



European Athletics U23 Championships 13-16 July 2023 Leppävaara, ESPOO, FINLAND



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1. GENERAL INFORMATION

1.1 Host Country Finland

Form of Government Location	Parliamentary democracy. 64 00 N, 26 00 E. Finland is situated in the northern part of Europe with borders to Sweden, Norway and Russia.
Area	338,424 km² (131,985 square miles), the fifth-largest country in Western Europe by area.
Population	5 566 812 (Jan 2023)
Coastline	1 250 km
Climate	Great contrasts – cold winters and fairly warm summers (2010 extremes: coldest day in Kuhmo -41.3 C° warmest day in Joensuu 37.2 C°)
Language	Finnish, second official language Swedish
Religion	Christianity; about 60,0 % Lutheran and about 1.1% Orthodox. In practice society is fairly secularised
Capital	Helsinki (1.25 million inhabitants in metropolitan area)
Local Time	UTC+3h
Electricity	The electric current for use in homes and hotels, as in most of Western Europe countries, is 220 volts (50 Hz) and the plugs used are two round pins (type C and F).



Driving Telephone Country Code Mobile Phone Networks

Right side +358

Finnish mobile phone networks operate mainly under 5G and 4G. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Finland, which will allow temporary connection with the Finnish networks. The main mobile companies are Telia, Elisa and DNA. Euro. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Currency





1.2 Host city Espoo

Espoo is the second largest city of Finland and Northern Europe's largest high-tech and innovation hub where science, business and culture meet the wilderness of Nuuksio National Park and stunning seaside environment. Helsinki Airport is just a half an hour drive from Espoo. The capital region has an extensive and affordable public transportation network and the west metro will take you to Helsinki in 10 minutes.

In Espoo you are in the midst of great outdoors, but never far from the bustle of the capital. There are 58 km of coastline, 95 lakes, 165 islands, 600km of cycling tracks, 200km of cross country skiing tracks and the scenic Waterfront Walkway. Fascinating sights, sounds and events invite you to come and enjoy yourself in Espoo!

The Otaniemi-Keilaniemi area is a hub for business, innovation, research and science, where the worlds of startups, investors and international business come together at and around the lively Aalto University campus.







2. TRANSPORTATION

2.1. Arrivals

2.1.1. Official Airport and Welcome Services

The official airport, located at 25 km from the Leppävaara Stadium (competition venue), is Helsinki-Vantaa Airport (HEL), where the LOC will provide adequate welcome services.

Upon arrival at Helsinki-Vantaa Airport (Terminal 2), the teams will be met by the LOC at the Welcome Desk located in the arrivals area (after baggage claim and customs clearance).



Please report to the Welcome Desk or contact the LOC Transportation department +**358 400 890 760** in case you need any support.



The transfer time from the airport to the Team Hotels is up to 30 minutes' drive from the furthermost hotel, depending on the traffic conditions.

2.1.2. Arrival by ferry

The Port of Helsinki is located in the city centre and 18 km from Leppävaara Stadium. Teams arriving by boat service will be met by LOC representatives at arrivals area after the customs, as long as the LOC is informed in advance.

The transfer time from the Port of Helsinki to the to the Team Hotels is 5–20 minutes approximately, depending on the hotel's location and the traffic conditions.





2.1.3. Arrival by train

Transfers can also be also organised from the Central Railway station in Helsinki or Leppävaara train station, as long as the LOC is informed in advance.

The transfer time from the Central Railway station to the Team Hotels is up to 20 minutes approximately, depending on the hotel's location and the traffic conditions.

2.1.4. Arrival by Road

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

2.1.5. Entry visas

The following countries require visas to enter Finland: ALB¹ - ARM - AZE - BIH¹ - GEO¹ - KOS² - MKD¹ - MDA¹ - MNE¹ - SRB³ - TUR - UKR⁺

Visas should be obtained before leaving your country, from the Finnish Embassy or Consulate well in advance to ensure all the procedures in due time.

Participants who require a visa should contact the LOC info@espoe2023.ft with copy to office@ espoe2023.ft as soon as possible to obtain a special invitation letter and visa application information. The following information shall be included in the request:

- Full name (first name and family name as shown in passport),
- Function in the team (e.g. athlete, official),
- Gender,
- Date of Birth,
- Passport Number and Passport expiry date (passports should be valid for at least 6 months after the end of the competition).

The invitation will be sent to you as soon as possible.

2.1.6. Insurance

According to the European Athletics Regulations, 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.

Visa exemption applies to holders of biometric passports.

As defined by United Nations Security Council Resolution 1244 of 10 June 1999.

Excluding holders of Serbian passports issued by the Serbian Coordination Directorate (Koordinacionauprava).





2.2. Local Transportation

Transportation between the Team Hotels and the various venues, including official and social functions, will be guaranteed by the LOC transportation service. All transportation schedules will be displayed at info boards both in the Team Hotels as well as in the other venues which are serviced by shuttles. Furthermore, there will be Information Desks operated by volunteers at the Team Hotels which can assist with any questions or requests related to transportation.

2.2.1. Bus Shuttle Service

Transfer times between the **Team Hotels and the competition and warm-up venues** (Leppävaara Stadium, as described in point 5.2.2) will be between 15–25 minutes, depending on the hotel location and traffic conditions.

Transfer times between the **Team Hotels and the main training venue** (Otaniemi Sports Park, as per point 5.2.3) will be up to 30 minutes, depending on the hotel location and traffic conditions.

Full details of the dedicated bus schedule to the official championship venues and social functions will be displayed at the Information Desk board in each hotel and will be also available in the documents module of the Virtual TIC.

2.2.2. Transportation of Equipment

Each team is responsible for organising the transport of its poles until its arrival in Helsinki. Upon arrival at the official entry point, the pick-up of the poles will be arranged by the LOC who will transfer them to Leppävaara Stadium (facility for pole vault warm-up and training), where they will be at the athlete's disposal. All poles or bags of poles shall bear the identification of the athlete (tag of the name, country, event, number of poles per bag).

At the end of the Championships the poles will be transported back to the official entry point by the LOC.

2.3. Departure

The frequency of departure transportation will be based on the departure schedule, which will be posted at the Information Desk of each Team Hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the Final Entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to <u>info@espoo2023.fi</u> with copy to <u>competition@european-athletics.org</u>.

Team Leaders will also have to confirm departure details on site during the accreditation process.

2.4. Personal Coaches

Transfers from/to Helsinki-Vantaa Airport to the Team Accreditation Centre (TAC) will be provided to all Personal Coaches as long as their travel details have been registered during the Final Entries, otherwise no transfer can be guaranteed. For further details about personal coach accreditation please refer to section 3.5 of this manual.





3. ACCREDITATION

3.1. General

Each Team Member will receive an accreditation card, which must be worn at all times and should be clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. The holder is granted access rights only to the zones indicated on the front and shall use the designated entrances accordingly. The accreditation card remains European Athletics property and can be withdrawn at any time.

3.2. Team Accreditation Centre

The Team Accreditation Centre will be located at Heymo 1 by Sokos Hotels and will be operational ecording to the **following schedule:**

)	Monday 10 July	according to the arrival time of the teams
)	Tuesday 11 July	08:00 to 22:00
	Wednesday 12 July	08:00 to 22:00
	Thursday 13 July	08:00 to 22:00
	from Friday 14 July	accreditation issues dealt with at the Main Accreditation Centre

The opening hours of the Team Accreditation Centre will be adapted if necessary. The LOC will consider the teams arrival times & details to enable all teams to pick up their accreditation on the day of the arrival. In case of arrival outside of the opening times, Team Leaders are kindly requested to report to the Team Accreditation Centre on the next morning.

3.3. Registration Procedures

Registration of all Team Members has to be done through the European Athletics' entry system, during the Final Entries which will be open from 13 June to 03 July 2023 (14:00 CET).

Please note: Each accreditation requires a photo (passport type), which needs to be uploaded by the Final Entries deadline through the European Athletics' entry system.

Please upload all photos as a jpeg file. Each photo must not exceed 1.0MB in size. Only completed registrations including photos can be produced in advance and thus speed up the issuing process on site. Team Members with no photo uploaded in advance will have to go to the Team Accreditation Centre (TAC) in person to have a photo taken and pick up the accreditation card.

Accreditation cards will be printed in advance, based on the information provided by the Member Federations through the European Athletics entry system. No changes will be accepted after the Final Entries' deadline.





3.4. Accreditation Procedures

Upon arrival in the Team Hotel(s), the Team Leaders will be asked to go directly to the Team Accreditation Centre (TAC) to go through the accreditation process and pick up all Team Members' accreditation cards. In case of early or late arrivals, accreditation formalities shall be carried out the next day, or as soon as possible.

The Team Leader will be asked to complete the following formalities for the whole team:

- LOC accommodation invoice settlement,
- Check of athletes' passport or ID (or copy),
- Accreditation card collection,
- Team Leader's package collection (including BIBs),
- Team vest check,
- Confirmation of departure details.

Loss or damage of accreditation card

A lost accreditation card is a potential security risk and will be treated very seriously by the security authorities. Any lost or damaged accreditation cards should be reported immediately to the Team Accreditation Centre. In case of losing the accreditation card, a fee of 50 EUR will be charged for the replacement.

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

3.5. Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, warm-up and training areas, changing facilities, and physiotherapy rooms. Only athletes who are about to compete, will have access to the Call Room and to the Infield. Furthermore, accreditation will grant access to meals and to the Team Shuttle services.

