

NOTES:

A series of horizontal dashed lines for taking notes.

Team Manual

www.tallinn2015.org/en

European Athletics U23 Championships

9.–12. July 2015

Tallinn, Estonia

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1. GENERAL INFORMATION

1.1 Host City Tallinn

The European Athletics U23 Championships will take place on 9–12 July 2015 in Tallinn, Estonia. Tallinn's Old Town, perhaps the best-preserved Hanseatic town of all (a UNESCO World Heritage site), Tallinn is the capital of Estonia, the population of which is approximately 434 000 people. The event will be held at the Kadriorg Stadium, which is the best track and field arena in Estonia.

1.2 Business Hours Shops, Government Offices, Banks

Language:	Estonian
Population:	1.31 million
Capital:	Tallinn
Currency:	Euro (€); 1 EUR = 100 Cent
Notes:	EUR 5, 10, 20, 50, 100, 200 and 500
Coins:	Cent 1, 2, 5, 10, 20 and 50; EUR 1 and EUR 2
Time zone:	GMT +2
Electricity:	220 V, 50 Hz
Telephone country code:	+372
Drinking water:	Potable
Driving:	On the right
Climate:	Average temperature in July is 20,6 C° – 23,4 C° Average rainfall in July is 73 mm
Opening hours:	
Shops	Monday-Sunday: 09:00–20:00
Post Offices, Bank:	Monday-Friday: 09:00–18:00
Credit Cards:	All the major international credit cards are accepted in hotels, shops and restaurants (Visa, MasterCard, Euro card, American Express).

Introductory phrases in Estonian:

Tere!	Hello!
Head aega!	Good bye!
Aitäh!	Thank you!
Tere hommikust	Good morning!
Tere õhtust!	Good evening!
Mis on sinu nimi?	What is your name?
Meeldiv teid kohata	Nice to meet you
Kas sa räägid inglise keelt?	Do you speak English?
Ma ei saa aru	I do not understand
Ma ei tea	I do not know

2. ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President	Svein Arne Hansen (NOR)
First Vice President	Dobromir Karamarinov (BUL)
Vice Presidents	Jean Gracia (FRA) Frank Hensel (GER) Christian Milz (SUI) Sylvia Barlag (NED) Gregor Bencina (SLO) José Luis de Carlos (ESP) Alfio Giomi (ITA) Marton Gyulai (HUN) Toralf Nilsson (SWE) Dimakos Panagiotis (GRE) Antti Pihlakoski (FIN) Jorge Salcedo (POR) Gabriela Szabo (ROU) Erich Teigamägi (EST) Libor Varhanik (CZE) Salih Munir Yaras (TUR)
Director General	Lamine Diack (SEN)
Council Members	Carl-Olaf Homén (FIN) Hansjörg Wirz (SUI)
IAAF President (ex officio member)	
European Athletics Honorary Life Presidents	
2.2 European Athletics Delegates	
Organisational Delegate/Vice President	Jean Gracia (FRA)
Technical Delegates	Martin van Ooyen (NED) Elena Orlova (RUS)
Doping Control Delegate	Jan Engström (SWE)
Jury of Appeal	Iker Martinez (ESP) – Chair Elisabete Costa (POR) Silvia Hanusova (SVK)
International Race Walking Judges	Ann-Iren Guttulröd (NOR) – Chief Mara Baleani (ITA) Ray Flynn (IRL) José Ganso (POR) Inge-Marie Schöler (DEN) Orsolya Gruber (HUN)
International Technical Officials	John Cronin (IRL) – Chief Luis Abegao (POR) Lars Danielsson (SWE) Tatiana Goncharenko (RUS) Ludmila Pudilova (CZE) Ole Petter Sandvig (NOR)

IAAF Road Race Measurer
International Starter
International Photo finish Judge
Event Presentation Consultant

Maurice Winterman (NED)
Luis Figueiredo (POR)
Roger Karlsson (SWE)
Florian Weber (GER)

2.3 European Athletics Office

European Athletics
Avenue Louis-Ruchonnet 18
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 Estonian Athletic Association

President
General Secretary
Board Members

Erich Teigamägi
Sirje Lippe
Gert Lee
Harry Lemberg
Mati Lilliallik
Toomas Mälberg
Erki Nool
Urmo Raiend
Rein Sökk
Aivar Tuulberg
Jaak Vettik
Mehis Viru

2.5 Local Organising Committee Council

President
Council Members

Erich Teigamägi
Rein Ilves
Anu Kaljurand
Gert Lee
Mati Lilliallik
Erki Nool
Tõnu Seil

2.6 Local Organising Committee

President
General Secretary
General Coordinator

Erich Teigamägi
Sirje Lippe
Erik Pallase

Event Presentation
Protocol/Hospitality
Press/Media
TV Broadcasting
Finance
Accreditation
Travel/Accommodation

Taavi Esperk
Silvi Kask
Maris Lindmäe
Rivo Saarna
Sirje Lippe
Liisa Roos
Raido Roos
Sirje Lippe
Marlis Tiitsaar
Gert Lee
Jaan Laos
Kristel Berendsen
Egert Juuse
Silvi Kask
Vahur Onton

Marketing/Publications
Promotion
Medical
Anti-Doping
Competition
Ceremonies
Volunteers

2.7 Competition Organisation

Competition Director
Meeting Manager
Technical Manager
Stadium Director
Event Presentation Manager
Call Room Referee
Track Events Referee
Start Referee
Starter (s)

Egert Juuse
Allan Pilt
Peeter Randaru
Olavi Sikka
Taavi Esperk
Toivo Pruul
Margus Randaru
Margus Metsma
Andres Piibeleht
Tarmo Rahkama
Ülle Paasoja
Väino Munskind
Hannes Randaru
Mai Miss
Kaupo Nõlvak
Margus Martin
Lauri Puolokkainen
Riho Meri
Peeter Töldsepp
Margit Randaru
Andrus Arumäe
Tiit Tarve
Jaan Pärn
Jaak Vettik
Karen Aau
Anu Baranin
Raivo Kornet
Mia-Brit Ots
Karl Reinkubjas

Start Coordinator
Chief Timekeeper
Chief Lap Scorer
Photo Finish judge
Field Events Referees

Combined Events Referee
Referee for events outside the stadium
Technical Information Centre Manager
Secretary of Jury of Appeal
Competition Secretary
Marshall

3. ARRIVALS

3.1 Arrival by Air

The official airport is Tallinn Lennart Meri which is situated 2.8 km from the Kadriorg Stadium.

3.1.1 Welcome Service

Upon arrival at Tallinn Lennart Meri airport, the teams will be met by their Team Attachés. The Welcome Desk is situated in the arrivals area after baggage reclaim at the airport and will be open according to the arrival of the teams.

After collecting luggage, team members will be escorted to the official buses by their Team Attachés and taken to the team hotel, approximately 10–15 minutes from the airport.

3.1.2 Transportation of Equipment

On arrival to the airport, train station or the Port of Tallinn athletes are responsible for taking their vaulting poles through customs and hand them over to LOC personnel, the poles will be transported directly to the Kadriorg Stadium. **Poles must be clearly marked with names and country signs** to ensure that they do not get lost.

3.2 Arrival by Train / Boat

There will be no Welcome Desk at the Port of Tallinn / railway station Balti Jaam. Teams arriving by boat / 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 the Accreditation Centre located at the Radisson Blu Hotel Olümpia. Teams arriving by road shall bring their vaulting poles to the pole vault storage room located at the Kadriorg Stadium.

3.4 Visa Requirements

The following countries require a visa to enter Estonia:

Albania****
Armenia
Azerbaijan*
Belarus
Bosnia-Herzegovina****
Georgia***
FYR Macedonia****
Moldova****
Montenegro****
Russia ***
Serbia****
Turkey***
Ukraine***

*) holder of a Diplomatic Passport or a Service Passport does not require a visa

***) holder of a Diplomatic Passport does not require a visa for a short stay according to an agreement between the EC and respectively state on the facilitation of the issuance of visas

****) holder of a biometric Passport does not require a visa

Visas should be obtained before leaving your country, from the Estonian Embassy or Consulate. Estonia does not have an embassy in many countries, and a visa must be applied for in other country's embassy that represents Estonia. Should you have any problems or require a letter of invitation please contact the LOC (info@tallinn2015.org, fax: +372 667 7995, phone: +372 667 7997)

Requests for invitation letters shall be supported with the following information:

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

Please be aware that visa applications require a minimum of 15 working days to be processed.

4. TRANSPORT

4.1 Transport and information desk

The transport desk will be located in the TIC at Kadriorg Stadium and will be open from

Tuesday, 7 July	13:00–20:00
Wednesday, 8 July	09:00–20:00
Thursday, 9 July	08:30–20:30
Friday, 10 July	08:30–21:30
Saturday, 11 July	08:30–21:30
Sunday, 12 July	08:30–20:30

4.2 Bus Shuttle Service

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

Transfer times between the hotels and the competition venue will be between 10–15 minutes, depending on the hotel location and traffic conditions.

Please note that the accreditation card will give free access to public transportation in Tallinn.

The following arrangements have been made for the team hotels:

Detailed schedules for transportation will be displayed at the Information Desks and Boards in the team hotels.

4.3 Return to Airport / Train station / Port of Tallinn

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

5. ACCOMMODATION & HOTEL INFORMATION

5.1 General Information

The LOC has reserved four of good quality hotels for teams, providing full board accommodation and easy accessibility to both the centre of Tallinn and the competition venue.

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 U23 Championships in Tallinn. The Information Desks opening hours will be as follows:

Monday, 6 July	15:00–20:00
Tuesday, 7 July – Sunday, 12 July	08:00–20:00
Monday, 13 July	08:00–13:00

5.3 Official Hotels

The official hotels for the 10th European Athletics U23 Championships in Tallinn will be:

Teams Hotels:

Radisson BLU Hotel Olümpia

Liivalaia 33, 10118 Tallinn, Estonia

Park Inn by Radisson Central

Narva mnt 7C, 10117 Tallinn, Estonia

Viru Original by Sokos Hotels

Viru väljak 4, 10111 Tallinn, Estonia

Tallink Piritä SPA Hotel

Regati pst 1, 11911 Tallinn, Estonia
tel. +372 639 8822, fax +372 639 8821

The team hotels allocation will be defined and available after the final entries.

