

IAAF WORLD CHAMPIONSHIPS

MOSCOW 2013



TEAM MANUAL

(version 24 June 2013)



OFFICIAL IAAF PARTNERS



OFFICIAL IAAF BROADCASTER



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1. GENERAL INFORMATION

1.1 IAAF Council Members and International Officials

IAAF Council

President:	Lamine DIACK (SEN)
Senior Vice President:	Robert HERSH (USA)
Vice Presidents:	Dahlan Jumaan AL HAMAD (QAT) Sergey BUBKA (UKR) Sebastian COE (GBR)
Honorary Treasurer:	Valentin V. BALAKHNICHEV (RUS)
Area Representatives:	Geoff GARDNER (NFI) Roberto GESTA DE MELO (BRA) Hamad KALKABA MALBOUM (CMR) Suresh KALMADI, M.P. (IND) Hansjörg WIRZ (SUI)
Council Members:	Ahmed AL KAMALI (UAE) Bernard AMSALEM (FRA) Sylvia BARLAG (NED) Pauline DAVIS-THOMPSON (BAH) Helmut DIGEL (GER) Nawal EL MOUTAWAKEL (MAR) Frank FREDERICKS (NAM) Abby HOFFMAN (CAN) Alberto JUANTORENA DANGER (CUB) Isaiah KIPLAGAT (KEN) José Maria ODRIOZOLA (ESP) Jung-Ki PARK (KOR) Anna RICCARDI (ITA) Irena SZEWINSKA (POL) Katsuyuki TANAKA (JPN)
General Secretary:	Essar GABRIEL (FRA)
International Officials	
Organisational Delegates:	Sergey BUBKA (UKR) José Maria ODRIOZOLA (ESP)
Technical Delegates:	Robert HERSH (USA) Bill BAILEY (AUS) Jorge SALCEDO (POR)
Jury of Appeal:	IAAF Council Members on Rotation
Anti-Doping Delegate:	Giuseppe FISCHETTO (ITA)
Medical Delegate:	Juan Manuel ALONSO (ESP)

Press Delegate:	Anna LEGNANI (ITA)
Television Delegate:	Manolo ROMERO (ESP)
Photo Commissioner:	Raquel CAVACO NUNES (POR)
Statisticians:	Ottavio CASTELLINI (ITA) Carlos FERNANDEZ CANET (ESP)
English Announcers:	Andy KAY (GBR) Garry HILL (USA)
French Announcers:	Jean-François RAFFALLI (FRA) Marc MAURY (FRA)
Int'l Photo Finish Judge:	Krizstina HORVATH (HUN)
International Starter:	Vesa ARTMAN (FIN)
ITOs	Brian ROE (AUS) – Chief Suren AYADASSEN (MRI) Keith DAVIES (GBR) Pierre DELACOUR (FRA) Jane EDSTRÖM (CAN) Klaus HARTZ (GER) Yrjö KELHA (FIN) Jose Paulo MOREIRA (POR) Trevor SPITTLE (NZL) Tien Choy WONG (SIN)
Int'l Race Walking Judges	Steven TAYLOR (GBR) – Chief Frederic BIANCHI (SUI) Khoo CHONG BENG (MAS) Jean-Pierre DAHM (FRA) Jordi ESTRUCH (ESP) Daniel MICHAUD (CAN) Pierce O'CALLAGHAN (IRL) Candido VELEZ (PUR) Shande YANG (CHN)
Recorder:	Luis SALADIE (ESP)
Chief Judge's Assistants:	Peter MARLOW (GBR) Maris PETERSON (RUS)
Course Measurer:	Tadeusz DZIEKONSKI (POL)

1.2 Local Organising Committee

Chairman:	Vitaliy MUTKO – Minister of Sports
Deputy Chairmen:	Valentin BALAKHNICHEV – ARAF President Pavel KOLOBKOV – Deputy Minister of Sports Aleksander GORBENKO – Deputy Mayor of Moscow
Executive Director:	Aleksander POLINSKIY

Deputy Directors:	Mikhail BUTOV Dmitry BINEVSKIY
General Coordination:	Mikhail BUTOV
Sports Director:	Vadim ZELICHENOK
Team Services:	Alex PORKHOMOVSKY
Event Coordination& Competition:	Elena ORLOVA
Logistics and Services:	Sergey KUPTSOV
Medical Services:	Zurab ORDJONIKIDZE
Protocol:	Irina KASYANOVA
Ticketing:	Igor KURILKIN
Marketing:	Dmitry BINEVSKIY
Media:	Andrey PETROV

1.3 Information about Russia and Moscow

1.3.1 Russia

Form of Government:	The Russian Federation is a Federative State with the Republican Form of Government.
Location:	Russia is situated in the eastern part of Europe and the northern part of Asia and borders with: the Korean People's Democratic Republic, the Chinese People's Republic, Mongolian People's Republic, Kazakhstan, Azerbaijan, Georgia, Ukraine, Belarus, Lithuania, Poland, Latvia, Estonia, Finland and Norway. Russia has the longest borders in the world.
Area:	17,098,246 км ²
Population:	145 million people with more than 100 nationalities speaking their own languages.
Climate:	The climate of Russia is varied and formed under the influence of several determining factors. The enormous size of the country and the remoteness of many areas from the sea result in the dominance of the continental climate.
Language:	The official language is Russian
Religion:	Christianity (Orthodox, Catholicism, Protestantism), Islam, Buddhism, Judaism.
Capital:	Moscow
Local Time:	GMT + 3 hours
Electricity:	Electricity for use in homes and hotels, as in most of Western European countries, is 220 volts (50 Hz) and the plugs used are two round pins.
Driving:	Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level is 0.0 mg/litre).
International Calls:	+ 00 – country code – city/town code – national telephone
Telephone Country Code:	+ 7
Mobile Phone Networks:	Mobile phone networks – GSM, 3G and GPRS You are advised to contact your own country's mobile phone operator to determine if your country has an international

roaming agreement with Russia, which will allow temporary connection with the Russian network. The main mobile companies are MTS, Beeline, Megafon.

Currency:

Russian Roubles (RUB)

Coins 1, 5, 10, 50 kopecks; 1, 2, 5, 10 roubles

Notes 10, 50, 100, 500, 1,000 and 5,000 roubles.

Cash payments allowed in roubles only!

NB: American Express is not accepted in most places.

1.3.2 Moscow

Moscow is the capital city and the most populous federal district of Russia. The city is a major political, economic, cultural and scientific centre in Russia and in Eurasia. According to Forbes 2012, Moscow has the second largest community of billionaires in the world. Moscow is the northernmost megacity on Earth, the most populous city in Europe and the sixth largest city in the world. It is the largest city in Russia with a population, according to the 2010 Census, of 11,503,501. By its territorial expansion southwest into the Moscow region, on July 1, 2012 the capital increased its area 2.5 times; from about 1,000 square kilometres up to 2,511 square kilometres, and gained an additional population of 233,000 people.

Area & Population:

The total area of Moscow and Moscow Region is 47,000 sq. km

The area of Moscow is around 2,511 sq. km.

Population

About 12 million people

Climate:

Humid continental climate with warm and sometimes hot humid summers and long, cold winters.

Altitude:

From 120 up to 255 metres above sea level (Stadium area 145 metres above sea level).

Water quality:

Absolutely safe for every day bath, shower and teeth cleaning but still not recommended to drink due to minerals and chemical substances and taste. Although you can drink tap water safely it is highly recommended to drink bottled water whilst you are in the city.

Business Hours:

Banks: 09:00 – 19:00

Money exchange offices – better to use banks or the hotels

The majority of supermarkets and shops: 9:00/10.00-21.00/22.00 (no lunch break)

There are a lot of round-the-clock supermarkets

The usual time for lunch break is: 13.00-14.00 or 14.00-15.00

There are some 24-hour cafes in the centre of Moscow.

Transport:

Moscow has a well-developed transport system: buses, trams, trolleybuses and Underground (Metro).

Useful expressions:

English

Good morning

Good afternoon

Good evening

Hello!

Goodbye!

Thank you very much

What is your name?

Russian

доброе утро (dobroye utro)

добрый день (dobriy den')

добрый вечер (dobriy vecher)

Привет! (privet)

До свидания! (da svidaniya)

Спасибо большое (spasiba balshoye)

Как вас зовут? (kak vas zovut)

My name is...	меня зовут (menya zovut...)
Nice to meet you	Рад познакомиться (rat paznakomitsya)
Do you speak English/ Russian?	Ты говоришь по-английски/по-русски? (ty gavarish pa-angliyski? Pa-ruski?)
I do not understand	я не понимаю (ya ne panimayu)
I do not know	я не знаю (ya ne znayu)

1.4 General Programme

Date	Time	Event	Place
Saturday 3 Aug	10:00	Team Accreditation Centres open	Cosmos and Crowne Plaza
Tuesday 6 Aug	10:00 – 18:00	Congress Registration	Congress Centre Crown Plaza
	All Day	Area Association & AIA Meetings	Congress Centre Crown Plaza
	18:30 - 20:00	Congress Opening Ceremony	Gostiny Dvor
	20:00 - 22:00	IAAF Dinner	Gostiny Dvor
Wednesday 7 Aug	09:00-18:00	IAAF Congress - World Athletics Forum	Congress Centre Crown Plaza
Thursday 8 Aug	09:00-17:00	IAAF Congress - Working Session	Congress Centre Crown Plaza
	18:00	Technical Meeting	Congress Centre Crown Plaza
	<i>tbc</i>	Medical Briefing	Congress Centre Crown Plaza
Friday 9 Aug	11:00 – 12:30	Teams Orientation Visit and Training with the Starters	Stadium
Saturday 10 Aug	09:30 - 13:05	Day 1 competition, morning session	Stadium
	14:00 - 21:00	Day 1 competition, afternoon session	Stadium
	21:05	Opening Ceremony	Stadium
Sunday 11 Aug	09:00 – 12:45	Day 2 competition, morning session	Stadium
	13:00 – 16:00	Day 2 competition (Pole Vault Decathlon)	Stadium
	17:00 - 22:00	Day 2 competition, afternoon session	Stadium
Monday 12 Aug	09:30 - 13:00	Day 3 competition, morning session	Stadium
	18:45 - 22:00	Day 3 competition, afternoon session	Stadium
Tuesday 13 Aug	09:30 - 13:15	Day 4 competition, morning session	Stadium
	18:45 - 22:00	Day 4 competition, afternoon session	Stadium
Wednesday 14 Aug	08:30 - 12:45	Day 5 competition, morning session	Stadium

Date	Time	Event	Place
Thursday 15 Aug	09:30 - 12:00	Day 6 competition, morning session	Stadium
	13:00	Area Association Lunches	<i>tbc</i>
	18:50 - 21:30	Day 6 competition, afternoon session	Stadium
Friday 16 Aug	09:30 - 12:00	Day 7 competition, morning session	Stadium
	18:45 - 21:45	Day 7 competition, afternoon session	Stadium
Saturday 17 Aug	13:00	Area Association Lunches	<i>tbc</i>
	15:30 - 20:15	Day 8 competition, afternoon session	Stadium
Sunday 18 Aug	15:40 - 19:00	Day 9 competition, afternoon session	Stadium
	19:10	Closing Ceremony	Stadium
	Evening	Final Banquet	Forum Pavilion of the Expocentre
Monday 19 Aug	09:30 - 17:30	International Coaches Seminar	Hotel Cosmos
	<i>All Day</i>	Departures	

1.4.1 Opening Ceremony

The Opening Ceremony will take place on **Saturday, 10 August, at 21:05 in the Olympic Stadium**. There will not be an athletes' parade during the Opening Ceremony. A parade of flags will take place with volunteers bearing the national flags. Further information about the ceremony will be given to the teams at the Technical Meeting.

1.4.2 Closing Ceremony

The Closing Ceremony will take place on **Sunday, 18 August, at 19:10 at the Olympic Stadium**, in accordance with the IAAF protocol. Further information about the Closing Ceremony will be given to the teams at the Technical Meeting.

1.4.3 Final Banquet

A Final Banquet for all participants will take place at the "Forum Pavilion of the Expocentre" on Sunday 18 August, starting at 20:00. To be noted that no dinner will be served in the Team Hotels on this evening.

2. TRAVEL TO MOSCOW

2.1 Official Airports and Arrival Information

The official airports are Domodedovo (DME), Sheremetyevo (SVO) and Vnukovo (VKO) where the LOC will provide adequate welcome services.

Arrival in Moscow should normally be on Tuesday 6 August (Sunday 4 August for the Congress Delegates) and departure on Monday, 19 August. Please note that travel must be arranged directly to Moscow. If you are planning to arrive in Moscow earlier and/or leave later, you must clearly indicate this in your Final Entries in order for the LOC to arrange your extra accommodation (at your own cost) and transfers from the airport to the hotels. Any stopovers on the way, exceeding 24 hours, may affect your right to the reimbursement of the travel related expenses.

The delegations will collect their luggage in the Baggage Claim Area and carry them to the Transport Loading Zones provided for the Championships with clear signs for buses to the different Team Hotels. LOC staff will be located at the Welcome and Transportation Desks after the custom control zone in the three airports and will assist the delegations with entry formalities and customs clearance, if required.

In case of lost luggage, the LOC will make every effort to help locate it. The Team Leader is nevertheless expected to declare the missing luggage at the Lost and Found office of the airline. The Team Leader may also be required to return to the airport to identify the luggage if it was not located immediately. Consequently, transportation of the luggage to the venue/hotel will be arranged by the LOC.

All athletes and officials will be transported directly to their respective hotel for check-in. They shall then be required to go to collect the Accreditation Cards at the respective Accreditation Centre (see 3.1). In case of early or late arrivals, accreditation formalities shall be carried out the next day or as soon as practical (see 3.2).

2.2 Entry Visas

Most foreign nationals are required to have entry visas to travel to Russia. A person with a valid passport and entry visa is permitted to stay in Russia for a specific period of time. A visa lists entry/exit dates, your vital information, passport details and some information about the inviting party. Please note that your Russian visa is also an exit permit just like it is an entry permit.

As of 15 May 2013, it will be possible to submit visa applications for Moscow 2013 to any Russian Consulate throughout the world and benefit from the facilitated procedure and visa fee waiver. We recommend that you send a long list of names of the potential members of your delegation as soon as possible. This way, the LOC can start preparing the official invitation letters so that you will be in a position to start the visa application as early as possible.

Please note that the application requirements may vary according to the country in which you make your application so it is VERY IMPORTANT that you check the details before you proceed with your application and that you make your application as early as possible.

For any visa-related matter, the direct contact details of the LOC visa office are:

teams@rusathletics.com and teams@mos2013.ru

More detailed visa information is provided in Appendix 16.6.

2.3 Insurance

All Member Federations are responsible for their own insurance to cover illness or injury to any member of their delegation and/or team when travelling to and from IAAF competitions and during the event itself. More information can be found in IAAF Circular Letter M/04/13.

3. ACCREDITATION

3.1 Accreditation Centres

The main Teams' Accreditation Centre will be located at the Hotel Cosmos. This is where the Team Leader shall have to report, as soon as possible after his arrival, in order to carry out the administrative procedures. All athletes and officials staying at the Cosmos will collect their Accreditation Cards here.

A second Accreditation Centre will be located at the Crowne Plaza. This will only deal with the printing of the Accreditation Cards (no administrative offices will be located here). Any athletes and officials staying at the Crowne Plaza, Radisson Slavyanskaya or Golden Ring Hotels will collect their Accreditation Card at the Crowne Plaza Accreditation Centre.

Opening dates and times of the Accreditation Centres will be as follows:

- 3 August 10:00 – 20:00
- 4-13 August 08:00 – 20:00
- 14-15 August 10:00 – 18:00
- 16-18 August 10:00 – 14:00

In case of arrivals prior to these dates or outside the opening times, temporary Accreditation Cards will be provided but the official Accreditation Card will have to be collected at the first opportunity.

3.2 Accreditation Procedures and Payments

Team Leader

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

- Uniform Check
- Athletes' Acknowledgement and Agreement Forms
- Collection of number bibs and special passes
- LOC Accommodation Invoice
- Travel Reimbursement
- IAAF Financial Statement
- Final Confirmation of Entries

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team officials, use of single rooms, extra days, etc.) before he can collect his Accreditation Card, which will be issued upon presenting a document stating all procedures have been completed.

Athletes & Team Officials

All athletes and team officials must report to one of the Teams' Accreditation Centres to have their photo taken and to collect their Accreditation Card.

Congress Delegates

To access the Congress Hall proper accreditation is necessary therefore Congress Delegates must collect their Accreditation Card in advance at any of the following venues:

- Congress Delegates' Hotels: Radisson Royal Hotel, Monarch Renaissance Hotel
- Teams' Hotels: Hotel Cosmos, Crowne Plaza

A specific Congress Accreditation Centre, located near the Congress Registration Desk, is also available and will be open as follows:

- 6 August 2013: from 12:00 until 18:00

- 7 August 2013 from 7:00 until 18:00
- 8 August 2013 from 8:00 until 12:00

3.3 Special Passes

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

- Warm-up Area (number of passes depend on team size)
- Combined Events Rest Room (two per athlete)
- TIC (only for collecting items from the pigeonhole – up to a maximum of three per team depending on team size)
- Post Event Area (for medical reasons or in case of protest)
- Road Race Refreshment Stations

3.4 Loss of 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 highest official in his delegation, carrying an appropriate identification document.

