



## Mediterranean Union Mediterranean U23 Championships

Aubagne (FRA)

14 & 15 June 2014

# TEAM MANUAL

(web English version)



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## 1. GENERAL INFORMATION

The 1<sup>st</sup> Mediterranean Athletics U23 Championships will take place 14 and 15 June 2014 in Aubagne.

<b>Official Language</b>	French
<b>Population</b>	45.000 (City of Aubagne) / 5.000.000 (Provence-Alpes-Côte d'Azur)
<b>Currency</b>	Euro (€), based on the decimal system; there are one hundred cents to each Euro(€). Coins are issued to the value of 1c, 2c, 5c, 10c, 20c, 50c, 1€ and 2€. Notes are issued to the value of 5€, 10€, 20€, 50€, 100€, 200€ and 500€. Money can be changed at any bank and at most of the hotel reception desks.
<b>Time</b>	Local Time is: GMT +1 hours
<b>Electricity</b>	The electric current is 220 Volts (50Hz) and the plugs used are two round pins
<b>Water</b>	Tap water is completely safe for drinking
<b>Country Code</b>	Telephone Country Code is: +33
<b>Mobile Phone Network</b>	French mobile phone networks operate under 3G, GSM and GPRS. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with France, which will allow temporary connection with the French network.

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

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

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

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

## 2. ORGANISATIONAL STRUCTURE

### 2.1 Mediterranean Athletics Council

Co-President	Bernard Amsalem (FRA) Fathi Hachicha (TUN)
Vice Presidents	Amar Bourras (ALG) Alfio Giomi (ITA)
Council Members	Anthony Chircop (MLT) Jack Cohen (ISR) José-Luis De Carlos (ESP) Panagiotis Dimakos (GRE)



General Secretary	Khalid Mouitar (MAR)
Deputy General Secretary	Elie Saade (LIB) Jean Gracia (FRA) Slaheddine Boudhina (TUN)

### 2.2 Mediterranean Athletics Delegates

Organisation Delegate	Jean Gracia (FRA)
Technical Delegate	José-Luis de Carlos (ESP)
Project leader	Christophe Halleumieux (FRA)

### 2.3 Mediterranean Athletics Office

Mediterranean Athletic Union - Provence Athletics  
37 bis rue Rouet – 13006 Marseille, France  
E-mail: mau@athe.org

### 2.4 Executive Board of French Athletic Federation

President	Bernard Amsalem
Senior Vice-President	André Giraud
Vice-presidents	Marie-Claire Bruck Michel Huertas Martine Prevost Doris Spira Anne Tournier-Lasserve Martine Prevost Pierre Weiss Jean-Marie Bellicini
General Secretary	Jean-Pierre Fournery
Deputy Secretary	Christian Roggemans
General Treasurer	Chantal Sechez
Deputy Treasurer	Julien Mauriat
General Director	Jean Gracia
Chief of Staff	Ghani Yalouz
Head Coach	

### 2.5 Local Organising Committee

President	Bernard Amsalem
General Director	Julien Mauriat
Chief of Staff	Jean Gracia
General Coordinator	Christophe Halleumieux
Finance	Christian Roggemans
Protocol	André Giraud
International relations	Pierre Weiss
Transportation	Yves Arcamone
Accommodation	Sylvaine Bon
Facilities	Jean-François Rouille
Event Presentation	Geoffroy Hinet
Medical	Jean-Michel Serra
Doping Control	Michel Marle
Communication	Souad Rochdi
Volunteers	Jean-François Rouille
Competition	Robert Giraud / Christophe Camus



## 2.6 Competition Organisation

Meeting Manager	Robert Giraud
Competition Director	Christophe Camus
Technical Director	Elise Ayme
Competition Referee	Fabrice Le Meur
Call Room Referee	Frédérique Texier
Starter	Jean-Louis Pellegrin
Results	Alain Talarmin
Chief Photofinish	Jean-Marc Michaux
Technical Information Centre Manager	Cathy Arcuby
Jury of Appeal Secretary	Christian Roggemans

## 3. ARRIVALS

### 3.1 Arrival by Air

Marseille airport (MRS) is the official airport.

#### 3.1.1 Welcome Service

Upon arrival, teams will be met by LOC volunteers. A welcome desk will be located at the arrivals area after baggage reclaim.

Once luggage has been collected, team members will be transported by bus to their hotels.

Buses will be allocated to teams and will be clearly identified by signage.

The transfer time from the airport to the official hotels is between 30' and 45' depending on hotel location and traffic condition.

#### 3.1.2 Transportation of Equipment

Poles are transferred to the hotel together with the team members (with a special car if necessary), and then are labelled with the name/team of the athlete. Secured room is planned at the competition venue.

After the last day of competition, LOC organises the transport of the poles back to the hotels.

### 3.2 Arrival by Road

Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them. Teams allocation information will be send a few days before the final entries closure.

### 3.3 Visa Requirements

The following countries require visas to enter: **ALG, EGY, LIB, MAR, MKE, MNE, PLE, TUN.**

Participants who require a visa should contact the LOC to obtain a special invitation letter from French Athletic Federation by sending an e-mail to **international@athle.org** or a fax to **+33.1.45.81.40.30** with the following information:

- > Full name (first name and family name as shown in passport)
- > Gender



- > Date of birth
- > Home Address
- > Number of the passport
- > Passport Number and Passport Expiry Date
- > Function in the Team (athlete or official)

It is also advisable to state the name (or city) of the French embassy/consulate where the applicant will apply for a visa.

## 4. TRANSPORT

### 4.1 Transport and Accommodation Desk

The information desk will be located in the lobby of each hotel, which will be open from 12 June (9:00-20:00 or from the first team arrival) to 16 June (9:00-20:00 or until the last team departure).

