IAAF
World U20 Championships

19-24 July

Zawisza Bydgoszcz Stadium

Team Manual

IAAF WORLD U20 CHAMPIONSHIPS

BYDGOSZCZ 2016

TEAM MANUAL

OFFICIAL IAAF PARTNERS

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1. GENERAL INFORMATION

1.1 IAAF Council Members and International Officials

IAAF Council

President	Lord Sebastian Coe (GBR)
Senior Vice President	Sergey Bubka (UKR)
Vice Presidents	Dahlan Al Hamad (QAT) Hamad Kalkaba Malboum (CMR) Alberto Juantorena Danger (CUB)
Treasurer	José Maria Odriozola (ESP)
Individual Members	Roberto Gesta De Melo (BRA), South America* Nawal El Moutawakel (MAR) Abby Hoffman (CAN) Anna Riccardi (ITA) Pauline Davis-Thompson (BAH) Geoff Gardner (NFI), Oceania* Sylvia Bartag (NED) Ahmad Al Kamali (UAE) Frank Fredericks (NAM) Bernard Amsalem (FRA) Zhaocai Du (CHN) Victor Lopez (PUR), NACAC* Stephanie Hightower (USA) Hiroshi Yokokawa (JPN) Antti Pihlakoski (FIN) Mikhail Butov (RUS) Adille Sumariwalla (IND) Nawaf Al Saud (KSA) Svein Arne Hansen (NOR), Europe* David Okeyo (KEN), Africa* Karim Ibrahim (MAS), Asia* **Area Group Representatives*

International Officials

Delegates	
Organisational	Sergey BUBKA (UKR)
Technical	Helmut DIGEL (GER) Chris COHEN (GBR)
Jury of Appeal	Bernard AMSALEM (FRA) Antti PIHLAKOSKI (FIN) Linda TURNER (GBR)
ITOs	Klaus HARTZ (GER) – Chief Pieter DE JAEGER (RSA) Frank HAMM (GER)

	Ozren KARAMATA (SRB) Kwan KEE (HKG) Pasi OKSANEN (FIN) Khan SHARP (AUS) Trevor SPITTLE (NZL) Mats SVENSSON (SWE) PHD WAIDYATILAKA (SRI)
Int'l Race Walking Judges	Frederic BIANCHI (SUI) – Chief Carlos BARRIOS (GUA) Maryanne DANIEL (USA) Wang Tak FUNG (HKG) Hans VAN DER KNAAP (NED) Nicola MAGGIO (ITA)
Int'l Photo Finish Judge	Ville AHO (FIN)
International Starter	Vesa ARTMAN (FIN)
Statisticians	Ottavio CASTELLINI (ITA) Paco ASCORBE (ESP)
Medical Anti-Doping	Pedro BRANCO (POR) Giuseppe FISCHETTO (ITA)
Press Television	Olaf BROCKMANN (GER) Ernest OBENG (GBR)
English Announcer	Paul SWANGARD (USA)

1.2 Local Organising Committee

LOCAL ORGANISING COMMITTEE (LOC)	LOC IAAF U'20 World Championships ul. Gdańska 163 85-613 Bydgoszcz e-mails: office@bydgoszcz2016.pl teams@bydgoszcz2016.pl Website: www.bydgoszcz2016.pl
CEO	Krzysztof WOŁSZTYŃSKI
Event Coordinator & Operations	Paulina RYBAK – Sandra WAWRZYNIAK
Competition Director	Wiesław CZAPIEWSKI
Event Presentation	Manager Arnd HEIKEN Florian WEBER

1.3 Information about Bydgoszcz

Bydgoszcz - city with nearly 400,000 inhabitants, for over 7 centuries harmoniously growing alongside the banks of Brda and Vistula rivers draws its wisdom and strength from the resources of spiritual and material heritage of three geographic and historic regions: Wielkopolska, Pomorze and Kujawy. Bydgoszcz is the capital city of the Kujawsko-Pomorskie Voivodship and at the same time it is the largest city in Kujawy. The city developed into one of the most important economic centres in Poland. 46.000 companies operating in very different fields, but in particular in telecommunication, chemical industry and food industry prove its importance.An extraordinary combination of a convenient communication point, modern economy and rich scientific, technical and business environment places Bydgoszcz among cities distinguished by the modernity of economy.

One cannot look at the economic potential of the city, its diversity, without drawing the attention to the significance of rivers in its development. This is particularly seen on the example of preserved sluices on the Bydgoszcz Canal and magnificent industrial engineering facilities.

The mentioned sluices unquestionably constitute a gem as they are a world-class unique example of hydro-technical equipment. The Canal constructed at the end of the 18th century reminds about a rich history, which it played in the life of the city and the life of Poland. It combined the system of rivers in Western Europe with the system of rivers in Eastern Europe. Currently efforts are undertaken to list in the near future the Canal on the UNESCO World Heritage List as a masterpiece of technique of inland navigation.

River transport became the flywheel of city's economy in the previous centuries and today it is possible to admire a whole range of preserved examples of industrial engineering connected with water.

Especially many tokens of old Bydgoszcz survived in the city centre. Therefore it is worth visiting the Mill Island, which is surrounded by the waters of Brda River. There are very few such charming places in Europe that are located in the very heart of the city. The beauty of the picturesque location of the Mill Island is emphasized by facades of eighteen and nineteen century granaries, Rothera's Mills, reflected in the Brda River, and they constitute an indelible memory of the city from several hundred years ago.

Development of the city is inseparably connected with the increase in demand for top quality culture. Superb performances on the scenes of the Opera „Nova" and the Polish Theatre attract many art lovers. The citizens of Bydgoszcz proudly participate in concerts in the Pomeranian Philharmonic, in music festivals such as for instance the Bydgoszcz Opera Festival, International Competition for Young Pianists „Arthur Rubinstein in Memoriam", Bydgoszcz Music Festival and other. The inhabitants of the city and their guests often visit cosy pubs, cafeterias and music clubs and enjoy their unique atmosphere.

The citizens of Bydgoszcz combine their interest in culture with their passion for sports. Spots in Bygdoszcz is not only professional, local sport, even though it is on the highest level in Poland, but it is also sport that presents superb European or world sport events for instance the 1st IAAF World Youth Championships, European U23 Championships, twice the European Cup in Combined Events, SPAR European Cup, World Grand Prix Volleyball Tournaments and other. The city already organised the IAAF World Junior Championships in 2008.

The Leon Wyczółkowski District Museum in Bydgoszcz, entrance free for accreditation card holders, is open to the public on the following dates and times:
Tuesday, Wednesday, Friday 10 a.m. - 6 p.m.
Thursday 10 a.m. - 7 p.m.
Saturday, Sunday 11 a.m. - 6 p.m.
Monday – closed

FURTHER INFORMATION: www.bydgoszcz.pl

Basic Facts and Figures

Voivodeship (Province)	Kuyavian-Pomeranian
Elevation	60 m
Population	358,614
City	175.98 km^2
Official Language	Polish
Currency	Polish zloty(1€ = 4.41PLN) We recommend that you exchange money at the airport but please note that there are two exchange currency offices near the IAAF Family Hotel Sunny Mill in the Focus Mall and in Tesco.

Electricity	220-240 Volts
Tap Water	Very good, drinkable
Dialling Codes	Country Code: +48 Area Code: 52 Dialling out of the Country: + (or 00) – country code – city/town code – national telephone
Emergency numbers	112: Emergency number from mobile phone 999: Ambulance 998: Fire Brigade 997: Police
Time Zone	CEST (+2 in July)
Climate	Average High (Day): 27°C
Distances	Warsaw 255 km Poznań 130 km Gdańsk 160 km Cracow 430 km Nearest border crossing — Germany (Kołbaskowo) 270 km

1.4 General Programme

Until 17 July	Team Arrivals & Accreditation	
Monday 18 July	09:00 – 13:00 15:00 – 16:30 15:00 – 15:30 15:30 – 16:00 19:30	Teams' Accreditation Athletes' Training at Zawisza Stadium including a session with the official starters Team Leaders' Stadium Orientation Visit Technical Meeting at Zawisza Stadium Conference Centre IAAF/LOC Reception, Opera Nova (by invitation)
Tuesday 19 to Sunday 24	IAAF World U20 Championships	
Sunday 24 July	21:15 – 24:00	Closing Party, Exhibition Centre
Monday 25 July	09:00 – 17:30 All Day	IAAF World U20Coaches' Conference, Zawisza Stadium Conference Centre Departures

Closing Party

On Sunday 24 July, teams will have their dinner in the respective hotels and will then be invited to join the Closing Party which will take place at the Exhibition Centre, starting at 21:15. Transport will leave Team Hotels at 21:00. No alcohol will be served at the Closing Party.

2. TRAVEL TO BYDGOSZCZ

2.1 Official Airports and Arrival Information

There are two official airports at which you can arrive. Transportation and all related services will be provided from each location.

Bydgoszcz Ignacy Jan Paderewski Airport (BZG) is located a few kilometres from Bydgoszcz. There is a limited number of international flights into this airport.

Warsaw Chopin Airport (WAW) is Poland's biggest and busiest airport. There are daily direct flights from most European destinations and easy connections from other International destinations. The airport is located about 320km from Bydgoszcz but, with the new highway, expected travel time is under three hours. Transportation from Warsaw to Bydgoszcz will be provided by the LOC.

Arrival in Bydgoszcz should normally be on Sunday 17 July and departure on Monday 25 July (subsidised accommodation period) however the LOC is ready to welcome teams starting on 15 July. From this date it will provide transfers from the airports and arrange accommodation at the official venues. For those teams planning to arrive prior to 15 July and/or leave after 25 July, they are advised to contact the LOC well in advance in order to check availability of accommodation and transport arrangements.