3.5 Extra Coach Package

The number of officials who may be entered and/or accommodated with the team will be limited overall to 80% of the number of participating athletes (e.g., if the team has 100 athletes the maximum number of officials is 80) with the officials divided into two categories:

- Subsidised Officials (up to maximum 55% of the participating athletes)
- Non-subsidised Officials (up to maximum 25% of the participating athletes)

This quota will include any Congress Delegates who are also team officials. It will be possible for additional Officials (above 80%), or athletes' personal coaches who are not part of the national teams' coaching staff, to be accredited but they will have to purchase an Extra Coach Package which will include:

- Accreditation for the World Championships with access to the team seating in the Stadium
- Access to the training areas
- Access to the Championships transport system
- Access to the Team Hotels
- Access, with the corresponding special pass / ticket, issued by the relevant Member Federation, to the Warm-up Area and Field Event Coaches Seating

The Extra Coach Package has a cost of 300 USD per person regardless of the length of stay. The cost of all Extra Coach Packages purchased shall be settled with the Team Leader as part of the team invoice during the accreditation procedure.

Extra Coaches must be entered in the IAAF online Event Entry System by selecting the appropriate category in the officials' section. Extra Coaches will have to collect their Accreditation Card personally in one of the two Teams' Accreditation Centres.

Optional accommodation (at an extra cost) in a hotel designated by the LOC will be available. If you are interested, please contact hotel@dszm.ru for information and rates. It is not possible to reserve any accommodation for extra coaches through the IAAF online Event Entry System since specific booking and payment procedures apply which have to be arranged directly with the LOC.

4. FINANCIAL SUPPORT

4.1 Good Standing

Travel and accommodation support for participation in the IAAF World Championships (and IAAF Congress) will be offered by the LOC as detailed below to all Member Federations which are in **Good Standing with the IAAF**. Should you have any doubt or question concerning the administrative position of your Member Federation towards the IAAF, please contact Mr Jee Isram, Senior Manager in our Member Federations Assistance Unit: jee.isram@iaaf.org.

4.2 Travel Support

The LOC is financially responsible for economy class tickets for all participating athletes and for the First Congress Delegate.

The normal procedure is for the IAAF to issue the tickets on behalf of the LOC. Should you prefer to issue your own tickets (subject to IAAF approval), you must indicate so in your Entries, together with the price you have obtained. Please note that travel must be arranged directly to Moscow. Any stopovers on the way, exceeding 24 hours, may affect your right to the reimbursement of the travel related expenses.

The IAAF Travel Office (travels@iaaf.org) will contact you to finalise the necessary arrangements.

Important Note

To comply with Russian regulations and in order for the LOC to be able to reimburse any travel expenses, the following documents must be given to the IAAF on site, during the accreditation process, for every athlete and the First Congress Delegate:

If you issued your own tickets:

- The ticket (or e-ticket) indicating the price
- The original invoice from the travel agency
- The boarding passes (from all flights on the way to Moscow)

If the IAAF issued your tickets:

- The boarding passes (from all flights on the way to Moscow)

A copy of the passport page with the stamp of the Russian border authorities will also be required and it will be collected when athletes and the First Congress Delegate go to pick-up their Accreditation Card.

In all cases, if one of the above mentioned documents is missing the travel costs will be at the charge of the Member Federation.

4.3 Accommodation Support

Competing Athletes

The LOC will offer full-board accommodation in twin rooms for a maximum of 13 nights during the period of the Championships (arrival 6 August, departure 19 August). There is no financial support for the accommodation of any team officials (except for one Congress Delegate – see below). Additional costs will be charged for higher standard accommodation (see 5.2.2).

First Congress Delegate

One Congress Delegate from each delegation will also benefit from full-board accommodation in a single room for a maximum of 15 nights (arrival 4 August, departure 19 August), regardless of where he is staying (see details in 5.3.2).

4.4 Reimbursements

If you have been authorised by the IAAF (on behalf of the LOC) to purchase your own tickets, the agreed amount for each competing athlete and for the First Congress Delegate will be included in the IAAF/LOC Financial Statement issued on site.

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.

5. ACCOMMODATION

5.1 General

The LOC has made accommodation arrangements for athletes, officials and Congress Delegates in a number of hotels. The hotels will officially open with full services on 4 August. If members of your Federation are planning to arrive in Moscow earlier than 4 August, please contact the LOC (email: teams@mos2013.ru) well in advance to make sure specific arrangements are made.

5.2 Teams

The following arrangements concern all athletes and officials, including any Congress Delegates who are also team officials. The number of officials who may be accommodated with the team will be limited overall to 80% of the number of participating athletes (e.g. if the team has 50 athletes the maximum number of officials is 40) according to the table in Appendix 16.18. The officials are divided into two categories:

- Subsidised Officials (up to maximum 55% of the participating athletes)
- Non-subsidised Officials (up to maximum 25% of the participating athletes)

This quota will include any Congress Delegates who are also team officials. It will be possible for additional officials (above 80%) to be accredited but they will have to purchase an Extra Coach Package (see 3.5).

5.2.1 Hotels

Teams shall be accommodated in one of the four following hotels, which are divided into two categories:

Good standard Hotel:

Cosmos Hotel

Higher standard – more expensive Hotels:

Crowne Plaza
Radisson Slavyanskaya
Golden Ring

5.2.2 Costs

The full board accommodation for competing athletes sharing a twin room in the Cosmos Hotel is covered by the LOC during the subsidised period of 13 nights: check-in on 6 August 2013 and check-out on 19 August 2013. Additional costs will be applicable in the following cases: stay outside the official period, single room, officials and higher standard Hotels.

According to Russian law (RF N 173 and RF Law art.82), costs must be indicated in local currency RUB (Russian Roubles) and the exchange rate between RUB and USD (US Dollars) to be applied will be set on 1 August (by common agreement between the IAAF and the LOC based on the official published rate). An approximate cost in USD has however been indicated for your convenience.

Please refer to the chart below for prices per person/per night:

Full Board cost per person/ per night	Cosmos Hotel		Higher standard Hotels	
	Twin	single	Twin	single
Athletes	Free	RUB 6600 (approx. USD 210)	USD 40	RUB 12450 (approx. USD 400)

55% Officials	USD 100	RUB 6800 (approx. USD 220)	USD 140	RUB 13450 (approx. USD 430)
56%-80% Officials	RUB 4650 (approx. USD 150)	RUB 7200 (approx. USD 230)	RUB 8700 (approx. USD 280)	RUB 14900 (approx. USD 475)
Anybody outside official period	RUB 4650 (approx. USD 150)	RUB 7200 (approx. USD 230)	RUB 8700 (approx. USD 280)	RUB 14900 (approx. USD 475)

NB: If the First Congress Delegate is a team official, his/her full-board accommodation at any of the above hotels is paid by the LOC for the period 4-19 August (15 nights) regardless of the room arrangement or hotel category.

Payment of extra accommodation costs can be made in one of the following ways:

- Cash: Russian Roubles (no other currency will be accepted)
- Credit Card: Visa or MasterCard
- Advance Bank Transfer: See Appendix for the LOC bank details

5.2.3 Reservations

As usual, you should have already submitted a provisional accommodation reservation with your Preliminary Entries using the appropriate accommodation section in the IAAF online Event Entry System.

Concerning your preferred accommodation category, an email should have been sent **by 25 May** to the IAAF Competitions Department (events@iaaf.org) indicating your choice and it would have been updated in the Event Entry System for you (see example below).

Accommodation

If you had not indicated your choice by 25 May, your team shall be accommodated at the Cosmos Hotel.

The final accommodation reservation must be submitted with the Final Entries and must indicate the daily requirements for the entire team, including those Congress Delegates who are team officials.

If there are discrepancies between the accommodation reservations submitted with the Final Entries and the actual accommodation on site of your team, after the 1st of August cancellation policies and fees will apply.

5.2.4 Check-in Procedures

Upon arrival, team members must report to the dedicated LOC Check-in Desks where, 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. A scan of the credit card may also be required in order to activate certain hotel services (telephone, laundry, minibar, etc.).

5.2.5 Meals

The accommodation is full board and meal vouchers, which will be unique for each hotel (different colours + hotel name), will be distributed together with the Accreditation Card. Athletes and team officials will be admitted to the restaurants in the team hotel upon presentation of their Accreditation Cards and meal vouchers.

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. The cuisine provided will cater for special diets and religions and all food shall be appropriately labelled in English and with pictograms. Meal times shall be as follows:

Breakfast:	06:00	10:30
Lunch:	12:00	15:00
Dinner:	18:00	01:00

Note: On Sunday 18 August, on the occasion of the Final Banquet, dinner shall NOT be served in the Team Hotels.

5.2.6 Services in the Team Hotels

Meeting Rooms

Rooms for meeting opportunities are available at all Team Hotels. Reservation shall be required via the CID.

Rooms for Physiotherapy (see also Section 11)

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

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff.

Internet access

Free internet access will be available in all hotels.

5.3 Congress Delegates

The following applies to Congress Delegates who are **NOT** team officials.

5.3.1 Hotels

Congress Delegates, and their accompanying persons, shall be accommodated in one of two following hotels:

- 1st Congress Delegates: **Radisson Royal**
- 2nd and 3rd Congress Delegates: **Renaissance Monarch**

Only the First Congress Delegate shall stay at the Radisson Royal. Accommodation for all other Congress Delegates will be reserved at the Renaissance Monarch. Should you wish to explore other hotel booking possibilities, please contact the LOC Accommodation Team (email address hotel@dszm.ru).

The Congress will take place at the Crowne Plaza (one of the Teams' hotels).

5.3.2 Costs

The official period is 15 nights: check-in on 4 August 2013 and checkout on 19 August 2013. During the official period, full-board accommodation for the First Congress Delegate is covered by the LOC with a cash allowance in Russian Roubles provided to cover the meal expenses. Subsidised accommodation prices are applicable for Second and Third Congress Delegates as well as for all Accompanying Persons. Please refer to the chart below for price per person/per night:

Cost per person/per night Bed and Breakfast	Royal Radisson		Renaissance Monarch	
	Twin/Double	single	twin	single
First Congress Delegate	Free	Free		
First Congress Delegate's Accompanying Person	Free			
Second and Third Congress Delegates			RUB 4602 (approx. USD 145)	RUB 8142 (approx. USD 260)
Second and Third Congress Delegates' Accompanying Person			RUB 4602 (approx. USD 145)	

For accommodation outside the official period, all Congress Delegates and Accompanying Persons shall be charged the full accommodation price per person, per night, as indicated below:

Cost per person/per night Bed and Breakfast	Royal Radisson		Renaissance Monarch	
	Twin/Double	single	twin	single
All, outside official period	RUB 6000 (approx. USD 190)	RUB 12000 (approx. USD 380)	RUB 4602 (approx. USD 145)	RUB 8142 (approx. USD 260)

The accommodation costs of all Congress Delegates and their eventual Accompanying Persons shall be settled by the Team Leader, as part of the team invoice, during the accreditation procedure.

5.3.3 Reservations

Reservations should have already been made when submitting the Congress Preliminary Entries using the appropriate chart in the IAAF online Event Entry System and shall have to be confirmed when submitting the Final Entries for the Congress which are due by 28 June 2013. If you have not yet indicated your requirements for the Congress Delegates, please **urgently** contact the IAAF using the email address: congress@hq.iaaf.org.

If there are discrepancies between the accommodation reservations submitted with the Final Entries and the actual accommodation on site of your Congress Delegates, after the 1st of August cancellation, policies and fees will apply.

5.3.4 Check-in Procedures

Upon arrival at the respective hotel, Congress Delegates must report to the dedicated LOC Check-in Desks where 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. A scan of the credit card may also be required in order to activate certain hotel services (telephone, laundry, minibar, etc.).

6. TRANSPORTATION

Transportation between the Team Hotels and the various venues, including those of official and social functions, will be guaranteed by the LOC bus service. A detailed specific timetable will be posted on the notice boards of the CIDs as well as at the TIC.

6.1 Travel Times

World Championships transport vehicles, identified by means of special plates with the World Championships logo, will be allowed to use dedicated public transport lanes. This will help reduce the travel times between the various venues. Approximate travel times from the hotels to the Competition and Training Stadiums are indicated below:

From	To	Travel time (min)
Cosmos	Luzhniki Stadium (training and competition)	40
Crowne Plaza		10
Radisson Slavyanskaya		10
Golden Ring		15
Radisson Royal		10
Renaissance Monarch		15
Cosmos	Znamensky Stadium (training)	20

6.2 Public Transport

Moscow benefits from a comprehensive public transport network with the underground (Metro – see map in Appendix 16.15) in particular offering good connections between the Team Hotels and the Stadium, the training venues and the town centre. The LOC has been able to obtain from the local authorities that all accredited participants to the Championships and Congress may use the public transport system for free by means of tickets which will be distributed with the Accreditation Card. Please note that these tickets, which must be validated at each trip, are not refundable.

Please ask the CID for more information on how to use the local transport system.

7. INFORMATION CENTRES

7.1 Technical Information Centre – TIC (Stadium)

The TIC is located in the Luzhniki Stadium, close to the teams' access to the athletes' tribune (see map in Appendix 16.6). The main task of the centre is to ensure a smooth liaison between each delegation and the Local Organising Committee, the IAAF Technical Delegates and the Competition Management of the Championships regarding technical matters.

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

- Displaying on the relevant notice board of official communications to the teams, including Start Lists, Results and Call Room reporting times. These will also be displayed at the Warm-up Area.
- Distribution of urgent notices to the delegations from the Technical Delegates and Competition Management via the pigeonholes. It is the Team Leader's duty to collect this kind of information in due time.
- Receipt of written questions for the Technical Meeting (deadline 7 August at 20:00)
- Receipt of Final Confirmations
- Distribution of Relay Order Confirmation Forms (to be returned at TIC)
- Receipt of Withdrawal Forms
- Managing National Record Doping Control requests
- TIC General Enquiries
- Written Appeals

Opening Dates and Times will be as follows:

- 4-9 August 09:00 – 18:00
- 10-13 August 07:30 – 23:00
- 14 August 06:30 – 13:00
- 15-16 August 07:30 – 23:00
- 17 August 13:30 – 21:00
- 18 August 14:00 – 19:30

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.

7.2 Championships Information Desk – CID (Hotels)

These will be situated in each of the Team Hotels and will be linked to each other as well as to the TIC. They shall be responsible for, but not limited to, the following:

- Display on the relevant notice board of official communications to the teams, including Start Lists, Results and Call Room reporting times.
- Distribution of urgent notices to the delegations from the Technical Delegates and Competition Management via the pigeonholes. It is the Team Leader's duty to collect this kind of information in due time.
- Receipt of written questions for the Technical Meeting (deadline 7 August at 20:00)
- Distribution of information for issues relating to accommodation, meals, transport and the Championships in general.

Opening Dates and Times will be as follows:

- 3-9 August 08:00 – 24:00
- 10-18 August 07:00 – 24:00

- 19 August 07:00 – 18:00

7.3 IAAF Competitions Department Offices

Staff from the IAAF Competitions Department will be in Moscow 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:

- 3-9 August Teams' Accreditation Centres
- 10-18 August IAAF Competitions Office at the Olympic Stadium – which can be contacted through the TIC

7.4 Document Distribution

The protection of the environment is becoming increasingly important in everybody's life and the IAAF and LOC are trying to do their part. At recent Championships initiatives have been taken that reflect a commitment to find ways to contribute to the global environment and more will be taken in the future.

With today's media and communication technology, saving paper may seem an obvious way to contribute but many of us are still reluctant to adapt, especially when it comes to Start Lists and Results which, for IAAF World Athletics Series Competitions, are systematically published on the IAAF website even before they are available in hard copy.

The World Championships Moscow 2013 are no exception and this is why every effort will be made to reduce the amount of printed material distributed to the Teams through their pigeon holes at the TIC at the Stadium or at the CID at the Team Hotels.

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 (also available at the Warm-up Area). 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 pigeonholes.

We would like to take this opportunity to thank you for your cooperation and for your contribution to this important cause.

A Final Results Book will be produced and distributed to all teams and guests prior to departure.

8. COMPETITION and TRAINING VENUES, EQUIPMENT and IMPLEMENTS

8.1 Luzhniki Olympic Sports Complex

The Championships will take place in the Olympic Sports Complex “Luzhniki” (<http://www.luzhniki.ru>). This was the venue of the 1980 Moscow Olympic Games and offers adequate facilities for the competition, warm-up and training as well as for other services such as Media, Broadcasting, Accreditation, etc. The main stadium called “Big Sports Arena” has a capacity of 75,000 spectators and has been renovated for the World Championships. A new Mondo track has been installed with 9 lanes in the straight and 8 lanes in the oval. The other three athletics tracks have also undergone renovation in 2012 with new Mondo tracks (except training venue Sportgorodok which is Spurtan BS).

The Sports Complex includes (see maps in Appendix 16.5):

- Big Sports Arena – Main Stadium
- South Sports Complex – Throws Training Venue
- North Sports Complex – Warm-up Area (with adjacent Long Throws Area)
- Sportgorodok Stadium – Training Venue

8.2 Marathon and Race Walking Courses (see maps in Appendix 16.8/9)

The Marathon and Race Walking events will both start and finish in the Luzhniki Stadium. The Marathon Course comprises one small loop of 7.5km and three large loops of 10km. The course runs through the city centre, passing by many of Moscow’s landmarks, including the Red Square, before returning for the finish to the Luzhniki Stadium.

The Race Walk will be conducted on a 2km loop course inside the Sports Complex, alongside the river.

8.3 Training

There will be three dedicated training venues, which will operate officially from 1 August. In case of earlier arrivals, it will be possible to use the Znamensky Olympic Complex where training sessions will be organised as required. The Warm-up Area, with the adjacent throwing field, will also be available for training but only until the start of the Championships.

