



TEAM CHAMPIONSHIPS

Bydgoszcz 2019

9 - 11 AUGUST
www.bydgoszcz2019.pl

**TEAM
MANUAL**

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1. GENERAL INFORMATION

1.1 Host Country Poland

Poland, officially the Republic of Poland, is a country located in Central Europe. It is divided into 16 administrative subdivisions. It is the sixth most populous member state of the European Union. Poland's largest city and also its capital is Warsaw. Other major cities include Kraków, Łódź, Wrocław, Poznań, Gdańsk and Szczecin.

Poland's territory extends across several geographical regions. The Baltic seacoast is situated in the north-west of Poland. This coast is marked by several spit, coastal lakes and dunes. The centre and parts of the north of the country lie within the North European Plain. Rising above these lowlands is a geographical region comprising four hilly districts of moraines and moraine-dammed lakes, of which the biggest one is the Masurian Lake District. South of Poland is a mountainous region with the highest Tatra Mountains.

Form of Government	Unitary Parliamentary Constitutional Republic
Location	Central Europe
Area	312,696 km ²
Population	38,433,600 (2017)
Coastline	770 km (in which 528 km is the Polish Baltic coast), mostly smooth
Climate	Mostly temperate. Average temperature in Bydgoszcz in August is 17,7°C, with the highest temperature of 23°C and the lowest of 12,4°C.
Language	Polish
Religion	Catholic 87,58%, undeclared 7,10%, other 1,28%, irreligious 2,41%, not stated 1,63% (2011)
Capital	Warsaw
Local Time	During European Team Championships Poland is on UTC +2 time.
Electricity	Power plugs and sockets are of type E. The standard voltage is 230 V and the frequency is 50 Hz.
Driving	On the right side of the road.
International Calls	00
Telephone Country Code	+48

Mobile Phone Networks Poland's operators provide good 2G, 3G and 4G services on a GSM platform. Poland is part of the European Union, which means all providers are subject to the EU roaming pact.

Currency Polish złoty (PLN, zł), the approximate exchange rate: 1 EUR to 4,29 PLN and 1 PLN to 0,23 EUR. Coins: 1gr (grosz, 1gr=1/100zł), 2gr, 5gr, 10gr, 20gr, 50gr, 1zł, 2zł, 5zł. Notes: 10zł, 20zł, 50zł, 100zł, 200zł, 500zł.

1.2 Host city Bydgoszcz

Bydgoszcz is a city in northern Poland which, as the eighth-largest city in Poland, is also the capital of Kujawsko-Pomorskie Voivodeship. With a city population of 358,614 and the area of 175,980 km², it has developed into one of the most important economic centres in Poland. Thanks to its attractive location on the Brda and Vistula rivers running through the city centre, Bydgoszcz is a very popular tourist destination. The most important places in the city emphasis on water, since the daily life, cultural, sports and business activities takes place near the Brda river. It is an architecturally rich city, with neo-gothic, neo-baroque, neo-classicist, modernist and Art Nouveau styles. Its centuries-old traditions began in 1346 as the city was granted municipal right by king Casimir the Great.

River transport has always been important for the city and thanks to that it has earned the name of the biggest Polish centre of inland navigation. There is also an airport located only 3.5 km from the city centre which provides the city with excellent connections with other parts of Europe. Bydgoszcz is also one of the biggest railway junctions in Poland.

Many monuments of old Bydgoszcz can be found in the city centre. The oldest building is the three-aisle late Gothic Church of St Martin and Nicolaus. The symbol of the city is a sculpture named "Man Crossing the River" which stretches across the Brda River and was unveiled on 1 May 2004, the day when Poland joined the European Union. Among the most spectacular and atmospheric places in Bydgoszcz you can surely find the Mill Island. Located in the very heart of the city centre, it was here that the famous royal mint operated in the 17th century. The picturesque location of the Mill Island is emphasized by facades of 18th and 19th century granaries and Rothera's Mills. A number of museums, the proximity of the Opera and the numerous festivals and concerts that take place in the amphitheatre make this place the cultural centre of the city. It is also here that the European Team Championships' Opening Ceremony will take place.

Bydgoszcz is also called the capital of Polish athletics. Audience from all over the world gather here to admire also rowing, basketball, volleyball and speedway riders. The city has hosted numerous European and world events for instance 1st IAAF World Youth Championships, IAAF World Cross Country Championships, twice IAAF World Junior Championships, European U23 Championships and many more. This year it was also the place of the 1st Memorial of Irena Szewińska, the greatest Polish athlete and one of the world's foremost athletes for nearly two decades.

Business Hours Shops, Government Offices, Banks

From Monday to Saturday: 09:00-21:00 (malls); 08:00-18:00 (others)



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Sunday: shops are opened only on the last Sunday of the month, during the European Athletics Team Championships shops will be closed on Sunday except some small local shops.

Government Offices:

From Monday to Friday: 08:00-16:00
Saturday and Sunday: closed

Banks:

From Monday to Friday: 09:00-17:00
Saturday and Sunday: closed

Useful expressions

Cześć – Hello
Dzień dobry – Good morning, good afternoon
Do widzenia – Good bye
Dziękuję – Thank you
Proszę – Please
Jak masz na imię? – What's your name?
Miło Cię poznać – Nice to meet you
Jak się masz? – How are you?
Czy mówisz po angielsku? – Do you speak English?
Smacznego – Enjoy your meal
Przepraszam – I'm sorry
Tak – Yes
Nie – No
Nie wiem – I don't know
Potrzebuję pomocy – I need help

2. ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President

Svein Arne Hansen (NOR)

First Vice President

Dobromir Karamarinov (BUL)

Vice Presidents

Cherry Alexander (GBR)

Libor Varhanik (CZE)

CEO

Christian Milz (SUI)

Council Members

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)



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

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
Jury of Appeal

Jean Gracia (FRA)
Samuel Da Silva Lopes (POR)
Aljaz Pozes (SLO)
Niels van der Aar (NED), Chair
Pierce O'Callaghan (IRL)
Peter Kerner (HUN)
Gemma Castano-Vinyals (ESP), Chief
Nicolas Jean Raymond Doumeng (FRA)
Amit Ne'eman (ISR)
Luis Abegao (POR)
Lars Danielsson (SWE)
Can Korkmazoglu (TUR)
Marco Pagliano (ITA)
Ronan O'Hart (IRL)
Tim Tersluisen (GER)

ITOs

International Starter
International Photo finish Judge
International VDM Judge

2.3 European Athletics Office

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

2.4 Executive Board of Polski Związek Lekkiej Atletyki

President	Henryk Olszewski
General Secretary	Paweł Olszański
Vice President	Sebastian Chmara
Vice President	Tomasz Majewski
Vice President	Marek Fostiak



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Vice President
Vice President
Vice President

Grzegorz Sobczyk
Zbigniew Polakowski
Tadeusz Osik

2.5 Local Organising Committee

President
General Secretary, Marketing
Event Management
Protocol / Hospitality
Press / Media
Finance
Medical/Anti-Doping
Transport / Accommodation
Promotion

