

ORGANISERS



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# BALKAN RACE WALKING CHAMPIONSHIPS

FLORINA, 16 APRIL 2016

# TEAM MANUAL

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**Balkan Race Walking Championships**  
**Florina, Greece**  
**16 April 2016**



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**Welcome Address**

Dear friends,

We are pleased to organize the Balkan Race Walking Championships and to offer hospitality to all the Balkan delegations. The Balkan Race Walking Championships will take place in Florinas, on 16<sup>th</sup> of April 2016.

The organizers will do their best in order to guarantee to all of you the best possible conditions for both a pleasant stay and successful competition.

Please find hereafter valuable information, which will be of assistance to you.



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## 1. GENERAL INFORMATION

### 1.1 Host City Florina

#### The land of the lakes

An outstanding natural landscape dotted with six magnificent lakes (Vegoritida, Petrón Lake, Zázari, Ximaritida, Mikrí and Megáli Préspe), picture-perfect lakeside villages, stone-built villages and a beautiful capital traversed by a river: this is the prominent director's **Theo Angelopoulos** favourite filmmaking spot, the place that inspired him deeply to praise beauty and life...

The city of Flórina experienced an outstanding cultural and economical uplift around 1893 due to its railway connection with Thessaloniki. This wealth is perfectly encapsulated in the eclectic early 20th century edifices. Start your tour around the city with a visit to the Archaeological Museum standing next to the Railway Station. One of the Station's old buildings houses the Art Gallery that exhibits works of local artists. The landmark of the city is certainly its river, Sakoulévas, which one can walk along starting from Ioánnou Árti Street. On the left bank of the river you can gaze at the Second Primary School, the House of Tegos Sapountzís (the first Mayor of the City, 1912), the workshops of two local artists, the Modern Art Museum and the House of Voyiatzís, where many scenes of Angelopoulos film "The Beekeeper" were filmed. On the opposite side still stands the three-storey "House of Péios", one of the most impressive traditional mansions of Flórina. Continue your tour at the Dikeosinis (meaning Justice) Square, adorned with well-preserved public buildings, the old prison and the Turkish Baths. If you want to rest a bit, choose one of the hive cafes of Melás Pedestrian Street to indulge in a coffee or a delicious local specialty.

**Don't leave without** having bought some of Flórina's exquisite local products, such as Flórina red peppers, Préspe beans, mountain tea, spoon sweets and knitted candles made from skillful local candle makers. Last but not least, the ski aficionados can slide down snowy slopes at the Vigla Ski Center at the village of Pisodéri (19 km far from Flórina, at an altitude of 1.600-1900 m).

Note that all year round **joyful events** spread a festive alarm all over the city:

- Florina's Fires at midnight on December 23rd at Eróon square.
- The Revival of the "Barbaria" custom on New Year's Day.
- The "Leyístia" are held during the first ten days in August.

#### Préspe Lakes

Only 45 km west of Flórina, on the borders with FYROM and Albania, lies one of the most important habitats in Greece and the first transboundary protected area in the Balkans. The Préspe National Park is a wetland with rich bio-diversity, whose core covers an area of 4,900 Km<sup>2</sup>. The wealth of this bio-diversity is perfectly demonstrated by the fact that more than half of birds, amphibians and mammals species found in Greece are encountered here; besides, 9 out of the 23 fish species living in its waters are endemic. A large part of the Préspe National Park was also included in the NATURA 2000 network of protected areas. The Megáli (Big) Préspe Lake is the aquatic border between three countries, with its largest part belonging to FYROM. Its waters communicate with the waters of Mykri (Small) Préspe, from which it is separated by a narrow silted strip of land. The Mykri Préspe belongs almost exclusively to Greece, since the latter shares only a very small part of it with Albania; it also boasts two islets: Áyios Ahílios and Vidronísi.

On the banks of Megáli Préspe you will encounter the traditional village of Psarádes, where you can admire traditional houses of Macedonian architecture. Indulge your palate in freshwater fish served by the lake-side tavernas. Rent a boat to take a cruise around the lake and admire the one of their kind "askitariá" (hermit cells) with their stunning 14th-15th century rock paintings. During the Ottoman Empire the natural beauty and isolation of the area attracted many monks who built their hermitages along the shore of the Lake.

South of Psarádes, on the NW side of Mykri Préspe Lake, lies the islet of Áyios Acílios, one of the most picturesque places in Northern Greece connected to the shore with a 650 m long floating bridge. It is of the inhabited islands on a lake in Greece, particularly renowned for its Byzantine monuments, among which stands out the three-aisled basilica of Áyios Ahílios. Don't miss "Préspia", the colourful cultural celebrations held during the third quarter of August on the island! Áyios Yermanós and the other Préspe villages boasting old churches and traditional stone-built houses are precious gems that also are worth visiting; they are



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divided in the villages of Páno Préspa Lake (Pýlos, Pyxós, and Vronteró) and Káto Préspa Lake (Laimós, Milióna, Platí, Kallithéa, Lefkónas, Karyés, Oxiá, and Mikrolímni).

