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1. GENERAL INFORMATION

1.1 Host Country Sweden

Form of Government
Constitutional monarchy, with parliamentary democracy - political power lies with the parliament and government; the monarch has ceremonial functions. Parliament: Called ‘riksdag’ – 349 members of parliament in a single chamber.

Location
Sweden is situated in the northern part of Europe with borders to Norway, Finland and Denmark.

Area
450 295 km²

Population
Around 10 million (0.13 per cent of the world’s population).

Coastline
2,400 km

Climate
Great contrasts, cold winters and fairly warm summers.

Language
Swedish (main language); and five official minority languages: Sami, Finnish, Meänkieli (Tornedalen Finnish), Yiddish and Romani Chib.

Religion
The Church of Sweden is Evangelical Lutheran, but there are also many other religions and faiths in the country.

Capital
Stockholm (around 960,000 habitants)

Local Time
Central European Time +01:00

Electricity
220v. The plugs are two round pins.
Driving

Right hand traffic. Seatbelts has to be used for everyone traveling by cars and vans. 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. If bussed have seatbelts you are required to use them.

International Calls

+ country code – city/town code – nation telephone

Telephone Country Code

+46

Mobile Phone Networks

Swedish mobile phone networks operate under 3G, 4G, GSM. You are advised to contact your own country’s mobile phone operator to determine if your country has an international roaming agreement with Sweden, which will allow temporary connections with the Swedish networks. The main mobile companies are Telia, Telenor, Telé” and 3.

Currency

1 krona (SEK) = 100 öre ≈ EUR 0.095T

To pay in cash is NOT a very common thing. All major credit cards (such as VISA, Master Card, Eurocard and American Express) are accepted in hotels, shops and restaurants.

Water

Note that it is safe to drink tap water in Sweden. Each athlete will be provided with a water bottle to refill. Please use it during your stay in Gävle.
1.2 Host City Gävle

When talking about the city of Gävle, most people will mention a giant straw goat, an ice hockey team and coffee. Gävle is also home to everything that characterizes Sweden - mountains, the sea, archipelagos, lakes, rivers, forests and wilderness, all of which provide all sorts of experiences and outdoor activities. There is also a rich cultural life and endless opportunities for leisure and entertainment, including theatres, symphony orchestras, music festivals, spectator sports, golf courses and shopping centres.

Today more than 101,000 people reside in Gävle, one of Sweden’s most sustainable cities. A lot of people move here due to the high quality of life. Gävle also has excellent accessibility to Stockholm and Arlanda International Airport which allows good commuting possibilities.

Gävle has a long tradition of sports and exercise. One of Sweden’s oldest sports clubs, Gefle IF, was founded in the city in 1882. There is nothing better than experiencing when the feverish atmosphere from a fully packed ice hockey arena spreads out all over the city as the local team goes for gold in the Swedish Hockey League. Gavlehov Stadium Park, with its eight different sports arenas, is a direct result of Gävle’s strong love and passion for sports.

An indoor tennis court, an ice hockey arena, an additional ice hockey rink, a football stadium, an athletics stadium, multiple sports halls, a horse racing venue and a gym – you’ll find all of this in one place, located only ten minutes away from Gävle city centre.

Back in the 1800’s, commerce, shipping and shipbuilding made Gävle one of the nation’s most prominent cities. The town hall, the municipal theatre, the unique fire station and the great stone palaces bear witness to a city with a strong self-confidence and a lot of capital.

Gävle is a part of Sweden’s traditional industry and its strongest export region, including specialisations within steel, forestry and pulp and paper. Today Gävle has a diverse economy which also includes innovative sectors, such as clean technology, GIS (Geographical Information Systems), tourism, fibre optic technology and creative industries. Some of Sweden’s largest brands also emerged in Gävle such as Gevalia, Läkerol and Mackmyra Swedish Whisky.
Business Hours Shops, Government Offices, Banks

General opening hours for shops in Gävle City
10:00 – 19:00  Monday- Friday
10:00 – 18:00  Saturday
10:00 – 16:00  Sunday

Useful expressions

**Swedish**

Tack
God morgon
Hej
Hej då
Trevligt att träffas
Jag förstår inte
Jag vet inte
Ursäkta mig

**English**

Thank you
Good morning
Hello
Goodbye
Nice to meet you
I do not understand
I do not know
Excuse me
2. ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President: Svein Arne Hansen (NOR)
First Vice President: Dobromir Karamarinov (BUL)
Vice Presidents: Cherry Alexander (GBR), Libor Varhanik (CZE)
CEO: Christian Milz (SUI)
Council Members: Slobodan Branković (SRB), Nadya But-Husaim (BLR), Raúl Chapado Serrano (ESP), Fatih Çintimar (TUR), Panagiotis Dimakos (GRE), Jean Gracia (FRA), Karin Grute Movin (SWE), Márton Gyulai (HUN), Frank Hensel (GER), Anna Kirnová (SVK), Antti Pihlakoski (FIN), Sonja Spendenhofer (AUT), Erich Teigamägi (EST), Sebastian Coe (GBR), Periklis Iakovakis (GRE)

IAAF President (ex officio member): Carl-Olaf Homén (FIN), Hansjörg Wirz (SUI)
Athletes’ Committee Chair (ex officio member):
2.2 European Athletics Delegates

European Athletics Delegate
Frank Hensel (GER)

Technical Delegates
José Luis De Carlos (ESP)
Krisztina Horváth (HUN)

Doping Control Delegate
David Herbert (GBR)

Jury of Appeal
John Cronin (IRL) - Chair
Rui Loucao (POR)
Edmund Gödde (GER)

Race Walking Judges
Sergio Solana (ESP) - Chief

Ian Richards (GBR)
Shaun Gallagher (IRL)
Mara Baleani (ITA)
Joaquim Graca (POR)
Jens Grünberg (GER)

International Technical Officials
Antonio Perez Cristobal (ESP) - Chief
Didier Foulon (BEL)
Anne Fröberg (FIN)
Frank Neuer (GER)
Ronan O’hart (IRL)
Amit Ne’eman (ISR)

