



**European Athletics  
DNA Indoor Match  
5 February 2022  
Glasgow/Scotland**

---



# **TEAM MANUAL**

European Athletics  
DNA Indoor Match

5 February, Glasgow/Scotland

## 1. General

### Contact Local Organising Committee

Cherry Alexander: [calexander@cherryconsultancy.com](mailto:calexander@cherryconsultancy.com), +44 7803 671981

### Contact European Athletics

Marcel Wakim: [marcel.wakim@european-athletics.org](mailto:marcel.wakim@european-athletics.org), +41798204158

### European Athletics Technical Delegate

Chris Cohen: [chriscohen3@aol.com](mailto:chriscohen3@aol.com), +44 7801 063 348

### Participating Teams

- England, Scotland, Wales, Ireland, Spain, Turkey

### Key Deadlines:

25 January 2022: Final entries to European Athletics by excel: [dna@european-athletics.org](mailto:dna@european-athletics.org)

27 January 2022: Hotel rooming list to Kate Channon [kate.channon@cherryconsultancy.com](mailto:kate.channon@cherryconsultancy.com)

4 February 2022: 12:00 final confirmation

4 February 2022 16:00-17:00 Shot Put Training

4 February 2022, 17:00 Official training (including training with starter) and venue inspection

4 February 2022, 17:45 Technical Briefing, Emirates Arena

4 February 2022, 18:30 Submission of personal implements

5 February 2022, 10:30-12:00 KIDS DNA with Scottish Athletics

**5 February 2022, 13:00-15:00 DNA Match, Emirates Arena**

## 2. TRAVEL & ACCOMMODATION

### Travel

Teams will arrange their own travel to Glasgow.

Teams arriving by plane or train need to request internal transfer from LOC by 27 January 2022.

The official airport for the Event is follows:

- Glasgow Airport (GLA) – 30 minutes transfer
- Glasgow Central Rail Station, Queen Street – 10 minutes transfer

### 2.1 Entry visas

The following countries require visas to enter Great Britain:

- Turkey

Holders of valid Schengen visas can freely enter the United Kingdom without additional visa however they must travel with a Full Passport as EU ID Cards are no longer acceptable in the UK.

For the citizens of the following overseas countries, it is possible to enter Great Britain without visa and only with a **biometric passport**, this relates to the following countries:

- Spain
- Ireland

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

Please copy Kate Channon ([kate.channon@cherryconsultancy.com](mailto:kate.channon@cherryconsultancy.com)), LOC into your Visa communication so if there are any difficulties the LOC may be able to assist. As you can imagine

the visa workload is considerable so early application is essential otherwise it may result in your not being able to participate in the DNA in Glasgow. Apply Early!

## 2.1 Insurance

Teams 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.

## 2.2 Accommodation and Meals

Accommodation for one night in twin occupancy will be provided for England, Scotland and Wales teams (4<sup>th</sup> Feb inclusive) 18 athletes and 4 team management. This will include evening meal on the 4<sup>th</sup> plus breakfast on the 5<sup>th</sup>.

Accommodation for two nights in twin occupancy will be provided for Ireland, Spain and Turkey (4<sup>th</sup> – 5<sup>th</sup> Feb inclusive) 18 athletes and 4 team management. This will include evening meal on the 4<sup>th</sup> plus breakfast and evening meal on the 5<sup>th</sup>.

### The HQ hotel will be:-

The Marriott Hotel  
 500 Argyle Street  
 Glasgow  
 G3 8RR

### Accommodation Costs

European Athletics will cover for overseas athletes competing team for Ireland, Spain and Turkey full board accommodation for 2 nights: 4-6 February 2022 for a maximum number of 18 athletes and up to 4 team management.

Home nation athletes will receive team full board accommodation for 1 night: 4th February. Earlier arrivals or later departures will be at the cost of the Federation or Home Country Association.