The different venues will be used according to the teams’ accommodation sites and events as per the following summary table:

Hotels	Venue	Description	Events
Crowne Plaza, Radisson Slavyanskaya, Golden Ring	South Sports Complex	400m outdoor track	Until 9 August: Track & Jumps (except PV), JT, SP 10-18 August: Long throws only
Crowne Plaza, Radisson Slavyanskaya, Golden Ring, Cosmos (for Pole Vault)	North Sports Complex	400m outdoor track	Until 9 August: Pole Vault Track & Jumps

Crowne Plaza, Radisson Slavyanskaya, Golden Ring, Cosmos (for HT&DT)	North Sports Complex – Throwing Field	Long throws field	Until 9 August: HT, DT, JT only
Crowne Plaza, Radisson Slavyanskaya, Golden Ring	Sportgorodok Stadium	400m outdoor track	All events except Long Throws
Cosmos, Other hotels only in case of severe weather conditions	Znamensky Olympic Complex	400m outdoor track 200m indoor track Separate throwing area	All events except Hammer and Discus Throw

LOC personnel will be available at the training venues to assist. Athletes are advised to follow the instructions given by these personnel and to pay particular attention to safety rules during the training sessions. Further information regarding the training areas will be available from the CIDs.

Implements, equipment (hurdles, starting blocks) and relay batons will be available to athletes and coaches at the official training venues. These can be obtained from the equipment store and athletes/coaches using the equipment will be asked to leave their Accreditation Card with the LOC personnel in charge.

Opening Dates and Times of the training venues will be as follows:

1-17 August	08:00 - 20:00
18 August	08:00 - 12:00

Detailed transport schedules will be posted at the TIC / CID

8.4 Athletes Orientation Visit to Luzhniki Stadium

Athletes shall also be given the opportunity to visit the Luzhniki Stadium before the competition to do some light training but without equipment. This orientation visit is scheduled for Friday 9 August (11:00 – 12.30) and will include a training session with the official starters.

8.5 Sports Equipment

All sports equipment will be provided by IAAF Partner MONDO.

Vaulting Poles

Special arrangements will be made for the vaulting poles which will be collected directly at the airport and transferred to the Luzhniki Complex: North Sports Arena).

The athlete concerned, or his/her team official, will be required to identify the poles, ensure that a tag with the athlete's details is placed on the poles for easier identification, and place them on the designated vehicle. The LOC will ensure transport to the Main Stadium on the day of the event.

For the departure, the team members must take the poles from the Stadium to the their hotel at latest one day prior to their departure date. Adequate storage will be provided at the hotels. The poles will then be transported with the team to the airport from the hotel.

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 the 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

8.6 Implements

8.6.1 Official Implements

The list of Official Implements can be found in Appendix 16.3.

8.6.2 Personal Implements

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

The checking procedure will be as follows:

Checking	Location & Time	Return
Personal Throwing Implements are to be checked prior to the event, after which a receipt will be given for the implements	TIC no later than 12:00 the day before the qualifying round of the event. For the Combined Events, no later than 12:00 the day before the first event.	Implements are returned in exchange for the receipt after the event's Final at the TIC

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

9. ENTRIES AND FINAL CONFIRMATIONS

9.1 Entry Standards and Entry Rules

Entry Rules were detailed in the Circular M/21/12 and the Entry Standards were approved by the IAAF Council and notified to Member Federations by Circular M/25/12.

We would like to draw your attention on the following:

- Age categories
 - Junior Athletes aged 18 or 19 years on 31 December 2013, (i.e. born in 1994 or 1995), may compete in any event except the Marathon and 50km Race Walk.
 - Youth Athletes aged 16 or 17 years on 31 December 2013 (born in 1996 or 1997), may compete in any event except the throwing events (male athletes), Decathlon, 10,000m, Marathon and the Race Walks.
 - Athletes younger than 16 years of age on 31 December 2013 (born in 1998 or later) CANNOT be entered.
- Qualification period
 - 1 January 2012 to 29 July 2013 for the 10,000m, Marathon, Race Walks, Relays and Combined Events
 - 1 October 2012 to 29 July 2013 for all other events
- Member Federations who have no male and/or no female qualified athletes whom they wish to enter in any event may enter **one unqualified male athlete OR one unqualified female athlete** in one individual event except the 10,000m, 3000m Steeplechase and the Combined Events.
- The acceptance of unqualified entries **in the Field Events, in the Marathon and in the Race Walks**, is at the discretion of the Technical Delegates, based on the technical level of the athlete and on the number of entries in the specific event.
- Entries for unqualified athletes must be submitted by **15 July 2013**. If another athlete then achieves the entry standard before the end of the qualification period, it will be possible to change the entry accordingly.

The Entry Standards with the full Entry Rules and Conditions are in Appendix 16.1.

9.2 Final Entries

Final Entries must be submitted by **29 July 2013, midnight, Monaco time**. It is important that you indicate, as accurately as possible, your arrival and departure dates and the daily accommodation needs at the team hotel. Member Federations entering ONLY unqualified athletes must submit them by 15 July 2013, midnight, Monaco time.

The IAAF online Event Entry System will be available from **1 July 2013**.

If you encounter difficulties when submitting entries, please contact the IAAF Competitions Department (events@iaaf.org) for assistance.

9.3 Final Confirmations

9.3.1 General

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

For athletes competing in events held on the first day of the Championships, i.e., **10 August 2013**, Final Confirmation of Entries must be received no later than **12:00 noon on 8 August 2013**.

For all subsequent events, Final Confirmation of Entries must be submitted **before 9:00 am on the day before the event**. Confirmation of athletes may not be accepted after this deadline. It will also be possible for teams to confirm their athletes upon arrival during the accreditation procedure at the Accreditation Centre.

9.3.2 Relays

The final composition of the Relay teams and the order of running must be declared at the TIC no later than one hour before the published 1st Call Time for the event (IAAF Rule 170.18). The Declaration Forms will be available at the TIC on the day of the event. Once the team has taken part in the event, only two (2) 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.

9.3.3 Failure to participate

Any athlete who, after the Final Confirmation has been submitted, 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 issued by the official doctor of the Championships), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

9.4 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, its acceptance being the responsibility of the Technical Delegates based on the IAAF Rules.

9.5 Athlete Acknowledgement and Agreement

As announced in Circular M/24/09 dated 29 July 2009, 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 Championships must sign and submit this acknowledgement, as soon as possible, and ideally by no later than the Final Entry deadline (29 July 2013). IAAF Member Federations are obliged to submit one for each entered athlete (email: athletes-agreement@iaaf.org or fax: + 377 93 503263). 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 can be found in Appendix 16.19.

Note: Athletes who have already submitted their Agreement as a result of participation at another IAAF World Athletics Series Competition do not need to send it again. The IAAF online Event Entry System will indicate for which athlete the agreement is already on record with the IAAF.

10. COMPETITION PROCEDURES

10.1 Technical Meeting

The Technical Meeting will take place on **Thursday 8 August at 18:00** at the Crowne Plaza World Trade Centre. As usual, no more than two representatives from each participating Member Federation (and in addition an interpreter or attaché if required) may attend the meeting.

The Technical Delegates will preside over the meeting, which will be conducted in English with simultaneous translation.

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

- Timetable amendments (if any)
- Qualifying Procedures for Races
- Qualifying Distances for Field Events
- Starting Heights and Raising of the Bar for the vertical jumps
- Specific procedures for the Marathon and Race Walks
- Answers to written questions

Written Questions

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

These forms must be returned to the CID in the Team Hotels or at the Teams' Accreditation Centre (IAAF Competitions Office) no later than 7 August at 20:00. No questions will be accepted during the Technical Meeting.

10.2 Orientation Visit for Team Leaders

There will be a visit organised to the Luzhniki Stadium and Warm-up Area on Friday 9 August at 11:00, in order for the Team Leaders to familiarise with the exact location of the main facilities (Changing Rooms, Warm-up Area, Call Room, Interview Room, etc.).

More information with regard to this visit, including transport arrangements, will be available at the CIDs.

10.3 Timetable

The timetable for Moscow 2013 was approved by the IAAF Council in March 2012 and can be found in Appendix 16.2. This includes a provisional schedule for the Medal Ceremonies (MC). Information on any changes to the official Timetable shall be provided at the Technical Meeting and through the TIC.

10.4 Qualifying Heights, Distances, and Progressions

The qualification procedure for the Track Events (number of rounds, number of heats in each round, and the method of progression from one round to the next), the Qualifying Standards, as well as the Starting Heights and the Raising of the Bar for the Vertical Jumps, will be determined by the Technical Delegates after the closing date for entries. Team Leaders will be informed of the decision at the Technical Meeting.

Starting heights and procedures for the raising of the bar for the Finals will be announced after the Qualifying Rounds.

Full documentation of the qualification procedures will also be available at the CID and TIC.

10.5 Men's and Women's 100m Preliminary Round

Prior to the commencement of Round 1 of the Men's and Women's 100m, a Preliminary Round will be conducted for those athletes who have not achieved the A or B Entry Standard.

Final Confirmation of athletes competing in the Preliminary Round shall be made at the same time and on the same form as that for athletes competing in Round 1.

Start Lists will be generated in the normal way for those athletes in the Preliminary Round on the basis of the performance information submitted with their entries or subsequently provided by the IAAF Statisticians (normally Season's Best).

The heats of the Preliminary Round will be conducted separately from the heats of Round 1.

The top athletes from the Preliminary Round will be added to those who have qualified by achieving the Entry Standard so that the total number of athletes in Round 1 will be 56.

The athletes who will advance from the Preliminary Round to Round 1 will be determined by the Technical Delegates, normally, by place and time.

Following the Preliminary Round, the athletes will be ranked in accordance with Rule 166.3(b)(i).

The Seeded List for Round 1 will first list all of those athletes who achieved the Entry Standard, ranked according to their Season's Best performances. The athletes who will proceed from the Preliminary Round to Round 1 will be added to the bottom of this list in the order of their ranking following the Preliminary Round.

10.6 Athletes' Bibs

10.6.1 General

All athletes will receive four bibs as follows:

- Two bibs for the competition vest, one of which will carry the athlete's name and must be worn on the chest
- One bib for the tracksuit
- One bib for the bag

The same bibs are to be used by the athletes, regardless of the number of events in which they compete. The bibs (and the necessary safety pins) shall be distributed during the accreditation procedure. Bibs which are not collected shall be taken to the Stadium TIC.

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.

10.6.2 Vertical Jumps

In the Pole Vault and High Jump, athletes can decide to wear only one bib on the front OR on the back. In this case it must be the bib with the name.

10.6.3 Relays

The bibs for the Relays (carrying the country code – e.g. "RUS") shall be handed out at Call Room 2.

10.6.4 Transponder Timing

Transponder timing will be used for all Track Events of 800m and over (including the Road Events). For these events the bib with the transponder will be distributed at Call Room 2 on the day of the event and is to be attached to the chest. The bibs will then be immediately collected after the race in the Post Event Area.

10.6.5 Bibs Colour Code

For the Combined Events, bibs may have a different background colour depending on special

circumstances as indicated below. These will apply to the front bib with the athlete's name. Competition Management will be in charge of ensuring that athletes wear the correct bib.

Colour	Recipient	Distribution
Green	Leading athlete after each event in the Combined Events (Name on Chest). Additionally Combined Events athletes in the final heat of the 800m and 1500m will be given a bib indicating their position prior to the last event.	Combined Events Rest Area (Controlled by Combined Events Referee)
White	All athletes not described above	Accreditation Centre

10.6.6 Hip Numbers

The athletes competing in Track Events will also be given two adhesive hip numbers in Call Room 2 before entering the Field of Play. The hip numbers must be secured to both sides of the athlete's shorts/legs.

10.7 Athletes' Clothing

All athletes must compete wearing the official national uniform approved by their Delegation. This also includes the Lap of Honour and the Medal Ceremonies. IAAF Rule 143.1 recommends that the front and the back of the uniforms should have the same colour while all team members participating in a Relay Event must wear exactly the same uniform.

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 the latest IAAF Advertising Rules and Regulations which can be found on the IAAF website (<http://www.iaaf.org/about-iaaf/documents/rules-regulations#regulations>).

The uniforms will be checked upon arrival in the Team Accreditation Centre or at the CID of the hotel. Any infringement of the Rules may result in the disqualification of the athlete.

10.8 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 shall be made on illegal and prohibited items, which athletes may have in their possession. Cassette recorders, radios, CD/MP3 players, mobile phones, cameras, etc. shall 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.

10.9 Call Rooms

10.9.1 Call Room 1

Call Room 1 is located between the Track and the Long Throws Area at the Warm-up Venue. It will be just a marshalling point for athletes before they are transferred to Call Room 2 by minibus. All athletes will be required to report to Call Room 1 according to the scheduled reporting times below (there may be slight amendments in case of particularly large fields in the field events).

Event	Entry to Call Room 1		At Competition Site
	Open (1 st Call)	Close	
Track events	50	40	10
High Jump	80	70	40
Pole Vault	100	90	60
Other Field Events	70	60	30
Relays	55	45	10
Road Events	55	45	15

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

Athletes who fail to appear on time at Call Room 1 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 Rooms.

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

10.9.2 Call Room 2

Call Room 2 will be located inside the Stadium, under the back straight tribune. Access will be from outside the Stadium where a dedicated drop-off point for the minibus coming from Call Room 1 will be installed.

The procedures in Call Room 2 shall be as follows:

- Identification of athletes by means of their Accreditation Card and bib number.
- Checking of athletes' uniform
- Inspection of personal belongings
- Checking for compliance with IAAF Advertising Regulations
- 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.

Accreditation Cards for competing athletes will be collected at Call Room 2 and returned upon the completion of their respective events at the Post Event Area.

Team Leaders must ensure that all their athletes comply with the above before entering the Call Rooms to avoid delays.

After completion of these procedures, athletes must follow the instructions given by the officials at Call Room 2 before being taken onto the Field of Play. The distance from Call Room 2 to the Field of Play is a short walk - less than 50m.

10.9.3 Combined Events Rest Room

The rest area for the Combined Events will be situated under the back straight tribune of the Big Sports Arena, at track level and close to the Call Room 2.

Access to the Combined Events Rest Room will be limited to athletes and up to two other accredited persons per athlete (coach, doctor, etc.) who are in possession of the Combined Events Rest Room Pass. These passes will be distributed at the TIC before the start of the Combined Events competition.

Athletes who compete in Combined Events shall report to Call Room 1 before the first event of each day (the reporting times above shall apply depending on the event). After Call Room 1 they will be taken directly to the Combined Events Rest Room where the necessary checks will be carried out for the first event of the day as well as for all subsequent events. Although athletes are not required to stay in the Combined Events Rest Room for the entire day, they are required to report there before the start of each event to undergo their final check. Toilet and shower facilities will be available and the LOC shall provide food, fruit, energy bars and drinks.

10.10 Entry onto Field of Play

All athletes, escorted by competition officials, shall enter the Field of Play from the back straight. During an event, no athlete may leave the competition area without the permission from the Chief Judge. In cases where an athlete must leave the Field-of-Play, an official must escort the athlete.

Sealed refreshment bottles will be provided to all athletes in the competition area with water and / or isotonic drinks.

10.11 Specific Event Procedures

10.11.1 Track Events

The starter's commands will be given in English.

Lanes 2-9 will be used for all straight sprint events when there are fewer than nine athletes.

10.11.2 Field Events Trials

Twelve (12) athletes will normally compete in the Final of all Field Events. In Horizontal Jumps and Throws, the competing order for the fourth, fifth and final rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials.

10.11.3 Pole Vault

An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first trial and this position shall be recorded. If subsequently an athlete wants to make any changes, he should immediately inform the appropriate official **before** the crossbar has been set in accordance with his initial wishes, otherwise the time for his attempt will continue to run.

10.11.4 Coaching Zones

Dedicated seating will be provided in appropriate areas for the Field Event coaches. These will be accessible by means of a specific ticket, one per athlete, distributed through the TIC once the start lists are issued.

10.12 Timing and Measurement

Official timing and measurement will be provided by SEIKO.

Transponder timing will be used for all Track Events of 800m and over for intermediate times and to assist with lap counting. For all these events, the front bib (with the transponder) will be handed out at Call Room 2. A final test of the transponders will be done with control mats as the athletes leave the Call Room. Immediately after the race, the bibs and transponders will be collected in the Post Event Area. More details will be provided at the Technical Meeting.

The official timing for the Road Events will be by transponders (see Marathon and Race Walk competition procedures for more details).

Video Distance Measurement (VDM) will be used as the official measurement system to determine the results in the Horizontal Jumps. The length of the jump is read from images captured by high definition cameras. Similar to reading a photo finish image, the official works on a monitor screen showing a magnified picture of the landing area and placing the cursor on the mark in the sand thereby determining the distance. All trials of all athletes are recorded and stored in the system.

10.13 Post Competition Procedures

All athletes will leave the Field of Play via the Mixed Zone. The only exception is the Combined Events athletes who will only be required to go through the Mixed Zone at the end of each session.

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.

Access to the Television Mixed Zone will be via stairs from the Field of Play level just past the finish line while the Press Mixed Zone is located one level above the Field of Play and beneath the stands in a large open suitably partitioned area. A position for Team Leaders will be provided at the end of the Mixed Zone which they will be able to access, by means of a special pass, through an external staircase.

After passing through the Mixed Zone, athletes move to the Post Event Area where they will be able to recover and collect their clothing. The Post Event Area is located at the end of the Press Mixed Zone. Exit from the Post Event Area is into the common domain.

In case of a medal ceremony, press conference or doping control, the athletes concerned will be escorted to the dedicated areas via specific routes.

For those athletes requiring to return to the Warm-up Area, especially in case of sprint events with Semi-finals and Final in the same session, the return from the Main Stadium will be organised by minibus.

10.14 Medal Ceremonies

The first three athletes in each individual event and the first three teams in each Relay race will each be presented with a gold, silver and bronze medal respectively. 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 later at the TIC.

All the Medal Ceremonies will take place at the Luzhniki Stadium. The medal ceremony podium will be located on the outside of the track directly in front of the VIP tribune.