Apart from swimming, fishing and rowing, the lake is also ideal for bird watching since there are four observatories in the area (at Koula, Palaia Pýli, Mikrolímni and Vromolímni). Get an adrenalin rush through exhilarating off road routes from Psarádes to Pyxós, from Pýli to Daserí (5km), from Oxiá to Sfika (10 km) and from Vronteró to the "Kokkali cave". Try also hiking on Ayios Achílios island, from Mikrolímni to Kraniés (duration: 90') and from Psarádes to Roti cap and the Metamórfosi hermitage cell - the oldest in the region (duration: 35'). Additionally, the European path E6 passes through Ayios Yermanós. You can also follow the (difficult) itinerary up to Vígla Pisoderíou (27.5 km long, taking approximately 13 hours).

### **Nymphéo**

Only 53 km far from Flórina you will find an outstanding stone settlement perched on the east side of Mt Vítsi, at an altitude of 1,346 m. The village flourished significantly between the 17th and 19th century, when it was an important centre of gold and silver trade, while its inhabitants were prominent merchants abroad. For many years the settlement had been abandoned but thanks to a coordinated effort from local people and the state, it managed to regain its lost glory. Today it forms one of the most impressive officially proclaimed by the Ministry of Culture and Tourism traditional settlements. Glorious mansions (Boutari, Missiou, Mertzou, Tsirli, Papadopoulou etc) bear testimony to the village's distant past while Áyios Nikólaos Church and Nýkios School, which now houses the conference and training centre of the Thessaloniki Aristotle University, and the Community are architectural gems that you should not miss out on. Here are some other suggestions: Tour the Gold- and Silversmith, Folk Art and History Museum, hosted in the Neveska Chrisikos House (the village's former name) and peer into the village's long gold and silversmith tradition or follow a hiking route along the stone paved path to Sklithro and Agrapidiá and let yourself experience a journey through time....

Nymféo is particularly famous for the "Arcturos Environmental Centre" (at Aetos village), an institution founded for the preservation of the natural environment. "Arcturos" comprises a brown bear sanctuary for abused bears that can no longer survive on their own and a wolf sanctuary in Agratída (12 km E). With more than 50.000 visitors each year, the Centre has become the landmark of Nymféo; its objectives include raising public awareness on environmental issues and promoting the sustainable development of the wider region. On a close distance you will also find the lakes Himarítida and Zázari, important natural habitats for a significant number of mammals, amphibians, fish and bird species.

In the area of Nymféo you can pursue exhilarating activities such as mountain climbing, off road routes, bird watching at the lakes, hiking (from the village's parking site to the Profitis Elías chapel-duration 50'- and from the village square to Drosopigi- duration 4 hours) and mountain biking (to Drosopigi and Flórina city)!

### **1.2 Useful information**

Climate:	Average summer temperature 27 C Average relative humidity 51,7%
Time:	Eastern Europe Summer Time (EEST), GMT +2hrs
State Language:	Greek
Religion:	Cristian Orthodox
Telephone country code:	+30
Emergency:	166
Currency rate:	Euro
Banks:	Monday-Thursday 08:00-14:30, Friday 08:00-14:00
Shops:	Monday - Wednesday & Saturday 8:00 – 14:30 Tuesday, Thursday & Friday 8:00 – 14:30 & 18:00 – 21:00
Supermarkets:	Monday – Friday 08:00 – 20:30&Saturday 08:00 – 18:00
ATM:	numerous around the city and in most supermarkets
Water:	top water is drinkable
Electric power:	standard 220W
Phrases in local language:	Good morning - Kalimera Good afternoon - Kalispera



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	Good night - Kalinichta
	Hello! - Giasou
	Goodbye! – antio
	Thank you very much - Efcharistopoli
	My name is .... - To onomamouine .....

## 2. ORGANISATIONAL STRUCTURE

### 2.1 ABAF Council Members

President:	Dobromir Karamarinov (BUL)
Vice-President:	Fatih Cintimar (TUR)
Vice-President:	Slobodan Brankovic (SRB)
Member & Finance and Marketing Director:	Ion Sandu (ROU)
General Secretary:	Galia Puhaleva (BUL)
EX-Officio Members:	Greor Bencina (SLO)
	Panagiotis Dimakos (GRE)
	Gabriela Szabo (ROU)
	SalihMünir YARAS (TUR)

### 2.2 Local Organising Committee

#### 2.2.1 Honorary Committee

Theodoros Karipidis	Governor of Western Macedonia
Kostas Panagopoulos	SEGAS President
Stefanos Biros	Vice Governor of Florina
Ioannis Voskopoulos	Mayor of Florina
Dimitrios Chiras	Director of Florina Police Dpt
Konstantinos Simtzas	Member of Hellenic Parliament
Ioannis Antoniadis	Member of Hellenic Parliament
Nikolaos Panagiotou	President of SEGAS Regional Committee

