



16 th European Throwing Cup
Arad, Romania



Team Manual

www.arad2016.com



16 th European Throwing Cup

12-13 March 2016

Arad, Romania

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1. GENERAL INFORMATION

1.1 Host Country Romania

Form of Government	Romania is a unitary semi-presidential republic
Location	Southeastern Europe
Area	238,391 square kilometres
Population	19.94 million
Climate	temperate-continental climate
Language	Romanian
Religion	Orthodox Christians
Capital	Bucharest
Local Time	EET (UTC+2)
Electricity	Romania's electrical current is 230 V (50Hz) and sockets take the standard continental European dual round-pronged plugs.
Driving	on the right side
International Calls	+ 00 – country code – city/town code – national telephone
Telephone Country Code	+ 40
Mobile Phone Networks	GSM, GPRS, 3G and 4G. The main mobile companies are Vodafone, Orange, Telekom.
Currency	RON Cash payments are allow in RON only!

1.2 Host city Arad

Arad is the first large city you meet when you come to Romania, being the country's main gateway to Western Europe. Located on one of the key continental transport corridors, the city provides modern road, rail and air access. With a population of 160,000 inhabitants, Arad is one of Romania's most dynamic, flourishing and welcoming cities.

BUSINESS HOURS SHOPS, GOVERNMENT OFFICES, BANKS

Shops:	9:00 - 18:00, Malls and superstores are open until 21:00 or even later.
Government Offices:	8:30 – 16:30
Banks:	09:00 – 17:00, Monday through Friday. Some banks are also open on Saturday from 9:30 to 12:30 PM

Useful expressions

Hello (general greeting)	Buna ziua
How are you?	Ce mai faci?
Reply to 'How are you?'	Bine, multumesc. Si dumneavoastra?
Where are you from?	De unde sunteti?
I'm from ...	Eu sunt din ...
Good morning	Buna dimineata
Good evening	Buna seara
Good night	Noapte buna
Bon appetit / Have a nice meal	Pofta buna!
This lady will pay for everything	Aceasta doamna va plati pentru tot
Cheers! (Toasts used when drinking)	Noroc!
Thank you	Multumesc
I love you	Te iubesc
Bon voyage / Have a good journey	Drum bun!

2. Organisational Structure

2.1 European Athletics Council

President

Svein Arne Hansen (NOR)

First Vice President

Dobromir Karamarinov (BUL)

Vice Presidents

Jean Gracia (FRA)

Frank Hensel (GER)

CEO

Christian Milz (SUI)

Council Members

Sylvia Barlag (NED)

Gregor Bencina (SLO)

José Luis de Carlos (ESP)

Alfio Giomi (ITA)

Marton Gyulai (HUN)

Toralf Nilsson (SWE)

Dimakos Panagiotis (GRE)

Antti Pihlakoski (FIN)

Jorge Salcedo (POR)

Gabriela Szabo (ROU)

Erich Teigamägi (EST)

Libor Varhanik (CZE)

Salih Munir Yaras (TUR)

Sebastian Coe (GBR)

Carl-Olaf Homén (FIN)

Hansjörg Wirz (SUI)

IAAF President (ex officio member)

European Athletics Honorary Life Presidents

2.2 European Athletics Delegates

Council Delegate

José Luis de Carlos (ESP)

Technical Delegate

Andreas Gogas (GRE)

Doping Control Delegate

Vesna Krzalic (SRB)

Jury of Appeal

Will be appointed at the Technical Meeting

2.3 European Athletics Office

European Athletic Association

Avenue Louis-Ruchonnet 18

1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

Fax: +41 21 313 43 51

E-mail: office@european-athletics.org

Web: www.european-athletics.org

2.4 Executive Board of Romanian Athletics Federation

President

Ion SANDU

General Secretary

Ion BULIGA

2.5 Local Organising Committee

President

Viorica GRAUR

General Secretary

Andra VOICU

Event Management

Alexandru TEOFILIESCU

Protocol / Hospitality

Bogdan PUIU

Press / Media

Dana ALEXE

Finance
Travel / Accommodation
Marketing
Medical & Anti-Doping
Ceremonies
Accreditation Manager
Security Manager
Volunteers Manager

Claudia SANDU
Adrian MATEAS/ Alin POP-FAUR
Andra VOICU
Gabriela RADU/Ana CONDRUT
Nicolae CURTA
Liviu ROSCA
Adrian HAVA
Glad VARGA

2.6 Competition Organisation

Competition Director
Assistant Competition Director
Meeting Manager
Call Room Referee
Technical Information Centre
Announcer
Technical Manager
Referee
Event Presentation & Infield Co-ordinator
Secretary Jury of Appeal
Results Manager

Ion BULIGA
Gheorghe DULGHERU
Alexandru TEOFILIESCU
Cristian OTOBIC
Laurentiu MOTOC
Alin LARION
Nicolae CURTA
Stefan ALEXANDRU
Alin LARION
Claudiu SUSELESCU
Cristian BARBU

