



European
Mountain Running
Championships
Bursa-Uludag2011

Team Manual

10 July 2011

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10th European Mountain Running
Championships in Bursa - Uludag





**10th European Mountain
Running Championships**
Bursa, Turkey



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Bursa-Uludag, Turkey

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1. GENERAL INFORMATION

1.1. Host City Bursa

Bursa is a city in North-western Turkey and the seat of Bursa Province. With a population of 2,550,645 (2009), it is Turkey's 4th largest city, as well as one of the most industrialized and culturally charged metropolitan centres in the country.

The city is frequently cited as "Yeşil Bursa" (meaning "Green Bursa") in a reference to the parks and gardens located across its urban tissue, as well as to the vast forests in rich variety that extend in its surrounding region. The city is synonymous with Mountain Uludağ which towers behind its core and which is also a famous ski resort. The mausoleums of early Ottoman sultans are located in Bursa and the numerous edifices built throughout the Ottoman period constitute the city's main landmarks. The surrounding fertile plain, its thermal baths, several interesting museums, notably a rich museum of archaeology, and a rather orderly urban growth are further principal elements that complete Bursa's overall picture.

Karagoz and Hacivat shadow play characters were historic personalities who lived and are buried in Bursa. Bursa is also home to some of the most famous Turkish dishes, especially candied chestnuts and İskender Kebap. Its peaches are also well-renowned. Among its depending district centres, Iznik, historic Nicaea, is especially notable for its long history and important edifices. Bursa is home to the Uludağ University, and its population attains one of the highest overall levels of education in Turkey. The city has traditionally been a pole of attraction, and was a major centre for refugees from various ethnic backgrounds who immigrated to Anatolia from the Balkans during the loss of the Ottoman territories between the late 19th and early 20th centuries.

1.2. Business Hours for shops and Banks

Most shops are open from around 8:00 to 20:00. On Saturday some opening hours are reduced and on Sunday many shops are closed. It is recommended to check the signs on the entrance.

Most of the banks are open from 9:00 to 17:00 on week days and are closed on Saturday and Sunday.

Money & Costs

Turkey currency is Turk Liras (TL). There are coins of 5,10,25,50 Kurus and 1 TL, and banknotes of 5,10,20,50,100 and 200 TL

1 Euro ~1,95583 TL

Cash is easily changed at banks and exchange offices, usually for no commission. Credit cards are widely accepted in the local shops, and also there are plenty of ATMs around the town. Waiters and taxi-drivers expect the bill to be rounded up to the nearest convenient figure.

2. ORGANISATIONAL STRUCTURE

2.1. European Athletics Council

President

Hansjörg Wirz (SUI)

Vice Presidents

José Luis de Carlos (ESP)

Jean Gracia (FRA)

Karel Pilny (CZE)

Director General
Council Members

Christian Milz (SUI)
Franco 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)
Lamine Diack (SEN)
Carl-Olaf Homén (FIN)

IAAF President (ex officio member)
European Athletics Honorary Life President

2.2. European Athletics Delegates

Council Delegate
Technical delegate
Doping control delegate
Jury of appeal

Salih Munir Yaras (TUR)
Bruno Gozzelino (ITA)
Aleksander Vujicic (MNE)
To be appointed at 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
Web: www.european-athletics.org

2.4. Executive Board of Turkish Athletics Federation

President
Vice Presidents

Mehmet Terzi
Erguder Uzun
Huseyin Yildirim
Ekrem Ay
Nihat Doker
Muammer Subasi
İ. Suavi Eman
Emin Ucuz
Erhan Basoglu
Hüsnü Oral
Namık Yuksel
Hasan Durucasu
Mutlu Atli
Celalettin Deniztokar
Barboros Firal
Cavit Yildiz

General Secretary
Board Members

2.5. Local Organising Committee

President	Recep Altepe
General Secretary	Erhan Basoglu
Event Coordinator	Taha Basparmak
Protocol/Hospitality	Berna Menteshoglu
Press / Media	Fehim Ferik-Nuri Demir
Finance	Mustafa Altin-Merve Bekler
Travel / Accommodation	Berna Menteshoglu
Marketing	Sumer Goksingol
Ceremonies	Nimet Apak
Accreditation	Can Korkmazoglu
Transportation	Halim Tac
Medical Services	Dr Umit Sonmez

2.6. Competition Organisation

Race Coordinator	Muharrem Or
Vice Race Coordinator	Hasan Babac
Technical Manager	Kadir Hamza Çebi
Technical & Competition Secretary	İsmet Kondakci
Technical Information Centre	Munevver Or
Call Room Referee	Aslı Kahraman
Referees	Halil Oguz
Chief Timekeeper	Ziya Alacam
Start Coordinator	Hüseyin Yıldiz
Starter	Tezcan Yilmaz
Announcer	Fulya Adir
Course Director	Osman Akyuz
Doping Control	Embiye Yilmaz

2.7 Participating Federations (Based on the Preliminary entries)

	Men	Women	Junior Men	Junior Women
1	ALB	ALB		
2	AUT	AUT	AUT	AUT
3	BEL	BEL	BEL	BEL
4	BLR	BLR	BLR	BLR
5	BUL	BUL	BUL	BUL
6	CRO	CRO	CRO	CRO
7	CZE	CZE	CZE	CZE
8	ESP	ESP	ESP	ESP
9	FRA	FRA	FRA	FRA
10	GBR	GBR	GBR	GBR
11	GER	GER	GER	
12	HUN	HUN		

