



TEAM MANUAL

9th European Cup Winter Throwing

14/15 March 2009
Los Realejos-Puerto de la Cruz, ESP

www.losrealejos2009.com



**9th European Cup
Winter Throwing**
Los Realejos, ESP





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1. GENERAL INFORMATION

1.1 Los Realejos & Puerto de la Cruz

Los Realejos is a medium-sized town in Spain, located on the north side of the island of Tenerife (which forms part of the Canary Islands) and part of the province of Santa Cruz de Tenerife. It is located W of Puerto de la Cruz and La Orotava, about 42 km SSW of the island's capital, N of Los Cristianos and Las Américas of Arona and about 80 km north of Tenerife South Airport. The inhabitants are known in Spanish as "realejeros".

The population is 35,799 (ISTAC, 2003), its density is 627.17/km² and the area is 57.08 km². The elevation is 420 m. Los Realejos has the westernmost terminus of the TF5 superhighway and is linked with the old highway linking Icod de los Vinos and the capital and north of the TF1 superhighway. Farmlands are in the valley areas and within the Atlantic, the mountain and the hills are to the south and are mainly covered with forests.

The town is split into two distinct zones:

- Realejo Alto (High or Upper Realejo)
- Realejo Bajo (Low or Lower Realejo)

These zones are both geographic -- split by a large deep water gully (*Barranco*) -- and historical -- during the Spanish conquest of the island(s) the local Guanches had a camp in the high town area, and the low town area was occupied by the Spanish. Also each zone has its own Baroque church, both of which were built shortly after the success of the Spanish conquest. The municipality was founded as Realejo de Arriba.

The municipality stretches from the La Orotava Valley up to the Teide mountains.

The area governed by the local council also includes other smaller villages such as Palo Blanco, Cruz Santa, Mocan, Icod de Alto, Tigaiga and others. Although recently, as a result of population growth and construction, these have merged into what seems to be one town.

The principality of Los Realejos also includes a few beaches of note, Playa del Socorro being the most popular with both local and tourists. Also worthy of mention are Playa de Castro and Playa de Fajana, although these are both slightly less accessible than Socorro.

Puerto de la Cruz (which in English translates as and was formerly known as "Crossport", although nowadays it is usually known in all languages by its Spanish name) is city municipality and located in Spain, on the north coast of Tenerife, in the Orotava Valley. It is located 4 km West of La Orotava, and is about 37 km NE of Santa Cruz de Tenerife and about 25 km to Tenerife North Airport both on the TF5 Motorway. In Spanish the inhabitants are known as *portuenses*. The municipality is the smallest in Tenerife.

The population is 31,830 (ISTAC, 2003), its density is 3,646.05/km² and the area is 8.73 km². The elevation is 9 meters. The lowest point is the coastal Atlantic zone, the highest is Las Arenas, a volcanic cone with an elevation of 249 meters. Farmland is tucked into the valley areas and within the Atlantic coastal zone; urbanisation covers much of the area and the terrain rises rapidly to the south.

Prior to the development of hotels and buildings, much of the area consisted of agricultural land. Considerable fiscal pressure led to the land being developed and the population shifted from rural to urban and tourism. The population is mainly urban today.

Sites of interest:

- Costa Martiánez (The lake) completed and designed by the famous architect César Manrique
- Charco Square in the town centre is worth a visit.
- Loro Parque, a famous park and zoo located on the outskirts of the city.
- Ermita de San Amaro (San Amaro Church), dedicated to the semi-legendary Saint Amaro.
- The local sewage-plant, situated close to the Punta Brava beach, the Martinez Hotel complex and Loro Parque. It is known to leak and can be identified via its intense odour from a great distance.