2.7 Participating Federations (based on the preliminary entries)

MEN		WOMEN	
Senior	Under 23	Senior	Under 23
ARM	ARM	BEL	AUT
BLR	BIH	BLR	BEL
BUL	BLR	CYP	BLR
CRO	BUL	CZE	CRO
CZE	CRO	DEN	CZE
ESP	CZE	ESP	DEN
EST	ESP	EST	ESP
FIN	FRA	FIN	EST
FRA	GER	FRA	FIN
GEO	GRE	GEO	FRA
GER	HUN	GER	GEO
HUN	IRL	GRE	GER
IRL	ISR	HUN	GRE
ISR	ITA	ISL	HUN
ITA	ISL	ISR	ISL
LAT	LAT	ITA	ISR
LTU	LTU	LTU	LUX
MDA	MDA	MDA	MNE
MNE	MNE	NOR	NOR
NOR	NOR	POL	POL
POR	POR	POR	POR
ROU	ROU	ROU	ROU
SLO	SLO	SLO	SLO
SRB	SUI	SRB	SRB
SVK	SVK	SUI	SVK
SWE	SWE	SWE	SWE



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TUR	TUR	TUR	TUR
UKR	UKR	UKR	UKR

3. TRAVEL TO ARAD

3.1 Official Airport and Arrival Information

The official airport, located at 56 km from Arad, is Timisoara International Airport (TSR) and Budapest International Airport (BUD), located at 260 km from Arad, will be considered as an alternative airport. LOC will provide adequate welcome services.

3.1.1 Welcome service

Upon arrival at Timisoara International Airport (TSR), and Budapest International Airport (BUD) the teams will be welcomed by their Team Attachés.

The opening dates and times of the Welcome Desk, situated in Timisoara (TSR) and Budapest (BUD) at the airport will be the following:

10 March from 09:00 – 22:00
11 March All day – according to the travel schedules

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel.

The transfer time to the official hotels is approximately 50 minutes from the TSR airport and 3:30 hours from BUD airport

3.2 Arrival by Train

There will be no Welcome Desk at the main railway station in Arad. 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 requested to go directly to their hotels, where representatives from the LOC will welcome them.

3.4 Entry visas

The following countries require visas to enter Romania:

Country	Romania Embassy
Armenia	Yerevan
Azerbaijan	Baku
Belarus	Minsk
Russia	Moscow
Turkey	Ankara
Ukraine	Kiev
Kosovo	Skopje

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



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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:

Andra VOICU
E-mail: office@arad2016.com

The following information shall be included in the request:
Name and passport copy of the person applying for the visa. The passport must be valid for at least three months after the estimated day of exit from Member State territory.

The invitation will be sent to you as soon as possible.

3.5 Insurance

According to the Regulation 1010.10 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 fulfill 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 (passport type) are required for the accreditation, for security reasons.

Photos shall be uploaded online through the European Athletics Event Management System, ARENA, which will be accessible at the following link: <https://arena.european-athletics.org/>, otherwise a picture will have to be taken on the day of card collection at the Accreditation Centre.

Teams must include photos of each individual when registering online. An upload function will be available in the final entries module during final entries from 16 February to 2 March 2016.

Please upload your digital photos as a .jpg file. Each photo must not exceed 500 kb in size.

4.2 Accreditation Centre

The Teams' Accreditation Centre will be located at Hotel Continental Astoria. This is where the Team Leader shall report as soon as possible after his arrival, in order to carry out the administrative procedures. The team leader or any member which need transportation for accreditation purpose will announce the departure time at the Information Desk who will organise transportation accordingly.

The opening dates and times of the Teams' Accreditation Centre will be as follows:

10 March	09:00 - 21:00
11 March	09:00 – according to the teams' arrival schedule

4.3 Accreditation Procedure

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

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

- LOC accommodation invoice
- **Check of athletes' passport (to allow verification of Under 23 participants' age)***
- Uniform check
- Final confirmation of entries
- Collection of competition related forms and information
- Confirmation of departure details

* For this reason, Team Leaders are requested to take the athletes' passports to the Accreditation Centre.

4.4 Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the teams seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to

competitors will have access to the call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttles Buses.

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

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

- TIC (only for collecting items from the pigeon hole) – one per team.
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team.
- Field events coaching area (1 per athlete)

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

4.5 Loss of Accreditation

Any lost or damaged accreditation cards should be reported to the LOC, at Hotel Continental Astoria. Duplicate cards can be obtained where proof of identity can be established.

5. ACCOMMODATION

5.1 General Information

The LOC has made accommodation arrangements for team members in six hotels of similar standards.

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 Throwing Cup.

The Information Desk(s) opening hours will be as follows:

10 March	09:00 – 21:00
11 March	09:00 – 21:00
12 March	06:30 – 21:00
13 March	06:30 – 20:30
14 March	08:00 – 14:00 or until last team's departure

5.3 Official Hotels

The official hotels for the European Throwing Cup are indicated below with the internet address of their home page where further details can be found:

Team Hotels

Hotel Continental Astoria

Address: Blv. Revolutiei, 79-81, 310025 Arad, Romania

Tel: +40 257 281 799

Website: www.continentalhotels.ro



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Leon Hotel

Address: Blv. Nicolae Titulescu 5, 310328 Arad, Romania

Tel: +40 357 100 400

Website: www.leonhotel.ro

Hotel Miky

Address: Calea Radnei 231, 310292 Arad, Romania

Tel: +40 357 800 889

Website: www.hotelmiky.ro

Hotel Maxim

Address: Calea Radnei 122 (DN7E), 310292 Arad, Romania

Tel: +40 257 219 288

Website: www.hotelmaxim.ro

Hotel Coandi

Address: Calea Romanilor 47, Arad 310114;

Tel: +40 257 287 777

Website: www.hotelcoandi.ro

Hotel Phoenix

Address: Calea Aurel Vlaicu 267, Arad 31045, Romania;

Tel: +40 257 229 110

Website: www.hotelphoenix.ro

Reservation will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

The team hotels allocation will be circulated after the closing of the final entries.