Where practical, the Medal Ceremonies will be held on the same day as the event, usually before the doping control procedures (where applicable). LOC staff will be responsible to gather the first three athletes or Relay teams and escort them to the ceremony waiting area where they will wait for the ceremony. For those held on the following day, the medallists will receive an information sheet from the athlete escorts at the exit of the Post Event Area, which will indicate the time that they are to report to the TIC the next day. A provisional medal ceremonies schedule is provided together with the Competition Timetable in Appendix 16.2.

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. The medallists will not be permitted to bring a national flag nor any other items to the ceremony.

10.15 Road Events

The Marathons and Race Walks will start and finish in the Luzhniki Stadium. The pre-competition procedures, as well as the post-competition procedures, including the medal ceremonies, will therefore be the same as those for the Track and Field Events. A dedicated changing room, adjacent to Call Room 2, will be made available for the Road Event athletes. Bibs and transponders will be distributed there and pre-competition checks will be carried out before the transponder check and access to the track, through Call Room 2.

10.15.1 Marathon

Start, Finish and Course

The start line of the Marathon is at approximately the 100m start line. The time remaining until the start will be displayed for athletes at five minutes, three minutes, and one minute before the official start.

Officials will first line up the athletes selected to start in the first row, after which all other athletes may line up without any pre-set order. The athletes will complete 600m in the Stadium before exiting the Stadium through Gate 4.

At the finish they will enter again through Gate 4 and complete 300m inside the Stadium before crossing the normal Finish Line.

The shortest possible route of the Marathon will be indicated on the road surface with a coloured line.

A sweeping bus will follow the race to pick up any athletes who are unable to complete the race or who have been disqualified. These athletes will be shuttled to the Post Event Area.

Timing

The official timing for the Marathons will be by transponders. All athletes will be given their bib, which includes their transponder, in Call Room 2. A final test of the transponders will be done with control mats as the athletes leave Call Room 2.

Immediately after the race, the bibs and transponders will be collected in the Post Event Area. It is important that the bib is securely attached with safety pins to the athletes competition vest to ensure accurate time keeping. Athletes who do not finish the race must return their transponder to the Post Event Area (or to a competition official if this is impractical).

Every kilometre will be marked along the route and the current race time will be displayed on the lead vehicle at the head of the race, with additional display clocks placed every five kilometres (and half Marathon point) throughout the course, where intermediate times will be recorded.

Retiring from the Race

Should an athlete be unable to continue the race due to physical difficulties, he must inform the nearest Judge indicating that he would like to abandon the race. To properly indicate the intention to quit the race, the athlete is asked to remove his bib with the name. Members of the official Medical Team will carry out an on-the-spot medical examination and, if necessary, take the athlete to one of the First-Aid Stations located along the route. Otherwise the athlete shall wait for the sweeping bus.

Drinking / sponging and Personal Refreshment Stations

The positioning of the water/sponging and personal refreshment stations will be as follows:

Drinking/Sponging			Refreshment	
Station 1	Station 2	Station 3	Station 1	Station 2
3km			5.5km	8km
10.5km	15.5km		13km	18km
20.5km	25.5km		23km	28km
30.5km	35.5km		33km	38km
		40.5-41km		

There will be signs placed 100m before each station.

Drinking / Sponging

At the Drinking/Sponging Stations the LOC will provide the following:

- Non-refrigerated still water in sealed bottles
- Wet sponges

It is a requirement that the runners pick-up their sponges/drinks on their own.

Personal Refreshments

Each team will have its own table which will be marked with their national flag and the IAAF Member Federation Code (e.g. Russia = RUS). The tables will be arranged in alphabetical order according to this code. Should an athlete take a refreshment from a place other than the officially designated Refreshment Stations, he/she renders him/herself liable to disqualification.

Personal refreshments can be taken to one of the two Refreshment Stations directly by the team officials. In this case, transport will be specifically arranged with a special bus leaving from the Warm-up Venue one (1) hour before the start of each race.

Alternatively, personal refreshments can also be taken to the Refreshment Station by the LOC. In this case the bottles, adequately labelled, must be dropped off at the Warm-up Venue no later than two (2) hours before the start of each race.

The LOC will provide bottles for personal refreshments and adhesive labels. These will be distributed through the CIDs. The athletes will also be able to use their own bottles provided that they comply with current IAAF Advertising Regulations.

It is important that all personal refreshments clearly display the following information:

- Athlete's Name
- Athlete's Bib Number
- Three-Letter Member Federation Code
- Refreshment Station at which the refreshment is to be placed

All athletes will be responsible for the identification of their bottles.

After bottles have been brought to the Refreshment Station, the Judges will inspect them with regards to the IAAF Advertising Regulations. Any confiscated bottles will be returned to the TIC.

The athletes will be allowed to receive their personal refreshments at the designated areas from coaches or team officials. Team officials will be permitted to hand to their athletes the personal refreshments at the Personal Refreshment Stations but are not permitted to leave the designated area to follow the athletes on the course.

Two officials from each team will have access to all of the Refreshment Stations (three officials for teams which have entered four or five athletes in the respective Marathon Event). The team officials will be required to have special passes to access the stations. These passes may be picked up at the TIC.

For those athletes who do not have any team officials to assist them, the bottles will be placed on the table by LOC officials according to the indications on the bottles. The athletes shall have to pick up the bottles themselves.

Toilets will be available at the end of each of the Refreshment Stations.

10.15.2 Race Walks

Start, Finish and Course

The start of the Race Walks will be at approximately the 1500m start line. Athletes will walk about 550m on the track and then exit the Stadium through Gate 1.

The time remaining until the start will be displayed for athletes at five minutes, three minutes, and one minute before the official start.

Officials will first line up the athletes selected to start in the first row, after which all other athletes may line up without any pre-set order.

At the finish, athletes will enter the Stadium through Gate 1 and will walk one full lap in lane 6 plus an additional 150m.

Timing

The official timing for the Race Walks will be by transponders. All athletes will be given their bib, which includes their transponder, in Call Room 2. A final test of the transponders will be done with control mats as the athletes leave Call Room 2.

Immediately after the race, the bibs and transponders will be collected in the Post Event Area. It is important that the bib is securely attached with safety pins to the athletes competition vest to ensure accurate time keeping. Athletes who do not finish the race must return their transponder to the Post Event Area (or to a competition official if this is impractical).

Intermediate times will be displayed at every kilometre and to help athletes keep track of the laps completed, there will be a lap counter set up showing the number of laps remaining.

Retiring from the Race

Should an athlete be unable to continue the race due to physical difficulties, he must inform the nearest competition official indicating that he would like to abandon the race. To properly indicate the intention to quit the race, the athlete is asked to remove his bib with the name. Members of the official Medical Team will be ready to carry out an on-the-spot medical examination if required and, if necessary, take the athlete to the First-Aid Station.

Disqualification

Should the Chief Judge or a Chief Judge's Assistant inform an athlete of his disqualification, the disqualified athlete is required to leave the course immediately, removing his bib and transponder and return directly to the Post Event Area.

An Electronic Posting Board showing the red cards and disqualifications will be placed beside the course.

Drinking / Sponging and Personal Refreshment Stations

There will be one drinking / sponging station and one personal refreshment station. Please refer to the map in Appendix 16.9 to identify the location. There will be signs placed 100m before each station.

Drinking / Sponging

At the Drinking / Sponging Stations the LOC will provide the following:

- Non-refrigerated still water in sealed bottles
- Isotonic drinks
- Wet sponges

It is a requirement that the walkers pick-up their sponges/drinks on their own.

Personal Refreshments

Each team will have its own table which will be marked with their national flag and the IAAF Member Federation Code (e.g. Russia = RUS). The tables will be arranged in alphabetical order according to this code. Should an athlete take a refreshment from a place other than the officially designated Refreshment Stations, he/she renders him/herself liable to disqualification.

Personal refreshments are to be taken directly to the station by team officials or dropped off at a table outside Call Room 1, no later than one (1) hour before the start of the event. In this case the bottles will be placed directly on the respective tables by Competition Officials and it is important that they are clearly labelled.

The LOC will provide bottles for personal refreshments and adhesive labels. These will be distributed through the CIDs. The athletes will also be able to use their own bottles provided that they comply with current IAAF Advertising Regulations.

It is important that all personal refreshments clearly display the following information:

- Athlete's Name
 - Athlete's Bib Number
 - Three-Letter Member Federation Code
- All athletes will be responsible for the identification of their bottles.

After bottles have been brought to the Refreshment Station, the Judges will inspect them with regards to the IAAF Advertising Regulations. Any confiscated bottles will be returned to the TIC.

The athletes will be allowed to receive their personal refreshments at the designated areas from coaches or team officials. Team officials will be permitted to hand to their athletes the personal refreshments at the Personal Refreshment Stations but are not permitted to leave the designated area to follow the athletes on the course.

Two officials from each team will have access to all of the Refreshment Stations.

The team officials will be required to have special passes to access the stations. These passes may be picked up at the TIC.

Toilets will be available close to each Refreshment / Drinking Station.

10.16 Protests and Appeals

Protests and Appeals shall be handled according to IAAF Rule 146, an extract of which appears hereunder. Protests and appeals shall be handled by the TIC at the Stadium.

10.16.1 Protests

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. The Organising Committee of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

Any protest shall, in the first instance, be made orally to the Referee by an athlete, by someone acting on his behalf or by an official representative of a team. Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates (or are competing in a competition in which a team points score is being conducted).

To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the TIC.

10.16.2 Appeals

An appeal to the Jury of Appeal must be made within 30 minutes of:

- (a) the official announcement of the amended result of an event arising from the decision made by the Referee; or
- (b) the advice being given to those making the protest, where there is no amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on his behalf or by an official representative of a team and shall be accompanied by a deposit of USD 100, which will be forfeited if the appeal is not allowed. Such athlete or team may appeal only if they are competing in the same round of the event to which the appeal relates (or are competing in a competition on which a team points score is being conducted).

Note: The relevant Referee shall, after his decision on a protest, immediately inform the TIC of the time of the decision. If the Referee was unable to communicate this orally to the relevant team(s) /athlete (s), the official time of the announcement will be that of posting the decision at the TIC.

11. MEDICAL SERVICES

11.1 General Plan

Medical Services will be provided to the participants of the IAAF World Championships Moscow 2013 in accordance with the IAAF Competition Medical Guidelines and under the guidance of the IAAF Medical Delegate.

All medical issues will be handled and/or supervised by physicians trained in sports medicine (general practitioner or specialist in internal medicine) as well as by orthopaedic surgeons. The Moscow 2013 LOC will set up medical centres and first aid stations at all facilities in order to provide well-organised medical services. Medical Services for athletes and accredited team members will be established in the hotels upon the onset of the team accommodations. Medical Services areas and medical staff will be marked with clear symbols and signage.

On designated medical centres, there will be a 24-hour medical service on duty 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.

11.2 Emergency Contact Numbers

Information about the Emergency Contact Numbers will be available at the CID upon arrival.

11.3 Medical Centres at the different venues

11.3.1 Luzhniki Stadium

At the Luzhniki Stadium there will be one medical centre, located close to the finish line, which is solely for the use of athletes in competition. Physicians trained in sports medicine (general practitioner or specialist in internal medicine as well as orthopaedic surgeons), physiotherapists and nurses will be available and will provide emergency treatment for illnesses and injuries incurred within the stadium. In addition, there will be medical teams in four locations close to the track staffed with physician, nurse and Emergency Medical Technicians (EMT) and equipped with Automated External Defibrillators (DEA). Ten ambulances, one of them Intensive Care will be set in the Stadium area.

Ambulances and Emergency Medical Teams (EMT) will be on stand-by at all times. Additional staff and equipment will be available on Marathon and Race Walking events finish times.

These will operate according to the official opening dates and times:

Dates: August 10 to August 18

Hours: From 120 minutes before the competition starts until 90 minutes after the competition ends.

11.3.2 Warm-up

One medical room will be set up at the warm-up stadium. Physicians trained in sports medicine (general practitioner or internal medicine specialists as well as orthopaedic surgeons), physiotherapists and nurses will be available at all locations and will provide emergency treatment for illnesses and injuries incurred within the warm-up area. Ultrasound scanning will be available.

Special tents for physiotherapy, massage and physical therapy will be offered to all teams. The spaces will be shared so we ask the teams to be considerate of the other teams setting up physiotherapy spaces and not to monopolise the entire area. To ensure that the space is left clear and tidy for the next team, we also ask that you take responsibility for your waste and litter by disposing of it in the designated areas.

Cold immersion should be available for athletes.

These will operate according to the official opening dates and times:

Dates: August 10 to August 18

Hours: From 120 minutes before the competition starts until 90 minutes after the competition ends.

11.3.3 Training Venues

First aid stations will be set up from August 5 to 18 at Luzhniki complex where sports medicine physicians and paramedics will be on duty to handle any illnesses and injuries incurred at the training venues, emergency responses, taping, etc. Emergency transportation for cases requiring additional services will be provided if needed.

11.3.4 Road Races

There will be first aid stations along the courses. The main medical centre will be located in the Luzhniki Stadium. This centre will be equipped with additional staff and equipment on Marathon and Race Walking events times. It be fully equipped for serious injuries and diseases as well as for intensive care. The system will be carefully organised to ensure that any (seriously) injured person can be transported swiftly by ambulance to the medical centre or to a designated hospital. The medical units are also set up to handle potential heat exhaustion cases.

11.3.5 Athletes' Hotels

Medical centres with first aid facilities will be set up in the official athletes' hotels. Physicians trained in sports medicine (general practitioner or specialist in internal medicine as well as orthopaedic surgeons and nurses) will be available at all medical centres. Ultrasound scanning will be available at Hotel Cosmos Medical Centre. All necessary further treatments will be organised through the medical centres. For ophthalmology, Nose-Ear-Throat (NET), gynaecology, dental services, diagnostic blood testing etc., designated medical institutions will be available.

Teams with their own medical staff will be supported in cases of diagnostic and therapeutic needs. Teams without medical staff can make use of the local medical and physiotherapeutic services. Capacities for physiotherapy and massage services will be provided in each hotel.

Dates: August 5 to August 18

Consultation hours: 8:00 to 21:00; a doctor-on-call service will be available after 21:00.

Note: On August 19, the consultation hours will be from 8:00 to 12:00 noon.

11.4 Medical Delegate and Procedures during competition

The IAAF Medical Delegate, Dr Juan Manuel Alonso, or his appointed representative, dir. Zurab Ordzonikidze, LOC Chief Medical Officer, is exclusively responsible for every kind of special clarification, such as an attestation, notification of change for a relay, removal of an athlete from a competition, or designated exceptional permission for team doctors and physiotherapists to enter in restricted areas.

To request any medical care from LOC, during operating hours, team members who suffer from an injury or illness should present themselves at designated Medical Centres. Outside operating hours, team members must contact the Emergency Number in order to benefit from the LOC medical services.

During competition, in case of athletes' injury or illness, a certificate must be requested from the official medical service and presented to the TIC in case of withdrawal from the event. These certificates will be attested by the IAAF Medical Delegate.

11.5 Physiotherapy and Massage Services offered by the LOC

These will be available at each of the team hotels and at the Warm-up Area on Championships days. Physiotherapy/massage equipment and material will be available. Teams with their own physiotherapists will be supported in cases of diagnostic and therapeutic needs. Teams without physiotherapists can make use of the local physiotherapeutic services. Reservations will have to be made through the CID in the hotel.

11.6 Team Physiotherapy Spaces

Dedicated massage areas will be available at the Warm-up stadium and at the Training Venues while Rooms dedicated to physiotherapy will be available at the Team hotels.

The spaces will be shared so we ask the teams to be considerate of the other teams setting up physiotherapy spaces and not to monopolise the entire area. To ensure that the space is left clear and tidy for the next team, we also ask that you take responsibility for your waste and litter by disposing of it in the designated areas.

11.7 Designated Medical Institutions

The health facilities in Moscow are aware of the celebration of the event and have the capacity to receive patients referred from LOC Medical Services.

LOC has also contacted the Emergency Health Service to ensure their availability if necessary.

11.8 Cost for Medical Care

First Aid treatments for acute injuries and emergency situations at the Medical Centres and First Aid Stations of the official venues will be provided by the LOC free-of-charge for all accredited team members. Any costs incurred through additional medical care after transport to the hospital must be paid by the patient and/or their teams through appropriate medical insurance coverage. It is strongly advised that each accredited person has its own medical insurance. Teams are also responsible for sufficient medical insurance to cover, for example, any treatment in a hospital, non-urgent treatment, or emergency transport for their team members. IAAF Member Federations can arrange to obtain a medical insurance for all IAAF 2013 Major Championships by contacting the IAAF General Secretary office.

11.9 Medical Briefing

Date: 8 August 2013

Time: 19h00

Place: Crowne Plaza Hotel

This meeting will focus on Medical Care, Doping Control, as well as Injury/Illness Surveillance (Prevention Study, see 11.11). Team Doctors, Team Physiotherapists and other relevant team health personnel are strongly encouraged to attend this meeting.

11.10 Other Medical Matters

11.10.1 Rules on Importation of Drugs, Medical Equipment, etc.

Moscow 2013 LOC has arranged with the Russian customs authorities a waiver to Moscow 2013 registered doctors. Russian customs officers will not examine medical bags of visiting team doctors provided that each MF (Member Federation) provide Moscow 2013 OC full team doctor name.

11.10.2 Information on Licence to practice medicine and physical therapy

There is no need of temporary license for the visiting team doctors and physiotherapists.

11.10.3 Distribution of Ice

Prior to and during the World Championships an adequate supply of ice will be made available. The ice distribution points will be mainly at the Team Hotels and Warm-up Area.

11.10.4 Weather Forecast and Monitoring

Weather monitoring guidelines included at IAAF Competition Medical Guidelines will be followed. LOC will have Wet Bulb Globe Temperature (WBGT) testers available. Information Banners on WBGT index for heat stress will be displayed at designated areas at Luzhniki Stadium and Warm-up area.

