

EUROPEAN
ATHLETICS

EUROPEAN
COMBINED EVENTS
TEAM CHAMPIONSHIPS
SUPER LEAGUE

Lutsk 2019

LUTSK, UKRAINE
6 - 7 July 2019



TEAM MANUAL

lutsk2019.com

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1 GENERAL INFORMATION

1.1 Ukraine

Form of Government	Parliamentary-Presidential Republic
Location	Ukraine
Area	603 628km ²
Population	41 953 020
Coastline	1 355 km
Climate	Mild Continental
Language	Ukrainian
Religion	Orthodox Christianity
Capital	Kyiv
Local Time	EEST (UTC+3)
Electricity	220V; CEE 7/4
Driving	On the right
International Calls	+ or 00 plus country code
Telephone Country Code	380
Mobile Phone Networks	Vodafone, Kyivstar, Intertelecom
Water	Tap water is NOT suitable for drinking
Currency	UAH

1.2 Lutsk

Shops opening and closing times:	9:00 – 19:00
Shopping Centres opening and closing times:	9:00 – 23:00
Post Office working times:	08:30 – 19:00 / Saturday: 09:00 – 13:00
Bank services working times:	8:30 – 15:00

Useful expressions

Hello:	Pryvit
Good morning:	Dobroho ranku
Good afternoon:	Dobryy den'
Good evening / Good night:	Dobryy vechir / Na dobranich
Thank you:	Dyakuyu
Please:	Bud' laska
Breakfast:	Snidanok
Lunch:	Obid
Dinner:	Vecherya

2 ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President
First Vice President
Vice Presidents

CEO
Council Members

IAAF President (ex officio member)
Athletes' Committee Chair (ex officio member)
European Athletics Honorary Life Presidents

Svein Arne Hansen (NOR)
Dobromir Karamarinov (BUL)
Cherry Alexander (GBR)
Libor Varhanik (CZE)
Christian Milz (SUI)
Slobodan Branković (SRB)
Nadya But-Husaim (BLR)
Raúl Chapado Serrano (ESP)
Fatih Çintimar (TUR)
Panagiotis Dimakos (GRE)
Jean Gracia (FRA)
Karin Grute Movin (SWE)
Márton Gyulai (HUN)
Frank Hensel (GER)
Anna Kirnová (SVK)
Antti Pihlakoski (FIN)
Sonja Spindelhofer (AUT)
Erich Teigamägi (EST)
Sebastian Coe (GBR)
Periklis Iakovakis (GRE)
Carl-Olaf Homén (FIN)
Hansjörg Wirz (SUI)

2.2 European Athletics Delegates

European Athletics Delegate
Technical Delegate
Doping Control Delegate
ITOs / International Referees

Jury of Appeal

Dobromir Karamarinov (BUL)
Sylvia Barlag (NED)
Zoran Vrbanc (CRO)
Roberto Grava (ITA) - Chief
Eero Kulmala (FIN)
Ales Bezjak (SLO)
Román Inocencio Perez (ESP)
Mats Svensson (SWE) - Chair

2.3 European Athletics Office

European Athletics Association
Avenue Louis-Ruchonnet 16
1003 Lausanne, Switzerland
Tel: +41 21 313 43 50
Fax: +41 21 313 43 51
E-mail: daniel.pereira@european-athletics.org
Web: www.european-athletics.org

2.4 Ukrainian Athletic Association Council

President
First Vice President

Ihor Hotsul
Volodymyr Rudyuk

Vice Presidents

IAAF Senior Vice President
General Secretary
Athletes' Committee Chair
Head Coach
Council Members

Ivan Heshko
Fidel Tymchenko
Sergey Bubka
Mykhaylo Medved
Olga Saladukha
Vyacheslav Tyrtys'nyk
Ievhen Bazhenkov
Olena Bekh
Anatolii Buhaiov
Oleksii Danylenko
Anatolii Huba
Anatolii Kolomojets
Vitalii Mateshko
Anatolii Melnykov
Iryna Olkhovnikova
Oleksandr Okhrimenko
Ievhen Pronin
Oleksiy Serdiuchenko
Tetiana Serorez
Valeriy Yednak

2.5 Local Organising Committee

Co-Heads

General Secretary Members

Oleksandr Savchenko
Ihor Palytsya
Ihor Hotsul
Ihor Dmytryshyn
Iurii Feloniuk
Volodymyr Hrushovinchuk
Roman Karpyuk
Svitlana Myshkovets
Hryhorii Pustovit
Volodymyr Rudyuk
Petro Shpyha
Oleksandr Tovsteniuk
Ihor Vashcheniuk
Oleksandr Vovchenko
Ivan Voitseshuk
Ievheniia Zhukhovyt'ska
Igor Polishchuk
Iolanta Khropach
Olena Barska
Kateryna Shkloda
Kostyantyn Petrochuk
Mykola Yakymchuk / Yaroslav Kruchek
Lyudmila Rudnitskaya
Oleksii Veremiichyk

Event Coordinator
Sport Coordinator
Protocol / Hospitality
Press / Media
Finance
Medical / Anti-Doping
Transport / Accommodation
Promotion / Marketing

2.6 Competition Organisation

Competition Director
Meeting Manager
Technical Manager

Yana Bocharska
Olena Bekh
Andrii Danyliuk

Event Presentation Manager
Call Room Referee
Starter(s)

Start Coordinator
Chief Timekeeper
Chief Photo Finish
Referees

Technical Information Centre Manager
Jury of Appeal Secretary
Marshall
Competition Secretary

Olena Bekh
Volodymyr Antonets
Oleksandr Torianyuk
Artem Lukashuk
Anatolii Nikitin
Henadii Lozynskyi
Viktor Lastochkyn
Zhorzh Karutsa for Decathlon
Vitalii Pinkevych for Heptathlon
Serhii Rudenko (Start)
Ruslan Hlyvynskyi
Oleksandra Yakerson
Petro Chykyda
Larusa Yakerson

2.7 Participating Federations

Super League (Men/Women - Teams)
Belarus / BLR
Estonia / EST
France / FRA
Great Britain & NI / GBR
Netherlands / NED
Spain / ESP
Switzerland / SUI
Ukraine / UKR

3 TRAVEL TO LUTSK

3.1 Official Airport and Arrival Information

The official airport, located 150 km from Lutsk, is Danylo Halytskyi Lviv International Airport, where the LOC will provide adequate welcome services.

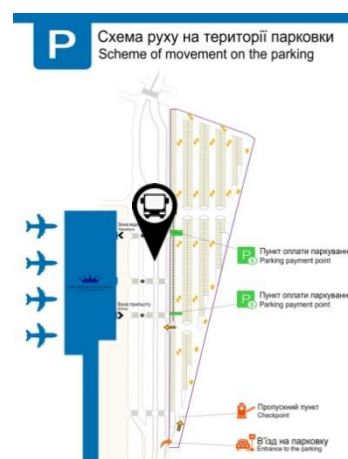
3.1.1 Welcome Service

Upon arrival at Danylo Halytskyi Lviv International Airport the teams will be met by their Team Attachés.


The opening dates and times of the Welcome Desk, situated in the arrivals area after baggage reclaim, will be the following (depending on travel schedules communicated by the teams):

- Thursday 4 July 07:00-00:00;
- Friday 5 July 07:00-22:00.

After collecting the luggage, team members will be escorted to the official buses by the Welcome Desk staff and taken to the Teams' Hotel, as follows:



Welcome Desk → 

Bus pick up point → 

The transfer time from the airport to the official hotel is 2,5 hours approximately, depending on traffic conditions.