### 4.2 Bus Shuttle Service

- Competition site: a regular bus shuttle service will be provided for team; transfer time is between 10' to 30' depending on traffic conditions. Athletes will be dropped at the team entrance.
- Dedicated buses service will be provided for transport between the team hotels and official venues such as: Training venue, Welcome dinner and Technical Meeting. Information and timetable will be available at the information desk of each hotel.

Accreditations cards are required to benefit from shuttle services.

### 4.3 Return to Airport

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available from the hotel information desks.

## 5. ACCOMMODATION & HOTEL INFORMATION

### 5.1 General Information

9 Team Hotels are available for teams.

### 5.2 Information Desk

An information desk will be located in the lobby of each hotel, which will be open from 12 June (8:00-20:00 or from the first arrival) to 16 June (8:00-20:00 or until the last team departure).

## 5.3 Official Hotels

### Team Hotels

Hôtel	City	Stadium	Website
Souleia***	Aubagne	500m	<a href="http://www.hotel-souleia.com/">http://www.hotel-souleia.com/</a>
Le Relais d'Aubagne**	Aubagne	4km	<a href="http://www.hotel-relais-aubagne.com/">http://www.hotel-relais-aubagne.com/</a>
Ibis Budget**	Aubagne	4,5km	<a href="http://www.accorhotels.com/fr/hotel-5274-ibis-budget-aubagne-les-paluds-agora/">http://www.accorhotels.com/fr/hotel-5274-ibis-budget-aubagne-les-paluds-agora/</a>
Best Western Bed & Suites***	Aubagne	5km	<a href="http://www.bestwestern.fr/fr/hotel-Gemenos,Best-Western-Bed-and-Suites,93516">http://www.bestwestern.fr/fr/hotel-Gemenos,Best-Western-Bed-and-Suites,93516</a>
Kyriad***	Aubagne-Gemenos	5km	<a href="http://www.kyriad-marseille-est-gemenos.fr/fr">http://www.kyriad-marseille-est-gemenos.fr/fr</a>
Novotel***	Marseille	6km	<a href="http://www.accorhotels.com/fr/hotel-0444-novotel-marseille-est/">http://www.accorhotels.com/fr/hotel-0444-novotel-marseille-est/</a>
Etap Hôtel**	Marseille	6km	<a href="http://www.ibis.com/fr/hotel-3525-ibis-budget-marseille-est-saint-menet/">http://www.ibis.com/fr/hotel-3525-ibis-budget-marseille-est-saint-menet/</a>
Ibis***	Marseille	15km	<a href="http://www.ibis.com/fr/hotel-2514-ibis-budget-marseille-timone/">http://www.ibis.com/fr/hotel-2514-ibis-budget-marseille-timone/</a>
Ibis***	La Ciotat	14km	<a href="http://www.accorhotels.com/fr/hotel-5484-ibis-la-ciotat/">http://www.accorhotels.com/fr/hotel-5484-ibis-la-ciotat/</a>

### VIP Hotel and Accreditation Center

Hotel Name	Address, Telephone & Website
SOULEIA HOTEL ***	4 cours voltaire - 13400 AUBAGNE Tel : +33.442.186.440 <a href="http://www.hotel-souleia.com/">http://www.hotel-souleia.com/</a>

## 5.4 Costs and Mediterranean Athletics Quota

According to this competition's regulation, Mediterranean Athletics may cover up to three days accommodation and board of participating athletes within the Free Places Quota. No contribution shall be made in respect of athletes representing the host Mediterranean Athletics Member Federation. Mediterranean Athletics has previously informed all Member Federation about the allocated free places.

The number of Athletes for whom the LOC is paying the accommodation must include a minimum of one athlete of each gender (\*).

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

Country	Athletes*	Officials
Albania (ALB)	2	1
Algeria (ALG)	6	1
Andorra (AND)	2	1
Bosnia and Herzegovina (BIH)	3	1
Croatia (CRO)	9	1
Cyprus (CYP)	6	1
Egypt (EGY)	4	1
France (FRA)	-	-
Greece (GRE)	11	1
Israel (ISR)	5	1
Italy (ITA)	43	1
Lebanon (LIB)	2	1
FYR of Macedonia (MKD)	2	1

Country	Athletes*	Officials
Malta (MLT)	2	1
Morocco (MAR)	14	1
Monaco (MON)	2	1
Montenegro (MNE)	3	1
Palestine (PLE)	2	1
Portugal (POR)	10	1
San Marino (SMR)	2	1
Serbia (SRB)	6	1
Slovenia (SLO)	8	1
Spain (ESP)	29	1
Tunisia (TUN)	3	1
Turkey (TUR)	17	1

The following rates apply for full board accommodation:

Euros - Full board included VAT	Per day per person
Quota Athletes / Officials	Paid by LOC
Non-Quota Athletes / Officials	80
Out of official period (1)	80

(1) Official period: from 13 to 16 June (3 nights)

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

## 5.5 Payment Procedures

An invoice will be sent to each Member Federation detailing the amount they owe based on their preliminary entries. Federations have to make an advance payment of at least 80% by 5 June 2014. Advance Payments should be made in Euros by bank transfer to the following account:

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

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 Athletes Accreditation Centre in Aubagne. Payment can be made by credit card (Visa and MasterCard only) or by cash in Euros.



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.

## 5.6 Meals

Breakfast will be served from 7:00 to 9:30.

Lunch and dinner out of competition day will be served in the hotels or nearby restaurants; information will be given at the arrival.

The competition day, lunch will be served as buffet near the competition from 11:30 to 14:30. Brunch will also be available from 17:30 for late competitors.