European Athletics Family Hotel

Best Western Hotel Central

Address: Horia 8, 310018 Arad, Romania

Tel: +40 257 256 636

5.4 Accommodation Costs and European Athletics Quota

5.4.1 European Athletics Quota

According to European Athletics Regulation 1010.4. European Athletics shall pay the board and lodging expenses for not more than 3 (three) days and for a maximum of 4 (four) men and 4 (four) women from each visiting team in each category, with a maximum of only 1 (one) man and 1 (one) woman in each event.

5.4.2 Ratio of Athletes & Officials

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

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.**

5.4.3 Accommodation Costs

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

Team Members	Single room	Twin room
Out-of- Quota Athletes & In ratio-Officials	85 EUR per person/night ⁽¹⁾	75 EUR per person/night
Officials outside the ratio	85 EUR per person/night	75 EUR per person/night
Additional nights (Athletes and Officials)	85EUR per person/night	75 EUR per person/night

All prices include meals and VAT

- (1) Each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials in ratio entered at the price of a twin room. Any single rooms above the 10% threshold will be charged at the rate of 85 EUR.

5.4.4 Cancellation Policy

European Athletics Regulation 1010.9 and 1010.8

1010.9. Any European Athletics Member Federation which, having agreed to participate with a team, withdraws and does not inform European Athletics and the organiser at least 30 (thirty) days before the first day of the European Throwing Cup, shall pay to European Athletics as compensation for irrecoverable costs 10000 (ten thousand) Swiss Francs in respect of each team so withdrawn. European Athletics may remit this amount to the organiser.

1010.8. 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.

5.4.5 Payment Procedures

A pro-forma invoice was sent to each Federation detailing the amount they owe based on their preliminary entries. Federations are kindly encouraged to make an advance payment of 50% at least by *15 February 2016*. Advance Payments should be made in Euros by bank transfer to the following account:

Bank account name: BRD Groupe Societe Generale
Bank address: Vintila Voda Blv. 2, Bucharest, 3rd District
Swift No: BRDEROBU
IBAN: RO79BRDE441SV47737584410

The remaining sum (= final entry sum – pre-payment) will be invoiced after the final entry deadline. Should the remaining amount (after the final entries) be settled by bank transfer, the team leader is requested to provide the LOC with a proof of payment upon arrival at the Finances Office that will be located in the Main Accreditation Centre. Otherwise the balance of the payment must be paid on-site by the Team Leader on arrival at the Accreditation Centre.

Payment can be made by credit card or by cash in RON or Euros.
The following credit card type will be accepted on site: Visa, MasterCard.

5.4.6 Extra Charges

The team leader must settle any extra charges (bar, laundry, telephone etc) at the hotel reception, before departure. The team leader will be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.
All payments must be made in RON 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 communicated directly to the LOC after the closing of the Final Entries.

5.6 Meals

All meals will 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 shall be as follows:
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Lunch	12:00 – 15:00
Dinner	19:00 – 22:30
11 March 2016	
Breakfast	07:30 – 10:00
Lunch	12:00 – 15:00
Dinner	18:00 – 21:30
12 & 13 March 2016	
Breakfast	06:00 – 9:30
Lunch	11:30 – 14:30
Dinner	18:00 – 21:30 (Sunday 13: Closing Banquet at 20:30)

Note: On 13 March, on the occasion of the Final Banquet, dinner will NOT be served in the team hotels)

On the competition days, a late serving provision will be made for those athletes and officials retained at the stadium due to doping controls or protests.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the team is accommodated.

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.

5.7.2 Rooms for physiotherapy

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

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff (see 11.1.4).

5.7.3 Internet access

Free internet access will be provided at 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 Transportation Desk

The main transport desk will be located at Hotel Continental Astoria, and will be open from:

- 10 March 09:00 – 21:00 or until last team's arrival
- 11 March 07:00 – 21:00 or until last team's arrival
- 12 March 06:30 – 20:00
- 13 March 06:30 – 20:00
- 14 March 07:00 – 16:00 or until last team's departure

6.2 Bus Shuttle Service

A regular bus shuttle service will be provided between the Team Hotel(s), training venues, and the competition venues. Detailed specific timetable will be posted on the notice boards at the Information Desk in each Team Hotel(s).

Transfer times between the hotels and the competition venue will be between 5 -20 min depending on the hotel location and traffic conditions.

6.3 Return to Airport / Train stations

Transport will be arranged according to the flight/train schedules submitted by the teams. Further information will be available from the LOC Information Desk.

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The main TIC is located at the competition venue Gloria 1 (see Appendix 2), while a sub-TIC will be available at Gloria 2, during competition only.

The main function of the centre is to ensure smooth liaison between each Team Delegation, the Local Organising Committee and European Athletics Technical Delegate and the Competition Management of the European Throwing Cup regarding technical matters.

The TIC will be open at the following times:

10 March	15:00 – 18:00
11 March	10:00 – 18:00
12 March	07:00 – 19:30
13 March	07:00 – 19:30

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 Delegate 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 of items confiscated at the Call Room
- Registration and collection of personal implements
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Appeals

7.2 Technical Meeting

The Technical Meeting will be held on the 11 March 2016 at 18:00, in the Continental Astoria Hotel.

Each team may be represented by a maximum of 2 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 include:

- Timetable amendments (if any)
- Designation of the Members of the Jury of Appeal
- Information briefing by the Doping Control Delegate
- Victory Ceremonies, Opening and Closing Ceremonies
- Answers to written questions

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

Written Questions

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



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The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre.