11.11 Injury and Illness Prevention Study

The IAAF Medical & Anti-Doping Commission will perform a new edition of the Injury and Illness Surveillance (Prevention Study) during the IAAF World Championships Moscow 2013, as it was carried out at the Daegu 2011, Berlin 2009 and Osaka 2007 Championships. All team medical staff members and LOC doctors will be required to fill out a daily Injury and Illness Questionnaire Form to provide medical information about all injuries and illnesses incurred by the athletes during the IAAF World Championships.

In addition, chronic injuries and illnesses will be studied through a volunteer athlete survey. All athletes will be required to voluntarily provide information on any injury or illness occurred on the previous four weeks. All information regarding these injuries and illnesses will be used anonymously for a scientific study.

The Member Federation medical staff will play a major role in this project, and they are strongly encouraged to participate in this study and provide all of the necessary information for every injury or illness. Confidentiality of this medical information will be ensured. Information booklets will be made available to Team Medical Staff in due time. Team Doctors and Physiotherapists are required to attend the Medical Briefing where instruction on the study will be given. This prevention study will enhance the IAAF Medical and Anti-Doping Commission's efforts to draft guidelines for preventing athletic injuries and illnesses.

The research project staff will be located at the entrance of the Warm-up Area. This point will be marked with a sign indicating "Injury and Illness Prevention Study"

12. DOPING CONTROL

Doping tests at the IAAF World Championships Moscow 2013 will be conducted in accordance with IAAF Competition Rules and IAAF Anti-Doping Regulations. Anti-Doping procedures will be supervised by the IAAF Anti-Doping Delegate, Dr. Giuseppe FISCHETTO. The LOC, in cooperation with the Russian Anti-Doping Agency, will be responsible for the organisation of the testing. The blood samples (haematological parameters only) and all urine samples will be analysed by the Anti-Doping Laboratory in Moscow, which is accredited by WADA for doping control analyses.

The doping control programme will consist of both In-Competition Testing (ICT) and Pre-Competition Testing (OCT) carried out from the official opening of the Team Hotels until the end of the IAAF World Championships. The athletes who will undergo standard doping controls will be selected on a random basis but also via various other selection methods. Blood samples will be collected from all athletes at the Team Hotels before they compete. The Team Leader/Official will be required to assist in informing, notifying and, when necessary, accompanying the athletes to the doping control station.

Any athlete who breaks or equals a World Record will be required to undergo doping testing as a condition of validation of the World Record. If an athlete asks to undergo doping testing for the authentication of a National Record, a doping test will be carried out on a fee-payable basis at the request of the Team Official. In this case, the application procedure will have to be made at the TIC.

Testing Type	Location	When	Notes	Sample collected
In-Competition Testing	Carried out at the Luzhniki Stadium Doping Control Station	After the completion of an event the athletes that have been selected for testing will be notified via chaperone and led directly to the Doping Control Area (medallists with interviews/ceremonies held on the same day will be accompanied by chaperones)	No distinction will be made between Heats and Finals	Mainly urine samples
Pre-Competition Testing	Doping Control Stations will be set up in the Teams' Hotels	Testing will be carried out during the Hotels' opening period	When notified, athletes will be required to proceed to the Doping Control Station.	Blood samples (followed, urine tests may also be conducted)

Athletes needing to use substances or methods contained in the list of 'Prohibited Substances or Methods,' for therapeutic purposes must comply with the IAAF Anti-Doping Rules and Regulations and ensure that they have the appropriate authorisation in accordance with the Therapeutic Use Exemption (TUE) application process.

An Outreach programme will be implemented to dispatch as much educational anti-doping information as possible to the athletes with the participation of IAAF Ambassadors.

13. PRIZE MONEY

13.1 General

During the IAAF World Championships Moscow 2013, the top eight athletes or teams in each event will be awarded the following prizes by the IAAF:

Individual Events

1 st Place	USD 60,000	5 th Place	USD 10,000
2 nd Place	USD 30,000	6 th Place	USD 6,000
3 rd Place	USD 20,000	7 th Place	USD 5,000
4 th Place	USD 15,000	8 th Place	USD 4,000

Relay (Per Team)

1 st Place	USD 80,000	5 th Place	USD 12,000
2 nd Place	USD 40,000	6 th Place	USD 8,000
3 rd Place	USD 20,000	7 th Place	USD 6,000
4 th Place	USD 16,000	8 th Place	USD 4,000

Payments will be made following confirmation of doping control tests and submission of complete Award Forms with full bank details. Award Forms will be available at the Stadium TIC, where it will also be possible to submit them until the end of the Championships. After that they will have to be returned by email or fax to the IAAF Competitions Department.

13.2 World Record Bonus

In the event that an athlete breaks a World Record during the IAAF World Championships Moscow 2013, a prize of USD 100,000 will be awarded. The World Record Bonus will only be awarded for performances which improve the existing World Record and which meet all the necessary conditions for recognition as an IAAF World Record, in accordance with IAAF Regulations and after ratification of the record by the IAAF. Full details of the regulations regarding this prize are available from the IAAF upon request.

13.3 Rights and Obligations

Athletes concerned will be required to sign a document acknowledging and agreeing to their rights and obligations in regards to the above-mentioned Prize Money and World Record Bonus.

Should an athlete's Doping Control results return positive, the awards and bonuses won shall be withheld.

13.4 Taxation

There will be no taxation in Russia on the prize money.

14. DEPARTURES

The Team Leader will be requested to confirm the departure information, already provided in the Final Entries, at the Teams' Accreditation Centre.

The bus schedule will be made available at the CIDs so that all Team Members are informed of the departure timings of the buses from the Hotel to the Airport.

Unless special arrangements have been requested with the LOC, check-out time from the hotels is 12:00 (noon). Team Members must settle any outstanding costs (telephone, laundry, minibar, etc.) with the hotel front desk prior to departure.

At the Airport Departure Desk, LOC staff will be assisting the Delegation Members.

15. OTHER INFORMATION

15.1 Radio Frequency Devices

Please be informed that all radio frequency devices which need import and usage license or permission are not allowed to be carried through the Russian border as part of your carry-on or checked-in luggage and are not allowed in the Stadium.

The ONLY exceptions are the following devices:

- public mobile phones
- car remote control units
- other low output power devices (ear hearing device for disabled, consumer goods like FM / AM bandwidth radio units, etc.),

15.2 Weather Conditions

Average August weather conditions in Moscow from 2008 until 2012:

Average	Temperature (°C)	Humidity (%)
10 August	19.7	73.62
11 August	21.2	69.79
12 August	21.3	70.46
13 August	20.9	67.96
14 August	21.8	70.33
15 August	20.9	72.96
16 August	20.8	74.92
17 August	21.8	71.88
18 August	23.1	72.08

15.3 Competition Tickets

The IAAF would like to remind its Member Federations that it is impossible for the IAAF to provide either additional accreditations or tickets for guests or sponsors. Member Federations wishing to purchase tickets for the World Championships should go to the following official address: <http://www.mos2013.org/en/tickets/>.

In case of problems please contact: mos2013@dszm.ru.

15.4 International Coaches' Seminar

In line with the IAAF's Development Strategy, the 2nd IAAF World Coaches' Conference, which will take place in Moscow on 19 August, will offer an ideal opportunity to exchange knowledge

and update coaches on the latest trends and research in their field.

The Conference Programme

Monday 19 August

Morning: Transfer by bus from the Team Hotels in Moscow to the Cosmos Hotel

9:30 – 12:00: Conference Session 1

12:30 – 13:30: Lunch

14:00 – 17:30: Conference Session 2

Evening: For those with flights from Moscow airports after 21:00, ground transportation can be organised after the completion of the Conference.

Tuesday, 20 August

Departure of all participants.

For more detailed information, please refer to IAAF Circular Letter M/12/13.

Appendix 16.1
Entry Standards

Approved by IAAF Council - March 2012 and November 2012

Men		Event	Women	
A Standard	B Standard		A Standard	B Standard
10.15	10.21	100m	11.28	11.36
20.52	20.60	200m	23.05	23.30
45.28	45.60	400m	51.55	52.35
1:45.30	1:46.20	800m	2:00.00	2:01.50
3:35.00	3:37.00	1500m	4:05.50	4:09.00
13:15.00	13:20.00	5000m	15:18.00	15:24.00
27:40.00	28:05.00	10,000m	31:45.00	32:05.00
2:17:00		Marathon	2:43:00	
8:26.00	8:32.00	3000m SC	9:43.00	9:48.00
13.40	13.50	110m H / 100m H	12.94	13.10
49.40	49.60	400m H	55.40	56.55
2.31	2.28	High Jump	1.95	1.92
5.70	5.60	Pole Vault	4.60	4.50
8.25	8.10	Long Jump	6.75	6.65
17.20	16.85	Triple Jump	14.40	14.20
20.60	20.10	Shot Put	18.30	17.20
66.00	64.00	Discus Throw	62.00	59.50
79.00	76.00	Hammer Throw	72.00	69.50
83.50	81.00	Javelin Throw	62.00	60.00
8200	8000	Decathlon / Heptathlon	6100	5950
1:24:00	1:26:00	20km Race Walk	1:36:00	1:38:00
4:02:00	4:16:00	50km Race Walk		
39.20		4x100m	44.00	
3:05.00		4x400m	3:33.00	

ENTRY RULES:

- **Age Categories**
 - **Junior Athletes:** Athletes aged 18 or 19 years on 31 December 2013, (i.e. born in 1994 or 1995), may compete in any event except the Marathon and 50km Race Walk.
 - **Youth Athletes:** Athletes aged 16 or 17 years on 31 December 2013 (born in 1996 or 1997), may compete in any event except the throwing events (male athletes), Decathlon, 10,000m, Marathon and the Race Walks.
 - **Athletes younger than 16:** No athlete younger than 16 years of age on 31 December 2013 (born in 1998 or later) may be entered.
- Each Member is entitled to enter up to four athletes per event (see below for Marathon and Relays), as follows:
 - 1, 2, 3 or 4 athletes with the "A" standard;
 - 1 athlete with the "B" and 1, 2 or 3 athletes with the "A" standard.
 In both cases a maximum of three athletes will be allowed to compete.

- Each Member is entitled to enter two athletes per event who have both reached the "B" standard for that event but only one will be allowed to compete.
- **Unqualified athletes:**
 - Members who have no male and/or no female qualified athletes whom they wish to enter in any event may enter **one unqualified male athlete OR one unqualified female athlete** in one individual event except the 10,000m, 3000m Steeplechase and the Combined Events
 - The acceptance of unqualified entries in the Field Events, in the Marathon and in the Race Walks, is at the discretion of the Technical Delegates, based on the technical level of the athlete and on the number of entries in the specific event.
 - Entries for unqualified athletes must be submitted by 15 July 2013. If another athlete then achieves the entry standard before the end of the qualification period, it will be possible to change the entry accordingly.
- If Russia, as **host country**, has no qualified athlete (or Relay team) in any event of the Championships, it is entitled to enter one athlete (or one Relay team) regardless of the entry standard, with the exception of the Combined Events and Field Events where the above clause shall apply.
- The **Area Champions** in all the individual events (except the Marathons) automatically qualify for the World Championships and will be considered as having achieved the "A" standard (see specific Regulations in M-Circular Letter).
- In the **Relays**, Member Federations can enter up to 6 athletes; these must include all athletes (up to the 4th reserve) eventually entered in the respective individual events (100m and 400m). 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.
- In the **Marathon** a maximum of six athletes may be entered but no more than five will be allowed to start. The reigning World Outdoor Champion may also compete if entered by his Federation, but he must be within the five. **Please be reminded that the World Marathon Cup team event has been discontinued.**
- **10,000m** – The Top 15 athletes finishing in the senior Men's and senior Women's races at the 2013 IAAF World Cross Country Championships are considered to have achieved the A Standard for the World Championships.
- **Combined Events** – The Top three in the 2012 Men's and Women's IAAF Combined Events Challenge are considered to have achieved the A Standard for the World Championships.
- **20km Race Walk** – The Top three in the 2012 Men's and Women's IAAF World Race Walking Challenge Final are considered to have achieved the A Standard for the World Championships.
- **Reigning World Champion / Diamond League and Hammer Throw Challenge Winner** – In addition to the above regulations and the maximum of three athletes competing from each country, the IAAF will accept the participation of the current World Outdoor Champion and that of the Winner of the 2012 IAAF Diamond League (in the corresponding World Championships events) and 2012 Hammer Throw Challenge as wild cards, on the condition that the athlete in question is entered by his Federation. If both are from the same country, only one of the two can be entered with this wild card. If a Federation has four athletes in one event as a result of this regulation, all four will be permitted to compete – for the Marathon see specific case above.

CONDITIONS FOR THE VALIDITY OF PERFORMANCES:

- Performances must be achieved in the following **qualification periods**:
 - 1 January 2012 to 29 July 2013 for the 10,000m, Marathon, Race Walks, Relays and Combined Events
 - 1 October 2012 to 29 July 2013 for all other events
- Performances must be achieved during competitions **organised or authorised by the IAAF, its Area Associations or its Member Federations**. Thus, results achieved at university or school competitions must be certified by the Member Federation of the country in which the competition was organised (for Race Walks, Marathons and Relays, see hereunder).
- Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- Performances achieved in **mixed events** between male and female participants (see Rule 147) will only be accepted under the following circumstances:
 - For all field events and races of 5000m and over held completely in the stadium the results will be:
 - Automatically accepted if achieved at National Permit competitions
 - Accepted only with the Area Association's approval if achieved at competitions under IAAF Rule 1.1 (i) and (j)
 - Never accepted if achieved at competitions conducted under IAAF Rule 1.1 (a) to (h)
 - For Road Races (Marathons and Race Walks) the results will always be accepted
- **Wind-assisted performances** shall not be accepted.
- **Hand-timed performances** in 100m, 200m, 400m, 800m, 110m/100m Hurdles, 400m Hurdles and 4x100m Relay shall not be accepted.
- **Indoor performances** for all field events and for races of 200m and longer, shall be accepted.
- For the running events of 200m and longer, performances achieved on **oversized tracks** shall not be accepted.
- In the case of **Race Walks**, track performances (20,000m or 50,000m) shall be accepted.
- **Marathons**
 - a) Only performances achieved at Marathon Races that respect the following criteria are valid towards the achievement of the Entry Standards:
 - the course is (or will be) measured prior to the race by an IAAF/AIMS Grade “A” or “B” International Road Race Course Measurer
 - the measurement certificate must have been established no more than 5 years before the date of the race;
 - the overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km.

The 2012 list of qualifying marathon courses can be found on the IAAF website however, starting 1 October 2012, this will be replaced by a permanent list which shall be updated as new information on correctly measured courses is received by the IAAF. Please therefore note that, for a marathon course to be published on the list, it will no longer be necessary for the IAAF to receive an application before a given deadline but Member Federations and Organisers must still make sure that a proper measurement is conducted by an IAAF/AIMS approved Grade A or B International Measurer and that the measurement report is sent to the relevant

Area Measurement Administrator for the certificate to be issued, **before the race is conducted**.

- b) Marathon races conducted at competitions held under IAAF Rule 1.1 a), b), c), f) and g) will not be listed, however the results will be valid for the purpose of entry standards.
- c) In addition, the top 10 finishers at the IAAF Gold Label Marathons (in 2012 and in 2013) held within the qualification period will also be considered as having achieved the “A” Standard (the list of the Gold Label Marathons for 2012 and 2013 is published on the IAAF Website).

The contact person for any matters related to qualifying marathon courses is Mr Sean Wallace-Jones, IAAF Senior Manager: sean.wallace-jones@iaaf.org

- **Race Walk Events**

- a) Performances achieved at Race Walk Events staged at International Competitions defined under IAAF Rule 1.1 (a), (b), (c), (d), (e), (f), (g) or (j) are valid towards the achievement of the Entry Standards providing the following conditions (where applicable) are respected:
 - the course is (or will be) measured by an IAAF/AIMS Grade “A” or “B” International Road Race Course Measurer;
 - a minimum of 3 International or Area Race Walking Judges are on duty.
- b) Performances achieved at International Competitions defined under IAAF Rule 1.1 (i), or at National Competitions, are valid towards the achievement of the Entry Standards ONLY if the Member Federation concerned submits a specific application to the IAAF. The application letter, indicating the date, venue and programme of events of the Competition, must confirm that the above conditions will be respected.

The 2012 list of current qualifying race walk competitions can be found on the IAAF website. Member Federations who want their national permit competitions to be added to the list for 2012 or 2013, and qualify for the World Championships, must make sure that a proper measurement is conducted by an IAAF/AIMS approved Grade A or B International Measurer and that minimum three International or Area Race Walking Judges are on duty. This information must be provided to the IAAF by submitting the mentioned application form **before the race is conducted** (see Appendix C of Moscow 2013 M-Circular Letter).

The contact person for any matters related to qualifying Race Walk courses is Mr Carlo de Angeli, IAAF Competitions Senior Manager: carlo.de-angeli@iaaf.org

- **Relays**

Results of Relay races shall count towards the achievement of the Entry Standards on condition that they are part of a competition staged in compliance with IAAF Rules and that at least three different international teams, representing at least three countries, compete in the race.

AREA CHAMPIONS:

Regulations for Automatic Qualification to the IAAF World Championships in Athletics

(does not apply for Relays and Marathon)

1. The Area Champion (in each individual event to be contested at the World Championships) automatically qualifies for the World Championships, irrespective of whether his performance has reached the “A” or “B” standard.
2. The Area Champion shall be the one who has achieved the title either in 2012 or 2013. If an Area does not have Area Championships in that period, then the Area may organise

an alternate event to select the Area Champion.