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

European Athletics shall provide special passes as required for the following categories:

- Field events coaching area (one per athlete),
- Combined Events Resting Area (one per athlete and one extra per Member Federation),
- Race Walking personal refreshment stations (up to 4 per Member Federation according to the number of athletes),
- Mixed zone (for access to athletes at the end of the mixed zone) one per team with Team Press Liaison.





MIXED ZONE PASSES will be distributed during the accreditation process. The field events coaching areas and combined events resting room passes will be distributed at the TIC the day before the respective events. All special passes will be valid only in combination with personal accreditation.

ACCESS TO THE DOPING CONTROL AREA: the athlete only can access the doping control station accompanied by a chaperone. A delayed representative, who wishes to accompany his/her athlete (note: max one representative per athlete), shall report at the reception desk at the doping control station directly.

If the athlete needs to be tested, because of a record or any other reason, he/she shall report to the TIC and fill-in a doping control request form. The duly signed form will give access to the doping control station.

Personal Coach Accreditation

Personal coaches must be entered by the Member Federations in the European Athletics Entry System, during the Final Entries, by 03 July 2023 (14:00 CET).

Two categories of Personal Coaches have been defined, based on numbers: in-ratio and out-of-ratio Personal Coaches (see Appendix 2 for the ratio of athletes, officials and personal coaches).

Accreditation will be charged at the rates of 160 EUR for in-ratio and 200 EUR for out-of-ratio Personal Coaches for the duration of the Championships.

Accreditation cards can be picked up at the Team Accreditation Centre (TAC).

Personal Coach accreditation will give holders the right to:

- Transfer from Helsinki-Vantaa Airport (HEL) to the Team Accreditation Centre and then to the official Team Hotel (only if booked through the LOC),
- Use the team shuttle service during the event,
- Access the team tribune,
- Access the warm-up and training areas.

European Athletics reserves the right to refuse accreditation to any official that is not clearly identifiable as a Personal Coach.

PLEASE NOTE:

Member Federations will be invoiced for each Personal Coach accreditation. All costs will be charged directly to the respective Member Federation and will be included in the general team accommodation invoice. The total number of Personal Coaches shall not exceed the total number of Team Officials (in and out-of-ratio).





4. ACCOMMODATION

4.1. General Information

The official hotels for the European Athletics U23 Championships 2023 are indicated below and in Appendix 5.

4.2. Information Desk

An Information Desk will be located in the lobby of the Team Hotels with qualified personnel offering relevant information about all aspects of the European Athletics U23 Championships 2023. The Information Desks' opening hours will be as follows:

·~)	Date	Opening hours
~	Sunday 09 July	as per presence of the teams
	Monday 10 July	12:00 – 22:00
	Tuesday 11 July and Wednesday 12 July	07:00 - 22:00
	Thursday 13 July to Sunday 16 July	06:30 - 22:00
	Monday 17 July	07:00 –12:00 ⁴

4.3. Official Hotels

The official hotels for the European Athletics U23 Championships 2023 are indicated below and in Appendix 3.

Teams Hotels

Original Sokos Hotel Tapiola Garden, Tapiolanaukio 3, 02100, Espoo. www.sokoshotels.fi/en/espoo/sokos-hotel-tapiola-garden Radisson Blu Hotel Espoo, Otaranta 2, 02150 Espoo. www.radissonblu.fi/hotelli-espoo Heymo1 by Sokos Hotel, Espoo, Miestentie 5, 02150 Espoo. www.sokoshotels.fi/en/espoo/heymo-1 Radisson Blu Seaside Hotel Helsinki, Ruoholahdenranta 3, 00180 Helsinki. www.radissonblu.com/seasidehotel-helsinki Original Sokos Hotel Presidentti, Eteläinen Rautatienkatu 4, 00100 Helsinki. https://www.sokoshotels.fi/en/helsinki/sokos-hotel-presidentti Radisson Blu Royal Hotel Helsinki, Runeberginkatu 2, 00100 Helsinki. https://www.radissonhotels.com/en-us/hotels/radisson-blu-helsinki-royal

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries. Team hotels allocation will be communicated after the closing of the Final Entries.

Member Federations' President or General Secretary/CEO not part of the team may stay in the VIP Hotel Hanasaari, Hanasaarenranta 5, Espoo 02100 <u>https://www.hanaholmen.fi/en/conferencehotel/</u>

⁴ Information Desks will be open until the departure of the last team from the respective Team Hotel





4.4. European Athletics Quota and Accommodation Costs

4.4.1. European Athletics Free Places Quota

European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved), the number of participants per country at the European Athletics U23 Championships 2021 in Tallinn/EST and the European U23 season best-list 2022. For more details, please refer to the Appendix 2.

4.4.2. Ratio of Athletes & Officials

The chart with the ratio of athletes & officials was also communicated earlier. Please, see Appendix 2 for more details.

Please, bear in mind the following:

- The number of team officials, as per the chart included to Appendix 2, are also eligible for fixed price accommodation and other benefits,
- European Athletics will not cover those officials' accommodation costs,
- Out-of-ratio officials above the set maximum quota will be considered as Personal Coaches and will have to purchase the Personal Coach accreditation package,
- The total number of Personal Coaches shall not exceed the total number of Team Officials (in and out-of-ratio).

4.4.3. Accommodation Costs

For all athletes within the European Athletics Free Places Quota, European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations, for the duration of the official period. The official period is 6 nights: check-in on Tuesday, 11 July 2023 and check-out on Monday, 17 July 2023.

NOTE:

No contribution shall be made in respect of athletes representing the host Member Federation.

Additional nights have been fixed as follows: 2 nights before (09 and 10 July) and 1 night after (17 July) the official period. If your team is planning to stay outside this period, the above-mentioned rates will not apply, and a separate agreement will have to be made with the LOC accommodation@espoe2023.ft





THE FOLLOWING RATES APPLY FOR TEAM MEMBERS. THIS INCLUDES FULL BOARD ACCOMMODATION AND VAT.

Team Members	Single room	Twin room ⁵
Athletes and Officials During official period	165 EUR per night ⁶	195 EUR per night
Athletes and Officials Outside official period	190 EUR per night	270 EUR per night

In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of **225 EUR**, for the whole duration of the event.

European Athletics Regulations

403.11 European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced its participation, does not take part, or attends the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20%. The latter applies only if the Preliminary Entry is more than 4 (four).

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

NOTE: the team Invoice will be based on the accommodation requests included in the Final Entries as well as any additional requirements indicated after the closing of the Final Entries.

4.4.4. Personal Coaches Accommodation

There will be no hotel dedicated to Personal Coaches only. The Personal Coaches/Member Federations are welcome to request rooms at the Team Hotels or are free to reserve any hotel at their best convenience.

Accommodation requests for Personal Coaches at the Team Hotels have to be sent during the registration

⁵ In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (97,50 EUR during the official period / 135 EUR for additional nights).

⁶ For the official period each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy (97,50 EUR). Any single rooms above the 10% threshold will be charged at the rate of 165 EUR during the official period. Additional single rooms can be requested and will be given according to availability.





process via a separate e-mail to the LOC info@espoo2023.fi by no later than the Final Entries deadline, 03 July 2023 (14:00 CET). The LOC will do its utmost to provide accommodation at the preferred Team Hotel. In case this Team Hotel is fully booked, Personal Coaches will be allocated a room at another Team Hotel. However, availability at all Team Hotels is limited and cannot be guaranteed before the Final Entries deadline. Therefore, requested accommodation at Team Hotels can only be confirmed after 04 July 2023. Once the accommodation request is confirmed by the LOC, the reservation is binding and will be included in the respective team invoice. Accommodation cancelled after confirmation will be fully charged.

ROOM RATES FOR PERSONAL COACHES IN TEAM HOTELS:

Personal Coach During official period Outside official period **Single room** 165 EUR per night 190 EUR per night **Twin room** ⁷ 195 EUR per night 270 EUR per night

Full board in the Team Hotel Catering Area is included in the rates.

In addition to the accommodation costs, the Personal Coaches will be charged a lodging fee of **225 EUR** for the whole duration of the event.

PLEASE NOTE Accreditation fee for Personal Coaches is not included in the accommodation costs. Member Federations will be invoiced for each Personal Coach accreditation. All costs will be charged directly to the respective Member Federation and will be included in the general team/accommodation invoice.

4.4.5. Payment Procedures

Shortly after the closing of the Final Entries on 03 July 2023, participating Federations will receive an invoice detailing the amount they owe based on the Final Entries (considering the pre-payments made after the Preliminary Entries). Federations are kindly encouraged to make an advance payment of the full amount before 10 July 2023. Advance payments should be made in Euros by bank transfer to the following account:

Bank account name: Bank name & address: IBAN: Swift No: Esbo Idrottsförening rf, PB 74, 02771 Esbo, Finland Aktia Pankki Oyj, Arkadiankatu 4-6, 00100 Helsinki, Finland FI25 4055 0017 2776 47 HELSFIHH

⁷ In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (97,50 EUR during the official period / 135 EUR for additional nights).





PLEASE NOTE that the Team Leader is requested to provide the LOC with a proof of payment upon arrival at the Accreditation Centre.

Outstanding payments must be settled on-site by the Team Leader during the accreditation procedure. Payment can be made by credit card (VISA or MasterCard) or by cash in Euros.