3.1.2 Transportation of Vaulting Poles

Each team is responsible for organising the transport of its poles until its arrival in Lviv. Upon arrival to the airport athletes are responsible for taking their vaulting poles to the Welcome Desk, where LOC team members will assist. All poles or bag of poles shall bear the identification of the athlete (tag clearly indicating the name and country) to ensure that they do not get lost. Vaulting poles will then be transported to Stadium "Avangard" where they will be kept in a locked store. The LOC will provide this service.

After the competition, the LOC will take the vaulting poles to the Teams' Hotel and from there they will be transported to the airport along with the corresponding Teams. Poles and/or bags with poles must be clearly marked with name and country signs to ensure prompt delivery.

Note: shall there be any airline company refusing the transport of the vaulting poles to/from Lviv International Airport, the LOC will provide transport for the delivery of vaulting poles from/to Boryspil International Airport (Kyiv/KBP). Please note the LOC must be informed in advance.

3.2 Arrival by Train

There will be no Welcome Desk at the main railway station in Lutsk. Teams arriving by train will be met by LOC representatives and taken to the Teams' Hotel, according to the arrival times given in the final entry system.

3.3 Arrival by Road

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

3.4 Visa Requirements

Citizens of Belarus, Estonia, France, Great Britain & NI, the Netherlands, Spain and Switzerland **do not require** a visa for a short stay.

Delegation members who require a visa should contact the LOC no later than 14 June to obtain a special invitation letter and visa application information.

The following information shall be included in the request:

- Full name (first name and family name as shown in passport)
- Nationality
- Gender
- Date of birth
- Passport Number and Passport Expiry Date (passports should be valid at least 6 months after the end of the competition)
- Function in the Team (athlete or official)

Please contact: office@uaf.org.ua.

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

3.5 Insurance

According to the Regulations 710.11 the participating European Athletics Member Federations are responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Combined Events Team Championships.

Please take the necessary steps to fulfil these requirements well in advance.

4 ACCREDITATION

4.1 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.

4.2 Accreditation Centre

The Teams' Accreditation Centre will be located at Hotel Complex Ukraine, next to the Reception Desk. This is where the Team Leaders shall report after their arrival, in order to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be as follows:

- Thursday 4 July 08:00-22:00 (depending on arrivals)
- Friday 5 July 08:00-22:00 (depending on arrivals)

4.3 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federations through the European Athletics event management system. No changes will be accepted after the final entries deadline.

Team Leaders will be asked to complete the following formalities before they can collect the Accreditation Cards for the whole Team:

- LOC accommodation invoice
- Uniform check
- Athletes' passports check/copy
- Final confirmation of entries
- Collection of competition related forms and information
- Confirmation of departure details
- Confirmation of the Team Leaders email addresses
- Collection of accreditation cards
- Collection of welcome bags

4.4 Access Areas for Teams and Special Passes

A description of the accreditation system will be included on the back of the accreditation card according to Appendix 5.

4.5 Loss of Accreditation

Any lost or damaged accreditation card should be reported to the Accreditation Centre/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.

5 ACCOMMODATION

5.1 General Information

The LOC has made accommodation arrangements for team members in Hotel Complex Ukraine, located approximately 1.5 km from Stadium “Avangard”.

The Teams’ Hotel will officially open with full services on 4 July. If members of your federation are planning to arrive earlier, please contact the LOC well in advance to make sure specific arrangements are made.

5.2 Information Desks

An Information Desk will be located in the lobby of each of the Hotels below with qualified personnel offering relevant information about all aspects of the European Combined Events Team Championships Super League.

The Information Desks opening hours will be as follows, from 4 to 8 July:

- Thursday 4 July 08:00-22:00 (depending on arrivals)
- Friday 5 July 08:00-22:00 (depending on arrivals)
- Saturday 6 July 08:00-22:00
- Sunday 7 July 08:00-22:00
- Monday 8 July 08:00-12:00 (depending on departures).

5.3 Official Hotels

The official hotels for the European Combined Events Team Championships Super League are indicated below with the Internet address of their home pages where further details can be found:

Teams’ Hotel

Hotel Complex Ukraine
Slovatskogo 3,
Lutsk, 43025
Tel: +38 0332 788 100, +38 0332 788 106
Web: <http://hotel-lutsk.com/en/>

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

European Athletics Family Hotel

Noble Boutique Hotel
Kryvyi Val 39,
Lutsk, 43025
Tel: +38 0332 284 828, +38 098 764 97 73
Web: <https://noble.ua/en/>

Media Hotel

Sribni Leleky Recreation Complex
Chornovola 17, Lutsk, 43025
Tel: +38 0332 757 989, +38 099 625 32 73, +38 067 179 32 19
<http://leleky.com.ua/uk/home/>

5.4 Accommodation Costs and European Athletics Quota

5.4.1 European Athletics Quota

According to European Athletics Competition Regulation 710.4 accommodation and full board for the visiting teams will be paid for by European Athletics up to 4 days and for the following persons:

- In the case that a team competes in a match, the contribution will be for a maximum of 4 (four) male athletes, 4 (four) female athletes and 4 (four) officials;

According to European Athletics Competition Regulation 710.4.3., no contribution will be made in respect of the teams representing the host European Athletics Member Federation.

5.4.2 Accommodation Costs

The following rates must be paid by the Member Federations for team members above the previously mentioned quota and for additional days:

Team Members (full board)	Single Room	Twin Room
Out of quota (Athletes and Officials)	60 EUR per night	80 EUR per night
Additional nights (Athletes and Officials)	60 EUR per night	80 EUR per night

All prices include meals and VAT

Each team will be allocated with 1 (one) single room which will be charged at the rate of a twin room in single occupancy (40 EUR) (up to 4 days maximum). Additional single rooms can be requested and will be given according to availability. The price for the additional single room is 60 EUR for the full board accommodation for all days.

The full board cost for additional nights, out of quota athletes and officials and additional single rooms are paid for by the relevant Member Federation.

Cancellation Policy

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

5.4.3 Payment Procedures

The accommodation invoice will be sent to each Federation detailing the amount they owe after the Final Entries.

The balance of the payment must be paid on-site. Payment can be made by credit card or by cash in **Euros** by the Team Leader upon arrival at the Accreditation Centre.

5.4.4 Extra Charges

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 extra charges payments must be made in **UAH**.

5.5 Meals

Meals will all be served in buffet style in the Hotels' Restaurants except for lunch on competition days and for dinner on Sunday. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Meals times will be as follows:

	Breakfast	Lunch	Dinner
4 July	07:00 – 10:00	12:00 – 15:00	20:00 – 22:00
5 July	07:00 – 10:00	12:00 – 15:00	20:00 – 22:00
6 July	06:30 – 10:00	At the Stadium (*)	20:00 – 23:00
7 July	06:30 – 10:00	At the Stadium (*)	22:00 Closing Banquet (**)
8 July	07:00 – 10:00	12:00 – 15:00	20:00 – 22:00

(*) On the competition days, lunch will be offered to the Team members in the Hospitality Area at the building next to the Stadium from 12:00 to 15:00.

(**) Please see 12.5. below.

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

For lunch and dinner mineral water will be available free of charge. All other drinks must be paid for.

All food restrictions (celiac, vegan, vegetarian, etc.) should be communicated to the LOC in advance.

Accreditation cards will allow access to meals in the Hotels' Restaurants and Hospitality Area.

Teams/people leaving immediately after the competition may request dinner boxes from the Hotel no later than 10:00 on Sunday 7 July, at the Hotels' Information Desks.

5.5.1 Lunch for Athletes and Officials

On the competition days, lunch will be offered to the team members in the Hospitality Area at the building next to the Stadium from 12:00 to 15:00. Accreditation cards will allow access to meals.

5.6 Services in the Teams' Hotel

5.6.1 Meeting Rooms

One room for meeting opportunities is available at the Teams' Hotel. Reservation shall be required via the Information Desk at a reasonable time in advance. To ensure that all Teams have access to the Meeting Room, usage may be limited.