Rafał Bruski
Piotr Długosielski
Krzysztof Wolsztyński
Błażej Stawiarki
Rafał Bała
Elżbieta Fundator
Radosław Formuszewicz
Magdalena Jasińska
Maciej Grześkowiak

2.6 Competition Organisation

Competition Director
Meeting Manager
Technical Manager
Event Presentation Manager
Call Room Referee
Track Events Referee
Starter(s)
Start Coordinator
Technical Information Centre Manager
Secretary of Jury of Appeal
Chief Marshall

Janusz Krynicki
Filip Moterski
Radosław Jurczak
Michał Siemieniecki
Jacek Wasiński
Andrzej Kowalczyk
Aleksander Tynelski, Wojciech Lach
Sebastian Świerc
Izabella Mockało
Przemysław Grzybowski
Robert Terczyński

2.7 Participating Federations

Czech Republic

Finland

France

Germany

Great Britain and Northern Ireland

Greece

Italy

Poland

Spain

Sweden

Switzerland

Ukraine

3. TRAVEL TO BYDGOSZCZ

3.1 Official Airport and Arrival Information

The official airports are Bydgoszcz International Airport (7 km from the venue) and Warsaw International Airport (280 km from the venue), where the LOC will provide adequate welcome services. In exceptional circumstances LOC can provide transportation from/to Gdańsk International Airport (170 km from the venue) or Poznań International Airport (160km from the venue).

3.1.1 Welcome Service

Upon arrival at one of the mentioned airports, the teams will be met by their Team Attachés.

The opening dates and times of the Welcome Desks, situated in the arrival terminals at the Bydgoszcz and Warsaw airports will be the following:

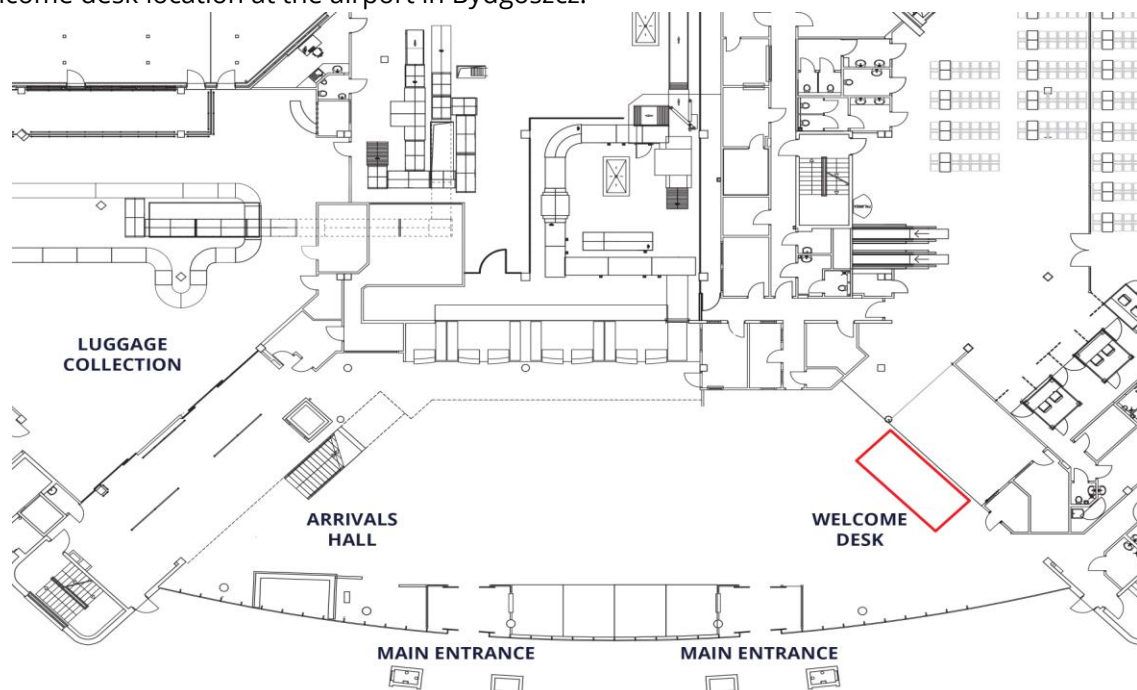
Date	Opening hours
07.08.2019, Wednesday	12:00 – 21:00
08.08.2019, Thursday	09:00 – 21:00
09.08.2019, Friday	09:00 – 18:00

Apart from the above hours arrivals will be served according to the flight schedules.

There will be no welcome desk at Gdańsk and Poznań Airports.

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel.

Welcome desk location at the airport in Bydgoszcz:





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The transfer time from the airport to the official hotels is 15 minutes – 3h approximately, depending on the airport of arrival.

3.1.2 Transportation of vaulting poles

The LOC will provide transport for the delivery of vaulting poles. Upon arrival to the airport athletes are responsible for taking their vaulting poles to the welcome desk, where LOC team members will assist with the check in. Vaulting poles marked at the check in with athletes name will then be transported to the training site at the Zawisza Stadium. LOC will provide a lorry for this service. When checking-in the vaulting poles at the welcome desk at the airport, athlete will receive a tag (the same one will be attached to the tube) which will enable to get the vaulting poles for the training from the storage place at the parking next to the warm-up area.

3.2 Arrival by Train

There will be no Welcome Desk at the main railway station in Bydgoszcz. Teams arriving by train will be met by LOC representatives and taken to the team 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

None of the teams participating at European Athletics Team Championships Superleague Bydgoszcz 2019 need visa to enter Poland.

Holders of valid Schengen visas can freely enter Poland without additional visa.

For the Ukrainian citizens the condition for visa-free travel to Poland is to have a biometric passport.

In case of any visa needs the contact should be made with Marta Świniarek (swiniarek@bydgoszcz2019.pl).



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3.5 Insurance

According to the Regulation 110.9 the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

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 the Zawisza Stadium. This is where the Team Leader shall report as soon as possible after his arrival, in order to carry out the administrative procedures.

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

Date	Opening hours
Wednesday 7 August	12:00 - 20:00
Thursday 8 August	09:00 - 20:00
Friday 9 August	10:00 - 13:00 & 17:00 - 20:00
Saturday 10 August	15:00 - 19:00
Sunday 11 August	14:00 - 18:00

4.3 Accreditation Procedure

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

The Team Leader will be asked to complete the following formalities before he can collect the accreditation cards for the whole team:

- LOC accommodation invoice
- Uniform check
- Collection of competition related forms and information
- Confirmation of departure details

4.4 Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the warm-up area, call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttle Buses.

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

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



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- TIC (only for collecting items from the pigeon hole)
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team.
- Field events coaching area (1 per athlete)
- Medical Pass

4.5 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the Main Accreditation Centre. 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 7 hotels of similar standard.

The hotels will officially open with full services on 7 August. If members of your federation are planning to arrive earlier, please contact the LOC (office@bydgoszcz2019.pl) well in advance to make sure specific arrangements are made.