European Athletics Family and VIP Hotel

Nordic Hotel Forum

Viru väljak 3, 10111 Tallinn
Tel: +372 622 2900; Fax: +372 622 2901

Media and Personal Coaches Hotel

Please contact:

Hotel Susi
Peterburi tee 48, 11415 Tallinn, Estonia

5.4 Costs and European Athletics Quota

For all athletes within the European Athletics Quota, the European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (408.1.4 and 410.4), for a maximum of six nights. No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

The European Athletics has previously informed all Member Federations about the allotted free places. The allocation of the free places is based on the results (places 1-8 achieved), the number of participants per country at the European U23 Championships 2013 in Tampere and the European U23 season best-list 2014:

ALB 2	CYP 4	GIB 1	LUX 3	ROU 10
AND 1	CZE 10	GRE 6	MDA 3	RUS 35
ARM 2	DEN 3	HUN 8	MKD 2	SRB 5
AUT 4	ESP 13	IRL 7	MLT 2	SLO 5
AZE 3	EST Host	ISL 3	MNE 3	SMR 2
BEL 10	FIN 10	ISR 4	MON 1	SUI 6
BIH 3	FRA 23	ITA 20	NED 15	SVK 3
BLR 9	GBR 28	LAT 7	NOR 8	SWE 11
BUL 5	GEO 3	LIE 1	POL 21	TUR 7
CRO 5	GER 32	LTU 6	POR 7	UKR 18

Those Member Federations with 1 free place will receive an additional free place under the condition that they have at least one male and female athlete. Estonia (EST) as host of the Championships has not been allotted any free place.

The number of team officials in the hereunder chart is also eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials accommodation costs.

Ratio of Athletes & Officials

Number of Athletes From – to	Number of Team Officials Up to ⁽¹⁾ .	Maximum number of additional Team Officials ⁽²⁾ .
1–3	1	1
4–6	2	1
7–10	3	2
11–15	5	3
16–20	7	3
21–25	9	4
26–30	11	4
31–35	13	5
36–40	15	5
41–45	17	6
46–50	18	7
51–55	19	9
56–60	20	10

The following rates apply for team members. This includes full board accommodation and applies to any additional days for Athletes and Officials within the ratio and outside the ratio:

Group	Single room	Double/Twin room
Athletes outside the quota and in ratio-officials	90 €	90 €
Officials outside the ratio	120 €	120 €
Additional nights (Athletes and Officials)	120 €	120 €

All prices include VAT.

Each participating team shall be allocated a minimum number of single rooms equal to 10% of the total number of athletes and in ratio team officials entered in the final entries. Additional single rooms can be requested and will be given according to availability. The price for the additional single room is 120 € for the full board accommodation for all days.

The LOC will endeavour to fulfil all the requests of rooms for additional officials (above the out ratio) and additional single rooms as per the final entries, however please be aware that as the number of room is limited, there may be a situation where officials above the out of ratio maximum number cannot be guaranteed an accommodation in the respective team hotel.

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.

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 **EURO**.

5.4.1 Payment Procedures

A proforma invoice will be sent to each Federation detailing the amount they owe based on their preliminary entries. Federations are kindly encouraged to make an advance payment of at least 50% by 24 June. Advance payments should be made in Euros by bank transfer to the following account:

Bank account name: SRK
Bank address: Swedbank AS, Liivalaia 8 (Tallinn, Estonia)
Swift No: HABAAE2X
IBAN: EE952200221050974363

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

An accreditation fee of 50 Euros per personal coach will be added to the overall invoice of the concerned team.

Member Federation should inform the LOC whether the accommodation cost of the personal coaches will be borne by the federation or the coached themselves. This payment can be done on-site.

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

5.5 Rooming list

The rooming list information (name of the sharing person in twin room) will have to be entered in ARENA during the Final Entries and is mandatory to enable the accurate calculation of required rooms, which will be the basis of the accommodation invoice.

5.6 Meals

All meals will be taken in the team hotels' restaurant. The restaurant opening times are:

The restaurant opening times are in each hotel:

Breakfast: 06:00–10:00
Lunch: 12:00–15:00
Dinner: 19:00–22:00 with the exception of 10–11 July 19:00–22:30

Accreditation cards together with room numbers will allow access to meals.

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

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

5.7 Meeting Rooms for Teams

Arrangements can be made for a team meeting room through the Information Desks in the Team Hotels. Requests shall be made at least 12 hours in advance.

5.8 Telephone Calls

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

All delegations will receive a contact list with important telephone numbers for the European Athletics U23 Championships Tallinn 2015.

6. ACCREDITATION

6.1 General

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

6.2 Accreditation Procedure

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

Accreditation cards will be distributed at the Main Accreditation Centre in Radisson BLU Hotel Olümpia. The Team Leader will be responsible for collecting the team's accreditation cards.

Team Leaders are requested to take the athletes' passports or copy of the passports to the Accreditation Centre at the Radisson BLU Hotel Olümpia, Liivalaia 33 in order to allow verification of the participants' age.

The Team Leader will settle the payment of accommodation for team members outside the European Athletics quota and after he/she can collect the accreditations cards for the whole team.

6.3 Distribution of the cards:

Teams:

Each Head of Delegation will be transported to the Main Accreditation Centre to collect the accreditation cards of the full team after having finalised the accommodation payment.

6.4 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the information desks located in each hotel, the Main Accreditation Centre or TIC in the Kadriorg stadium. Duplicate cards can be obtained where proof of identity can be established.

6.5 Access Areas for Teams

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

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

Separate cards will be issued to Team Leaders, for access to the Mixed Zone, Combined Events Resting Area, Medical Centre (on the 1st floor of main tribune building), Race Walking Refreshment Area and the information available in the teams' pigeon boxes at the Technical Information Centre (TIC).

Tickets/separate cards will also be distributed to the coaches (1 per competing athlete) for the coaching areas.

Access to the Doping Control: 1 pass will be given to the athlete upon notification and an additional pass for an accompanying person. Passes will be collected back from them once they enter the Doping Control Station.

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

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

The TIC is located at the competition venue (see appendix 4) and will be functional from 8 July 09:00.

Opening hours:

Wednesday, 8 July	09:00–20:00
Thursday, 9 July	08:30–20:30
Friday, 10 July	08:30–21:30
Saturday, 11 July	08:30–21:30
Sunday, 12 July	08:30–20:30

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

- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Competition information (start lists, results, etc)
- Liaison points concerning technical matters between Team Delegate(s), Technical Delegate(s), European Athletics and LOC
- Recovery of items confiscated at the Call Room
- Registration and collection of personal implements. (e.g. shot put, etc.)
- Request of documentation for national records or other purposes (additional doping control and Omega photo finish prints)
- Withdrawal of athletes
- Receipt of final declaration of members of relay teams
- Publication of results
- Receipt of protests and appeals from the teams

All technical information regarding the competition will be distributed to each delegation in a pigeon box given to each team. This information will also be displayed on information boards. Access to the information to be distributed at the TIC will be controlled by a separate card, not by the accreditation card. TIC cards will be given to each Team Leader.

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

7.2 Technical Meeting

The Technical Meeting will be held on 8 July at 17:00 in Radisson BLU Hotel Olümpia, room Alfa.

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

All questions related to the Technical Meeting must be presented in writing, preferably in English, to the TIC before 12:00 on 8 July. The Technical Meeting will be conducted in English.

A shuttle service from the team hotels will be provided for this meeting please refer to the Information Desk in the Team Hotel for detailed information.

The Technical Meeting will be attended by:

- European Athletics President (or his representative)
- Local Organising Committee President
- European Athletics Officials
- Competition Director
- Competition Officials
- TIC Manager
- European Athletics Staff

7.2.1 Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Local Organising Committee
- Welcome by the European Athletics President or his representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Presentation of the competition and warm up sites
- Information from the Technical Delegates on the following points:
 - Qualification system for track and field events
 - Raising of the bars (Qualifying Rounds and Final)
 - Other relevant issues not mentioned in the Team Manual
- Information briefing by the Doping Control Delegate
- Opening/Closing Ceremony and Closing Banquet
- Answering of questions submitted in writing by federations

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

7.3 Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from 9 July in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on the 9 July at 14:00 in the Kit Collection area (next to the Mixed Zone) at the competition venue. The remaining meetings will be scheduled on site and according to the needs.

7.4 Equipment

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

Personal Implements shall also be allowed, providing that:

- They have a valid IAAF certification
- They are not already on the official list
- They are in good conditions and the brand is easily recognised.
- They are made available to all the other competitors until the end of the Final
- They will have to be submitted to the implements check to TIC the day before the event and no later than 19:00 hours.

Basic implements will be provided for warm up and training.

Vaulting poles collected and transported by the LOC upon the arrival of the teams will be available for training in the equipment storage room located at the Kadriorg Stadium (see Appendix 4). The storage room will be open according to the training schedule detailed in point 7.7.

Vaulting poles must be delivered to the equipment storage room at the Kadriorg Stadium by 19:00 the evening before the start of each pole vault event. The poles will be kept in a locked store and will be brought to the competition site in due time by the organisers. After the competitions, vaulting poles of the teams leaving by air, train or boat will be transported directly from the stadium to the respective location (airport, train station or the port of Tallinn). Poles must be clearly marked with name and country signs to ensure prompt delivery.

7.5 Inspection of Competition Venue

Heads of Delegation may visit the Kadriorg stadium, inspecting access routes and other facilities, which will be important to the teams on 8 July from 11:00 Heads of Delegation are to meet LOC members at the Call-room, from where they will be escorted on this visit.

7.6 Competition Area

The Kadriorg stadium and its surroundings are shown in appendix 4 of this document. There are 5000 seats in the stadium.

The stadium has the following competition sites:

- 8 lanes
- 2 High Jump sites

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

The Warm up area has the following sites:

- Synthetic track 300 m with 3 lanes
- 1 site for Long/Triple Jump
- 1 site for Javelin Throw
- 1 site for High Jump
- 1 site for Shot Put
- 1 site for Pole Vault
- 1 Combined Discus/Hammer Circle

The track surface in Kadriorg Stadium is MONDO and in Warm up area is Polytan.

Athletes' seats are located in the first rows of the Main Tribune (see Appendix 4).

Seats for Long Jump and Triple Jump coaches will be reserved on the Main Tribune of the Kadriorg Stadium. Area for coaches nearby the competition site will be also reserved for High Jump, Pole Vault and Javelin Throw. Special passes giving access to these seats/areas will be available in the TIC a day before the concerned event.

7.7 Training

Athletes will have the possibility to train in the Training Stadium Audentes, located 6.3 km from the Kadriorg Stadium (see Appendix 4). Training for Hammer and Discus Throw takes place in Tallinn German High School Stadium (except on Sunday, 12 July), nearby Audentes training venue.

Athletes training for the Hammer and Discus may train in **Tallinn German High School Stadium** at the following times:

Tuesday, 7 July	Hammer	10:00–11:30 & 15:00–17:00
	Discus	11:30–13:00 & 17:00–19:00
Wednesday, 8 July	Discus	10:00–11:30 & 15:00–17:00
	Hammer	11:30–13:00 & 17:00–19:00
Thursday, 9 July	Discus	10:00–11:30 & 15:00–16:00
	Hammer	11:30–13:00 & 16:00–17:00
Friday, 10 July	Discus	10:00–11:30 & 16:00–17:00
	Hammer	11:30–13:00 & 15:00–16:00
Saturday, 11 July	Hammer	10:00–11:30 & 15:00–16:00
	Discus	11:30–13:00 & 16:00–17:00

The Training Stadium Audentes has both indoor and outdoor arenas.