1.2 Business Hours Shops, Government Offices, Banks

General information

- Normal Business hour shops:
 - Monday – Friday : 09:00 – 13:00 & 16:00 – 20:00
 - Saturday: 09:00 – 13:00
- Some Business in Puerto de la Cruz are also open:
 - All days: 9:00 – 13:00 & 16:00 – 20:00
- Shopping centres:
 - Monday – Saturday: 10:00 – 22:00
- Government offices
 - Monday – Friday: 08:00 – 14:00

2. ORGANISATIONAL STRUCTURE

2.1. European Athletics Council

President	Hansjörg Wirz (SUI)
Vice Presidents	José Luis de Carlos (ESP) Svein Arne Hansen (NOR)
Treasurer	Karel Pilny (CZE)
Director General	Christian Milz (SUI)
Council Members	Janez Aljancic (SLO) Franco Arese (ITA) Sylvia Barlag (NED) Jonathan Edwards(GBR) Frank Hensel (GER) Dobromir Karamarinov (BUL) Philippe Lamblin (FRA) Toralf Nilsson (SWE) Ludmila Olijar (LAT) Antti Pihlakoski (FIN) Jorge Salcedo (POR) Salih Munir Yaras (TUR) Vadim Zelichenok (RUS)
IAAF President (ex officio member)	Lamine Diack (SEN)
European Athletics Honorary Life President	Carl-Olaf Homén (FIN)



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2.2. European Athletics Delegates

Council Delegate

Technical Delegate

Doping Control Delegate

Jury of Appeal

Svein Arne Hansen (NOR)

Keith Davies (GBR)

Maria Amelia Anjos (POR)

to be appointed at technical meeting

2.3. European Athletics Office

European Athletic Association

Avenue Louis-Ruchonnet 18

1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

Fax: +41 21 313 43 51

E-mail: office@european-athletics.org

Web: www.european-athletics.org

2.4. Executive Board of Royal Spanish Athletic Federation

President

General Director

Vicepresident - Senior

Vicepresidents

José Maria Odriozola

José Luis de Carlos

Enrique Lopez

Carlota Castrejana

Roma Cuyas

Gerardo Garcia

2.5. Local Organising Committee

President

General Secretary

European Athletics Coordination

Event Management

Protocol / Hospitality

Press / Media

Finance

Travel

Accommodation

Marketing

Ceremonies

Oswaldo Amaro

Miguel Carballo

Luis Saladie

Ramón Dominguez & Pedro Alfonso

Francisco Gonzalez

Maria José Marichalar

Lourdes Diaz

Ana Esther Perez

Gaspar Martin

José Luis Garcia

Lucia Alfonso

2.6. Participating Federations

Member Federation	Men	Women	Officials	Total
Armenia	1		1	2
Austria	2	2	2	6
Belgium	3	1	3	7
Belarus	5	7	5	17
Bosnia and Herzegovina	1	1	1	3
Croatia	5	5	6	16
Estonia	4		9	13
Finland	6	4	2	12
France	6	8	7	21
Germany	12	12	10	34
Great Britain & N.I.	3	5	3	11
Greece	4	3	2	9
Hungary	4	3	2	9
Iceland	1		1	2
Ireland		1	2	3
Israel	2	2	3	7
Italy	7	7	9	23
Latvia	4	1	1	6
Lithuania	1		1	2
Moldova		2	1	3
Netherlands	7	5	4	16
Norway		1	1	2
Poland	3	4	5	12
Portugal	11	5	5	21
Romania	7	10	12	29
Russia	8	8	10	26
Serbia	2	2	4	8
Slovenia	4	2	3	9
Spain	11	7	9	27
Sweden	2	5	3	10
Turkey	6	3	5	14
Ukraine	4	4	2	10
TOTAL	136	120	134	390



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3. ARRIVALS

3.1 Arrival by Air

Tenerife Norte and Tenerife Sur airports are both the official airports.

3.1.1 Welcome Service

Upon arrival, teams will be met by LOC. A welcome desk will be located at both airports and meet with the teams according the flight details indicated through the European Athletics online entry system.

Once luggage has been collected, team members will be escorted to buses which will take them to their hotels.

Coach transport will operate for teams. Coaches will be allocated to teams and will be clearly identified by signage.