### Accreditation cards will allow access to the restaurant (control at the entrance).

For lunch and dinner, mineral water is available free of charge. All other drinks must be paid for. A late serving provision will be made for those athletes detained at the stadium due to doping controls or protests.

A final banquet and party with all teams' members will be organised on Sunday 15 June 2014 starting at 21:00; all information will be given at the arrival.

## 5.7 Meeting Rooms for Teams

Arrangements can be made for team meeting rooms through the information desk in the hotels. Requests shall be made at reasonable time in advance.

## 5.8 Medical Services in the Hotels

The Emergency number for First Aid and Ambulance is 15 or 112 (free of charge). For any emergency please address to reception of any hotel, open 24 hours/24 hours. A medical centre will be located in Teams headquarter (see specifically 10.2).

## 5.9 Telephone Calls

The telephone will be automatically activated to make room-to-room calls. Any athletes or delegation officials requiring the use of the room phone for outgoing calls must make arrangements with the information desk at the hotel. The telephone will be made available upon the presentation of a credit card to cover all charges.

All delegations will receive a telephone contact list of important telephone numbers for the MAU U23 Championships.

## 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.



## 6.2 Accreditation Procedure

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

Accreditation cards will be distributed to the team leader at the main accreditation centre at Souleia Hotel.

Opening hours:

- Thursday : 14:00 - 20:00
- Friday : 09:00 - 20:00
- Saturday : 09:00 - 12:00

Team leader will be transported to the accreditation centre after his/her arrival in team hotel, to finalise administrative and financial aspects.

The Team Leader will settle the payment of accommodation for team members outside the Mediterranean Athletics quota and confirm the athletes participating in the Championships. After the payment and confirmation the Team Leader can collect the accreditation cards and other documents/gifts.

## 6.3 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the main accreditation centre or TIC. Duplicate cards can be obtained where proof of identity can be established.

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

## 6.4 Access Areas for Teams

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

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

Separate cards will be issued for access to the teams' information available in the TIC, Coaching Zones, Mixed Zone and Doping Control.

## 7. TECHNICAL INFORMATION

### 7.1 Technical Information Centre (TIC)

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

The TIC is located in the stadium map (see Appendix 1).

The TIC will be open at the following times:

- Friday 13 June : 14:00 - 20:00
- Saturday 14 June : 11:00 - 22:00
- Sunday 15 June : 11:00 - 21:00





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

- Receipt of written questions to be answered during the Technical Meeting
- Competition information (start lists, results, etc)
- Liaison points concerning technical matters between Team Delegate(s), Technical Delegate(s), Mediterranean Athletics and LOC
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, Mediterranean Athletics and LOC
- Settlement of technical enquiries from the teams
- Registration and collection of personal implements. (e.g. shot put, etc.)
- Recovery of confiscated items at the call room
- Request of documentation for national records (additional doping control and Omega photo finish prints)
- Withdrawal of athletes
- Receipt of final declaration of members of relay teams
- Receipt of protests from the teams
- Official invitation and/or entrance tickets ordered by the teams

All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards. Information put in the mailboxes will include daily programme, start lists, results as well as official information from Mediterranean Athletics and LOC. Access to the information on the teams' pigeon boxes will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each team leader.

Teams that are unable to attend the Technical Meeting, due to unforeseen circumstances, can collect their competition numbers from the information desk at the Team hotel after the technical meeting.

## 7.2 Technical Meeting

The Technical Meeting will be held on Friday 13 June at 18:30 at Souleia Hotel.

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

All questions related to the Technical Meeting must be presented in writing, in English, before 14:00 to Team hotels info desk. The Technical Meeting will be conducted in English and French.

A shuttle service from the team hotels will be provided for this meeting – please refer to the information board in the Team hotels

The Technical Meeting will be attended by:

- Mediterranean Athletics Co Presidents (or a representative)
- Mediterranean Athletics Delegates
- Jury of Appeal
- International/Area Technical Officials (ITO/ATO)
- Representatives of the Local Organising Committee
- Relevant National Competition Officials
- Meeting Manager
- TIC Representatives
- Mediterranean Athletics Staff



## 7.2.1 Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome from the LOC President or his representative
- Welcome from the Mediterranean Athletics Co Presidents or its representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information from the Technical Delegates on the following points:
  - Qualification system for track and field events
  - Raising of the bar (Qualifying Rounds and Final)
  - Answers to written questions submitted by the delegations
  - Other important issues
- Doping Control & Medical
- Presentation of the competition and warm up venues
- Opening and Closing Ceremonies
- Distribution of Competition Bib Numbers

## 7.3 Equipment

The implements provided by the LOC (see implement list, appendix 2) are selected from those appearing on the current IAAF approved equipment list.

Federations requiring IAAF approved equipment not listed by the LOC may present such equipment prior to the competition at CIT, Friday 13 June not after 16:00 for inclusion in the competition pool, subject to checking. Teams will be required to complete the data form when such implements are presented. Teams will be notified at the Technical Meeting of any items not accepted for competition. Equipment will be returned at the TIC only after the completion of a final, even if the athlete has not qualified for the final.

Basic implements will be provided for warm up and training.

Vaulting poles will be delivered in the stadium by the LOC in the evening before the start of each pole vault event. The poles will be kept in a locked store and will be brought to the competition site in due time by the organisers. After the competitions, the organisers will take the poles to the teams hotels and further transportation will be arranged by the organisers as required.

## 7.4 Inspection of Competition Venue

Heads of Delegation may visit the competition site, inspecting access routes and other facilities which will be important to the teams on Friday 13 June at 16:00. Heads of Delegation are to meet LOC members at stadium entrance, who will then escort them on this visit.