IAAF Road Race Measurer
Maurice Winterman (NED)

International Starter
Allan Bell (GBR)

International Photo finish Judge
Ville Aho (FIN)

Event Presentation Consultant
Luke Campbell (GBR)
2.3 European Athletics Office

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

2.4 Executive Board of Sweden Athletic Federation

President  Johan Storåkers
General Secretary  Stefan Olsson
Vice presidents  Karin Grute Movin
Karlin Lundgren
Council Members  Berndt Andersson
Maja Ennglund
Stephan Hammar
Ulrika Pizzeghello
Bo Sjölander
Anders Svanholm

2.5 Local Organising Committee

President  Karin Grute Movin
Vice president  Johan Öholm
Members  Frida Wikegård
Rebecca Fältström
Magnus Malmsborg
Ann-Sofie Lundblad
Jenny Eriksson
Hannes Gidlöf
Eva Jackson
Håkan Jönsson
General Secretary Andreas Segemark
Stadium – Technology Rebecca Fältström
Protocol / Hospitality Sofia Edelbrock
Press / Media Marie Barrling
Finance Tina Hellman
Accreditation Maria Helgesson
Accommodation Clara Börman Nordin/Anette Malmberg/Anna Lindfors
Marketing Annelie Hydén
Medical / Doping Ulrica Svensson
Competition Leif-Göran Mosell
Ceremonies Sofia Edelbrock
Transportation Lovisa Lindberg

2.6 Competition Organisation

Competition Director Leif-Göran Mosell
Meeting Manager Hannes Gidlöf
Technical Manager Hans Thysell
Event Presentation Manager Janne Åkerblom
Call Room Referee Suzanne Elms
Track Events Referee Antonio Perez Cristobal
Start Referee Frank Neuer
Starters Allan Bell
Espen Jahren
Andres Piibeleth
Jörgen Kvist
Start Coordinator Kristian Lampo
Technical Information Centre Manager Marianne Maele Schmidt
Secretary of Jury of Appeal Pär Holm
Competition Secretary Janne Cedergren
Marshall John-Erik Eriksson
3. TRAVEL TO GAVLE

3.1 Official Airport and Arrival Information
The official airport, located 140 km from the Gavleborshov Stadium Park, is Stockholm-Arlanda (ARN) International Airport, where the LOC will provide adequate welcome services.

3.1.1 Welcome Service
LOC staff/volunteers will welcome teams at Stockholm-Arlanda Airport, Terminal 2 and Terminal 5 (there will be no Welcome Desk) according to the arrival and departure times given in the final entry system.

After collecting luggage, team members will be escorted to the official buses by the welcoming staff and taken to the team hotel. The transfer time from the airport to the official hotels is 1h30 to 1h45 approximately.

Upon arrival at the team hotels, the teams will be met by their Team Attachés.

3.2 Arrival by Train
There will be no Welcome Desk at the main railway station in Gävle. Teams arriving by train will be met by LOC representatives and taken to the team hotel, according to the arrival times given in the final entry system.

3.3 Arrival by Road
Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them.
3.4 Entry Visas
Participants from the following countries require a VISA to enter Sweden and Schengen area:

- Albania***
- Armenia**
- Azerbaijan**
- Belarus
- Bosnia-Herzegovina***
- Georgia ****
- Kosovo
- Republic of North Macedonia***
- Moldova***
- Montenegro ****
- Russia**
- Serbia***
- Turkey*
- Ukraine ***

* Holder of a Diplomatic Passport or a Service Passport does not require a visa. Visa-free travel also applies to Turkish citizens who hold special passports.

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

*** Holder of a Passport with identity card number does not require a visa

**** Holder of a biometric Passport does not require a visa.

Visas should be obtained before leaving your country, from the Embassy of Sweden or Consulate well in advance to ensure all the procedures in due time.

Participants who require a visa should contact the LOC as soon as possible to obtain a special invitation letter and visa application information.

Please contact: maria.helgesson@gavle.se
The following information shall be included in the request:

<table>
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<tr>
<th>Full name shown in passport</th>
<th>M/F</th>
<th>Date of birth</th>
<th>Passport number</th>
<th>Date of issue</th>
<th>Date of expiry</th>
<th>Function</th>
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The invitation will be sent to you as soon as possible.


**3.5 Insurance**

According to the Regulation 410.9 the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.
4. ACCREDITATION

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

4.2 Accreditation Centre
The Main Accreditation Centre where the team will go to collect their accreditation is located at Gavleho Stadium Park. This is where the Team Leader shall report as soon as possible after their arrival, in order to carry out the administrative procedures.

The opening dates and times of the Main Accreditation Centre will be as follows:
- 8,9,10 July       09:00 to 19:00
- Competition days (11-14 July) 10:00 to 17:00

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

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

- LOC accommodation invoice
- Check of athletes’ passport (or a copy)
- Uniform check
- Collection of competition related forms and information
- Confirmation of departure details

4.4 Access Areas for Teams and Special Passes
All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttle Buses.
The Head of Delegation from each team is invited to the VIP Hospitality area and will be given the necessary access number on the accreditation card.

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

- TIC (only for collecting items from the pigeon hole) – up to 4 per team depending on the size of the team.
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team.
- Race Walking refreshment stations (2 per team).
- Combined events resting room (1 per athlete + 1 per team).
- Field events coaching area (1 per athlete).

4.5 Loss of an Accreditation Card
Any lost or damaged accreditation cards should be reported to the Main Accreditation Centre (Gavlehov Stadium park). Duplicate cards can be obtained where proof of identity can be established.

Unauthorised use of an Accreditation card will result in the card being confiscated.

4.6 Personal Coach Accreditation
An accreditation package will be available for purchase for personal coach. Accreditation will be charged at the rate of 80 EUR for in-ratio and 120 EUR for out-of-ratio Personal Coaches for the duration of the Championships and will include:

- Access to the team tribune
- Access to warm-up and training areas
- Access to the Championships transportation system (however, please note that transfer from the airport will be provided to the Main Accreditation Centre or official Team hotel if booked, as long as transport data have been entered in the ARENA system)

Personal coaches must be entered by the Member Federations in the European Athletics event management system, during the final entries.