The transfer time from the airport to the official hotels is 30 minutes from Tenerife Norte airport and 70 minutes from Tenerife Sur airport.

3.2. Visa Requirements

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

Only the following countries require Visa to enter in Spain:

3.2.1 Countries that must arrange Visa through the Spanish Embassy:

Bosnia & Herzegovina, Russia, Serbia, Turkey, Ukraine

3.2.2 Countries that must arrange Visa through Embassy of a Schengen country:

Albania, Armenia, Azerbaijan, Belarus, Georgia, FYR of Macedonia

3.2.3 Countries that must arrange Visa through Spanish Embassy in another country:

Moldova (Spanish Embassy in Romania), **Montenegro** (Spanish Embassy in Serbia)

3.3. Insurance

The participating European Athletics Members are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from European Athletics competitions, as well as during the event itself.

4. ACCOMMODATION

4.1. General Information

The LOC has reserved good quality hotels for Teams, VIPS and Media providing full board accommodation.

4.2. LOC Information Desk

An LOC Information Desk will be located in the lobby of both hotels with qualified personnel offering relevant information about all aspects of the European Athletics Winter Throwing Cup. The desk will be open on:



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Friday 13 th March	08.00 – 20.00
Saturday, 14 th March	08.00 – 20.00
Sunday, 15 th March	08.00 – 20.00
Monday, 16 th March	08.00 – according to departures

4.3. Official Hotels

Team Hotels -

Hotel Name	Address, Telephone & Fax
<i>Maritim Hotel Tenerife</i>	<i>El Burgado s/n 38400 Puerto de la Cruz – Los Realejos Ph.: +34 922379000 Fax: + 34 922379037 www.hotelmaritimtenerife.com</i>
<i>Gran Hotel Turquesa Playa</i>	<i>Antonio Ruiz Alvarez, 7 38400 Puerto de la Cruz Ph.: +34 922371308 Fax: + 34 922372923 www.hotelturquesa.com</i>

VIP Hotels

Hotel Name	Address, Telephone & Fax
<i>Maritim Hotel Tenerife</i>	<i>El Burgado s/n 38400 Puerto de la Cruz – Los Realejos Ph.: +34 922379000 Fax: + 34 922379037 www.hotelmaritimtenerife.com</i>

Media Hotels

Hotel Name	Address, Telephone & Fax
<i>Gran Hotel Turquesa Playa</i>	<i>Antonio Ruiz Alvarez, 7 38400 Puerto de la Cruz Ph.: +34 922371308 Fax: + 34 922372923 www.hotelturquesa.com</i>

4.4. Cost and European Athletics Quota

According to the European Athletics Regulations, European Athletics shall pay the board and lodging expenses for not more than 3 (three) days for the visiting teams as follows:

- In respect of Senior Men's and Senior Women's teams, maximum of 4 (four) athletes, subject to a maximum of 1 (one) athlete per event.
- In respect of Under 23 Men's and Women's Teams, maximum of 4 (four) athletes, subject to a maximum of 1 (one) athlete per event.

The following rates must be paid for "out of quota" team members and for additional days:

69€ per person / per day for athletes/officials in a double room
90€ per person / per day for athletes/officials in a single room



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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.

All payments must be made in Euros

LOC will send an invoice to the participating federations concerning "out-of-quota" team members and additional days. An invoice will be sent by e-mail and it will be based on information that LOC have received from participating federations. Payment via bank transfer is possible to pay in Euros. Final checking will be made on site and these payments or returns (if there are any) should be made by cash and EUROS (Credit Card accepted if not possible to pay by cash).

Pre-payments should be made by bank transfer to:

IBAN code: ES 14 0061 0227 85 0004360119
BIC code: BMARES 2M

In case of pre-payment, the Member Federations have to present the respective payment receipt at the time of accreditation.

4.5. Meals

All meals will be taken in the hotel restaurant.