These forms must be returned to the TIC no later than 11 March at 14:00. No questions will be accepted during the Technical Meeting.

8. COMPETITION & TRAINING VENUES, EQUIPMENTS

8.1 Competition Venue

The European Throwing Cup 2016 will take place at Stadium Gloria 1 and Stadium Gloria 2. A plan of both places and their surroundings is included in Appendix 2 & 3. The capacity is 2000 seats in the stadium Gloria 1 and 300 seats in the stadium Gloria 2.

The competition stadiums has the following competition sites:

Gloria 1

- 2 Hammer/Discus circles
- 2 Javelin run-ways
- 4 Shot Put circles

Gloria 2

- 2 Hammer/Discus circles
- 1 Javelin run-way

8.2 Training Venue(s)

Athletes will have the possibility to train in the following venues and schedules:

Date	Event	Gloria 1	Gloria 2	Gym*
Thursday, 10 March 2016	Shot Put	15:00-18:00		15:00-18:00
	Discus Throw	15:00-16:00	17:00-18:00	
	Javelin Throw	16:00-17:00	15:00-16:00	
	Hammer Throw	17:00-18:00	16:00-17:00	
Friday, 11 March 2016	Shot Put	10:00-13:00 & 15:00-16:30		10:00-18:00
	Discus Throw	10:00-11:30	15:00-16:30	
	Javelin Throw	11:30-13:00	10:00-11:30	
	Hammer Throw	15:00-16:30	11:30-13:00	

* Gloria 1, Activ Club, XOX Gym, Gemi Sport.

Equipment and implements necessary for training will be available at each 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.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the Information Desk in each Team Hotel.

8.3 Orientation visit of the Competition Venue

Heads of Delegation may visit the competition venues *Gloria 1* & *Gloria 2*, inspecting access routes and other facilities which will be important to the teams on *11 March 2015 at 15:00*. Heads of Delegation are going to meet LOC members at the TIC, from where they will be escorted on this visit.

8.4 Implements

8.4.1 Official Implements

The implements provided by the LOC (see Appendix 3) are selected from those appearing on the current IAAF approved equipment list.

8.4.2 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 implements check-in point Gloria 1 at TIC the day before the event and no later than 18:00 hours.

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.

9. ENTRY, FINAL CONFIRMATIONS & SCORING

9.1 Entry Rules

The European Throwing Cup comprises separate events for men's and women's teams (Senior and U23) representing European Athletics Member Federations.

In accordance with European Athletics regulations:

- Except in the Shot Put (men) and Hammer Throw (men), only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Cup Winter Throwing.
- Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put and Hammer Throw (men).
- Only athletes aged at least 16 (sixteen) and not more than 22 (twenty two) years on 31 December of the year of the competition may participate in the Under 23 events.

Each athlete may only be entered in one age group of an event at the European Throwing Cup and he/she can only compete in the age group for which he/she was entered. For the avoidance of doubt an athlete can be entered in different age group in different events, but cannot compete in the same event in two age groups.

An official ID card (with picture) stating the birth date of the athlete will be requested during the accreditation procedure to verify the participants' age (see point 4.3)

9.2 Competition Entry Procedures

9.2.1 Team Entries

According to 1002.7 each team shall consist of up to 3 (three) athletes entered in each event for Senior Men and Senior Women of which a maximum of 2 (two) may participate and 2 (two) athletes in each event for Under 23 Men and Women of which a maximum of 1 (one) may participate.

9.2.2 Individual Entries

According to 1002.4 Member Federations not entering teams may enter athletes to compete as individuals, each event being considered separately.

9.2.3 Final Entries

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

Final entries indicating the names, best performances 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 event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Tuesday, 16 February 2016
- Deadline for the final entries: Wednesday, 2 March 2016, 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.

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

9.2.4 Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. These forms must be completed and returned immediately **or no later than 11 March at 13:00 before the Technical Meeting at the TIC or the Information Desk in the team hotels.**

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

9.2.5 Withdrawal

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 competition, the reason for the withdrawal has to be specified in detail, being its acceptance the responsibility of the Technical Delegate based on the IAAF Rules.

9.3 Scoring

Each team's score shall be determined according to the best performance of its highest finishing athlete in each event and shall be the aggregate of points attributed to those performances according to the International Scoring Tables. The team achieving the highest number of points shall be the winner (1002.10).

Any team finishing without a scoring athlete in all 4 (four) events shall not be counted in the teams classification.

The points attributable to the best performance of each athlete in each event shall be combined into individual athletes' classification list(s).

9.3.1 Ties

If two or more teams have an equality of scores, the tie shall be decided in favour of the team containing the athlete achieving the highest individual score from a single event. If the tie remains the second highest individual score will be considered and so on.

9.4 Participation Order

Each event may, according to the numbers entered, be divided into 2 (two) or more groups considering as much information as possible about the performances of all athletes so that, normally, the best performers compete in the same group. In principle the distribution will be based on the best performances of the athletes since 1 January in the year preceding the date of the competition. Personal best performance and medals achieved at major events can be also considered by the Technical Delegate for the purpose of the distribution per groups. The final distribution is under the discretion of the Technical Delegate.

In any case all participating athletes have the right to 6 (six) attempts, and the participation order for each event shall follow the same criteria of the groupings composition in a way that the best ranked athlete throws in the last position

10. COMPETITION PROCEDURE

10.1 Timetable

Please refer to Appendix 1 for the competition timetable.