The cost of the accreditation package will be settled as part of the team accommodation invoice.
5. ACCOMMODATION & HOTEL INFORMATION

5.1 General Information
The LOC has made accommodation arrangements for team members in 8 hotels of similar standard.

The hotels will officially open with full services on 8 July. If members of your federation are planning to arrive earlier, please contact the LOC (clara.borman_nordin@gavle.se) well in advance to make sure specific arrangements are made.

5.2 Information Desk
An Information Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the European Athletics U23 Championships Gävle 2019.

The Information Desks’ opening hours will be as follows:

- From 08 to 14 July 08:00 to 20:00

5.3 Official Hotels
The official hotels for the European Athletics U23 Championships Gävle 2019 are indicated below with the internet address of their home page where further details can be found:
### Team Hotel 1
Clarion Hotell Winn ****
Norra Slottsgatan 9
801 38 Gävle
[https://www.nordicchoicehotels.se/hotell/sverige/gavle/clarion-hotel-winn-gavle/](https://www.nordicchoicehotels.se/hotell/sverige/gavle/clarion-hotel-winn-gavle/)

### Team Hotel 2
Scandic CH****
Nygatan 45
803 11 Gävle
[www.scandichotels.com/ch](http://www.scandichotels.com/ch)

### Team Hotel 3
Engeltofta Apartments **
Bönavägen 118
805 95 Gävle
[www.engeltofta.se/EN](http://www.engeltofta.se/EN)

### Team Hotel 4
Best Western Hotel City***
Nygatan 8
803 20 Gävle
[https://www.hotelcity.nu/welcome.aspx](https://www.hotelcity.nu/welcome.aspx)

### Team Hotel 5
Scandic Gävle Väst ***
Johanneslötsvägen 6
806 28 Gävle
[www.scandichotels.com/gavlevast](http://www.scandichotels.com/gavlevast)

### Team Hotel 6
Högbo Brukshotell ****
Hans Hiertas väg 5
811 92 Sandviken
[https://www.hogbobrukshotell.se/en/](https://www.hogbobrukshotell.se/en/)

### Team Hotel 7
Princess Hotell ***
Smedsgatan 19
811 39 Sandviken
[https://hotellprincess.se/en/](https://hotellprincess.se/en/)

### Team Hotel 8
2Home Hotel Gävle
Staketgatan 44
803 11 Gävle
[www.2homehotels.se/en/](http://www.2homehotels.se/en/)

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.
5.4 Accommodation Costs and European Athletics Quota

5.4.1 European Athletics Quota

The European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved), the number of participants per country at the previous edition of the European Athletics U23 Championships and the previous European U23 season best-list:

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</table>

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

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

<table>
<thead>
<tr>
<th>Number of Athletes From - to</th>
<th>Number of Team Officials up to:</th>
<th>Maximum number of additional officials (out-of-ratio):</th>
<th>In-ratio Personal Coaches up to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 3</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>4 - 6</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>7 - 10</td>
<td>3</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>11 - 15</td>
<td>5</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>16 - 20</td>
<td>7</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>21 - 25</td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>26 - 30</td>
<td>11</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>31 - 35</td>
<td>13</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>36 - 40</td>
<td>15</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>41 - 45</td>
<td>17</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>46 - 50</td>
<td>18</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>51 - 55</td>
<td>19</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>56 - 60</td>
<td>20</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>61 - 70</td>
<td>21</td>
<td>14</td>
<td>14</td>
</tr>
</tbody>
</table>
Team Officials include: Head of Delegation, Team Leader(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.

(1) The number of above mentioned team officials is eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials’ accommodation costs.

(2) For Personal coaches beyond the maximum number of out-of-ratio officials, packages can be offered without accommodation including accreditation with access to the warm-up, training facilities and team seats.

5.4.3 Accommodation Costs

For all athletes within the European Athletics Quota, European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (408.1.4 and 410.4), for a period limited to the number of competition days plus two.

The official period is thus 6 nights: check-in on 9 July and check-out on 15 July. The minimum stay for athletes has been fixed to four nights and no contribution shall be made in respect of athletes representing the host Member Federation.

The additional nights have been fixed to the following: 7 and 8 July and 15 July. This means that if your team is planning to stay in Gävle outside the period 9-15 July (6 nights), the below rates will not apply and a separate agreement will have to be made directly with the LOC/respective hotels.
The following rates apply for team members. This includes full board accommodation.

<table>
<thead>
<tr>
<th>Team Members</th>
<th>Single room</th>
<th>Twin (2) room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes and Officials</td>
<td>90 EUR per night (1)</td>
<td>180 EUR per night</td>
</tr>
<tr>
<td>During official period</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletes and Officials</td>
<td>150 EUR per night</td>
<td>260 EUR per night</td>
</tr>
<tr>
<td>Outside official period</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All prices include meals and VAT

(1) For the official period each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of Athletes and officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy (90 EUR). Any single rooms above the 10% threshold will be charged at the rate of 150 EUR during the official period. Additional single rooms can be requested and will be given according to availability.

(2) In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (90 EUR during the official period / 130 EUR for additional nights)

Please note: In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of 240 EUR, for the whole duration of the event.
European Athletics Regulation 403.11 and 410.8.

403.11 European Athletics may reduce financial support (for travel, board, accommodation grants, etc.) to any European Athletics Member Federation which, after having announced its participation, does not take part or attends the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20%. The latter applies only if the Preliminary Entry is more than 4 (four).

410.8 The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.
Note: The team invoice will be based on the accommodation requests included in the final entries as well as any additional requirements indicated after the closing of the final entries.

5.4.4 Payment Procedures
An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Invoices will be sent in Euro.

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

The balance of the payment must be paid on-site by the Team Leader on arrival at the Accreditation Centre. Payment can be made only by credit card, SEK or Euros.