2.2 Transport of Oversized Baggage

Teams are responsible for the transportation of their equipment to the final destination airport. Equipment can travel with the team via airline, but please note that Member Federations bringing large equipment (e.g. vaulting poles) should plan to arrive into **Warsaw Chopin Airport (WAW)**.

In order to ensure that equipment arrives in due time, please confirm with the airlines on each segment of your travel that oversized baggage will be accepted, transported and properly transferred.The LOC will transport equipment from WAW to Bydgoszcz if notified by the Member Federation via email and prior to the arrival date that such transport is requested.

If you are interested in shipping equipment directly to Bydgoszcz, you may ship to the following address:

Local Organising Committee: Bydgoszcz 2016
Kujawsko-Pomorski Związek Lekkiej Atletyki
ul. Gdańska 163
85-613 Bydgoszcz
POLAND
Tel: + 48 52 360 8290

Special arrangements will be made for the vaulting poles, which will be collected by the LOC directly at the airport and transported to the Warm-up Area. A tag with the athlete's details will be placed on the pole for easier identification. On the way back they will go directly from the Stadium to the airport where they will be collected by the athlete or team official before flight check-in.

2.3 Entry Visas

Please refer to the list of IAAF Member Federations and respective visa category in Appendix.

Categories

- Category 1: The countries whose citizens do not need a visa to enter Poland;
- Category 2: The countries whose citizens need a visa to enter Poland and where there is Polish Consulate;
- Category 3: The countries whose citizens need a visa to enter Poland but where there is NO Polish Consulate – in this case the nearest country with a Polish Consulate where the visa application is to be made is indicated.

Visa Process

For those countries which don't have a Polish Consulate it is recommended to go apply in the indicated Country, however it is possible to apply for the visa in a Polish Consulates in any country. In most cases it is necessary to go in person to the Consulate as fingerprints need to be taken, but please check with the Consulate first.

When you apply for the Polish Visa, the Consulate will require that your Application be accompanied by an Official Letter of Invitation from the Local Organising Committee in Poland. In order to receive your Letter of Invitation, please complete the LOC Visa Invitation Request Form (Appendix G) and send it back to the LOC Visa Office (visas@bydgoszcz2016.pl). Please note that generally a Schengen visa application must be submitted at least 3 weeks before the departure date so make sure you request the LOC Invitation Letter well in advance.

Should you have any problems with your Visa Application, please contact the LOC Visa Office:
visas@bydgoszcz2016.pl
Tel. + 48 52 360 8290

2.4 Medical Insurance

We remind you that all IAAF Member Federations are responsible for subscribing to an insurance policy that covers illness and/or injury to any members of their delegation and/or team travelling to and from IAAF competitions and during the event itself. Furthermore, proof of such insurance is now required in most cases to obtain visas, e.g., in the Schengen area.
For more information please see IAAF Circular Letter M/04/16.

3. ACCREDITATION

3.1 Accreditation Centre

The Teams' Accreditation Centre will be located at the Zawisa Stadium (see map in Appendix). Opening dates and times of the Accreditation Offices will be as follows:

Saturday 16 July	14:30 – 19:00
Sunday 17 July	09:00 – 13:00
	14:30 – 19:00
Monday 18 July	09:00 – 13:00

3.2 Accreditation Procedures and Payments

3.2.1 Team Leader

The Team Leader will have to report to the LOC / IAAF Accreditation Offices at the Accreditation Centre before collecting his card in order to complete the following formalities:

- LOC Accommodation Invoice
- Travel Reimbursement
- IAAF Financial Statement
- Photocopy of Athletes' Passports
- Final Confirmation of Entries (at least for first day)
- Uniform Check
- Athletes' Acknowledgement and Agreement Forms

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before he can collect the accreditation cards for the team, which will be given upon presenting a document stating all procedures have been completed. Athletes travelling without an official will be asked to complete the administration procedure just like the Team Leader.

3.2.2 Athletes & Team Officials

All athletes and team officials shall receive their accreditation cards directly from the Team Leader and shall NOT be required to report to the Accreditation Centre.

3.3 Quota and Financial Support

3.3.1 Quota

According to an IAAF Council decision, The quota for the 2016 WU20 Championships in Bydgoszcz corresponds to the number of finalists (top 8) in the 2014 WJC in Eugene (relay teams count for two athletes) with a maximum of 20. See chart in Appendix.

3.3.2 Travel Support

For athletes within the Quota, 100% of an economy class airline ticket from the Member Federation Headquarters to one of the official airports (Bydgoszcz or Warsaw) will be paid by the IAAF. These tickets will be issued preferably by the IAAF, provided Member Federations send their Preliminary Entries and Final Entries by the respective deadlines. If a Member Federation prefers to purchase the airline tickets, the costs of such tickets must be submitted online together with the Preliminary Entries and be approved by the IAAF beforehand. Only the approved travel costs will be reimbursed.
Travel costs of athletes outside the Quota and of Officials will not be covered by the IAAF or the LOC.

3.3.3 Accommodation Support

For athletes within the quota, free accommodation will be provided in the C Category Student Housing in twin rooms during the official period (arrival, Sunday 17 July – departure, Monday 25 July), for a maximum of eight nights. Quota athletes staying in B or A Category will be charged a supplement as well as those requesting single rooms (see costs in section 4.2).

3.3.4 Reimbursements

Reimbursements will be made by bank transfer after the competition if an athlete for whom the IAAF/LOC have provided financial support is on site but does not compete. the IAAF/LOC have the right to reclaim the travel and accommodation support.

3.4 Arrivals outside the Accreditation Centre Opening Times

Teams or individual athletes arriving prior to 16 Julywill be handled on a case by case basis. However, the LOC must be informed in advance at teams@bydgoszcz2016.plto make the necessary arrangements.
For those Teams arriving after the closing of the Accreditation Centre, the Team Leader must proceed to the Accreditation Offices as soon as practical the next day to finalise the accreditation procedures.

3.5 Special Passes

IAAF shall provide special passes as required for the following categories:

- TIC (only for collecting information from the pigeon hole) distributed during the accreditation procedure
- Combined Events Rest Room (one per athlete for coach or physiotherapist) distributed at the TIC as soon as the Start Lists are available

For the Field Event Coaches, special seating will be reserved and access will be allowed only to those coaches whose athletes are actually competing.

3.6 Accreditation Card

The Accreditation Card must be worn visibly at all times and must be presented upon request. It is personal and non-transferable. In case of loss or theft, please report it immediately to the Teams' Accreditation Centre or TIC at the Stadium. In order to obtain a new Accreditation Card, the Team Member must proceed to the Accreditation Centre, accompanied by his Team Leader or the higher official in the Delegation, carrying an appropriate identification document.

4. ACCOMMODATION AND TRANSPORTATION

4.1 Team Accommodation

The LOC has arranged accommodation for all participants in three different categories of accommodation:

Category A (3* Hotels)

1. Hotel City, www.city-hotel.pl
2. Hotel Brda, www.hotelbrda.com.pl
3. Hotel Campanile, www.campanile-bydgoszcz.pl
4. Hotel Maraton, www.hotelmaraton.pl
5. Hotel Ikar, www.hotel-ikar.pl
6. Hotel Best Inn, www.bestin.pl
7. Hotel Pan Tadeusz, www.hotel-pan-tadeusz.pl

Category B (Student Lodgings)

Recently renovated, single and twin rooms with bathroom (shower, toilet, sink) shared between up to 4 persons.

1. Medical University Students Lodgings, al. Powstańców Wielkopolskich 46, Bydgoszcz https://www.cm.umk.pl/en/new-students-house.html
2. Art. School Students Lodgings, ul. Chwytowo 16-18, Bydgoszcz
3. University of Science & Technology Students Lodgings, Al. Prof. S.Kaliskiego 12/14, Bydgoszcz

Category C (Student Lodgings)

Twin rooms with bathroom (shower, toilet, sink) shared between up to 8 persons (4 rooms)

1. University of Science & Technology Students Lodgings, Al. Prof. S.Kaliskiego 12/14, Bydgoszcz

To enable the LOC to make the necessary planning and confirm the requirements with each structure, Member Federations were asked to indicate where they preferred to stay by returning to the LOC the Accommodation Reply Form (see Appendix H of IAAF Circular Letter M/07/16). Preferences will be handled on a first come first served basis. With no indication of preference, teams will be accommodated at the LOC's and IAAF's discretion depending on availability, starting from the C Category.

Note: in case of need, the following accommodation will be available:
Category B
Hotel Atmosfera, www.atmosfera.bydgoszcz.pl/baza-noclegowa
Hotel Amelia, www: hotel-amelia.pl
Hotel Pomorski, www.hotel-pomorski.pl
Hotel Agat, www.agatbydgoszcz.pl
Category C
Medical University No 2 Students Lodgins, ul. Jagiellońska 13, Bydgoszcz

4.2 Team Accommodation Costs

Full Board per person per night (USD)	Inside period				Everyone outside period and officials above 55%	
	Quota athletes		Other athletes and officials within 55%			
	Twin	Single	Twin	Single	Twin	Single
Category C (Student Housing)	Paid by IAAF	20	55	75	65	85
Category B (recently renovated Student Housing)	10	30	65	85	75	95
Category A	30	50	85	105	100	120

(Hotel)						

The accommodation invoices will be based on the information (number of persons and arrival/departure details) provided on the Final Entries, with a tolerance of two persons.

Payment of extra costs can be made:

- by credit card: MasterCard, Visa
- In cash: Euros, US Dollars

Internet available in all accommodation categories.