Warming-up will take place at Gloria 1 Stadium. The LOC will provide dedicated buses from Gloria 1 to Gloria 2, with specific schedule, according to the Call Room times.

10.2 Competition Bibs

Each competitor receives 3 bibs. The bibs shall be pinned on the front (name bib) and the back of the competition clothing, on the back of the tracksuit (numbers)

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

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 displayed differs from your current official uniform, the revised Team Vests form must be uploaded by **2 March 2016**, 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.

Dimensions of Spikes

Spike which projects from the sole or the heel shall not exceed 12 mm in the javelin throw. 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.

10.4 Call Room

The Call Room will be located at each respective competition venue, Gloria 1 & Gloria 2. Access will be allowed to athletes only and according to the following reporting times:

Event	First Call	Last Call	Exit from Call Room	Entrance to Infield
Hammer Throw, Javelin Throw and Discus Throw	50 minutes	45 minutes	35 minutes	35 minutes

Shot Put	45 minutes	40 minutes	30 minutes	30 minutes
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All times are prior to the actual starting of the event.

Adjustments may occur for each event, depending to the number of athletes after the final entries, to allow enough time on site for warm-up and practice.
A detailed Call Room schedule will be issued once the Final Entries are confirmed.

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 of the competition.

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

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Shoes
- Bags
- That non-authorized equipment (radio, Walkman, mobile phone, camera etc) are not brought infield.

10.5 Specific Event Procedures

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.

Once the practice trials are finished, the participants will be asked to stand in the order of the competition for the presentation.

All participating athletes have the right to 6 (six) attempts

10.6 Measurement

The distance measurements in all events will be taken by standard electronic equipment.

10.7 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 signed by a responsible official on behalf of the athlete and submitted to the TIC within 30 minutes after the official announcement of the decision made by the Referee.



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When submitting an appeal form, a deposit of EUR 75, as set in the rules, must be paid. If the appeal is unsuccessful, the deposit will not be returned.

The Jury's decision will be provided in writing at the TIC.

11. MEDICAL SERVICES & DOPING CONTROLS

11.1 Medical Services

11.1.1 General Information

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 112.

The nearest available pharmacy near the stadium is "FARMACIA SENSIBLU", located in [43 Revolutiei Boulevard](#), phone +40 257 254 527.

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 center is located at Hotel Continental Astoria and will be open from 10:00am until 08:00 pm on the 11th, 12th, and 13th March. During other hours there will be a doctor and nurse on duty. The same doctor will be available the remaining period of time (8:00 pm to 10:00am)

11.1.3 Medical Care at the Competition Venue

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

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

There will be one first aid team near the infield at both competition venues, supervised by a doctor and marked with red crosses.

11.1.4 Physiotherapy Services

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

For those teams requiring physiotherapy services there will be a team of physiotherapists available at the Hotel Continental Astoria, and Gloria 1 stadium in the following schedule:

	Hotel Continental Astoria	Gloria 1
Thursday, 10 March	20:00 - 23:00	-
Friday, 11 March	20:00 - 23:00	-
Saturday, 12 March	20:00 - 23:00	08:00 - 19:00
Sunday, 13 March	-	08:00 - 19:00

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

11.2 Doping Controls

11.2.1 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 competition.

11.2.2 Selection of Athletes

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

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.

11.2.3 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 will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the event.

12. INFORMATION

12.1 Stadium

Field Events Boards

The result of each trial in field events will be shown on the dedicated infield scoreboards. Final and intermediate results of the field events will be indicated on the Video-wall at north side of the stadium Gloria 1, and south side of the Gloria 2 stadium

12.2 Announcements

Official announcements will be made in Romanian and English.

12.3 Start Lists and Results

Start Lists for each competition day will be available for Team Leaders after the technical meeting and will be also available at the Information Desk in the Teams Hotels.

Results and start lists will be displayed on the TIC Information Board in each stadium.

Copies of the results of each day's events will be distributed to each Team at the Information Desk team mailbox on each evening of competition. A daily program, which will include the start list for each competition day and the results of the previous competition day, will be available each morning at the TIC team pigeon box. Complete results in the form of a booklet will be issued to Team Leaders at the Team Hotels' Information Desk on Sunday, 13 from 20:00h.

13. SECURITY

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

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

The Single National Emergency Call System is:

- **Police** 112
- **Ambulance** 112
- **Fire department** 112

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



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14. CEREMONIES & SOCIAL FUNCTIONS

14.1 Welcome Dinner

A welcome dinner will be hosted by President of Romanian Athletics Federation at 20:00 on 11 March 2016. Invitation cards will be included in the welcome bags.

14.2 Opening Ceremony

The Opening Ceremony will take place on 12 March 2016 at 10:00 at the Gloria 1 Stadium.

14.3 Victory Ceremonies

The victory ceremonies for the individual winners will take place at the competition venue Gloria 1 except the Hammer Throw Women which will take place together with the ceremonies for the winning teams Men and Women during the closing Banquet. Athletes must wear the official team clothing for the ceremonies.

14.4 Closing Banquet

The Closing Banquet will take place on 13 March 2016 at 20:30 at Marem Ballroom. Everyone with accreditation or an invitation is welcome to attend.



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15. DEPARTURE

A shuttle service will also be in place for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the Information Desk of each team hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team Leaders will have to confirm departure details during the accreditation process, however teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 48 hours before departure, **only** if there are any changes to the provided details.

All outstanding fees, charges and possible other expenses must be settled with the cashier.