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

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

Further amendments will have to be made through the accommodation module of European Athletics event management system after the closing of the Final entries.
5.6 Meals
Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Meals times Team Hotels located in Gävle shall be as follows:
- Breakfast 06:00 to 10:00
- Lunch 11:30 to 15:00
- Dinner 18:00 to 22:30

Meals times Team Hotels located in Sandviken shall be as follows:
- Breakfast 06:00 to 10:00
- Lunch 11:30 to 15:00
- Dinner 18:00 to 23:00

Note: On 14 July, on the occasion of the Closing Party, dinner will be served in the Team Hotels.

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

For lunch and dinner, tap water and soft drinks are available free of charge. All other drinks must be paid for.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the teams are staying.

5.6.1 Water
Team members will receive a reusable bottle to be able to take water with them from the well indicated water stations.

Bottle water will be provided at the infield, in the Mixed Zone, at the race walking area and at the doping control station.
5.7 Services in the Team Hotels

5.7.1 Meeting Rooms
Rooms for meeting opportunities are available at all team hotels. Reservation shall be required via the Information Desk at a reasonable time in advance.

To ensure that all teams have access to the meeting room, usage may be limited. Teams requiring any additional service may make separate arrangements through the information desk. There is also the possibility to reserve office/meeting rooms for Teams, with exclusive right for the whole duration of the Championships.

Please contact: Clara.Borman_Nordin@gavle.se

5.7.2 Rooms for Physiotherapy
General 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 at the venue Gavleov Stadium Park. For details see point 11.2.

5.7.3 Internet Access
Free internet access will be available at the team hotels.
6. TRANSPORTATION

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

6.1 Transport Desk
The main transport desk will be located at Gavlehov Stadium Park and will be open
- from 8 to 15 July 09:00 to 20:00 (and according to arrivals and departures).

6.2 Bus Shuttle Service
A detailed specific timetable will be posted on the notice boards at the Information Desk in each Team Hotel.

Transfer times between the hotels and the competition venue will be approximately 20 min from Gävle and 45 min from Sandviken depending on the hotel location and traffic conditions.

For the Opening Ceremony, all teams will be traveling by regular shuttle buses, which will stop by the Opening Ceremony venue. See specific timetable on the notice boards at the Hotel Information Desks. The Opening Ceremony will start at 18:00.

6.3 Transportation of Equipment
Upon arrival at Stockholm-Arlanda Airport, pole vaulters will be able to leave their poles to the welcome staff along with a document to be attached, containing relevant information (i.e., name, team, country, discipline, gender and telephone number), so that the poles can be easily recognized when they are collected at Gavlehov. Poles will then be transported to the training site at Gavlehov Stadium Park. LOC will provide a lorry for this service.

Upon departure, all poles will be transported to Stockholm Arlanda Airport early morning on 15 July, in order to match the teams’ departing flights. A pick up/drop off point for poles will be clearly visible at the arena.
7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)
The TIC is located at the competition venue (nr 29 in picture).
The main function of the centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegates and the Competition Management of the Championships regarding technical matters.

The TIC will open on Tuesday 9 July 09:00 – 19:00 and Wednesday 10 July from 08:00-20:00 and, on all competition days, from 2 hours before the start of the first event of the day until 60 minutes after the end of the last event of the day.

For the Race Walking events there will be a Sub TIC located at Norra Skeppsbron, Gävle. This Sub TIC will only be open in the day when a Race Walking event will be held, from 60 minutes before the start of the race until 60 minutes after the end of the race.

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

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical Delegates and competition management via the pigeonholes. It is the Team Leader’s duty to collect this kind of information in due time.
- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Receipt of Final Confirmations
- Distribution and receipt of Relay Order Confirmations
- Distribution of special passes the day before the respective event, according to start lists
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements. (e.g. shot put, etc.)
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Appeals
7.2 Technical Meeting

The Technical Meeting will be held on Wednesday 10 July at 11:00, in Gavlehov Stadium Park. Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

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

- Timetable amendments (if any)
- Qualifying procedures for races
- Qualifying distances for field events
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Start lists for the first competition day will be available after the Technical Meeting.

Written Questions

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

The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre, as well as available online on the final confirmations online platform.

These forms must be returned to the TIC or filled-in online no later than Tuesday 9 July at 18:00. No questions will be accepted during the Technical Meeting.
7.3 Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from Wednesday 10 July in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on Wednesday 10 July at 15:30 in Alfahallen, close to the Team Areas at the competition venue. The remaining meetings will be scheduled on site and according to the needs.

7.4 Documents Distribution

The distribution of competition related information at the TIC will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the notice boards. It will still be possible to request occasional copies of specific event start lists and/or results at the TIC.

Important notices of general interest (e.g. changes to the timetable) will also be displayed on the Posting Board while individual communications to specific teams will be posted through the pigeonholes.
8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

8.1 Competition Venue
Gavleholv Stadium Park and its surroundings are shown below. There are approximately 2,500 seats in the stadium.

The stadium has the following competition sites:
- 8 lanes
- 2 High Jump sites
- 2 Pole Vault sites
- 2 sites for Long/Triple Jump
- 2 Shot Put Circles
- 1 Combined Discus/Hammer Circle
- 1 Javelin site

The Warm up area has the following sites:
- 8 lanes of 60 +6 lanes of 110m for sprint events
- 6 lanes of 200m (+2 lanes 200 m for rehab)
- 2 High Jump sites
- 1 Pole Vault site
- 3 sites for Long/Triple Jump
- 2 Shot Put Circles
- 2 Combined Discus/Hammer Circles
- 1 Javelin site
- 1 Javelin site - outdoor
- 1 combined cage Discus/Hammer - outdoor