Extra nights, athletes and officials will have to pay as follows per person/night (breakfast included):

- Single – 115.00 GBP
- Twin – 145.00 GBP
- Lunch – 18.00 GBP

### Rooming List

Teams are to provide their rooming list by 27 January 2022 and this should be sent to Kate Channon LOC: [kate.channon@cherryconsultancy.com](mailto:kate.channon@cherryconsultancy.com)

Rooms for meetings and additional rooms for physio are at the cost of the teams and will depend on availability and must be requested to the LOC as early as possible.

### Meals

All Team meals will be served in the Marriott Hotel (restaurant times will be displayed in the hotel)

	<b>4 February</b>	<b>5 February</b>	<b>6 February</b>
<b>Breakfast</b>	-	X	X
<b>Dinner</b>	X	X	

### **2.3 Accreditation**

The Teams' Accreditation Centre will be located at the Marriott Hotel.

The Team Leader shall report as soon as possible after his/her arrival, in order to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be available in due course.

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

- LOC additional accommodation invoice
- Kit check
- Collection of competition related forms and information
- Confirmation of departure details
- COVID-19 proof of vaccinations if required

### **2.4 Access Areas for Teams and Special Passes**

All team accreditation cards will allow access to the team seating area, warm-up area, changing facilities and physiotherapy rooms. Coaches should report to the Call Room with their athlete, to be escorted to the coaching zone.

## **3. TRANSPORTATION**

Transportation between the hotels and the Emirates Arena will be provided as follows:

- 4 February: Technical Briefing and official training/venue inspection
- 5 February: DNA Competition
- airport-hotel-airport transfer for those teams which are coming by plane.

A detailed specific timetable will be posted on the notice boards at the Information desk at the Team Hotel.

## **4. COVID PROTOCOL**

The DNA match is a competition specified to benefit from travel exemptions. This means international elite sportspersons and essential operational and support staff who have travelled to Scotland and are participating in the match will have to comply with the following rules:

- if you're not fully vaccinated, or you're travelling from a [red list country](#), you need to take a [COVID-19 test](#) before you travel to Scotland
- if you're fully vaccinated and travelling from a non-red list country, you do not need to take a COVID-19 test before travelling to Scotland
- if you're fully vaccinated check that you carry the [approved vaccines](#)
- you need to complete the [passenger locator form](#) up to 48 hours before arrival to Scotland
  - *enter elite sportspeople under exempt and carry the exempt letter with you*
- you must follow testing protocols followed in your sport according to guidance from the national governing body
- if you are a UK sportsperson, you do not need to self-isolate but should follow COVID-19 protocols for sport in Scotland. Otherwise, if you are not fully vaccinated, you must self-

isolate when you are not at, or travelling to and from, a place where you are required to train or compete

- you'll need to provide written evidence from a national governing body for your sport of your status as an elite sports person or essential operational or support staff
  - *you have received letters to be printed and carried with you for your travel*

With the above, you will not need to book a testing package for your stay in Scotland linked to DNA Indoors. However, for your return to your home country, you will be responsible to comply your national regulations. If you a return test, please urgently confirm to the LOC the number and type of return tests you will need for your departure home (PCR or anti-gen).

#### **4. TECHNICAL INFORMATION**

##### **Technical Information Centre (TIC)**

The TIC is located at the competition venue.

##### **Technical Briefing**

The Technical Briefing will be held on Friday 4 February 2022 at 17:45 in the Emirates Arena after the team's venue familiarisation. The Briefing will include Q&A session.

##### **Age Category**

Only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the DNA Indoor Match.

##### **Entries**

The teams are to provide their full list of their participating athletes and officials by 25 January 2022.

##### **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, which is 12:00 on 4 February.

##### **Relays Declaration**

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 each relay race.

##### **Uniform**

Teams must compete in the team vest approved by the national athletic federation. All teams must provide their national team vests for the competition.

##### **Bibs**

Bibs will be provided.