13	IRI	IRI	IRI	IRI
14	ISR	ISR	ISR	ISR
15	ITA	ITA	ITA	ITA
16	MKD	MKD	MKD	MKD
17	MNE	MNE	MNE	MNE
18	NOR	NOR	NOR	NOR
19	POR	POR	POR	POR
20	ROU	ROU	ROU	ROU
21	RUS	RUS	RUS	RUS
22	SLO	SLO	SLO	SLO
23	SUI	SUI	SUI	SUI
24	SRB			
25	SWE			
26	TUR	TUR	TUR	TUR
27	UKR	UKR	UKR	UKR

2.8. Programme

07 July 2011, Thursday

All day Teams arrival, accreditation in Hotel "Karinna" (lobby floor – TV room)

08 July 2011, Friday

All day Teams arrival, accreditation in Hotel "Karinna" (lobby floor – TV room), training

09 July 2011 Saturday

10:30 Press conference in Bursa Metropolitan Municipality Historical Building
 13:00 Team Photo Session in Hotel "Karinna", Nusred Bay
 14:30 Technical Meeting in Hotel "Karinna", Café Carya Meeting room
 15:30 Departure of the buses to Bursa for Opening Ceremony
 17:00 Opening Ceremony in the city centre of Bursa
 21:00 VIP Reception in Bursa (The heads of Delegations are invited)

10 July 2011, Sunday

09:00 Start Junior women's race
 09:30 Start Junior men's race
 10:30 Start Senior women's race
 11:30 Start Senior men's race
 14:00 European Athletics Mountain Running Commission Meeting in Hotel "Karinna", Café Carya Meeting room
 18:00 Award ceremony and closing ceremony in Hotel "Karinna", Nusret Bey
 21:00 Final party for all participants in Hotel "Karinna", Red room saloon

11 July 2011, Monday

All day Team departures

3. ARRIVALS

3.1. Arrival by air

There are three (3) official airports for the event:

- Istanbul Ataturk Airport (situated 270 km (160 km*) from Bursa)
- Istanbul Sabiha Gokcen Airport (situated 210km (100 km*) from Bursa)
- Bursa Yenisehir Airport (situated 50 km from Bursa)

* using the Pendik-Yalova ferryboat

Upon arrival the teams will be met by LOC representatives. The Welcome Desks are situated in the arrivals area at the airports and will be open according to the travel schedules.

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team's hotel. Transfer times between the airports and the team hotel will be as follows:

- From Istanbul Ataturk Airport to Team Hotel: 5 hours
- From Istanbul Sabiha Gokcen Airport to Team Hotel: 3,5 hours
- Bursa Yenisehir Airport to Team Hotel: 1,5 hours

3.2. Arrival by bus

Teams arriving by bus are requested to go directly to the Accreditation Centre located in Hotel "Karinna" on the lobby floor in the TV Room.

3.3. Visa requirements

Countries requiring visas to enter Turkey should obtain them from the Turkish Embassy or Consulate in their country. In case of problems please contact the Local Organising Committee.

The following countries require visas to enter Turkey:

- | | | |
|---------------------------------------|-------------|------------|
| • Austria | • Ireland | • Portugal |
| • Belarus | • Malta | • Slovakia |
| • Belgium | • Moldova | • Slovenia |
| • Great Britain &
Northern Ireland | • Nederland | • Spain |
| • Hungary | • Norway | • Sweden |
| | • Poland | • Ukraine |

The representatives of the above countries can also obtain entry visa at the Turkish border gates at the airport upon arrival, however, as the process would take quite long for large teams, we recommend to obtain the visas from the Turkish Embassy or Consulate before leaving your country.

In order to facilitate the visa issuance procedure the LOC will contact the respective Embassy or Consulate and will provide a visa invitation. It is therefore recommended that the federations send to the LOC as soon as possible an extended list of participants containing the following information:

- name (as it appears in the passport),
- date of birth,
- number of passport,
- date of issue
- date of expiry

Please make sure to submit your visa applications in due time to the relevant consular office.

4. ACCOMMODATION

4.1. General Information

Hotel Karinna, providing full board accommodation, is reserved for the teams, VIPs and Media representatives.

Hotel "Karinna"

Volfram Road, Uludağ/Bursa

Tel: +90 224 285 23 60

Fax: +90 224 285 23 61

Web: <http://www.karinnahotel.com>

Email: info@karinnahotel.com

4.2. LOC Information Desk

An LOC Information Desk will be located in Hotel "Karinna" with qualified personnel offering relevant information about all aspects of the European Mountain Running Championships.

The desk will open:

Thursday, 07 July 2011	15:00 – 20:00
Friday, 08 July 2011	08:00 – 20:00
Saturday, 09 July 2011	08:00 – 20:00
Sunday, 10 July 2011	06:00 – 20:00
Monday, 11 July 2011	08:00 – 12:00

4.3. 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 2 (two) days and for a maximum number of the scoring athletes in each event: up to 3 (three) Men and 3 (three) Women athletes in Senior events and up to 3 (three) Men and 2 (two) Women athletes in Junior events per visiting team.