Teams’ tribune
Approximately 300 seats will be reserved for the teams. Athletes’ seats are located in West corner of the venue, near the throwing cage.
8.2 Training Venue
Athletes will have the possibility to train at the warm-up venue (Gavleholv Stadium Park Omegahallen) from Tuesday 9 July according to below schedules:
- Tuesday 9 July    09:00 – 19:00
- Wednesday 10 July 09:00 – 19:00 + official training (10:00 – 12:00)
- Thursday 11 July   08:00 – 20:00
- Friday 12 July     07:30 – 20:00
- Saturday 13 July   08:00 – 20:00
- Sunday 14 July     08:00 – 20:00

Dedicated training time slots for field events

<table>
<thead>
<tr>
<th></th>
<th>Thursday 11</th>
<th>Friday 12</th>
<th>Saturday 13</th>
<th>Sunday 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammer Throw</td>
<td>11:00 – 12:30 &amp;</td>
<td>10:30 – 12:30 &amp;</td>
<td>09:00 – 10:30 &amp;</td>
<td>13:30 – 16:00</td>
</tr>
<tr>
<td></td>
<td>16:30 – 18:00</td>
<td>19:00 – 20:00</td>
<td>16:00 – 18:00</td>
<td></td>
</tr>
<tr>
<td>Discus Throw</td>
<td>12:30 – 14:00 &amp;</td>
<td>12:30 – 14:00 &amp;</td>
<td>13:00 – 14:30 &amp;</td>
<td>11:00 – 13:30</td>
</tr>
<tr>
<td></td>
<td>18:00 – 19:30</td>
<td>18:00 – 19:00</td>
<td>18:00 – 20:00</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>10:30 – 15:00 &amp;</td>
<td>11:00 – 17:00</td>
<td>09:00 – 10:30 &amp;</td>
<td>09:00 – 19:00</td>
</tr>
<tr>
<td></td>
<td>16:30 – 20:00</td>
<td></td>
<td>12:00 – 16:30</td>
<td></td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>09:00 – 16:00</td>
<td>08:00 – 10:00 &amp;</td>
<td>10:30 – 16:30 &amp;</td>
<td>09:00 – 13:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00 – 20:00</td>
<td>18:00 – 20:00</td>
<td></td>
</tr>
<tr>
<td>Horizontal Jump</td>
<td>09:30 – 16:30 &amp;</td>
<td>10:00 – 14:30 &amp;</td>
<td>11:30 – 15:30 &amp;</td>
<td>09:00 – 14:30</td>
</tr>
<tr>
<td></td>
<td>18:30 – 20:00</td>
<td>18:00 – 20:00</td>
<td>17:00 – 20:00</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>10:00 – 20:00</td>
<td>09:30 – 20:00</td>
<td>10:30 – 14:00 &amp;</td>
<td>09:00 – 15:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18:00 – 20:00</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>09:00 – 13:00 &amp;</td>
<td>09:00 – 14:00 &amp;</td>
<td>09:00 – 14:30 &amp;</td>
<td>15:45 – 19:00</td>
</tr>
<tr>
<td></td>
<td>15:00 – 20:00</td>
<td>16:00 – 20:00</td>
<td>16:00 – 20:00</td>
<td></td>
</tr>
</tbody>
</table>
Equipment and implements necessary for training will be available at the training venue. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

The Weight training room in the Gavleholv Stadium Park - Omegahallen is situated at the indoor Warm-up arena and will be open from 08:00 to 20:00.

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

8.3 Orientation Visit to the Competition Venue

Heads of Delegation may visit the Gunder Hägg stadium inspecting access routes and other facilities which will be important to the teams on Wednesday 10 July at 10:00.

Heads of Delegation are to meet LOC members at the TIC from where they will be escort on this visit.

8.4 Official Training at the Competition Venue

Official training for all athletes at the Gunder Hägg stadium will take place on Wednesday 10 July from 10:00-12:00, including training with Official Starters from 10:30 to 11:30.

8.5 Sports Equipment

Poles

Each team is responsible for organising the transport of its poles until its arrival at Stockholm-Arlanda airport (ARN). Upon arrival, the pick-up of the poles will be arranged by the LOC and will transfer them to the training facility Gunder Hägg stadium, where they will be at the athlete’s disposal. All poles or bag of poles shall bear the identification of the athlete (tag of the name, country and event).

The previous day to each competition (male, female or decathlon) and after the morning training sessions have finished, poles will be transferred to the competition Stadium.

Once each qualifying competition has finished, poles will be transferred back to the warm-up area.
Markers

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

8.6 Implements
8.6.1 Official Implements

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

Additional implements may be added to the approved list, if requested by Member Federations or manufacturers to the European Athletics, by 15 June, and if supplied to the LOC free of charge. All such implements must have IAAF certification and must be approved by the European Athletics Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by 1 July at the latest.

8.6.2 Personal Implements

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are IAAF certified
- They are not already on the official list
- They have been checked for compliance with IAAF Rules
- They are made available to all the other competitors until the end of the Final

Personal implements will have to be submitted to the TIC the day before the event and no later than 18:00.

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

Note: “IAAF Certified” implements may include older models that previously held a certificate but are not in production any longer.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the IAAF
list on the website (https://www.iaaf.org/about-iaaf/documents/technical) in advance to identify the implement noting its IAAF certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF Office at technicalofficer@iaaf.org so that its status can be checked and confirmed to you and the LOC in due time.

8.6.3 Poles

For athletes who wish to borrow poles, the LOC can provide the following Nordic poles:

<table>
<thead>
<tr>
<th>Length</th>
<th>Pounds</th>
<th>Flex</th>
</tr>
</thead>
<tbody>
<tr>
<td>450</td>
<td>150</td>
<td>21.9</td>
</tr>
<tr>
<td>400</td>
<td>140</td>
<td>21</td>
</tr>
<tr>
<td>400</td>
<td>135</td>
<td>21.7</td>
</tr>
<tr>
<td>450</td>
<td>160</td>
<td>19.4</td>
</tr>
<tr>
<td>440</td>
<td>160</td>
<td>20.5</td>
</tr>
<tr>
<td>425</td>
<td>165</td>
<td>16.8</td>
</tr>
<tr>
<td>450</td>
<td>165</td>
<td>18.8</td>
</tr>
<tr>
<td>425</td>
<td>160</td>
<td>18.5</td>
</tr>
<tr>
<td>400</td>
<td>155</td>
<td>18</td>
</tr>
</tbody>
</table>
9. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS

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

An official ID card (with picture) stating their birth date of the athlete will be requested during the accreditation procedure to verify the participants’ age (see point 4.2)

9.2 Entry Standards and Qualification Procedure

9.2.1 Individual Entries
Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may compete provided that each athlete has reached the qualifying standard so far set for that event.