A further presentation regarding the competition and warm up areas will be given at the Technical Meeting.

## 7.5 Competition Area

Competition site and its surroundings are shown in appendix 1 of this document. There are around 1,000 of seats in the stadium.

The stadium has the following competition sites:

- 400m track with 8 lanes
- 100m straight with 8 lanes



- 1 High Jump site
- 1 Pole Vault site
- 1 site for Long/Triple Jump
- 1 Shot Put Circle
- 1 Discus/Hammer Throw
- 1 Javelin throw site

## 7.6 Dressing / Warm up / Physio area

The Warm up area is located near the competition track (see Appendix 1), and includes:

- Grass area
- 80m straight with 4 lanes

In addition, team tents, physiotherapy tables and ice are available in the warm-up area.

Dressing rooms with showers are located in the stadium.

Athletes' seats will be available in a dedicated area.

## 7.7 Training

Athletes will have the possibility to train in the competition site Friday 13 June, from 16:00 to 18:00.

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

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the information desks in each hotel.

**Training with Official Starters** will take place at competition track on Friday 13 June from 16:30 to 18:00.

## 8. COMPETITION REGULATIONS

### 8.1 Team Composition

There will be 21 men's events and 21 events for women.

#### 8.1.1. Individual events

A Member Federation may enter 2 (two) or 3 (three) athletes in each individual event of whom up to 2 (two) may participate provided all of them shall have achieved the qualifying standard for that event (Appendix 3). For 10.000m event, the 3 athletes can participate.

#### 8.1.2. Relays

Each MAU Member Federation may enter 1 (one) team in each relay event. Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the MAU U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.



## 8.2 Competition Entry Procedures

### 8.2.1 General Information

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules. Furthermore they must comply with the following conditions of age: only athletes aged at least 18 (eighteen) and not more than 22 (twenty two) years on 31 December of the year of the competition may participate in the MAU U23 Championships For the competition of 2014, athletes have to be born in 1992, 1993, 1994, 1995 or 1996.

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

### 8.2.2 Final Entries

Final entries shall be made through the Mediterranean Athletics form sent to each MAU member.

Not later than 10 (ten) days before the first day of the MAU U23 Championships, each MAU Member Federation shall send to MAU a final number of athletes per events, plus the names of accompanying officials. Monday of the championships, final names of the athletes must be sent with a maximum of 10% difference from the final entries; no subsequent changes may be made thereto without the consent of MAU. Final Entry information shall be supplied in the manner to be prescribed by MAU and shall include such details as required by MAU, including the names and best performances of each athlete.

### 8.2.3 Final Confirmation

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and submitted to the TIC or at the info desk of the Teams hotels.

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 14:00 on Friday, 13 June 2014 for all events.

The composition of each relay team as well as the order of running shall be officially declared at the TIC, no later than one hour before the published first call time for each relay race.

### 8.2.4 Withdrawal

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

### 8.3 Competition Bibs

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

For individual events, each competitor will receive 2 number or nominative bibs.

These must be pinned to the front and back of the competition clothing. Exceptions are made for High Jumpers and Pole Vaulters: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag). Bibs must not be cut, folded or covered in any way.





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

## 8.4 Competition Clothing

Competitors must wear the respective Member Federation's official team vest.

Through the area associations, Mediterranean Athletics has a record of the Team vests of all Member Federations. If the uniform used for the championships differs from your current official uniform, a full set of photographs must be provided to the Mediterranean Athletics in an electronic version together with the final entries.

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

This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits. The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews at the Stadium and Victory Ceremonies.

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

**The Sole and the Heel.** The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the high jump and long jump, the sole shall have a maximum thickness of 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

Clothing & shoes will be checked in the call-room before athletes enter the infield.

As far as advertising is concerned, the Organisers refer to IAAF Rule 8 & 143 and the IAAF Advertising Rules and Regulations, in which detailed instructions regarding competition clothing and other equipment are given. Compliance with rules will be checked in the call-room and at the competition sites during the competitions. Athletes may not enter the competition site wearing clothes that do not comply with rules.

## 9. COMPETITION PROCEDURE

### 9.1 Timetable

Please refer to Appendix 4 for the provisional competition timetable.

### 9.2 Warming Up Before Events

Warming up will take place in the dedicated area (see map in Appendix 1).

### 9.3 Assembly and Call Room Procedures

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



Athletes must report to the Call Room before each event as follows:

- Pole Vault 75 minutes prior to the scheduled starting time
- High Jump 45 minutes prior to the scheduled starting time
- Field Events 40 minutes prior to the scheduled starting time
- Track Events 25 minutes prior to the scheduled starting time

The above times may be changed for qualifying rounds due the number of entries.

The first call will be announced on an information board.

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

- Competition Bibs
- Shoes and Spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per IAAF Rule 144.2. Competition officials in Call Room will confiscate all not authorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

When all the control has been completed Call Room officials will accompany the athletes from the Call Room onto the infield according to the following schedule:

- Pole Vault 60 minutes prior to the scheduled starting time
- High Jump 30 minutes prior to the scheduled starting time
- Field Events 25 minutes prior to the scheduled starting time
- Track Events 10 minutes prior to the scheduled starting time

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

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

The above mentioned times may need to be adapted to the number of participating athletes in the qualifying rounds.

### 9.3.1 Last Checkpoint

Athletes will be escorted from the Call Room to the competition area.

### 9.4 Event Presentation format

Athletes in Finals are presented to the crowd before each event. After entering to competition area from call room and last preparation, announcers namely present each athlete just before events start.

For races, athletes are presented by lane order. For field events, presentation is made by order of passage; athletes have to remain aligned during all the presentation.

Announcers comment the event throughout its duration.