Indoor arena has the following sites:

- 4 lanes around (200 m) and 6 straight lanes
- 2 Long/Triple Jump sites
- 1 High Jump site
- 1 Shot Put site
- Weight lifting area

Outdoor has the following sites:

- 5 lanes around (330 m) and 6 straight lanes
- 1 High Jump site
- 1 Long/Triple Jump site
- 1 Shot Put site
- 1 Javelin Throw site

The track surface in both venues is Polytan (not the same as on the Kadriorg Stadium)

Opening hours of the Training Stadium Audentes will be:

7 July – 11 July	10:00–13:00 & 16:00–20:00
12 July	10:00–13:00

For safety reasons, athletes training for **Javelin Throw** may train at the following times:

7 July – 11 July	10:00–11:00 & 18:00–20:00
12 July	11:00–12:00

Pole vault training will be available in the **Warm up area of the Main Stadium** at the following times:

7 July – 8 July	10:00–13:00 (NB! pole vaulters, who wish to train on 7-8 July, are kindly asked to submit their request to a person in the Information Desk in their hotel 1 hour in advance in order to arrange the transportation)
9 July – 11 July	09:00–19:00
12 July	09:00–13:00

Equipment and implements necessary for training will be available at the training venues. Officials will be present to help in the case of problems or special requirements. Drinks will be available at the training venues. 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 Training Stadium Audentes is located in the indoor arena, while in the Kadriorg Stadium it is located in a tent at the Warm up area (see Appendix 4).

The Weight training room/tent will be open at the following times:

Warm up area	7 July – 8 July	10:00–13:00
	9 July – 12 July	09:00–20:00
Training Stadium Audentes	7 July – 12 July	at the official training times

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

7.7.1 Training at the competition venue

Official training for all athletes at the Main Stadium (Kadriorg Stadium) will take place on Wednesday, 8 July from 10:00–12:00 (mainly for inspecting the venue and running). The competition Warm Up area will also be available during this time only.

7.7.2 Training with Official Starters

This will take place at the Main Stadium (Kadriorg Stadium) on 8 July from 10:30–12:00

7.8 Dressing Rooms

Athletes are expected to arrive at the Kadriorg Stadium in competition clothing. When necessary the team tents located at the Warm-up area can be used for changing.

7.9. Race Walking

General Information

The start and finish line for Men's and Women's walking events will be at the Tallinn Song Festival Grounds (1.5 km from the Kadriorg Stadium). The course is a 1 km loop, which will be closed to pedestrians and traffic and marked with cones.

7.9.1 Timetable

Men's 20 km Race Walking will take place on July 10 at 15:55.

Women's 20 km Race Walking will take place on July 10 at 18:20.

7.9.2. Race Walking course and Orientation visit

A detailed plan of the walking course can be found in the appendices (appendix 7). A tour will start at the main entrance of the Song Festival Grounds (seaside gates) at 11:00 and will last until 12:00 on July 10.

For the Race Walking course and Orientation visit, teams will be taken by buses from their respective hotels at 10:40. Return buses will leave from the Tallinn Song Festival Grounds (1.5 km from the Kadriorg Stadium) at 12:10

7.9.3 Warm-up area

The warm-up area for the athletes competing in race walking events will be located in the main competition site for the race walkers (Song Festival Grounds) (see Race Walking map).

7.9.4 Use of transponders

Transponder timing will be the official timing and athletes must wear a transponder according to the instructions given in the Call Room.

7.9.5 Call Room

Athletes shall enter the Call Room at the following times:

- Men's 20 km Race Walking (July 10) from 15:35 to 15:45
- Women's 20 km Race Walking (July 10) from 18:00 to 18:10

After these times no athlete will be allowed to enter. Any participant failing to appear in due time renders himself liable for disqualification from the event. A dedicated area within the Call Room can be used as changing area.

Accompanied by officials the athletes will be guided to the starting line, where they will have to be 5 minutes before the start.

7.9.6 Personal Refreshments

Team officials may hand the athletes their personal beverages/refreshments at the personal refreshment tables. According to the number of athletes competing by country, each team will have its own table or share a table with other teams, which will be marked with the national flag and the IAAF country code. The tables are arranged in alphabetical order according to the three letter country code.

LOC provides two bottles for each athlete competing in a race walking event. The bottles should be picked-up in the TIC the afternoon before the race. Athletes could use their own bottles that have to comply with the IAAF advertising regulations.

All personal refreshments must clearly display the following information:

- Athletes' name
- Athletes' bib number
- IAAF Country Code

Athletes are responsible for the identification of their bottles. Stickers will be also available at the TIC the day before each competition. All the teams' officials have to bring their refreshments to the refreshment point on the race day at least 1 hour before the start of the race.

A maximum of two officials from every team will have access to the Refreshment Station. Those officials must wear a special card issued by the LOC, which can be collected at the TIC the day before each competition. These officials are authorised to place refreshments directly into the athletes' hands from the designated place behind the team's table. These persons shall not, under any circumstances, run beside an athlete while he/she is taking refreshments, as stated in IAAF Rule 230.9. (f). In this situation or if the athlete collects refreshments from a place other than the Refreshment station renders himself liable to disqualification by the Referee.

7.9.7 Drinking & Sponging Station

Wet sponges and still water in bottles will be located along the course. Walkers will pick up their bottles and sponges on their own.

7.9.8 Mist Station

There will be a Mist Station located nearby the main entrance of the Song Festival Grounds (seaside gates), which is approximately 350 m from the start line.

A mist station consists of a shower-like apparatus releasing a fine spray of water from above. Participants can choose whether or not to use the Mist Station.

Signs indicating the upcoming Mist Station will be displayed 50 metres before the station.

7.9.9 Toilets

Toilets will be available along the course in three different places: nearby the second gate of the Song Festival Grounds mid-way between the turn to the finish straight in front of the arc and the refreshment station; at the end of the start straight; and mid-way the course (~500 m from the start). See Appendix 7.

7.9.10 Assistance

During the competition, walkers are not allowed to give or receive any kind of assistance in any manner. When a competitor is unable to continue walking due to physical difficulties, he must inform the nearest judge. To indicate his intention of quitting the race, the runner shall remove the bibs with his/her name and identification number. A competitor is not permitted to receive assistance from any person other than a member of the official medical staff appointed by the LOC and properly identified as such, who may carry out an on-the-spot medical examination. There are first aid stations located along the route.

7.9.11 Lap Scoring

There will be lap counters beside the course, who will show the walkers the number of laps remaining.

7.9.12 Race Walking Disqualifications

The Posting Board showing the red cards and disqualifications will be placed at the start area.

8. COMPETITION REGULATIONS

8.1 Team Composition

There will be 22 men's events and 22 events for women.

Only athletes aged at least 20 (twenty) and not more than 22 (twenty two) years on 31 December of the year of the competition may participate in the European Athletics U23 Championships.

An official ID card (with picture) stating their birth date of the athlete will be requested during the accreditation procedure to verify the participants' age (see point 6.2).

Individual competition: Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may compete provided that each athlete has reached the qualifying standard so far set for that event. Alternatively each **European Athletics** Member Federation may enter one athlete in each individual event even if such athlete has not achieved the qualifying standard for that event.

Relay teams: Every European Athletics Member may enter 1 (one) team in each relay event. 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the Championships, 4 (four) athletes to start must be nominated at the time specified for the final declaration of runners.

8.2 Competition Entry Procedures

8.2.1 General Information

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules.

No athlete may compete in the European Athletics U23 Championships unless entered by an European Athletics Member Federation.

8.2.2 Final Entries

Final entries shall be made through the European Athletics Event Management System which will be accessible at the following link: <https://arena.european-athletics.org/>. Member Federations' entries manager shall use their already known individual and personalised access.

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

- Opening of the final entries: Wednesday, 10.06.2015
- Deadline for the final entries: Monday, 29.06.2015, 24:00 (CET)

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 24 h 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 of Arena after the closing of the final entries.

8.2.3 Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline (see table below).

For events held on the first day of the competition, Team Leaders or their representatives must take the final confirmation of entries of their athletes by 09:00 hrs on July 8. For events held on and after the 2nd day of competition, confirmation of entries must be made by 09:00 hrs on the day before the event.

The composition of each relay team as well as well as the order of running shall be officially declared at the TIC, no later than 60 minutes before the published first call time for the first heat of each round of the competition.

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and submitted to the TIC at the Stadium in accordance with the deadline set out in the table below:

Competition day	Deadline for Final Confirmation
9 July	09:00, Wednesday, 8 July
10 July	09:00, Thursday, 9 July
11 July	09:00, Friday, 10 July
12 July	09:00, Saturday, 11 July

Any team foreseeing to arrive to the venue of the Championships later than the deadline set above shall confirm the respective athletes' participation via email to competition@european-athletics.org.

8.2.4 Withdrawal

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

In accordance with rule 142.4 of IAAF Competition Rules, the provision of a medical certificate, endorsed by a medical officer appointed by the Local Organising Committee may be accepted as sufficient reason to accept that the athlete became unable to compete after confirmations closed or after competing in a previous round but will be able to compete in further events (except Combined Events Individual Events).

8.3 Competition Bibs

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

For individual events, each competitor will receive 4 personal bibs with names. 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 High Jumpers and Pole Vaulters: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For running events of 800 m and longer (including last race of Combined Events and 4 × 400 m last lap) athletes will receive a bib with a plastic pouch for the transponders that shall be pinned in the front. Transponders will be handed out at the Call Room and collected in the Kit Collection area after each heat.

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

Each competitor in the race walking events will be given two special bibs in the Call Room which must be worn as follows:

- the bib with his/her name and identification number on his/her front,
- the bib with his/her identification number only on his/her back.

Special bibs

The defending European Champion (orange background) and the current European Leader competing in an individual event (blue background) will wear a special bib to be worn on the chest.

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest.

Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chest, which will indicate their position in the competition prior to the last event.

Bibs must not be cut, folded or covered in any way.

8.4 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force, available at <http://www.iaaf.org/about-iaaf/documents/rules-regulations#regulations>. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the call room.

The European Athletics has a record of the Team vests of all Member Federations, available on European Athletics' Event Management System, Arena, accessible at the following link: <https://arena.european-athletics.org/>.

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, a full set of photographs must be uploaded, using the template form by **29 June, 2015** at the latest:

- JPEG file, maximum resolution and size 300 dpi / 500 KB

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.

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 12 mm. 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.

9. COMPETITION PROCEDURE

9.1 Timetable

Please refer to Appendix 1 for the competition timetable.