Alternatively each European Athletics Member Federation may enter one athlete in each individual event even if such athlete has not achieved the qualifying standard for that event. However, the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.

If the host country of the European Athletics U23 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.

9.2.2 Relay Teams
Every European Athletics Member may enter 1 (one) team in each relay event. 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the Championships, 4 (four) athletes to start must be nominated at the time specified for the final declaration of runners.
9.3 Entry Procedures

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

9.3.1 Final Entries

I Run Clean

As per competition regulation number 403.12. of the European Athletics U23 Championships, each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification of having completed the European Athletics Anti-Doping Education Programme – I Run Clean™. The certification is to be achieved in addition to the entry standard(s) for the event(s) in which the athletes are entered.

The athletes are required to send their certification to their respective national federation. The certification contains a code with encrypted information about the athlete. The code is meant for the European Athletics Entries Management System - ARENA to uniquely identify and validate the identity of the holder of the certification. The entries manager from each national federation shall enter the certification code of the concerned athletes on ARENA during the final entries.

Procedures and deadlines

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

- Opening of the final entries: 11 June 2019,
- Deadline for the final entries: 1 July 2019, 14:00 (CET)

All Member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.
Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process. Amendments and updates will then be possible through the accommodation and transportation modules of Arena after the closing of the final entries.

9.3.2 Final Confirmation

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

Final confirmations will have to be made online, via European Athletics online tool, which will be accessible at a link to be communicated to the Teams at a later stage. Team Leaders will be provided with an individual and personalised access, as well as a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to internet.

In addition, free access laptops will be available at the TIC, for any Teams needing support to proceed with final confirmations.

Final confirmation forms can be submitted together (for all competition days) or for one day at time in accordance with the times and dates shown in the table below:

<table>
<thead>
<tr>
<th>Competition day</th>
<th>Deadline for Final Confirmation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 11 July</td>
<td>Tuesday 9 July at 18:00</td>
</tr>
<tr>
<td>Friday 12 July</td>
<td>Thursday 11 July at 10:00</td>
</tr>
<tr>
<td>Saturday 13 July</td>
<td>Friday 12 July at 10:00</td>
</tr>
<tr>
<td>Sunday 14 July</td>
<td>Saturday 13 July at 10:00</td>
</tr>
</tbody>
</table>
9.3.3 Relays Declaration Forms

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

Final declarations can be made online or via the forms to be completed and submitted to the TIC at the Stadium within the below deadline:

<table>
<thead>
<tr>
<th>Competition day</th>
<th>Deadline for Final Declaration - Relays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 13 July</td>
<td>Saturday 13 July 09:25 - 4x400m W</td>
</tr>
<tr>
<td>Saturday 13 July</td>
<td>Saturday 13 July 09:50 - 4x400m M</td>
</tr>
<tr>
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</tbody>
</table>

Once the team has taken part in the event, four 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.

9.3.4 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 provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

9.3.5 Withdrawals

Withdrawals after final confirmation, have to be submitted, on the official Withdrawal Form, to the TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, being its acceptance the responsibility of the Technical Delegates based on the IAAF Rules.
10. COMPETITION PROCEDURE

10.1 Timetable
Please refer to Appendix 2 for the competition timetable.

10.2 Competition Bibs
10.2.1 General

For individual events, each competitor will receive 4 personal bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag.

Exceptions are made for jumping events: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For running events from 800m and longer (including last race of Combined Events) athletes will receive a bib with a plastic pouch for the transponders that shall be pinned in the front. Transponders will be handed out at the Call Room.

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

10.2.2 Relays

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

10.2.3 Race Walking

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

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

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

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

10.2.5 Special Bibs

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

10.2.6 Hip Numbers

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

10.3 Competition Clothing

Competitors must wear the Federation’s official team clothing. IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

The European Athletics has a record of the Team vests of all Member Federations available on European Athletics event management system, Arena, accessible at the following link: https://arena.european-athletics.org/

Member Federations shall confirm their team vests. If the uniform on its website differs from your current official uniform, the revised Team Vests form must be uploaded by 1 July 2019, 14:00 (CET) using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews at the Stadium and Victory Ceremonies.
Dimensions of Spikes

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

The Sole and the Heel

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

The Call Room 1 is located inside the warm-up and training venue Omegahallen. The Call Room 2 is located at Gundar Hägg Stadium.
Access will be allowed to athletes only and according to the following reporting times (there may be slight amendments in case of particularly large fields in the Field Events qualification):

<table>
<thead>
<tr>
<th>Event Type</th>
<th>First Call Call Room 1</th>
<th>Leave Call Room 1</th>
<th>Entrance Call Room 2</th>
<th>At site competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track Events</td>
<td>25 min</td>
<td>20 min</td>
<td>15 min</td>
<td>5 min</td>
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<td>55 min</td>
<td>50 min</td>
<td>40 min</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>70 min</td>
<td>65 min</td>
<td>60 min</td>
<td>50 min</td>
</tr>
<tr>
<td>Other Field Events</td>
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<td>45 min</td>
<td>40 min</td>
<td>30 min</td>
</tr>
<tr>
<td>Race Walking</td>
<td>25 min</td>
<td>15 min</td>
<td>-</td>
<td>5 min</td>
</tr>
</tbody>
</table>

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

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

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

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

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

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

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

Athletes in combined events need to report to Gavlehov Arena Stadium- Gavlevallen only before their first event in each session (morning and afternoon). Before each additional event, the combined events referee will provide information on when to report to the Combined Events Resting Room.