4.4.6. Extra Charges

All extra hotel charges (e.g. laundry, parking, extra drinks in the Catering Area) must be settled by cash or credit card directly on-site by the consuming person. Each hotel minibar is emptied and can be used to refrigerate their own beverages.

Furthermore, the Team Leader will be requested a credit card at check-in by the hotel reception desk to guarantee for their extras and the extras for the entire Team. Any not settled extras (e.g. phone bills or other extra services at the hotel) must be paid by the Team Leader at the latest during the check-out, before departure. All payments must be made by credit card (VISA or MasterCard) or by cash in Euros. We kindly ask the Team Leaders to check the account for extras at the reception one day in advance before departure in order to avoid long waiting time at check-out on the departure day.

4.5. Rooming list

Detailed information about athletes and officials' rooming list will have to be entered by the Member Federations during the Final Entries process.

Further amendments after the closing of the Final Entries will have to be sent by email to the LOC (<u>info@espoo2023.fi</u>) and European Athletics (<u>competition@european-athletics.org</u>).

While registering their Final Entries, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be communicated to Sample Collection Officials. This information will only be used for the purposes of the blood and urine testing; it will be confidentially treated and destroyed once it is no longer required for these purposes.

4.6. Meals

All meals will be served in an exclusive or dedicated catering area in buffet style and, to the extent possible, will be similar in all hotels.

The menu plan will be based on European Athletics Nutritional Guidelines. A large selection of suitable food will be available taking into consideration special diets, religion, and culture of the participants.

Ψ∎●	MEAL TIMES SHALL BE AS FOLLOWS: Date Breakfast Lunch Dinner			
	Date	Breakfast	Lunch	Dinner
	09 –12 July	06:00 - 10:00	12:00 – 15:00	19:00 – 22:00
	13 –16 July	06:00 - 10:00	12:00 - 16:00	20:00 - 23:30
	17 July	06:00 - 10:00	12:00 - 15:00	19:00 – 22:00

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





Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the Team Members are accommodated. The hotel reserves the right to control access via name lists.

Mineral Water, coffee and tea will be available free of charge during the mealtimes. All other drinks must be paid for directly when ordering them.

The tap water in Finland is perfectly drinkable and therefore the LOC recommends using personal water bottles, which can be refilled. If individuals wish to buy bottled water, this will be at their own cost (except during mealtimes).

Bottled water will be provided at the infield, in the Mixed Zone, at the race walking refreshment stations and at the doping control station.

4.7. Services in the Team Hotels

Meeting Rooms

A general meeting room per Team Hotel will be available during the official period, for all teams staying at the respective hotel.

Bookings can be made by the Team Leader at the Information Desk at a reasonable time in advance. To ensure a fair distribution among all teams, usage per team is limited.

Teams requiring any additional service may make separate arrangements through the Information Desk.

There is also the possibility to reserve office/meeting rooms for exclusive use at the team's expense (dedicated team meeting rooms with exclusive right for the whole duration of the Championships) on a "first come – first serve" basis. Should your team be interested in such provision, please contact info@espoo2023.fi.

Rooms for physiotherapy

General rooms for physiotherapy will be provided for the teams with medical staff to set-up their own massage beds.

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff (see Medical/Physiotherapy services).

Internet access

Free Internet access is provided at Team Hotels.

Check-in/check-out times

Check-in from 14:00 and check-out by 12:00. Please note that an early check-in is upon availability. For a guaranteed early check-in, the room needs to be booked for the previous night. Please contact info@espoo2023 fi for specific arrangements outside these times.





5. TECHNICAL INFORMATION

5.1. Communication with the Teams

5.1.1. Technical Information Centre (TIC)

The TIC is located at the competition venue (see Appendix 6).

The main function of the centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegates, and the Competition Management of the Championships regarding technical matters.

\sim The TIC will open according to the following schedule:

/		
	Date	Opening hours
	Wednesday 12 July	09:00 - 21:00
	Thursday 13 to Friday 14 July	07:00 - 22:00
	Saturday 15 July	07:00 - 21:30
	Sunday 16 July	07:00 - 21:00

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

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times,
- Distribution of urgent notices to the delegations from the Technical Delegates and competition management via the Virtual TIC and dedicated Team Leaders' Group,
- Managing written questions to be answered during the Technical Briefing and TIC general inquiries, withdrawal forms, etc. via Virtual TIC or in hard copies available in TIC,
- Managing of Final Confirmations, Relay Order Declarations and Withdrawal Forms via Virtual TIC,
- · Distribution of special passes the day before the respective event, according to start lists,
- Distribution of items confiscated at the Call Room,
- Registration and collection of personal implements,
- · Managing additional doping control requests,
- Registration of Protests & Appeals via Virtual TIC,
- Found goods are delivered to TIC.

Virtual TIC

Team Leaders will also be provided with an individual and personalised access to European Athletics online tool (i.e. Virtual TIC), where they will be able to:

- Make their final confirmations,
- Download information posted by the LOC/European Athletics (technical information, qualification procedures and starting heights, daily call room schedule, etc.),
- Fill-in any competition form (questions for the Technical Briefing, technical enquiries to TIC, withdrawal forms, etc.),
- Launch protests and/or appeals.





The platform will be accessible at a link to be communicated to the Teams after the Final Entries, together with a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc) having access to the Internet.

European Athletics strongly encourages the Team Leaders to use the Virtual TIC for filling in all relevant competition forms, including the forms for the protests and appeals.

5.1.2. Orientation visit and technical briefing

There will be an orientation visit organised to the Leppävaara Stadium on **Wednesday, 12 July 2023 at 09:30**, in order for the team leaders to inspect access routes and other facilities which will be important to the teams. Team leaders are to meet LOC members at the TIC, from where they will be escorted to this visit. The competition venue inspection will be followed by a Technical Briefing.

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

There will be no dedicated transport provided for this activity. Team delegates shall use the Team Shuttle Service from the Team Hotel. Please refer to the Information Desk in the Team Hotel for detailed information.

The Technical Briefing will provide updates and information which is not already mentioned in this team manual and will include:

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

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). The forms on which the questions must be written shall be filled in online in the Virtual TIC, no later than **Tuesday**, **11 July 2023 at 18:00**.

5.1.3. Team Leaders' WhatsApp Group

A WhatsApp group including all Member Federations' Team Leaders will be created on site, in order to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/European Athletics via this group. European Athletics kindly asks the Team Leaders to use this group only for questions or concerns of the interest of all teams. For the questions and concerns of his/her team only, a Team Leader is encouraged to use other means of communication with the European Athletics and the LOC (email,

submitting a general inquiry form in Virtual TIC, etc.).





5.1.4. Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on **Thursday, 13 July 2023 at 14:00**. Team leaders are to meet LOC members at the TIC. Please note that attending the first meeting is mandatory for Team Leaders. The remaining meetings will be scheduled on site and according to the needs.

5.2. Competition & Training Venues, Equipment & Implements

5.2.1. Competition Venue

Leppävaara Stadium and its surroundings are shown in Appendix 6, while the daily infield layouts of the competition venue are included to Appendix 8.

5.2.2. Warm-up Area

The Warm-up Area – incorporating a fully equipped indoor hall, an artificial grass field and a throwing centre – is located next to Leppävaara Stadium (see Appendix 6) and has the following sites:

Indoor hall (Kameleonten Indoor Arena)

- Synthetic track 200m with 4 lanes + 60m with 8 lanes,
- 2 sites for Long/Triple Jump,
- 1 site for Pole Vault,
- 1 site for High Jump,
- Weightlifting room.

Throwing centre

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- 1 site for Shot Put,
- 1 site Hammer/Discus Throw,
- 1 site for Javelin Throw.

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

$\overline{\bigcirc}$	The opening hours of the warm-up venue will be as follows:				
J	Date	Opening hours			
	Monday, 10 July	09:00 - 18:00			
	Tuesday, 11 July	09:00 - 21:00			
	Wednesday, 12 July	09:00 - 21:00			
	Thursday, 13 July	07:00 - 22:00			
	Friday, 14 July	07:00 - 22:00			
	Saturday, 15 July	07:00 - 21:30			
	Sunday, 16 July	07:00 - 21:00			





PLEASE NOTE that on competition days, the use of the warm-up area will be restricted to the athletes competing on that session (except for Pole Vault and Throwing events).

Due to operational and safety considerations the throwing sites will be accessible in line with the following timetable:

Date	Hammer	Discus	Javelin	Shot Put
Monday, 10 July	09:00 – 11:00 16:00 – 18:00	11:00 – 13:00	14:00-16:00	09:00 - 18:00
Tuesday, 11 July	14:00 – 16:00	09:00 – 11:00 16:00 – 18:00	11:00 – 13:00	09:00 - 18:00
Wednesday, 12 July	11:00 – 13:00 17:30 – 19:00	14:00 – 16:00 19:00 – 21:00	09:00 - 11:00 16:00 - 17:30	09:00 - 21:00
Thursday, 13 July	07:00 – 10:00 14:30 – 17:00	10:00 – 12:30 19:30 – 21:30	12:30 – 14:30 17:00 – 19:30	07:00 - 21:30
Friday, 14 July	12:30 – 14:30 17:30 – 19:00	07:00 – 10:00 19:00 – 21:30	10:00 – 12:30 14:30 – 17:30	07:00 - 21:30
Saturday, 15 July	10:30 – 12:00 16:30 – 18:30	09:00 - 10:30 12:00 - 14:00	14:00 – 16:30 18:30 – 21:30	07:00 - 21:30
Sunday, 16 July	07:00 – 09:00 12:00 – 15:00	09:00 – 12:00 18:00 – 21:00	15:00 – 18:00	07:00 - 21:00

During training times priority will be given to athletes warming-up and about to compete. This will be controlled by competition officials.