The Meeting Room opening hours will be as follows, from 4 to 6 July:

- Thursday 4 July 08:00-23:00 (depending on arrivals)
- Friday 5 July 08:00-23:00 (depending on arrivals)
- Saturday 6 July 20:00-23:00

5.6.2 Rooms for Physiotherapy

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

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff (please see 11.2.1 below).

5.6.3 Internet Access

Free internet access will be provided at Teams' Hotel. The password should be required at the Reception Desk.

6 TRANSPORTATION

Transportation between the Teams' Hotel and the various venues, including official and social functions, will be guaranteed by the LOC shuttle service.

6.1 Transport Desk

The Transport Desk will be located at the Teams' Hotel and will be open from 4 to 8 July:

- Thursday 4 July 08:00-22:00 (depending on arrivals)
- Friday 5 July 08:00-22:00 (depending on arrivals)
- Saturday 6 July 08:00-22:00
- Sunday 7 July 08:00-22:00
- Monday 8 July 08:00-12:00 (depending on departures).

6.2 Bus Shuttle Service

A detailed specific timetable will be posted on the notice boards at the Information Desk at the Teams' Hotel.

Transfer between the Teams' Hotel and the training/competition venue will take about 5 minutes, depending on the traffic conditions.

The following arrangements have been made:

- To cover the distance between the Warm-up area and the Stadium, despite the short distance (850m) on the training and competition days
- To/from the Welcome Dinner, Closing Banquet & Final Party

Training Day 1

Thursday 4 July		
Buses from 09:30 to 18:15		
From Hotel Complex Ukraine	At / From Stadium	Number of Buses
09:30	09:35	1
10:00	10:05	1
10:30	10:35	1
	12:15	2
13:30	13:35	1
14:00	14:05	1
14:30	14:35	1
15:00	15:05	1
15:30	15:35	1
16:00	16:05	1
16:30	16:35	1
	18:15	2

Training Day 2

Friday 5 July		
Buses from 09:30 to 18:15		
From Hotel Complex Ukraine	At / From Stadium	Number of Buses
09:30	09:35	1
10:00	10:05	1
10:30	10:35	1
	12:15	2
13:30	13:35	1
14:00	14:05	1
14:30	14:35	1
15:00	15:05	1
15:30	15:35	1
16:00	16:05	1
16:30	16:35	1
	17:15	1
	18:15	2

Welcome Dinner

Friday 5 July		
Bus at 20:15 and 22:30		
From Hotel Complex Ukraine	From Restaurant Korona Vitovta	Number of Buses
20:15	22:30	1

Competition Day 1

Saturday 6 July		
Buses from 08:00 to 20:30		
From Hotel Complex Ukraine	At / From Stadium	Number of Buses
08:00	08:05	1
08:30	08:35	1
09:00	09:05	1
09:30	09:35	1
10:00	10:05	1
10:30	10:35	1
11:00	11:05	1
11:30	11:35	1
12:00	12:05	1
12:30	12:35	1
13:00	13:05	1
13:30	13:35	1
14:00	14:05	1
14:30	14:35	1
15:00	15:05	1
15:30	15:35	1
16:00	16:05	1
16:30	16:35	1
17:00	17:05	1
17:30	17:35	1
	18:30	1
	19:30	1
	20:30	2

Competition Day 2

Sunday 7 July		
Buses from 07:30 to 21:00		
From Hotel Complex Ukraine	At / From Stadium	Number of Buses
07:30	07:35	1
08:00	08:05	1
08:30	08:35	1
09:00	09:05	1
09:30	09:35	1
10:00	10:05	1
10:30	10:35	1
11:00	11:05	1
11:30	11:35	1
12:00	12:05	1
12:30	12:35	1
13:00	13:05	1
13:30	13:35	1
14:00	14:05	1
14:30	14:35	1
15:00	15:05	1
15:30	15:35	1
16:00	16:05	1
16:30	16:35	1
17:00	17:05	1
17:30	17:35	1
	19:00	1
	20:00	1
	21:00	2

Closing Banquet / Final Party

Sunday 7 July		
Buses at 21:45 and from 00:00 to 01:00		
From Hotel Complex Ukraine	From Lutsk Castle	Number of Buses
21:45	-	2
	00:00	1
	00:15	1
	00:30	1
	00:45	1
	01:00	1

In addition to the bus shuttle service above, a permanent shuttle service will be implemented on the training and competition days to cover the distance between the Warm-up area and Stadium "Avangard", despite the short distance (850m).

7 TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The TIC will be located on the ground floor of Stadium “Avangard” (see Appendix 4).

The main function of the Centre is to ensure smooth communication between each Team Delegation, the LOC, the European Athletics Technical/Doping Control Delegates and the Competition Management, regarding technical matters.

From 4 July, the TIC will be open according to the following schedule:

- Thursday 4 July 10:00-18:00
- Friday 5 July 10:00-18:00
- Saturday 6 July 08:00-21:00
- Sunday 7 July 07:30-21:00

The TIC will be linked to the Teams’ Hotel Information Desk set up for this event and is responsible for, but not limited to, the following:

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical / Doping Control Delegates and competition management via the pigeon holes. It is the Team Leader’s duty to collect this kind of information in due time.
- Receipt of final confirmations
- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements. (e.g. shot put, etc.)
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Appeals

All technical information regarding the competition will be distributed to each delegation in special pigeon boxes, one per team and located at the TIC. This information will also be displayed on the Posting Board located outside the TIC (please see Appendix 4 / Tribune 29).

A separate entry card will control access to the information in the teams’ pigeon boxes at the TIC. These so-called TIC cards will be given to each Team Leader (1 per competing team). Access will not be given on show of accreditation card.

Teams that were not able to attend the Technical Meeting due to special circumstances, may collect their competition numbers/bibs and Start lists for the first competition day from the Accreditation Centre/TIC after the Technical Meeting.

7.2 Technical Meeting

The Technical Meeting will be held on Friday 5 July at 16:00 (local time), at Hotel Complex Ukraine.

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

Any enquiry concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Meeting. The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre. These forms must be

returned to the Accreditation Centre/TIC no later than 12:00 (local time) on Friday 5 July. No questions will be accepted during the Technical Meeting.

The Technical Meeting will be attended by the:

- European Athletics Delegate
- Technical Delegate
- Doping Control Delegate
- European Athletics Officiating persons
- Representatives of the Local Organising Committee
- Competition Director
- Chief Technical Officials
- TIC Representatives
- Competition Data Handling Representatives

Start lists for the first competition day will be ready for collection together with the competition numbers/bibs after the Technical Meeting.

7.2.1 Agenda

The Technical Meeting will provide updates and information which is not already mentioned in this Team Manual and will include:

- Presentation of the European Athletics Officiating persons
- Presentation of the relevant competition officials
- Timetable amendments (if any)
- Starting heights and raising of the bar for the vertical jumps
- Specific competition procedures
- Answers to written questions

7.3 Documents Distribution

The distribution of competition related information at the TIC will NOT be systematically made through printouts in the Team pigeon holes but will be displayed on the Posting Board located outside the TIC (please see Appendix 4 / Tribune 29). It will still be possible to request occasional copies of specific event start lists and / or results at the TIC.

All competition related information will be sent by emails to the team leaders to the email addresses communicated in the Final Entries. Any relevant additional email addresses can be communicated to the LOC at the Accreditation Centre prior to the start of the Championships. When the Team Leaders are collecting the team accreditation cards they will be asked to confirm the e-mail addresses.

Important notices of general interest (e.g. changes to the timetable) will also be displayed on the Posting Board while individual communications to specific teams will be posted through the pigeon holes.