## 9.5 Competition Preparations

### 9.5.1 Field Events

Each athlete is allowed, in the case of throwing events, 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 Long Jump, Triple Jump and Shot Put all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial are not required to take any further trials. In those finals all athletes are allowed six.

### 9.5.2 Track Events

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

#### 9.5.2.1 Starter's Commands.

The starter's commands will be given in English

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

- ON YOUR MARKS
- SET
- GUN

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

- ON YOUR MARKS
- GUN

### 9.6 Measurements

Starting blocks have a false start detection system and are linked to the false start console.

All field events will be measured by EDM apparatus except High Jump and Pole vault, which will be done manually.

### 9.7 Timing

The official timing system will be displayed on the official electronic timing instrument and photo finish cameras provided. For all races of 800m or more, the elapsed time will be displayed on electronic timers located at the end of each lap.

### 9.8 Leaving the stadium during the competition

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

### 9.9 Leaving the stadium after the competition

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



### 9.10 Drinking Stations

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

### 9.11 Protests

Protests and appeals are permitted and will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (Rule 146.3). 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 to him through the 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 TIC information board).

If the final decision of Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of EUR 75, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing

### 9.12 Interviews

Immediately after the competition, the flash interview group will interview the winning athletes. These interviews will be distributed on information sheets to the media. In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The first three athletes in each event may be asked to attend an official press conference. These press conferences will take priority over all other interview requirements. They will usually be held before doping controls.

### 9.13 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Meeting.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. Team Leaders are requested to check their countries respective flags and anthems at the time of the Accreditation.

## 10. Medical and Doping Control

### 10.1 Medical

#### 10.1.1 General

The medical service is in charge of any medical assistance to the team leaders, the competition organization, the information personnel, the honorary guests as well as, during the competition, to the spectators in the stadium.



In case of an emergency please contact the nearest medical aid station, in other cases the given instructions should be followed. Below is information on the medical care sites and relevant instructions. Dr Jean-Michel SERRA is in charge of the medical service. Contact detail will be communicated to the Team Leader at the arrival.

## 10.1.2 Medical Services

The medical teams in the medical centers (physiotherapy and medical services) will take care of the athletes, trainers, other team members as well as members of the competition organization. The medical centres is located at the competition site. Medical service begins on Friday 13 June and will be open as follow:

- Friday 13 June 14:00 – 20:00
- Saturday 14 June 10:00 – 22:00
- Sunday 15 June 10:00 – 22:00

Out of these periods including during the night, services will be offer for emergencies situation, a phone number to reach the medical staff in the night will be given to the team leaders.

The Emergency number for First Aid and Ambulance is 15 or 112 (free of charge).

## 10.1.3 Medical Care at the Stadium

The stadium medical service is responsible for any problems concerning the athletes' health. The medical centre is located next to the track. The team doctors have access to the medical service facilities when an athlete of his/her own team is hurt or is needed medical attention. There are also well equipped physiotherapy facilities here. The stadium medical service is also responsible for first aid in the warming up area and on the track.

Dedicated team medical staff consists of 4 medical doctors, 1 nurse and 4 physiotherapists during competition time.

## 10.1.4 Physiotherapy and warm-up area

Physiotherapy facilities are in connection with the Medical Centre and located in the warm-up area. This area is fully equipped with massage table and ice. Access is available during warm-up opening times.

The team physiotherapists and doctors may use the equipment in the physiotherapy rooms in co-operation with the medical staff.

No treatment will be allowed on the main warm-up area. In case of injury the LOC medical team will help the athlete to go to the physiotherapy area or the medical centre to be treated by the LOC medical service or by his or her team doctor or physiotherapist.

## 10.1.5 Designated medical institutions

In case of need imaging tests like MRI or CT Scan, X-Ray the athlete can be send with a letter from the LOC in the Aubagne Hospital -179 Avenue des Sœurs Gastine - 13400 Aubagne. In case of musculoskeletal injuries the athletes will be sent in the trauma department of the same hospital.

It should be also noted that expenses incurred at designated medical institutions and other external medical institutions are to be borne by the concerned athletes or team.

For any other emergency situation French public system will be used (15 or 112, free of charge).



## 10.1.6 Insurance

Participating Mediterranean Athletics members are responsible for their own insurance to cover the risk of illness or injury of any member of their team, travelling to and from an Mediterranean Athletics competition and during an event itself. Please make the appropriate arrangements to meet these requirements well in advance.

## 10.2 Doping Control

### 10.2.1 General Information

Doping control shall be conducted in accordance with IAAF Rules and Procedures under the supervision of the Mediterranean Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before and during the Championships.

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

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 IAAF Therapeutic Use Exemption system prior to attending the Championships.

Athletes and Team Managers are reminded that athletes must be able to provide photographic identification (accreditation card, passport or national identity card) if notified for doping control.

### 10.2.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the Mediterranean Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Mediterranean Athletics Doping Control Delegate.

All athletes setting World or Mediterranean records must report to the DCC to provide a sample. Failure to provide a sample will result in the record not being ratified.

### 10.2.3 Additional Controls

Additional athletes, such as those achieving National Records who have not been selected for doping control, may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the Member Federation through an invoice after the event.

## 11. Information

### Stadium Boards

A clock showing the race time is positioned on the in-field in the arrival area.



## Announcements

Official announcements will be made in English and French.

## Start Lists

Start Lists will be available for Team Leaders at the TIC and Teams' Hotels.

## Result Lists / Intermediate Scores

Results will be displayed on the notice boards near the TIC and near in the warm up area.

## Complete Set of Result Lists

Copies of the results of each day's events will be distributed to each Team Manager at their hotel or at the TIC each evening of competition. Completed results in the form of a booklet will be issued to Team Managers at the Closing Banquet.