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

10.5 Combined Events

Competitors taking part in combined events must report to Call Room 1 at the start of each session (morning and afternoon).

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

Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available.
The teams will also have the possibility to order hot meals for their Combined Events athletes (and one coach per athlete). Order forms will have to be filled-in and returned to the TIC by 18:00 the day before each Combined Events competition day.

Access to the combined events resting area is limited to the competitors and up to one other accredited person per athlete and one per team who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

10.6 Specific Events Procedures

10.6.1 Track Events

Athletes in track events will be asked to enter infield already dressed in competition clothing. Tracksuits shall be placed in baskets at Call Room and will be taken to the kit collection area at the end of the Mixed Zone for collection after the race.

10.6.2 Field Events

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

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

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

In the Finals of the horizontal field events, the competing order for the fourth and fifth rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials.
Hammer and Discus throw

In accordance with the IAAF Rule 190.1 (ii), the hammer cage movable panels will be used when the cage is being used for Discus Throw in order to limit the dangers zones and thus to increase safety infield.

10.6.3 Coaching Zones

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

10.7 Timing & Measurement

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

All field events will be measured by ATOS scientific measurement equipment.

10.8 Post Competition Procedures

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

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

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

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

10.9. Race Walking

The start and finish line for Men’s and Women’s walking events will be Norra Skeppsbron Gavle. The course is a 1km loop, which will be closed to pedestrians and traffic and marked with cones.
10.9.1. Race Walking Course and Orientation Visit
A detailed plan of the walking course can be found in Appendix 6. A tour will start at Norra Skeppsbron on Saturday 13 July at 15:00.

Teams willing to attend the inspection of the course will have to register by Wednesday 10 July at 18:00, by filling-in and returning the relevant form at TIC.

10.9.2 Warm-up Area
The warm-up area for the athletes competing in race walking events will be located Första Magasinsgatan (see Race Walking map).

10.9.3 Call Room
Athletes shall enter into the Call Room at the following times:
- Women’s 20km Race Walking 14 July from 11:50 to 12:00
- Men’s 20km Race Walking 14 July from 13:50 to 14:00

After these times no athlete will be allowed to enter. Any participant failing to appear in due time renders himself liable for disqualification from the event.

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

10.9.4 Pit Lane Rule
Race walking events will be conducted under IAAF Rule 230.7.C – following below Operational Guidelines.

**Penalty Area Set-up**

- It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.
- It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
- Small barriers or cones should be used to clearly identify the penalty area.
- The athlete is free to stop or continue moving inside the penalty area however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.
- Set up for road events should be similar though compatible with existing space constraints.
Judging IAAF Race Walking Rules (230) must be applied with the following adaptations:

- When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides and he must stop in the penalty area at the first opportunity.
- For 20km races, the penalty time to apply is 2 minutes
- At the first opportunity the athlete will be guided by the Chief Judge’s Assistant into the Pit Lane.
- The time penalty starts immediately as the athlete enters the Pit Lane.
- The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty.
- After the time penalty, and following the instructions of the official in charge of the penalty area, the athlete shall re-enter the event.
- The athlete is not judged in the Penalty Area.
- If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives 4 or more Red Cards before stopping in the penalty area, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives the third Red Card at the late stage of the race and it’s not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the penalty area, the athlete shall finish the race and the penalty time shall be added to his official time.

The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).

10.9.4 Refreshments Station
There will be a Refreshments Station along the race walking course, which will be passed every 1 kilometre.

Signs indicating the upcoming Refreshment Station will be displayed 50m before the station.

Still water in bottles will be provided by the LOC in the station on the tables located after the personal refreshments. Race Walkers will pick up their bottles on their own.
10.9.5 Personal Refreshments

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

LOC can provide two bottles for each athlete competing in a race walking event. The bottles should be picked-up in the TIC the day before the race. Athletes can also use their own bottles, as long as they comply with the IAAF advertising regulations.

All personal refreshments must clearly display the following information:
- Athletes’ name
- Athletes’ bib number
- IAAF Country Code

Athletes are responsible for the identification of their bottles. Stickers will be also available at the TIC the day before each competition.

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

10.9.6 Drinking & Sponging Station

There will be a Drinking and Sponging Station along the race walking course, which will be passed every 1 kilometre.

Signs indicating an upcoming drinking and sponging station will be displayed 50m before the station.

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

10.10 Protests and Appeals
Protests and appeals are permitted and will be processed in accordance with IAAF Rule 146.

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

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

11.1 Medical Services

The medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the stadium.

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

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number +46731803553.

11.1.2 Medical Services in the Team Hotels

The medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. The medical centre is located at Gavleho Stadium Park and will be open from 09:00 until 21:00. During other hours there will be a doctor and nurse on duty +46731803553.

11.1.3 Medical Care at the Stadium, Warm-up, Training Areas and Road Events

The stadium medical service is responsible for any problems concerning the athletes’ health. There is also a room for medical attention. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

The stadium medical service is also responsible for first aid in the warm-up area.

There are 3 first aid teams on the infield, supervised by a doctor.

1 team including 1 doctor and 2 medical resources are located at indoor warm-up arena and at Race Walk at competition day.
11.2 Physiotherapy Services

11.2.1 Physiotherapy Services in the Team Hotels

There will be some rooms available for physiotherapy use in the team hotels.

A LOC team of physiotherapists is only available at the venue Gavleholv Stadium Park.

Operating hours (Gavleholv Stadium Park) are: 9:00 – 21:00

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

11.2.2 Physiotherapy Services at Warm-up and Training Venues

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

All teams have their own facilities prepared as well as a well-equipped physiotherapy room, including the availability of a LOC physiotherapist. The physiotherapy room will be open from Tuesday 9 July from 09:00 to 21:00.

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

The LOC physiotherapists in the Training venues will be available from Tuesday 9 July from 09:00 to 21:00.