Rooms for teams' physiotherapy staff and team meetings can be available at each accommodation venue. Please contact the LOC welcome desk for more information.

4.3 Check-in Procedures

Upon arrival, team members will be accompanied to the dedicatedService Centreswhere, according to the rooming list previously provided*, the check-in procedures will be completed and the room keys delivered. A valid identification document (Passport or Identity Card) needs to be presented for check-in. This will also be the place where internet access information will be provided.

*** to shorten procedures and avoid delays, it is strongly advisable to submit the rooming list in advance, prior to arrival. Please send this to the teams@bydgoszcz2016.pl.**

4.4 Services

Team Meetings
Rooms for meeting opportunities are available at all team accommodation venues. Details on location, availability and booking will be available at the CIDs.

Rooms for Physiotherapy
Dedicated rooms for physiotherapy will be provided for the teams with medical staff to set-up their own massage beds and there will also be LOC physiotherapy services offered to those teams that do not have their own medical staff.

Internet access
Free internet access will be available in all accommodation venues.

4.5 Meals

Teams will have their meals in their respective accommodation venues where they will be served in buffet style with food appropriately labelled in English. Should you have special dietary requirements, please advise the hotel upon arrival so that arrangements can be made accordingly.

Meal times shall be as follows:

Breakfast		06:30 – 09:30
Lunch		12:00 – 14:30
Dinner	19th to 22nd	20:00 – 23:00
	23rd and 24th	20:00 – 22:30

4.6 Transportation

A transportation network will be organised to ensure adequate transport, by bus, between all the venues with schedules appropriately adapted to all needs.
The timetables and routes will be posted at the CIDs and at the TIC.
Transports to and from the airports will be organised according to the arrival and departure information provided in the Final Entries.

Public Transport within Bydgoszcz will be available to all accredited personsand will be accessible upon presentation of the accreditation card.

5. INFORMATION CENTRES

5.1 Technical Information Centre (Stadium)

The Technical Information Centre (TIC) is located in the Stadium, on the ground floor of the Main Tribune (see plans in Appendix). The main task of this centre is to ensure a smooth liaison between each delegation and the local Organizing Committee, the IAAF Technical Delegates and the Competition management of the Championships, in regards to technical matters.

The main tasks of the TIC are:

- Distribution of information
- Display of entry list/start lists/results and distribution of the daily programme
- Managing written protests and appeals
- Answering general questions concerning the competition
- Managing national record doping control requests
- Distribution of additional passes (combined events rest room)
- Receiving Final Confirmations and relay order declaration forms
- Collection of Written Question Forms for the Technical Meeting (deadline 12:00 noon on 18 July)

Opening Dates and Times will be as follows:

- Monday 18 July 09:00 – 19:00
- Tuesday 19 to Friday 22 July 08:00 – 22:30
- Saturday 23 July 08:00 – 21:00
- Sunday 24 July 15:00 – 19:00

This will be the main centre for technical information although certain documents produced in the TIC will also be distributed to the CIDs for circulation.

5.2 Championships Information Desk (Team accommodation venues)

A Championships Information Desk (CID) will be situated at each accommodation venue. CIDs will be in charge of, 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.
- Distribution of information for issues relating to accommodation, meals, transport and the Championships in general.
- Collection of Written Question Forms for the Technical Meeting (deadline 12:00 noon on 18 July)

CIDs will be in full operation starting 17 July, opening daily from 08:00 to 22:00. In case of early arrivals, they will be open as required.

5.3 IAAF Competitions Department Offices

Staff from the IAAF Competitions Department will be in Bydgoszcz to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation.

They can be contacted as follows:

- 16 to 18July Teams Accreditation Centre
- 19 to 24July IAAF Competitions Office at Zawisza Stadium– canbe contacted through the TIC

5.4 Document Distribution

As always, every effort will be made to reduce the amount of printed material distributed to the Teams through their pigeon holes at theTIC at the Stadium or at the CIDs.
In practice this means that the distribution of competition related information at the TIC and CID 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).
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.
A Final Results Book will be produced in electronic format (pendrive)and distributed to all Teams and guests prior to departure.

6. COMPETITION AND TRAINING VENUES, EQUIPMENT AND IMPLEMENTS

6.1 ZawiszaStadium

The Championships will take place in the Zawisza Stadium, already host to the 2008 IAAF World Junior Championships. It was completed in 1960 with a capacity of about 35,000-45,000 on wooden benches. The stadium was completely rebuilt in 2007-2008, and the current seating capacity is around 20.000 people. The teams' stand is located in the first curve section 24.

6.2 Warm-up Area

The main Warm-up Area is situated immediately adjacent to the main stadium with a direct access to the Call Room. This is a 400m, 4 lane over track with 6 lanes in the main straight.

Athletes will also have access to the adjacent indoor track (straight) where a weight-training room is available. The physio area will be set up in this indoor facility and, as a secondary use, it can serve as warmup in case of inclement weather.
South of the main stadium there is the Warm-up Area for long throws. This Warm-up Area will have a pre-call, calling athletes for the transportation to the Call Room.

6.3 Combined Events Rest Area

The rest area for the Combined Events will be situated under the back straight grandstand (see plan in Appendix), on the ground floor at track level, and will be accessible by team officials and/or physiotherapists with the appropriate pass.

6.4 Training

6.4.1 General

There are two training opportunities:

1. Zawisza warm-up stadium at the main competition venue (see description above)
2. Training stadium in the Fordon suburban area of Bydgoszcz. This is a newly surfaced four-lane oval and six-lane main straight track. This will be used mainly by teams staying at the University of Science & Technology Students Lodgings from which it is only a 10 minutes' drive.

Training for long throws and pole vault will be possible only at Zawisza Warm-up Area, see training plan in Appendix.
All the necessary equipment, changing rooms, area for medical services and massage, etc. will be provided.

Both training facilities will be fully available throughout the day from 17 July until 24 July. Training will be possible for those planning to arrive earlier and shall be arranged according to teams' arrivals on a case-by-case basis.

6.4.2 Athletes' Training at Zawisza Stadium

Athletes will be given the opportunity to visit the competition venue, Zawisza Stadium, before the competition and to do some light training but without equipment. This is scheduled for Monday 18 July from 15:00 to 16:30 and will include a training session with the official starters from 15:15 to 16:15.

6.5 Equipment and Implements

6.5.1 Vaulting Poles

Vaulting poles will be collected by the LOC directly at the airport and transferred to Zawisza Stadium Warm-up Area. They will be transferred to the main stadium on the day of the competition. On the day of departure, they will be taken directly from the stadium to the airport.

6.5.2 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.

Event	Marker
Long Jump, Triple Jump, High Jump, Pole Vault, Javelin Throw	Available at Event Site
Shot Put, Discus and Hammer Throw	Athletes may use only one marker provided by the LOC, which is to be placed on the ground immediately behind or adjacent to the circle (IAAF Rule 180.3.b)
Relays	Competition Officials will provide adhesive tape

6.5.3 Implements

Following the move from Kazan (RUS) to Bydgoszcz (POL), it was not possible for the LOC to secure all the implements that were initially proposed and approved by the Technical Delegates of this Championship. The LOC has nevertheless been able to put together an adequate selection of implements and the new list is in Appendix.

We remind you that, in any case, personal implements will 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 athletes until the end of the Final of the event

The checking procedure will be as follows:

Checking	Location & Time	Return
Personal throwing implements are to be handed in for checking**prior to the event**.A receipt will be given for the implements.	TIC **no later than 18:00 the day before the qualifying round of the event.**	Implements are returned in exchange for the receipt after the event's Final **at the TIC.**

7. ENTRIES AND FINAL CONFIRMATIONS

7.1 Entry Standards and Rules

The entry standards and conditions for the validity of the performances were approved by the IAAF Council in August 2015(see Appendix). The Entry Rules are summarised below.

7.1.1 Age Categories

U20 Athletes	Athletes aged 18 or 19 years on 31 December 2016 (born in 1997 or 1998), may compete in any event.
U18 Athletes	Athletes aged 16 or 17 years on 31 December 2016 (born in 1999 or 2000), may compete in any event. However, the maximum number of events in which an U18 athlete can compete is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m.
Athletes Younger than 16	No athlete younger than 16 years of age on 31 December 2016 (born in 2001 or later) may be entered.

Team Leaders must present athletes' passports upon arrival, or other official documents indicating the year of birth, to confirm ages in order for them to be photocopied by the organisers.

7.1.2 Qualification Period

In accordance with the Technical Regulations, the qualification period runs from **1 October 2015 to 11 July 2016**. In an attempt to help Member Federations, the deadline for submitting the Final Entries remains at three Mondays before the start of the Championships (as established by the Technical Regulations), i.e. **4 July 2016**, but there will be an extended qualification period of one week.
This means that Member Federations must submit the athletes' names, including reserves, and all other relevant information (names of officials, travel details and accommodation needs) by 4 July 2016 but would be allowed to make any changes to the composition of their team up to one week later, 11 July 2016. Please note that this is NOT an obligation but an option which some Member Federations may wish to take advantage of.