## 12. Security

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

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

The emergency phone number is 112 (police, ambulance and fire department). If necessary, the police can be contacted via the TIC at the Stadium. The TIC can also be contacted for lost and found objects.

## 13. Opening & Closing Ceremonies

### 13.1 Opening Ceremony

The Opening Ceremony will take place on Saturday 14 June 2014, commencing at 14:30, at the beginning of first session.

It will be a short ceremony with flags parade and official speeches; there is no team participation. Ceremony is located infield, no athlete are present on the competition. For athletes competing at first events special process will be explained at technical meeting.

### 13.2 Closing Ceremony

The Closing Ceremony will take place on Sunday 15 June immediately after the last event. Details will be given at technical meeting.

### 13.3 Closing Banquet

The Closing party will take place on Sunday 15 June at 21:00 in the competition site; shuttle will be provided from/to teams hotels (more details at the Welcome and Transportation desk). All accredited team members (athletes and officials) are invited.

## 14. Departure

Teams will be asked to provide full travel details in the final entry system. Teams will also receive a departure form, which should be completed and returned to the information desk in the hotel, at least 24 hours before departure, especially if there are any changes to the previously confirmed details.



Departure times of the shuttle buses from the hotel will be provided and displayed at the hotel information desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier. If necessary on the day of departure the Team Liaison Officer checks the rooms together with the team leaders.

Poles will be transferred together with the teams.

## 15. Contact Details

For further details about the Mediterranean Athletics U23 Championships, please contact:

### 15.1 Mediterranean Athletics, Organising Committee Offices Location and Opening Times

**Souleia Hotel** - 4 cours voltaire - 13400 AUBAGNE

Souleia Hotel	Opening Times
Thursday 12 June	14:00 - 20:00
Friday 13 June	09:00 - 20:00
Saturday 14 June	09:00 - 12:00
Sunday 15 June	09:00 - 12:00

### 15.2 Others

#### Mediterranean Athletics

Mediterranean Athletic Union - Provence Athletics  
37 bis rue Rouet – 13006 Marseille, France  
E-mail: mau@athle.org

#### French Athletics Federation

33 Avenue Pierre de Coubertin – 75640 Paris Cedex – France  
Tel. +33.1.53.80.70.11 – Fax +33.1.45.81.40.30  
E-mail: international@athle.org  
Web: [www.athle.com](http://www.athle.com)

#### Hotels

See Paragraph 5.3.

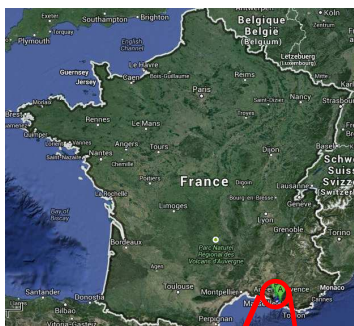
## 16. Appendices

Appendix 1 - Maps  
Appendix 2 - Implement List  
Appendix 3 - Qualification standards  
Appendix 4 – Provisional Timetable