The restaurant opening times are:

Friday 13th, Saturday 14th and Sunday 15th

Breakfast 06,30 – 10,30

Lunch 12,30 – 15,00

Dinner 18,30 – 21,30 (except on Sunday 15th where Closing dinner will take place at venue to be decided)

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

For lunch and dinner, mineral water is available free of charge. All other drinks have to be paid for.

4.6. Meeting Rooms for Teams

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

4.7. Medical Services in the Hotel

There will be a medical doctor as well as a physiotherapist present at the hotel. Information and availability at the LOC Information Desk.

4.8. Telephone calls

The telephone will be made available for the team leader upon the presentation of a credit card to cover all charges. The Team Leader must settle phone bills and all other extra services at the hotel reception desk, before departure.

All payments must be made in Euros. No other currency will be accepted.



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5. TRANSPORT

5.1. Bus Shuttle Service

A regular bus shuttle service will be provided between the team hotel, training venues, social functions, the technical meeting and the competition venue. Full details of the schedule will be displayed at the LOC Information Desk in the hotel.

Transfer times between hotels and the competition venues will be as follows:

Note 1. From Hotel Turquesa Playa to Puerto la Cruz Throwing Area there will not be any transport because the distance is only 80 meters.

Note 2. Transfer times between hotels and Los Realejos Stadium is approximately 10 to 15 minutes.

Friday, 13th March

From both Hotels to Los Realejos Stadium	From Los Realejos Stadium to Hotels
10,00	12,00
11,00	13,30
13,00	15,30
15,00	17,30
17,00	19,30

From Hotel Maritim to Puerto la Cruz Throwing Area	From Puerto la Cruz Throwing Area to Hotel Maritim
10,00	12,00
13,00	13,30
15,00	15,30
17,00	19,30

Saturday, 14th March

From both Hotels to Los Realejos Stadium	From Los Realejos Stadium to Hotels
07,30	
08,00	11,45
09,30	13,45
10,00	15,45
11,30	17,30
12,00	19,15
13,30	
14,00	
15,30	
16,00	

From Hotel Maritim to Puerto la Cruz Throwing Area	From Puerto la Cruz Throwing Area to Hotel Maritim
07,30	11,00
09,30	13,00
12,00	15,45
14,00	17,45



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Sunday, 15th March

From both Hotels to Los Realejos Stadium	From Los Realejos Stadium to Hotels
07,30	
08,00	11,45
09,30	13,45
10,00	15,45
11,30	17,30
12,00	19,15
13,30	
14,00	
15,30	
16,00	

From Hotel Maritim to Puerto la Cruz Throwing Area	From Puerto la Cruz Throwing Area to Hotel Maritim
07,30	11,00
09,30	13,00
12,00	15,45
14,00	17,45

5.2. Return to Airport

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

6. ACCREDITATION

6.1. General

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. Photos are not required for the accreditation card system.

6.2. Accreditation Procedure

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

Accreditation cards will be distributed in the Hotels. The Team Leader will be responsible for collecting the team's accreditation cards.

6.3. Loss of Accreditation

If an Accreditation Card is lost, this should be reported immediately to the LOC, at LOC Information Desk.

6.4. Access Areas for Teams

A description of the accreditation system is included on the back of the accreditation card.



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All team accreditation cards will allow access to the team seating area and warm-up halls in the stadium.

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

Separate cards will be issued to Team Leaders, for access to the TIC and Doping Control areas.

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 European Athletics Technical Delegate and the Competition Management regarding technical matters.

Until 20,00h of Friday 13th the TIC will be located at the LOC Information Desk at both hotels. On Saturday 14th and Sunday 15th the TIC is located at the competition venue (Main Stadium).