8 COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

8.1 Competition Area

The European Combined Events Team Championships Super League 2019 will take place at Stadium “Avangard”, in Lutsk. A plan of the Stadium and its surrounds is included in this Manual (Appendix 4). The capacity of the Stadium is about 12.100 seats.

The Stadium has the following competition sites:

- 8 lanes
- 2 High Jump sectors
- 2 Pole Vault runways
- 2 Long Jump runways
- 2 Shot Put Circles
- 1 Discus Circle
- 2 Javelin runways

The Warm-up area is located 850m from Stadium “Avangard” (6-min. walk). Nevertheless, the two venues will be connected through a permanent shuttle service. This area consists of:

- a 250m track with 4 lanes
- 1 Long Jump runway
- 2 Changing Rooms
- 1 Weightlifting area
- 8 dedicated Teams’ tents clearly marked with flags and country codes
- 1 light catering area
- 1 Information board
- 1 Drop on/off point to/from Stadium “Avangard”

The Warm-up area will be open on training and competition days/hours (1:30 hours before the start on competition days).

8.2 Training Sessions and Venue

The Training Sessions will be taking place at Stadium “Avangard” on Thursday and Friday, 4 and 5 July respectively, from 10:00 to 12:00 and 14:00 to 18:00, as follows:

- From 14:00 to 15:00 for Discus Throws
- From 15:00 to 16:00 for Javelin Throws
- From 10:00 to 12:00; 16:00 to 18:00 for all other disciplines.

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

The Weightlifting training area will be situated at the Warm-up area (please see Appendix 4). The opening hours will be from 09:30 to 18:00 on Thursday and Friday, 4 and 5 July respectively and on competition days.

Details about transportation for Training Sessions are included in the Transport section of this Manual. The transport schedule will be displayed at the Teams’ Hotel Information Desk.

8.3 Orientation Visit to the Competition Venue

Heads of Delegation may visit Stadium “Avangard”, inspecting access routes and other facilities of relevance to the teams, on Friday 5 July from 15:00 (before the Technical Meeting).

Heads of Delegation are to meet LOC members at the TIC, at 14:50, from where they will be escorted on this visit.

8.4 Training with Official Starters

Training with Official Starters will take place at Stadium “Avangard” on Friday, 5 July, from 17:00 to 18:00.

8.5 Resting Area

The Combined Events Resting Area will be located in a building next to Stadium “Avangard” (please see Appendix 4).

Physiotherapy tables and ice machines will be available.

8.6 Sports Equipment

Vaulting Poles

Upon arrival, the pick-up of the vaulting poles to Stadium “Avangard” will be arranged by the LOC which will transfer them to a locked store and from there to the training/competition facility at Stadium “Avangard” where they will be at the athlete’s disposal. On training days athletes will have to request their vaulting poles at the TIC and show their identification/proof of ownership as all poles or bag of poles shall bear the identification of the athlete (tag of the name and country).

After the competition, the LOC will take the vaulting poles to the Teams’ Hotel and from there they will be transported to the airport along with the corresponding Teams. Poles must be clearly marked with name and country signs to ensure prompt delivery.

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC on site.

8.7 Implements

8.7.1 Official Implements

The implements provided by the LOC (please see Appendix 1) are selected from those appearing on the current IAAF approved implements list.

8.7.2 Personal Implements

Personal Implements will also be allowed, providing that:

- They are readily identifiable and are IAAF certified
- They are not already on the official list
- They have been checked for compliance with IAAF Rules
- They are made available to all the other competitors

Personal implements will have to be submitted to the implements check in point at the TIC before 5 July 17:00 (local time).

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned. If approved, the personal implements will be under the authority of the LOC from the time of checking in to the end of the event. They will be kept in a locked store and brought to the competition site in due time by the LOC.

After the competition personal implements will be transported by the LOC from the Stadium field of play to the TIC so the teams are collecting them.

Note: "IAAF Certified" implements may include older models that previously held a certificate but are not in production any longer. In order to speed up the checking in of eligible personal implements, please come prepared and consult the IAAF list on the website (<https://www.iaaf.org/about-iaaf/documents/technical>) in advance to identify the implement noting its IAAF certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF Office at technicalofficer@iaaf.org so that its status can be checked and confirmed to you and the LOC in due time.

9 COMPETITION REGULATIONS

9.1 Team Composition

According to European Athletics regulations for the European Combined Events Team Championships, each Member Federation may enter one team comprising a maximum of 10 (ten) athletes (5 male and 5 female), out of which 8 (eight) athletes (4 male and 4 female) to compete.

Each team shall consist of not less than 3 (three) and not more than four (4) athletes in each discipline (in Decathlon and in Heptathlon).

Only athletes aged at least 16 (sixteen) years on 31 December 2019 may participate in the heptathlon.

Only athletes aged at least 18 (eighteen) years on 31 December 2019 may participate in the Decathlon.

Please refer to the updated version of the event's regulations on European Athletics website (<http://www.european-athletics.org/european-athletics/competition-regulations/>) for further information.

9.2 Entry Procedures

Entries shall be made through the European Athletics Event Management System Arena (<https://arena.european-athletics.org/>). Member Federations' entries manager shall use their already known personalised access.

9.2.1 Final Entries

Final entries indicating the names and individual logistical information (detailed travel arrangements, accommodation request and rooming list) of the competitors and of the officials must be received not later than 10 days before the first competition day. According to the regulations the deadlines for the Final Entries are:

- Opening of the Final Entries: **11 June 2019**
- Closing of the Final Entries: **26 June 2019, 14:00 (CET)**

Remark: Athletes' PB and SB for High Jump and Pole Vault will have to be entered with the final entries, as this will decide the groupings. For all other events, please refer to 9.3.

All Member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process.

9.2.2 Final Confirmation

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

Forms for the final declaration and confirmation will be sent in advance to all teams by email and distributed to each delegation during accreditation. The forms may be completed, sent back by email or returned **no later than 12:00 on Friday 5 July, at the Accreditation Centre/TIC.**

Any team foreseeing to arrive later than this deadline shall confirm the respective athletes' participation via email to daniel.pereira@european-athletics.org.

9.2.3 Withdrawal

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

9.3 Participation Order/Lanes

The athletes' participation order or lane assignment for each event is according to the draw displayed in Appendix 3, which follows Appendix 1 of the respective event regulations. The drawing has been performed by European Athletics.

The allocation of the position of the athletes within one team (e.g. A1, A2, etc...) shall remain at the discretion of the participating teams. This has to be announced latest during the final confirmation procedure and cannot be changed for the different individual disciplines during the decathlon and heptathlon competitions (athlete allocated with position A1 remains in the same position for all the individual disciplines), except for High Jump and Pole Vault where IAAF Rule 200.7 will apply.

For the 1500 metres (for Decathlon men) / 800 metres (for Heptathlon women) the teams' distribution per heat shall be established by the Technical Delegate according to the teams scoring standings 1 (one) hour before the scheduled time for the first heat of each race. The best 4 (four) scored teams will compete in the same heat which shall be the second one.

10 COMPETITION PROCEDURE

10.1 Timetable

Please refer to Appendix 2 for the competition timetable

10.2 Competition Bibs

Each competitor shall receive 3 bibs (with country code and number), as follows:

- 2 bibs shall be pinned on the front and on the back of the competition clothing for the first 9 Men's and all 7 Women's events, and the third bib on the back of the tracksuit/bag;

The LOC shall produce 1 additional bib (bib 4), to be distributed to the teams at the Combined Events Resting Room prior to the last event and to be pinned on the front of the competition clothing for the last Decathlon event (1500m Men), which will indicate the teams' position in the competition (1-8). The bib with country code and number shall be pinned on the back of the competition clothing.

Exceptions are made for all jumping events participants: these competitors are permitted to attach the bib with country code and number only to the front or to the back of their competition clothing.