5.2 Information Desk

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

Date	Opening hours
07.08.2019	12:00 – 22:00
08.08.2019 – 11.08.2019	09:00 – 22:00
12.08.2019	07:00 – 13:00

5.3 Official Hotels

The official hotels for the European Athletics Team Championships Super League are indicated below with the internet address of their home page where further details can be found:

Teams Hotels

Hotel City

ul. 3 Maja 6, Bydgoszcz
+ 48 52 325 25 00

<http://www.city-hotel.pl/en>

Hotel Brda

ul. Dworcowa 94, Bydgoszcz
+ 48 52 585 01 80

<http://www.hotelbrda.com.pl>

Hotel Sepia

ul. Marszałka Focha 20, Bydgoszcz
+48 52 52 52 410

<http://www.hotelsepia.pl/>

Hotel Campanille

ul. Jagiellońska 59, Bydgoszcz
+48 52 586 20 00

<http://www.campanile-bydgoszcz.pl/en>



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Hotel Maraton
ul. Powstańców Warszawy 13, Bydgoszcz
+48 52 341 12 11
<https://www.hotelmaraton.pl/en>

Holiday Inn
ul. Grodzka 36, Bydgoszcz
+48 52 347 70 00
<https://holiday.hgb.com.pl/>

Hotel Zawisza
ul. Gdańska 163, Bydgoszcz
+48 52 588 09 00
<https://hotel-zawisza.pl/en/>

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

European Athletics Family Hotel

Hotel Słoneczny Młyn
ul. Jagiellońska 96, Bydgoszcz
+48 52 561 3100
<http://www.sloneczny.eu/eng>

Media Hotels

Hotel Focus
ul. Modrzewiowa 1, Bydgoszcz
+48 52 340 17 66
<https://www.focushotels.pl/en/focus-hotel-bydgoszcz>

Hotel Kuźnia
ul. Gdańska 67, Bydgoszcz
+48 52 327 68 46
<http://www.hotelkuznia.pl/>

5.4 Accommodation Costs and European Athletics Quota

5.4.1 European Athletics Quota

According to the competition regulations (610.4), European Athletics will cover the costs of up to 4 (four) days' of the full board accommodation of the participating teams for a maximum of 25 (twenty five) male athletes, 25 (twenty five) female athletes and 13 (thirteen) officials. In addition, European Athletics will cover the additional night for a maximum of 4 officials and 14 athletes per participating team (for the athletes competing in the events held on Friday).

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

5.4.2 Accommodation Costs

The following rates (per room in full board) must be paid by the Member Federation for team members above the previously mentioned quota and for additional days:

Team Members	Single room (room/night) [EUR]	Twin room ² (room/night) [EUR]
Athletes & Officials during the official period	130 ¹	200
Additional nights (Athletes and Officials)	150	240

All prices include VAT

- (1) For the official period each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of Athletes and officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy. Any single rooms above the 10% threshold will be charged at the rate of 130 EUR during the official period. Additional single rooms can be requested and will be given according to availability.
- (2) In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (100 EUR during the official period / 120 EUR for additional nights)

Cancellation Policy

The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for 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. Federations are kindly encouraged to make their payment by bank transfer to the following account:

Account owner: Kujawsko-Pomorski Związek Lekkiej Atletyki
(address: ul. Gdańska 163, 85-613 Bydgoszcz)
IBAN: PL43 1320 1117 2032 7000 2000 0005
Swift No: POCZPLP4
Bank name: Bank Pocztowy S.A.
(address: Jagiellońska 17, 85-959 Bydgoszcz)

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



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

5.4.4 Extra Charges

The Team Leader must settle phone bills and all other extra services at the hotel reception, before departure. The Team Leader will be requested a credit card by the hotel reception desk for extras. All payments must be made in PLN.

5.5 Rooming list

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

Further amendments will have to be made through the accommodation module of European Athletics event management system after the closing of the Final entries.

5.6 Meals

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Meals times shall be as follows:

- Breakfast 07:00 – 10:00
- Lunch 12:00 – 15:00 (Saturday and Sunday 11:00 – 15:00)
- Dinner 19:00 – 23:00

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, coffee and tea will be available free of charge. All other drinks must be paid for.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the respective team is staying.

5.7 Services in the Team Hotels

5.7.1 Meeting Rooms

Rooms for meeting opportunities are available at all team hotels. 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.

Teams requiring any additional service may make separate arrangements through the information desk. There is also the possibility to reserve office/meeting rooms for Teams, with exclusive right for the whole duration of the Championships. Please contact:

m.jasinska@bydgoszcz2019.pl



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5.7.2 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 the teams in need (see 11.2.2).

5.7.3 Internet access

Free internet access will be provided at team hotels.



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6. TRANSPORTATION

Transportation between the team hotels and the various venues, including official and social functions, will be guaranteed by the LOC shuttle service.

6.1 Transport Desk

The main transport desk will be located at the Zawisza Stadium and will be open from:
07-12.08.2019 09:00 – 21:00

6.2 Bus Shuttle Service

A bus shuttle service will be provided between the team hotels and competition/training/warm-up venues and social functions.

Transfer times between the hotels and the competition venue will be between 10-20 minutes, depending on the traffic conditions. Shuttle will run every 30-60 minutes.

Full details of the schedule will be displayed at the information desk in each hotel.

For the Opening Ceremony to be held on Thursday 8 August, all teams will be taken by bus at 19:30 from the Hotel. LOC will provide transportation also from the stadium after the Technical Briefing. Return buses leave from the stop at the Opera Nova at 21:30.

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The TIC is located at the competition venue (see Appendix 4)

The main function of the Technical Information Centre is to ensure smooth communication between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegate and the Competition Management, regarding technical matters.

The TIC will be open according to the following schedule:

Date	Opening hours
07.08.2019	12:00 – 21:00
08.08.2019	10:00 – 13:00 & 15:00 – 20:00
09.08.2019	09:00 – 22:30
10-11.08.2019	10:00 - 21:00

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

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical Delegates and competition management via the online platform and dedicated WhatsApp Group.
- Managing written questions to be answered during the Technical Briefing and TIC general inquiries, withdrawal forms, etc. via online tool or in hard copies available in TIC
- 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
- Written Appeals

7.2 Technical Briefing

The Technical Briefing will be held on 08.08.2019 at 19:00, in the Conference Room at the Zawisza Stadium.

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 Briefing.

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

- Timetable amendments (if any)
- Starting heights and raising of the bar for the vertical jumps
- Specific competition procedures
- Answers to questions submitted earlier



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Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Briefing.

The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre, but will also be available online.

These forms must be returned to the TIC, or filled –in online on the final confirmations online platform, no later than 08.08.2019 at 12:00. No questions will be accepted during the Technical Briefing.

7.3 Documents Distribution

The distribution of competition related information at the TIC will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the notice boards. 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 [office@bydgoszcz2019.pl] prior to the start of the Championships. When the Team Leaders are collecting the team accreditation cards and bibs they will be asked to confirm the e-mail addresses. In addition, some important documents will be published at on-line platform for final confirmations.

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 pigeonholes.