7.1.3 Entry Rules

- A maximum of two athletes from any one Member can compete in each event with the exception of the Relays. Three athletes can initially be entered per event, provided each has achieved the Entry Standard but only two will be permitted to compete.
- Members who have no male and/or female qualified athletes whom they wish to enter in any Championships event, may enter one unqualified male athlete OR one unqualified female athlete in one event of the Championships (except the Field Events [see below], CombinedEvents, 10,000m, 3000m Steeplechase and 5000m Women).
- Members who have no male and/or no female qualified athlete but whose best athlete excels in a Field Event, may submit to the IAAF by the stipulated deadline the name of their athlete plus performance they would like to enter in the Field Event. The Technical Delegates will decide whether or not to accept such entry and, to do so, may seek the opinion of the relevant Area Association.
- There are no entry standards for the Relays so every Member may enter one team for each relay race, composed by a maximum of six athletes. Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team for the first round.
- If POL, as the host country of the IAAF World Junior Championships does not have a qualified athlete in an event, it may enter one athlete in this event regardless of any Entry Standard.

7.2 Final Entries

The Final Entries must also be submitted online using the IAAF on-line Event Entry System (EES), by **4 July 2016** midnight, Monaco time (see note above). Final Entries may be submitted starting 6 June 2016.

7.3 Final Confirmations

7.3.1 General

Teams will receive the Final Confirmation Forms upon arrival in Bydgoszcz and Team Leaders, or their representatives, must confirm the names of those athletes already entered who will actually take part in the competition.

For events held on 19 July, Final Confirmation of Entries must be made before 12:00 (midday) 18 July and, for all subsequent days, before 9:00 am on the day before the event. It will also be possible for Teams to confirm their athletes upon arrival during the accreditation procedure at the Accreditation Centre.

7.3.2 Relays

The Relay Declaration Forms will be distributed at the TIC. The final composition of the relay teams and the order of running must be declared at the TIC according to the following schedule (no later than one hour before the published 1st Call Time for the first heat of the event – IAAF Rule 170.11).

Event	Round 1	Final
4x100m Men	22 July at 17:00	23 July at 18:05
4x400m Men	23 July at 10:15	24 July at 16:20
4x100m Women	22 July at 16:30	23 July at 18:20
4x400m Women	23 July at 09:40	24 July at 16:00

Once the team has taken part in the event, only two additional athletes may take part in the Final. Substitutes may only be taken from the list of entered athletes, whether for the relay or for any other event.

7.3.3 Failure to participate

Any athlete who, after the Final Confirmation has been given, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate), shall be excluded from participation in all further events in the competition, including relays (see IAAF Rule 142.4).

7.4 Withdrawals

Withdrawals after Final Confirmation have to be submitted, on the official Withdrawal Form, to the TIC. The reason for the withdrawal has to be specified in detail and supported by appropriate medical evidence if applicable (see above).If the athlete intends to participate in other events in which he was entered (including the Relays) the withdrawal request has to be approved by the Technical Delegates.

7.5 Athlete Acknowledgement and Agreement

Each athlete competing in an IAAF World Athletics Series Competition must have an appropriately filled in and signed copy of the Athlete Acknowledgement and Agreement on file at the IAAF. All athletes competing in the IAAF World U20 Championships must sign and submit this acknowledgement, as soon as possible, and ideally by no later than the Final Entry deadline (4 July 2014). IAAF Member Federations are obliged to submit one for each entered athlete (email: athletes-agreement@iaaf.org).
Any Athlete Acknowledgement and Agreement Form not received by the IAAF before the event will be collected at the time of the Accreditation procedure. The Athlete Acknowledgement and Agreement Form can be found in Appendix.
Note: Athletes who have already submitted their Agreement on the occasion of a previous IAAF World Athletics Series Event do not need to send it again - see appropriate indication in the EES.

8. COMPETITION PROCEDURES

8.1 Stadium Orientation Visit for Team Leaders

There will be a visit organised to Zawisza Stadium on Monday16 July at 15:00, in order for the Team Leaders to familiarise with the exact location of the main facilities (changing areas, Call Room, team seating, post event area, interview room, athletes' and officials' flows in general, etc.).

8.2 Technical Meeting

The Technical Meeting will be held on Monday 18 July at 15:30 at the Zawisza Stadium. Team Leaders will gather at the end of the stadium orientation visit and will be taken to the Technical Meeting.
The Technical Meeting will be chaired by the Technical Delegates and will follow the standard IAAF protocol.
Team Leaders wishing to submit questions in writing for the Technical Meeting, must use the appropriate form provided to them during the accreditation procedure. The Form must then be returned by 12:00 noon on 18 July at the latest to the TIC or CID. No more than two representatives from each team will be allowed to attend the meeting.

8.3 Timetable

The Timetable was approved by the IAAF Council in August 2015 and slightly amended following the relocation of the Championships to Bydgoszcz. It can be found in Appendix. Aschedule for the Medal Ceremonies (MC) is included.
Information on any changes to the Timetable shall be provided at the Technical Meeting as well as through the TIC and CID.

8.4 Athletes' Bibs

All athletes will receive 3 bibs, which shall coincide with the information written in the start list, as follows:

- 2 bibs with the competition number
- 1 bib with the athlete's name

Every athlete must wear two bibs during the competition, the one with the name on the front, and the other with the number on the back. In the Pole Vault and High Jump, it is possible to wear only one bib on the front or on the back. In this case it must be the bib with the name. The third bib can be placed on the bag or on the tracksuit.

The bibs will be distributed during the Accreditation procedure. Bibs which are not collectedwill be taken to the Stadium TIC on 19 July in themorning.

The bibs for the relays (carrying the country code – e.g. "POL") shall be handed out at the Call Room.

Bibs must be worn in accordance with IAAF Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

8.5 Athletes' Clothing

All athletes must wear the official national uniform approved by their Delegation. IAAF Rule 143.1 recommends that the front and the back of the uniforms should have the same colour. The uniforms will be checked upon arrival at the Team Accreditation Centre. Any infringement of the Rules may result in the disqualification of the athlete. Athletes not wearing their official team uniform will be required to acquire the correct attire before they progress through the Call Room.
Any advertising on clothes and bags must comply with IAAF Rules and Regulations (see latest edition on the IAAF website). Please note that the IAAF Advertising Rules and Regulations applicable for this competition specify a maximum of 30 cm2 for the Manufacturer's logo on the competition wear and 40 cm2on sweatshirts, T-shirts and jackets.
The name/ logo of a national sponsor may be displayed, according to the same dimensions as set out above, instead of one of the national team or Member Federation Logo or flag on the national vest/leotard provided that such national sponsor is not a competitor of a Sponsor of the IAAF or of the event. For Bydgoszcz2016, these are the following:

- adidas

- CANON
- SEIKO
- TDK

For the purpose of avoiding conflicts on site, Member Federations are strongly advised to seek approval from the IAAF.

8.6 Personal Belongings

Athletes (including Combined Events) will only be permitted to take a backpack or similar sized bag with them into the Field of Play. Combined Events athletes may bring larger bags but they must be left in the rest area during the events.
A strict inspection will be made on illegal and prohibited items, which athletes may have in their possession. Radios, CD/MP3 players, mobile phones, cameras, etc. will not be permitted. Any items that do not conform to the IAAF Technical and/or Advertising Rules and Regulations will be confiscated. Confiscated items may be retrieved at the TIC after the event upon presentation of the corresponding receipt.

8.7 Call Room Procedures

8.7.1 Call Room

All competing athletes are required to report to the Call Room according to the respective reporting schedule (see below).
Athletes will be identified by their accreditation card and bib number and will undergo the routine checks:

- Checking of national uniform
- Inspection of personal belongings
- Checking of shoe spikes (number, shape and size) for compliance with IAAF Rule 143.3 and 143.4. The maximum sizes allowed are:
    - All events: not more than 9 mm
    - High Jump and Javelin Throw: not more than 12 mm

  If they do not comply with IAAF Rules, the athletes will be asked to change them to the correct size.

For the track events, hip numbers will be delivered here. Bibs carrying the transponder for the athletes in the Race Walk events will also be delivered here.

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including Relays. Team officials are not allowed to enter the Call Room.

After the completion of these procedures, athletes will be escorted to the Field of Play. If weather conditions permit, track athletes will be required to remove their tracks suits and enter the Field of Play ready to run.

8.7.2 Reporting Times

General times for Call Room entry and arrival at the competition site are as follows:

Event	Last Entry to Call Room	Arrival at Competition Site
Track Events	25 min	5 min
High Jump	60 min	40 min
Pole Vault	80 min	60 min
Throwing Events	50 min	30 min
Long / Triple Jump	50 min	30 min
Relays	30 min	10 min

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

A dedicated, heat by heat and group by group, reporting schedule will be issued every day once Final Entries are confirmed and displayed at the Warm-up Area.
It will indicate the following:

- Entry to Call Room

- Arrival at competition site
- Start time of the event

Athletes who compete in Combined Events shall report to Call Room 1 on each of the relevant days of the competition, before the first event of each day (the reporting times above will apply depending on the event). The athletes' control will however take place in the Rest Room before the start of each event.

8.8 Other specific procedures

8.8.1 Starters Commands
The starter's commands will be given in English.

8.8.2 Field Event Trials
In the Horizontal Jumps and Throws Finals, there will be four trials as follows:
- All athletes shall have three attempts
- The top six athletes after the third attempt shall be allowed one additional attempt

8.8.3 Race Walks
The race walking events will be conducted using the pit lane rule. Please see appendix for more information.

8.8.4 Coaching Zones
Appropriate seating in the Tribunes will be provided for the Field Event Coaches. Access will be reserved to those coaches whose athletes are actually competing and will be checked against the start lists.

8.9 Timing and Measurement

Official timing and measurement will be provided by SEIKO. Transponder timing will also be used for the Race Walks.
Video Distance Measurement (VDM) will be used as the official measurement system to determine the results in the horizontal jumps.

