



TEAM MANUAL

General Information

EAA Council

| | | |
|------------------------|--------------------------|-------------------------|
| President | Hansjörg Wirz | SUI |
| Vice Presidents | Valentin Balakhnichev | RUS |
| | Agoston Schulek | HUN |
| Treasurer | Karel Pilny | CZE |
| General Secretary | Till Lufft | GER |
| Members | Janez Aljancic | SLO |
| | José Luis de Carlos | ESP |
| | Georgios Constantopoulos | GRE |
| | Antonios G. Dracos | CYP |
| | Jonas Egilsson | ISL |
| | Alfil Giomi | ITA |
| | Philippe Lamblin | FRA |
| | John Lister | GBR |
| | Ludmila Olijar | LAT |
| | Clemens Prokop | GER |
| | Jorge Salcedo | POR |
| | Erika Strasser | AUT |
| | Irena Szewinska | POL |
| IAAF President | Lamine Diack | SEN (ex-officio member) |
| EAA Honorary President | Carl-Olaf Homen | FIN |

EAA Representatives

| | | |
|------------------------|--------------------------|-----|
| EAA Technical Delegate | Georgios Constantopoulos | GRE |
|------------------------|--------------------------|-----|

Competition officials

| | | |
|---------|---------------|-----|
| Referee | Antonio Pérez | ESP |
|---------|---------------|-----|

Accommodation and financial conditions

All participating teams will be staying in the following Hotel:

Hotel Barceló Nervión
Paseo Campo de Volantín, 11
48007 Bilbao (Spain)
Telephone: (34 94) 445 47 00
Fax: (34 94) 445 56 08

The EAA Member Federations shall pay their travelling expenses, in both directions, to and from the venue of the competition as well as board and lodging expenses at the venue of the competition, which exceed such costs to be covered by EAA as follows.

The EAA will pay the board and lodging expenses for a maximum of 2 (two) days for a maximum of 3 (three) male and 3 (three) female runners (scoring athletes) from each Member Federation.

If teams want to bring more team members than covered by the EAA quota, they have to pay CHF 100 (64,43€) per person per night in double occupancy and CHF 130 (84,41€) per person per night in single occupancy.

Team leaders will be asked to pay the accommodation costs for the team members and/or additional nights not covered by the EAA quota, upon arrival at the Barceló Hotel Nervión.

All other extra costs (bar, laundry, telephone calls, etc.) must be paid directly to the hotel before departure.

Meals Timetable

The timetable for meals is the following:

| | |
|-----------|---|
| Breakfast | 08.00 – 10.30 |
| Lunch | 13.30 – 15.00 (Saturday, 2 nd – 12.30 – 15.00) |
| Dinner | 20.00 – 22.30 (Saturday, 2 nd at 21.30) |

Technical Information

Final Entries

According to the EAA Competition Regulations (903.7), all final entries must reach the Organising Committee by March 23rd at 24.00 (CET) through the EAA online entry system.

EAA Member Federation may enter 1 (one) men's team and 1 (one) women's team, of a maximum of 5 (five) runners each of whom 3 (three) will score.

Qualification standards are as follows:

| Men | Events | Women |
|----------|----------|----------|
| 13.56.51 | 5000m | 16.04.25 |
| 29.27.94 | 10000m | 34.26.39 |
| 2.17.40 | Marathon | 2.36.32 |
| 8.45.05 | 3000m st | 10.42.90 |

and the runners being ranked among the 50 (fifty) best placed at the last 3 (three) World Cross Country Championships in the long distances and the 20 (twenty) best placed at the European Cross Country Championships preceding the year of the European 10000m Cup.

All team members must meet the qualification standards.

Although the Cup is basically a team competition, individual entries may be accepted, according to the qualification standards, for those EAA members which are unable to send full teams. The individual ranking will be applied for runners.

Countries having participated the preceding year in the European Cup can enter 1 (one) male and (1) female athlete even if he/she has not fulfilled the entry standard.

If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and shall be eligible for the individual placing.

Scoring

The women's and men's race are scored separately.

If A and B races are held the results are merged into one list.

The team ranking is decided on the basis of the 3 (three) best times of the team members in the A and B races.

The individual ranking is decided by merging together the results of A and B races into 1 (one) list of results.