Opening hours:

Saturday 14 th	from 08,30 to 19,00
Sunday 15 th	from 08,30 to 19,00

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
- Liaison points concerning technical matters between Team Delegate, Technical Delegate and LOC
- Settlement of technical enquiries from delegations
- Distribution of number bibs (as announced in the Technical Meeting)
- Competition information
- Official invitations
- Start lists
- Entrance tickets ordered by the teams
- Recovery of confiscated items at the call room
- Applications for additional doping control and photo finish prints
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, European Athletics and LOC
- Publication of results. Results will be displayed on the notice boards near the TIC
- Withdrawal of athletes
- Receipt of protests from the teams
- All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards. Information put in the mailboxes will include the programme, start lists, results as well as official information from European Athletics and LOC

Access to the TIC will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each team leader.



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

7.2. Technical Meeting

The Technical Meeting will be held on the Friday 13th at 18,00, in the room Timanfaya at Hotel Maritim Tenerife.

All questions related to the Technical Meeting must be presented in writing, preferably in English, at the LOC Information Desks before 16,00h on Friday 13th. The Technical Meeting will be held in English.

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

The Technical Meeting will be attended by:

- European Athletics Delegates
- Jury of Appeal
- Representatives of the Local Organising Committee
- Competition Director
- Competition Officials
- TIC representatives
- European Athletics Staff

7.2.1. Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Organising Committee
- Welcome by European Athletics President or his representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information by the Technical Delegate
- Technical information
- Confirmation of entries
- Call-room procedures and schedule
- Allocation of order of competition
- Scoring and ties
- Numbers
- Protests
- Competition sites
- Mixed Zone
- Opening and Closing Ceremonies
- Presentations
- Doping Control
- Advertising Rules and Regulations
- Answering of questions submitted in writing by federations
- Distribution of numbers

7.3. Dressing/Massage Rooms

Dressing rooms will be available at the competition venue, as will physiotherapy tables and ice.

7.4. Training

Athletes will have the possibility to train at both competition venues with the following schedule:

	Friday 13 th		Saturday 14 th	
	Los Realejos Stadium	Puerto La Cruz Throwing Area	Los Realejos Stadium	Puerto La Cruz Throwing Area
Shot Put	10,30 – 17,30		18,30 – 19,30	
Discus	10,00 – 12,00	15,00 – 19,00		17,30 – 18,30
Javelin	13,00 – 15,00		18,45 – 19,30	
Hammer	15,00 – 19,00	10,00 - 15,00		18,30 19,30

Officials will be present to help in the case of problems or special requirements. Drinks will be available at the training venue(s).

Weight training rooms are available at both Hotels and at Los Realejos Stadium. Opening hours are: from 08,00 to 20,00 hr.

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

8. COMPETITION REGULATIONS

8.1. Entries

8.1.1. Team Entries

According to 1002.7 each team shall consist of up to 2 (two) athletes entered in each event for Senior Men and Senior Women and one athlete in each event for Under 23 Men and Women.

8.1.2. Individual Entries

According to 1002.4 Member Federations not entering teams may enter athletes to compete as individuals, each event being considered separately.

8.2. Final Entries

Final entries shall be made through the European Athletics online entry system. The online entry system will be accessible on the European Athletics website: www.european-athletics.org in the section "**Member Federation Zone / Competition**". Member federations should use the already known ID and password.

Final entries indicating the names of the athletes and their performances in the current year, plus the names of officials must be submitted not later than 10 (ten) days before the competition **by midnight on Wednesday 4th of March 2009**.

8.2.1 Final Confirmation

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

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and returned immediately. Final start lists will be ready for collection at the TIC after the Technical Meeting.



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8.2.2. Withdrawal

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

8.3. Participation Order

The athletes' participation order or lane assignment for each event is according to drawing done by the Technical Delegate.

8.4. Competition Numbers

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

8.5. Scoring

Each team's score shall be determined according to the best performance of its highest finishing athlete in each event and shall be the aggregate of points attributed to those performances according to the International Scoring Tables. The team achieving the highest number of points shall be the winner (1002.10).

If two or more teams have an equality of scores calculated according to 1002.10, the tie shall be decided in favour of the team containing the athlete achieving the highest individual score from a single event. If the tie remains the second highest individual score will be considered and so on.