8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

8.1 Competition Venue

Zdzisław Krzyszkowiak Zawisza Stadium and its surroundings are shown in Appendix 4 of this document. There are 20559 of seats in the stadium.

The stadium has the following competition sites:

- 8 lanes
- 1 High Jump site
- 2 Pole Vault sites
- 2 sites for Long/Triple Jump
- 2 Shot Put Circles
- 1 Combined Discus/Hammer Circle
- 2 Javelin sites

The Warm up area has the following sites:

- 400 m track
- 4 lanes
- 6 lanes in the main straight
- 1 shot put circle
- 2 pole vault sites
- 1 high jump site
- 2 long/triple jump sites

8.2 Training Venue(s)

Athletes will have the possibility to train in the following venues and schedules:

Training	07.08	16:00-21:00	Zawisza warm-up area
	08.08	10:00 – 13:00 & 15:00 – 20:00	
	09.08.	10:00-13:00	
Official Training	08.08.	17:30-19:30	Zawisza stadium
Training with Official Starters	08.08.	18:30-19:30	Zawisza stadium

Training and Warm-up Area for long throws will be open on:

HAMMER THROW				
7 th August	8 th August	9 th August	10 th August	11 th August
17:00 – 18:00	10:00 – 11:00 15:00 – 16:00	10:00 – 11:00	10:00 – 11:00 14:00 – 16:00 MEN	10:00 – 11:00 13:30 – 15:00 WOMEN
DISCUS THROW				
7 th August	8 th August	9 th August	10 th August	11 th August
	11:00 – 12:00	11:00 – 12:00	11:00 – 12:00	11:00 – 12:00

18:00 – 19:00	16:00 – 17:00	16:00 – 18:00 WOMEN		15:00 – 17:00 MEN
JAVELIN THROW				
7 th August	8 th August	9 th August	10 th August	11 th August
19:00 – 20:00	12:00 – 13:00 17:00 – 18:00	12:00 – 13:00 18:00 – 19:30 MEN	12:00 – 13:00 16:00 – 18:00 WOMEN	12:00 – 13:00

Equipment and implements necessary for training will be available at the training venue(s). 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 Weight training room in the Zawisza Stadium is situated close to the indoor track (adjacent room)
Opening hours are: every day 10:00-13:00 and 16:00-18:00.

The transport schedule with details about transportation for training sessions will be displayed at the information desks in team each hotel.

8.3 Orientation visit to the Competition Venue

Heads of Delegation may visit the Zawisza Stadium, inspecting access routes and other facilities which will be important to the teams on 08.08.2019 at 18:30.

Heads of Delegation are to meet LOC members at the Accreditation Centre, from where they will be escorted on this visit.

8.4. Official training at the competition venue

Official training for all athletes at the Zawisza Stadium will take place on 08.08.2019 from 17:30-19:30. The competition Warm Up area will also be available during this time only.

Training with Official Starters will take place at the Zawisza Stadium (main stadium) on 08.08.2019 from 18:30-19:30.

8.5 Sports Equipment

Poles

Each team is responsible for organising the transport of its poles until its arrival in Bydgoszcz/Warsaw/Gdańsk/Poznań airport. Upon arrival, the pick-up of the poles will be arranged by the LOC and will transfer them to the training facility at the Zawisza Stadium, where they will be at the athlete's disposal. All poles or bag of poles shall bear the identification of the athlete (tag of the name and country).

After the Championships the poles will be transferred to the designated airport according to the teams Final Entry flight notification, where they can be collected from the ETCH departure point.

Markers

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

8.6 Implements

8.6.1 Official Implements

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

8.6.2 Personal Implements

Personal Implements shall 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 until the end of the Final

Personal implements will have to be submitted to the implements check in point (located in TIC) the day before the event and no later than 18:00.

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned.

Note: "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. ENTRY SYSTEM & FINAL CONFIRMATIONS

9.1 Team Composition

According to 603.1 each European Athletics Member Federation may enter one team comprising a maximum of 50 (fifty) athletes (25 male and 25 female athletes).

Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Athletics Team Championships.

Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put (men) and Hammer Throw (men).

9.2 Entry Procedures

Entries shall be made through the European Athletics Event Management System Arena, which will be accessible at the following link: <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 8 (eight) days before the first competition day. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Tuesday, 16 July 2019
- Deadline for the final entries: Thursday, 1 August 2019 at 14:00 (CET)

Member Federations will be able to enter reserve athletes, together with their final entries, in order to proceed with replacement in case of late injuries.

According to 603.4, in case of late injuries, replacement of initially entered athletes will be allowed until final confirmation deadline for the first competition day. However, no additional athletes will be accepted, but substitutes only.

Registration for non-scoring and B races, if any, will also have to be made through the online system at the same time as the final entries. A maximum of 2 athletes per team and 1 relay team may be entered. Additional participation may be accepted, according to availability.

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. Amendments and updates will then be possible through the accommodation and transportation modules after the closing of the final entries.

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.

Final confirmations will have to be made online, via European Athletics online tool, which will be accessible at a link to be communicated to the Teams at a later stage. Team Leaders will be provided with an access for their team, as well as a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to Internet. In addition, free access laptops will be available at the TIC, for any Teams needing support to proceed with final confirmations.

Deadline for Final Confirmations:

Competition day	Deadline for Final Confirmation
Day 1, 9 August	14:00, Thursday, 8 August
Day 2 & Day 3, 10 & 11 August	14:00, Friday, 9 August

Final start lists will be published at European Athletics website and/or event website, at the TIC and Teams Hotel (s) after reasonable time following the closure of the final confirmations.

9.2.3 Relays Declaration Forms

The final relay team and the running order must be submitted in European Athletics' online tool (please, see point above) not later than one hour prior to the first call room time for the respective event.

	Relay Confirmation deadline	Event time
Saturday 10 August 2019		
4x100m Women Heat B	17:42	19:07
4x100m Men Heat B	17:52	19:17
4x100m Women Heat A	18:08	19:33
4x100m Men Heat A	18:21	19:46
Sunday 11 August 2019		
4x400m Women Heat B	16:33	17:58
4x400m Men Heat B	16:46	18:11
4x400m Women Heat A	17:05	18:30
4x400m Men Heat A	17:18	18:43

9.2.4 Failure to Participate

Any athlete who, after the Final Confirmation has been submitted, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).



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9.2.5 Withdrawal

Withdrawal of any confirmation must be indicated to the TIC at the Stadium in writing on the official withdrawal form or alternatively via online tool.

10. COMPETITION PROCEDURE

10.1 Timetable

Please refer to Appendix 2 for the competition timetable.

10.2 Competition Bibs

Each competitor will receive 4 competition bibs with the country code. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag. Exceptions are made for jumping events: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

The competition bibs will be delivered to the teams upon accreditation.

The competition bibs must not be cut, folded or covered or ruined 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.

