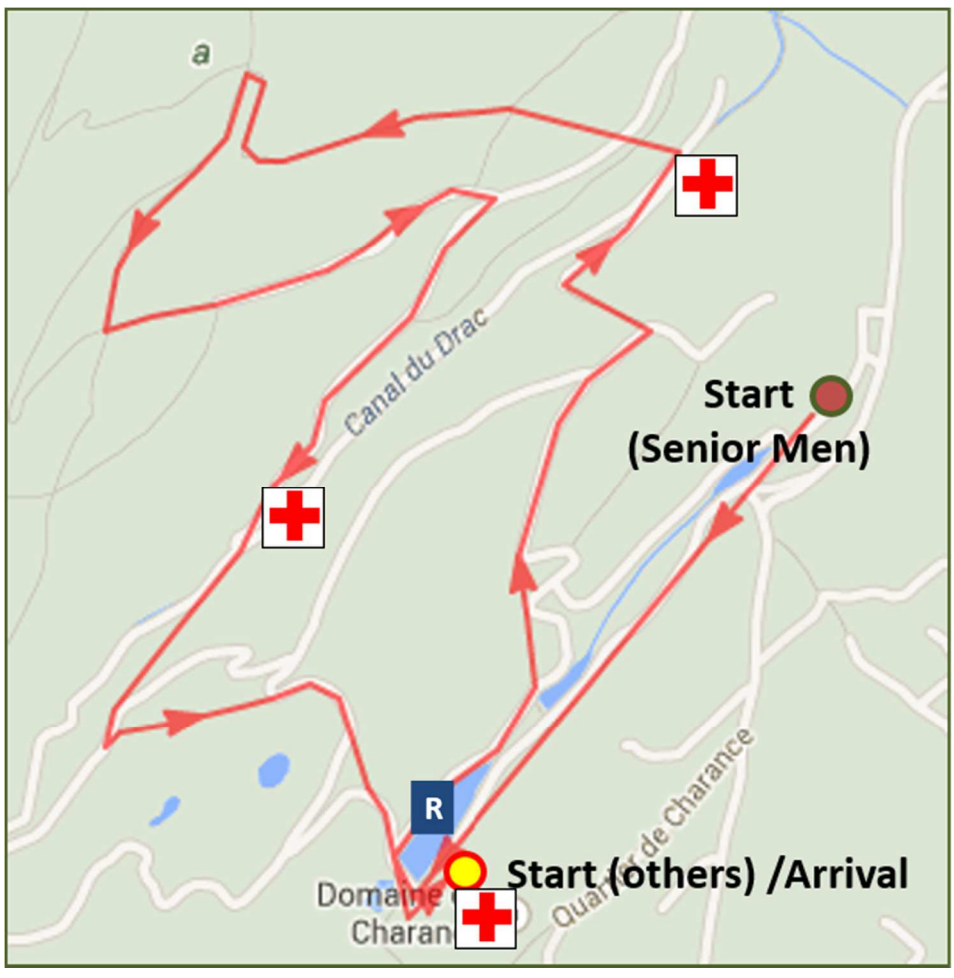
APPENDIX 4: COMPETITION SITE



- 4** TIC
- 5** Doping Control Center
- 6** Media Center

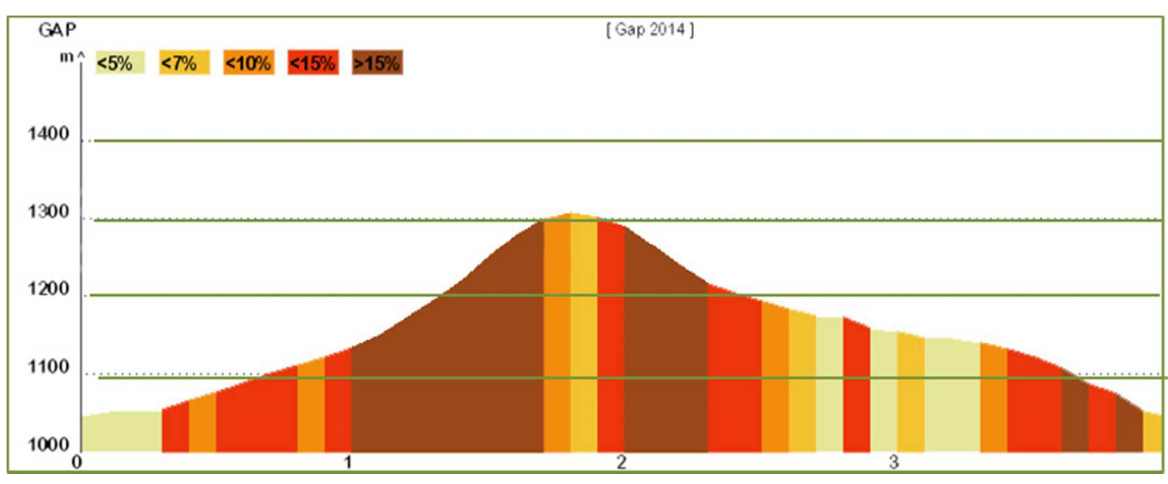
- 1** Start Senior Men
- 2** Start other races
- 3** Arrivals

APPENDIX 5: COURSE MAP



- Course
- Refreshment
- Medical station

APPENDIX 6: COURSE PROFILE



For each lap of 3.900m. First 800m for Senior Men are flat.





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