8.10 Post Competition Procedures

All athletes will leave the Field of Play via the Mixed Zonesituated to the right of the finish line.
In the Mixed Zone, the Media may conduct short interviews. Please note that the first three athletes in each Final may also be required to attend the formal interview.
Athletes will then reach the Post Event Arealocated at track level at end of the finish straight where the clothing baskets will be taken from the Call Room.
Here athletes will also be notified for eventual doping control and be informed of medal ceremony arrangements. From here they can then return to the Warm-up Area, to their Hotel or go to the team seats.
Team Officials will easily be able to contact their athletes immediately after the event from the teams' stands.

8.11 Medal Ceremonies

The first threeathletes in each individual event and the first threeteams in each relay race will be presented with a gold, silver or bronze medal respectively. The medal presentations will usually take place before the doping control procedures and as soon as possible after the conclusion of the event. (When a ceremony is held on the following day, athletes shall report to the TIC no later than 30 minutes before the scheduled ceremony time. See medal ceremonies schedule under Timetable in Appendix.)
LOC staff will be responsible to gather the first threeathletes or relay teams and escort them to the ceremony waiting area where they will prepare for the ceremony. When a delegation competes in relay Semi-Finals and Finals with more than four athletes, only the four athletes in the Final will be awarded medals during the official ceremony. The other athletes will receive their medals laterthrough the TIC. The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

8.12 Protests and Appeals

Protests and Appeals will be handled according to IAAF Rule 146 by the TIC at the Stadium.

9. MEDICAL SERVICES

9.1 General Plan

During the event there will be medical services available at selected locations and the venues related to the Championships. Medical staff will be composed by doctors and physiotherapists under the supervision of the IAAF Medical Delegate. There will be a 24-hour medical service on call including ambulance. All the Medical Centres and Medical Teams will have direct communication by mobile phones and portable radio transmitters and all the doctors and nurses will be easy to identify by their uniforms.
The exact location of the medical teams at the different venues will be informed upon arrival.
According to IAAF medical guidelines, all competing athletes and team officials must have health insurance. This insurance should cover the costs of specialised medical help (in case of need).

9.2 Procedures in case ofemergency, injury or illness

In a case of emergency, injury or illness, Team members must report to the closest medical centre in order to benefit from the LOC medical services. An Emergency contact Number will be provided upon arrival for exceptional cases in which it is not possible to report directly to the medical centre.
In case of athletes' injury or illness preventing them from competing, a certificate must be requested at the medical centre and issued by the appointed Medical Delegate. The certificate must be presented to the TIC in case of withdrawal from the event.

9.3 Physiotherapy and Massage

Dedicated massage areas will be made available to teams upon request at the accommodation venues while permanent spaces will be set up at the Warm-up Area.
LOC will offer physiotherapy services to those athletes who do not have medical staff at the Warm-up Area starting 17 July.

9.4 Main Hospital

10th Military Research Hospital and Policlinic

Powstańców Warszawy 5 Street, 85-681 Bydgoszcz – Poland
Tl: +48 261 417 220, +48 261 417 222
Fax: +48 261 41 61 17
E-mail: szpital@10wsk.mil.pl
Website: www.10wsk.mil.pl

10. DOPING CONTROL

10.1 General

Doping Control shall be conducted according to the latest IAAF Procedures and Guidelines under the supervision of the IAAF Doping Control Delegate. The Doping Control Centre is located in the back straight grandstand building.

10.2 In-Competition Control

At the Post Event Area, all athletes selected for Doping Control will be informed. Following post-event protocols which may include the medal ceremony or press interview, athletes will be escorted to the Doping Control Centre. Drinks will be provided for those athletes requiring it, and athletes should drink only these beverages from sealed bottles provided by the LOC.
Athletes have the right to be accompanied by a team official who will be granted proper access to the doping control centre with a special pass only if required.

10.3 Voluntary Doping Control

Athletes who were not chosen for Doping Control may voluntarily submit themselves for testing, for example in case of National Record. In this case athletes, or an official from their team, must complete and sign the "IAAF Doping Control Test" form which is available at the TIC. The cost of such test is at the athlete's National Federation charge and will be debited to the National Federation's account with the IAAF.

10.4 Therapeutic Use Exemption (TUE)

If an athlete has to take any medication included in the WADA Prohibited List 2016, a Therapeutic Use Exemption (TUE) is requested. The TUE has to be issued by the IAAF prior to the beginning of the event. During the Championships only "urgent" TUE's will be dealt with. Under no circumstances a TUE for a chronic pathology will be issued.

11. DEPARTURES

Unless otherwise agreed directly with the hotel or student lodging, check out time will be 12:00 (noon). Team departure time must be provided via the Final entries. The Team Leader will also be requested to confirm the departure information, already provided in the Final Entries, at the Teams' Accreditation Centre. In case of changes, please make sure that these are communicated to the CID.
Transportation to Bydgoszcz or Warsaw airports will be arranged for teams. Departure time from your accommodation venue will be as follows:

- To Bydgoszcz airport: twohours before flight departure time
- To Warsaw airport: five and a half hours before flight departure time

12. OTHER INFORMATION

12.1 IAAF World U20Coaches' Conference

In line with the IAAF's Development Strategy, a 2nd IAAF World U20 Coaches' Conference will take place in Bydgoszcz on the occasion of the IAAF World U20 Championships. It will offer an ideal opportunity to exchange knowledge and to update coaches on the latest trends and research in their field.

Conference Programme

Monday, 25 July 2016

Morning:	Transfer by bus from the Team Hotels in Bydgoszcz to the Conference venue.
09:00 – 12:00:	Conference, Session 1
12:15 – 13:15:	Lunch
13:30 – 17:30:	Conference, Session 2
Evening:	For those with departing flights from Bydgoszcz after 21:00, ground transportation can be organised after the completion of the Conference.

For more details please refer to IAAF Circular Letter M/10/16

12.2 IAAF Outreach Programme

IAAF will continue to promote a drugs-free sport through its Outreach Programme. A tent will be set up close to the warm-up area offering athletes and officials the opportunity to familiarise with the IAAF's anti-doping policies and initiatives. More details will be provided on site.

Appendix 13.1
Entry Standards

Men	Event	Women
10.55	100m	11.80
21.35	200m	24.20
47.70	400m	55.25
1:49.50	800m	2:09.20
3:48.00	1500m	4:28.20
	3000m	9:35.00
14:15.00 / 8:15.00 (3000m)	5000m	16:40.00
31:10.00	10,000m	
9:10.00	3000m SC	10:45.00
	100mH	14.20
14.20 (0,991m)	110mH	
53.20	400mH	60.75
44:20.00	10,000m RW	51:00.00
No standard	4x100 Relay	No standard
No standard	4x400 Relay	No standard
	Heptathlon	5300
7200	Decathlon	
2.16	High Jump	1.83
5.10	Pole Vault	4.05
7.55	Long Jump	6.20
15.60	Triple Jump	13.00
18.25 (6kg)	Shot Put	14.50
55.00 (1.75kg)	Discus	48.00
68.00 (6kg)	Hammer	57.50
68.70	Javelin	49.50

ENTRY RULES

- Only athletes **aged 16, 17, 18 or 19 on 31 December2016** (born in 1997, 1998, 1999 or 2000) may compete. The maximum number of events in which a Youth athlete (born in 1999 or 2000) can compete is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m
- A **maximum of two athletes** from any one Member can compete in each event (with the exception of the Relays).
- Three athletes can initially be entered per event, provided each has achieved the Entry Standard, but **only two will be allowed to compete.**
- Members who have no male and/or female qualified athletes whom they wish to enter in any Championships event, may enter **one unqualified male athlete OR one unqualified female** athlete in one event of the Championships (except the Field Events (see below), Combined Events, 10,000m, 3000m Steeplechase and 5000m Women).
- Members who have no male and/or no female qualified athlete but whose best athlete excels in a **Field Event**, may submit to the IAAF, by the time of the Preliminary Entry deadline, the name

of their athlete plus performance they would like to enter in the Field Event. The Technical Delegates will make the final decision and, to do so, may seek the opinion of the relevant Area Association.

- If the **host country** of the World U20 Championships does not have an athlete qualified in an event, it may enter one athlete in these events regardless of any entry standard.

Every Member may enter one team for each **relay race**, composed by a maximum of six athletes. Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team for the first round.

CONDITIONS FOR VALIDITY OF PERFORMANCES

- All performances must be achieved during the period **1 October 2015 to 11 July 2016**. Please note that the Final Entries deadline remains **three Mondays before the first day of competition, i.e. 4 July 2016.**
- All performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- All performances must be achieved during competitions **organised or sanctioned by the IAAF**, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.
- Performances achieved in **mixed competitions** in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted.
- **Wind assisted performances** (over 2m/sec) will not be accepted.
- **Indoor performances** will be accepted.
- **Hand-timed performances** for events up to and including 800m **will not be accepted.**
- For Race Walks:
  - **road performances** will be accepted
  - results of races conducted using the **pit lane** will be accepted
- For the running events of 200m and over, performances achieved on **over-sized tracks** will not be accepted.