The 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 the current official uniform, the revised Team Vests form must be uploaded by 01.08.2019 using the form available in Arena 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

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

The Sole and the Heel

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

10.4 Call Room

The Call Room is located at the Zawisza Stadium, near the Warm-up Area. Access will be allowed to athletes only and according to the following reporting times:

Event	Call Room opens	Call Room closes	At competition site
Track Events (heats)	20 min	10 min	5 min
Track Events (finals)	22 min	12 min	7 min
Relay Races	25 min	15 min	10 min
Horizontal Jumps & Throwing Events	45 min	35 min	30 min
High Jump	55 min	45 min	40 min
Pole Vault	75 min	65 min	60 min

All times are prior to the actual starting time of the event.

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

A dedicated, heat by heat, Call-up Schedule will be issued once Final Entries are confirmed. It will be displayed at the Warm-up Area and handed out at the TIC daily.

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

10.4.1 Call Room Procedures

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

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

Athletes competing in races from 800m and above will be provided with a small transponder which will be inserted in a pouch at the back of the front bib. After the competition, the athletes should return the transponder at the entrance of the Kit Collection Area, where they will be collected by volunteers.

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

10.5 Specific Event Regulations

10.5.1 Field Events except vertical jumps

There will be a maximum of four trials per competitor in each event. All participating athletes will have three qualification trials (1st, 2nd and 3rd trial). The best 4 athletes after the 3 qualification rounds will compete in the Final (4th round).

The athletes eliminated after the third trial will be ranked by their best performance after the 3rd qualification trial. The remaining 4 athletes will be ranked by their best performance after the Final (4th round). IAAF Rule 180.22 will apply for ties.

10.5.2 Vertical Jumps

In the vertical jumps the IAAF rule 181.2 shall be respected. Furthermore each competitor is limited to a maximum of 4 (four) fouls throughout the whole field event. After the fourth foul he/she may not jump further unless he/she has won the competition.

The winner of the competition is allowed to continue according to IAAF Rule 181.2.

The winner will be allowed to continue at the height he/she was not successful. IAAF Rule 181.8 will apply for placings.

The time permitted for each attempt in High Jump and Pole Vault is 1 minute, except when consecutive attempts are by the same athlete or if only the winner is competing in which case IAAF Rule 180.18 shall apply.

10.5.3 Track events

In case of a tie between athletes in the different heats for races up to 400m inclusively and relays, the photo finish judge shall consider the actual times to the 1/1000th of a second. If the tie cannot be broken, the attributable points shall be divided equally between them, or the draw to be made by the Technical Delegates, in case it concerns the last position to advance to the final.

10.6 Starting Order and Distribution of Athletes per heat



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The order of attempts in **field events** is to be decided by a draw conducted by European Athletics. Each participating team is allocated a letter which determines the order of attempts in the field events in accordance with the European Athletics Regulations for the European Team Championships. The same applies to the track events of 800m and longer. Please, see Appendix 3 for more information.

In the **horizontal field events** the order of trials in the first round will be kept for the first 3 trials. The order of the trials in the final round will be the reverse order of the ranking after the 3rd round.

For the races up to 400m inclusively, there is a qualifying round on the first day. The heats and the lane order in the final races will be arranged by the Technical Delegate in accordance with the IAAF Competition Rules.

4x100m and 4x400m relays will be staged in two heats of 6 teams each. The teams' distribution per heat will be according to the teams scoring standings 1 (one) hour before the scheduled time for each event. The best scored teams will compete in the same heat which shall be the last event of the session of track events. The results of the two heats are amalgamated, as according to the clause 2.4.2 of the Competition Regulations.

The Technical Delegate will conduct the draw of the lane allocation after the final confirmations for Round 1 of 100m, 200m, 400m, 110m H, 100m H and 400m H.

For the relay races the Technical Delegate conducts the draw one hour before the races.

10.7 Specific Event Procedures

10.7.1 Track Events

In all track events, the athletes are supposed to leave the Call Room ready to compete. Their belongings will be taken directly to the Post Event Area. In case of a bad weather, the athletes will be allowed to take off their tracksuits at the start.

10.7.2 Trials in Field Events

In the field events, the practice trials will be supervised by the judges and to be in the order of the start list for the throwing events. Once the trial jumps/puts are finished, the participants will be asked to stand in the order of the competition for the presentation.

10.7.3 Coaching Zones

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



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10.8 Timing & Measurement

The official timing will be provided by ATOS and will be displayed on the official electronic timing instrument and photo finish cameras provided by ATOS. 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 ATOS scientific measurement equipment.

10.9 Post Competition Procedures

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

In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The clothing baskets will be brought to the kits collection area located after the mixed zone.

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

10.10 Scoring

The European Athletics Team Championships comprises one single competition where men's and women's teams represent as a single team the respective European Athletics Member Federation.

The winner of each individual event and each relay in each match shall score as many points as there are teams competing in the respective League, the second will score one fewer, and so on. Athletes or relay teams with no valid performance, disqualified or not finishing shall not score.

In qualification rounds held for the track events up to 400m, the athletes who competed, but did not qualify for the finals, would receive points according to their ranking, based on the amalgamated results of two heats (i.e. overall ranking from 9 to 12).

In case an athlete qualified for the final, but subsequently had no valid result (i.e. either DQ or DNF or DNS), he/she will still be eligible to receive minimum points according to the qualification rounds (e.g. taking 8th place in the overall ranking). In case there are more than one athlete with no valid results in the final, the relevant points will be equally distributed, according to the point 602.10 below.

If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.

The team having the highest aggregate number of points shall be the winner of the European Athletics Team Championships Super League Bydgoszcz 2019.

If two or more teams have the same aggregate number of points, the tie shall be decided in favour of the team having the greater number of event winners. If the tie still remains it shall be decided in favour of the team having the greater number of second places, and so on. (Regulation 602.12).



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10.11 Promotion / Relegation (for 2019 edition only)

Exceptionally for 2019 edition, the following relegation and promotion principles is to be used, in order to enable the new system of distribution of teams among leagues (approved by European Athletics Council in April 2018) to come into force from 2021 edition: in 2019 edition, the lowest 5 (five) classified teams in the Super League shall be relegated to the First League.

10.12 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 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 information board).

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

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

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

11. MEDICAL SERVICES & DOPING CONTROL

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.

Below you can find information about the medical care sites and relevant instructions.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

In case of medical assistance needed, please contact:

Radosław Formuszewicz

LOC Medical Chief

tel. +48 605 577 127

11.1.1 Medical Services in the Team Hotels

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

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 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 are 5 first aid teams on the infield, supervised by a doctor and marked with red crosses.

11.2 Physiotherapy Services

11.2.1 Physiotherapy Services in Team Hotels

There will be special rooms prepared for physiotherapy use each of the team hotels.

Teams willing to book a physio room shall proceed to the Information Desk in their respective team hotel where volunteers will make arrangements according to the availability.

11.2.2 Physiotherapy Services at warm-up and training venue(s)

There are well equipped physiotherapy facilities in the warm-up area.



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All teams have their own facilities prepared as well as a well-equipped physiotherapy room, including the availability of a LOC physiotherapist. The physiotherapy room will be open according to the training schedule.