#### 2.2.2 Organising Committee

Vasileios Sevastis	O.C President / SEGAS General Secretary
Georgios Antoniadis	Advisor of Florina Dep. Governor - O.C Vice President
Athanasios Raptis	O.C Member / SEGAS Board Member / President Competitions Committee SEGAS
Aris Aristidou	Dep. Mayor of Florina
Iakovos Petsoulas	SEGAS Board Member
Kimonas Savvakis	Director of A- Grade Educational Board of Florina
Pavlos Ioannou	Director of B-Grade Educational Board of Florina
Dimitrios Sarris	Treasurer of SEGAS Regional Committee Western Macedonia
Andreas Gogas	Competition Director & SEGAS Comp. Director
Chara Nedelkou	President of Florina Athletics Club
Achilleas Petrou	Representative of Florina Dep. Governor



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Konstantinos Ntikos	Chairman of local Judges Pannel
Petros Gioursis	Physical Education Teacher
Chrysa Thomaidou	Physical Education Teacher
Lazaros Tousounidis	Physical Education Teacher
Stellios Kesidis	Physical Education Teacher
Eleftheria Ananiadi	Executive Secretary of SEGAS Regional Committee

### 2.2.3 Executive Committee

Athanasios Raptis	Chairman of SEGAS Competition Committee
Georgios Antoniadis	Advisor of Florina Region
Aris Aristidou	Dep. Mayor of Florina
Chara Nedelkou	President of Florina Athletics Club
Achilleas Petrou	Representative of Florina Dep. Governor

### 2.2.4 Technical Committee

Panagiotis Dimakos	President / SEGAS Vice President / EA Council Member
Ageliki Prokaki	Director of SEGAS
Andreas Gogas	Competition Director & SEGAS Comp. Director
Calypso Dervou	International Relations SEGAS – Liaison with Balkan Federations
Tasos Kasiolas	Marketing
Angelos Provatas	Member of SEGAS Competitions Committee
Athanasios Eleftheriadis	Technical Advisor of SEGAS Regional Committee
Chrysa Thomaidou	Physical Education Teacher
Ioannis Kounavas	Physical Education Teacher
Petros Gioursis	Physical Education Teacher

### 2.2.5 Competition Organisation

Competition Director	Andreas Gogas
Meeting Manager	Dimitrios Sarris
Technical Manager	Chrysa Thomaidou
Referee	Konstantinos Friderigos
TIC Manager	Konstantina Kallinikou
Call Room Manager	Anastasia Papageorgiadou
Recorder	Andreas Vrakas
Secretary of the Jury of Appeal	tba

### 2.6 Participating Countries

Bosnia and Herzegovina (BIH)	Romania (ROU)
Bulgaria (BUL)	Serbia (SRB)
Croatia (CRO)	Slovenia (SLO)
Greece (GRE)	Turkey (TUR)



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## 2.7 Activity Schedule

Date	Time	Event	Place
<b>Friday 15 April</b>	16:00	Deadline to submit questions for Technical Meeting	TIC or Information Desk at the accommodation hotel
	19:00	Technical Meeting	King Alexander Hotel
	21:00	Welcome Dinner	Lingos Hotel
<b>Saturday 16 April</b>	15:00 – 21:00	TIC operating hours	Florina's Stadium
	15:45	<b>Opening Ceremony</b>	
	16:00 – 20:00	Balkan Race Walking Championships	
	21:00	<b>Final Banquet</b>	Greek Mountaineering Club of Florina

## 3. TRAVEL TO/FROM FLORINA

### 3.1 Arrivals

#### 3.1.1 Arrival by Air

"Macedonia" International Airport is the official airport.

##### 3.1.1.1 Welcome Service

A welcome desk will be located at the arrivals lounge, and will be open during the expected arrival times of the teams.

Those teams arriving by air are kindly requested to submit in reasonable time ahead their travel details. The LOC shall provide transportation service from the airport to the accommodation hotel and back according to the flight schedule.

The transfer time from the airport to the official hotel is approximately 2:00hrs.

#### 3.1.2 Arrival by Road

Teams arriving by road are kindly requested to go directly to the accommodation hotel, where representatives from the LOC will welcome them.

### 3.2 Departures from Florina

Teams will be asked to provide full travel details in the final entry form. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk at the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

The LOC will set up a transportation service for the teams to take them from the accommodation hotels to the airport, for those delegation will be left by plane.

Information about the transportation will be given from the responsible person for the transport, at the Transportation Desk.

### 3.4 Visa Requirements

Greece is a member of the Schengen area and, consequently, the respective visa formalities apply.

The countries that require a visa for entering Greece are:

 TURKEY



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Visas should be obtained before leaving your country, from the Greek Embassy or Consulate. Should you have any problems or require a letter of invitation please contact with SEGAS.

### **3.5 Insurance**

The participating 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 Balkan Race Walking Championships and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

## **4. TRANSPORT**

### **4.1 Transportation Desk**

The Transportation Desk will be located in the lobby of each team hotel, with the following opening dates/hours:

Thursday	14 <sup>th</sup> of April 2016, according to team arrivals per hotel
Friday	15 <sup>th</sup> of April 2016, according to team arrivals per hotel
Saturday	16 <sup>th</sup> of April 2016, from 09:00 until 21:00
Sunday	17 <sup>th</sup> of April 2016, according to team departures

### **4.2 Bus Service**

A regular bus service will be provided between the team hotels, stadium - competition course, social functions, and the technical meeting. Full details of the schedule will be displayed at the Transportation - Information Desk in each hotel.