3. The Member Federation of the Area Champion will have the ultimate authority to enter the athlete or not, based on its own domestic standard or qualification system.
4. If the Member Federation of the Area Champion enters the athlete, he will be considered as having achieved the “A” standard.
5. If the Area Champion, for whatever reason, is not entered, his quota will not be delegated to the second placed athlete and the normal entry rules and conditions apply.
6. For those Area Championships that do not have certain events, the Area Associations can organise alternate Area specific event Championships with conditions conforming to Area Championships Regulations.
7. For an Area having “restricted” Area Championships (where the participation is not open to all athletes), the Area Association may specify an existing competition of a suitable standard for the purpose of identifying the Area Champion. In such cases, it is necessary that all Member Federations within the Area be invited to compete in this Competition.

Appendix 16.2 Timetable

DAY 1 - Saturday, Morning, 10 August				DAY 2 - Sunday, Morning, 11 August				DAY 3 - Monday, Morning, 12 August				DAY 4 - Tuesday, Morning, 13 August				DAY 5 - Wednesday, Morning, 14 August			
09:30	Discus Throw	W	Q A	09:05	110m H Dec	M		09:30	100m H Hep	W		09:30	Long Jump Hep	W	A+B	08:30	50km Race Walk	M	Final
09:35	100m Dec	M		09:40	110m H	M	R1	09:40	Discus Throw	M	Q A	09:35	20km Race Walk	W	Final	09:30	Hammer Throw	W	Q A
10:10	100m	M	Prelim.	10:00	Discus Throw Dec	M	A	10:10	3000m SC	M	R1	09:50	High Jump	M	Q A+B	09:40	5000m	W	R1
10:15	Pole Vault	M	Q A+B	10:30	1500m	W	R1	10:35	High Jump Hep	W	A+B	10:20	5000m	M	R1	10:25	Long Jump	M	Q A+B
10:35	Long Jump Dec	M	A+B	10:45	Shot Put	W	Q A+B	11:05	Discus Throw	M	Q B	11:10	Javelin Throw Hep	W	A	10:35	1500m	M	R1
10:45	100m	W	Prelim.	11:05	400m	M	R1	11:05	400m H	M	R1	11:25	Triple Jump	W	Q A+B	11:10	Hammer Throw	W	Q B
10:55	Discus Throw	W	Q B	11:20	Discus Throw Dec	M	B	11:50	400m H	W	R1	12:25	Javelin Throw Hep	W	B				
11:20	800m	M	R1	11:55	100m	W	R1												
12:20	Shot Put Dec	M	A+B	13:05	Pole Vault Dec	M	A+B												
DAY 1 - Saturday, Evening, 10 August				DAY 2 - Sunday, Evening, 11 August				DAY 3 - Monday, Evening, 12 August				DAY 4 - Tuesday, Evening, 13 August				DAY 5 - Wednesday, Evening, 31 August			
14:00	Marathon	W	Final	17:00	20km Race Walk	M	Final	18:45	Shot Put Hep	W	A+B	18:45	20km W	W	MC				
15:30	High Jump Dec	M	A+B	17:15	Javelin Throw Dec	M	A	19:00	Pole Vault	M	Final	18:50	Hammer Throw	M	MC				
17:05	Hammer Throw	M	Q A	18:30	Javelin Throw Dec	M	B	19:05	110m H	M	SF	19:00	Discus Throw	M	Final				
17:10	3000m SC	W	R1	19:00	Long Jump	W	Final	19:25	Discus Throw	W	MC	19:05	400m H	W	SF				
18:05	400m	W	R1	19:05	100m	M	SF	19:35	100m	W	SF	19:25	Pole Vault	M	MC				
18:35	Hammer Throw	M	Q B	19:10	Pole Vault	W	Q A+B	19:55	10,000m	W	MC	19:35	Pole Vault	W	Final				
18:55	10,000m	M	Final	19:35	800m	M	SF	20:05	400m	M	SF	19:40	400m H	M	SF				
19:20	Long Jump	W	Q A+B	19:55	20km W	M	MC	20:25	Shot Put	W	Final	20:00	110m H	M	MC				
19:30	Marathon	W	MC	20:05	400m	W	SF	20:30	Hammer Throw	M	Final	20:10	800m Hep	W	Final				
19:40	400m Dec	M		20:15	Discus Throw	W	Final	20:35	200m Hep	W		20:40	1500m	W	SF				
20:15	100m	M	R1	20:35	1500m Dec	M	Final	21:05	100m	M	MC	21:00	100m	W	MC				
21:00	10,000m	M	MC	21:05	10,000m	W	Final	21:15	400m	W	Final	21:10	800m	M	Final				
21:05	Opening Ceremony			21:40	Long Jump	W	MC	21:30	110m H	M	Final	21:25	3000m SC	W	Final				
				21:50	100m	M	Final	21:35	Shot Put	W	MC	21:38	Heptathlon	W	MC				
				21:53	Decathlon	M	MC	21:50	100m	W	Final	21:50	400m	M	Final				
								21:54	400m	W	MC	21:52	Discus	M	MC				

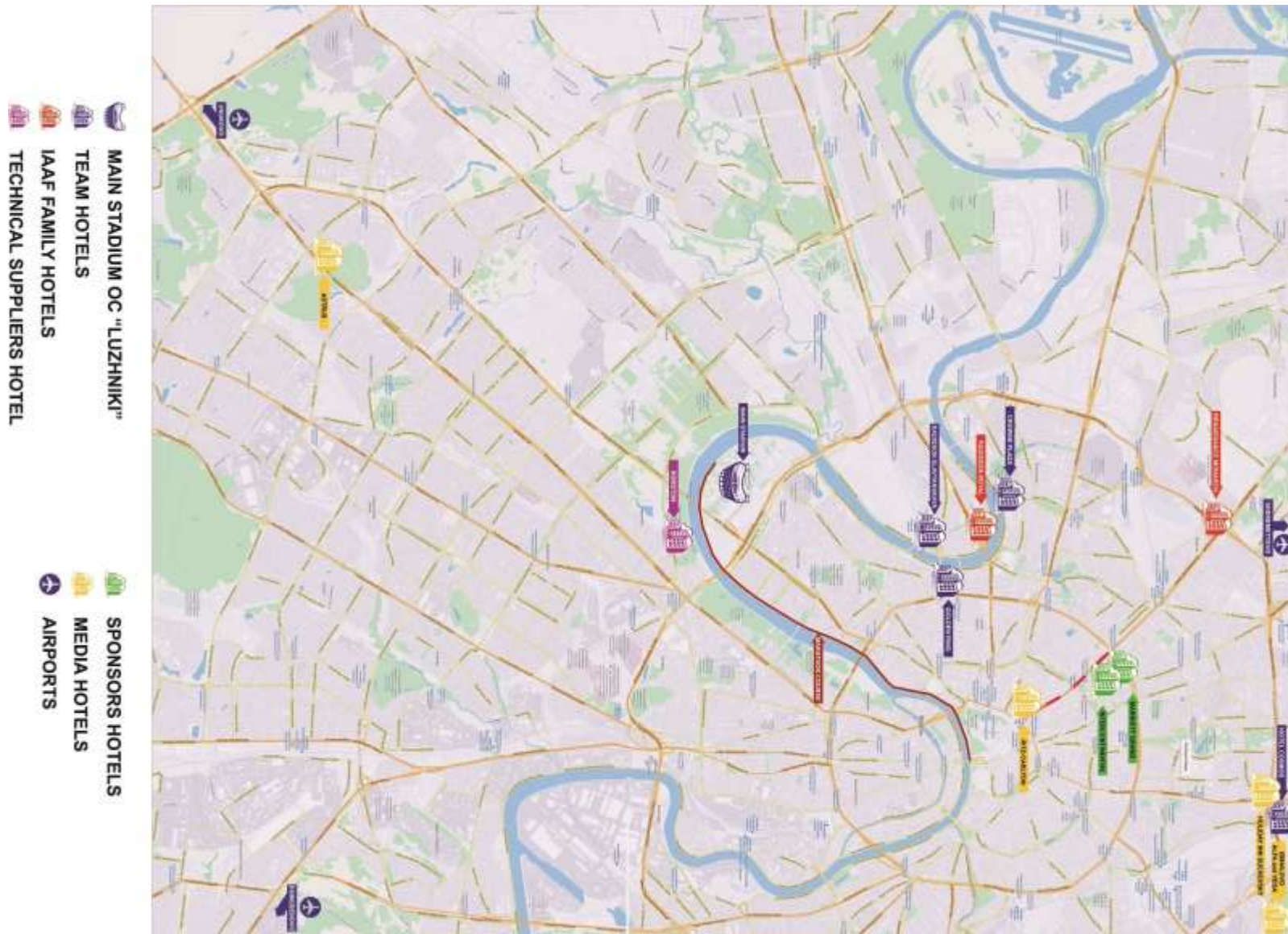
DAY 6 - Thursday, Morning, 15 August				DAY 7 - Friday, Morning, 16 August				DAY 8 - Saturday, Morning 17 August				DAY 9 - Sunday, Morning 18 August			
09:30	Javelin Throw	M	Q A	09:30	Javelin Throw	W	Q A								
09:40	High Jump	W	Q A+B	09:45	100m H	W	R1								
09:55	800m	W	R1	10:00	Triple Jump	M	Q A+B								
10:20	Shot Put	M	Q A+B	10:35	200m	M	R1								
10:55	200m	W	R1	11:00	Javelin Throw	W	Q B								
11:00	Javelin Throw	M	Q B	11:30	4 x 400m Relay	W	R1								
DAY 6 - Thursday, Evening, 15 August				DAY 7 - Friday, Evening, 16 August				DAY 8 - Saturday, Evening, 17 August				DAY 9 - Sunday, Evening, 18 August			
18:50	800m	M	MC	18:45	1500m	W	MC	15:30	Marathon	M	Final	15:40	200m	M	MC
19:00	High Jump	M	Final	18:50	400m H	W	MC	18:00	High Jump	W	Final	15:47	4 x 400m Relay	W	MC
19:05	4 x 400m Relay	M	R1	19:00	Hammer Throw	W	Final	18:10	200m	W	MC	16:00	Javelin Throw	W	Final
19:31	Pole Vault	W	MC	19:05	1500m	M	SF	18:20	100m H	W	SF	16:15	4 x 100m Relay	W	R1
19:40	Triple Jump	W	Final	19:21	Triple Jump	W	MC	18:35	Javelin Throw	M	Final	16:34	Javelin Throw	M	MC
19:45	200m	W	SF	19:30	Long Jump	M	Final	18:40	4 x 400m Relay	M	MC	16:45	Triple Jump	M	Final
20:05	3000m SC	W	MC	19:40	200m	M	SF	18:55	5000m	W	Final	16:50	4 x 100m Relay	M	R1
20:20	3000m SC	M	Final	20:00	High Jump	M	MC	19:16	Long Jump	M	MC	17:12	High Jump	W	MC
20:33	400m	M	MC	20:10	Shot Put	M	Final	19:30	100m H	W	Final	17:25	1500m	M	Final
20:45	400m H	W	Final	20:15	800m	W	SF	19:35	Shot Put	M	MC	17:35	Marathon	M	MC
20:49	50km W	M	MC	20:35	400m H	M	MC	19:45	4 x 400m Relay	W	Final	17:50	800m	W	Final
21:00	400m H	M	Final	20:45	5000m	M	Final	19:53	5000m	W	MC	17:57	Javelin Throw	W	MC
21:07	3000m SC	M	MC	21:05	Hammer Throw	W	MC	20:05	200m	M	Final	18:10	4 x 100m Relay	W	Final
21:20	1500m	W	Final	21:15	200m	W	Final	20:10	100m H	W	MC	18:15	1500m	M	MC
				21:30	4 x 400m Relay	M	Final					18:25	800m	W	MC
				21:35	5000m	M	MC					18:40	4 x 100m Relay	M	Final
												18:45	Triple Jump	M	MC
												18:52	4 x 100m Relay	W	MC
												19:00	4 x 100m Relay	M	MC
												19:10	Closing Ceremony		

Appendix 16.3
Official Implements

MEN				
Catalogue No.	Manufacturer	Description	Colour	Certification No.
SHOT 7.26kg				
1052	Bayerische Sportstätten (BSS)	BSS, turned steel dia: 120mm	Red	I-02-0275
N1118A	Nelco	Turned iron, dia: 128mm	Yellow	I-99-0093
F251C	Nishi	Steel, dia: 129mm	Silver	I-99-0083
F251	Nishi	Steel, dia: 125.5mm	Silver	I-99-0087
5131726	Nordic	Olympic Super, turned lacquered steel, dia: 128mm	Yellow	I-99-0021
DISCUS 2kg				
D2000JSUS	Denfi	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	Grey/yellow centre	I-99-0098
D2000SKYM	Denfi	Skymaster, chrome rim, mixed carbon/plastic plates	Red/white center	I-02-0270
F331A	Nishi	Super HM, steel rim, FRP sides	Purple/black/white	I-02-0255
720-1200	UCS	Orange Flyer Medium Moment, steel rim, fibreglass	Orange	I-99-0122
HAMMER 7.26kg				
F201/F352	Nishi	Steel, dia: 110mm	Orange	I-99-0079
F201A/F352/F353	Nishi	Steel and Tungsten dia: 110mm	Orange/black	I-09-0442
ZH-7,26-B/UW-115	Polanik	Steel, dia: 110mm, Ziolkowski Black	Black	I-10-0469
PM-7,26/110-M/UP/UW-130	Polanik	Brass, dia: 110mm	Gold	I-00-0206
JAVELIN 800g				
800CS90	Nemeth	Classic 90m, aluminium, violet cord	Violet/yellow/green	I-99-0100
800CC95	Nemeth	Classic 95m, hard composite, yellow cord	Violet/yellow/orange	I-08-0400
800C85	Nemeth	Club 85m, aluminium, violet cord	Violet/yellow/blue	I-99-0104
7916800c	Nordic	Champion, carbon, lilac cord	White, lilac spiral	I-99-0189
7916808c	Nordic	Orbit, carbon, blue cord	White, blue spiral	I-99-0190
7916803c	Nordic	Airglider, carbon, red cord	White, red spiral	I-03-0300

WOMEN				
Catalogue No.	Manufacturer	Description	Colour	Certification No.
SHOT 4kg				
N1118FX	Nelco	Turned steel, dia: 109mm	Red	I-01-0248
N1118EA	Nelco	Turned iron, dia: 104mm	Black	I-99-0137
F253C	Nishi	Steel, dia: 109mm	Silver	I-99-0084
F253	Nishi	Steel, dia: 103mm	Silver	I-99-0089
5133402	Nordic	Turned steel, dia: 108mm	Red	I-99-0025
DISCUS 1kg				
D1000JSUS	Denfi Sport	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/yellow centre	I-99-0099
N1105GD	Nelco	Gold, brass rim, plastic side	White/gold	I-99-0096
N1105B	Nelco	Super Spin Black, stainless steel rim, plastic sides	Black	I-99-0092
F333A	Nishi	Super HM, steel rim, FRP side	Purple/black/white	I-02-0256
HAMMER 4kg				
N1121D/N1125BN	Nelco	Olympic, brass, dia: 95mm	Gold	I-99-0147
F210A/F352	Nishi	dia: 96mm	Blue	I-99-0080
PH-4-B/UW-110	Polanik	Steel dia: 95mm, Premium Black	Black	I-10-0466
PM-4/95-M/UP/UW-130	Polanik	Brass, dia: 95mm	Gold	I-00-0204
JAVELIN 600g				
600CS80	Nemeth	Javelin 600g, Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
600CC85	Nemeth	Javelin 600g, Classic 85m, composit, yellow cord	Violet/yellow/orange	I-09-0428
600CS80	Nemeth	Classic 80m, aluminium, violet cord	Violet/yellow/green	I-99-0102
600C75	Nemeth	Club 75m, aluminium, violet cord	Violet/yellow/blue	I-99-0103
600S70	Nemeth	Standard 70m, aluminium, violet cord	Violet	I-99-0107
7917603	Nordic	Diana 80, steel, blue cord, 80m	Lilac, white	I-99-0018
7917601	Nordic	Javelin 600g, Diana Classic flex 7.2, 600g	Pink	I-99-0015

Appendix 16.4
General Venues Map



Appendix 16.5
Luzhniki Sports Complex

IAAF World Championships Moscow 2013 - Olympic Complex "Luzhniki"



- 1. Big Sports Arena - Main Stadium
- 2. South Sports Complex - Throwing Training Arena
- 3. North Sports Complex - Warm-Up Arena
- 4. Sportgorodok - Training Arena
- 5. Small Sports Arena - Main Press-Centre
- 6. «Druzhba» Sports Complex - Main Accreditation Centre
- 7. IBC