Any team finishing without a scoring athlete in all 4 (four) events shall not be counted in the teams classification.

The points attributable to the best performance of each athlete in each event shall be combined into individual athletes' classification list(s).

8.6. Competition Clothing/Shoes

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the call room.

The European Athletics has a record of the Team vests of all Member Federations on the European Athletics website. If the uniform displayed on the website differs from your current official uniform, a full set of photographs must be provided to European Athletics 1st March 2009 the latest (preferably in an electronic version):

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

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

This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

9. COMPETITION PROCEDURE

9.1. Timetable

The competition timetable will be as follows:

Saturday 14th March 2009

Los Realejos Stadium

<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
09.30	<i>Shot Put</i>	<i>Women</i>	<i>U'23</i>
09.30	<i>Javelin</i>	<i>Men</i>	<i>U'23</i>
11.30	<i>Hammer</i>	<i>Women</i>	<i>Group B</i>
11.30	<i>Shot Put</i>	<i>Men</i>	<i>Group B</i>
13.30	<i>Hammer</i>	<i>Women</i>	<i>Group A</i>
13.30	<i>Shot Put</i>	<i>Men</i>	<i>Group A</i>
15.30	<i>Javelin</i>	<i>Men</i>	<i>Group B</i>
17.30	<i>Javelin</i>	<i>Men</i>	<i>Group A</i>

Puerto de la Cruz Throwing Area

<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
09.30	<i>Hammer</i>	<i>Women</i>	<i>U'23</i>
11.30	<i>Discus</i>	<i>Men</i>	<i>U'23</i>
14.00	<i>Discus</i>	<i>Women</i>	<i>Group B</i>
16.00	<i>Discus</i>	<i>Women</i>	<i>Group A</i>

Sunday 15th March 2009

Los Realejos Stadium

<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
09.30	<i>Javelin</i>	<i>Women</i>	<i>U'23</i>
11.30	<i>Javelin</i>	<i>Women</i>	<i>Group B</i>
11.30	<i>Shot Put</i>	<i>Men</i>	<i>U'23</i>
13.30	<i>Javelin</i>	<i>Women</i>	<i>Group A</i>
13.30	<i>Shot Put</i>	<i>Women</i>	<i>Group B</i>
15.30	<i>Discus</i>	<i>Men</i>	<i>Group B</i>
15.30	<i>Shot Put</i>	<i>Women</i>	<i>Group A</i>
17.30	<i>Discus</i>	<i>Men</i>	<i>Group A</i>

Puerto de la Cruz Throwing Area

<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
09.30	<i>Hammer</i>	<i>Men</i>	<i>U'23</i>
11.30	<i>Hammer</i>	<i>Men</i>	<i>Group B</i>



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14.00	<i>Hammer</i>	<i>Men</i>	<i>Group A</i>
16.30	<i>Discus</i>	<i>Women</i>	<i>U'23</i>

9.2. Competition Area

The European Cup Winter Throwing 2009 will take place at Estadio Municipal de Los Realejos (Main venue) and at the Puerto de la Cruz Throwing Area. A plan of the Stadium and its surrounds is included in this Manual (Appendix 1). The capacity of the Stadium is about 1.500 seats.

The Main venue has the following competition facilities and sites:

- 2 Hammer – Discus circle
- 2 Javelin run-way
- 2 Shot Put circle

The Puerto de la Cruz Throwing Area has

- 1 Hammer – Discus circle

9.3. Personal Implements

Throwing implements:

The LOC will provide implements for the throwing events as follows:

EVENT	MEN	WOMEN
Shot	Nelco Steel Olympic Super 125 mm	Nelco Steel 109 mm
	Nelco Steel Olympic Super 120 mm	Nelco Steel 104 mm
	Nelco Iron Olympic Super 129 mm	Nelco Steel 100 mm
Discus	Nelco Gold	Nelco Gold
	Nelco Ultimo Maxi Aro	Nelco Lamadp Wood
	Nelco Lo Spin	Nelco Lo Spin
Javelin	Nordic Super Elite 90 m	Nordic Diana Carbon 80 m
	Nordic Air Glider Carbon 90	Nordic Xena Carbon 70 m
	Nemeth Club 85 m	Nemeth Club 60 m
Hammer	Nordic Stainless Steel 110 mm	Nordic Steel 100 mm
	Nelco Steel 110 mm	Nelco Iron 101 mm
	Nelco Steel 115 mm	Nelco Steel 95 mm

Competitors may use their own implement if it is not on the implements list. Personal implements must be brought for checking to;

Friday 13th to the LOC Information Desk before 19,30 for the Saturday's events.

Saturday 14th to the TIC latest at 19,30 for Sunday's events.

The Technical Managers staff will check the equipment and implements, and only those complying with the IAAF Rules are accepted. Equipment and implements that have not been checked and approved may not be brought to the competition site. The team will receive a written message at the TIC the same day as the implement has been left at the TIC for approval. If the implement is not approved it will be returned at the TIC.

All personal implements are to be used during the event by other athletes. Personal implements will be returned at the TIC after the event.

9.4. Call Room

All athletes must report to the call room according to the following schedule:

Saturday 14th March 2009

Los Realejos Stadium

<i>Check in</i>	<i>Infield</i>	<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
08.45	08.55	09.30	<i>Shot Put</i>	<i>Women</i>	<i>U'23</i>
08.45	08.55	09.30	<i>Javelin</i>	<i>Men</i>	<i>U'23</i>
10.45	10.55	11.30	<i>Hammer</i>	<i>Women</i>	<i>Group B</i>
10.45	10.55	11.30	<i>Shot Put</i>	<i>Men</i>	<i>Group B</i>
12.45	12.55	13.30	<i>Hammer</i>	<i>Women</i>	<i>Group A</i>
12.45	12.55	13.30	<i>Shot Put</i>	<i>Men</i>	<i>Group A</i>
14.45	14.55	15.30	<i>Javelin</i>	<i>Men</i>	<i>Group B</i>
16.45	16.55	17.30	<i>Javelin</i>	<i>Men</i>	<i>Group A</i>

Puerto de la Cruz Throwing Area

<i>Check in</i>	<i>Infield</i>	<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
08.45	08.55	09.30	<i>Hammer</i>	<i>Women</i>	<i>U'23</i>
10.45	10.55	11.30	<i>Discus</i>	<i>Men</i>	<i>U'23</i>
13.15	13.25	14.00	<i>Discus</i>	<i>Women</i>	<i>Group B</i>
15.15	15.25	16.00	<i>Discus</i>	<i>Women</i>	<i>Group A</i>

Sunday 15th March 2009

Los Realejos Stadium

<i>Check in</i>	<i>Infield</i>	<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
08.45	08.55	09.30	<i>Javelin</i>	<i>Women</i>	<i>U'23</i>
10.45	10.55	11.30	<i>Javelin</i>	<i>Women</i>	<i>Group B</i>
10.45	10.55	11.30	<i>Shot Put</i>	<i>Men</i>	<i>U'23</i>
12.45	12.55	13.30	<i>Javelin</i>	<i>Women</i>	<i>Group A</i>
12.45	12.55	13.30	<i>Shot Put</i>	<i>Women</i>	<i>Group B</i>
14.45	14.55	15.30	<i>Discus</i>	<i>Men</i>	<i>Group B</i>
14.45	14.55	15.30	<i>Shot Put</i>	<i>Women</i>	<i>Group A</i>
16.45	16.55	17.30	<i>Discus</i>	<i>Men</i>	<i>Group A</i>

Puerto de la Cruz Throwing Area

<i>Check in</i>	<i>Infield</i>	<i>Time</i>	<i>Event</i>	<i>Sex</i>	<i>Category</i>
08.45	08.55	09.30	<i>Hammer</i>	<i>Men</i>	<i>U'23</i>
10.45	10.55	11.30	<i>Hammer</i>	<i>Men</i>	<i>Group B</i>
13.15	13.25	14.00	<i>Hammer</i>	<i>Men</i>	<i>Group A</i>
15.45	15.55	16.30	<i>Discus</i>	<i>Women</i>	<i>U'23</i>



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

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

9.5. Competition preparation

9.5.1. Field Events

In the field events the official trials supervised by the judges. Athletes may only use the official markers for the approach. These will be handed out by the competition officials at the competition area.