Transfer times between the hotels and the competition venue are about 10 min, depending on the traffic conditions.

### **4.3 Return to Airport / Train stations**

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available from the hotel information desks.

## **5. ACCOMMODATION**

### **5.1 General information**

Three (3) of high quality hotels in Florina are reserved for the teams with easy accessibility to both the centre of Florina and the stadium - competition course. Full board accommodation is also provided at these hotels.

### **5.2 Information and Welcoming Desk**

An LOC Information Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the Balkan Juniors Championships.

The Information Desks' opening hours will be as follows:

Thursday	14 <sup>th</sup> of April 2016, according to team arrivals per hotel
Friday	15 <sup>th</sup> of April 2016, according to team arrivals per hotel
Saturday	16 <sup>th</sup> of April 2016, from 09:00 until 21:00
Sunday	17 <sup>th</sup> of April 2016, according to team departures



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### 5.3 Official / Teams Hotels

The official hotels for the Balkan Race walking Championships will be:

<b>KING ALEXANDER HOTEL</b>	<b>PHAIDON PALACE HOTEL</b>	<b>FILIPPION HOTEL</b>
Bosnia and Herzegovina Bulgaria Croatia Romania Serbia Slovenia	Turkey	Greece
Karamanlis 68 53100 Florina Greece	Viglas 1 & Vargountos 53100 Florina Greece	Diogenous 1 & Agias Paraskeyis 38 53100 Florina Greece
Tel: +30 23850 23501	Tel: +30 23850 44800	Tel: +30 23850 23346
Website: <a href="http://www.kingalexander.gr/">www.kingalexander.gr/</a>	Website: <a href="http://www.phaidonhotel.gr/">www.phaidonhotel.gr/</a>	Website: <a href="http://www.hotelphilippion.gr/">www.hotelphilippion.gr/</a>
E-mail: <a href="mailto:hotelkingalexander@gmail.com">hotelkingalexander@gmail.com</a>	E-mail: <a href="mailto:phaidonhotel@gmail.com">phaidonhotel@gmail.com</a>	E-mail: <a href="mailto:hotelphilippion@yahoo.gr">hotelphilippion@yahoo.gr</a>

### 5.4 Financial Obligations

#### 5.4.1 Board and lodging expenses

The hosting Federation shall cover the board and lodging expenses for a maximum of 2 nights of a maximum of 16 persons, among which no more than 4 officials. If the team is travelling by bus, the drivers shall not count in the above quota, but their accommodation shall be covered by the hosting country as well.

#### 5.4.2 Additional participants

Additional participants (both athletes and officials) can be entered, on the cost of the respective visiting Federation. Those additional participants shall benefit from a preferential fixed rate for accommodation, payable to the hosting Federation as follows:

**For any persons exceeding the above quota, the visiting federation shall pay a fixed rate of €50 (fifty Euros) per person per day full board accommodation** (the price include VAT).

The Team Leader will settle the payment of accommodation for team members outside the Balkan Race Walking Championships quota upon his arrival at the hotel.

#### 5.4.3 Cancellation Policy

The final account for accommodation attributable to each Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for any subsequent reduction in the actual numbers of athletes and/or officials.

#### 5.4.4 Extra Charges

The team leader must settle any extra charges (bar, laundry, telephone etc) at the front desk of the hotel, 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 if they occur during the staying of the team.

On the day of the departure the LOC Hotel Manager will check the rooms together with the Team Leaders.

**All payments must be made in Euros.**



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### 5.5 Meals

All meals will be taken in the teams' hotel restaurant.

The restaurant opening times are:

<b>Thursday 14 April</b>	<b>Friday 15 April</b>	<b>Saturday 16 April</b>	<b>Sunday 6 July</b>
Breakfast: -	Breakfast: 07:00 – 10:00	Breakfast: 07:00 – 10:00	Breakfast: 07:00 – 10:00
Lunch: 12:00 – 15:00	Lunch: 12:00 – 15:00	Lunch: 12:00 – 15:00	Lunch:
Dinner: 19:00 – 21:00	Dinner: 19:00 – 21:00	Closing Banquet: 21:00 at the Greek Mountaineering Club of Florina	Dinner:

Accreditation cards will allow access to meals in the hotel restaurant.

For lunch and dinner, tap water is available free of charge. All other drinks have to be paid for.

On the competition date late serving provisions will be made for those athletes detained at the venue due to doping controls or protests.

### 5.6 Meeting Rooms for Teams

Arrangements can be made for a team meeting room through the Information Desk in the Team's hotel. Requests shall be made 12 hours in advance.

### 5.7 Telephone Calls

The telephone will be automatically activated to make room-to-room calls. Any athletes or Team officials requiring the use of the room phone for outgoing calls must make arrangements with the information desk at the hotel. The telephone will be made available upon the presentation of a credit card to cover all charges.

## 6. ACCREDITATION

### 6.1 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 are not required for the accreditation card system.

### 6.2 Accreditation Procedure

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

Accreditation cards will be distributed at the accommodation hotel of each team. The Team Leader will be responsible for collecting the team's accreditation cards.