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

The LOC physiotherapists in the Training venues will be available on:

07.08.2019	16:00-21:00
08.08.2019	10:00-13:00 & 15:00-20:00
09.08.2019	10:00-13:00 & 16:00-21:30
10.08.2019	10:00-13:00 & 14:00-20:00
11.08.2019	10:00-13:00 & 13:30-19:00

NOTE: **All physiotherapist will be available by appointment.**

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 in 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.



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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 (i.e. analysis costs plus the costs of sample collection kit) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

12. Ceremonies & Social Functions

12.1 Welcome Lunch

A welcome lunch will be hosted by Svein Arne Hansen, European Athletics President and Henryk Olszewski, President of Polish Athletics Association on Saturday 10 August at 13:00 at the Pałac Ostromecko. Two persons from each team will be invited. Invitation cards will be included in the welcome bags.

12.2 Opening Ceremony

The Opening Ceremony will take place on Thursday 08 August, commencing at 20:00. It will take place in the city centre, on the Old Market Square. Team members are not involved but are welcomed to attend.

12.3 Victory Ceremonies

The victory ceremony for the three first teams will take place on Sunday 11 August, after the 4x400m relays. The three teams should assemble at the Post Event Area. Athletes must wear the official team clothing for the ceremony and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags, bags or other.

12.4 Closing Party

The Closing Party will take place on Sunday 11 August at 21:00 in Luczniczka Sport Arena. The transportation from each team hotel will be available. The information will be displayed at the information desk. Everyone with accreditation or an invitation is welcome to attend.



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13. Departure

Teams will be asked to provide full travel details in the final entry system. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24hours before departure, only in case 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 hotel 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.



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14. Contact Details

For further details about the European Athletics Team Championships Super League, Bydgoszcz 2019, please contact:

Mrs. Paulina Rybak, LOC Event Coordinator

e-mail: office@bydgoszcz2019.pl

Mob. +48 792485175

14.1 European Athletics Office (on site)

European Athletics office in the stadium is located in the A building at the main straight side, at the ground level, opposite to the TIC. See point 2.3. for the European Athletics Headquarters' contact details.

14.2 Office of the Local Organising Committee

LOC Office

Kujawsko-Pomorski Związek Lekkiej Atletyki

ul. Gdańska 163

85-613 Bydgoszcz

Tel. +48 52 360 82 90

Fax +48 52 341 71 76

e-mail: office@bydgoszcz2019.pl

LOC Office is located opposite to the Media Centre and EA Club.



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15. Appendices

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Appendix 1

IMPLEMENTS LIST

MEN				
Catalogue No.	Company	Description	Colour	Certification No.
<u>SHOT 7.26 KG</u>				
PK-7,26/120	Polanik	Steel, Competition, dia: 120mm	Various	I-99-0152
PK-7,26/125	Polanik	Steel, Competition, dia: 125mm	Various	I-13-0652
5134726	Nordic Sport	Stainless steel, dia: 129mm	Silver	I-99-0024
<u>DISCUS 2.00 KG</u>				
6131200	Nordic Sport	Master, brass rim, black fibreglass sides	Black/gold	I-99-0030
CCD14-2	Polanik	Full carbon, Premium Line, brass rim, carbon sides	Various	I-14-0679
CPD11-2	Polanik	Competition, plastic, stainless rim, synthetic sides	Blue	I-11-0499
<u>HAMMER 7.26 KG</u>				
5125726/5120040	Nordic Sport	Brass, dia: 110mm	Gold	I-99-0008
PM-7,26/110-S/UP/UW-115	Polanik	Competition, stainless steel, dia: 110mm	Silver	I-00-0203
PM-7,26/110-M/UP/UW-115	Polanik	Competition, brass, dia: 110mm	Gold	I-00-0206
<u>JAVELIN 800g</u>				
7916800c	Nordic Sport	Champion Carbon flex 4.8, carbon, lilac cord	White, lilac spiral	I-99-0189
7916808c	Nordic Sport	Orbit Carbon flex 5.0, carbon, blue cord	White, blue spiral	I-99-0190
SC10-800	Polanik	Competition Sky Challenger, aluminium	Transparent red	I-11-0504

WOMEN				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 4 KG				
PK-4/105-S	Polanik	Turned stainless steel, Competition, dia: 105mm	Metallic	I-00-0232
PK-4/110	Polanik	Turned steel, Competition, dia: 110mm	Various	I-12-0581
PK-4/100	Polanik	Steel, Competition, dia: 100mm	Various	I-99-0150
DISCUS 1 KG				
6176100	Nordic Sport	Gold, brass rim, fibreglass sides	White/gold	I-99-0005
CPD11-1	Polanik	Competition, plastic, stainless rim, synthetic sides	Blue	I-11-0493
CCD14-1	Polanik	Full Carbon, Premium Line brass rim, carbon sides	Various	I-14-0676
HAMMER 4 KG				
PM-4/95-S/UP/UW-110	Polanik	Competition, Stainless steel, dia: 95mm	Silver	I-00-0201
5125400/5120040	Nordic Sport	Brass, dia: 95mm	Gold	I-99-0009
PH-4-B/UW-110	Polanik	Premium Black, Steel, dia: 95mm	Black	I-10-0466
JAVELIN 600g				
7917603	Nordic Sport	Diana Steel, steel, blue cord, 80m	Lilac/white	I-01-0018
600CS80	Nemeth Javel-Inn	Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
600C75	Nemeth Javel-Inn	Club 75mm, aluminium, violet cord	Violet/yellow/blue	I-99-0103

Appendix 2

TIMETABLE

1st day - 9 August 2019			
18:30	Discus Throw	W	1-3 attempts
18:33	400m H	M	R1 H1
18:39	400m H	M	R1 H2
18:49	400m H	W	R1 H1
18:55	400m H	W	R1 H2
19:05	100m	M	R1 H1
19:11	100m	M	R1 H2
19:20	4. Discus Throw	W	4th attempt
19:28	100m	W	R1 H1
19:34	100m	W	R1 H2
19:40	400m	M	R1 H1
19:46	400m	M	R1 H2
19:52	400m	W	R1 H1
19:58	400m	W	R1 H2
20:02	Javelin Throw	M	1-3 attempts
20:13	100m H	W	R1 H1
20:19	100m H	W	R1 H2
20:28	110m H	M	R1 H1
20:34	110m H	M	R1 H2
20:40	200m	M	R1 H1
20:46	200m	M	R1 H2
20:49	4. Javelin Throw	M	4th attempt
20:59	200m	W	R1 H1
21:05	200m	W	R1 H2
21:15	4x400m Mixed Relay	Mixed	Non-scoring