The following rates must be paid for "out of quota" athletes and officials and for additional days:

Team Members	Single Room	Twin room
Out of quota athletes for competition period (2 days)	-	80 CHF/night/person
All officials and additional nights	150 CHF/night/person	110 CHF/night/person

Each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes entered in the final entries. Any single rooms above the 10% threshold will be charged at the rate of 150 CHF.

4.4. Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their Final entries. Federations are kindly encouraged to make an advance payment of at least 50% by



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Running Championships**
Bursa, Turkey



01 July 2011. Advance Payments should be made in EUR by bank transfer to the following account:

Beneficiary:	Turkish Athletic Federation
Address:	19 Mayıs Spor Kompleksi İçi, Naili Moran Atletizm Sahası Ulus/Ankara
Bank Name:	Türkiye İş Bankası
Bank Address:	İş Bankası
Bank Agency:	Ankara Şubesi
Bank Agency Code:	4200
Bank Account Number:	3916557
IBAN:	TR590006400000242003916557
SWIFT Code:	ISBKTRXXX

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

The balance of the payment must be paid on-site by the Team Leader on arrival at the Accreditation Centre. Payment can be made by credit card (Visa and MasterCard only) or by cash in Euros.

Please note that for invoicing purposes the exchange rate between CHF and EURO on the day of the preliminary entries (pre-payment) and final entries (final team invoice) will be used.

4.5. Meals

All the meals will be served in the hotel's restaurant. The opening hours of the restaurant will be according to the following:

Breakfast	07:00 – 10:00
Lunch	12:00 – 14:00
Dinner	19:00 – 21:00

Special opening hours will be arranged for Sunday, 10 July (competition day)

Breakfast	05:00 – 10:00
Lunch	12:00 – 16:00
Dinner	19:30 – 21:00 (before the Final party)

Accreditation cards will allow access to meals in the hotel restaurant.

4.6. Meeting Rooms for Teams

Arrangements can be made for a team meeting room through the LOC Information Desk in the hotel. Requests shall be made 12 hours in advance.

4.7. Physiotherapy Rooms for Teams

There are rooms reserved for physiotherapy treatments in the Hotel "Karinna". Arrangements can be made through the LOC Information Desk in the hotel

5. TRANSPORTATION

5.1. Bus Shuttle & Cable car Service

A regular bus shuttle and cable car service will be provided between the team hotel, competition venue and social functions.

Friday, 08 July 2011

Training

From Hotel Karinna to Sarialan (Upper Cable car station)

- Between 14:00 and 18:00 buses will leave every hour

From Sarialan (Upper Cable Car Station) to Hotel Karinna

- Between 14:00 and 19:00 buses will leave every hour

Saturday, 09 July 2011

Training

From Hotel Karinna to Sarialan (Upper Cable car station)

- Between 08:00 and 18:00 buses will leave every 30 minutes
- Between 18:00 and 20:00 buses will leave every 15 minutes
- Last bus leaves from the hotel at 20:30

From Sarialan (Upper Cable Car Station) to Hotel Karinna

- Between 08:00 and 18:00 buses will leave every 30 minutes
- Between 18:00 and 20:00 buses will leave every 15 minutes
- Last bus leaves from the upper cable car station at 21:30

Press Conference (10:30 in Bursa Metropolitan Municipality Historical Building)

The participants of the press conference will be transfer by the dedicated cars to the venue (Bursa Metropolitan Municipality Historical Building). The cars will leave from the Hotel "Karinna" at 09:30.

Opening ceremony (17:00 in Bursa City Museum Amplifier)

Buses for the Opening Ceremony will leave from the team Hotel at 15:30. The transfer time will be 1 hour. Buses will leave from the venue of the ceremony back to Team Hotel at 19:00.

Sunday, 10 July 2011

Competition

From Hotel Karinna Hotel to Sarialan (Upper Cable car station)

- From 07:00 until 15:00 buses will leave every 10 minutes (between 12:00-15:00 two buses will leave same time)
- Last bus leaves from the hotel at 15:00

From Sarialan (Upper Cable Car Station) to Hotel Karinna

- From until 07:10-15:10 buses will leave every 10 minutes (between 12:10-15:10 two buses will leave same time)
- Last bus will leaves from the upper cable car station hotel at 15:10

Transportation of Senior Men athletes:

The athletes will have to take the buses from the hotel to go the upper station of the cable car, and the cable cars to get to the start area (Teferruc)

Transportation of Senior Women and Junior Men athletes:

Buses with 20 seats will be departing from the lower cable car station (Teferruc) at 7:30, 7:45, 8:00, 8:15, 8:30, 8:45, 9:00, 9:15 and 9:30 to transfer the athletes to the start area (Zeyniler)

Transportation of Junior Women athletes:

The athletes will have to take the buses from the hotel to go the upper station of the cable car, and the cable cars to get to the start area (Kadi Yayla)

Transfer time between the hotel and the start areas (considering the usage of the cable car as well) is approximately the following:

- | | |
|---------------------------------------|--------------------|
| • Senior men (Teferruc) | minimum 45 minutes |
| • Senior women, Junior Men (Zeyniler) | minimum 1 hour |
| • Junior women (Kadi Yayla) | minimum 30 minutes |

5.2. Return to Airport

Transportation will be arranged according to the flight schedules submitted by the teams in the final entries. Detailed departure schedule will be displayed at the LOC Information Desk.