9.2 Call Room Procedures

The call for the participants will be made in the area between the Warm up area and the main competition venue, along the road leading to the competitions site. It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

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

• Pole Vault	75 minutes prior to the scheduled starting time
• High Jump	55 minutes prior to the scheduled starting time
• Field Events, except Javelin	45 minutes prior to the scheduled starting time
• Javelin Throw	40 minutes prior to the scheduled starting time
• Track Events	25 minutes prior to the scheduled starting time

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

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 of 800 m and longer (including last lap of 4 × 400 m relays and the last event in the Combined Events) 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 shall 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.

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

• Pole Vault	60 minutes prior to the scheduled starting time
• High Jump	40 minutes prior to the scheduled starting time
• Field Events, except Javelin	30 minutes prior to the scheduled starting time
• Javelin Throw	25 minutes prior to the scheduled starting time
• Track Events	10 minutes prior to the scheduled starting time

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

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

9.3 Combined events

Competitors taking part in combined events must report to Call Room once at the start of each competition day in the morning. For the remaining events, athletes will be escorted from the resting area to the competition site at pre-determined times.

A resting area for the competitors taking part in combined events will be provided at the dressing rooms beneath the main tribune (see stadium map), where athletes can rest and wait for their next event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check.

For every athlete a lunch box will be provided together with fruit, energy bars, sandwiches and drinks in the resting area. Toilets and showers facilities will also be available. Access to the combined events resting area is limited to the competitors and up to one other accredited person per athlete (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

9.4 Event Presentation format

In all **track events** the athletes will be presented to spectators only in the finals. When the athletes are ready in the starting area, the announcer will present them starting from the inside lane/position. Athletes will be presented in both Estonian and English language.

In all **field events** the athletes will be presented to spectators only in the finals. The athletes will be asked by the event referee to line up, facing the main tribune of the stadium. The announcer will present them starting from left to right (according to starting order) in Estonian and English language.

9.5 Competition Preparations

9.5.1 Field Events

Each athlete is allowed a minimum of two practice trials under the supervision of the officials, more if time allows. The athletes will be called to the practice trials in the competition order. Only official markers provided by the LOC will be allowed for marking the runways.

9.5.1.1 Trials in Field Events

During qualification rounds in field events except vertical jumps, athletes will be allowed a maximum of three trials. Any athlete qualifying after the first or second trial will not be allowed any further trials.

In all field events, those achieving the qualifying standard will be qualified for the final, and if less than 12 athletes will achieve it, the group of finalists shall be expanded to 12, adding athletes according to their performances in the qualification. In those finals all athletes are allowed three attempts and the 8 best after three rounds will be given additional 3 attempts with a re-arranged competing order after the 3rd round of trials.

9.5.1.2 Measurements

Distances in all field events will be measured by OMEGA scientific measurement equipment.

9.5.2 Track Events

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

9.5.2.1 Starter's Commands

The starter's commands will be given in English only.

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

- "On your marks"
- "Set"
- Shot of a gun

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

- "On your marks"
- Shot of a gun

Omega starting blocks will be used at the European Athletics U23 Championships. These blocks have a false start detection system and are linked to the false start console.

9.5.2.2 Timing

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

9.6 Leaving the stadium during the competition

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

9.7 Leaving the stadium after the competition

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

9.8 Drinking Stations

Water and soft drinks are provided in the infield, Call Room, Warm up area, Mixed Zone and in the rest room of combined events.

9.9 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 a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board). Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

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

9.10 Interviews

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

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

10. MEDICAL SERVICES & DOPING CONTROLS

10.1 Medical Services

10.1.1 General Information

The medical service will provide medical information and assistance to teams, organisation personnel, and honorary guests as well as, during the competition, to the spectators in the stadium.

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

10.1.2 Medical Services in the Hotels

In case of an emergency please contact Dr Jaan Laos who is in charge of the medical service and can be reached on +372 5645 2455.

10.1.3 Medical Care at the Competition Venue, Warm-Up Area and Training 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 two first aid teams at the main stadium (nearby the finish line and the entrance to the field for athletes), supervised by a doctor and marked with red crosses.

A nurse will be available in the training venue. Service will be available during opening times.

10.1.4 Physiotherapy

The team physiotherapists and doctors may use the equipment in the Medical Centre (on the 1st floor of main tribune building) in co-operation with the LOC medical staff.

In case of injury the LOC medical team will help the athlete to go to the physiotherapy area or the medical centre to be treated by the LOC medical service or by his or her team doctor or physiotherapist.

10.1.5 Insurance

According to the Regulation 410.9 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.

10.2 Doping Controls

10.2.1 General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti doping officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS). Passport or any other means of identification is needed.

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 can render them liable to disqualification and may lead to further disciplinary action.

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

10.2.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the 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.

10.2.3 Additional Controls

Additional athletes may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

10.3 European Athletics Anti-Doping Education Programme

European Athletics is determined to increase its fight against doping. We want to ensure a clean sport and fairness amongst all competitors. One way is to search for cheating athletes through doping controls. We are continuously improving our testing programme, however, controls and tests are only a tool to identify those athletes that already broke the rules and have cheated everybody by doping.

We want to support the true and clean athletes when they start to engage in our sport. We need to show that we are ready to help and give them guidance to challenge doping. European Athletics aims to promote education for awareness, knowledge and prevention.

The athletes can only act in the right way if they know the rules and know the danger of doping.

As a long term goal we wish to contribute with our programme to the promotion of fairness and respect among athletes. We need to fight doping as it is destroying the fundamental principle of our sport: fair play.

In order to target the youngest group of athletes, the programme which is supported by the UNESCO, the World Anti-Doping Agency and the IAAF will be implemented for the sixth time at the European Athletics U23 Championships in Tallinn/EST (9–12 July 2015).

Please encourage your athletes to take part in this important programme.
Only together we can make our sport drug free!

10.3.1. Procedure of the Programme at the Championships

All competing athletes will have a chance to learn and take part in an electronic quiz about doping in our educational tent located in the warm-up area. The electronic quiz is a multiple choice test which will give a detailed explanation in case of wrong answers.

Participants who successfully answer 8 out of 10 questions will receive one of the "I run Clean, I throw Clean, I jump Clean, I walk Clean" T-shirts.

The programme will run on all 4 competition days in order to give all athletes the possibility to take part.

11. INFORMATION

11.1 Stadium

Timing Boards

A clock showing the race time is positioned in the in-field near the finishing line as well as near the 100 m, 200 m and 1500 m start line.

Field Events Boards

The result of each trial in field events will be shown on the dedicated infield scoreboards. Final and intermediate results of the field events will be indicated on the scoreboards above the second bend (200 m start area).

The qualifying marks for the final of the Championships will be marked in the following disciplines:

- Long jump and triple jump yellow mark along the landing area
- Throwing events yellow lines in the landing sector

11.2 Announcements

Official announcements will be made in Estonian and English language.

11.3 Start Lists and Results

Start Lists for each competition day will be available for Team Leaders at TIC on the previous day.

Results and start lists will be displayed on the TIC Information board and the Call-Room board.

Copies of the results of each day's events will be distributed to each Team at the TIC team mailbox on each evening of competition. A daily program, which will include the start list for each competition day and the results of the previous competition day, will be available each morning at the TIC team pigeon box. Complete results in the form of a booklet will be issued to Team Leaders as soon as possible after the competition.

11.4 Welcome Run

The Welcome Run will kick-off the European Athletics U23 Championships. We encourage Team Members to come along at no charge for this run, with a view to learn more about what running or walking offers. Whether you are a runner or a walker, come and enjoy the beautiful Kadriorg Park! Welcome run will take place on Wednesday, 8th July 2015 at 12:00. Pre-registration please send e-mail (name, sex, date of birth and country) urmo@stamina.ee. Event day registration will be accepted at the Registration Tent on Wednesday 8th July in Kadriorg Park from 10.00 to 11.45.

12. SECURITY

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

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

If necessary, the police can be contacted through the LOC Information Desk at your hotel.

The emergency phone number is 112 (police, ambulance and fire department).

13. CEREMONIES & SOCIAL FUNCTIONS

13.1 Welcome Dinner

European Athletics & LOC dinner will be held at the House of the Blackheads at Pikk Street 26, Tallinn on 8 July at 19:00. Two persons from each team will be invited. Invitation cards will be included in the accreditation documents.

13.2 Opening Ceremony

The Opening Ceremony will take place on 8 July at 21:00 at the Raekoja Plats (Town Hall Square).

For the Opening Ceremony teams will be taken by buses from their respective hotels at 20:00. Return buses will leave from Raekoja Plats every 30 minutes from 22:00 until 24:00. All buses will stop at each official hotel.

Athletes who are preparing for the competition and will not be able to attend at the opening ceremony, can be part of it through the live broadcast of Estonia's largest Internet portal Delfi (www.delfi.ee, m.delfi.ee).

13.3 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Meeting. All the victory ceremonies will take place at the Kadriorg Stadium with the exception of the 4 × 400 m relays, which will be held during the Closing Banquet on Sunday evening.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags, bags or other.

13.4 Closing Ceremony

The Closing Ceremony will take place at the Kadriorg Stadium, immediately after the last victory ceremony at the stadium. All team members are invited; gathering no later than 20:15 at the main tribune.

13.5 Closing Banquet

The Closing Banquet will take place on 12 July at 21:00 at the Tallinn Song Festival Grounds (at Narva maantee 95). Everyone with accreditation is welcome to attend.

14. Departure

Teams will be asked to provide full travel details together with the final entries. Team Leader will be asked to confirm departure details upon accreditation process. Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier. On the day of departure the LOC Hotel Manager will check the rooms together with the Team Leaders.

14.1 Transportation of vaulting poles

Teams leaving by road shall collect their vaulting poles immediately after the competition from the pole vault storage room located at the Kadriorg Stadium.

Vaulting poles of the teams leaving by air, train or boat will be transported directly from the stadium to the respective location (airport, train station or the port of Tallinn). Poles must be clearly marked with name and country signs to ensure prompt delivery.

15. Contact details

For further details about the European Athletics U23 Championships in Tallinn 2015 please contact:

Mr. Raido Roos
Logistics & Technical
E-mail: raido@ekjl.ee
Tel: +372 5343 6252

15.1 European Athletics Office (on site)

Kadriorg Stadium
Roheline aas 24
On the 2nd Floor of main tribune building

See point 2.3. for the European Athletics Headquarters' contact details.