11.3 Import of Medication and Medical Equipment

Team doctors are responsible for listing the medications that the team and the team participants enter into Sweden and also co-ordinating that the medicines are allowed and that the maximum permitted amount is not exceeded. Other persons travelling to the event have their own responsibility to check which medicines and quantities of medicines may be introduced in Sweden.

Please be informed by The Swedish Products Agency:

https://lakemedelsverket.se/english/overview/Legislation/Travelling-import-and-export/
11.4. Nutritional Survey

European Athletics believes, that providing meals that are adapted simultaneously to sports nutrition as well as to different dietary regimens is crucial in an international competition. In order to make necessary adjustments in future championships, European Athletics needs to know athletes’ opinion about the current food provided. Therefore, during the Europeans Athletics U23 Championships, national teams will be contacted by European Athletics research team to investigate the athletes’ opinion about the food provided. The purpose of this survey is to evaluate if the available meals meet the athlete’s nutritional needs and dietary requirements. The questionnaire developed for this purpose will be available in several languages and the information provided by the athletes will be treated strictly confidential.

11.5 Doping Control

11.5.1 General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations. They are in accordance with the revised WADA code in force since 1 January 2015. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample result in liable to disqualification and may result in further disciplinary action.

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

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

All athletes setting World or European records must report to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

11.5.3 Additional Controls

Athletes requiring doping control (e.g. for national record) may request to be tested by reporting to the TIC, where a “Doping Control Request Form” should be completed. They will then be escorted to the Doping Control Station.

The cost of this control (sample collection material and analysis costs) will be paid by the European Athletics and will be deducted from the member federation’s European Athletics subvention after the Championships.
12. CEREMONIES & SOCIAL FUNCTIONS

12.1 European Athletics-LOC Dinner

The European Athletics-LOC Dinner will be held at the Gävle Concert Hall on Wednesday 10 July at 20:00. Two persons from each team will be invited. Invitation cards will be distributed together with accreditation cards, as long as guest names were previously confirmed.

12.2 Opening Ceremony

The Opening Ceremony will take place on Wednesday 10 July at 18:00 at the Main Square called “Stortorget” at Gävle city centre.

Team members will not be involved in the Opening Ceremony programme, but they are welcome to attend.

12.3 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Meeting. All the victory ceremonies will take place at Gunder Hägg Stadium with the exception of the 4x100m relay and 4x400m relays which will be held during the Closing Party on Sunday evening.

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

12.4 Closing Party

The Closing Party will take place on Sunday 14 July from 21:30 at Gavlehov Stadium Park in Alfahallen at Gavlehovsvägen 15, Gävle. Everyone with accreditation or an invitation is welcome to attend.
13. Departure

Teams will be asked to provide full travel details together with the final entries. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, only if there are any changes to the provided details. Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Transportation Desk at the Stadium and by the information desks in each team hotel.

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

14. Contact details

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

Mr Leif -Göran Mosell
Competition Manager
leif-goran.mosell@gefleif.se

14.1 European Athletics Office (on site)
Gavleho Stadium Park in Alfahallen at Gavlehoavsgaten 15, Gävle

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

14.2 Office of the Local Organising Committee
Gavleho Stadium Park in Gavlevallen at Gavlehoavsgaten 15, Gävle.
Address: Gavlehoavsgaten 15, 80633 Gävle
Office phone +4626545550
http://www.gefleffriidrott.se/
email: u23@gefleif.se
15. Appendices

Appendix 1 - Implement List
Appendix 2 – Timetable
Appendix 3 – Entry Standards
Appendix 4 - Map of Stadium, Warm-up and Training Areas
Appendix 5 – Daily Maps
Appendix 6 – Coaching zones
Appendix 7 – Race Walking Course
Appendix 8 – Accreditation System
Appendix 9 – Key Dates and General Programme
## Appendix 1 – Implements List

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<tr>
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<td>I-00-0008</td>
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### HAMMER 7.26 KG

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## WOMEN

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### SHOT 4,00 KG

### DISCUS 1,00 KG

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### HAMMER 4,00 KG

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### JAVELIN 600 G

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## Appendix 2 – Timetable

**DAY 1 - Session 1 - Thursday 11 July 2019**

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<td>Q, A</td>
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<td>M</td>
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<td>Q, A+B</td>
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<td>Q, A+B</td>
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<td>A+B</td>
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### DAY 3 - Session 6 - Saturday 13 July 2019

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**Day 4 - Session 8 - Sunday 14 July 2019**
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Appendix 3 – Entry standards

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Entry Rules

**Individual participation (403.5):** Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3).

Alternatively to 403.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. However, the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.

If the host country of the European Athletics U23 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.

**Relay teams (403.7):** Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

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

No athlete may compete in the European Athletics U23 Championships unless entered by a European Athletics Member Federation.
Conditions for validity of performances:

- Performances must be achieved between the 1 January 2018 and 1 July 2019.
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules.
- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised.
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted;
- Wind assisted performances (over 2m/sec) will not be accepted;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m will not be accepted;
- For Race Walks, results of races conducted using the pit lane will be accepted;
- For the running events of 200m and over, performances achieved on over-sized tracks will not be accepted.
Appendix 4 - Map of Stadium, Warm-up and Training Areas
Appendix 5 – Daily Maps

Day 1 – Morning Session
Day 1 – Evening Session
Day 2 – Morning Session
Day 2 – Evening Session
Day 3 – Morning Session
Day 3 – Evening Session
Day 4 – Morning Session
Day 4 – Evening Session
Appendix 6 – Coaching Zones
Appendix 7 – Race Walking Course
# Appendix 8 – Accreditation System

## Accreditation Zones

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<td>MEDIA TRIBUNE</td>
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**Appendix 9 – Key Dates and General Programme**

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<td>Gavlehov Stadium Park</td>
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<td>Gavlehov Stadium Park – Alfahallen</td>
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<td>Registration deadline for Race Walking Course visit</td>
<td>Gunder Hägg Arena -TiC</td>
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<td>18:00</td>
<td>Opening Ceremony</td>
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