5.2.3. Training Venue

Athletes (except for Pole Vault and Throwing events) will have the possibility to train at the Otaniemi Sports Park located 9 km from the Leppävaara Stadium (see appendix 5 and appendix 9).

The training venue area has the following sites:

- Synthetic track 400m with 6 lanes,
- 2 sites for Long/Triple Jump,
- 1 site for High Jump,
- Weightlifting room.

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





The opening hours of the training venue will be as follows:

Opening	hours
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Monday 10 to Tuesday 11 July 09:00 –19:00

Wednesday 12 to Sunday 16 July 08:00 – 20:00

5.2.4. Official training at the Competition Venue

Official training for all athletes at the Leppävaara Stadium will take place on **Wednesday**, **12 July from 09:00 to 11:00.** The warm-up area will also be available during this time.

During the official training, athletes will also have the possibility to **train with official Starters from 10:00 to 11:00.**

5.2.5. Implements and Equipment

Official Implements

Date

The implements provided by the LOC (see Appendix 4) are selected from those appearing on the current World Athletics approved implements list.

Additional implements may be added to the approved list, if requested by Member Federations or manufacturers to the European Athletics, by 25 June 2023, and if supplied to the LOC free of charge. All such implements must have World Athletics certification and must be approved by the European Athletics Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by 10 July 2023 at the latest.

Personal Implements

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are World Athletics certified,
- They have been checked for compliance with World Athletics Rules,
- They are made available to all the other competitors until the end of the Final.

Personal implements will have to be submitted to the Technical Information Centre the day before the event and no later than 18:00.

Please note that accordingly to WA TR32.2 and the decision of the Technical Delegates, not more than 2 implements may be submitted by any athlete for any throwing event in which he/she is competing. If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned.

NOTE: "World Athletics Certified" implements may include older models that previously held a certificate but are not in production any longer.





In order to speed up the checking in of eligible personal implements, please come prepared and consult the World Athletics list on the website (https://www.worldathletics.org/library) in advance to identify the implement noting its World Athletics certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics Office at technicalofficer@ worldathletics.org so that its status can be checked and confirmed to you and the LOC in due time.

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC at the event site. Officials will also provide adhesive tape for the relay runners and high jumpers at the track.

5.3. Entry, Qualification System, Final Entries & Confirmations

Please, refer to Appendix 3 for the detailed information about entry conditions, age restrictions, 'I Run Clean' certification and qualification system.

5.3.1. Entry Procedures

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

5.3.2. Final Entries

Final entries indicating the names and individual logistical information (detailed travel arrangements, accommodation request and rooming list) of the competitors and of the officials must be received as per the deadline below:

- Opening of the Final Entries: Tuesday, 13 June 2023
- Deadline for the Final Entries: Monday, 03 July 2023 14:00 (CET)

All Member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report after having sent their Final Entries. Detailed travel and rooming list information will have to be registered for each athlete and official during the Final Entries process. After the closing of the Final Entries, any amendments and updates will have to be sent by email to info@espoo2023.fi and anders@kluuvinkiinteistot.fi with copy to competition@european-athletics.org

5.3.3. Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline, which is outlined below for all events.





Final Confirmations

Submission Date	For Competition Day	Deadline
Monday, 10 July	Day 0 (12 July)	16:00
Tuesday, 11 July	Day 1 (13 July)	16:00
Thursday, 13 July	Day 2 (14 July)	10:00
Friday, 14 July	Day 3 (15 July)	10:00
Saturday, 15 July	Day 4 (16 July)	10:00

Final confirmations will have to be made online, via Virtual TIC.

Relays Declaration Forms

The composition of each relay team as well as the order of running shall be officially declared via Virtual TIC no later than the published Call Room opening time for the respective heat. The applicable deadlines will be published as part of the detailed Call Room schedule.

5.3.4. Failure to participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under World Athletics CR 6), shall be excluded from participation in all further events in the competition, including Relays (see World Athletics TR 4).

5.3.5. Withdrawals

Withdrawals after final confirmation, have to be submitted via Virtual TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, being its acceptance of the responsibility of the Medical Delegate and Technical Delegates based on the World Athletics Rules.





6. COMPETITION PROCEDURES

6.1. Timetable

Please refer to Appendix 1 for the competition timetable. In case of any changes or updates following the Final Entries, the updated/latest version of the timetable would be available in the documents section of the Virtual TIC.

6.2. Competition Bibs

6.2.1. General

For **individual field events**, **combined events**, **relays and races up to and including 200m** each competitor will receive 4 personal bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag. Exceptions are made for jumping events: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For races **from 400m and above** each competitor will receive 3 personal bibs with name. These must be pinned to the back of the competition clothing, to the back of the tracksuit, and to the bag. The front bibs of these athletes (including a transponder) will be distributed in the Call Room. After the competition, the athletes must return the transponder at the entrance of the Kit Collection Area, where they will be collected by volunteers.

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

6.2.2. Relays

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

6.2.3. Race Walking

Beside two personal bibs with names, each competitor in the race walking events will be given two special bibs which must be worn as follows:

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

6.2.4. Combined Events

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest. Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chests, which will indicate their position in the competition prior to the last event.





6.2.5. Special Bibs

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

6.2.6. Hip Numbers

The athletes competing in Track Events will also be given two adhesive hip numbers at the Call Room, before entering the Field of Play. The hip numbers must be secured to both sides of the athlete's shorts/legs.

6.3. Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics TR5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed/taped at the Call Room.

The European Athletics has a record of the Team vests of all Member Federations accessible at the following link: <u>https://eathletics.sharepoint.com/sites/EAExtranet</u>

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded, in one single file, by 3 July 2023. Otherwise, the existing records will be used as reference. A competitor wearing any other

clothing will have no access to the competition area and will not be allowed to compete.

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

6.3.1. Competition Shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoes models by the World Athletics. In case of no compliance with the TR5 or the list of approved shoes, an athlete may be not allowed to compete or may be disqualified after the competition with the result being void.

The shoes will be checked after the competition within the Kit Collection/Post Event Area in case of doubts or upon special requests, as well as in case of a World or European Record. In case of World Records, the shoes will be withheld by the relevant Referee and sent later to the World Athletics as per TR5.





6.4. Call Room

The athletes have to report to the Call Room as per the Call Room Schedule. The Schedule will be published at the Virtual TIC on day-by-day basis.

In general, the following reporting times will be used but may differ slightly in the final Call Room Schedule (all times are prior to the actual starting time of the event).

$\overline{}$	Discipline	Call Room Opening	Call Room Closing	At competition site
	Track & race walking events and relays	23 minutes	18 minutes	6 minutes
	Hurdles	25 minutes	20 minutes	8 minutes
	High Jump	65 minutes	60 minutes	45 minutes
	Pole Vault	85 minutes	80 minutes	65 minutes
	Other Field Events	55 minutes	50 minutes	35 minutes

Athletes who fail to report on time to the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including Relays.

Refreshments (still water) and toilets will be available next to the Call Room. In track events, all athletes leave the Call Room ready to compete. All their belongings will be carried to

the Kit Collection Area by the volunteers.

6.4.1. Call Room Procedures

In the Call Room the judges will check the following in accordance with World Athletics Rules:

- Competition Bibs,
- Shoes/Spikes as per TR5,
- Uniforms,
- Bags (identification on and content of),
- Any other kind of advertising.

Athletes in combined events need to report to the Call Room only before their first event of the day (i.e. in the morning session). Then for any other events during the same day, the athletes are to report to the Combined Events Rest Area at the times provided by the combined events referee, from where they would be escorted directly to the infield.

Personal belongings (video recorders, radios, CD, radio transmitters, mobile phone or similar devices) will not be permitted in the infield as per World Athletics TR6. Competition officials in the Call Room will confiscate all the items not authorised. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.





6.5. Specific Event Procedures

6.5.1. Track events

Athletes in track events will be asked to enter infield already dressed in competition clothing. Tracksuits shall be placed in baskets at Call Room, and these will be taken to the Kit Collection Area at the end of the mixed zone for collection after the race. Specific procedures in case of bad weather will be declared on site as necessary.

6.5.2. Field Events

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

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

In qualification for the final in horizontal field events, all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial shall not be allowed to take any further trials. In the finals, the top 8 athletes after the 3rd attempt, will be allowed 3 additional attempts (6 in total).

In all field events, those achieving the qualifying standard will be qualified for the final. If less than 12 athletes will achieve it, the group of finalists shall be expanded to 12, adding athletes according to their performances in the qualification.

In the Finals of the horizontal field events, the competing order for the fourth and fifth rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials.

6.5.3. Combined events

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

A resting area for the competitors taking part in combined events will be provided in the indoor hall right next to the Leppävaara Stadium (see Appendix 6), where athletes can rest and wait for their next event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check.

Refreshments (such as fruits, energy bars, sandwiches and drinks) as well as hot lunch will be provided in the resting area. Toilets and shower facilities (in the nearby changing rooms) will also be available.