15.2 Office of the Local Organising Committee

Kadriorg Stadium
Roheline aas 24
On the 1st Floor of main tribune building
operating days & opening hours
Wednesday, 8 July 09:00–20:00
Thursday, 9 July 08:30–20:30
Friday, 10 July 08:30–21:30
Saturday, 11 July 08:30–21:30
Sunday, 12 July 08:30–20:30

15.3 Office of the Estonian Athletic Association

Maakri 23
10145 Tallinn
Tel: +372 667 7997
Fax: +372 667 7995
E-mail: ekjl@ekjl.ee
Web: www.ekjl.ee

16. Appendices

LOC to add the following appendices:

Appendix 1 – Timetable
Appendix 2 – Implement List
Appendix 3 – Entry standards
Appendix 4 – Training Areas, Warm-up and Map of Stadium
Appendix 5 – Daily Maps
Appendix 6 – Accreditation system
Appendix 7 – Race Walking Course
Appendix 8 – Agenda of 8 July

Appendix 1 – Timetable

Day 1, Thursday Morning, 9 July 2015

10:00	Shot Put	W	Q A+B
10:05	Hammer Throw	M	Q A
10:10	100 m	M	R1
10:55	100 m	W	R1
11:22	Long Jump	M	Q A+B
11:25	Hammer Throw	M	Q B
11:35	100 m H Hep	W	
11:40	Pole Vault	W	Q A+B
12:15	400 m	W	R1
12:35	High Jump Hep	W	A+B
12:55	400 m	M	R1

Day 1, Thursday Evening, 9 July 2015

15:00	Javelin Throw	W	Q A
15:05	Shot Put Hep	W	A+B
16:00	3000 m SC	W	R1
16:05	Pole Vault	M	Q A+B
16:20	Javelin Throw	W	Q B
16:30	Triple Jump	W	Q A+B
16:40	1500 m	M	R1
17:15	200 m Hep	W	
17:50	800 m	W	R1
17:55	Discus Throw	M	Q A
18:00	High Jump	M	Q A+B
18:30	10 000 m	M	Final
18:54	Shot Put	W	Final
19:10	Discus Throw	M	Q B
19:15	100 m	W	SF
19:30	10 000 m	M	MC
19:40	100 m	M	SF

Day 2, Friday Morning, 10 July 2015

10:00	Hammer Throw	W	Q A
10:15	100 m H	W	R1
10:50	110 m H	M	R1
11:15	Hammer Throw	W	Q B
11:30	1500 m	W	R1
11:50	High Jump	W	Q A+B
11:55	Long Jump Hep	W	A+B
12:00	800 m	M	R1
12:40	400 m H	W	R1
13:10	400 m H	M	R1

Day 2, Friday Evening, 10 July 2015

15:10	Javelin Throw Hep	W	A
15:55	20 km Race Walk	M	Final
16:00	3000 m SC	M	R1
16:20	Javelin Throw Hep	W	B
16:27	Shot Put	W	MC
16:35	Triple Jump	W	Final
16:40	200 m	W	R1
17:10	200 m	M	R1
17:42	100 m H	W	SF
17:50	Hammer Throw	M	Final
18:00	Pole Vault	W	Final
18:05	110 m H	M	SF
18:20	20 km Race Walk	W	Final
18:25	800 m	W	SF
18:40	800 m Hep	W	Final
19:05	Long Jump	M	Final
19:07	Triple Jump	W	MC
19:15	10 000 m	W	Final
19:40	Discus Throw	M	Final
19:55	400 m	W	SF
19:58	Hammer Throw	M	MC
20:07	Heptathlon	W	MC
20:15	400 m	M	SF
20:25	10 000 m	W	MC
20:29	Pole Vault	W	MC
20:38	100 m	W	Final
20:42	Long Jump	M	MC
20:50	100 m	M	Final

Day 3, Saturday Morning, 11 July 2015

09:40	100 m Dec	M	
10:00	Discus Throw	W	Q A
10:35	Long Jump Dec	M	A+B
11:15	Discus Throw	W	Q B
11:20	4 × 400 m Relay	W	R1
11:50	4 × 400 m Relay	M	R1
12:00	Long Jump	W	Q A+B
12:10	Shot Put Dec	M	A+B
12:45	Javelin Throw	M	Q A
14:00	Javelin Throw	M	Q B

Day 3, Saturday Evening, 11 July 2015

15:45	High Jump Dec	M	A+B
15:48	20 km Race Walk	W	MC
15:52	20 km Race Walk	M	MC
16:00	400 m H	W	SF
16:20	400 m H	M	SF
16:25	Triple Jump	M	Q A+B
16:32	Discus Throw	M	MC
16:40	200 m	W	SF
16:50	100 m	W	MC
17:00	200 m	M	SF
17:10	100 m	M	MC
17:22	3000 m SC	W	Final
17:27	Javelin Throw	W	Final
17:40	1500 m	M	Final
17:55	100 m H	W	Final
18:03	Pole Vault	M	Final
18:10	110 m H	M	Final
18:13	3000 m SC	W	MC
18:17	1500 m	M	MC
18:25	400 m	W	Final
18:30	100 m H	W	MC
18:40	400 m	M	Final
18:43	110 m H	M	MC
18:51	High Jump	M	Final
18:55	800 m	M	SF
19:12	400 m	W	MC
19:20	800 m	W	Final
19:25	400 m	M	MC
19:33	Hammer Throw	W	Final
19:37	400 m Dec	M	
19:56	Javelin Throw	W	MC
20:00	800 m	W	MC
20:10	5000 m	M	Final
20:27	Pole Vault	M	MC
20:35	200 m	W	Final
20:40	5000 m	M	MC
20:50	200 m	M	Final

Day 4, Sunday Morning, 12 July 2015

09:30	100 m H Dec	M	
10:20	Discus Throw Dec	M	A
11:00	Shot Put	M	Q A+B
11:25	Discus Throw Dec	M	B
11:40	4 × 100 m Relay	W	R1
12:00	4 × 100 m Relay	M	R1
13:15	Pole Vault Dec	M	A+B

Day 4, Sunday Evening, 12 July 2015

14:30	Discus Throw	W	Final
14:35	Hammer Throw	W	MC
14:50	High Jump	M	MC
15:15	200 m	W	MC
15:40	Triple Jump	M	Final
15:50	200 m	M	MC
16:00	400 m H	W	Final
16:09	High Jump	W	Final
16:10	Discus Throw	W	MC
16:20	Javelin Throw Dec	M	A
16:25	400 m H	M	Final
16:31	400 m H	W	MC
16:50	1500 m	W	Final
16:58	400 m H	M	MC
17:07	3000 m SC	M	Final
17:25	Javelin Throw Dec	M	B
17:27	1500 m	W	MC
17:31	Triple Jump	M	MC
17:40	800 m	M	Final
17:45	3000 m SC	M	MC
17:55	Long Jump	W	Final
18:00	5000 m	W	Final
18:20	800 m	M	MC
18:30	Shot Put	M	Final
18:35	4 × 100 m Relay	W	Final
18:42	High Jump	W	MC
18:43	Javelin Throw	M	Final
18:50	4 × 100 m Relay	M	Final
18:54	5000 m	W	MC
19:05	1500 m Dec	M	Final
19:25	4 × 100 m	W	MC
19:35	4 × 400 m Relay	W	Final
19:42	4 × 100 m	M	MC
19:50	4 × 400 m Relay	M	Final
19:56	Long Jump	W	MC
20:00	Shot Put	M	MC
20:04	Decathlon	M	MC
20:08	Javelin Throw	M	MC

Appendix 2 – Implementation List

Catalogue No.	Company	Description	Colour	Cert. No.	pcs
SHOT 4 kg					
PK-4/100	Polanik	Competition, steel, dia: 100 mm	Blue matt	I-99-0150	4
PK-4/105-S	Polanik	Stainless steel, dia: 105 mm	Metallic	I-00-0232	4
N1118FX	Nelco	Shot 4 kg, Turned steel, dia: 109 mm	Red	I-01-0248	4
5134400	Nordic Sport	Turned stainless steel, dia: 95 mm	Silver	I-99-0028	4
5132400	Nordic Sport	Nordic Brass, dia: 95 mm	Gold	I-12-0601	4
5133400	Nordic Sport	Turned steel, dia: 104 mm	Black	I-99-0026	4
5133402	Nordic Sport	Turned steel, dia: 108 mm	Red	I-99-0025	4
34943	Gill Athletics	Turned steel, dia: 108 mm	White	I-99-0058	4
SHOT 7,26 kg					
5131726	Nordic Sport	Olympic Super, turned lacquered steel, dia: 128 mm	Yellow	I-99-0021	4
5131727	Nordic Sport	Olympic Super turned, dia: 125 mm	Black	I-99-0022	4
5132726	Nordic Sport	Brass, dia: 110 mm	Gold	I-99-0023	4
5131728	Nordic Sport	Olympic Super, dia: 120 mm	Blue	I-12-0604	4
721-3129	UCS	Turned steel, dia: 129 mm	Red	I-99-0119	4
34163	Gill Athletics	Turned steel, dia: 128 mm	Black	I-99-0054	4
N1118AX	Nelco	Turned steel, dia: 129 mm	Yellow	I-01-0247	4
PK-7,26/125	Polanik	Competition, turned steel, dia: 125 mm	Various	I-13-0652	4

DISCUS 1 kg					
720-1100	UCS	Orange Flyer Medium Moment, steel rim, fiberglass	Orange	I-99-0120	2
720-3100	UCS	Blue Flyer Low Moment, steel rim, fiberglass plates	Blue	I-09-0451	2
CCD-1	Polanik	Carbon, brass rim, carbon sides	Blue	I-00-0192	2
D1000JUS	Denfi Sport	Jürgen Schult Ultimate spin, chrome rim	White/yellow centre	I-99-0099	2
F303B	Nishi Athletics Goods	Super, steel rim	Black	I-99-0086	2
720203	Gill Athletics	Pacer Gold, bronze alloy rim, plastic sides	Gold	I-99-0040	2
2103	Gill Athletics	OTE Very High Moment, steel rim, aluminium sides	Red	I-99-0065	2
D1000SKYM	Denfi Sport	Skymaster, Chrome rim, mix carbon	Red/white center	I-00-0229	2

DISCUS 2 kg					
720-2200	UCS	Purple Flyer High Moment, steel rim, fiberglass	Purple	I-99-0123	2
6131200	Nordic Sport	Super Spin, brass rim, black fiberglass sides	Black	I-99-0030	2
N1105A	Nelco	Super Spin Black, stainless steel rim	Black	I-99-0091	2
D2000JUS	Denfi Sport	Jürgen Schult Ultimate Spin, chrome rim, carbon grey	White/yellow	I-99-0098	2
720201	Gill Athletics	Pacer Gold, bronze alloy rim, plastic sides	Gold	I-99-0036	2
D2000SKYM	Denfi Sport	Skymaster, Chrome rim, mix carbon	Red/white center	I-02-0270	2
N1105GA	Nelco	Gold, brass rim, plastic sides	White/gold	I-99-0095	2
D2000ST	Denfi Sport	Space Traveller, black plated steel rim	Black/blue/black center	I-10-0456	2