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 submitted through the Teams On-Line Entry System. No changes will be accepted after the final entry deadline.

Accreditation cards will be distributed in the main Accreditation Centre in Hotel Karinna upon arrival. The Team Leader should present passports or ID's of the athletes, settle the payment and collect the accreditation cards of the team.

6.3. Access Areas for Teams

A description of the accreditation system is included on the back of the accreditation card. All team accreditation cards will allow access to the competition venue, to the hotels and meals and to the transportation system.

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

6.4. Loss of Accreditation

If an Accreditation Card is lost, this should be reported immediately to the LOC, at the Accreditation Centre or the TIC.

7. TECHNICAL INFORMATION CENTRE

7.1. Technical Information Centre (TIC)

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

On pre-competition days the TIC will be located in Hotel Karinna – Nejat Bey. During the competition day the TIC will work in the Sarıalan, near the Finish area (see Appendix 1).

The TIC will be open at the following schedules:

Friday, 08 July 2011	10:00 – 20:00
Saturday, 09 July 2011	10:00 – 16:00
Sunday, 10 July 2011	07:30 – 17:00

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

- Competition information (Start Lists, Results, etc)
- Liaison points concerning technical matters between Team Delegate, Technical Delegate, European Athletics and LOC
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, European Athletics and LOC
- Settlement of technical enquiries from delegations
- Recovery of items confiscated at the Call Room
- Receipt of protests from the teams

All technical information regarding the competition will be distributed in the TIC. Team Leader will be given a separated TIC card for access. This information will also be displayed on information boards.

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

7.2. Technical Meeting

The Technical Meeting will be held on **Saturday, 9 July 2011 at 14:30** in Hotel Karinna "Cafè Carya" Meeting room.

All questions related to the Technical Meeting must be presented in writing, preferably in English, at the TIC or at the Information Desk in the respective Team Hotel at the latest by 12:00 o'clock on Saturday, 9 July. The Technical Meeting will be held in English.

Each team may be represented by a maximum of 2 persons and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

The Technical Meeting will be attended by:

- European Athletics President or his representative
- 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

7.2.1. 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 Competition Officials
- Information by the Technical Delegate
- Information by the Doping Control Delegate
- Victory Ceremonies, Opening and Closing Ceremonies
- Answering of questions submitted in writing by federation

7.3. Changing Rooms

Dressing rooms (tents) with toilettes are located at the starting areas for each event.

7.4. Training

Athletes and team members will have free access to the competition venue and race course for training on Friday and Saturday. The course outside the town will be marked already on Friday, 8 July, however the roads in the city will be closed for the public traffic only on the day of the competition.

8. COMPETITION REGULATIONS

8.1. Participation

Every European Athletics Member may enter 1 (one) team for each event. For the Senior Men and Women and Junior Men races, teams of not more than 4 (four) athletes in each event can be entered of whom 3 (three) will score. For the Junior Women race teams of not more than 3 (three) athletes can be entered of whom 2 (two) will score. A separate classification of all athletes in each event shall be compiled and the individual championships determined accordingly.

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 and no athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

8.2. Competition Entry Procedures

8.2.1. 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** in the section "**Member Federations Zone/Competition**".

Member federations should use the already known ID and password.

According to European Athletics regulations, the deadlines for final entries are:

- opening date of the online entry system: 07 June 2011
- deadline for the entries: 30 June 2011, 24:00 CET

Final entries should include the names of the athletes and their dates of birth, plus the names of officials travelling to Bursa.

8.2.2. 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. The forms must be completed and returned immediately. Final start lists will be distributed right after the Technical Meeting.

8.2.3. Withdrawal

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

8.3. Competition Numbers

Each competitor receives 2 bib numbers. The numbers shall be worn according to IAAF Rule 143. The competition numbers may not be cut, bent or covered in any way.

The teams will be provided with the competition numbers immediately after the Technical Meeting.

Bib numbers of the age groups will be distinguished by colours as follows:

Black number	senior men
Blue number	senior women
Red number	junior men
Green number	junior women

Additional numbers for the competition bags will be provided to each runner on the day of competition.

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 for the Senior Men and Women and Junior Men events and its 2 (two) best placed athletes for the Junior Women. 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 for Senior Men and Women and Junior Men events or 2 (two) finishing athletes for Junior Women events 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 Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations (version 2010). 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 on the European Athletics website. If the uniform displayed on the website differs from your current official uniform, a full set of photographs must be provided to the European Athletics Office **by 1 July 2011** the latest (preferably in an electronic version):

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mail to: competition@european-athletics.org
- Otherwise, the existing records will be used as reference

Team clothing must be uniform. A competitor wearing any other clothing will have no Access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits. Clothing will be checked in the call-room before athletes leave to the start line.