Access to the Combined Events Resting Area is limited to the competitors and any other accredited person per athlete (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.





6.5.4. Race Walking

The start and finish line of the Race Walking events will be at Leppävaara Stadium. The course is a 1 km loop which will be closed to pedestrians and traffic and marked with cones.

A detailed map of the Race Walking course can be found in Appendix 7. The course will be accessible for inspection and training during official training (see section 5.2.4. of this document).

The warm-up area for the athletes competing in race walking events will be located at the competition venue.

Chip Transponders

For all the races, a chip transponder to be put on one of the shoes will be handed out in the call room. Athletes must ensure the proper placement of the transponder.

Athletes and Coaches must ensure the proper return of the chip transponder after the race: transponders have to be handed out immediately after the Mixed Zone, at the kit collection area.

Race walking events will be conducted under the WA TR 54.7.3 with the following arrangements:

The Penalty Zone will have one entrance and one exit at opposite ends (both of the same size),

Small barriers and cones will be used to clearly identify the Penalty Zone,

The athletes are free to stop or continue moving inside the Penalty Zone/however there will be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed,

When an athlete receives 3 Red Cards, he/she must receive a communication from the Chief Judge or his Assistant showing him/her a paddle with the time penalty on both sides and he/she must stop in the Penalty Zone at the first opportunity,

- The applicable period in the Penalty Zone is 2 minutes (120 seconds),
- The time penalty starts immediately as the athlete enters the Penalty Zone, and the athlete will be shown an appropriate card notifying him/her when 10 seconds remain on the time penalty,
- After the time penalty and following the instructions of the official in charge of the Penalty Zone, the athlete shall re-enter the event,
- The athlete is not judged in the Penalty Zone.

If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him/her one) he/she shall be disqualified, and the Chief Judge or his/her assistant must notify the athlete of his/her disqualification as soon as possible.

If an athlete receives 4 or more Red Cards before stopping in the Penalty Zone, the athlete shall be disqualified, and the Chief Judge or his/her assistant must notify the athlete of his/her disqualification as soon as possible.

If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his/her assistant to notify the athlete that he/she must stop in the Penalty Zone, the athlete shall finish the race and the penalty time shall be added to his/her official time.

The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).





Refreshment Stations

There will be a Refreshments Station along the race walking course, which will be passed every 1 kilometre. Signs indicating the upcoming Refreshment Station will be displayed 50m before the station. Still water in bottles will be provided by the LOC in the station on the tables located after the personal refreshments. Race Walkers will pick up their bottles on their own.

Personal Refreshments

Team officials may hand the athletes their personal beverages/refreshments at the personal refreshment tables. According to the number of athletes competing by country, each team will have its own table or share a table with other teams, which will be marked with the national flag and the World Athletics country code. The tables are arranged in alphabetical order according to the three letter country code.

The LOC will provide two bottles for each athlete competing in a race walking event. The bottles should be picked-up in the TIC on the day of the race. Athletes can also use their own bottles, as long as they comply with the World Athletics advertising regulations.

All personal refreshments must clearly display the following information:

- Athletes' name,
- Athletes' bib number,
- World Athletics Country Code.

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

A maximum two officials per race (so in total maximum 4) from every team will have access to the Refreshment Station. Those officials must wear a special card issued by the LOC, which can be collected at the TIC on the day of the races. These officials are authorised to place refreshments directly into the athletes' hands from the designated place behind the team's table. These persons shall not, under any circumstances, run beside an athlete while he/she is taking refreshments, as stated in World Athletics TR54. In this situation or if the athlete collects refreshments from a place other than the Refreshment station he/she renders himself/herself liable to disqualification by the Referee.

Drinking & Sponging Station

There will be a Drinking and Sponging Station along the race walking course, which will be passed every 1 kilometre. Signs indicating an upcoming drinking and sponging station will be displayed 50m before the station. Wet sponges and still water in bottles will be located in the station. Athletes will pick up their bottles and sponges on their own.

Mist Station

If deemed necessary by the Technical/Medical Delegates, a mist station will be installed and located at the right side of the course. A mist station consists of a shower-like apparatus releasing a fine spray of water from above. Participants can choose whether or not to use the Mist Station. Signs indicating the upcoming Mist Station will be displayed 50 metres before the station.





Assistance

During the competition, athletes are not allowed to receive any kind of assistance in any manner. When a competitor is unable to continue walking due to physical difficulties, he/she must inform the nearest judge. To indicate his intention of quitting the race, the athlete shall remove the bibs with his/her name and identification number.

A competitor is not permitted to receive assistance from any person other than a member of the designated medical team, who may carry out an on-the-spot medical examination. There will be a first aid station located along the route.

6.6. Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events. Special passes for each field event will be distributed from the TIC to the teams, according to the Final Confirmations. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be visible at all times.

6.7. Post Competition Procedures

After the competition, athletes leave immediately through the mixed zone.

In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press.

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

The athletes' personal bags (in track events) will be brought to the post event area located right after the mixed zone.

6.8. Protests and Appeals

Protests and appeals are permitted and will be processed in accordance with World Athletics TR 8. In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (World Athletics TR 8). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made online through the virtual TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the official digital TIC posting board), If the final decision of the Referee is not satisfactory an appeal can be submitted to the Jury of Appeal also through the virtual TIC. Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8 and by a responsible official on behalf of the athlete and submitted online within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, the team acknowledges that a fee of 100 EUR will be deducted from European Athletics Subvention to be paid by the end of the year unless the appeal is successful. The Jury's decision will be provided in writing.





7. MEDICAL & ANTI-DOPING

7.1. Medical Services

The LOC medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the stadium. Outside the official opening hours of the official venues, there is a 24/7 on-call number available for all athletes in case they need medical advice: **+358 40 546 1660.** In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

7.1.1. Medical Services in the Team Hotels

There is no medical centre in the Team Hotels. Medical help in the hotel is available on call. The phone number of medical help will be displayed at the Information Desk in each of the Team Hotels.

7.1.2. Medical Care at the Competition Arena, Warm-up, and Training Area

The medical centre at the Leppävaara Stadium is located next to the Mixed Zone (see Appendix 6) and will be open according to the following schedule:

)	Date	Opening hours
	Monday, 10 July	09:00 - 18:00
	Tuesday, 11 July	09:00 - 21:00
	Wednesday, 12 July	09:00 - 21:00
	Thursday, 13 July	07:00 - 22:00
	Friday, 14 July	07:00 - 22:00
	Saturday, 15 July	07:00 - 21:30
	Sunday, 16 July	07:00 - 21:00

During other hours medical help is available on call and the number will be displayed at the Information Desk in each Team Hotel.

The team medical personnel will have access to the medical centre when an athlete of his/her own team is hurt or is in need of other medical attention.

There will be 4 first aid teams on the infield.

Separate first aid teams will be present and available at the warm-up and training areas during opening hours.





7.2. Physiotherapy Services

7.2.1. Physiotherapy Services in Team Hotels

There will be rooms available for physiotherapy in the team hotels where the Teams can set-up their own physio beds for treatments. Ice and extra towels will be available here.

In case of a medical issue, athletes who do not bring their own physiotherapist can use the LOC physiotherapy service available at the competition venue. Booking of the physio services shall be made through the Team Hote Information Desk or the TIC.

7.2.2. Physiotherapy Services at warm-up

Each team with (a) physiotherapist(s) will have a dedicated facility in the warm-up area for personal treatments. All the other teams, in case of need, will be able to use a service provided by the LOC physiotherapist. Booking of the physio services shall be made through the TIC.

7.3. Import of Medication and Medical Equipment

Team healthcare personnel are responsible for the compliance with the administrative and custom regulations concerning medication as well as for the storage and safekeeping of their delegation's medicines and supplies. The LOC of Espoo2023 is not responsible for, and shall have no liability relating to, or arising out of the bringing to Finland, storage or monitoring of the supplies and medicines by the team.

7.4. Doping Control

7.4.1. General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules which are compliant with the WADA code in force since 01 January 2021. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected/immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by a trained chaperone. Athletes will be required to sign a doping control notification form and they have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete/should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusing or failing to comply with the Anti-Doping procedures may constitute an Anti-Doping rule violation and could render them liable to disqualification and may result in further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.





7.4.2. 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.

7.4.3. Additional Controls

Athletes requiring doping control (e.g. for a national record or ratification of performance) may request to be tested by reporting to TIC, where a "Doping Control Request Form" should be completed. The form is also available online via virtual TIC. Nevertheless, a hard copy needs to be brought to the DCS to conduct the extra test.

The cost of this control (sample collection material and analysis costs) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.







8. CEREMONIES & SOCIAL FUNCTIONS

8.1. European Athletics - LOC Dinner

The European Athletics – LOC Dinner will be held on Wednesday 12 July, at 21:00. Two people from each team will be invited. The invitation card is not transferable and will need to be shown at the entrance. Transportation will be provided as per topic 2.2.1.

Dress code: smart casual

8.2. Opening Ceremony

The Opening Ceremony will take place on Thursday 13 July, at 16:05 at the Leppävaara Stadium. No Team Members will be involved, but are welcome to attend.

8.3. Medal Ceremonies

All the medal ceremonies will take place at the Market Square, located next to the Leppävaara Stadium (see Appendix 6) in line with the timetable of the event (see Appendix 1).