JAVELIN 600 g					
7917606c	Nordic Sport	Olympia Carbon, carbon, green cord	White, green spiral	I-10-0457	2
7917605c	Nordic Sport	Indra Carbon flex 5.1	White, red spiral	I-03-0301	2
7917604c	Nordic Sport	Xena Carbon, carbon, blue cord	White, blue spiral	I-07-0393	2
7917603c	Nordic Sport	Diana Carbon flex 5.3, carbon	White	I-99-0191	2
7917601	Nordic Sport	Diana Classic flex 7.2, 600 g	Pink	I-99-0015	2
7917605	Nordic Sport	Indra Steel, steel, red cord	Red, white spiral	I-01-0241	2
7917604	Nordic Sport	Xena Steel, steel, blue cord	Blue, white spiral	I-01-0242	2
600S60	Nemeth Javel-Inn	Standard 60m, aluminium, violet cord	Violet	I-99-0108	2
600C75	Nemeth Javel-Inn	Club 75 m, aluminium, violet cord	Violet/yellow/blue	I-99-0103	2
600CS75	Nemeth Javel-Inn	Classic 75 m, aluminium, violet cord	Violet/yellow/red	I-99-0110	2
600CC85	Nemeth Javel-Inn	Classic 85 m, composite, yellow cord	Violet/yellow/orange	I-09-0428	2

JAVELIN 800 g					
7913800	Nordic Sport	Master 800, steel, black cord	Blue	I-99-0013	2
7912800	Nordic Sport	Master Classic, steel, black cord	Blue	I-99-0034	2
7916808	Nordic Sport	Orbit, steel	Blue, white, yellow	I-99-0014	2
7916800	Nordic Sport	Champion steel, steel	Lilac, white, yellow	I-99-0012	2
7916803c	Nordic Sport	Airglider Carbon flex 4.5, carbon, red cord	White, red spiral	I-03-0300	2
7916803	Nordic Sport	Airglider Steel, steel, red cord	Red, white	I-99-0011	2
7916800c	Nordic Sport	Champion Carbon flex 4.8, carbon, lilac cord	White, lilac spiral	I-99-0189	2
7916808c	Nordic Sport	Orbit Carbon flex 5.0, carbon, blue cord	White, blue spiral	I-99-0190	2
800570	Nemeth Javel-Inn	Standard 70m, aluminium, violet cord	Violet	I-99-0106	2
800CS85	Nemeth Javel-Inn	Classic 85, aluminium, violet cord	Violet/yellow/red	I-99-0429	2
800CS90	Nemeth Javel-Inn	Classic 90, aluminium, violet cord	Violet/yellow/green	I-99-0100	2
800CC95	Nemeth Javel-Inn	Classic 95, hard composite, yellow cord	Violet/yellow/orange	I-08-0400	2
800CS95	Nemeth Javel-Inn	Classic 95, aluminium, violet cord	Violet/yellow/orange	I-99-0101	2
2890H	Gill Athletics	Xtra Headwind, aluminium	Variou	I-99-0068	2
HAMMER 4 kg					
PM-4/95/UP/UW-130	Polanik	Competition, steel, dia: 95 mm	Blue	I-99-0156	2
PM-4/95-S/UP/UW-130	Polanik	Stainless steel, dia: 95 mm	Silver	I-00-0201	2
722-2095/722-4000/4200	UCS	Steel, dia: 95 mm	Silver	I-99-0126	2
5125400/5120040	Nordic Sport	Brass, dia: 95 mm	Gold	I-99-0009	2
5127400/5120040	Nordic Sport	Stainless steel, dia: 95 mm	Silver	I-99-0010	2
F210A/F352	NISHI Athletic Goods	Hammer 4 kg, dia: 96 mm	Blue	I-99-0080	2
HAMMER 7,26 kg					
5125726/5120040	Nordic Sport	Brass, dia: 110 mm	Gold	I-99-0008	2
PM-7,26/110-M/UP/UW-130	Polanik	Brass, dia: 110 mm	Gold	I-00-0206	2
PM-7,26/110-S/UP/UW-130	Polanik	Stainless steel, dia: 110 mm	Silver	I-00-0203	2
F201/F352/F353	Nishi Athletic Goods	Steel, dia: 110 mm	Orange	I-99-0079	2
F201A/F352/F353	Nishi Athletic Goods	Steel and Tungsten dia: 110 mm	Orange/black	I-09-0442	2

Appendix 3 – Entry standards

Women	Event	Men
11.85	100 m	10.60
24.20	200 m	21.45
54.75	400 m	47.40
2:08.00	800 m	1:49.50
4:22.50	1500 m	3:45.00
16:35.00	5000 m	14:12.50
36:00.00	10 000 m	30:15.00
14.10	100/110 m Hurdles	14.35
60.75	400 m Hurdles	52.15
10:35.00	3000 m SC	9:00.00
01:48:00	20 km Walk	01:30:00
NES	4 × 100 m	NES
NES	4 × 400 m	NES
1.80	High Jump	2.16
3.95	Pole Vault	5.20
6.10	Long Jump	7.55
12.95	Triple Jump	15.65
14.50	Shot Put	17.35
49.00	Discus	53.50
60.00	Hammer	63.00
50.00	Javelin	70.00
5300	Heptathlon/Decathlon	7200

NES = No entry standard

Entries:

Individual Entries (403.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 408.1.3).

Alternatively to 403.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event.

For each event, provided that any European Athletics Member enters only 1 (one) athlete, such an athlete shall not be required to have reached the qualifying standard for that event (e.g. 100m three athletes competing = all must have entry standard, long jump one athlete competing = no entry standard necessary).

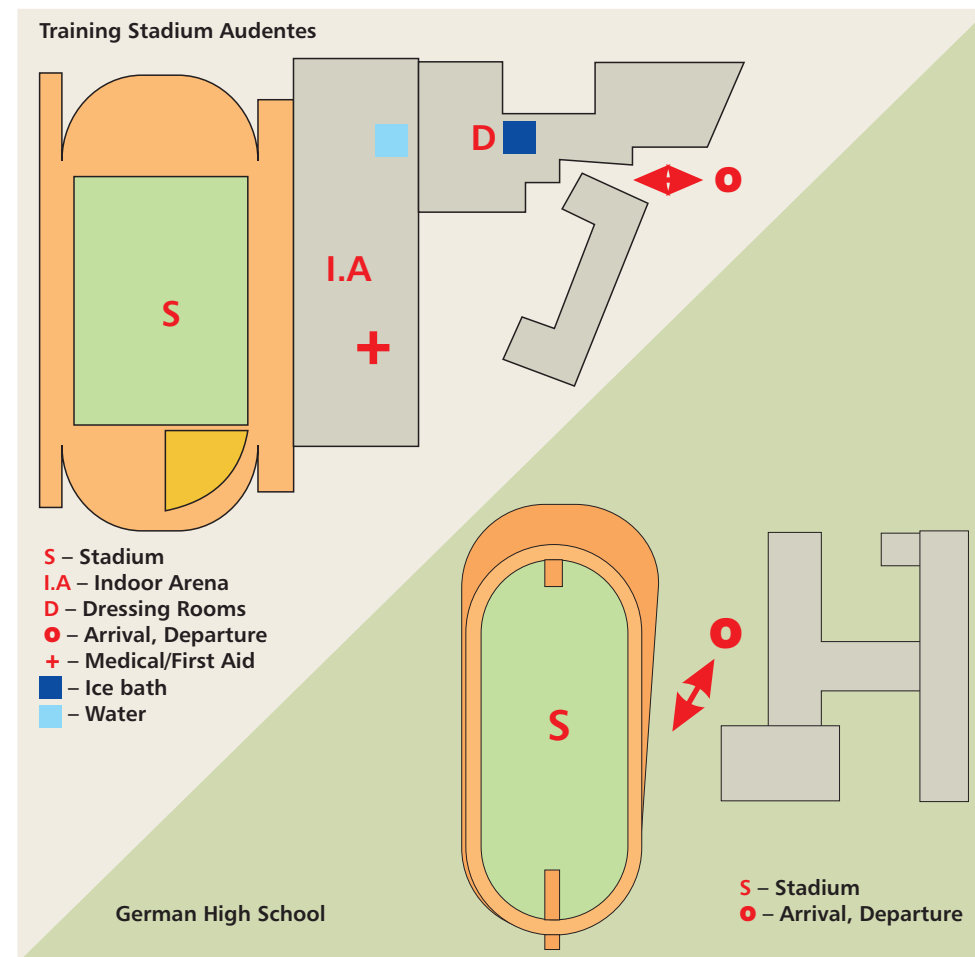
Relay Teams (403.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the European Athletics Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Conditions:

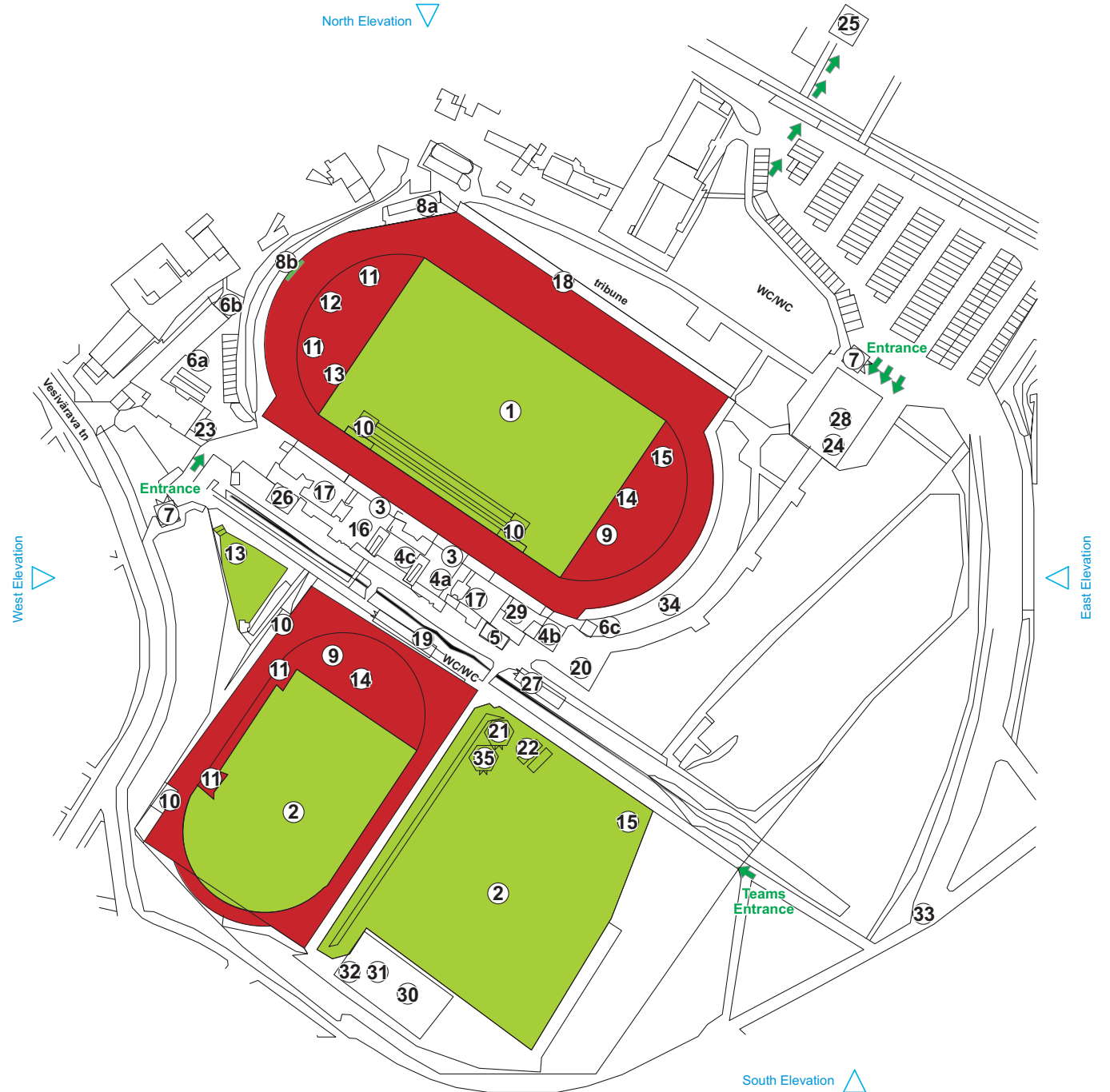
- Performances must be achieved between the 1 January 2014 and **29 June 2015**;
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules;
- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed events (between male and female participants), held completely in the stadium, shall not be accepted as entry standards;
- Wind assisted performances will not be accepted; (For the combined events the conditions set in IAAF Rule 260.27 [version 2009] will still be applied for qualification purposes, so either the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s or the wind velocity in any individual event shall not exceed plus 4 m/s);
- Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules;
- No athlete may compete in the European Championships unless entered by an European Athletics Member Federation.

June 2014

Appendix 4 – Training Areas, Warm-up and Map of Stadium

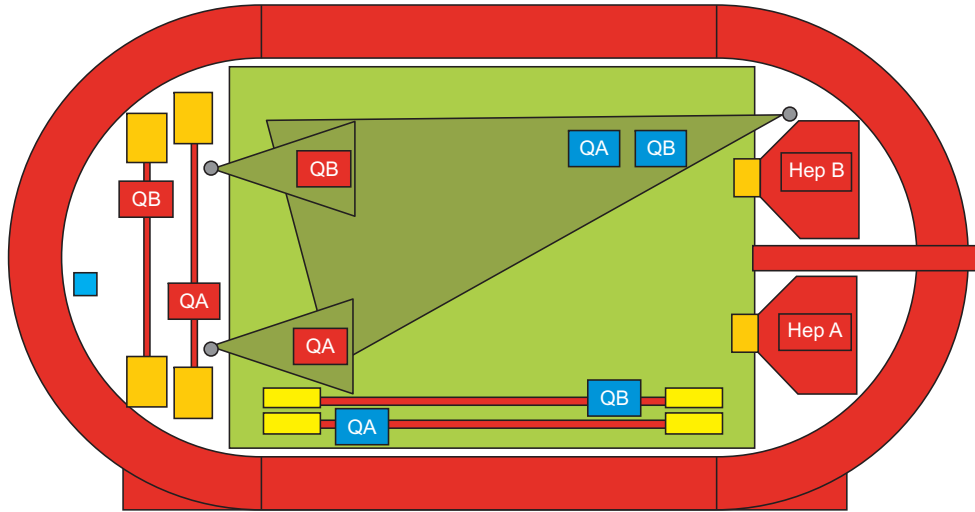


- 1 Competition Area
- 2 Warm Up Area
- 3 Team Seats
- 4a Media Tribune
- 4b Mixed Zone
- 4c Media Centre (on the second floor)
- 5 TIC (on the ground floor)
- 6a TV Station / Trucks
- 6b TV Station / Office container
- 6c TV Station / Studio
- 7 Entrance / Tickets
- 8a Scoreboard A
- 8b Video Screen
- 9 High Jump
- 10 Long Jump
- 11 Pole Vault
- 12 Water Jump
- 13 Shot Put
- 14 Javelin Throw
- 15 Discus Throw, Hammer Throw
- 16 Combined Events Rest Room
- 17 Main Tribune
- 18 Small Tribune
- 19 Call Room
- 20 Cafe / Fast Food
- 21 Anti Doping Education tent
- 22 Pole Vault Storage
- 23 Ambulance
- 24 Catering
- 25 Doping Control Station
- 26 Warehouse
- 27 VIP Area
- 28 Market Place
- 29 Omega
- 30 Teams Tent
- 31 Weight Lifting
- 32 Ice (baths)
- 33 Team Buses
- 34 Medal Ceremonies Flags
- 35 Refreshment tent