9. COMPETITION PROCEDURE

9.1. Timetable

The competition timetable will be as follows:

Sunday, 10 July 2011

Start time	Category	Distance	Start location
9:00	Junior Women	~ 4.6 km	Kadi Yayla
9:30	Junior Men	~ 9.0 km	Zeyniler
10:30	Senior Women	~ 9.0 km	Zeyniler
11:30	Senior Men	~ 12.2 km	Teferruc

9.2. Competition Area

The European Mountain Running Championships 2011 will take place at Bursa Uludağ. A map of the course and a course profile is included in this Manual (Appendix 3 & 4).

9.3. Warm-up Area

The Warm-up Area will be located near the start area. Further information will be given during the technical meeting).

9.4. Assembly and Call Room Procedures

The Call Room is located near the start line of each event. It is the responsibility of the team managers to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

All athletes must report to the Call Room **20 minutes before the start of their event** and will be escorted from the Call Room to the start line 5 minutes before the start.

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

- Competition clothing
- Shoes
- Bags
- Final check of the timing Chip (attached to the shoelace).
- That non-authorised equipment (radio, Walkman, mobile phone, camera etc) are not brought infield.

Runners can leave their personal luggage in the Call Room, packed in a plastic bag, provided by the LOC and signed with the bib number of the athlete. The LOC will take care of the bags and will bring them to the mixed zone for collection after the race.

9.5. Starter Commands

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

9.6. Refreshment Stations

Water and other suitable refreshments shall be available at the start and finish of all races.

Water will be also provided in the mixed zone after completion of the race, as well as energy drinks, fruits and snacks.

The positions of the Drinking/Sponging stations are indicated in appendix 3. and detail information about the procedures will be given at the technical meeting.

Personal refreshments are possible. They must be carried to and handed over by team officials in restricted areas near the Refreshment stations only. LOC will not take care of personal refreshments. 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 done by means of computer chips tied with the shoe laces of the athletes. Timekeeping is provided by "ChampionChip" company and will be displayed on the official electronic timing instrument and photo finish cameras provided by "ChampionChip".

9.8. Exit procedures after the Competition

After the competition, athletes leave immediately through the mixed zone where media interviews will be carried out.

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. It is for the athlete to decide whether he/she will give an interview.

9.11. Doping Control

Doping control shall be conducted in accordance with IAAF Anti-doping Regulations under the supervision of the European Athletics Doping Control Delegate.

Athletes selected for doping control shall be informed by anti doping officers. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).

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 DCC 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

Doping Control Centre is located near the finish line (see appendix 1.)

10. MEDICAL SERVICES

10.1. General

The medical service is in charge of any medical assistance to the team leaders, the competition organisation, the personnel, the honorary guests as well as, during the competition, to the spectators. A Medical Station tents are located in the Start / Finish areas marked with first aid symbol.

In case of an emergency, please contact the nearest medical aid station, in other cases the given instructions should be followed. Dr Rusen Cakir is in charge of the medical service and can be reached on +90 532 254 36 47

10.2. Medical Services at the venue

The LOC will have a first aid team as well as an official physician to provide medical services to the athletes at the venue. In case of injuries, only the official track physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete. There are two teams of first aid positioned on the course, plus ambulance ready to go whenever needed, supervised by a doctor and marked first aid symbol.

10.3. Insurance

Each Member Federation is responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Mountain Running Championships (European Athletics Regulations 1110.9.).

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. The TIC can also be contacted for lost and found objects.

12. CEREMONIES

12.1. Opening Ceremony

The Opening Ceremony will take place on Saturday, 9 July at 17:00 in the city centre of Bursa. All team members are invited to attend the Opening ceremony. Transportation to the venue of the Opening Ceremony will be provided by the LOC according to the information included to point 5. of this manual. **Teams should gather in front of the Municipality Building at 16:30 to start the march flags parade down the main boulevard.** Details on the ceremony will be given upon arrival. Athletes must wear the official team clothing.

12.2. Victory Ceremonies & Closing Ceremony

The Victory ceremonies and Closing Ceremony will take place on Sunday 10 July 2011 at 18:00 in Hotel Karinna Nusret Bey. Athletes involved in the ceremonies must wear the official team clothing for the ceremonies.

12.3. Final Party

The Final Party will take place on Sunday, 10 July at 21:00 in Hotel Karinna Red room saloon. Everyone with accreditation or an invitation is welcome to attend.

13. DEPARTURE

Teams will be asked to provide full travel details on the online 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 cashier.

14. CONTACT DETAILS

For further details about the European Mountain Running Championships in Bursa please contact

LOC General Secretary: Mr Erhan Basoglu

Address: Yesil Caddesi, Yesil Sokak, Ugur Apt. B Blok No:13/8, Bursa, Turkey

Phone Office: +90 224 326 94 64

Fax Office: +90 224 326 83 62

E-mail: erhanbasoglu@gmail.com

Webiste: www.emrc2011bursauludag.org/en

LOC Office at the venue will be located in Hotel Karinna. Signs will indicate the location of the office in the hotel.

