

U20 CHAMPIONSHIPS

Tallinn 2021

15-18 July 2021



TEAM MANUAL

tallinn2021.ee



European Athletics U20 Championships Tallinn/EST



Team Manual

European Athletics U20 Championships
15-18 July 2021, Tallinn, Estonia

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1. GENERAL INFORMATION

1.1. Host Country Estonia

Form of Government	Republic of Estonia
Language	Estonian
Location	Northern Europe
Area	45,339 km ²
Population	1,31 million
Coastline	3794 km
Climate	Average temperature in July is 20,6 °C – 23,4 °C Average rainfall in July is 73 mm
Language	Estonian
Religion	Evangelical Lutheran
Capital	Tallinn
Local Time	GTM +2
Electricity	220 V, 50 Hz
Driving	on the right
Telephone Country Code	+372
Mobile Phone Networks	Telia, Elisa and Tele2
Currency	Euro (€)
Drinking water	Tap water in Estonia is completely safe for drinking

1.2. Host City Tallinn

The European Athletics U20 Championships will take place on 15–18 July 2021 in Tallinn, Estonia. Tallinn is the capital of Estonia, the population of which is approximately 450 000 people. The event will be held at the Kadriorg Stadium, which is the best track and field arena in Estonia.

Tallinn is a cosy capital with clean air and a relaxed vibe. Historical and cultural legacies from different eras contrast with its vibrant and creative urban environment.

Tallinn enchants with its medieval Old Town, included in the UNESCO World Heritage List, varied districts and rich urban nature. A lively, year-round cultural scene and culinary delights inspired by local traditions and Nordic cuisine add further layers of interest.

As a modern, sustainable and innovative capital, Tallinn offers perfect opportunities to organise events, conferences and motivational trips.

Tallinn is an evolving city that will never be finished. Each season reveals a new facet, providing a reason to come back and stay a little longer.

Medieval Old Town, a UNESCO World Heritage site

A UNESCO World Heritage site, Tallinn's Old Town is a fairy tale come to life. Here you will find the oldest continually operating apothecary in Europe, the St Olaf's church, what was once the world's tallest building, Northern Europe's mightiest defensive wall and system of towers dating to the Middle Ages, and one of the best-preserved Gothic town halls. The first public Christmas tree in Europe was also erected in Tallinn.

The Old Town is Tallinn's beating and burgeoning heart to this day. Cosy cafés tucked in inner courtyards, world-class restaurants, intriguing contemporary art galleries, exciting museums, and a year-round event calendar all make Tallinn's Old Town a source of admiration and discovery. For a place so historic, it always has something new to offer.

City of colourful contrasts

Tallinn is no metropolis, but it has many unique experiences to offer, from small pop-up exhibitions to song festivals with choirs of tens of thousands of performers.

The different districts of Tallinn are beautifully distinct. Walking from one to another can feel as if you have travelled to an entirely new city.

Next to the medieval Old Town is Kalamaja, once home to fishermen and factory workers, and the former industrial districts of Telliskivi, Noblessner and Rotermann – all of which are now culture and design hubs.

The Baroque palace of Kadriorg and its surrounding park, commissioned by Czar Peter the Great, attract visitors with their luscious greenery, intimate cafés and grand art museums. Next to is Lasnamägi, an example of Soviet-style residential architecture. The seaside districts Pirita and Rocca al Mare and the village-like district of Nõmme attract visitors to spend time outdoors in their green spaces.

Further diversity is added by Estonia's four seasons, which each reveal a different side of Tallinn: white romantic summer nights, springtime bird watching, colourful autumn walks in the park, and festive, snowy winters in the Old Town.

A green capital

Tallinn is a city close to nature, with a calm pace and clean air. Parks, bogs, promenades and beaches offer an escape from city life. In fact, a quarter of Tallinn consists of green spaces. Though there are lovely parks in practically every district of Tallinn, the best-known is Kadriorg's Baroque palace park and enchanting Japanese garden.

For an active holiday, visit the pinewood forests of Nõmme or the seashores of Rocca al Mare and Pirita. Savour the sea in summer by relax on the beach or taking a yacht cruise, or in the winter by taking a brave dip into the icy waters.

You can also enjoy the beauty and diversity of Estonia's nature by hiking in Pääsküla bog. Tallinn is also one of the few capitals with a Natura 2000 Special Protection Area for Birds within its territory, located on the peninsula of Paljassaare.

1.3. Useful Expressions

Tere!	- Hello!
Head aega!	- Good bye!
Aitäh!	- Thank you!
Palun	- Please
Jah	- Yes
Ei	- No
Tere hommikust!	- Good morning!
Tere õhtust!	- Good evening!
Head isu!	- Bon appetite!
Mis on sinu nimi?	- What is your name?
Meeldiv kohtuda	- Nice to meet you
Kas sa räägid inglise keelt?	- Do you speak English?
Ma ei saa aru	- I do not understand
Ma ei tea	- I do not know
Sõida tasa üle silla*	- Drive carefully over the bridge ¹

¹ Estonian language is one of the most beautiful in the world. There is a myth that Estonian language got second place in language competition with sentence "Sõida tasa üle silla".