The Team Leader will settle the payment of accommodation for team members outside the Balkan Race Walking Championships quota and confirm the athletes participating in the Championships.

After the payment and confirmation the Team Leader can collect the accreditations cards for the whole team.



### **6.3 Loss of an Accreditation Card**

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

### **6.4 Access Areas for Teams**

A description of the accreditation system is included on the back of the accreditation card.

All team accreditation cards will allow access to the warm up area, changing facilities and physiotherapy rooms.

#### **Only athletes who are about to compete will have access to the call room and to the course.**

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

Separate cards will be issued to Team Leaders, for access to the information available for the teams in the pigeon boxes at the Technical Information Centre (TIC).

Special passes for the personal refreshment will be distributed to the Team Leaders during the Accreditation procedures.

Access to the Doping Control: 1 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.

## **7. TECHNICAL INFORMATION**

### **7.1 The Course**

The Balkan Race Walking Championships will be held on a 2km lap course. See Appendix 2 for the details.

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

The main function of the Technical Information Centre is to ensure smooth communication between each Team Leader(s) and the LOC, the Balkan Athletics Representatives and the Competition Management, regarding technical matters.

On the competition day, TIC will be located at the Florina's Municipality Stadium, next to the circuit (see Appendix 2) from 1 hour before the first race until 45 minutes of the end of the last race.

The TIC will be linked to all information desks set up for this event and shall be responsible for the following:

- ✚ Competition information
- ✚ Settlement of technical enquiries from delegations
- ✚ Applications for 'national records' and additional doping control tests
- ✚ Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegate, ABAF and LOC
- ✚ Withdrawal of the athletes
- ✚ Receipt of protests and/or appeals from the teams
- ✚ Publication of results.

All technical information regarding the competition will be distributed to each delegation in a tray box given to each team. This information will also be displayed on information boards.



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Access to the information in the teams' pigeon boxes at the TIC will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each Team Leader (in principle one per team).

Teams that were not able to attend the Technical Meeting, under extreme circumstances, can collect their competition bibs from the Information Desk at the accommodation hotel.

### **7.3 Technical Meeting**

The Technical Meeting will be held on Friday 15 April 2016 at 19:00, at King Alexandros Hotel.

Each team may be represented by a maximum of two team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be presented in writing in English, to the Hotel Information Desk at the accommodation hotel before 16:00 on Friday 15 April 2016 in the appropriate form. The Technical Meeting will be held in English.

A shuttle service from the team hotels will be provided for this meeting – please refer to the Information Desk in the Team Hotel for detailed information.

The Technical Meeting will be attended by:

- ✚ ABAF President or his representative
- ✚ LOC President
- ✚ National Federation President or his representative
- ✚ Technical Delegate
- ✚ Championships Director
- ✚ Meeting Manager
- ✚ Competition Officials
- ✚ TIC Manager

#### **7.3.1 Agenda**

The preliminary agenda of the Technical Meeting includes:

- ✚ Welcome by the LOC President or his representative
- ✚ Welcome by the President of the National Federation or his representative
- ✚ Welcome by the ABAF President or his representative
- ✚ Presentation of the Competition Officials
- ✚ Information about Jury of Appeal
- ✚ Presentation of the competition and warm up area
- ✚ Information briefing by the Championships Director on matters not covered by the Team Manual
- ✚ Victory Ceremonies, Opening Ceremony and Closing Banquet
- ✚ Answering of questions submitted in writing by federations

### **7.4 Inspection of Competition Venue**

There will be no organised tour as the presentation regarding the competition and warm up area will be given at the Technical Meeting.

### **7.5 Training**

As the circuit is on public road, the course will not be used for training for the teams. Training area is located in Florina's Stadium.

**Detailed information and maps will be available at the Teams info desks.**



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## 7.6 Dressing Rooms

Dressing rooms with showers are located at the Florina's Stadium.

## 8. COMPETITION REGULATIONS

### 8.1 Team Composition

According to ABAF Regulations (in force as of 1 January 2016):

- ✚ Two (2) athletes from each team may compete in each race.
- ✚ Only athletes at least 15 years and not more than 17 years on 31 December of the year of the competition (born 1999/2000/2001) may compete in the Youth Category.
- ✚ Only athletes aged at least 16 years and not more than 19 years on 31 December of the year of the competition (born 1997/1998/1999/2000) may participate in the 10km (Junior Men & Junior Women)
- ✚ Only athletes aged at least 18 years on 31 December of the year of the competition (at least born in 1998 and older) may participate in the 20km (Senior Men & Senior Women)
- ✚ "Out of competition" athletes are accepted. Such athletes will not be eligible for medals.

**Upon arrival, Team Leaders must present the passports or other official documents (an official ID card with picture) of the youth and junior athletes indicating the year of birth, in order for them to be photocopied by the organisers.**

### 8.2 Preliminary Entries

Not later than 2 (two) months before the first day of the Balkan Race Walking Championships, each Federation shall send to the hosting country and to ABAF Headquarters a preliminary list of athletes and the numbers of accompanying officials.