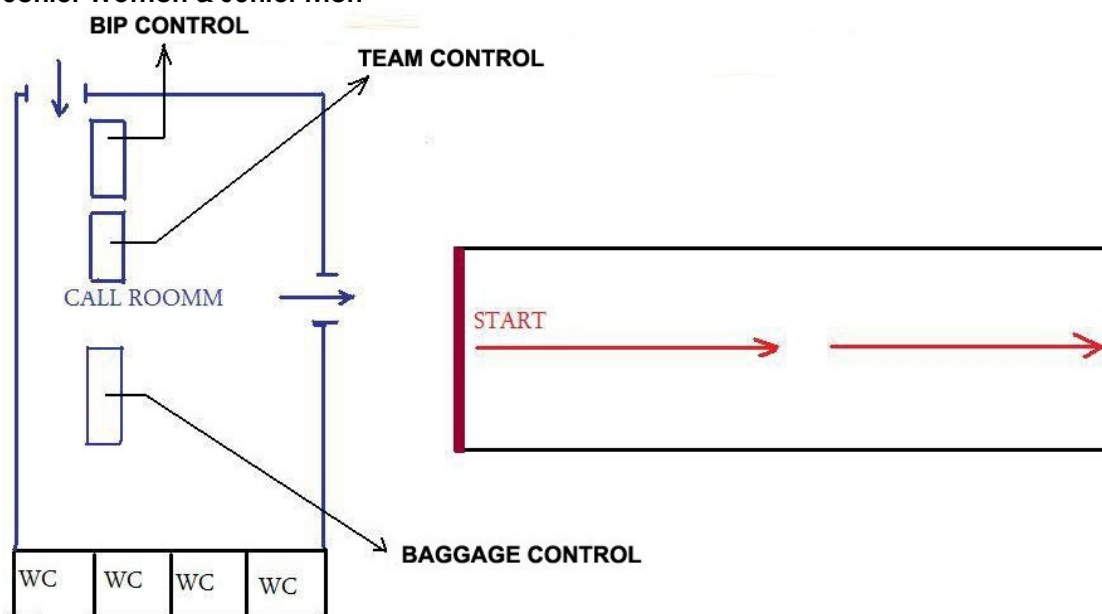
15. APPENDICES

Appendix 1 – Plan of the Start / Finish area

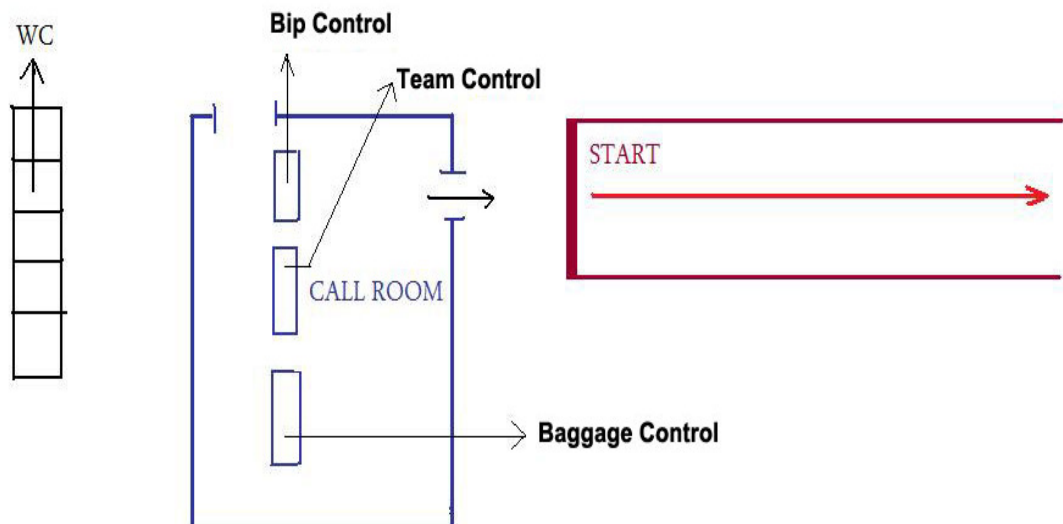
Senior Men