In the event of a tie, it shall be resolved in favour of the team whose last scoring runner finishes with the best time.

Programme

The competition will be staged on 2nd April in the afternoon.

| Time | Event | Sex |
|-------------|--------------|------------|
| 18.30 | 10000m | Women |
| 19.15 | 10000m | Men |

Each event may be divided into A and B races, if the number of runners makes it necessary. The runners with the fastest times to be placed in the A races. If the times can not be compared, due to different distances, the EAA Technical Delegate shall decide which race the runners in question shall participate in.

Entries Confirmation

The final declaration of athletes and confirmation of entries must be made at the Technical Meeting (Friday 1st April, 19.00 hours).

Competition Venue

The competition will take place in the track of San Vicente, in Barakaldo. It is a synthetic track with 6 lanes, and a grass area.

Training at the competition venue

The track where the competition will be held will be available for training on Friday April 1st. Transport will be provided according to the following schedule:

Departure from the hotel: 11.00 and 17.00
Departure from the track: 12.45 and 18.45

Technical Meeting

The Technical Meeting will be held in the Hotel Nervión on April 1st at 19.00 hours (Tivoli room), and will be conducted by Mr. Georgios Constantopoulos (EAA Technical Delegate). The Agenda is as follows:

1. - Welcome by the LOC Representative
2. - Welcome by the EAA Technical Delegate
3. - Presentation of the Jury of Appeal
4. - Technical Information
5. - Ceremonies
6. - Other Issues

Competition Timetable

| | | |
|--------------|---------------------|---------------------|
| 17.00 | 200m Women | local race |
| 17.10 | 400m Men | local race |
| 17.15 | 5000m Women | local race |
| 17.35 | 5000m Men | local race |
| 17.50 | 1500m Men | local race |
| 18.00 | Opening Ceremony | |
| 18.30 | 10000m Women | European Cup |
| 19.15 | 10000m Men | European Cup |
| 19.50 | Award Ceremony | |

Transport to the track

On the day of the competition, buses will circulate between the hotel and the track according to the following timetable:

| | |
|---------------------------|---------------|
| Departure from the hotel: | 16.45 – 17.45 |
| Departure from the track: | 20.10 |

Special transport will be provided, if necessary, for athletes and officials involved in Doping Control Procedures.

Warm-up area and Call-Room Procedures

The athletes can use the grass in the Stadium for warm-up. The Call-Room is situated in a tent, located at the end of the main tribune. All athletes must report to the Call-Room according to the following schedule:

| Race | Entrance | Exit | Start |
|----------------|----------|-------|-------|
| Women's 10000m | 18.10 | 18.20 | 18.30 |
| Men's 10000m | 18.55 | 19.05 | 19.15 |

Judges will check the bib numbers and all uniforms, which must comply with the IAAF and EAA Rules and Regulations. All athletes of the same country must wear the same uniform. The Award Ceremony is considered part of the competition for this purpose.

Start

The participants in each race will be divided in two groups with one group of approximately 65% of the competitors on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The outer group shall run as far as the end of the first bend on the outer half of the track

Starter's orders

All instructions will be given in Basque. The command "Nor Bere Lekura" (On your marks) will be followed by a shot from the starter's gun.

Protests

Any eventual protest concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of that event.

This protest shall, in the first instance, be made orally to the Referee (identified by an armband) by the athlete or by someone acting on his/her behalf.

After the decision of the Referee, there shall be the right of appeal to the Jury of Appeal.

All protests to the Jury shall be made in English or French through the Competition Secretariat of the course in accordance with IAAF Rule 146.

The protest must be on the protest form, signed by a responsible official on behalf of the athlete and must be accompanied by a deposit of 100€, which will be forfeited if the protest is not upheld.

Award Ceremonies

After the finish of the competition, the first three athletes in the men's and women's events shall go to the podium, placed in front of the main tribune, to receive their awards.

The Team Award Ceremonies will take place immediately after the individual award ceremonies.

Doping Control

Doping Controls will be conducted in accordance with the respective IAAF Rules and Regulations. The Doping Control Centre is located in the Stadium.

An athlete selected for the control will be informed accordingly after conclusion of the event and the athlete shall sign the official form. Thereafter he/she must show up in the Doping Control Centre within one hour. During this time the athlete will continuously be accompanied by an official. He/she may be accompanied by one team official.