2nd day - 10 August 2019			
16:00	Pole Vault	W	Final
16:03	Long Jump	M	1-3 attempts
16:06	High Jump	M	Final
16:30	400m H	M	Final
16:40	100m	W	Final
16:47	4. Long Jump	M	4th attempt
16:53	Hammer Throw	M	1-3 attempts
16:56	800m	W	Final
17:04	400m	M	Final
17:12	3000m SC	W	Final
17:29	100m	M	Final
17:37	400m H	W	Final
17:43	4. Hammer Throw	M	4th attempt
17:50	Shot Put	M	1-3 attempts
17:55	5000m	M	Final
18:17	Triple Jump	W	1-3 attempts
18:20	400m	W	Final
18:28	4. Shot Put	M	4th attempt
18:35	Javelin Throw	W	1-3 attempts
18:38	3000m	W	Final
18:54	1500m	M	Final
19:01	4. Triple Jump	W	4th attempt
19:07	4 x 100m Relay	W	Heat B
19:17	4 x 100m Relay	M	Heat B
19:22	4. Javelin Throw	W	4th attempt
19:33	4 x 100m Relay	W	Heat A
19:46	4 x 100m Relay	M	Heat A

3rd day - 11 August 2019			
15:00	Pole Vault	M	Final
15:03	Triple Jump	M	1-3 attempts
15:06	High Jump	W	Final
15:30	110m H	M	Final
15:40	100m H	W	Final
15:47	4. Triple Jump	M	4th attempt
15:53	Hammer Throw	W	1-3 attempts
15:58	800m	M	Final
16:10	1500m	W	Final
16:25	3000m SC	M	Final
16:40	4. Hammer Throw	W	4th attempt
16:50	Shot Put	W	1-3 attempts
16:53	200m	W	Final
16:59	200m	M	Final
17:05	Long Jump	W	1-3 attempts
17:08	5000m	W	Final
17:28	4. Shot Put	W	4th attempt
17:35	Discus Throw	M	1-3 attempts
17:38	3000m	M	Final
17:49	4. Long Jump	W	4th attempt
17:58	4 x 400m Relay	W	Heat B
18:11	4 x 400m Relay	M	Heat B
18:22	4. Discus Throw	M	4th attempt
18:30	4 x 400m Relay	W	Heat A
18:43	4 x 400m Relay	M	Heat A

Appendix 3

EVENT DRAW

EUROPEAN ATHLETICS TEAM CHAMPIONSHIPS SUPER LEAGUE BYDGOSZCZ 2019 Lane and Starting Order Draw

Special Draw for races up to 400m: For the Super League, races up to 400m inclusively will have qualifying round on the first day. The heats and qualifying procedures will be arranged by the Technical Delegate in accordance with the IAAF Competition Rules.

4x100m and 4x400m relays will be staged in two heats of 6 teams each. The teams' distribution per heat will be according to the teams scoring standings 1 (one) hour before the scheduled time for each event. The best scored teams will compete in the same heat which shall be the last event of the session of track events.

Lanes 2-7 will be used:

- Lanes 4-5-6 will be allocated to top three athletes/relay teams.
- Lanes 2-3-7 will be allocated to the remaining athletes/relay teams.

On 800m all athletes will start in lanes (2 athletes in lane 2, 4, 6 according to a draw).

Starting Order for all other events:

	SWE	FIN	SUI	POL	GRE	ESP	UKR	ITA	CZE	GER	FRA	GBR
800	1	2	2	3	4	4	5	6	6	7	8	8
TJ	1	2	3	4	5	6	7	8	9	10	11	12
1500	2	3	4	5	6	7	8	9	10	11	12	1
5000	3	4	5	6	7	8	9	10	11	12	1	2
3000	4	5	6	7	8	9	10	11	12	1	2	3
3000 sc	5	6	7	8	9	10	11	12	1	2	3	4
SP	6	7	8	9	10	11	12	1	2	3	4	5
DT	7	8	9	10	11	12	1	2	3	4	5	6
HT	8	9	10	11	12	1	2	3	4	5	6	7
JT	9	10	11	12	1	2	3	4	5	6	7	8
HJ	10	11	12	1	2	3	4	5	6	7	8	9
PV	11	12	1	2	3	4	5	6	7	8	9	10
LJ	12	1	2	3	4	5	6	7	8	9	10	11

Note: Starting order for throws and horizontal jumps is only applicable for the first three trials