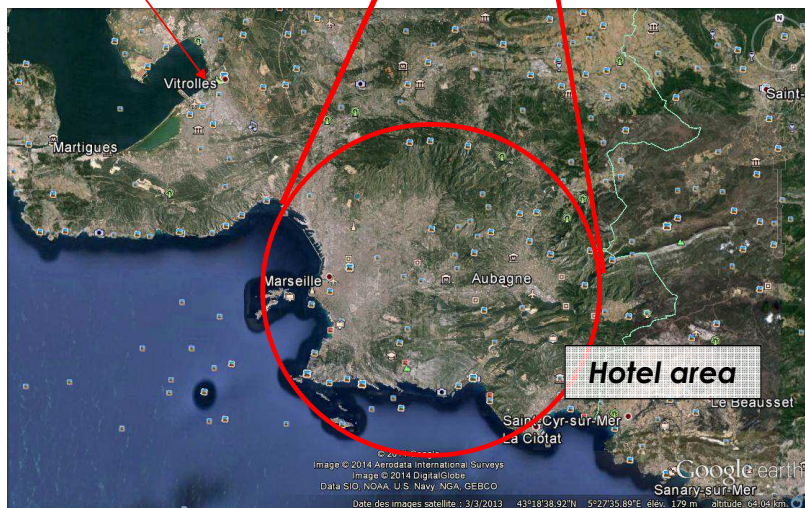




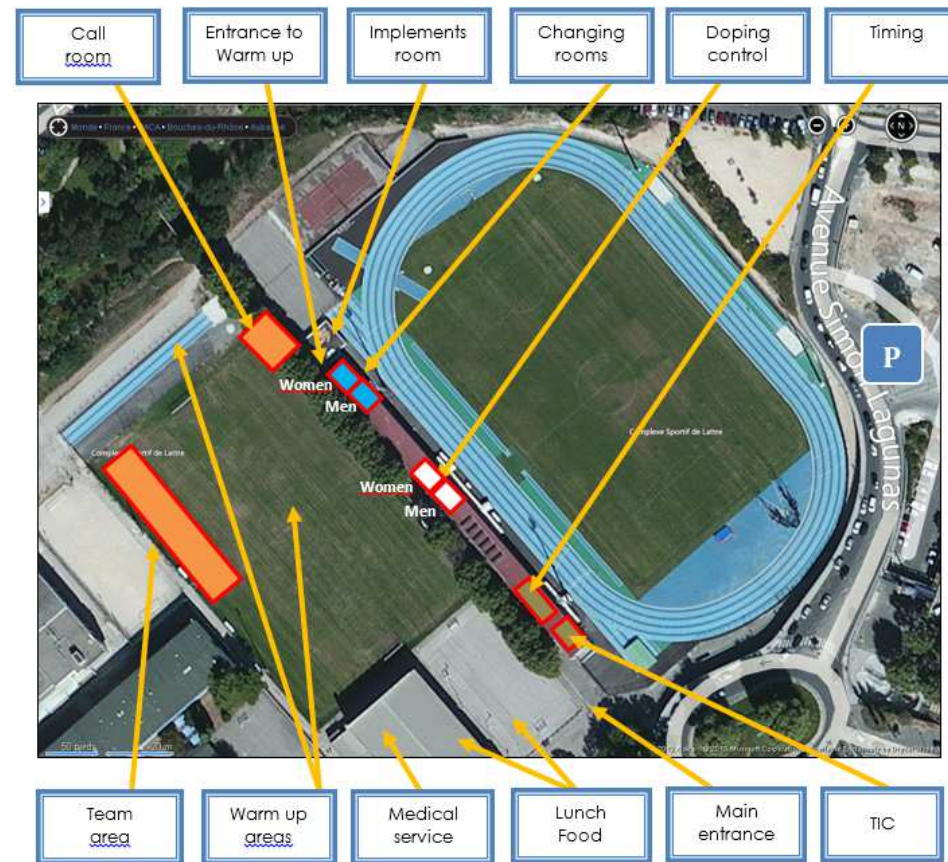
## APPENDIX 1: Map (France and Aubagne)



Marseille Airport  
(40 km from Aubagne)



## APPENDIX 1: Map (Stadium)





## APPENDIX 2: Implement list

COMPANY	COUNTRY	SHOT	COLOR	IAAF Nb
NORDIC	SWE	Shot 4kg, Turned steel, 104mm	Black	I-99-0026
NORDIC	SWE	Shot 4kg, Turned steel, 108mm	Red	I-99-0025
POLANIK	POL	Shot 4kg, Stainless steel, 100mm	Silver	I-00-0195
POLANIK	POL	Shot 4kg, Stainless steel, 95mm	Metallic	I-00-0231
NELCO	IND	Shot 7,26kg, Turned iron, 128mm	Yellow	I-99-0093
NELCO	IND	Shot 7,26kg, Turned iron, 120mm	Blue	I-99-0133
NISHI	JPN	Shot 7,26kg, Steel, 125,5mm	Silver	I-99-0087
NISHI	JPN	Shot 7,26kg, Steel, 129mm	Silver	I-99-0083
COMPANY	COUNTRY	SHOT	COLOR	IAAF Nb
NELCO	IND	Discus 1kg, Gold, brass rim, plastic sides	White/gold	I-99-0096
NELCO	IND	Discus 1kg, Lo Spin, steel rim, plastic sides	Red	I-99-0131
GILL	USA	Discus 1kg, OTE Very High Moment, steel rim, aluminium sides	Red	I-99-0065
NISHI	JPN	Discus 1kg, Super HM, steel rim, FRP sides	Purple/black/white	I-02-0256
NORDIC	SWE	Discus 2kg, Gold, brass rim, fibreglass sides	White/gold	I-99-0006
GILL	USA	Discus 2kg, OTE High Moment, steel rim, aluminium sides	Silver	I-99-0062
NELCO	IND	Discus 2kg, Super Spin Black, stainless steel rim, plastic sides	Black	I-99-0091
DENFI	DEN	Discus 2kg, Jurgen Schult Ultimate Spin, chrome rim, carbon	White/yellow centre	I-99-0098
COMPANY	COUNTRY	SHOT	COLOR	IAAF Nb
NORDIC	SWE	Hammer 4kg, Brass, dia : 95mm	Gold	I-99-0009
NELCO	IND	Hammer 4kg, Olympic, braa, dia : 95mm	Gold	I-99-0147
NORDIC	SWE	Hammer 7,26kg, Brass, dia : 110mm	Gold	I-99-0008
NELCO	IND	Hammer 7,26kg, Olympic, brass, dia : 110mm	Gold	I-99-0148
COMPANY	COUNTRY	SHOT	COLOR	IAAF Nb
NEMETH	HUN	Javelin 600gr, Classic 75m, aluminium, violet cord	Violet/Yellow/red	I-99-0110
NEMETH	HUN	Javelin 600gr, Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
NORDIC	SWE	Javelin 600gr, Diana classic, lilac cord, 70m	Violet	I-99-0017
NEMETH	HUN	Javelin 800gr, Classic 85m, aluminium, violet cord	Violet/yellow/red	I-09-0429
NEMETH	HUN	Javelin 800gr, Classic 90m, aluminium, violet cord	Violet/yellow/green	I-99-0100
NEMETH	HUN	Javelin 800gr, Classic 95m, aluminium, violet cord	Violet/yellow/orange	I-99-0101



## APPENDIX 3: Qualification standards

Men	Event	Women
10'55	<b>100m</b>	11'64
21'25	<b>200m</b>	23'94
47'00	<b>400m</b>	54'00
1'48'00	<b>800m</b>	2'05'00
3'43'00	<b>1 500m</b>	4'20'00
14'10'00	<b>5 000m</b>	16'25'00
30'15'00 / 14'10'00 (5 000m)	<b>10,000m</b>	36'00'00 / 16'25'00 (5 000m)
14'14	<b>110m hurdles/100m hurdles</b>	13'74
51'24	<b>400m hurdles</b>	59'64
9'00'00	<b>3 000 m steeple chase</b>	10'40'00
2m15	<b>High Jump</b>	1m82
5m20	<b>Pole Vault</b>	4m00
7m50	<b>Long Jump</b>	6m20
15m75	<b>Triple Jump</b>	13m00
18m00	<b>Shot Put</b>	14m20
55m00	<b>Discus Throw</b>	50m00
65m00	<b>Hammer Throw</b>	60m00
68m00	<b>Javelin Throw</b>	52m00
-	<b>Relay 4 x 100m</b>	-
-	<b>Relay 4 x 400 m</b>	-
44'00'00 / 1h28'00" (20km)	<b>10,000m walk</b>	50'00'00 / 1h44'00" (20km)