##### **Implements**

The official implements (shot 7.26kg) are provided as per Appendix 2. Personal Implements shall be allowed provided that:

- They are readily identifiable and are World Athletics certified;
- They are not already on the official list;

- They have been checked for compliance with World Athletics Rules;
- They are made available to all the other competitors.

Personal implements may be handed at TIC at Emirates Arena no later than 18:30 on 4<sup>th</sup> February. Any implement that fails to satisfy the criteria mentioned above will be rejected, with the reason noted on the form and the relevant Athlete or Coach notified via the TIC.

## 5. COMPETITION VENUE & TRAINING

### Competition Venue

The DNA Indoor Match will be held in the Emirates Arena, 1000 London Rd, Glasgow G40 3HG, Great Britain.

### Official training at the competition venue

Official training for all athletes at the Emirates Arena will take place between: 17:00 – 19:00 on Friday 4 February. Shot Put training will be from 16:00-17:00.

## 6. COMPETITION FORMAT & SCORING

### Disciplines

The competition is to include 11 disciplines as follows:

<b>Races</b> (all finals)	<b>Jumps &amp; Throws</b> (all head to head competition)
60m men & women	Long Jump women
60m hurdles men & women	High Jump men
800m women	Shot Put men
Mixed 4x400 relay: 2 men, 2 women, teams decide order	
Mixed 2x2x200 relay: 1 man, 1 woman	
The Hunt: 800m women-600m men-400m women-200m men	
Total of 18 athletes to compete (9 women and 9 men)	

### Team Composition

As per the disciplines above, each team is to have one athlete in each individual event and one relay team for 4x400m mixed relay, mixed 2x2x200m and for the Hunt (800m/600m/400m/200m).

### Scoring

The competition is a match of six (6) teams. The winner of each individual event and relay shall score 12 points, second placed 10 points, third placed 8 points, fourth placed 6 points, fifth placed 4 points and sixth placed 2 points. Athletes or relay teams with no valid performance, disqualified or not finishing shall not score.

If two or more athletes or relay teams tie for a place in any individual event or relay, the relevant points shall be divided equally between them (including in the field events, if two athletes in the final head-to-head round have no valid results).

After ten (10) events, the team scoring will determine the starting positions of the last (i.e. tenth) event –the Hunt.

The winner of the last race (The Hunt) is the overall winner of the match (i.e. the last event determines the winner of the competition). The second placed team will be second in the final classification, and so on. The teams with no valid performance in the Hunt (e.g. disqualified or not

finishing) will be classified in the final standing of the match according to their standing before the Hunt (i.e. after ten (10) events), but behind the teams who finished the race.

In case of a tie in the Hunt the actual times recorded by the teams to .001 second shall be considered to break the tie, if the tie remains the teams concerned share the position, including the winner.

### **Track Events Format:**

#### **The Hunt**

The Hunt (i.e. pursuit race) is a medley relay of the following distances and order: 800m-600m-400m-200m. Each team is to have two female and two male athletes with the following distribution: 800m (women) – 600m (men) - 400m (women) – 200m (men).

The starting positions and the distance gaps between the teams, if any, are determined by the teams score/standing after ten (10) events of the match. Each point difference between the teams in the team standing translates into 0.33 seconds of distance gap for the start of the Hunt race.

The standard 800m start in individual lanes (1-6) will be used for the start of the 1st leg of the Hunt (i.e. 800m). The breaking line of 800m will be used. The leading team after ten (10) events starts from lane 1 of the 800m start line, second team from lane 2, etc. In case teams are equal in score/standing after ten (10) events, the teams start at their individual lanes at the same time. In case of an early start, the race will not be aborted and the respective team (s) will be disqualified after the race.

Ribbon handover procedures as per WA Rules (i.e. takeover zone is 20m). For the waiting athletes of second and third/final leg, WA Rule 48.4 shall be applied.