Appendix 4

MAP OF STADIUM AND FACILITIES

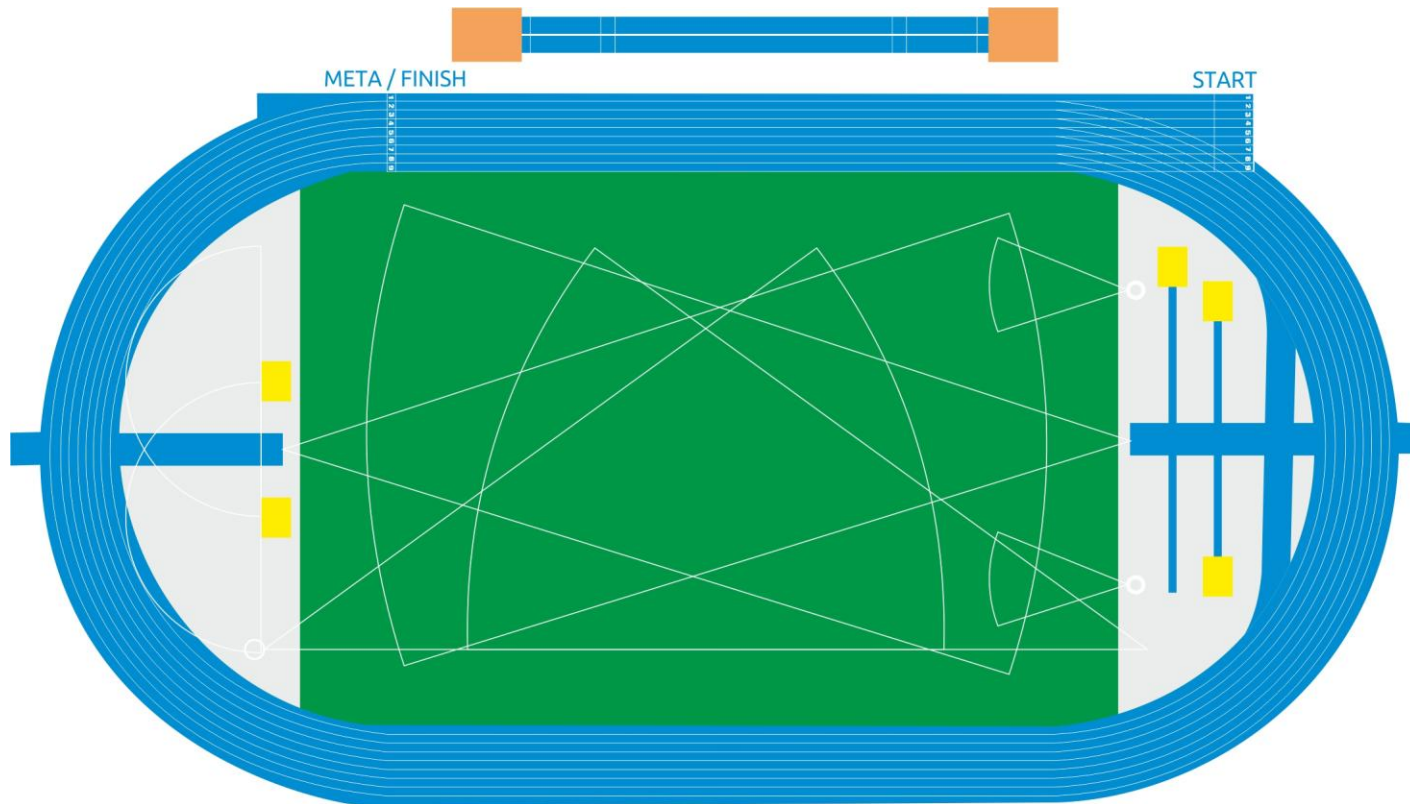


1. DROP-OFF POINT
- 2a. WARM-UP
- 2b. LONG THROWS WARM-UP
- 2c. WEIGHT LIFTING/PHYSIO AREA
3. CALL ROOM
- 3a. PRE-CALL
4. COMPETITION
5. MIXED ZONE
6. POST EVENT
7. ATHLETES' STAND
8. PICK-UP POINT
9. DOPING CONTROL STATION
10. TIC
11. CHANGING ROOMS
12. TOILETS
13. WATER POINTS

1:4000

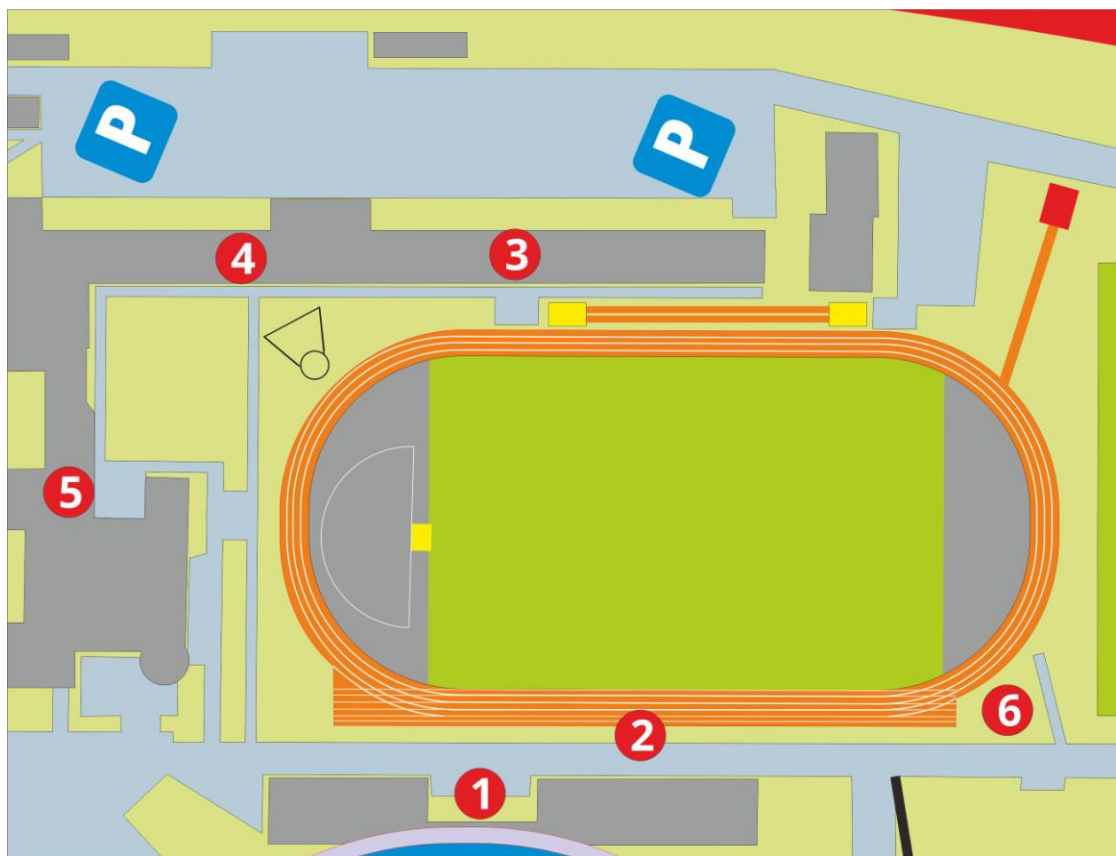
Appendix 5

COMPETITION VENUE



Appendix 6

WARM-UP AREA/TRAINING AREA



1. CALL ROOM
2. PRECALL
3. TEAM BOXES / PHYSIO AREA
4. WATER POINTS
5. TOILETS
6. DROP-OFF POINT



European Athletics Team
Championships Super League
Bydgoszcz 2019



Appendix 7

ACCREDITATION/ACCESS ZONES

1. European Athletics CLUB / VIP Area
2. Infield
3. Team Areas
4. Mixed Zone
5. Media Centre
6. Media Tribune
7. TV/Radio Area
8. Event Management

Appendix 8

KEY DATES AND GENERAL PROGRAMME

Date	Time	Event	Place
07.08.2019	12:00	Team Accreditation centre open	Zawisza Stadium Conference Room 1
08.08.2019	12:00	Deadline for submitting written questions for the Technical Briefing	Technical Information Centre or via online platform
08.08.2019	14:00	Deadline for Final Confirmations of Entries for day 1, 9 August	
08.08.2019	17:30	Official Training	Zawisza Stadium
08.08.2019	18:30	Orientation Visit/Venue inspection	Zawisza Stadium
08.08.2019	19:00	Technical Briefing	Zawisza Stadium Conference Room 2
08.08.2019	20:00	Opening Ceremony	Old Market Square
09.08.2019	14:00	Deadline for Final Confirmations of Entries for day 2 & day 3, 10 & 11 August	
11.08.2019	21:00	Closing Party	Luczniczka Sport Arena
12.08.2019	All day	Departure	Team Hotels

Appendix 9

EUROPE VS USA MATCH – TEAM EUROPE SELECTION

European Athletics will build its team to compete against team USA at the Europe vs USA match to be held on in Minsk/BLR on 9-10 September 2019.

76 women athletes, 76 men athletes and 25 team officials (team leaders, coaches, physio, etc.) are to be selected to represent Team Europe with the following principles:

- The **winner of each individual event at the European Athletics Team Championships Super League 2019, as well as, the first 3 athletes from the season list**, as at 12 August 2019, will be selected for Team Europe in individual events.
- For the men's and women's 4x100m, the first relay teams at the ETCH Super League 2019, as well as the first relay teams from the season list, as at 12 August 2019, will be selected for the Team Europe.
- Composition of the medley relay will be made among athletes already selected for 200, 400 and 800m disciplines.
- Reserve athletes may be selected to complete the team.
- Maximum 3 athletes from any one country may compete in each individual event.
- At least 10 (5 men and 5 women) Belarussian athletes (host country) shall be part of the Team Europe.

From Tuesday 13 August 2019, selected athletes will receive, via their Member Federations, an invitation letter and are requested to confirm their participation by email as soon as possible within 48 hours.

The nomination of Team Europe's officials accompanying the delegation will be made after the selection of the athletes and will depend on the final composition of the team.



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