Appendix 13.2
Quota

The quota is the number of finalists that a MF has in the previous edition of the Championships. Places in the relays count double. The maximum number of quota for any Member Federation is 20. See list hereunder

20 Athletes	GER, JPN, KEN, USA
19 Athletes	AUS, GBR
15 Athletes	CHN
14 Athletes	ETH, JAM
11 Athletes	CUB, SWE
10 Athletes	FRA
9 Athletes	TTO
7 Athletes	BRA, CAN, ESP
6 Athletes	NGR
5 Athletes	BRN, NOR, RSA, UGA
4 Athletes	BAH, CRO, CZE, ITA
3 Athletes	ERI, GRE, HUN, NED, TUR, UKR
2 Athletes	BAR, BEL, BLR, BOT, ECU, EGY, LTU, MAR, NZL, PER, SLO, SUI, THA, VEN
Host Country	POL

All the remaining Member Federations entering the World U20 Championships will have a quota of 1 athlete unless by the deadline for the final entries, they have at least one male athlete **and** one female athlete having achieved the entry standards; in this case, their quota will be increased to 2 athletes

Appendix 13.3
Visa Information

Member Federation	Code	Category 1: No visa required	Category 2: Visa required and Polish Consulate	Category 3: Visa required and NO Polish Consulate (where to apply)	Type of passport required
AFGHANISTAN	AFG			IND	
ANGUILLA	AIA	X			
ALBANIA	ALB	X			Biometric
ALGERIA	ALG		X		
ANDORRA	AND	X			
ANGOLA	ANG		X		
ANTIGUA	ANT	X			
ARGENTINA	ARG	X			
ARMENIA	ARM		X		
ARUBA	ARU	X			
AMERICAN SAMOA	ASA	X			
AUSTRALIA	AUS	X			
AUSTRIA	AUT	X			
AZERBAIJAN	AZE		X		
BAHAMAS	BAH	X			
BANGLADESH	BAN			IND	
BARBADOS	BAR	X			
BURUNDI	BDI			KEN	
BELGIUM	BEL	X			
BENIN	BEN			NGR	
BERMUDA	BER	X			
BHUTAN	BHU			IND	
BOSNIA & HERZEGOVINA	BIH	X			Biometric
BELIZE	BIZ			MEX	
BELARUS	BLR		X		
BOLIVIA	BOL			PER	
BOTSWANA	BOT			RSA	
BRAZIL	BRA	X			
BAHRAIN	BRN			KUW	
BRUNEI	BRU	X			
BULGARIA	BUL	X			
BURKINA FASO	BUR			ALG	
CENTRAL AFRICAN REPUBLIC	CAF			ANG	
CAMBODIA	CAM			THA	
CANADA	CAN	X			
CAYMAN ISLANDS	CAY	X			
CONGO	CGO			ANG	
CHAD	CHA			TUN	

CHILE	CHI	X			
CHINA PEOPLE'S REPUBLIC OF	CHN		X		
IVORY COAST	CIV			NGR	
CAMEROONS	CMR			NGR	
DEM. REP. OF CONGO	COD			ANG	
COOK ISLANDS	COK	X			
COLOMBIA	COL		X		
COMOROS	COM			KEN	
CABO VERDE	CPV			MAR	
COSTA RICA	CRC	X			
CROATIA	CRO	X			
CUBA	CUB		X		
CYPRUS	CYP	X			
CZECH REPUBLIC	CZE	X			
DENMARK	DEN	X			
DJIBOUTI	DJI			ETH	
DOMINICA	DMA			VEN	
DOMINICAN REPUBLIC	DOM			COL	
ECUADOR	ECU			PER	
EGYPT	EGY		X		
ERITREA	ERI			EGY	
EL SALVADOR	ESA	X			
SPAIN	ESP	X			
ESTONIA	EST	X			
ETHIOPIA	ETH		X		
FIJI	FIJ			AUS	
FINLAND	FIN	X			
FRANCE	FRA	X			
MICRONESIA	FSM			AUS	
GABON	GAB			ANG	
GAMBIA	GAM			MAR	
GB & NI	GBR	X			
GUINEA-BISSAU	GBS			MAR	
GEORGIA	GEO		X		
EQUATORIAL GUINEA	GEQ			NGR	
GERMANY	GER	X			
GHANA	GHA			NGR	
GIBRALTAR	GIB	X			
GREECE	GRE	X			
GRENADA	GRN			VEN	
GUATEMALA	GUA	X			
GUINEA	GUI			NGR	
GUAM	GUM	X			
GUYANA	GUY			VEN	
HAITI	HAI			COL	
HONG KONG - CHINA	HKG	X			

HONDURAS	HON	X			
HUNGARY	HUN	X			
INDONESIA	INA		X		
INDIA	IND		X		
ISLAMIC REPUBLIC OF IRAN	IRI		X		
IRELAND	IRL	X			
IRAQ	IRQ		X		
ICELAND	ISL	X			
ISRAEL	ISR	X			
US VIRGIN ISLANDS	ISV	X			
ITALY	ITA	X			
BRITISH VIRGIN ISLANDS	IVB	X			
JAMAICA	JAM			VEN	
JORDAN	JOR		X		
JAPAN	JPN	X			
KAZAKHSTAN	KAZ		X		
KENYA	KEN		X		
KYRGHYZSTAN	KGZ			KAZ	
KIRIBATI	KIR			AUS	
KOREA	KOR	X			
KOSOVO	KOS			MKD	
SAUDI ARABIA	KSA		X		
KUWAIT	KUW		X		
LAOS	LAO			THA	
LATVIA	LAT	X			
LIBYA	LBA			EGY	
LIBERIA	LBR			NGR	
SAINT LUCIA	LCA			COL	
LESOTHO	LES			RSA	
LEBANON	LIB		X		
LIECHTENSTEIN	LIE	X			
LITHUANIA	LTU	X			
LUXEMBOURG	LUX	X			
MACAO	MAC	X			
MADAGASCAR	MAD			KEN	
MOROCCO	MAR		X		
MALAYSIA	MAS	X			
MALAWI	MAW			RSA	
MOLDOVA	MDA	X			Biometric
MALDIVES	MDV			IND	
MEXICO	MEX	X			
MONGOLIA	MGL			CHN	
MARSHALL ISLANDS	MHL			AUS	
FORMER YUGOSLAV REPUBLIC OF MACEDONIA	MKD	X			Biometric
MALI	MLI			ALG	
MALTA	MLT	X			

MONTENEGRO	MNE	X			Biometric
MONTSERRAT	MNT	X			
MONACO	MON	X			
MOZAMBIQUE	MOZ			RSA	
MAURITIUS	MRI	X			
MAURITANIA	MTN			MAR	
MYANMAR	MYA			THA	
NAMIBIA	NAM			RSA	
NICARAGUA	NCA	X			
NETHERLANDS	NED	X			
NEPAL	NEP			IND	
NORFOLK ISLAND	NFI	X			
NIGERIA	NGR		X		
NIGER	NIG			TUN	
NORTHERN MARIANAS ISLANDS	NMI	X			
NORWAY	NOR	X			
NAURU	NRU			AUS	
NEW ZEALAND	NZL	X			
OMAN	OMA			KSA	
PAKISTAN	PAK		X		
PANAMA	PAN	X			
PARAGUAY	PAR	X			
PERU	PER		X		
PHILIPPINES	PHI			MAS	
PALESTINE	PLE			EGY	
PALAU	PLW			AUS	
PAPUA NEW GUINEA	PNG			AUS	
POLAND	POL				
PORTUGAL	POR	X			
DPR KOREA	PRK		X		
PUERTO RICO	PUR			USA	
TAHITI	PYF	X			
QATAR	QAT		X		
ROMANIA	ROU	X			
SOUTH AFRICA	RSA		X		
RUSSIA	RUS		X		
RWANDA	RWA			KEN	
SAMOA	SAM			AUS	
SENEGAL	SEN			MAR	
SEYCHELLES	SEY	X			
SINGAPORE	SIN	X			
SAINT KITTS & NEVIS	SKN	X			
SIERRA LEONE	SLE			NGR	
SLOVENIA	SLO	X			
SAN MARINO	SMR	X			
SOLOMON ISLANDS	SOL			AUS	

SOMALIA	SOM			KEN	
SERBIA	SRB	X			Biometric
SRI LANKA	SRI			IND	
SOUTH SUDAN	SSD			ETH	
DEM. REP. OF SAO TOME E PRINCIPE	STP			ANG	
SUDAN	SUD			EGY	
SWITZERLAND	SUI	X			
SURINAM	SUR			VEN	
SLOVAK REPUBLIC	SVK	X			
SWEDEN	SWE	X			
SWAZILAND	SWZ			RSA	
SYRIA	SYR			LIB	
TANZANIA	TAN			KEN	
TONGA	TGA			AUS	
THAILAND	THA		X		
TAJIKISTAN	TJK			UZB	
TURKMENISTAN	TKM			AZE	
TURKS AND CAICOS ISLANDS	TKS	X			
EAST TIMOR	TLS			INA	
TOGO	TOG			NGR	
CHINESE TAIPEI	TPE	X			Machine-readable (with ID Numbers)
TRINIDAD & TOBAGO	TTO			VEN	
TUNISIA	TUN		X		
TURKEY	TUR		X		
TUVALU	TUV			AUS	
UNITED ARAB EMIRATES	UAE	X			
UGANDA	UGA			KEN	
UKRAINE	UKR		X		
URUGUAY	URU	X			
UNITED STATES OF AMERICA	USA	X			
UZBEKISTAN	UZB		X		
VANUATU	VAN			AUS	
VENEZUELA	VEN	X			
VIETNAM	VIE		X		
SAINT VINCENT	VIN			VEN	
REPUBLIC OF YEMEN	YEM			KSA	
ZAMBIA	ZAM			RSA	
ZIMBABWE	ZIM			RSA	

Appendix 13.4
Timetable

DAY 1 - Tuesday Morning, 19 July			
09:30	100m Dec	M	
09:35	Shot Put	M	QAB
09:55	3000m SC	W	R1
10:05	Javelin Throw	W	QA
10:20	Long Jump Dec	M	AB
10:35	1500m	M	R1
11:10	800m	W	R1
11:20	Javelin Throw	W	QB
11:55	Long Jump	M	QAB
12:05	100m	M	R1
12:10	Shot Put Dec	M	AB