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16. CONTACT DETAILS

For further details about the European Throwing Cup 2016 in Arad please contact Mr/Mrs. Viorica GRAUR, LOC Event Coordinator office@arad2016.com

16.1 Office of the Local Organising Committee

Continental Astoria Hotel, Blv. Revolutiei, 79-81, 310025 Arad, Romania;

Tel. & Fax + 40 21 319 24 46

Tel: +40 755 062 678

E-mail: office@arad2016.com

Schedule prior to event: 09:00 – 18:00

Schedule during the event : 09:00 – 21:00

Monday to Thursday

Friday to Sunday



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17. APPENDICES

- Appendix 1 - Timetable
- Appendix 2 – Competition Venues
- Appendix 3 - Implements
- Appendix 4 – Key dates and general programme

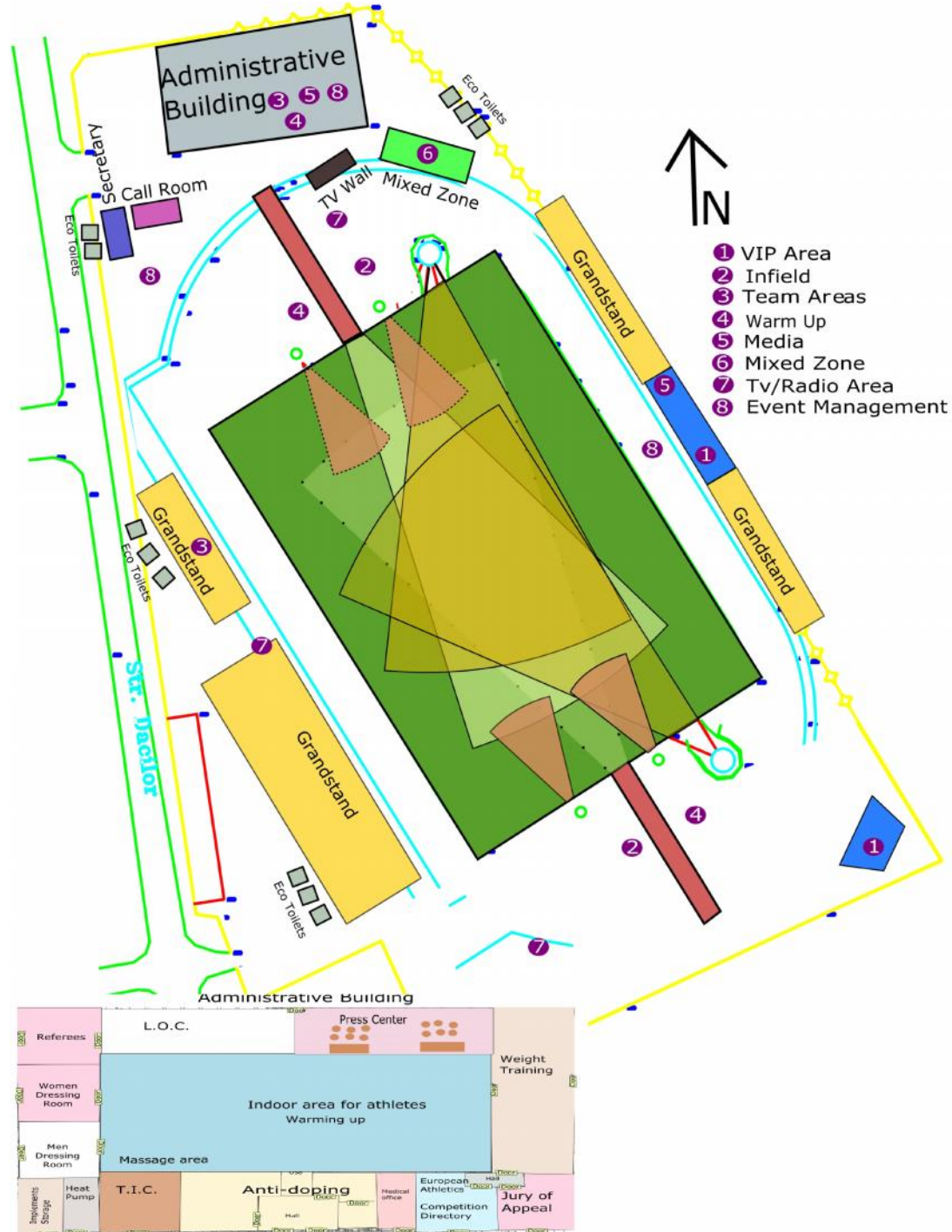
Appendix 1 – Timetable

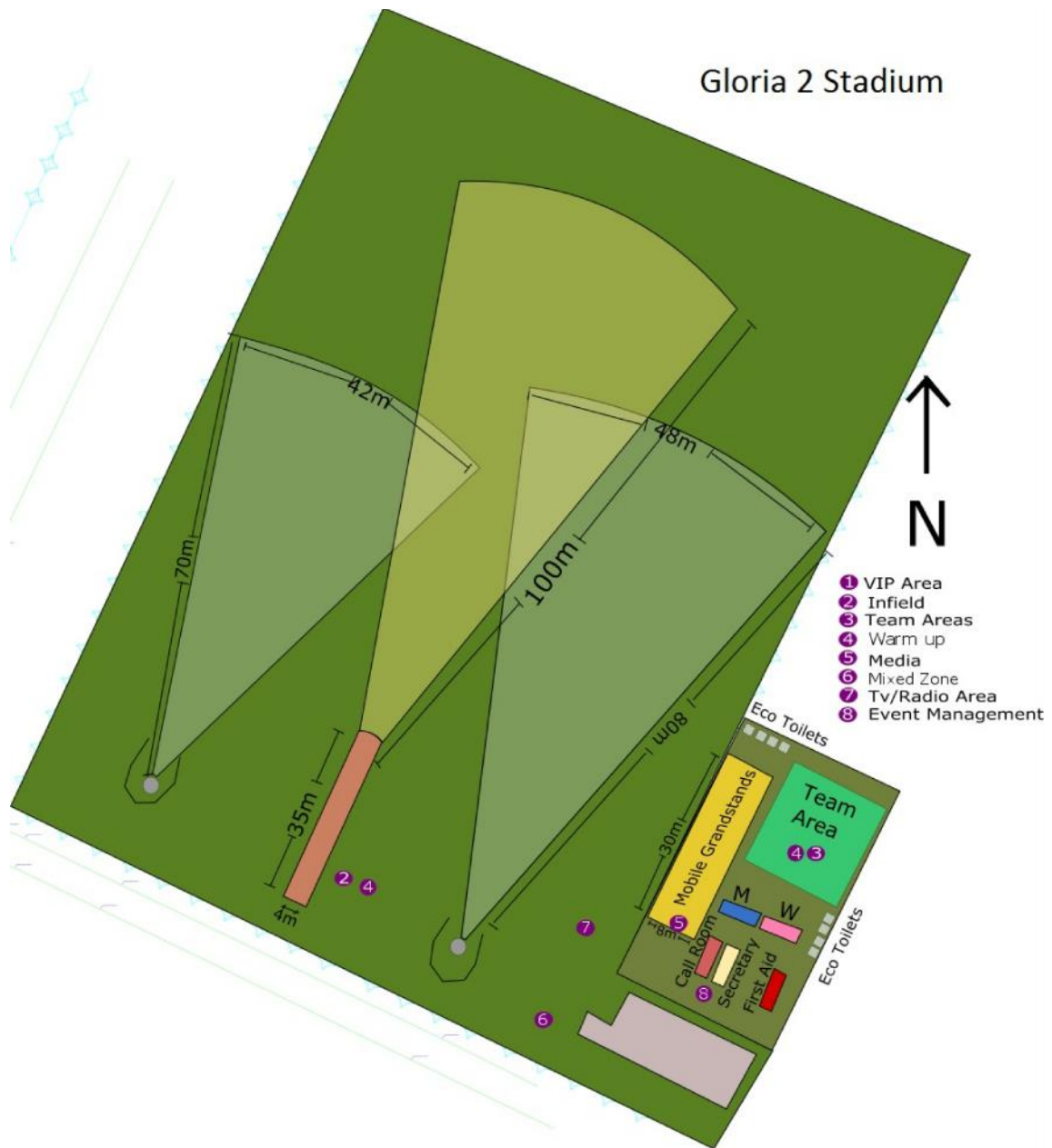
Day 1 - Saturday, 12 March 2016					
Start	Event	M/W	Category	Stadium	Circle
9:00	Javelin Throw	Women	U-23 Group B	Gloria 1	
9:05	Hammer Throw	Men	U-23	Gloria 2	No 1
10:00	Discus Throw	Men	Senior Group B	Gloria 2	No 2
10:30	Javelin Throw	Women	U-23, Group A	Gloria 1	
11:30	Hammer Throw Men U-23 Victory Ceremony				
11:40	Shot Put	Women	U-23	Gloria 1	
12:00	Javelin Throw	Women	Senior, Group B	Gloria 2	
12:25	Discus Throw	Men	Senior, Group A	Gloria 1	
12:30	Javelin Throw Women U-23 Victory Ceremony				
13:15	Shot Put Women U-23 Victory Ceremony				
13:50	Shot Put	Women	Senior, Group B	Gloria 1	
14:00	Hammer Throw	Men	Senior, Group B	Gloria 2	No 1