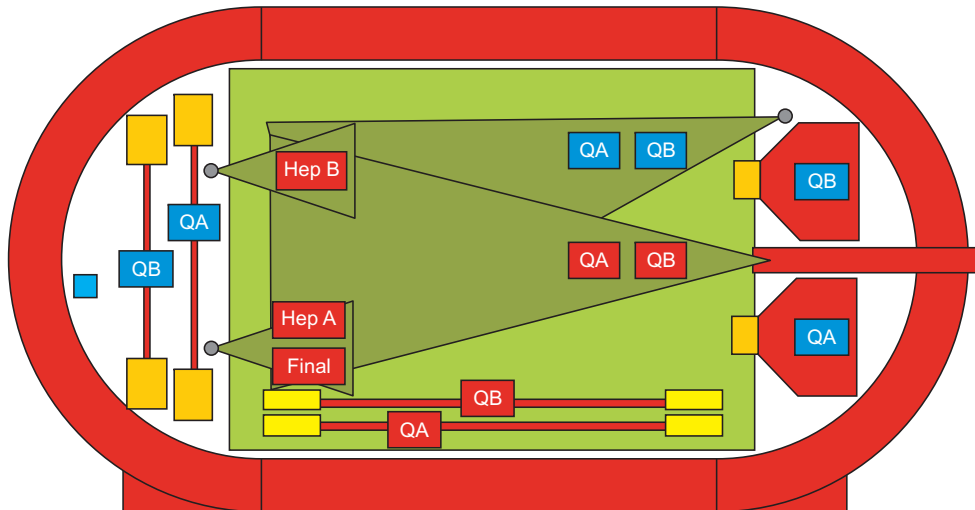


Appendix 5 - Daily Maps

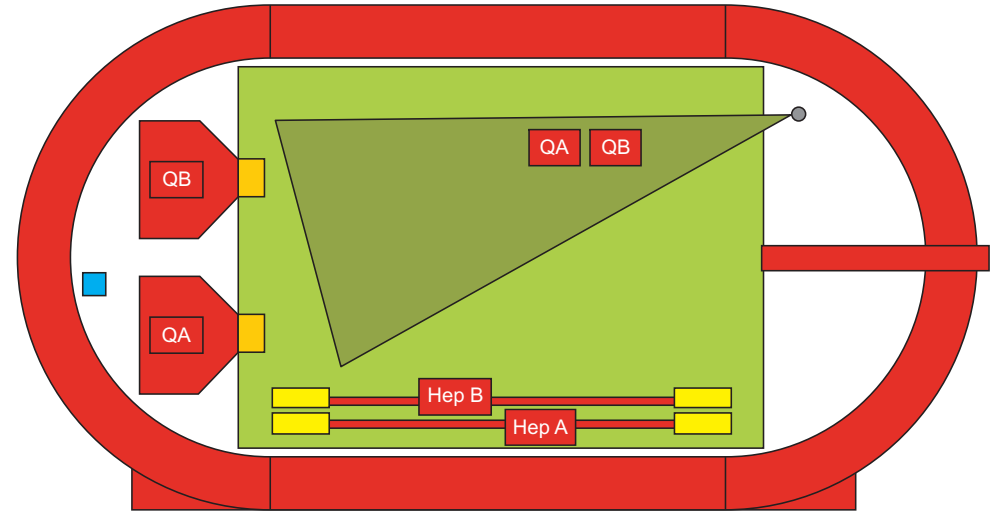
DAY 1 - Thursday Morning, 9 July



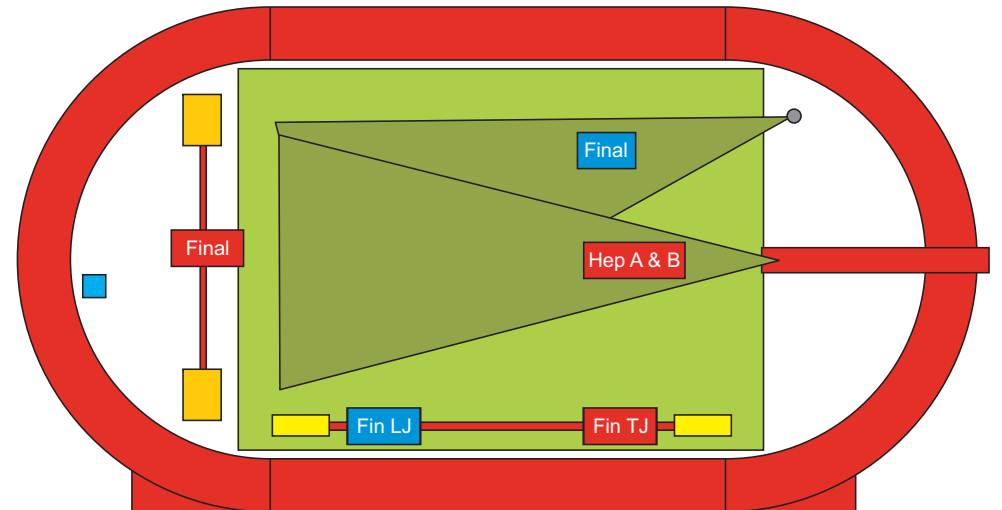
DAY 1 - Thursday Evening, 9 July



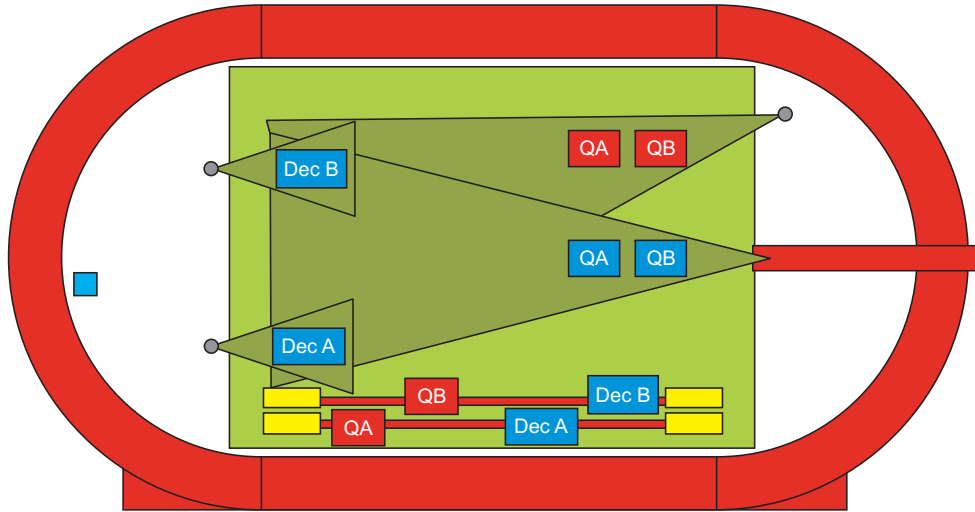
DAY 2 - Friday Morning, 10 July



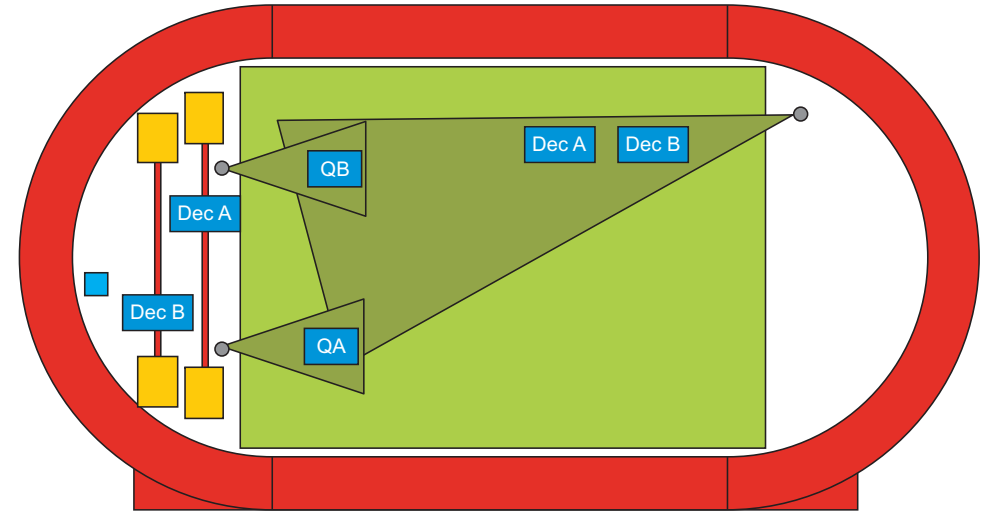
DAY 2 - Friday Evening, 10 July



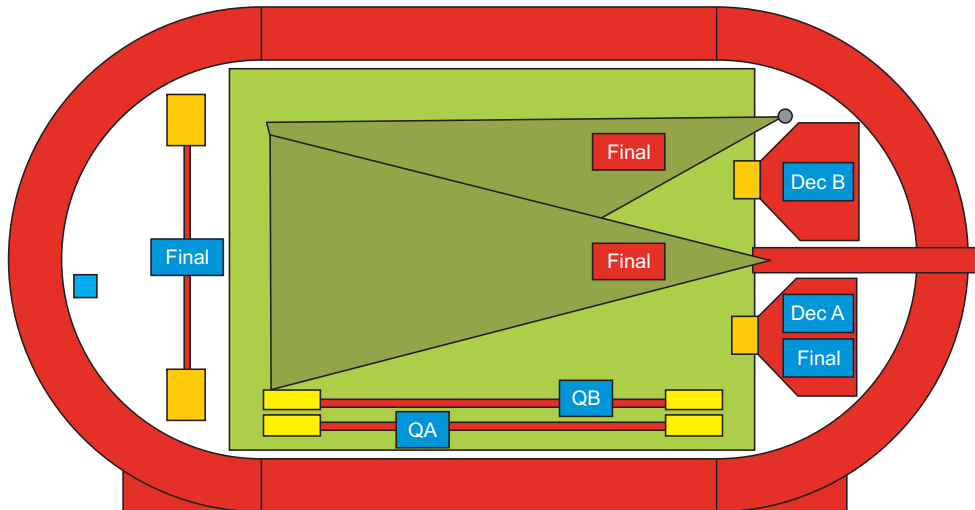
DAY 3 - Saturday Morning, 11 July



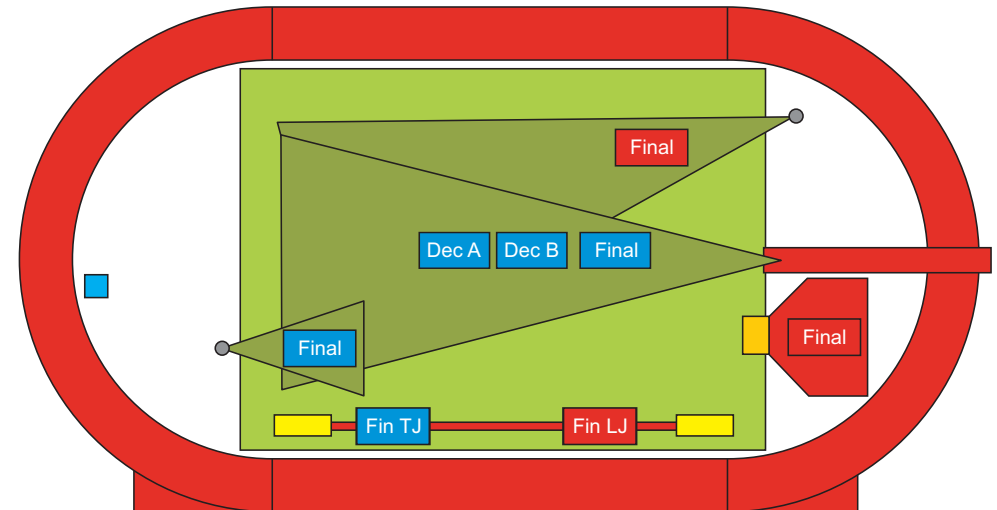
DAY 4 - Sunday Morning, 12 July



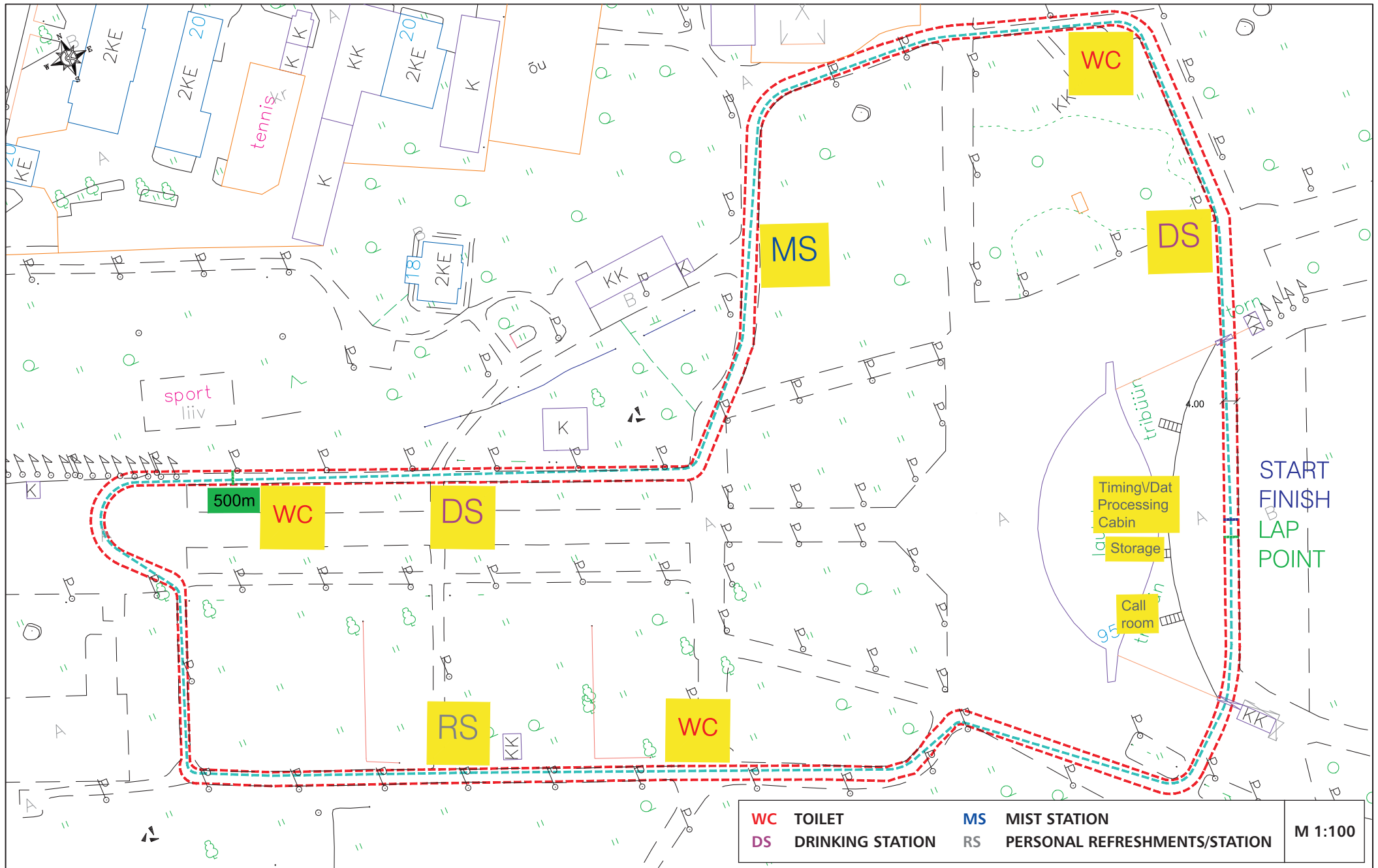
DAY 3 - Saturday Evening, 11 July



DAY 4 - Sunday Evening, 12 July



Appendix 7 - Race Walking Course



WC	TOILET	MS	MIST STATION	M 1:100
DS	DRINKING STATION	RS	PERSONAL REFRESHMENTS/STATION	



European Athletics U23 Championships
Kadriorg Stadium, Tallinn, Estonia



NOTES:

A series of horizontal dashed lines for taking notes.



European Athletics U23 Championships
Kadriorg Stadium, Tallinn, Estonia



NOTES:

A series of horizontal dashed lines for taking notes.