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





9. APPENDICES

Appendix 1 – Official timetable Appendix 2 – Free Places Quota & Ratio of Athletes and Officials Appendix 3 – Entry Standards and conditions Appendix 4 – Implements List Appendix 5 – City Map with Team Hotels & Championships Sites Appendix 6 – Leppävaara Stadium & surroundings Appendix 7 – Race walking course and facilities Appendix 8 – Daily maps Appendix 9 – Map of Otaniemi Sports Park & surroundings (training venue)





APPENDIX1

OFFICIAL TIMETABLE

Subject of change after the final entries

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Final

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DAY 0 - Wednesday, 12 July

Evening session

18:00 20km Race Walk 18:30 20km Race Walk 20:40 20km Race Walk 20:46 20km Race Walk

DAY 1 - Thursday, 13 July

DAY 1	Morning session	SSS (/
09:40	Hammer Throw	W	Q/A
09:45	100m H Hep	W	
10:00	Pole Vault	W	Q А+В
10:25	100m	W	R1
10:30	High Jump Hep	W	A+B
10:50	Hammer Throw	W	QB
10:55	100m	M	R1
11:50	800m	W	R1
12:05	Discus Throw	M	QA
12:15	Shot Put	W	Q A+B
12:20	1500m	M	<u>R1</u>
12:35	High Jump	M	Q A+B
13:00	400m	W	R1
13:15	Discus Throw	M	QB
13:30	400m	M	R1

DAY 1 Evening session

DAT I LVEIIING SESSION				tt z Evening sessi	on
16:05 Opening Ceremony	OC		17:	00 Javelin Throw H	tep
16:35 Hammer Throw	М	QA	17:	55 Triple Jump	
16:45 Shot Put Hep	W	A+B	18:	00 110m H	
17:05 100m	W	SF	18:	20 Pole Vault	\sum
17:20 Long Jump	M	Q A+B	18:	20 Javelin/Thrøw F	lep
17:30 100m	M	SF	18:	25 100m H	\geq
17:45 Hammer Throw	M	QB	19:	05 400m	
17:55 400m	W/	SF	19:	20 400m	//
18:05 Shot Put	W	Final	19:	35 800m	[[
18:30 400m	M	SF	19:	45 Hammer Throw	N
	\sim	$\otimes / / / >$			

19:00	200m Hep	W	
19:05	Javelin Throw	M	QA
19:30	3000m SC		R1
19:40	Triple Jump	W-	Q A+B
20:15	Javelin Throw	M	QB
20:35	5000m	W	Final
21:00	Shot Put	W	MC

DAY 2 - Friday, 14 July

DAY 2	Morning session	1	\sim
09:40	Discus Throw	W	QA
10:00	400m H	М	R1
10:15	Long Jump Hep	W	A+B
10:40	400m H	W	R1
10:45	High Jump	//w	Q A+B
10:50	Discus Throw	W	QB
11:30	5000m	M	Final
12:05	110m H	M///	R1
12:10	Javelin Throw	W	QA
12:15	Triple Jump	M	Q A+B
12:50	100m H	W	R1
13:20	Javelin Throw	W	Q B
13:30	800m	M	R1
14:00	5000m	W	MC
14:06	5000m	M	MC

DAY 2 Evening session

\sim			
17:00	Javelin Throw Hep	W	A
17:55	Triple Jump	W	Final
18:00	110m/H	M	SF
18:20	Pole Vault	М	Q A+B
18:20	Javelin Throw Hep	W	В
18:25	100m H		SF
19:05	400m	W	Final
19:20	400m	M	Final
19:35	800m	W	Final
19:45	Hammer Throw	W	Final





19:50	Long Jump	М	Final
19:55	800m Hep	W	Final
20:35	100m	W	Final
20:50	100m	М	Final
21:00	400m	W	MC
21:06	400m	М	MC
21:12	Triple Jump	W	MC
21:18	800m	W	MC
21:24	Heptathlon	W	MC

DAY 3 - Saturday, 15 July

DAY 3 Morning session

5/11 5	morning session		
10:00	100m Dec	Μ	
10:10	Shot Put	Μ	Q A+B
10:30	3000m SC	М	R1
10:50	Long Jump Dec	Μ	A+B
11:10	Discus Throw	М	Final
11:15	1500m	W	R1
11:45	400m H	W	SF
12:10	400m H	Μ	SF
12:20	Shot Put Dec	М	A+B
12:35	4 x 100m Relay	М	R1
12:45	Hammer Throw	М	Final
12:50	4 x 100m Relay	W	R1
13:05	Long Jump	W	Q A+B
13:15	4 x 400m Relay	Μ	R1
13:35	4 x 400m Relay	W	R1
14:00	100m	W	MC
14:06	100m	Μ	MC
14:12	Hammer Throw	Μ	MC
14:18	Long Jump	Μ	MC
14:24	Discus Throw	Μ	MC
14:30	Hammer Throw	W	MC
DAY 3	Evening session		
16:15	High Jump Dec	Μ	A+B
16:35	Pole Vault	W	Final
16:40	4 x 100m Relay	W	Final
16:45	Javelin Throw	Μ	Final
16:50	4 x 100m Relay	Μ	Final
17:05	3000m SC	W	Final

17:25	1500m	М	Final
17:40	10,000m	W	Final
18:20	Shot Put	М	Final
18:30	200m	W	R1
18:45	High Jump	М	Final
18:55	200m	М	R1
19:05	Triple Jump	М	Final
19:25	400m Dec	М	
19:55	110m H	М	Final
20:10	100m H	W	Final
20:15	Javelin Throw	М	MC
			e
20:21	Pole Vault	W	MC
20:21 20:27	Pole Vault 3000m SC	W W	
			MC
20:27	3000m SC	W	MC MC

DAY 4 - Sunday, 16 July

DAY 4 Morning session

	0		
10:00	110m H Dec	М	
10:40	Discus Throw Dec	М	А
10:50	10,000m	М	Final
11:30	200m	W	SF
11:45	Discus Throw Dec	М	В
11:45	200m	М	SF
12:15	400m H	М	Final
12:30	Pole Vault Dec	М	А
12:35	400m H	W	Final
12:50	Discus Throw	W	Final
13:35	Pole Vault Dec	М	В
14:00	1500m	М	MC
14:06	10,000m	W	MC
14:12	Triple Jump	М	MC
14:18	100m H	W	MC
14:24	110m H	М	MC
14:30	High Jump	М	MC





DAY 4 Evening session		
DAT 4 EVENING SESSION		
16:25 Discus Throw	W	МС
16:30 Javelin Throw Dec	М	A
16:31 10,000m	М	МС
16:37 400m H	М	MC
16:43 400m H	W	MC
16:50 High Jump	W	Final
17:15 3000m SC	M	Final
17:25 Pole Vault	M	Final
17:35 Javelin Throw Dec	M	В
17:40 200m	W	Final
17:55 200m	M /	Final
18:00 3000m SC	М//	ME
18:10_800m	M	Final
18:15_200m	W	MC
18:25 1500m	W	Final
18:30 200m	M	MC
18:35 Long Jump	W	Final
18:40 Javelin Throw	W	Final
18:45 4 x 400m Relay	M	Final
18;50 800m	M	MC
19:05 4 x 400m Relay	W	Final
19:10 1500m	W	MC
19:16 High Jump	W	MC
19:30 1500m Dec	M	Final
19:56 Pole Vault	M	MC
20:02 Long Jump	W	МС
20:08 Javelin Throw	W	МС
20:14 Decathlon	M	ME
		MC
20:20 4 x 400m Relay	M	





APPENDIX 2

Free Places Quota & Ratio of Athletes and Officials

The allocation of the free places is based on the achieved results (places 1-8) and the number of participants per country at the European Athletics U23 Championships 2021 in Tallinn/EST and the European U23 Season Best-List 2022.

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

*BLR & RUS are currently under suspension as per WA decision. The free places quota for those Member Federations are to be assigned once the suspension is lifted.

Remarks

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing.

FIN as host of the Championships has not been allotted any free place.



2



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Ratio of Athletes, Officials & Personal Coaches

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

¹ Team Officials include: Head of Delegation, Team Leader(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others. The number of above-mentioned team officials is eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

Out-of-ratio officials above the maximum quota will be considered as Personal Coaches.

³ For Personal Coaches, packages can be offered without accommodation but including accreditation with access to the warm-up, training facilities and team seats. The total number of Personal Coaches (in and out-of-ratio) shall not exceed the total number of team officials (in and outof-ratio).





APPENDIX 3

Entry Standards and conditions

Men	Event	Women
10.50	100m	11.70
21.30	200m	24.00
47.00	400m	55.00
1:48.00	800m	2:06.50
3:42.50	1500m	4:24.00
13:58.00	5000m	16:35.00
29:45.00	10000m	35:40.00
14.40	100/110m Hurdles	13.90
52.50	400m Hurdles	1:00.50
9:00.00	3000m SC	10:25.00
1:35:00	20km Walk	1:48:00
NES	4x100m	NES
NES	4x400m	NES
2.15	High Jump	1.81
5.20	Pole Vault	4.05
7.60	Long Jump	6.25
15.55	Triple Jump	12.95
17.80	Shot Put	14.50
54.50	Discus	49.50
65.50	Hammer	61.00
72.00	Javelin	51.00
7400	Heptathlon/Decathlon	5600





Entry Rules

Individual participation (403.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 408.1.3).