2.1.4. Entry visas

The following countries require visas to enter Estonia:

- Albania²
- Armenia
- Azerbaijan
- Belarus
- Bosnia-Herzegovina²
- Georgia²
- Moldova²
- Montenegro²
- North Macedonia²
- Serbia³
- Turkey
- Ukraine

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

Participants who require a visa should contact the LOC (Sirje Lippe (sirje@ekjl.ee; +372 506 2390) as soon as possible to obtain a special invitation letter and visa application information.

The following information shall be included in the request:

- Full name (First name and family name as shown in passport)
- Gender
- Date of Birth
- Passport Number and Passport expiry date (passports should be valid for at least 6 months after the end of the competition).
- Function in the team (athlete or official)

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

Reminder to Member Federations that do not need a visa

Although travel documents are not checked at internal Schengen borders, it is still necessary to carry a travel document (a passport or national ID card) when crossing internal Schengen borders. Competent authorities like police or immigration officials of relevant Schengen State have the right to check travel documents if needed. We draw your attention to the fact that driving licences, post, bank or tax cards are not accepted as valid travel documents or proof of identity.

2.1.5. Insurance

According to the European Athletics Competition Regulations, the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member

² Holders of a biometric Passport does not require a visa

³ Holders of a biometric Passport does not require a visa. This condition does not apply to passports issued by the Serbian Coordination Directorate (Koodinaciona Uprava).

of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

2.2. Local Transportation

Transportation between the team hotels and the various venues (including official/social functions – if any), will be guaranteed by the LOC shuttle service.

2.2.1. Shuttle service

Transfer times between the **team hotels and the competition and warm-up venue** (Kadriorg Stadium) will be between 10-15 minutes, depending on the hotel location and traffic conditions.

Transfer times between the **team hotels and the training venue** (Audentes Sports Centre) will be between 15-20 minutes, depending on the hotel location and traffic conditions.

Full details of the dedicated bus schedule to the competition and warm-up venue as well as the training venue will be displayed at the Information desk and board in each hotel.

Routes to the official sites will be:

- Team Hotel – Competition Venue (Kadriorg Stadium) – Team Hotel
- Team Hotel – Training Venue (Audentes Stadium) – Team Hotel

2.3. Transportation of equipment

Each team is responsible for organising the transport of its poles until its arrival in Tallinn. Upon arrival at the official entry point, the pick-up of the poles will be arranged by the LOC who will transfer them to the Kadriorg Stadium's warm-up venue (facility for pole vault training), where they will be at the athlete's disposal. All poles or bag of poles shall bear the identification of the athlete (tag of the name, country, event, number of poles per bag).

At the end of the Championships the poles will be transported back to the official entry point by the LOC.

2.4. Departure

A transportation 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 leader will have to confirm departure details during the accreditation process. Any changes to the provided details shall be communicated to the LOC (TIC at the stadium), at least 48 hours before departure.

Please contact the LOC Transportation department (Aser Sikk, aser.sikk@gmail.com, +372 502 4413) or LOC Team Services department (Kadi Möller, kadi@ekjl.ee, +372 5693 9393) in case you need any support.

3. ACCREDITATION

3.1. General

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. The accreditation is **not transferable** and does not allow the holder to take another person beyond checkpoints.

A photo (passport type) is required for the accreditation. Photos must be uploaded online through the European Athletics Entry System. The upload function will be available during the final entries from 15 June to 5 July as well as in the personal details page of European Athletics Event Management System after the closing of the final entries.

Due to the current pandemic situation, please upload your digital photos (as a jpeg file) before arriving on-site in order to speed up the accreditation process and reduce the contacts. Each photo must not exceed 500kb in size.

Any lost or damaged accreditation cards should be reported to the Main Accreditation Center or TIC at the Kadriorg Stadium. Duplicate cards can be obtained where proof of identity can be established at a charge of 50 €.

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

3.2. Procedure for minor athletes

Due to the Covid-19 situation, **all athletes who have not yet reached the age of 18 on the day of their arrival to Tallinn must sign and submit an official declaration and parental consent form** (see appendix 7) to be eligible for participation at the European Athletics U20 Championships 2021. The form must be also signed by the athlete's parent/guardian and acknowledged by the representative of the respective Member Federation.

3.3. Accreditation Centre

The Main Accreditation Centre will be located at the Radisson BLU Hotel Olümpia (Liivalaia 33, Tallinn 10118), while a Team Accreditation Desks will be located next to the Information Desk in each team hotel. This is where the Team Leader shall report in order to carry out the administrative procedures.