14:35	Javelin Throw	Women	Senior, Group A	Gloria 1	
14:45	Discus Throw Men Victory Ceremony				
16:00	Shot Put	Women	Senior, Group A	Gloria 1	
16:05	Discus Throw	Men	U-23	Gloria 2	No 2
16:45	Hammer Throw	Men	Senior, Group A	Gloria 1	
16:50	Javelin Throw Women Victory Ceremony				
17:30	Shot Put Women Victory Ceremony				
18:15	Discus Throw Men U-23 Victory Ceremony				
Day 2 - Sunday, 13 March 2016					
9:00	Discus Throw	Women	U-23	Gloria 2	No 2
9:05	Javelin Throw	Men	U-23, Group B	Gloria 1	
9:15	Hammer Throw	Women	U-23, Group B	Gloria 2	No 1
10:40	Javelin Throw	Men	U-23, Group A	Gloria 1	
10:45	Hammer Throw Men Victory Ceremony				
10:55	Hammer Throw	Women	U-23, Group A	Gloria 2	No 1
11:05	Discus Throw	Women	Senior, Group B	Gloria 2	No 2
11:15	Discus Throw W U-23 Victory Ceremony				
11:30	Shot Put	Men	U-23	Gloria 1	
12:45	Discus Throw	Women	Senior, Group A	Gloria 1	
12:45	Javelin Throw Men U-23 Victory Ceremony				
13:10	Javelin Throw	Men	Senior, Group B	Gloria 2	
13:15	Hammer Throw Women U23 Victory Ceremony				
13:50	Shot Put	Men	Senior, Group B	Gloria 1	
13:55	Shot Put Men U-23 Victory Ceremony				
14:55	Javelin Throw	Men	Senior, Group A	Gloria 1	
15:00	Discus Throw Women Victory Ceremony				
15:15	Hammer Throw	Women	Senior, Group B	Gloria 2	No 1
16:00	Shot Put	Men	Senior, Group A	Gloria 1	
17:05	Hammer Throw	Women	Senior, Group A	Gloria 1	
17:15	Javelin Throw Men Victory Ceremony				
18:00	Shot Put Men Victory Ceremony				