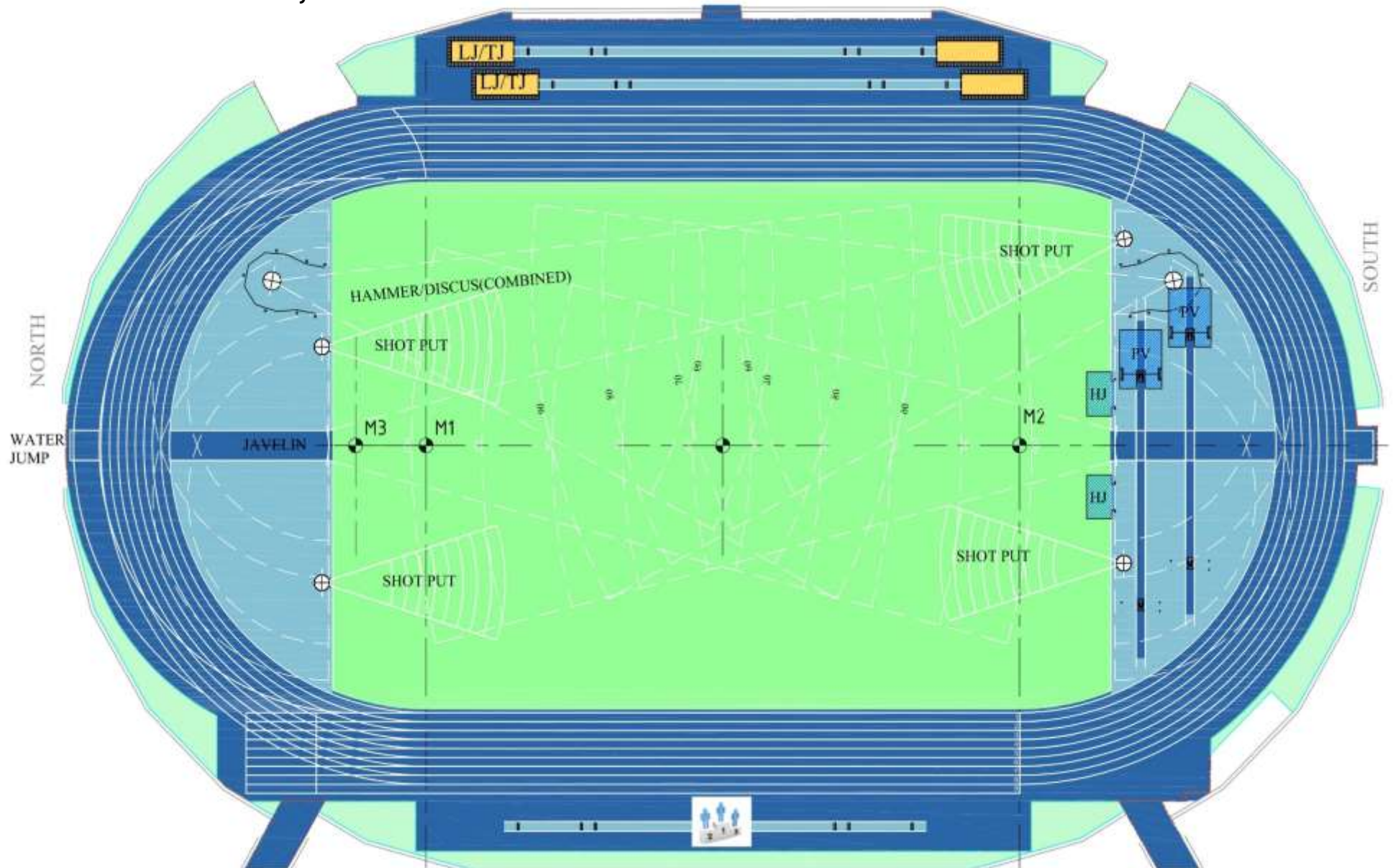
- 8. Market Street
- 8.1. Kids athletics experience zone
- 9. Sponsors' Village
- 10. VIP-Hospitality
- 11. P1A, P1B - VIP parking areas
- 12. The number of area: 18

- Entrance for accredited cars
- Entrance for accredited persons
- Media passage
- Spectators' passage
- Fence

Appendix 16.6
Luzhniki Stadium – General Plan



Appendix 16.7
Luzhniki Stadium – Field of Play








Appendix 16.8
Marathon Course

IAAF World Championships Moscow 2013 Marathon Course.

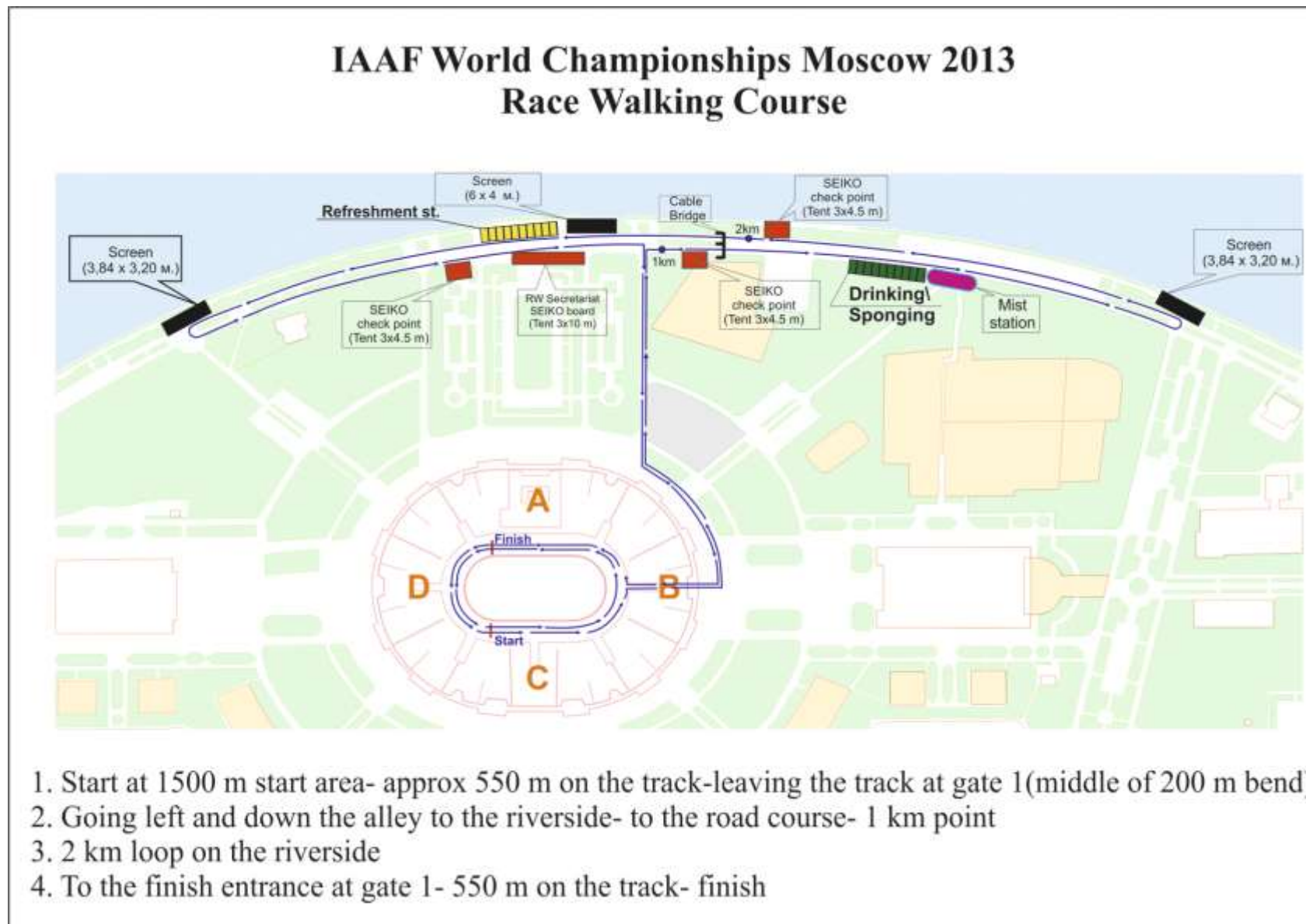


1. Start at the 100 m start area
2. 600 m on the track
3. Leaving the track at Gate 4 (at the area of 1500 m start)
4. 1 short loop with the turning point at 6.25 km
5. 3 loops x 10 km with the turning point at Red Square (Vassiljevsky Slope)
6. To the finish: entrance at Gate 4- 300m on the track- finish (the part in the stadium territory is run only on the way from the start and on the way to the finish)

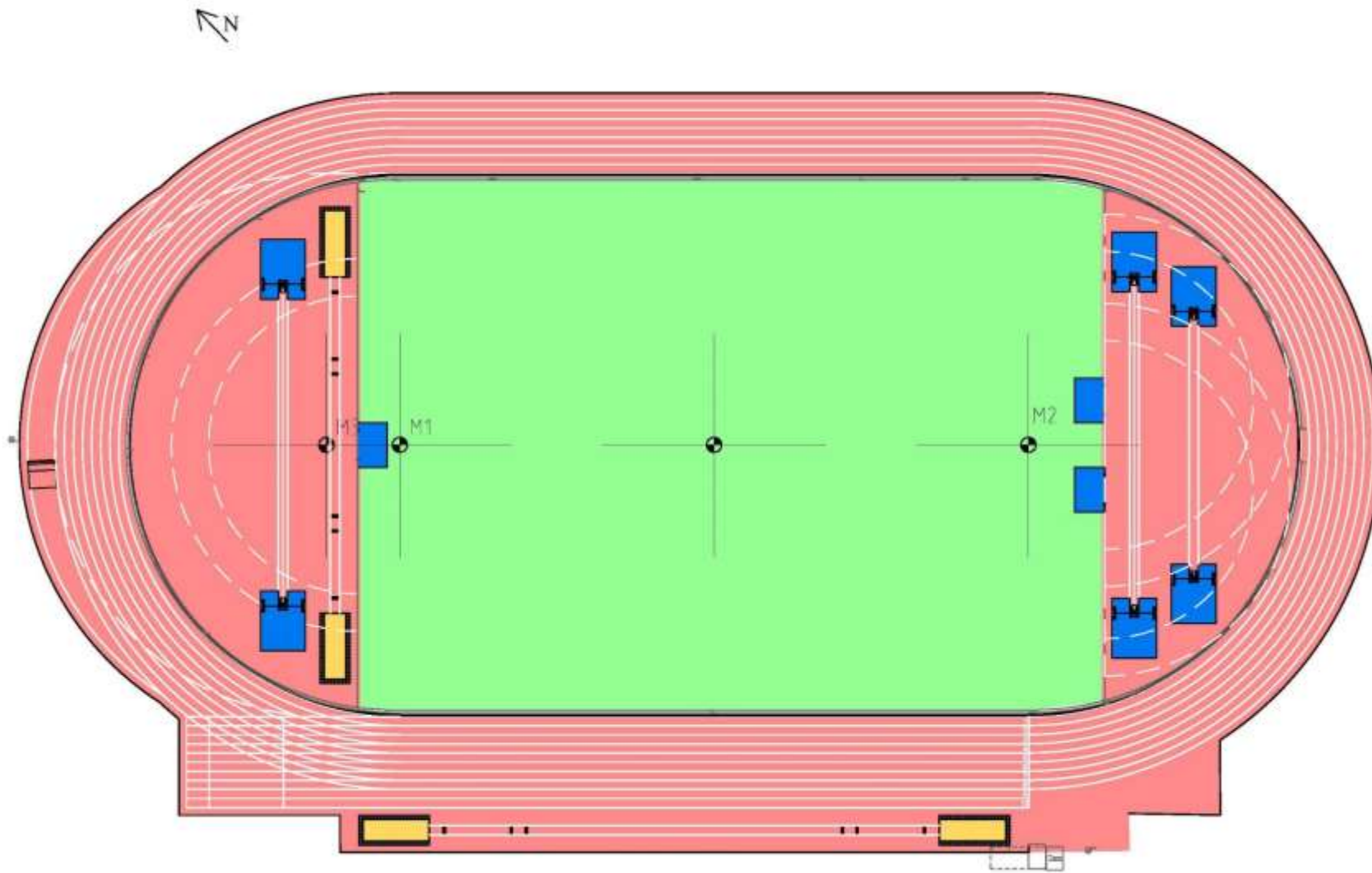
-  500-seat stand
-  SCREEN 4x6 m
-  SEIKO check point (Tent 3x4.5 m)
-  Platforms for TV positions
-  Power 220W



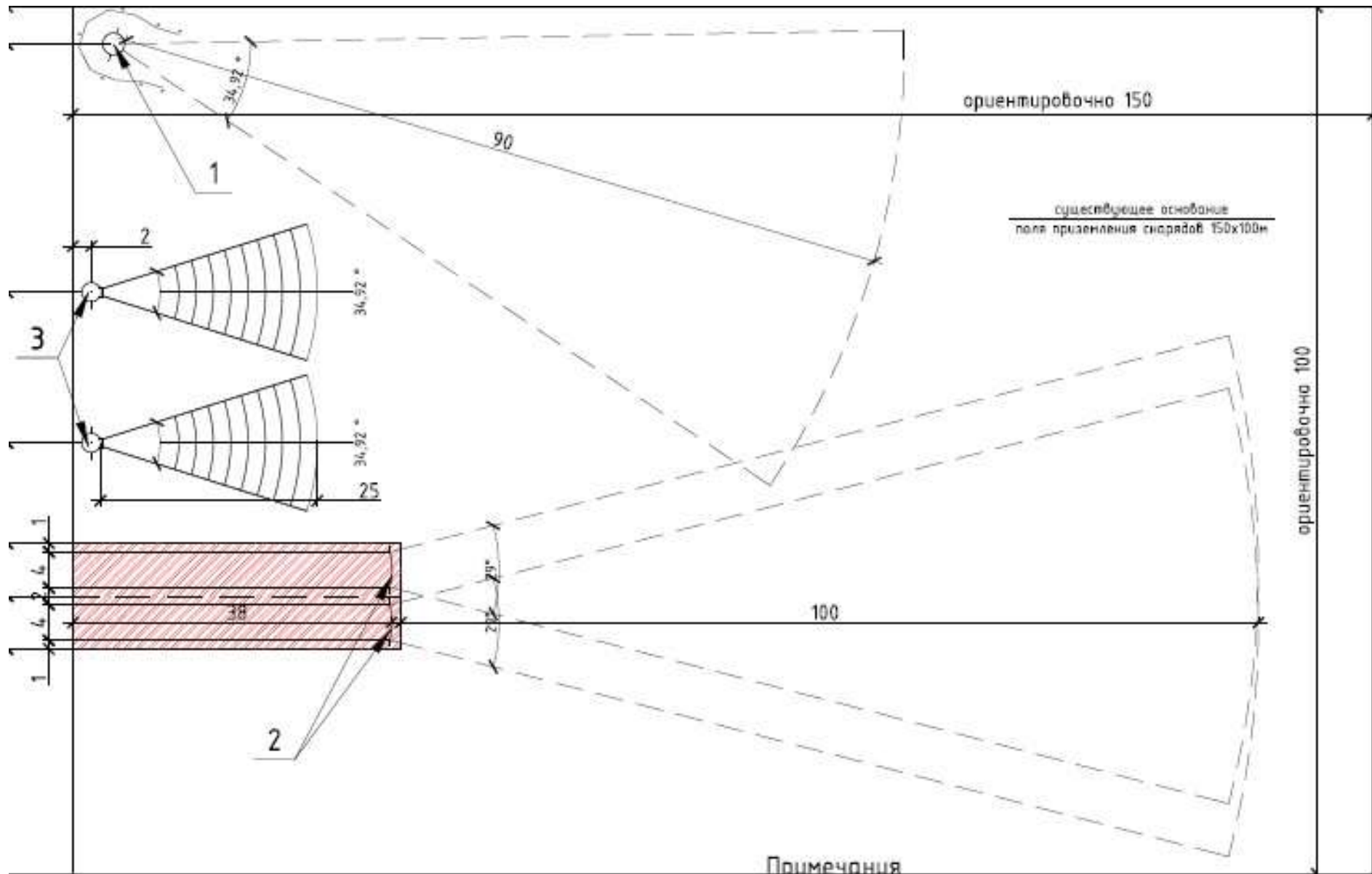
Appendix 16.9
Race Walk Course



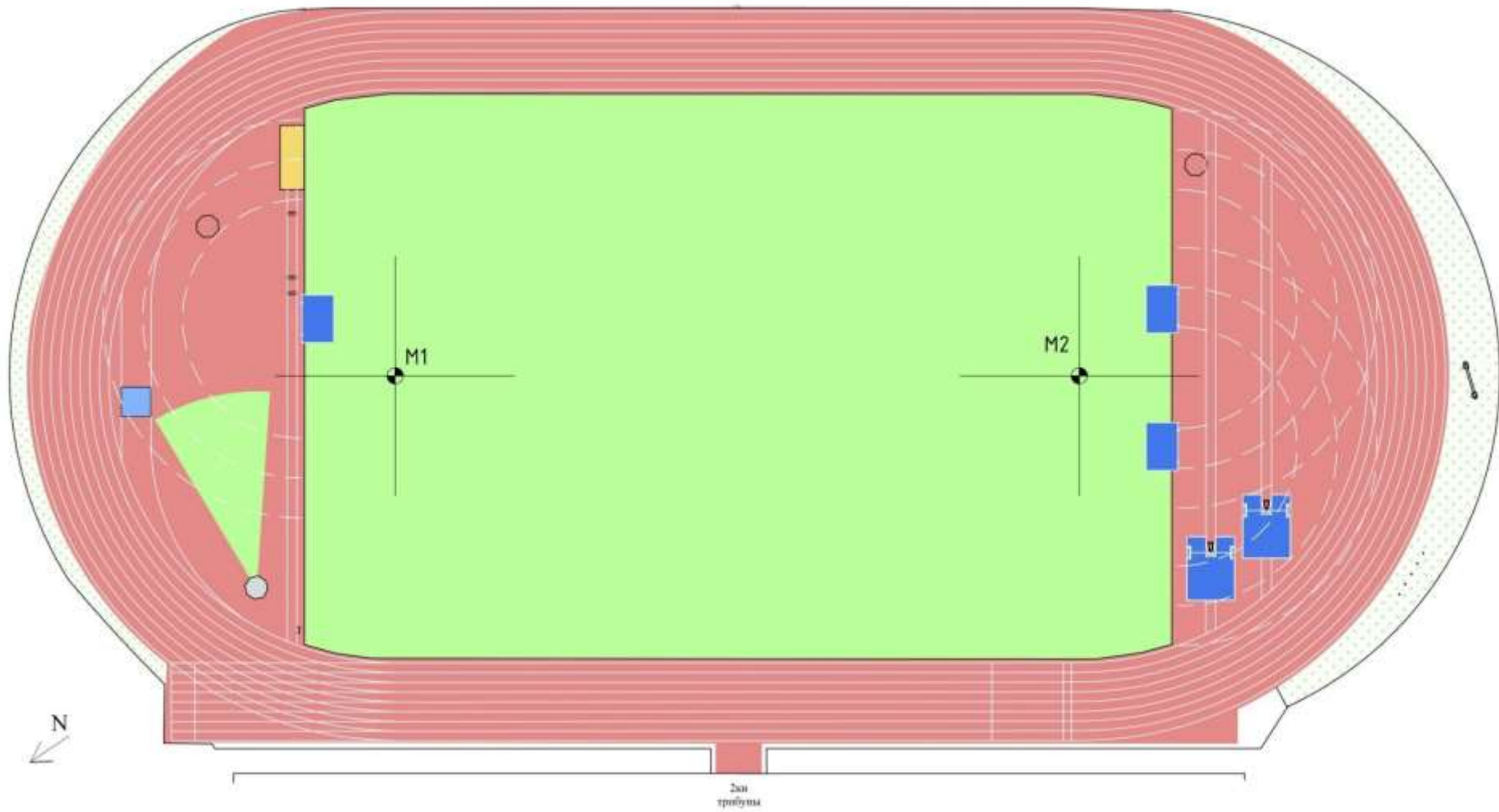
Appendix 16.10
Warm-up Area – North Sports Arena