The competition bibs may not be cut, bent or covered in any way.

10.3 Competition Clothing

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

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

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, **the revised Team Vests form must be uploaded by 26 June, 14:00 (CET) at the latest**, using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

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

Spikes, which project from the sole or the heel shall not exceed 9 mm except in the high jump and javelin throw events where they shall not exceed 12mm. Any spike must be constructed in such a way 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.

10.4 Call Room Procedures

The Call Room will be located at Stadium “Avangard” (please see Appendix 4) and athletes are required to report to the Call Room before the start of each day, 30 minutes (40 minutes for Women Day 2) prior to their first discipline.

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

The following checks will be carried out on equipment for compliance with IAAF Advertising and Competition Rules:

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

10.5 Resting Area

After each event, athletes leave immediately the infield and can go to the Resting Area. From the Reporting Point next to the Resting Area they are taken to the next event by a judge at the following times:

- Track event: 15 minutes before the start
- Pole vault: 55 minutes before the start
- High jump: 40 minutes before the start
- Other Field events: 30 minutes before the start

The Reporting Point next to the Resting Area will be clearly indicated.

10.6 Specific Event Procedures

10.6.1 Track Events

Tracksuits will be put in baskets at the start; these baskets will be taken to the Resting Area after the first race of each competition day.

10.6.2 Starter Commands

The starter commands will be given in English, as follows:

For distances up to and including 400m:

- “On your marks
- “Set”
- Firing of the gun

For distances of 800m and 1500m:

- “On your marks”
- Firing of the gun

If for any reason the starter feels it is necessary to interrupt the process, he/she will say:

- “Stand Up”

An electronic gun will be used. For recall an ordinary starter's gun will be used. There are false start indicators installed on the starting blocks.

10.6.3 Field Events

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

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

10.6.4 PV and HJ Starting Heights and Progression

When the High Jump and Pole Vault are divided into 2 (two) or more groups, the starting heights and progressions of raising the bar shall be the same in each group and shall go through the hereunder heights:

- | | | | |
|--------------|------------|-------|--------------------|
| • Decathlon | High Jump | 1.80m | Progression – 3cm |
| • Decathlon | Pole Vault | 4.00m | Progression – 10cm |
| • Heptathlon | High Jump | 1.60m | Progression – 3cm |

10.7 Timing & Measurement

The official timing will be provided by **FinishLynx** and will be displayed on the official electronic timing instrument and photo finish cameras provided by **Grand Prix Elite Packages**. For all races of 800m or more, the elapsed time will be displayed on electronic timers located at the end of each straight.

All field events will be measured by **Leica Geosystems TCRP 1203 P300 (Switzerland)** scientific measurement equipment.

10.8 Post Competition Procedures

After the last Men's and Women's event of each competition day, athletes leave immediately the infield through the Mixed Zone where media interviews will be carried out.

The clothing baskets will be brought to the Kit Collection Area next to the Mixed Zone.

10.9 Scoring

The finishing positions of the teams in each match shall be decided according to the aggregates of the points (according to the International Scoring Tables for Combined Events) earned by the 3 (three) highest scoring athletes in each Decathlon and Heptathlon, the team having the highest aggregate being the winner, and so on.

A team with fewer than 6 (six) scoring athletes (three per each event) will not be included in the teams' classification.

10.9.1 Ties

If two or more scoring teams have an equality of aggregate points, the tie shall be decided according to the aggregates of the placings of the six (three per each event) scoring athletes, on the assumption that the match had been a competition between individuals but after excluding non-scoring athletes. If the tie still exists, it shall be decided according to the relative positions of the highest scoring athlete in each

team, considering both events and if it still remains the following highest scoring athlete is considered and so on.

If there are more than two non-scoring teams (with fewer than three athletes in each event) a normalisation rule will apply to allow fair comparison between men and women performances. This will be valid only when the number of female and male athletes is not the same otherwise the standard calculation for the teams scoring will apply. The scores shall be normalised for both men and for women by using a ratio with a set standard corresponding to the respective men and women World Record in the concerned disciplines¹. After the normalisation process the team(s) with the lower score will be relegated to the lower league. This regulation will apply only for calculation of the relegation purposes if there are more than two non-scoring teams and these scores will not be published as official results.

(¹ Each performance is divided by the respective gender World Record.)

10.10 Protests and Appeals

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 appropriate 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).

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 Posting Board).

If the final decision of the 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.

11 MEDICAL SERVICES & DOPING CONTROLS

11.1 Medical Services

The medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the Stadium.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 103. Below you can find information about the medical care sites and relevant instructions.

11.1.1 Medical Services in the Team Hotel

The Medical Services shall be at the disposal of athletes, trainers, other team members as well as members of the competition organisation. The Medical Centre shall be located in Hotel Complex Ukraine and will be open on 4 and 5 July, from 10:00 until 12:00 and from 14:00 until 18:00. During other hours there will be a doctor and nurse on duty.

In case of any emergency, you should either call 103 or contact the hotels' Information/Reception Desks.

11.1.2 Medical Care at the Competition Venue

The stadium medical service is responsible for any problems concerning the athletes' health. There is also a room for medical attention on the ground floor of the stadium building. 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 Warm-up area where there will be 1 first aid team, marked with red crosses, on training and competition days/hours.

There shall be two first aid teams on the Stadium infield, supervised by a doctor and marked with red crosses on training and competition days/hours.

11.2 Physiotherapy Services

11.2.1 Physiotherapy Services in the Team Hotel

For those Teams requiring LOC Physiotherapy Services there will be a Team of physiotherapists available at the Teams' Hotel according the following schedule (reservations for treatment can be made at the Information Desk):

- Thursday 4 July 18:00-22:00 (post training period)
- Friday 5 July 18:00-22:00 (post training period)
- Saturday 6 July 20:00-22:00
- Sunday 7 July 20:00-22:00

For Teams with their own tables/physiotherapists there will be a Physiotherapy Room available at the Teams' Hotel in the following schedule (reservations can be made at the Information Desk):

- Thursday 4 July 08:00-22:00
- Friday 5 July 08:00-22:00
- Saturday 6 July 20:00-22:00
- Sunday 7 July 20:00-22:00

11.2.2 Physiotherapy Services at the Competition Venue

There will be facilities prepared as well as a well-equipped physiotherapy room, including the availability of a LOC physiotherapist at the Stadium ground floor, to be available on training and competition days/hours.

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

11.3 Doping Controls

11.3.1 General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations. They are in accordance with the revised WADA code in force since 1 January 2019. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample result is liable to disqualification and may result in further disciplinary action.

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

11.3.2 Selection of Athletes

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

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

11.3.3 Additional Controls

Athletes requiring doping control (e.g. for national record) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station.

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

12 CEREMONIES AND SOCIAL FUNCTIONS

12.1 Lutsk Welcome Ceremony

The Lutsk Welcome Ceremony will take place on Friday 5 July, from 19:00, at the City Theatre Square, around 100m from the Teams' Hotel. The participating teams will be invited to participate from 19:00 to 19:30.

12.2 Welcome Dinner

A Welcome Dinner will be hosted by the LOC at Restaurant "Korona Vitovta", on Friday 5 July, at 20:30. One person from each team will be invited. Invitation cards will be included in the Welcome Bags.

12.3 Stadium Opening Ceremony

The Stadium Opening Ceremony will take place on Saturday 6 July, at 16:30, at Stadium "Avangard". No athletes will be involved. The Team Leaders will be invited to take part in the flags parade which will be followed by official speeches to end the Ceremony.

12.4 Victory Ceremonies

The Teams' Victory Ceremonies will take place at Stadium "Avangard", on Sunday 7 July, at 20:30. Athletes must wear the official team clothing for the ceremonies and should gather latest at 20:15 at the victory ceremonies preparation area.