### 8.3 Final Entries

Final entries indicating the names of the athletes, plus the names of officials must be submitted not later than 10 (ten) days before the first competition day. According to the regulations the deadline for the final entries is on **Wednesday, 8 April 2016**.

Entries shall be made by National Federations only. Any changes after the deadline for the Final entries shall not exceed 1% of the participants.

### 8.4 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, as well as for the questions for Technical meeting, will be distributed to each delegation during their arrival at the accommodation hotel. The forms must be completed and returned immediately.

**Any team foreseeing to arrive late shall confirm the respective athletes' participation via email to [internationalrelations@segas.gr](mailto:internationalrelations@segas.gr)**

Final start lists will be ready for collection together with the bibs right after the Technical Meeting..

Teams that were not able to attend the Technical Meeting, due to exceptional circumstances, can collect their competition bibs and the start lists from the Information Desk at the respective Hotel.



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For more details please refer to ABAF Championships Regulations.

#### **8.4.1 Withdrawal**

Withdrawal of any confirmation must be indicated to the TIC at the Stadium (Appendix 2) in writing on the official withdrawal form.

#### **8.5 Scoring**

- ✚ There will be one classification based on the combination of results of each race.
- Each team's score shall be determined according to the performances of the scoring and finishing athlete/athletes per country in each race and shall be the aggregate of points attributed to them according to the ***International Scoring Tables***. The team achieving the highest number of points shall be the winner, and so on.
- The points given to each athlete and which will be counted in the country/team's score, is also recorded as the athlete's individual score.
- ✚ If a country enters athletes in less than four categories, the athletes are still eligible for team points.
- ✚ "Out of competition" athletes are not awarded any points.

##### **Ties:**

If two or more teams have an equality of scores, the tie shall be decided in favour of the team having the athlete with the highest individual score at any single race. If the tie remains the second highest individual score will be considered and so on.

#### **8.6 Competition Bibs**

The LOC will provide the teams with competition bibs during the accreditation procedures.

Each competitor receives 2 number bibs to be pinned on the front and the back of the competition clothing

The competition numbers may not be cut, bent or covered in any way.

#### **8.7 Competition Clothing & shoes**

- ✚ Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force, available at <http://www.iaaf.org/aboutiaaf/publications/regulations/index.html>. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the call room.
- ✚ A full set of photographs of the Team vest and uniform of all the participating Federation's must be provided to SEGAS by Wednesday, 13 April the latest (preferably in an electronic version):
  - ✚ JPEG file, maximum resolution and size 300 dpi / 500KB
  - ✚ Compressed ZIP file, if possible
  - ✚ Mail to: [internationalrelations@segas.gr](mailto:internationalrelations@segas.gr)
- ✚ **Team clothing must be uniform. An 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.



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## 9. COMPETITION PROCEDURE

### 9.1 Timetable

The timetable on Saturday 16 April 2016 will be:

Start Time	Event	Sex
15:45	Opening Ceremony	
16:00	5Km Race Walking	Youth Girls
16:40	10Km Race Walking	Junior Men
16:43	10Km Race Walking	Youth Boys
16:46	10Km Race Walking	Junior Women
17:10	Medal Presentation 5Km Race Walking Youth Girls	
17:55	20Km Race Walking	Senior Men & Senior Women
18:05	Medal Presentation 10Km Race Walking Junior Men	
18:15	Medal Presentation 10Km Race Walking Youth Boys	
18:30	Medal Presentation 10Km Race Walking Junior Women	
20:00	Medal Presentation 20Km Race Walking Senior Men	
20:05	Medal Presentation 20Km Race Walking Senior Women	
20:10	Medal Presentation of the Winning Teams	

### 9.2 Warming Up Before Events

Warming up will take place in the Florina's Stadium.

### 9.3 Assembly and Call Room Procedures

The first call for the participants will be made in the Call Room located near the start line. It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the call room. Athletes arriving late may be excluded from participation in the event.

All the athletes from the same team will have to enter the Call Room together.

Athletes must report to the Call Room before each event as follows:

	First Call (25')	Last Call (20')	Exit the call room (10')
5Km Youth Girls	15:35	15:40	15:50
10km Junior Men	16:15	16:20	16:30
10km Junior Youth Boys	16:18	16:23	16:33
10km Junior Women	16:21	16:26	16:36
20km Women	17:30	17:35	17:45
20km Men	17:30	17:35	17:45

Athlete's personal belongings will be collected at TIC.



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

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

#### **9.4 Event Presentation format**

In each race all the participating athletes will be introduced to the spectators by the speaker.

#### **9.5 Starter's Commands**

All instructions will be given in English.

The command is "on your marks" followed by a shot from the starter's gun.

#### **9.6 Timing**

The official timing will be provided by MyLaps. A transponder system will be used.

All athletes must wear a transponder in shoes which will be distributed with the bib numbers. These transponders will be collected in the kits' collection area, immediately after the race. Athletes and coaches must ensure the proper return of the transponder after the race.