- All performances must be achieved during the period **1 January 2013 to 8 June 2014**.
- All performances must be achieved during an official competition organised in **conformity with IAAF Rules, and sanctioned by the IAAF**, its Area Associations or its Member Federations.
- Performances achieved in **mixed events** (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see Rule 147).
- Wind assisted performances** (over 2m/sec) will not be accepted.
- For the 100m, 200m, 400m, 110m/100m/400m Hurdles and 4x100m, only the performances achieved with an automatic timing system complying with the IAAF Rule 160 (§13 to 18) will be accepted.
- Indoor performances** will be accepted.
- For the running events of 400m and over, performances achieved on **over-sized tracks** will not be accepted.
- For the **walking event**, performances on road will be accepted.
- For the 10,000m, the standards can be achieved on 5000m races. For the 10,000m walk the standards can be achieved on 10,000m track, 10km road, 20,000m track or 20km road.



# MEDITERRANEAN — U23 CHAMPIONSHIPS



## APPENDIX 4: Provisional timetable

14:30	OPENING CEREMONY		
14:45	400 hurdles	Semifinal	Women
15:00	400 hurdles	Semifinal	Men
15:05	Hammer Throw	FINAL	Men
15:15	100	Semifinal	Women
15:25	100	Semifinal	Men
15:35	Triple Jump	FINAL	Women
15:40	800	Semifinal	Women
15:55	100 hurdles	Semifinal	Women
16:10	400	Semifinal	Men
16:25	400	Semifinal	Women
16:30	Pole Vault	FINAL	Men
16:35	Hammer T.	V.C.	Men
16:40	800	Semifinal	Men
16:55	10.000 Walk	FINAL	Women
17:00	Discus Throw	FINAL	Women
17:00	10.000 Walk	FINAL	Men
17:10	High Jump	FINAL	Women
17:15	Triple J.	V.C.	Women
17:50	100	FINAL	Women
18:00	100	FINAL	Men
18:05	10.000 Walk	V.C.	Women
18:10	1 500	FINAL	Men
18:15	Shot Put	FINAL	Women
18:15	Discus T.	V.C.	Women
18:20	3.000 st.	FINAL	Men
18:25	Long Jump	FINAL	Men
18:30	100	V.C.	Women
18:35	5 000	FINAL	Women
18:40	Javelin Throw	FINAL	Men
18:40	5 000	V.C.	Men
18:55	100 hurdles	FINAL	Women
19:00	100	V.C.	Men
19:05	200	Semifinal	Women
19:10	1 500	V.C.	Men
19:15	200	Semifinal	Men
19:20	3.000 st	V.C.	Men
19:25	10 000	FINAL	Men
19:30	Pole V.	V.C.	Men
19:35	High J.	V.C.	Women
19:40	Shot Put	V.C.	Women
19:45	5 000	V.C.	Men
20:00	Long J. Men	V.C.	Men

14:30	110 hurdles	Semifinal	Men
14:30	Hammer Throw	FINAL	Women
14:35	Javelin T.	V.C.	Men
14:40	100 hurdles	V.C.	Women
14:45	400	FINAL	Women
14:50	400	FINAL	Men
14:50	Long Jump	FINAL	Women
14:55	10 000	V.C.	Men
15:00	200	FINAL	Women
15:00	Pole Vault	FINAL	Women
15:05	200	FINAL	Men
15:10	400	V.C.	Women
15:15	1 500	FINAL	Women
15:20	400	V.C.	Men
15:25	400 hurdles	FINAL	Men
15:30	200	V.C.	Women
15:35	400 hurdles	FINAL	Women
15:40	200	V.C.	Men
15:45	800	FINAL	Men
15:45	Discus Throw	FINAL	Men
15:50	1 500	V.C.	Women
15:55	3.000 st.	FINAL	Women
16:05	High Jump	FINAL	Men
16:05	Hammer T	V.C.	Women
16:10	800	FINAL	Women
16:15	400 hurdles	V.C.	Men
16:20	5 000	FINAL	Men
16:25	Shot Put	FINAL	Men
16:25	400 hurdles	V.C.	Women
16:35	Triple Jump	FINAL	Men
16:40	Long J.	V.C.	Women
16:45	110 hurdles	FINAL	Men
16:50	800	V.C.	Men
16:55	10 000	FINAL	Women
16:55	Javelin Throw	FINAL	Women
17:00	3.000 st	V.C.	Women
17:05	Discus T.	V.C.	Men
17:10	800	V.C.	Women
17:15	5 000	V.C.	Men
17:20	110 hurdles	V.C.	Men
17:30	Pole V.	V.C.	Women
17:35	4 x 100	FINAL	Women
17:40	Shot P.	V.C.	Men
17:45	4 x 100	FINAL	Men
17:50	High J.	V.C.	Men
17:55	4 x 400	FINAL	Women
18:00	10 000	V.C.	Women
18:05	4 x 400	FINAL	Men
18:10	Triple J.	V.C.	Men
18:15	Javelin T.	V.C.	Women

Final Banquet 4 x 100 V.C. Women  
 Final Banquet 4 x 100 V.C. Men  
 Final Banquet 4 x 400 V.C. Women  
 Final Banquet 4 x 400 V.C. Men