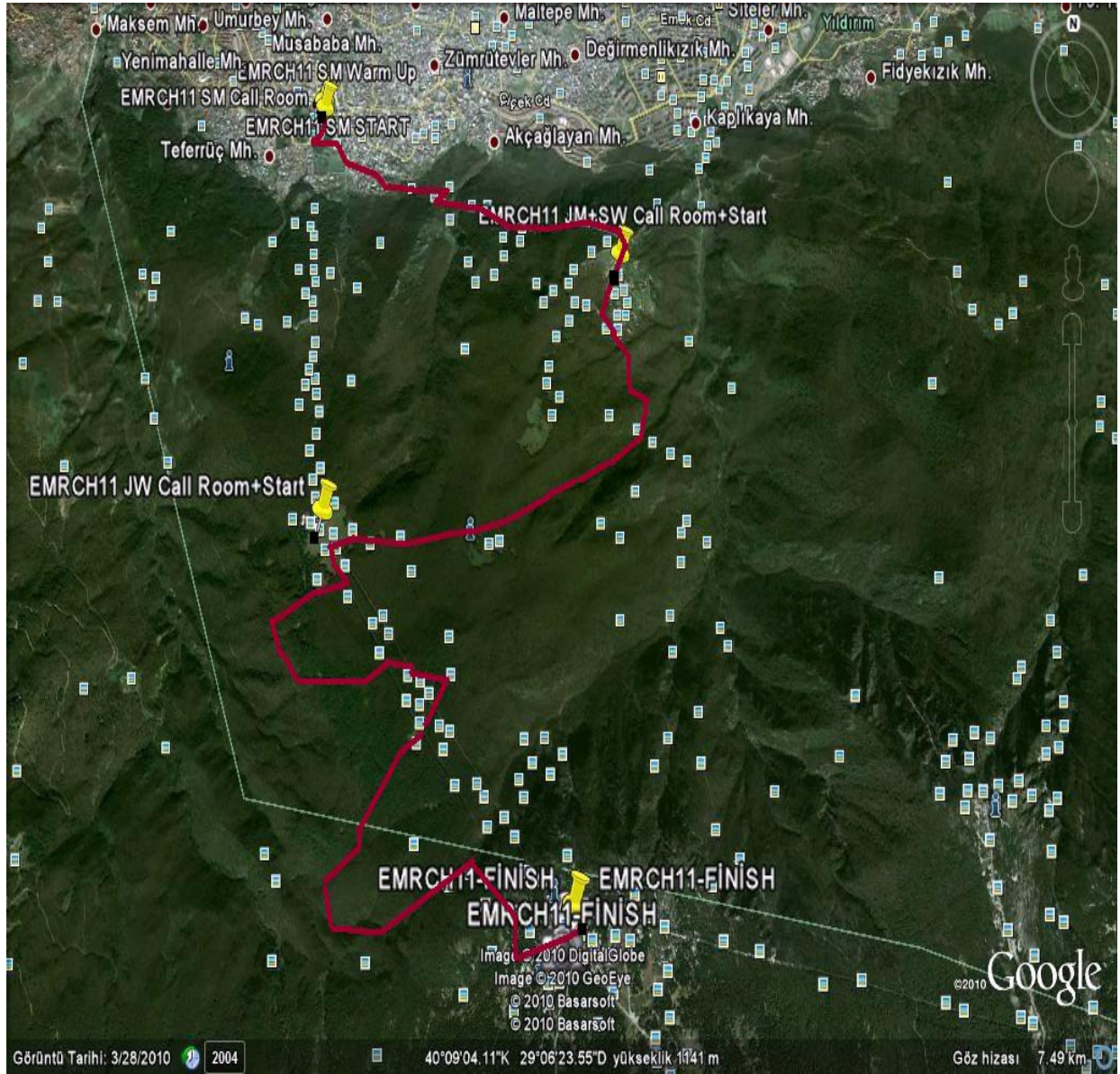
Senior Women & Junior Men



Junior Women



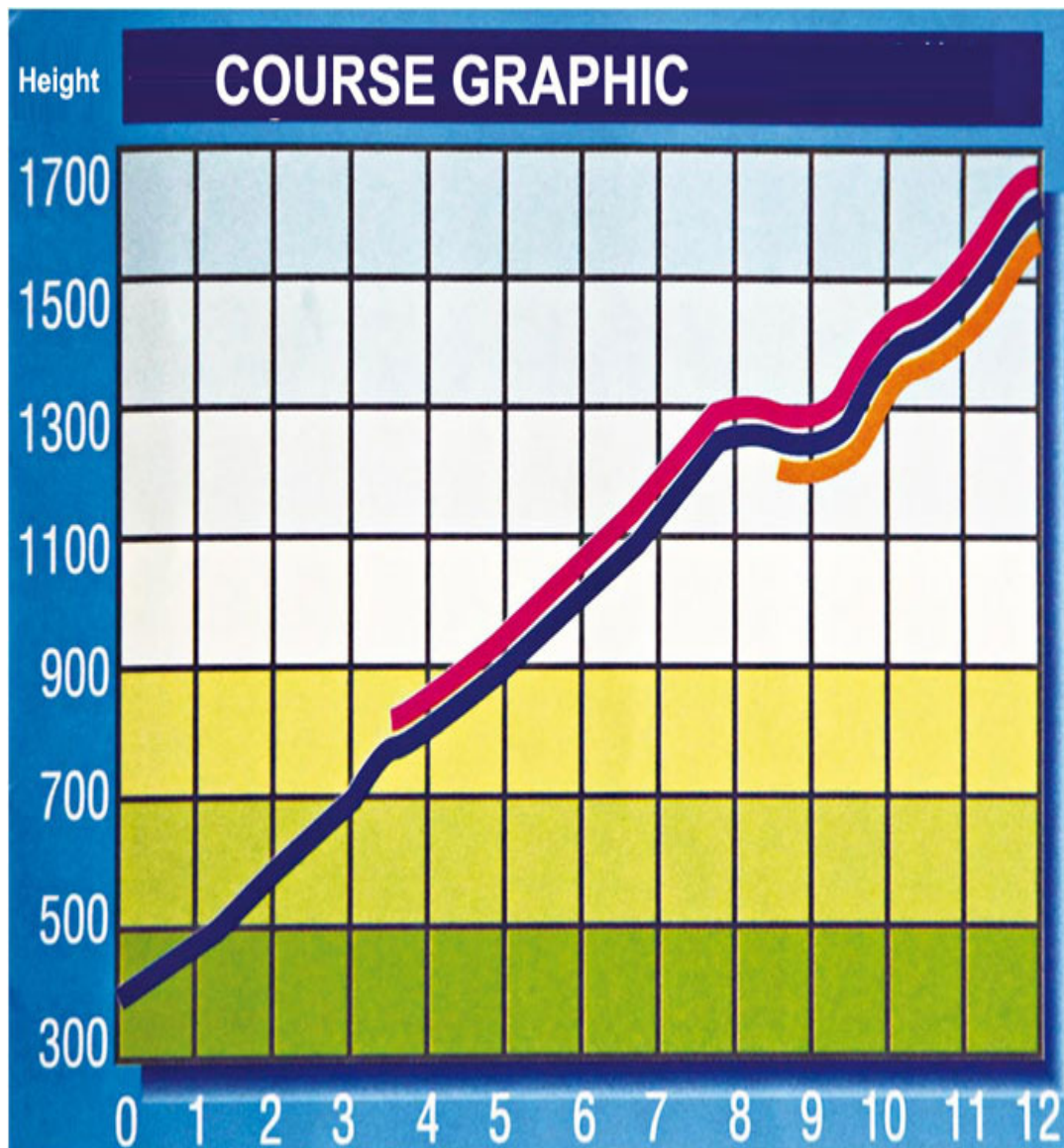
Appendix 2 - Map of Uludağ



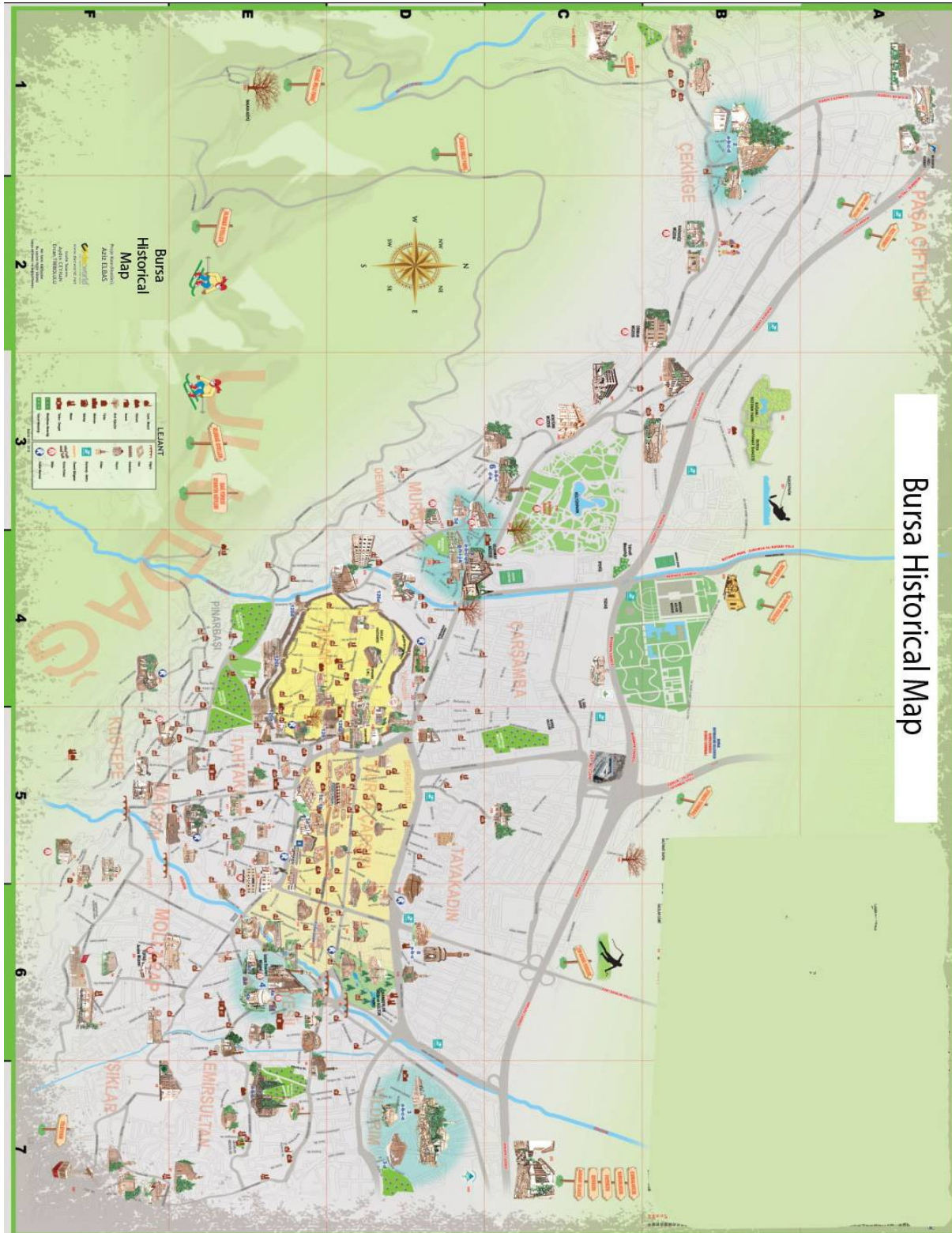
Appendix 3 – Course map



Appendix 4 – Course profile



Appendix 5 – Map of Bursa





10th European Mountain Running Championships in Bursa - Uludag