#### **9.7 Refreshment Stations**

Refreshment station will be located along the course. See appendix 2

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

Wet sponges and still water in bottles will be located in each station. Athletes competing will pick up their bottles and sponges on their own.

##### **9.7.1 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 country code. The tables are arranged in alphabetical order according to the three letter country code.

Athletes could use their own bottles, as long as they comply with the IAAF advertising regulations.

All personal refreshments must clearly display the following information:

- ✚ Athlete's name
- ✚ Athlete's bib number
- ✚ Country Code

Athletes are responsible for the identification of their bottles. Stickers will be also available at the Teams info desks the day before the competition.

After the bottles are brought to the Refreshment Station, judges will control them with regard to the IAAF Advertising Regulations. Any non-collected bottles will be returned to the TIC.



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A maximum of two officials from every team will have access to the Personal Refreshments Station. Those officials must wear a special card issued by the LOC, which will be distributed to the Team Leader during the Accreditation procedures.

These officials are authorized 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.

### **9.8 Toilets**

Toilets will be available only in the stadium.

### **9.9 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 event, the runner shall remove the bibs with 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.

### **9.10 Protests**

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

In the first instance, protest must be made orally to the Referee by the athlete himself / herself or by a responsible official acting on his/her behalf.

Protest 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 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 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.

### **9.11 Interviews**

Immediately after the competition, the flash interview group will interview the winning athletes.

## **10. MEDICAL SERVICES & DOPING CONTROLS**

### **10.1 Medical Services**

The medical service will provide medical information and assistance to teams, organisation personnel, and honorary guests as well as, during the competition, to the spectators in the stadium.

In case of emergency, please contact the nearest medical first aid station or call the Medical Emergency number 166.



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### **10.1.1 Medical Services in the Team Hotels**

The telephone number of a doctor on call will be available at the Team Hotels reception and the information desk.

### **10.1.2 Medical Care at the Competition Site**

A medical tent will be active at the venue for acute medical assistance.

First aid teams, supervised by doctors will be distributed around the course during the competition.

The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

### **10.1.3 Physiotherapy**

Teams' physiotherapists will be accommodated in larger rooms in the Team Hotels.

### **10.1.4 Insurance**

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 ABAF event and during the event itself.

Please take the necessary steps to fulfil these requirements well in advance.

## **10.2 Doping Controls**

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Station (DCS) (Appendix 2).

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 can render them liable to disqualification and may lead to 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.

### **10.2.1 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 ESKAN (Greek National Anti-Doping Agency). In addition, the selection of further athletes may be ordered at the discretion of the ESKAN.



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### **10.2.2 Additional Controls**

Additional athletes may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the National Federation and will be deducted by the federation that each athlete is a member.

## **11. INFORMATION**

### **11.1 Clock**

A clock showing the race time by event is located in start / finish line on the circuit.

### **11.2 Lap scoring**

There will be lap counter beside the course, who will show the walkers the number of laps remaining.

### **11.3 Disqualifications board**

When a judge is not completely satisfied that an athlete is fully complying with Rule 230.1, he should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side.

When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

If the Chief Judge or the Chief Judge Assistant informs the athlete of his/her disqualification, the disqualified athlete must leave the course immediately, remove his/her bib numbers and return to the Post Event Control Area.

The Posting Board showing the red cards and disqualifications will be placed beside the course approximately in front of the finish line (see Appendix 2).

### **11.4 Announcements**

Official announcements will be made in Greek and English.

### **11.5 Start Lists**

Start Lists will be available for Team Leaders at the Technical Meeting.

### **11.6 Result Lists**

Results will be displayed on the notice boards near the TIC, immediately after each race.

A copy of the results of each event will be available at the TIC in each team pigeon box.

### **11.7 Complete Set of Result Lists**



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The completed results in the form of a booklet will be issued and distributed to team leaders at the Closing Banquet.

## **12. Security**

Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one 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 emergency phone numbers are:

	Police	100
	Ambulance	166
	Firedepartment	199

If necessary, the police can be contacted through the LOC information desk at your hotel.

## **13. CEREMONIES & SOCIAL FUNCTIONS**

### **13.1 Welcome Dinner**

A welcome dinner will be hosted by the Local Committee of the National Federation at 21:00 on Friday 15 April at the Lingos Hotel. Two persons from each team will be invited. Invitation cards will be included in the welcome bags.

### **13.2 Opening Ceremony**

The Opening Ceremony will take place on the circuit on Saturday 16 April, commencing at 15:45. There will be a short ceremony including the flag parade of the participating countries, carried by young athletes. Team members will not be involved.

### **13.3 Closing Ceremony**

No closing ceremony will be held.

### **13.4 Victory Ceremonies**

The victory ceremony for the individuals and the teams will take place on the circuit according the schedule show in the point 9.1. During the victory ceremony no flag will swagger and no National Anthem will play.

Athletes must wear the official team clothing for the ceremonies, and no other items shall be taken to the podium, such as flags, bags or other.

The Team Leader of each team is responsible to make sure that the athletes are informed to be at the specific area of the victory ceremonies 15' (fifteen minutes) before the presentation of their event.