Alternatively to 403.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. However, the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.

If the host country of the European Athletics U23 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.

Relay teams (403.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics rules;

No athlete may compete in the European Athletics U23 Championships unless entered by a European Athletics Member Federation.

Conditions for validity of performances:

- Performances must be achieved between the 01 January 2022 and 03 July 2023;
 - All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations, or its National Federations, and conducted in conformity with World Athletics Rules. Moreover, only results included to the World Athletics database will be considered as valid performance. European Athletics reserves the right to establish additional criteria for the acceptance of the results for the purpose of the entry standards, with the aim to preserve the integrity of the sport;
 - In regard to the Member Federations, who are on the latest Competition Manipulation Watch List, the consequences, as defined by the World Athletics (please, refer to WA Circular Letter M/49/22), are valid also for the purpose of qualifying to any European Athletics event, including the European Athletics U23 Championships.
 - Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule TR 9, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted;





- Wind assisted performances (over 2m/sec) will not be accepted; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
 - o the velocity in any individual event shall not exceed plus 4 metres per second;
 - o the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m and 4x100m Relay will not be accepted;
- For Race Walks, results of races conducted using the penalty zone will be accepted;
- For the running events of 200m and over, performances achieved on over-sized indoor tracks will be accepted. Subject to that an oval track length is greater than 201.2m (220 yards) but no greater than 400m; and the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

Non-sporting eligibility criteria "I run clean"

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.





APPENDIX 4

Implements List

MEN

SHOT 7,26 kg		
COMPANY	DESCRIPTION	CERT. NO.
Nordic Sport	Brass 115 mm	I-99-0023
ATE	Aspero 129mm	I-18-0941
Nelco	Turned 120mm	I-99-0133
ATE	Turned 125mm	I-08-0399

DISCUS 2 kg		
COMPANY	DESCRIPTION	CERT. NO.
Denfi	Jurgen Schult	I-99-0098
Nelco	Super Spin Back	I-99-0091
ATE	Superb Spin 75M	I-18-0939
Nelco	Gold	I-99-0095
\sim		

HAMMER 7,26 kg		
COMPANY	DESCRIPTION	CERT. NO.
Polanik	Stainless Steel 110mm	I-00-0203
Nordic	Brass 110mm	I-99-0008
ATE	Fuego 110mm	I-20-0990
Polanik	Steel 110mm Yellow	I-99-0158

JAVELIN 800 g		
COMPANY	DESCRIPTION	CERT. NO.
Nordic	Valhalla Yellow NXB	I-99-0079
Nordic	Valhalla Turquoise NXS	1-00-0203
Nemeth	Club 85M	I-20-0990
Nordic	Viking	1-04-0308

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WOMEN

SHOT 4,00 kg		
COMPANY	DESCRIPTION	CERT. NO.
Nelco	Iron 108mm	I-99-0094
Polanik	Turned Steel 110mm	I-12-0581
ATE	Aspero 109mm	I-05-0321
ATE	Turned 104mm	1-07-0386

DISCUS 1,00 kg		
COMPANY	DESCRIPTION	CERT. NO.
Denfi	Space Traveller	I-10-0455
Denfi	Jurgen Schult	1-99-0099
Nelco	Ultra-Spin	I-16-0778
ATE	Indra	I-06-0375

HAMMER 4 kg		
COMPANY	DESCRIPTION	CERT. NO.
Nordic	Brass 95mm	I-99-0009
Polanik	Steel 95mm	I-99-0156
Nelco	Brass 95mm	I-99-0147
ATE	Fuego 95mm	I-20-0989

JAVELIN 600 g		
COMPANY	DESCRIPTION	CERT. NO.
Nemeth	Club 75M	I-13-0628
Nemeth	Standard 70M	I-13-0627
Nordic	Diana NXS	I-99-0015
Nordic	Master	I-13-0658



Team Hotels

1. ORIGINAL SOKOS HOTEL TAPIOLA GARDEN Distance to A Carbon 14 min.

Distance to B 🐨 a 6 min.

- 2. HEYMO 1 BY SOKOS HOTELS Distance to A Set 12 min. Distance to B Set 3 min.
- **3. RADISSON BLU HOTEL ESPOO**

Distance to A 🐨 14 min. Distance to B 🐨 0 min. 4. RADISSON BLU ROYAL HOTEL

Distance to A 🐨 20 min. Distance to B 🐨 11 min. 5. RADISSON BLU SEASIDE HOTEL HELSINKI Distance to A 5 20 min.

Distance to **B**

6. ORIGINAL SOKOS HOTEL PRESIDENTTI Distance to A 52 min.

Distance to B and 13 min.