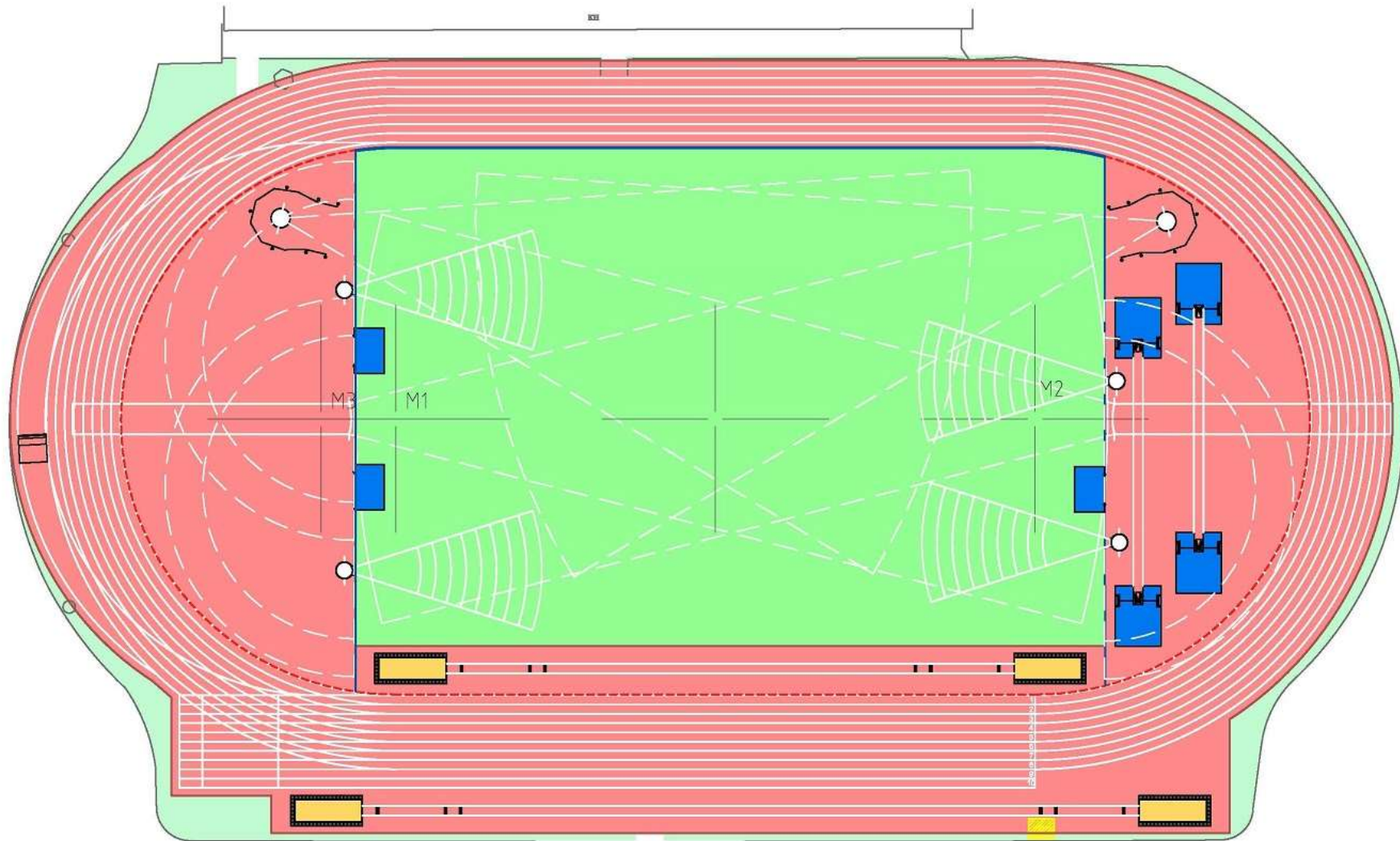
Appendix 16.11
Warm-up Area – Long Throws



Appendix 16.12
Training Venue – Sportgorodok



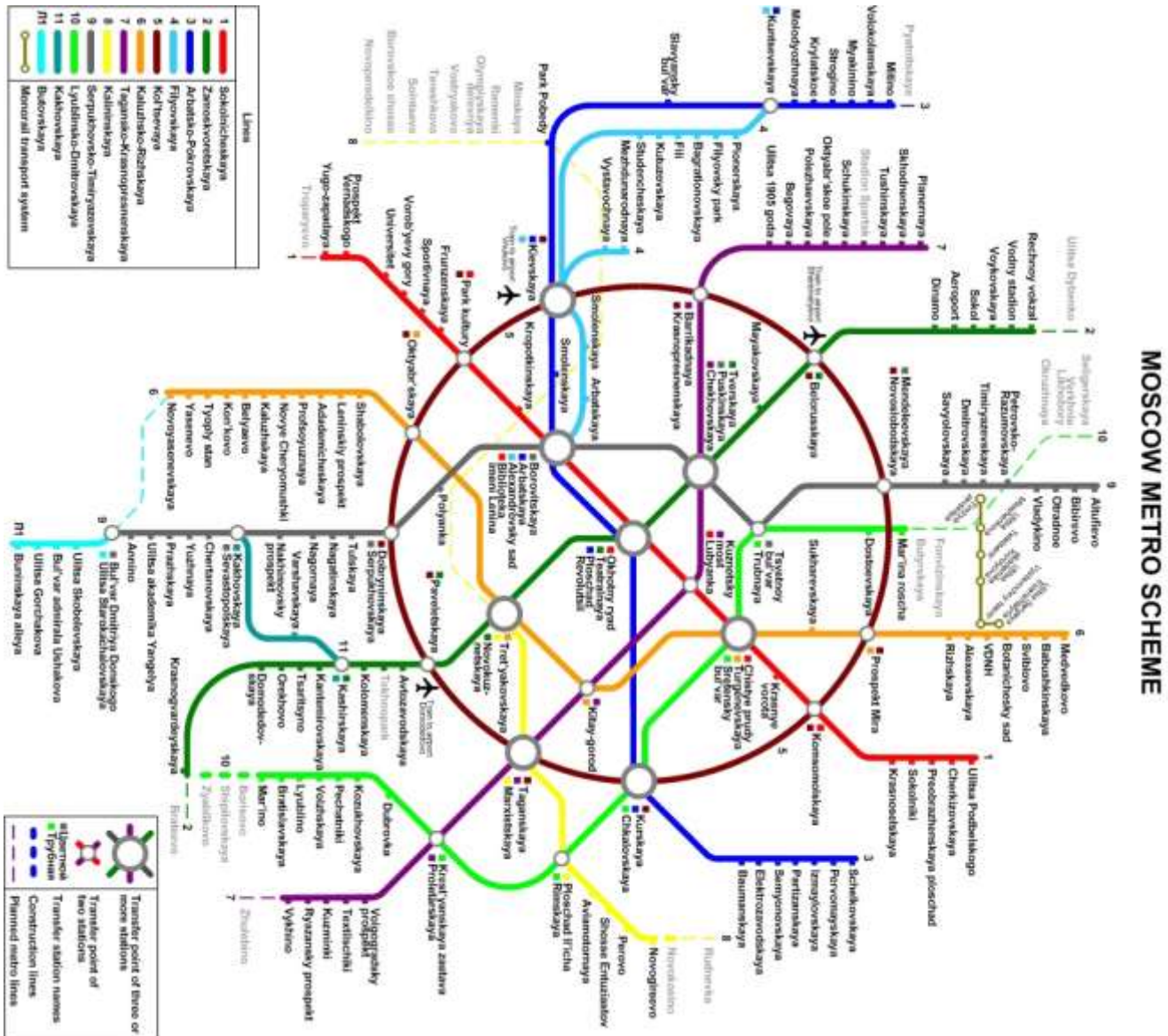
Appendix 16.13
Long Throws Training Venue – South Sports Arena



Appendix 16.14

Training Venue – Znamensky (to be provided)

Appendix 16.15
Public Transport Map



Appendix 16.16

Visa Information

Do I need a Visa?

Most IAAF Member countries require a visa to enter Russia. The list is below. Citizens of countries which require a visa and DO NOT have Russian Consular Representation in their country of residence, may apply to Consulates in neighbouring countries by submitting postal applications. Check this on the website or ask the Consulate you are planning to apply to. Please check your category and follow up accordingly.

Obtaining a visa invitation letter from the LOC

For each individual or group who will require a visa, the LOC Visa Information Form (sent with IAAF Circular Letters in September 2012 and May 2013) must be completed in all its sections so that the required invitation letter for the purpose of visa application can be properly issued. This form must be sent to the LOC Teams department: teams@rusathletics.com and teams@mos2013.ru.

When completing the LOC Visa Information Form, please make sure that:

- Each passport has two consecutive blank visa-designated pages
- The expiry date of the passport is at least six months after the last day of the expected stay in Russia.
- If the passport does not meet these two requirements, a new passport must be obtained or the existing one is to be prolonged before you can request the invitation letter.
- You indicate in which Consulate you will make your application. Follow this link to find the consular information for Russia: <http://www.russianconsulates.com> or <http://www.russianembassy.net>

After receipt of the completed LOC Teams Visa Information Form, the LOC will issue, and email you, a scan of the official invitation letter. You will be able to print as many copies as needed for the members of your group.

The visa invitation letter will enable a person to apply for entry visa to the Russian Federation for the period from 15 July to 31 August 2013.

Applying for the Visa

The Russian Foreign Ministry has exceptionally agreed to accept applications in any consulate regardless of citizenship. We strongly suggest, nonetheless, that you contact the consulate in advance and carefully check the requirements for that country as these may vary.

Each individual must complete and sign the appropriate visa application form. Check this on the website or ask the Consulate. Link to Visa Application: <https://visa.kdmid.ru> (to proceed you must choose your country and language). Please note that there are several different formats of visa application form so you must ensure the applicant completes the correct form in order to avoid delays.

Please use the following precautions when completing the form and submitting your application:

- Complete all the fields on the form
- Mention on the application the reason of the visit: **the IAAF World Championships 2013**
- The form must be accompanied by:

- the valid national passport
- the official invitation letter from the LOC
- two ID photos (the frame size must be 3,5 x 4,5 cm (1 3/8" X 1 3/4"))
- any additional documentation requested by the Consulate/Embassy where you are applying for a Russian visa

If you are not sure, please contact the concerned Consulate/Embassy or check at its official website

- We advise you deal directly with the Consulate/Embassy and not to use the services of an agency which can cause confusion and delays
- Please note that one person can deal with multiple applications, no individual presence is required at the Consulate/Embassy

Deadline for Visa Applications

The deadline to submit visa applications to the Russian Consulates for the IAAF World Championships 2013 is the 5 August 2013. This means you should already have submitted the request for the invitation letter to the LOC no later than 1 August 2013.

Multi-entry Visa

In some cases, persons might be required to visit Russia on more than one occasion. In this case no facilitated visa procedure or visa fee waiver can be applied. The procedure is slightly longer since multi-entry visas are handled by the Foreign Ministry directly on a regular basis. Please contact visa@rusathletics.com if you require a multi-entry visa.

Category 1 – List of Countries whose Citizens do not need a Visa to enter Russia:

ASIA	KAZ, KGZ, TJK, UZB
EUROPE	ARM, AZE, BLR, ISR, MDA, SRB, TUR, UKR
NACAC	CUB
CONSUDATLE	ARG, BRA, CHI, COL, PER, VEN

Category 2 – List of countries whose Citizens need a Visa to enter Russia and have a Russian Embassy or Consulate in their own country:

AFRICA	ALG, ANG, BDI, BEN, BOT, CAF, CGO, CHA, GHA, CIV, CMR, COD, CPV, DJI, EGY, ERI, ETH, GAB, GBS, GHA, GUI, KEN, LBA, MAD, MAR, MLI, MOZ, MRI, MTN, NAM, NGR, RSA, RWA, SEN, SEY, SUD, TAN, TUN, UGA, ZAM, ZIM
ASIA	AFG, BAN, BRN, CAM, CHN, INA, IND, IRI, IRQ, JPN, JOR, KOR, KSA, KUW, LAO, LIB, MAS, MGL, MYA, NEP, OMA, PAK, PHI, PRK, QAT, SIN, SRI, SYR, THA, TKM, TPE, UAE, VIE, YEM
EUROPE	ALB, AUT, BEL, BIH, BUL, CRO, CYP, CZE, DEN, ESP, EST, FIN, FRA, GBR, GEO, GER, GRE, HUN, IRL, ISL, ITA, LAT, LTU, LUX, MKD, MLT, MNE, NED, NOR, POL, POR, ROM, SLO, SVK, SUI, SWE
NACAC	CAN, CRC, GUA, JAM, MEX, NCA, USA
OCEANIA	AUS, NZL
CONSUDATLE	BOL, ECU, GUY, PAN, URU

Category 3 – List of countries whose Citizens need a Visa to enter Russia and do not have a Russian Embassy or Consulate in their own country:

AFRICA	BUR, COM, GAM, GEQ, LBR, LES, MAW, NIG, SLE, SOM, STP, SWZ, TOG
ASIA	BHU, BRU, HKG, MAC, MDV, PLE, TLS
EUROPE	AND, GIB, LIE, MON, SMR
NACAC	AIA, ANT, ARU, BAH, BAR, BER, BIZ, CAY, DMA, DOM, ESA, GRN, HAI, HON, ISV, IVB, LCA, MNT, PUR, SKN, TKS, TRI, VIN
OCEANIA	ASA, COK, FIJ, FSM, GUM, KIR, MSH, NFI, NMA, NRU, PLW, PNG, PYF, SAM, SOL, TGA, TUV, VAN
CONSUDATLE	PAR, SUR

Appendix 16.17

LOC Bank Details for Payment of Extra Accommodation by Bank Transfer (LOC to include latest)

Bank details for payment in EURO ONLY	
BENEFICIARY:	FINDERLON HOLDING LTD.
BENEFICIARY ADDRESS:	1, Place Longemalle, CH-1211 Geneve 3
IBAN:	CH93 0874 1012 3443 0000 1
BENEFICIARY BANK:	Credit Agricole Indosuez (SUISSE) SA
BENEF.BANK ADDRESS:	4, Quai General Guisan
	CH-1211 Geneva 3, Switzerland
BIC CODE:	AGRICHGGXXX
CORR.BANK:	CREDIT AGRICOLE, Paris
CORR. ACCOUNT:	20 089 872 000
SWIFT CODE:	AGRIFRPPXXX
Bank details for payment in USD ONLY	
BENEFICIARY:	FINDERLON HOLDING LTD.
BENEFICIARY ADDRESS:	1, Place Longemalle, CH-1211 Geneve 3
IBAN:	CH93 0874 1012 3443 0000 1
BENEFICIARY BANK:	Credit Agricole Indosuez (SUISSE) SA
BENEF.BANK ADDRESS:	4, Quai General Guisan
	CH-1211 Geneva 3, Switzerland
SWIFT CODE:	AGRICHGG
CORR.BANK:	JP MORGAN CHASE BANK NA NEW YORK
CORR. ACCOUNT:	796706869
SWIFT CODE:	CHASUS33XXX
Note:	
Bank Commission to be paid by the sender	
When travelling to Moscow, please take your bank confirmation with you	

Appendix 16.18
Team Officials Chart

Athletes	55% Officials	25% Officials
1	1	1
2	2	1
3	2	1
4	3	1
5	3	2
6	4	2
7	4	2
8	5	2
9	5	3
10	6	3
11	7	3
12	7	3
13	8	4
14	8	4
15	9	4
16	9	4
17	10	5
18	10	5
19	11	5
20	11	5
21	12	6
22	13	6
23	13	6
24	14	6
25	14	7
26	15	7
27	15	7
28	16	7
29	16	8
30	17	8
31	18	8
32	18	8
33	19	9
34	19	9
35	20	9
36	20	9
37	21	10
38	21	10
39	22	10
40	22	10

Athletes	55% Officials	25% Officials
41	23	11
42	24	11
43	24	11
44	25	11
45	25	12
46	26	12
47	26	12
48	27	12
49	27	13
50	28	13
51	29	13
52	29	13
53	30	14
54	30	14
55	31	14
56	31	14
57	32	15
58	32	15
59	33	15
60	33	15
61	34	16
62	35	16
63	35	16
64	36	16
65	36	17
66	37	17
67	37	17
68	38	17
69	38	18
70	39	18
71	40	18
72	40	18
73	41	19
74	41	19
75	42	19
76	42	19
77	43	20
78	43	20
79	44	20
80	44	20

Appendix 16.19 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/aboutiaaf/publications/regulations/index.html>. 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/aboutiaaf/publications/regulations/index.html> concerning 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 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.
 - 1.6. 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: _____