Individual devices (lights) will be used to indicate to each team its starting time.

#### **Mixed Relay 4x400m**

Each team is to be composed of two men and two women. The running order is decided by the Team.

The team composition is to be announced by the time of final declaration, including the first leg runner. The running order for 2nd, 3rd and 4th leg can be changed during the race. To facilitate the process, one Team Leader or Coach per Team would be allowed to be in the special zone close to the relay athletes close to the competition area. Notwithstanding the aforementioned procedure WA Rule 48.4 shall be strictly applied.

#### **Mixed Relay 2x2x200m**

Each team will be composed of one man and one woman. The running order is free and is to be confirmed by the Team Leader at the time of the Final Declaration. Each athlete must run two separate legs of 200m. For exchange zones, WA Rule 48.1 is to be followed. WA Rule 48.4 shall be applied.

### **Field Events Format:**

Field events will be based on the head-to-head system. The athletes will be divided into two groups: 3 athletes in each group (Group A & Group B). The distribution of athletes will be done by European Athletics (see under Lane and Starting Order).

Each field event will consist of two stages: "group stage" and "final stage".

Stage	Round	Group A	Group B
"Group stage"	1	A1 vs A2	B1 vs B2
	2	A2 vs A3	B2 vs B3
	3	A3 vs A1	B3 vs B1
"Final stage"	5th place	3rd Group A vs 3rd Group B	
	3rd place	2nd Group A vs 2nd Group B	
	1st place	1st Group A vs 1st Group B	

In the "group stage" each athlete will compete in two duels against two other athletes in his/her group. For the win in each duel an athlete gets 3 "spikes", 1 "spike" for a tie and 0 for lost or foul. After "group stage" is over athletes in each group (separately in Group A & Group B) will be ranked based on number of "spikes" collected in "group stage". In case of any ties between two or three athletes after "group stage", the standing in each group is decided by the best performance. If the tie remains the second best result is to be considered. If the tie still remains it is to be broken by the Referee's draw.

*Note: Spike is a term used to determine the positions of athletes after the initial stage of the competition in the field events (two attempts for each athlete).*

In case of two or three athletes in a group would not have any valid attempt after two jumps/throws, their standing will be decided by a draw to be conducted by the relevant Referee. Thereafter, the composition of final 'duels' will be done:

- 3<sup>rd</sup> ranked in each group athletes will have a duel against each other for 5<sup>th</sup> place,
- 2<sup>nd</sup> ranked in each group athletes will have a duel against each other for 3<sup>rd</sup> place,
- 1<sup>st</sup> ranked in each group athletes will have a duel against each other for 1<sup>st</sup> place.

The final standing of the athletes determines the points to be received by each team as for any other individual event.

### **High Jump features:**

In the High Jump, there are no pre-defined starting heights and progression. Each athlete decides about the height before each round without knowing the height of the competitor (meaning, before each jump he/she indicates in a special form the height he/she will jump while having "duel" with another competitor;

The referee collects the heights ordered by two athletes and then announces them before the jumps of the head-to-head format starts. The procedure of deciding the heights is repeated before each 'duel'. The athlete with lower height ordered always jumps first. In case the same height is ordered by both athletes, the order of the start list will be used.

**Long Jump and Shot-Put features:** For the final head-to-head attempts in long jump and shot put, the jumping /throwing order (i.e. who jumps/throws last in each head-to-head 'duel') will be determined by the best result in the "group stage" (second best result if the best results are equal). In case the tie remains a draw to be conducted by the Referee to determine the order of attempts.



### **Lane and Starting Order**

Lane and starting order will be done by draw by European Athletics and provided to the teams in due time.

The distribution of athletes in groups during qualification/initial round of the field events is to be done by European Athletics based on the personal bests of competing athletes and using the zigzag distribution.