There will also be Victory Ceremonies for Individual Winners in Heptathlon and Decathlon competitions. Three first in men's and women's categories will be awarded.

12.5 Closing Banquet & Final Party

The Closing Banquet followed by the Final Party will take place on Sunday 7 July, from 22:00, at the Lutsk Castle. Everyone with accreditation or an invitation is welcome to attend.

13 DEPARTURE

Teams will be asked to provide full travel details through the European Athletics online entry system. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

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

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 Combined Events Team Championships Super League 2019 please contact the LOC Event Sport Coordinator, Mrs. Iolanta Khropach, as below:

Office of the Local Organising Committee:

7a, Peremohy Avenue
43000 Volynska
Lutsk, Ukraine
Tel: +38 050 537 30 07
Mail: lolanta.kh@gmail.com ; yana.athletics@gmail.com

15 APPENDICES

Appendix 1 – Implements List

Appendix 2 – Timetable

Appendix 3 – Event Draw

Appendix 4 – Maps of Stadium

Appendix 5 – Accreditation System – Access Zones

Appendix 6 – Key Dates and General Programme

Appendix 1 – Implements List

<p>Shot 7,26kg</p> <p>5131727 Nordic Sport Shot 7.26kg, Olympic Super, turned lacquered steel, dia:125mm I-99-0022 5132726 Nordic Sport Shot 7.26kg, Brass, dia: 115mm I-99-0023 5134726 Nordic Sport Shot 7.26kg, Stainless steel, dia: 129mm I-99-0024 PK-7,26/117 Polanik Shot 7.26kg, Steel, Competition, dia: 117mm I-13-0651 PK-7,26/120 Polanik Shot 7.26kg, Steel, Competition, dia: 120mm I-99-0152 PK-7,26/125 Polanik Shot 7.26kg, Steel, Competition, dia: 125mm I-13-0652 PK-7,26/128 Polanik Shot 7.26kg, Steel, dia: 128mm I-04-0305</p>
<p>Shot 4kg</p> <p>5132400 Nordic Sport Shot 4kg, Nordic Brass, dia 95mm I-12-0601 5133401 Nordic Sport Shot 4kg, Turned steel, dia: 100mm Green I-99-0027 5133402 Nordic Sport Shot 4kg, Turned steel, dia: 109mm I-99-0025 MS18-4/110 Polanik Shot 4kg, Old school by Tomasz Majewski, Turned steel, dia: 110mm I-18-0930 PK-4/95 Polanik Shot 4kg, Turned steel, Competition, dia: 95mm I-12-0588 PK-4/105-S Polanik Shot 4kg, Turned stainless steel, Competition, dia: 105mm I-00-0232 PK-4/106 Polanik Shot 4kg, Competition, steel Velaasa, 4kg, Dia:106mm I-18-0892</p>
<p>Discus 2kg</p> <p>6126200 Nordic Sport Discus 2kg, Super Elite, stainless steel rim, fibreglass sides I-99-0007 6130200 Nordic Sport Discus 2kg, Viking fiberglass, stainless steel rim I-12-0610 200 Nordic Sport Discus 2kg, Master, brass rim, black fibreglass sides I-99-0030 CCD14-2 Polanik Discus 2kg, Full carbon, Premium Line, brass rim, carbon sides I-14-0679 CCD17-2 Polanik P Discus 2kg, Full carbon, Premium Line, brass rim & central plate, carbon sides I-17-0852 CPD11-2 Polanik Discus 2kg, Competition, plastic, stainless rim, synthetic sides I-11-0499 HPD11-2 Polanik Discus 2kg, Competition, hard plywood, stainless rim, plywood sides I-11-0498 CCD14-2 Polanik Discus 2kg, Full carbon, Premium Line, brass rim, carbon sides I-14-0679</p>
<p>Javelin 600g</p> <p>7917601 Nordic Sport Javelin 600g, Diana Classic flex 7.2 I-99-0015 7917604 Nordic Sport Javelin 600g, Xena Stainless steel, steel, I-01-0242 7917602 Nordic Sport Javelin 600g, Diana Classic flex 7.7, I-99-0016 7917607 Nordic Sport Javelin 600g, Super Elite 600g flex 7.0, I-14-0715 7917606c Nordic Sport Javelin 600g, Olympia Carbon, carbon I-10-0457 FC11-600 Polanik Javelin 600g, Competition, Premium line, full carbon I-12-0586 SC10-600 Polanik Javelin 600g, Competition Sky Challenger, aluminium I-11-0501 SM10-600 Polanik Javelin 600g, Competition Space Master, aluminium I-11-0502</p>
<p>Javelin 800g</p> <p>7916800c Nordic Sport Javelin 800g, Champion Carbon flex 4.8, carbon I-99-0189 7916803c Nordic Sport Javelin 800g, Airglider Carbon flex 4.5, carbon, I-03-0300 7916808 Nordic Javelin 800g, Orbit, steel, I-99-0014 7916808c Nordic Sport SWE Javelin 800g, Orbit Carbon flex 5.0, carbon, I-99-0190 7916802 Nordic Sport Javelin 800g, Super Elite Classic Steel red cord 7.0, I-99-0019 FC11-800 Polanik Javelin 800g, Competition Premium line, full carbon I-12-0587 SC10-800 Polanik Javelin 800g, Competition Sky Challenger, aluminium I-11-0504 SM10-800 Polanik Javelin 800g, Competition Space Master, aluminium I-11-0505</p>

Appendix 2 – Timetable

Day 1 – Saturday, 6 July

Time	Decathlon		Heptathlon	
10:00	100m	Heat 1		
10:05	100m	Heat 2		
10:10	100m	Heat 3		
10:15	100m	Heat 4		
10:30			100m hurdles	Heat 1
10:35			100m hurdles	Heat 2
10:40			100m hurdles	Heat 3
10:45			100m hurdles	Heat 4
10:55	Long Jump	Group 1		
11:00	Long Jump	Group 2		
11:25			High Jump	Group 1
11:30			High Jump	Group 2
13:00	Shot Put	Group 1		
13:05	Shot Put	Group 2		
16:30	Stadium Opening Ceremony			
17:00	High Jump	Group 1		
17:05	High Jump	Group 2		
17:10			Shot Put	Group 1
17:15			Shot Put	Group 2
18:50			200m	Heat 1
18:57			200m	Heat 2
19:04			200m	Heat 3
19:11			200m	Heat 4
19:40	400m	Heat 1		
19:47	400m	Heat 2		
19:54	400m	Heat 3		
20:01	400m	Heat 4		

Day 2 - 7 July 2019

Time	Decathlon		Heptathlon	
09:30	110m hurdles	Heat 1		
09:35	110m hurdles	Heat 2		
09:40	110m hurdles	Heat 3		
09:45	110m hurdles	Heat 4		
10:30	Discus Throw	Group 1		
11:00			Long Jump	Group 1
11:05			Long Jump	Group 2
12:00	Discus Throw	Group 2		
13:00			Javelin Throw	Group 1
14:00	Pole Vault	Group 1		
14:05	Pole Vault	Group 2		
14:45			Javelin Throw	Group 2
16:30	Javelin Throw	Group 1		
17:30			800m	Heat 1
17:45			800m	Heat 2
18:00	Javelin Throw	Group 2		
19:30	1500m	Heat 1		
19:45	1500m	Heat 2		
20:30	Victory Ceremonies			

Appendix 3 – Event Draw

The divisions of the athletes into heats and/or groups, the order of attempts in field events and lane allocation for running events has been decided by a draw conducted by European Athletics. Each participating team shall be allocated a letter which shall determine the order of attempts in the field events and lane allocation in running events in accordance with the below charts.