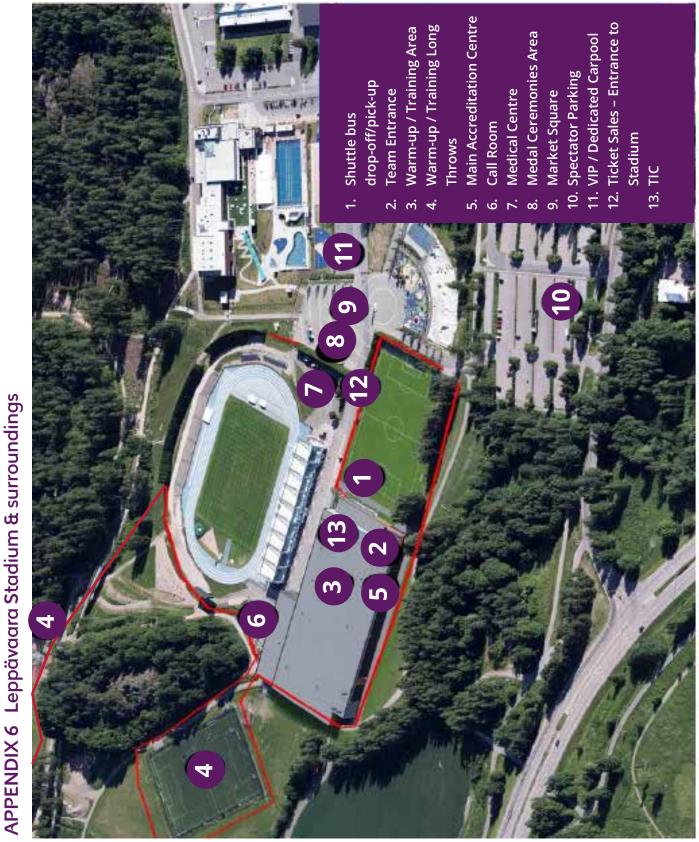
VIP Hotel

7. VIP HOTEL HANASAARI Distance to A 16 min. Distance to B 500 7 min.

Antimitation

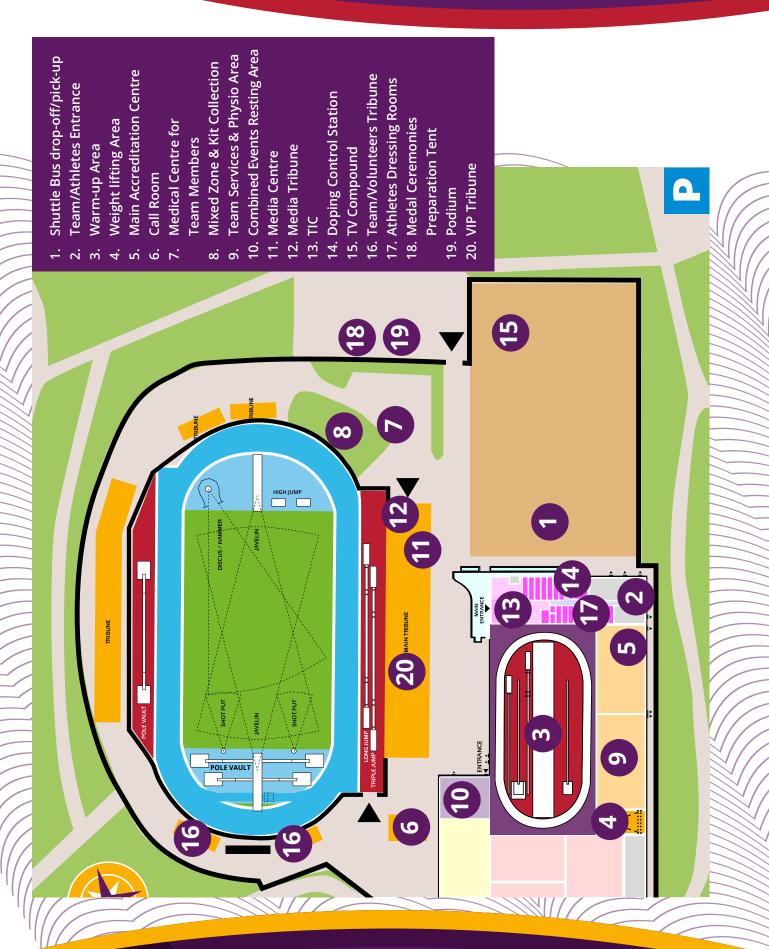






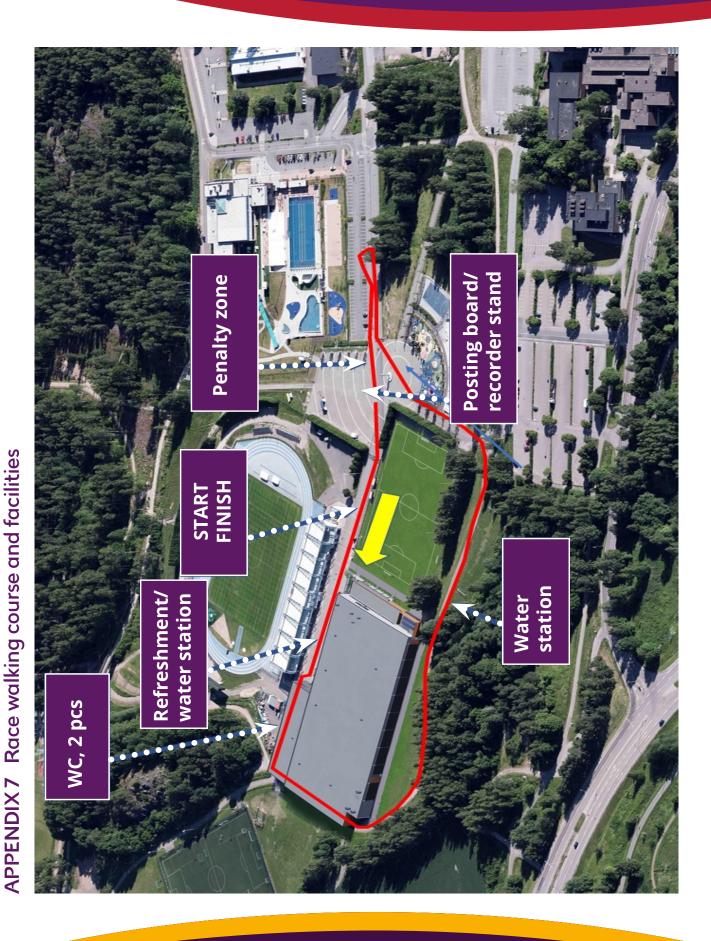










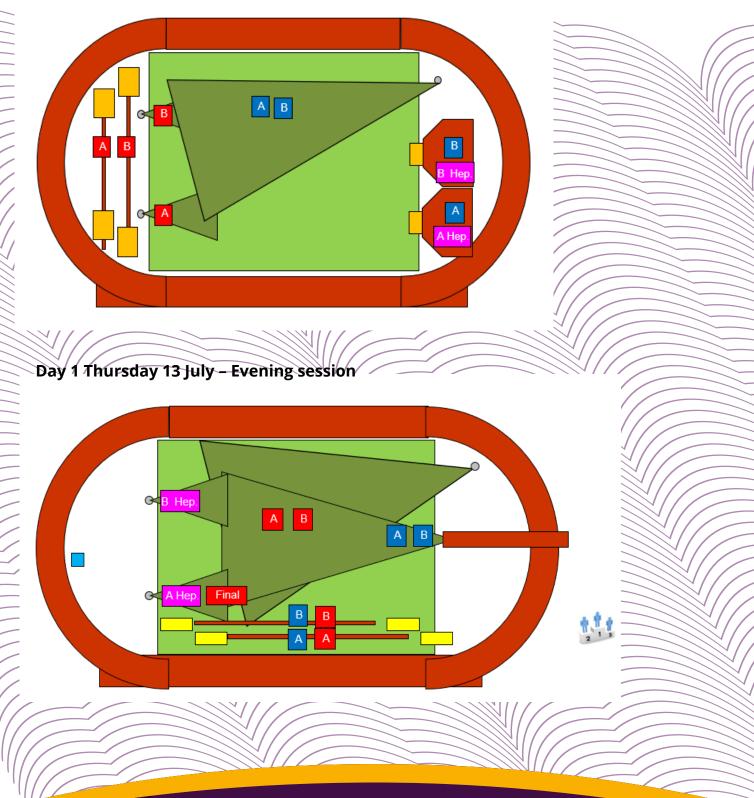






APPENDIX 8 Daily maps

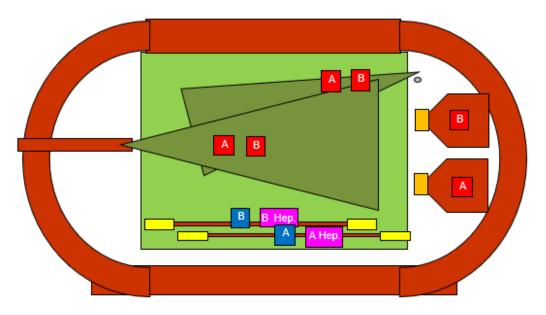
Day 1 Thursday 13 July - Morning session



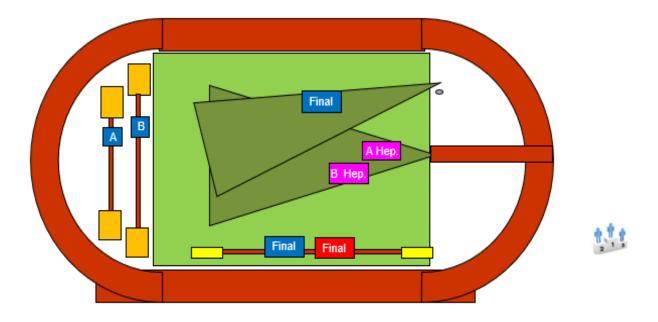




Day 2 Friday 14 July - Morning session



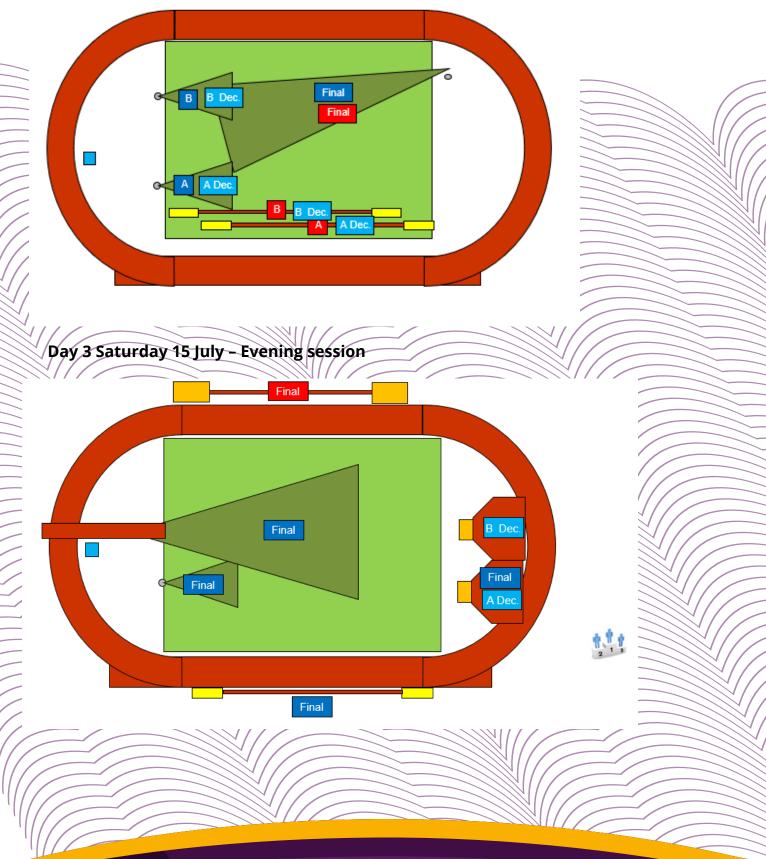
Day 2 Friday 14 July – Evening session







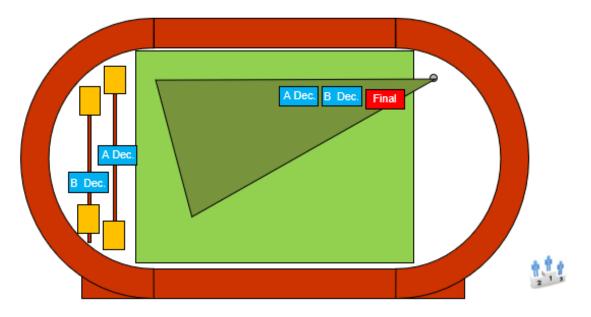
Day 3 Saturday 15 July – Morning session



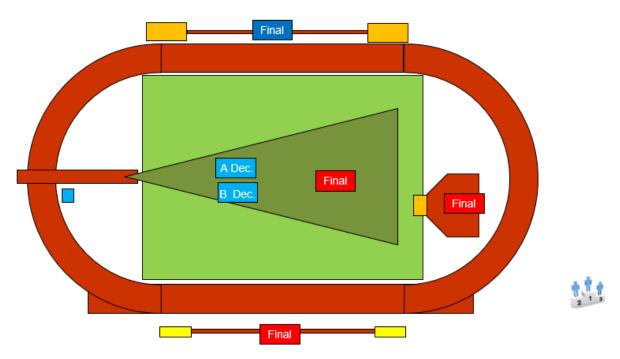




Day 4 Sunday 16.7. - Morning session



Day 4 Sunday 16.7. - Evening session







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APPENDIX 9

Map of Otaniemi Sports Park & surroundings (training venue) Otaranta 6, ESPOO

1. Entrance

- 2. Dressing rooms and toilets
- 3. Weight lifting area
- 4. Bus drop-off/pick-up

3

Welcome to Espoo!

ATHLETICS

U23 CHAMPIONSHIPS Espoo 2023

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