### **Protests**

Any protest shall be made orally to the relevant Referee in the infield by an athlete or someone acting on behalf of an athlete, during the event or immediately after the event. The decision of the Referee will be final and no further appeals will be allowed. Video Recording and Control System will be used extensively to support immediate decisions by the Referee.

### **Coaches and Teams Areas**

To facilitate communication between team members and encourage teams support and engagement, there will be designated team zone on the stands. In addition, there will be designated zones, inside the competition area, for the coaches of field events and for 4x400m Mixed Relay. Special coach stewards will bring the coaches (one coach per team for field events and relays) to the specific coaching zone.

### **Call Room**

The Call Room is located near the warm-up area. There will be a pre-call area in the warm-up from where the participating athletes would be escorted to the Call Room. The reporting times to the Call Room will be provided to the Teams in due time.

### **Victory Ceremony**

Will be announced during the Technical Briefing.

## **7. MEDICAL SERVICES & DOPING CONTROL**

First aid will be in the Emirates Arena and for emergencies please use the local number 999.

### **Doping Controls**

#### **General Information**

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules and Regulations and WADA code in force. The controls will be done under the supervision of the European Athletics Technical Delegate. Both urine and blood samples may be collected immediately before, and during the event.

Athletes selected for doping control will be informed (notified) and accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the Doping Control Station (DCS). The athletes can be accompanied to the DCS by an accredited team representative of their choice and should report immediately to the DCS unless there are valid reasons for delay.

Athletes will be requested to present a valid ID card (with picture) for identification purpose. Athletes are reminded that refusal to provide a sample result is 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 event.

### Selection of Athletes

The selection of athletes for control will be made on a random basis under the supervision of the European Athletics Doping Control Delegate. In addition, 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.

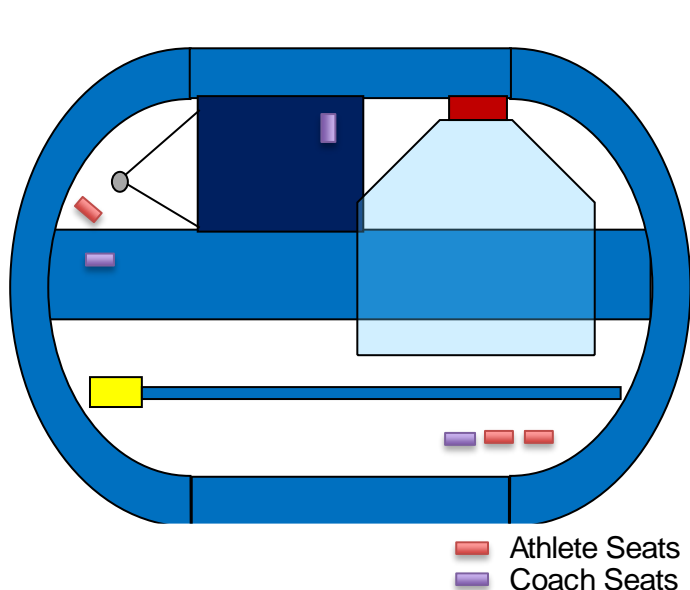
### Additional Controls

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 (including the sample collection material and requested analysis) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Event.

## 8. APPENDICES

### Appendix 1 – Timetable & Infield Layout

Start hh:mm		M W
10:00	Kids DNA Start	
12:00	Kids DNA End	
13:04	Mixed 4x400m	
13:11	Shot Put	M
13:27	800m	W
13:32	Shot Put	M
13:42	Mixed 2 x 2 x 200m	
13:47	High Jump	M
14:05	60m	W
14:09	High Jump	M
14:19	60m	M
14:23	Long Jump	W
14:41	60m H	M
14:45	Long Jump	W
14:55	60m H	W
15:02	The Hunt	



### Appendix 2 – List of Official Implements

Nishi	129mm	Steel	Silver	I-99-0083
Nlshi	125.5mm	Steel	Silver	I-99-0087
Polanik	128mm	Steel	Various	I-04-0305