The allocation of the position of the athletes within one team (e.g. A1, A2, etc...) shall remain at the discretion of the participating teams. This has to be announced latest during the final confirmation procedure and cannot be changed for the different individual disciplines during the decathlon and heptathlon competitions (athlete allocated with position A1 remains in the same position for all the individual disciplines), except for High Jump and Pole Vault where IAAF Rule 200.7 will apply.

For the 1500 metres (for Decathlon men) / 800 metres (for Heptathlon women) the teams' distribution per heat shall be established by the Technical Delegate according to the teams scoring standings 1 (one) hour before the scheduled time for the first heat of each race. The best 4 (four) scored teams will compete in the same heat which shall be the second one.

A	FRA
B	GBR
C	BLR
D	UKR
E	ESP
F	SUI
G	NED
H	EST

Order of attempts and lane allocation:

Field Events

Long Jump (for Decathlon men and Heptathlon women)

Group 2	B3	C3	D3	E3	F3	G3	H3	A3	D4	E4	F4	G4	H4	A4	B4	C4
Group 1	F1	G1	H1	A1	B1	C1	D1	E1	H2	A2	B2	C2	D2	E2	F2	G2

Shot Put (for Decathlon men and Heptathlon women)

Group 2	C3	D3	E3	F3	G3	H3	A3	B3	E4	F4	G4	H4	A4	B4	C4	D4
Group 1	G1	H1	A1	B1	C1	D1	E1	F1	A2	B2	C2	D2	E2	F2	G2	H2

Discus (for Decathlon men)

Group 2	G3	H3	A3	B3	C3	D3	E3	F3	A4	B4	C4	D4	E4	F4	G4	H4
Group 1	C1	D1	E1	F1	G1	H1	A1	B1	E2	F2	G2	H2	A1	B2	C2	D2

Javelin (for Decathlon men)

Group 1	The javelin will start with at least 10 athletes.															
Group 2	The groups will be formed with the athletes having finished the pole vault competition.															
Group 3	Depending on time needed for pole vault decision will be made whether javelin will be carried out in 2 or 3 groups.															

Javelin (for Heptathlon women)

Group 2	F3	G3	H3	A3	B3	C3	D3	E3	H4	A4	B4	C4	D4	E4	F4	G4
Group 1	B1	C1	D1	E1	F1	G1	H1	A1	D2	E2	F2	G2	H2	A2	B2	C2

Track Events

100 metres (for Decathlon men)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	A4	B4	C4	D4	E4	F4	G4	H4
Heat 2	C3	D3	E3	F3	G3	H3	A3	B3
Heat 3	E2	F2	G2	H2	A2	B2	C2	D2
Heat 4	G1	H1	A1	B1	C1	D1	E1	F1

200 metres (for Heptathlon women) / 400 metres (for Decathlon men)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	E4	F4	G4	H4	A4	B4	C4	D4
Heat 2	G3	H3	A3	B3	C3	D3	E3	F3
Heat 3	A2	B2	C2	D2	E2	F2	G2	H2
Heat 4	C1	D1	E1	F1	G1	H1	A1	B1

110m Hurdles (for Decathlon men) / 100m Hurdles (for Heptathlon women)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	F4	G4	H4	A4	B4	C4	D4	E4
Heat 2	H3	A3	B3	C3	D3	E3	F3	G3
Heat 3	B2	C2	D2	E2	F2	G2	H2	A2
Heat 4	D1	E1	F1	G1	H1	A1	B1	C1

Appendix 4 – Maps of the Stadium

Main/Competition Area

- 1 Mixed Zone
- 2 Automatic Timing
- 3 Call Room
- 4 Ambulance Parking
- 5 Training /Shot Put Area
- 6 Drop off/Drop on Area
- 7 VIP Parking
- ▲ Scoreboard
- ▶ Video Board

Tribune

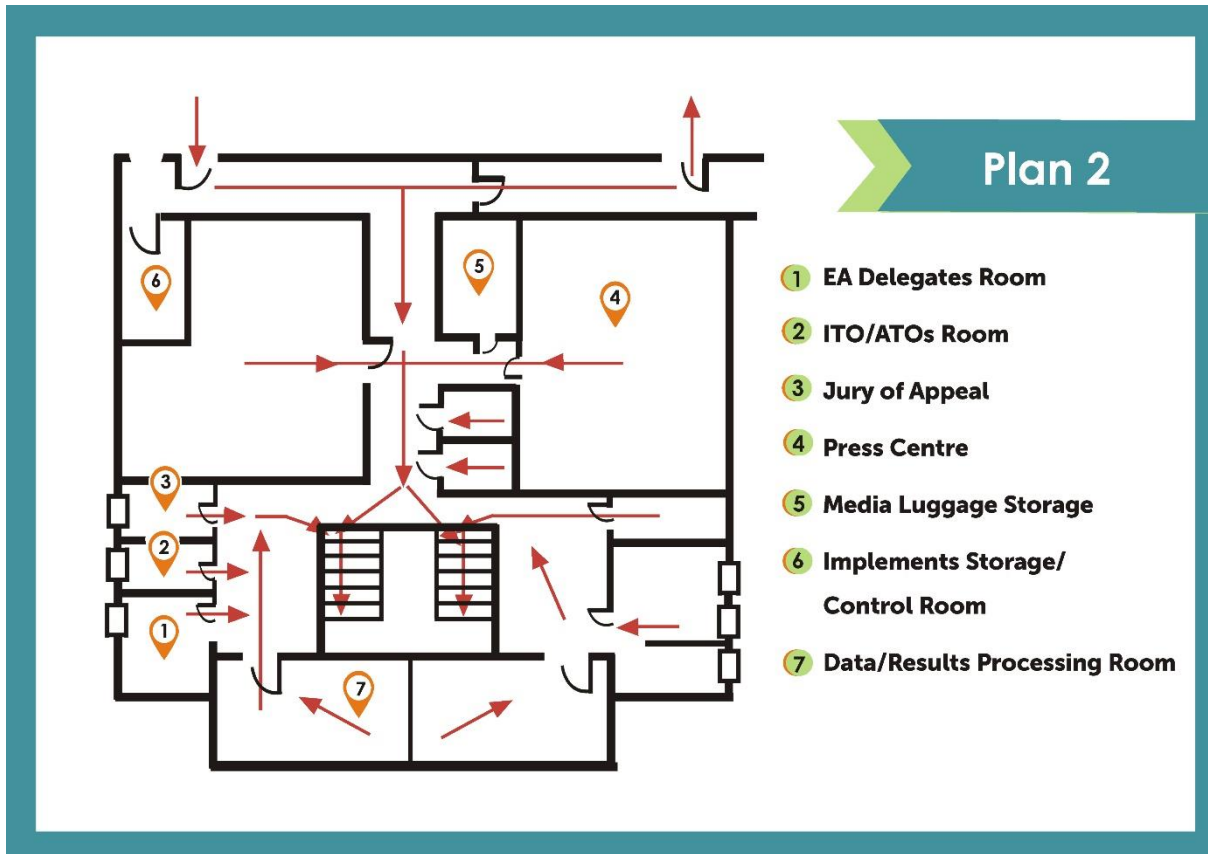
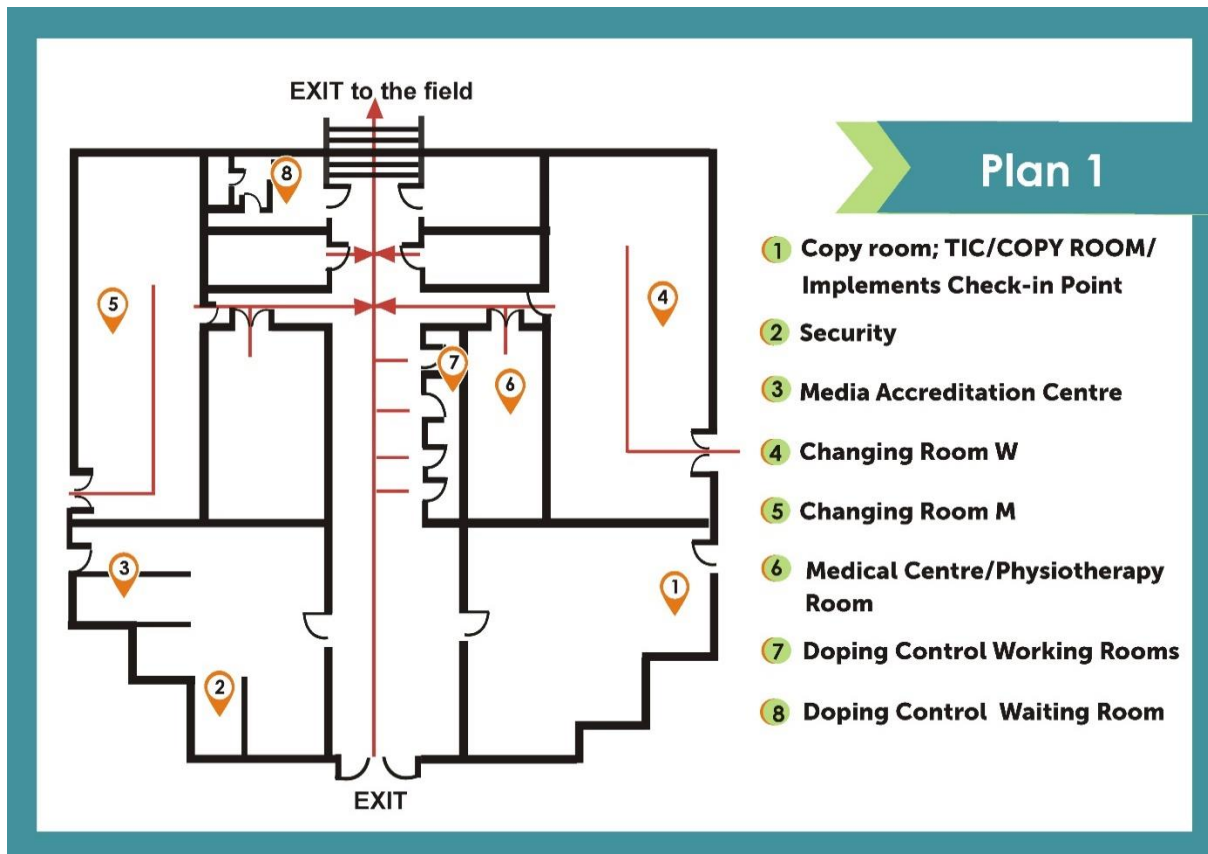
- A - Press Tribune
- B,E,D,C - VIP Tribune
- 26,27 - Teams Tribune
- 28 - Referees Tribune
- - Public Tribune
- - Coaching Areas