DAY 2 - Wednesday Morning, 20 July			
09:20	110m H Dec	M	
09:40	Shot Put	W	QAB
09:55	100m H	M	R1
10:20	Discus Throw Dec	M	A
10:50	400m H	W	R1
11:30	Discus Throw Dec	M	B
11:35	Triple Jump	M	QAB
11:40	400m	M	R1
12:35	100m	W	R1
12:50	Hammer Throw	M	QA
13:05	Pole Vault Dec	M	AB
14:10	Hammer Throw	M	QB

DAY 3 - Thursday Morning, 21 July			
09:30	Hammer Throw	W	QA
09:35	100m H Hep	W	
09:40	Long Jump	W	QAB
09:45	Pole Vault	M	QAB
10:00	3000m SC	M	R1
10:35	400m H	M	R1
10:40	High Jump Hep	W	AB
10:55	Hammer Throw	W	QB
11:20	200m	M	R1

DAY 1 - Tuesday Evening 19 July			
17:00	Pole Vault	W	QAB
17:15	High Jump Dec	M	AB
18:00	10,000m R.Walk	W	F
18:20	Discus Throw	W	QA
[illegible]			
19:10	400m	W	R1
19:35	Discus Throw	W	QB
20:00	Shot Put	M	F
20:05	400m Dec	M	
20:30	10,000m	M	F
[illegible]			

DAY 2 - Wednesday Evening 20 July			
18:00	Javelin Throw Dec	M	A
18:10	110m H	M	SF
18:25	Shot Put	W	F
18:40	High Jump	M	AB
18:45	800m	W	SF
19:10	Javelin Throw Dec	M	B
19:20	100m	M	SF
[illegible]			
19:45	Long Jump	M	F
19:55	400m	W	SF
20:25	3000m	W	F
20:45	Javelin Throw	W	F
[illegible]			
21:00	1500m Dec	M	F
[illegible]			
21:35	100m	M	F
[illegible]			

DAY 3 - Thursday Evening 21 July			
[illegible]			
18:00	Shot Put Hep	W	AB
18:05	100m	W	SF
18:25	Pole Vault	W	F
18:30	200m	M	SF
18:50	Discus Throw	W	F
18:55	400m H	W	SF
19:20	200m Hep	W	
19:45	400m	M	SF
[illegible]			
20:10	Triple Jump	M	F
20:15	400m	W	F
20:25	1500m	M	F
[illegible]			
20:45	800m	W	F
[illegible]			
21:00	110m H	M	F
[illegible]			
21:20	100m	W	F
[illegible]			

DAY 4 - Friday Morning, 22 July			
09:30	Javelin Throw	M	QA
09:35	100m H	W	R1
10:10	Long Jump Hep	W	AB
10:15	High Jump	W	QAB
10:25	800m	M	R1
10:50	Javelin Throw	M	QB
11:20	1500m	W	R1
11:50	Triple Jump	W	QAB
12:00	200m	W	R1
12:25	Javelin Throw Hep	W	A
12:35	Javelin Throw Hep	W	B

DAY 5 - Saturday Morning, 23 July			
09:30	10,000m R.Walk	M	F
09:40	Discus Throw	M	QA
[illegible]			
10:30	5000m	W	F
10:40	Triple Jump	W	F
11:00	Discus Throw	M	QB
[illegible]			
11:10	4 x 400m Relay	W	R1
[illegible]			
11:45	4 x 400m Relay	M	R1

DAY 6 - Sunday Morning 24 July

DAY 4 - Friday Evening 22 July			
18:00	4 x 100m Relay	W	R1
18:20	High Jump	M	F
18:30	4 x 100m Relay	M	R1
19:00	800m Hep	W	F
19:25	Long Jump	W	F
19:30	400m H	M	SF
[illegible]			
20:00	3000m SC	W	F
20:25	Hammer Throw	M	F
20:30	400m	M	F
[illegible]			
20:45	400m H	W	F
[illegible]			
21:00	200m	W	SF
[illegible]			
21:30	200m	M	F
[illegible]			

DAY 5 - Saturday Afternoon 23 July			
17:00	Hammer Throw	W	F
17:10	Pole Vault	M	F
17:15	100m H	W	SF
17:45	800m	M	SF
18:20	200m	W	F
[illegible]			
18:40	Javelin Throw	M	F
18:45	5000m	M	F
[illegible]			
19:15	400m H	M	F
[illegible]			
19:35	4 x 100m Relay	M	F
[illegible]			
19:50	4 x 100m Relay	W	F
[illegible]			

DAY 6 - Sunday Afternoon 24 July			
15:00	High Jump	W	F
15:05	100m H	W	F
15:10	Discus Throw	M	F
15:20	3000m SC	M	F
[illegible]			
15:45	1500m	W	F
[illegible]			
17:10	800m	M	F
[illegible]			
17:30	4 x 400m Relay	W	F
[illegible]			
17:50	4 x 400m Relay	M	F
[illegible]			

Appendix 13.5
Long Throws Training Plan

Untill 18.07.2016

Morning session		Afternoon session	
8:00-10:00	HT	15:00-16:30	HT
10:00-12:00	DT	16:30-17:00	DT
12:00-13:30	JT	17:00-19:00	JT

19-24.07.2016

Morning session		Afternoon session	
19.07.2016			
8:00-10:30	JT W Q - warm-up	15:00-16:00	JT
10:30-12:00	HT	16:00-19:00	DT W Q– warm-up
12:00-13:30	DT	19:00-20:00	HT
20.07.2016			
8:00-11:00	DT Dec – warm-up	15:00-16:00	DT
11:00-13:30	HT M Q– warm-up	16:00-20:00	JT Dec, W F – warm-up
21.07.2016			
7:30-10:00	HT W Q – warm-up	15:00-16:00	HT
10:00-11:30	JT	16:00-18:00	DT W F – warm-up
11:30-13:30	DT	18:00-20:00	JT
22.07.2016			
7:30-13:00	JT M Q, Hep – warm-up	15:00-17:00	DT
		17:00-18:00	JT
		18:00-19:30	HT M F – warm-up
23.07.2016			
7:30-10:30	DT M Q – warm-up	15:00-16:30	HT W F – warm-up
10:30-11:30	HT	16:30-18:00	JT M F – warm-up
11:30-12:30	JT	18:00-19:30	DT
24.07.2016			
		14:00-15:30	DT M F – warm-up

Appendix 13.6
Official Implements

MEN				
Catalogue No.	**Company**	**Description**	**Colour**	**Certification No.**
SHOT 6 KG				
VSP – 320B	Bhalla	Vinex Super, Turned iron, dia: 120mm	red	I-04-0312
PK-6/115	Polanik	Turned steel, dia: 115mm	red	I-02-0262
PK-6/110-S	Polanik	Stainless steel , Competition, dia: 110mm	silver	I-02-0263
PK-6/105	Polanik	Turned steel, Competition, dia: 105mm	various	I-12-0584
5132600	Nordic Sport	Brass, dia: 106mm	gold	I-03-0295
DISCUS 1.75 KG				
DSR-P17	Bhalla International	Vinex High Spin, steel rim, plastic sides	red	I-04-0313
6130175	Nordic Sport	Viking, stainless spin rim, fibreglass sides	red	I-02-0288
CPD11-1.75	Polanik	Competition, plastic, stainless rim, synthetic sides	blue	I-11-0497
CCD14-1.75	Polanik	Competition, carbon, brass rim, carbon sides	various	I-14-0678
HAMMER 6 KG				
F241A/F352	Nishi	Steel, dia:105mm	green	I-06-0360
PM-6/105-M/UP/UW-115	Polanik	Competition brass, dia:105mm	gold	I-02-0267
PM-6/105/UP/UW-115	Polanik	Competition, steel, dia: 105mm	yellow	I-02-0265
5125600/5120040	Nordic Sport	Brass, dia:105mm	gold	I-02-0264
JAVELIN 800g				
800CC95	Nemeth	Classic 95m, hard composite, yellow cord	violet/yellow/orange	I-08-0400
7916800c	Nordic	Champin Carbon, carbon, lilac cord	white/lilac spiral	I-99-01-89
7916803c	Nordic	Airglider, carbon, red cord	white/red spiral	L-09-0300
7916800	Nordic Sport	Champion Steel, steel, black cord	lilac/white	I-99-0012
7913800	Nordic Sport	Master 800, steel, black cord	blue	I-99-0013
SC10-800	Polanik	Competition Sky Challenger, aluminium	transparent red	I-11-0504
SM10-800	Polanik	Competition Space Master, aluminium	electric limetransparent	I-11-0505