Once the warm up trials are finished, the participants will be asked to stand in the order of the competition for the presentation.

9.6. Measurement

The Electronic Distance Measurement (EDM) will be used for all the events.

9.7. Exit procedures after the Competition

After the competition, athletes leave immediately the infield through the mixed zone where media interviews will be carried out. The clothing baskets will be brought to the mixed zone.

9.8. Protests and Appeals

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

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

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

When submitting an appeal form, a deposit of EUR 100, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned.

The Jury's decision will be provided in writing at the TIC.

9.9. 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 control testing.



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9.10. Doping Control

9.10.1 General Information

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

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

A selected athlete will be allowed a maximum of one hour to report to the DCC but should report as soon as possible from the time of official notification. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

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

9.10.2 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 Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

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

9.10.3 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 European Athletics and will be deducted from the member federation's subvention after the event.

10. MEDICAL SERVICES

10.1. 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.

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from European Athletics competitions and during the event itself (European Athletics Regulation 1010.10).



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In case of an emergency please contact the medical aid station. Dr Antonio Javier Gonzalez is in charge of the medical service at: +34 922 88339

10.2. Medical Services in the Hotels

The medical centre serves the athletes, trainers, other team members as well as members of the competition organisation. The medical centre is located at each hotel in a room to be defined and will be open from 08,00 until 20,00. Contact details of the doctor on duty will be available in the Medical Centre and will be distributed upon arrival.

10.3. Medical Services at the Stadium

The stadium medical service is responsible for any problems concerning the athletes' health. There is also a room for medical attention next to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention. The stadium medical service is also responsible for first aid in the warming up area.

There will be first aid teams on the infield, supervised by a doctor and marked with red crosses.

10.4. Physiotherapy

There are well equipped physiotherapy facilities in connection with the Medical Centre. The physiotherapy rooms are equipped with physios beds and ice and will be open from Friday, 13th, Saturday 14th & Sunday 15th (08,00 – 20,00). Please reserve treatments at the Medical Centre office. The team physiotherapists and doctors may use the equipment in the physiotherapy rooms in co-operation with the medical staff.

11. SECURITY

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

12. CEREMONIES

12.1. Victory Ceremonies

The individual victory ceremonies and the victory ceremonies for the winning teams Men and Women will take place at the competition venue. Athletes must wear the official team clothing for the ceremonies.

12.2. Opening Ceremony

The Opening Ceremony will take place on Friday 13th at 19,30 at the Main Square of the Town Hall.

12.3. Closing Ceremony

The Closing Ceremony will take place on Sunday 15th at 19,00 at the Los Realejos Stadium.

12.4. Closing Banquet

The Closing Banquet will take place on Sunday 15th at 20,30 at venue to be decided. Everyone with accreditation or an invitation is welcome to attend.

13. DEPARTURE

Teams will be asked to provide full travel details on the on line entry system. Teams will also receive a departure form, which should be completed and returned to the LOC Information



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Desk in the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier. On the day of departure the LOC Hotel Manager checks the rooms together with the team leaders.

14. CONTACT DETAILS

For further details about the European Cup Winter Throwing, Los Realejos (Tenerife)/ESP 2009 please contact Mr Luis Saladie (organizaciones@rfea.es).

15. APPENDICES

Appendix 1 - Map of Stadium, Competition Facilities, Dressing and Physiotherapy Rooms, Workrooms

Appendix 2 – Accreditation system



NATIONAL PARTNERS



INSTITUTIONS