### **13.5 Closing Banquet**

The Closing Banquet will take place on Saturday 16 April at the Greek Mountaineering Club of Florina. Everyone with accreditation or an invitation is welcome to attend. Dinner will be provided at the closing banquet on that evening.



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#### **14. Departure**

Teams will be asked to provide full travel details in the final entry form. 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 in case there are any changes to the provided details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the hotel Information Desk.

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.

#### **15. Contact Details**

For further details about the Balkan Juniors Championships, please contact:

##### **15.1 ABAF Head Office**

Tel.: +35929885462 & +35929300669

Fax: +35929880714

headoffice@balkan-athletics.eu

##### **15.2 National Federation Office**

Tel.: +30 2109351888 & +30 2109351397

Fax: +30 2109358594

[internationalrelations@segas.gr](mailto:internationalrelations@segas.gr)

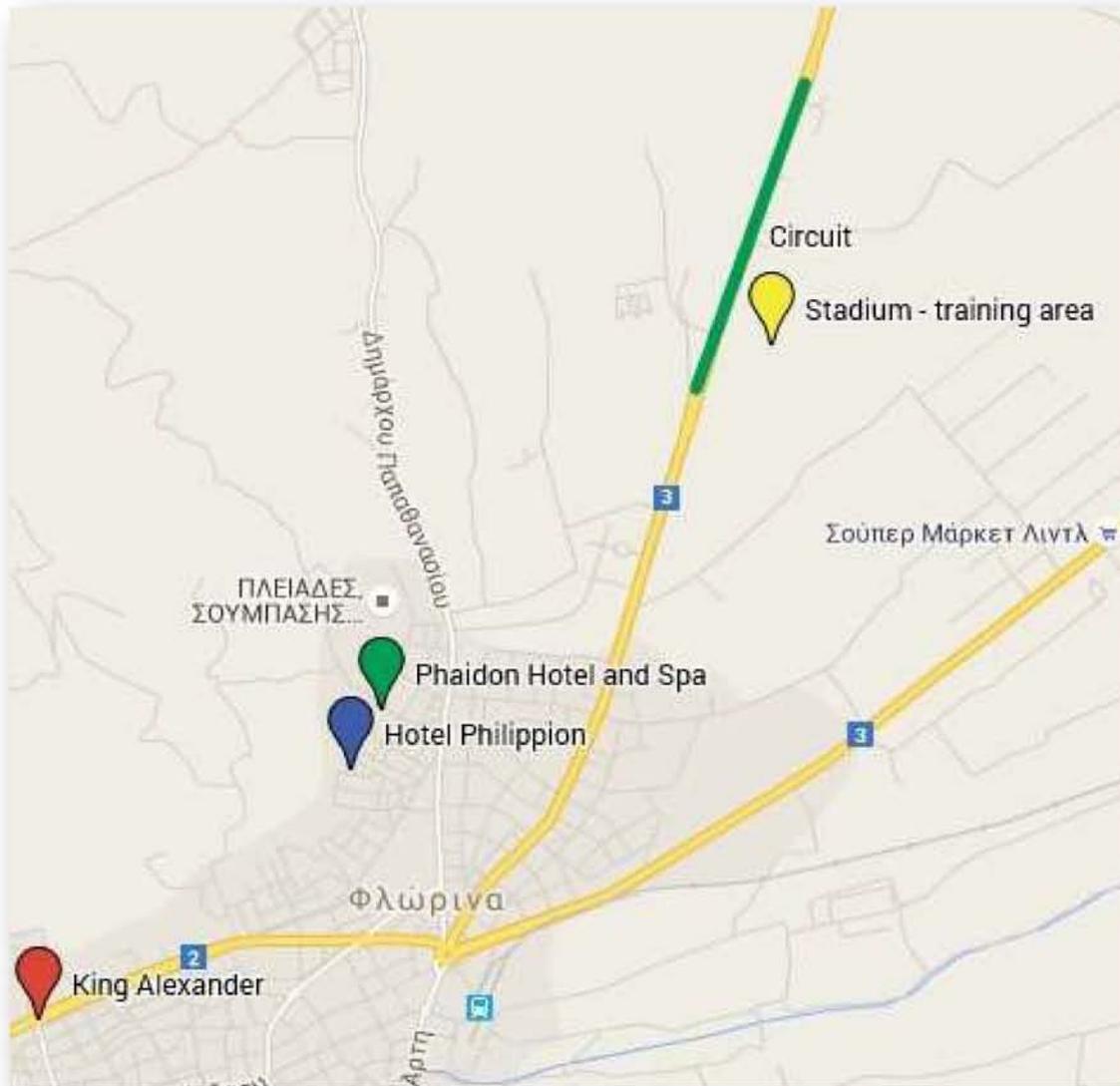
#### **15. APPENDICES**

Appendix 1: Map of the Competition Venue

Appendix 2: Map of the Course



**Appendix 1 – Map of competition venue**



 Hotel Philippion	3 km (6 min to/from stadium)
 Phaidon Hotel and Spa	3 km (6 min to/from stadium)
 King Alexander	4 km (6 min to/from stadium)
 Circuit	
 Stadium - training area	



**Appendix 2 – Map of the course**