WOMEN				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 4 KG				
PK-4/95-S	Polanik	Stainless steel dia: 95mm	metal	I-00-0231
AL302	Mondo Iberica	Competition, Steel, dia: 99mm	blue	I-99-01-74
5133402	Nordic Sport	Turned steel, dia:109mm	red	I-99-0025
Pk-4/105-S	Polanik	Turned stainless steel, Competition, dia: 105mm	metallic	I-00-0232
PK-4/100	Polanik	Steel, Competition, dia: 100mm	various	I-99-0150
PK-4/95	Polanik	Turned steel, Competition, dia: 95mm	various	I-12-0588
PK-4/110	Polanik	Turned steel, Competition, dia:110mm	various	I-12-0581
DISCUS 1 KG				
6176100	Nordic Sport	Gold brass rim, fibreglass sides	white/gold	I-99-0005
6131100	Nordic Sport	Master, brass rim, fibreglass sides	black/gold	I-99-0031
CCD-1	Polanik	Carbon, brass rim, carbon sides	blue	I-00-0192
CPD11-1	Polanik	Competition, plastic, stainless rim, synthetic sides	blue	I-11-0493
HAMMER 4 KG				
F210A/F352/F353	Nishi Athletic Goods	Steel and Ductile, dia: 95mm	blue	I-99-0080
5125400/5120040	Nordic Sport	Brass, dia: 95mm	gold	I-99-0009
PM-4/95-S/UP/UW-110	Polanik	Stainless steel, dia: 95mm	silver	I-00-0201
PM-4/95-M/UP/UW-110	Polanik	Brass, dia:95mm	gold	I-00-0204
JAVELIN 600g				
600C75	Nemeth	Club 75m, aluminium, violet cord	violet/yellow/blue	I-99-0103
600CS80	Nemeth	Classic 80m, aluminium, violet cord	violet/yellow/green	I-99-0102
7917601	Nordic	Diana Classic flex 7.2	pink	I-99-0015
AF10-600	Polanik	Competition Air Flyer, aluminium	transparent blue	I-11-0500
SC10-600	Polanik	Competition Sky Challenger, aluminium	transparent red	I-11-0501
SM10-600	Polanik	Competition Space Master, aluminium	electric lime transparent	I-11-0502

CITY MAP

COMPETITION VENUE

FORDON TRAINING VENUE

AIRPORT

TEAMS HOTELS

1. HOTEL CITY
2. HOTEL BRDA
3. HOTEL MARATON
4. HOTEL PAN TADEUSZ
5. HOTEL CAMPANILLE
6. HOTEL BEST INN
7. IKAR
8. MEDICAL UNIVERSITY STUDENTS LODGING
9. ART SCHOOL STUDENTS LODGING
10. UNIVERSITY OF SCIENCE&TECHNOLOGY STUDENTS LODGING

VIPS HOTELS

1. HOTEL SUNNY MILL
2. HOTEL MERCURE SEPIA
3. HOTEL HOLIDAY INN

1. OLD TOWN
2. OPERA NOVA (WELCOME DINNER)
3. BYDGOSKIE CENTRUM WYSTAWIENNICZO-TARGOWE (FINAL BANQUET)

Appendix 13.8
Zawisza Stadium General Plan

1. MAIN STADIUM
2A. WARM-UP AREA
2B. LONG THROWS WARM-UP AREA
3. WEIGHT-LIFTING
4. TEAM MASSAGE AREA
5. INDOOR WARM-UP
6. TIC & PROTEST DESK
7. MEDIA CENTER/VIP HOSPITALITY
8. IAAF / AMS / DENTSU OFFICES
9. LOC OFFICE
10. CALL ROOM
11. AWARD AREA
12. MEDIA SEATS
13. DOPING CONTROL
14. TEAMS ACCREDITATION CENTER
/ TECHNICAL MEETING
/ U20 COACHES CONFERENCE
15. MIXED ZONE
15. TEAMS STAND
17. HOST BROADCASTER AREA
18. ATHLETES COMISSION STAND
19. CHANGING ROOMS
20. COMBINED EVENTS REST ROOM
21. PICK-UP POINT
22. DROP-OFF POINT

Appendix 13.9 ACKNOWLEDGEMENT & AGREEMENT FORM

1. In consideration of the right to compete in International Competitions, I,

_____ of _____

[Last Name, First Name] [National Federation]

hereby acknowledge and agree as follows:

1.1. I am aware of and have had the opportunity to review the IAAF Rules (the "Rules") and the IAAF Regulations (the "Regulations") available on the IAAF website at http://www.iaaf.org/about-iaaf/documents/rules-regulations I consent and agree to comply with and be bound by the Rules and Regulations (and any amendments to the Rules and Regulations as may be made from time to time).

1.2. I consent and agree in particular to comply with and be bound by the IAAF Anti-Doping Rules (Chapter 3 of the Rules) and by the IAAF Anti-Doping Regulations and the International Standards incorporated into the IAAF Anti-Doping Regulations. I declare that I am not currently using and will not in the future use any substance or method or other practice which violates the IAAF Anti-Doping Rules. I undertake to compete in Athletics drug free at all times.

1.3. I am aware of and have had the opportunity to review the Athlete Information Notice available on the IAAF website at http://www.iaaf.org/about-iaaf/documents/anti-doping/athletes-guides-and-advisory-notesconcerning the use of my personal information by the IAAF. I consent and agree that my personal information may be used by the IAAF in accordance with the Athlete Information Notice.

1.4. I consent and agree in particular that my Personal Information including without limitation my Sensitive Personal Information (as those terms are defined in the Anti-Doping Regulations) may be processed for anti-doping purposes in accordance with the IAAF Anti-Doping Rules and the IAAF Anti-Doping Regulations (and the International Standard for the Protection of Privacy and Personal Information incorporated into the Anti-Doping Regulations) by and amongst the IAAF and its Area Associations and Member Federations, the World Anti-Doping Agency, National Anti-Doping Agencies and/or other Anti-Doping Organisations, including, but not limited to, as part of the ADAMS database system.

1.5. I am aware of and have had the opportunity to review the IAAF Code of Ethics (the "CoE") available on the IAAF website athttp://www.iaaf.org/about-iaaf/documents/rules-regulations#rules. I consent and agree to comply with and be bound by the Code of Ethics (and any amendments to the Code of Ethics as may be made from time to time).

1.6. I consent and agree that for the limited purpose of promoting the IAAF, the sport of Athletics, or particular athletics competitions, the IAAF may without charge and on a worldwide basis use any images that are taken of me in any media at or in conjunction with any athletics competitions in which the IAAF has an ownership interest, including the World Championships in Athletics and other World Athletics Series events.

1.7. I acknowledge and agree that any dispute arising out of a decision made pursuant to the Rules may be appealed exclusively as provided in the Rules to the Court of Arbitration for Sport (CAS). I acknowledge and agree that all decisions of CAS under the Rules shall be final and binding and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.

2. Unless renewed upon the IAAF's request at any time, this Agreement shall be of indefinite duration and shall terminate only upon my retirement from Athletics.

3. This Agreement shall be governed by and construed in accordance with the Laws of Monaco. I acknowledge that, by signing this Acknowledgement and Agreement, I have read and understand this Acknowledgement and Agreement and that it is legally binding.

Date: _____

Name: _____
[Print Last Name (in Capitals), First Name]

Date of Birth: _____
[Day/Month/Year]

Signature: _____

Send to: *athletes-agreement@iaaf.org*

Appendix 13.10
Pit Lane Rule

GENERAL

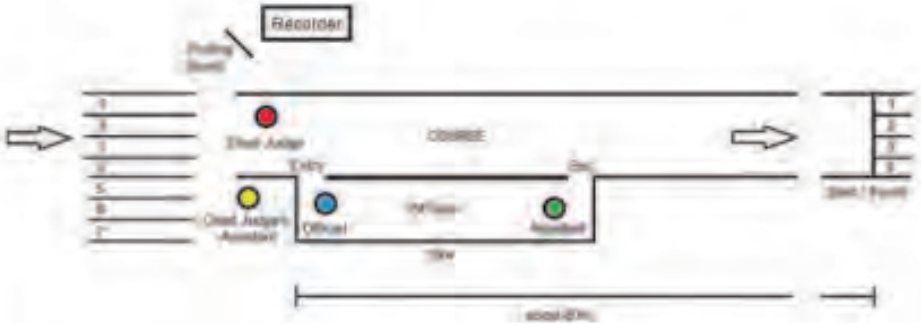
After a successful testing phase, the "Pit Lane" has now been officially included in the IAAF Competition Rules: see IAAF Rule 230.7 (c).

The below guidelines have been developed in order to ensure a consistent approach to the practical implementation of the Pit Lane and, although designed for a competition held on a track, similar conditions (number and position of judges, length and position of the pit lane, etc.) should apply in case of a road competition.

PENALTY AREA SET UP

- It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.
- It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
- Small barriers or cones should be used to clearly identify the penalty area.
- The athlete is free to stop or continue moving inside the penalty area however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.
- Set up for road events should be similar though compatible with existing space constraints.

Example of set-up for a track event



ADDITIONAL OFFICIALS

- There must be 2 red-card collectors next to each Race Walking Judge to ensure the fastest possible delivery of the red cards to the recorder.
- 1 official and 1 assistant will be required to manage the operation of the Penalty Area (in charge of the athletes' entry and exit, plus the control of the penalty time).
- 1 Chief Judge's Assistant will be required to help the Chief Judge communicate the penalty times to the athletes concerned, especially in the last laps.

JUDGING

IAAF Race Walking Rules (230) must be applied with the following adaptations:

- When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides and he must stop in the penalty area at the first opportunity. Depending on the race distance, the following penalty times shall apply:
  - Races up to 5000m 60 seconds
  - Races longer than 5000m and up to 10,000m 120 seconds
- At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Pit Lane.
- The time penalty starts immediately as the athlete enters the Pit Lane.
- The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty.
- After the time penalty, and following the instructions of the official in charge of the penalty area, the athlete shall re-enter the event.
- The athlete is not judged in the Penalty Area.
- If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives 4 or more Red Cards before stopping in the penalty area, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the penalty area, the athlete shall finish the race and the penalty time (60 or 120 seconds) shall be added to his official time.
- The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).

OFFICIAL IAAF PARTNERS
OFICJALNI PARTNERZY IAAF

adidas

Canon

SEIKO

TDK

OFFICIAL IAAF SUPPLIER
OFICJALNY DOSTAWCA IAAF

MONDO

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