Entrance

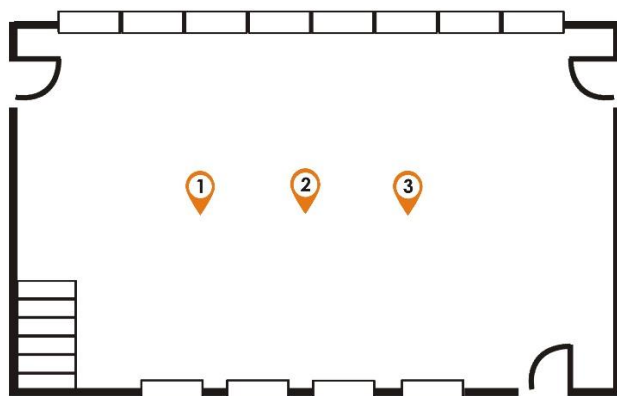
- for Public
- for Teams

Warm-up Area

- 1 Teams Tents
- 2 Changing Rooms
- 3 Long Jump
- 4 Weightlifting Area
- 5 Drop on/Drop off Area to /from Stadium
- 6 Light Catering
- 7 Volunteers
- 8 Information Board

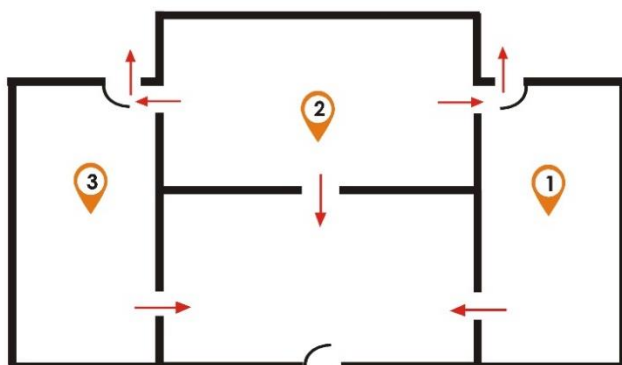


Plan 3



- 1 Competition Direction /Presentation
- 2 Video Recording Room
- 3 Data/Results Processing Room

Resting Areas & Catering



- 1 VIP/ITO/ATO Room
- 2 Athletes Resting Area
- 3 Volunteers/LOC Room

Appendix 5 – Accreditation System – Access Zones

Access zones:

1. VIP Area
2. Competition Area (Call Room & Infield)
3. Combined Events Resting Area***
4. Teams Hospitality Area, Teams Stand & Warm-up Area
5. Staff Hospitality Area
6. Mixed Zone
7. Media Centre & Media Tribune
8. Event Management

Team Categories	1	2	3	4	5	6	7	8
Athlete		X	X	X		X		
Head of Delegation / Team Leader	X			X		X		
Team Official				X		X		
Coach				X				
Media*						X	X	

* Limited to 2 passes per team to be collected at the TIC at the Stadium

The Head of Delegation/Team Leader from each Team is invited to the VIP Area and will be given the access number on the accreditation card (zone 1). All Team accreditation cards will allow access to the Team seating area, warm up area, changing facilities, physiotherapy and Teams Hospitality area (zone 4). Only athletes who are competing will have access to the Call Room & Infield and Combined Events Resting Area*** (zones 2 and 3). Furthermore, the accreditation can be used to access the Team Shuttle Buses.

Separate cards:

- *** Separate cards will be issued to Team Officials (3 per competing team), for access to the Combined Events Resting Area (zone 3).
- Separate cards will be distributed to the coaches (1 per competing athlete) for the coaching areas, for the Discus, Javelin, Shot Put, High Jump, Pole Vault and Long Jump events.
- Separate cards will be issued to Team Leaders (1 per competing team), for access to the TIC.
- Separate cards will be issued for access to the Doping Control area: a pass will be given to the athlete upon notification with an additional pass for an accompanying person. Passes will be collected once they enter the Doping Control Centre.

Appendix 6 – Key Dates and General Programme

Day	Time	Activity
Thursday 4 July	All day	Arrivals and Accreditation
	10:00 – 12:00 14:00 – 18:00	Training
Friday 5 July	All day	Arrivals and Accreditation
	10:00 – 12:00 14:00 – 18:00	Training
	12:00	Final Confirmations (deadline)
	12:00	Questions for the Technical Meeting (deadline)
	14:00	Press Conference / Welcome Drink
	15:00	Stadium Inspection
	16:00	Technical Meeting
	17:00	Delivery of personal implements (deadline)
	19:00	Luts'k Welcome Ceremony
	20:30	Welcome Dinner
Saturday 6 July	10:00 – 20:00	Competition Day 1
	16:30	Stadium Opening Ceremony
Sunday 7 July	09:30 – 20:00	Competition Day 2
	20:30	Victory Ceremonies
	22:00	Closing Banquet & Final Party
Monday 8 July	All day	Departure

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