Note: the Victory Ceremonies of the Teams Competitions and the Hammer Throw Women will be held during the Closing Banquet

Appendix 2 – Competition Venues

Gloria 1 Stadium





Appendix 3 – Implements list

SHOT PUT MEN

Catalogue N°	Company	Description	Color	Certif. N°
5131726	Nordic Sport	Olympic Super, turned lacquered steel, dia: 128mm	Yellow	I-99-0021
5134726	Nordic Sport	Stainless steel, dia: 117 mm	Silver	I-99-0024
5132726	Nordic Sport	Brass, dia: 115 mm	Gold	I-99-0023
34163	Gill Athletics	Turned steel, dia:128 mm	Black	I-99-0054

SHOT PUT WOMEN

Catalogue N°	Company	Description	Color	Certif. N°
5134400	Nordic Sport	Turned stainless steel, dia: 95 mm	Silver	I-99-0028
5134401	Nordic Sport	Nordic Stainless steel, dia: 100 mm	Silver	I-12-0600
5133402	Nordic Sport	Turned steel, dia: 109 mm	Red	I-99-0025
F253C	Nishi Athletic Goods	Steel, dia: 109 mm	Silver	I-99-0084

DISCUS MEN

Catalogue N°	Company	Description	Color	Certif. N°
6131210	Nordic Sport	Super Spin Steel, Fiberglass sides	Blue/silver	I-12-0609
6176200	Nordic Sport	Gold, brass rim, fiberglass sides	White/gold	I-99-0006
720-2200	UCS	Purple Flyer High Moment, steel rim, fiberglass	Purple	I-99-0123
720211	Gill Athletics	Pacer carbon, steel rim, carbon fibre sides	Black	I-08-0421

DISCUS WOMEN

Catalogue N°	Company	Description	Color	Certif. N°
6131110	Nordic Sport	Super Spin Steel, Fiberglass sides	Blue/silver	I-12-0605
6176100	Nordic Sport	Gold, brass rim, fiberglass sides	White/gold	I-99-0005
F303B	Nishi Athletic Goods	Super, steel rim, FRP sides	Black/red/white	I-99-0086
F333A	Nishi Athletic Goods	Super HM, steel rim, FRP sides	Purple/black/white	I-02-0256
720-2100	UCS	Purple Flyer High Moment, steel rim, fiberglass plates	Purple	I-99-0121
819	Gill Athletics	Pacer Black, plastic sides	Black	I-99-0041

HAMMER MEN

Catalogue N°	Company	Description	Color	Certif. N°
5125726	Nordic Sport	Brass, dia: 110 mm	Gold	I-99-0008
F201/F352/F353	Nishi Athletic Goods	Steel, dia: 110 mm	Orange	I-99-0079
F-335.10726	Bayerische (BSS)	BSS Turned steel, dia:110 mm	Yellow	I-02-0277

HAMMER WOMEN

Catalogue N°	Company	Description	Color	Certif. N°
5127400/5120040	Nordic Sport	Stainless steel, dia: 100 mm	Silver	I-99-0010
5125400/5120040	Nordic Sport	Brass, dia: 95 mm	Gold	I-99-0009
F210A/F352/F353	Nishi Athletic Goods	Steel and Ductile, dia: 95 mm	Blue	I-99-0080
PH-4-B/UW-110	Polanik	Premium Black, Steel, dia: 95 mm	Black	I-10-0466

JAVELIN MEN

Catalogue N°	Company	Description	Color	Certif. N°
7916808c	Nordic Sport	Orbit Carbon flex 5.0, carbon, blue cord	White, blue spiral	I-99-0190
7916800c	Nordic Sport	Champion Carbon flex 4.8, carbon, lilac cord	White, lilac spiral	I-99-0189
800S70	Nemeth Javel-Inn	Standard 70m, aluminum , violet cord	Violet	I-99-0106

JAVELIN WOMEN

Catalogue N°	Company	Description	Color	Certif. N°
7917603	Nordic Sport	Diana Steel, steel, blue cord, 80 m	Lilac, White	I-99-0018
7917604	Nordic Sport	Xena Steel, steel, silver cord	Blue, pink spiral	I-01-0242
7917606c	Nordic Sport	Olympia Carbon, carbon, green cord	White, green spiral	I-10-0457
600CS75	Nemeth Javel-Inn	Classic 75m, aluminum, violet cord	Violet/vellow/red	I-99-0110

Appendix 4 – Key Dates and general programme

Date	Time	Event	Place
10.03.2016	09:00	Team accreditation centre open	Continental Astoria Hotel
11.03.2016	14:00	Deadline for submitting written questions for the Technical Meeting	TIC / Information Desk
11.03.2016	13:00	Final Confirmation	TIC / Information Desk
11.03.2016	15:00	Orientation visit and Athletes training	TIC - tbc
11.03.2016	18:00	Technical Meeting	Continental Astoria Hotel
12.03.2016	10:00	Opening Ceremony	Gloria 1 Stadium
13.03.2016	20:30	Closing Banquet	Marem Ballroom