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

Date	Opening hours
Monday, 12 July	14:00 – 20:00 ⁴
Tuesday, 13 July	08:00 – 20:00 ⁴
Wednesday, 14 July	08:00 – 22:00 ⁴
Thursday, 15 July – Friday, 16 July	08:00 – 20:00
Saturday, 17 July – Sunday, 18 July	09:00 – 18:00 ⁵

⁴ according to teams' arrival schedule

⁵ according to the needs

The opening dates and times of the Team Accreditation Desks in each hotel will be as follows:

Date	Opening hours
Tuesday, 13 July	08:00 – 20:00 ⁶
Wednesday, 14 July	08:00 – 22:00 ⁶

In case of arrival outside of the opening times, Team Leaders are kindly requested to report to the Team Accreditation Desk on the next morning.

3.4. Accreditation Procedure

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

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

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

3.5. Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttle Buses and catering services.

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

- Team Press Liaison Pass (1 per team if relevant),
- Combined events resting room (1 per athlete)⁷,
- Field events coaching area (1 per athlete)
- Medical Pass (1 per team)

The special passes for the Combined events resting room and the coaching areas will be distributed at the TIC, the day before the respective events, upon signature of the Team Leader. Other passes will be given out during accreditation procedure.

Please note the following rules applies to the event due to the Covid-19 situation:

- The Head of Delegation will not be granted any VIP Hospitality access.

⁶ according to teams' arrival schedule

⁷ an additional card might be provided on request for the teams with more than 2 athletes



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- Team Press Liaisons will have access to team areas and a dedicated working area will be accessible with 10 seats at the Team Tent in the team area. Team Press Liaisons will not have access to the Media Tribune nor the Media Centre.

4. ACCOMMODATION

4.1. General Information

The LOC has made accommodation arrangements for team members in 5 hotels of similar standard.

The hotels will officially open with full services on Monday, 12 July. If members of your federation are planning to arrive earlier, please contact the LOC kadi@ekjl.ee well in advance to make sure specific arrangements are made.

4.2. Official Hotels

The official hotels for the European Athletics U20 Championships 2021 are indicated below with the internet address of their home page where further details can be found:

Teams Hotels

Radisson BLU Hotel Olümpia

Liivalaia 33, Tallinn 10118

<https://www.radissonhotels.com/>

Park Inn by Radisson Central

Narva mnt 7c, Tallinn 10117

<https://www.radissonhotels.com/>

Tallink Express Hotel

Sadama 9, Tallinn 10111

www.tallinkhotels.com/

ibis Tallinn Center

Juhkentali 28, Tallinn 10132

www.ibistallinncenter.ee

Tallink Spa & Conference Hotel

Sadama 11a, Tallinn 10111

www.tallinkhotels.com

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

European Athletics Family Hotel

Hilton Tallinn Park Hotel

Fr. R. Kreutzwaldi 23, Tallinn 10147

www.hiltontallinnpark.com

4.3. Accommodation Costs and European Athletics Quota

4.3.1. European Athletics Quota

The European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved), the number of participants per country at the previous edition of the European Athletics U20 Championships and the previous European U20 season best-list:

ALB	2	ITA	17
AND	1	KOS	2
ARM	2	LAT	3
AUT	3	LIE	1
AZE	2	LTU	3
BEL	5	LUX	2
BIH	2	MDA	2
BLR	9	MKD	2
BUL	3	MLT	2
CRO	3	MNE	2
CYP	3	MON	2
CZE	11	NED	11
DEN	4	NOR	10
ESP	12	POL	13
EST	Host	POR	5
FIN	9	ROU	3
FRA	19	RUS	3
GBR	19	SLO	4
GEO	2	SMR	2
GER	21	SRB	3
GIB	2	SUI	8
GRE	8	SVK	3
HUN	10	SWE	10
IRL	7	TUR	12
ISL	3	UKR	10
ISR	3		

Those Member Federations with 1 free place will receive an additional free place under the condition that they have at least one male and female athlete. Estonia (EST) as the host country of the Championships has not been allotted any free place.

4.3.2. Ratio of Athletes & Officials

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

the Covid-19 situation, participation of out-of-ratio officials and personal coaches will not be accepted.

Number of Athletes From - to	Number of Team Officials Up to ⁸
1 - 3	1
4 - 6	2
7 - 10	3
11 - 15	5
16 - 20	7
21 - 25	9
26 - 30	11
31 - 35	13
36 - 40	15
41 - 45	17
46 - 50	19
51 - 55	21
56 - 60	23
61 - 70	25
71 - 80	27
+10	+1

4.3.3. Accommodation Costs

For all athletes within the European Athletics Quota, the European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (508.1.4 and 510.4), for a period limited to the number of competition days plus two (official period).

The official period is thus 6 nights: check-in on Tuesday, 13 July and check-out on Monday, 19 July. The minimum stay for athletes has been fixed to four nights and no contribution shall be made in respect of athletes representing the host Member Federation.

The additional nights have been fixed to the following: 2 nights before (11 and 12 July) and 1 night after (19 July) the official period. This means if your team is planning to stay in Tallinn outside this period, the below rates will not apply and a separate agreement will have to be made directly with the LOC.

⁸Team Officials include: Head of Delegation, Team Leader(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.

The following rates (full board accommodation) apply for team members:

Team Members	Single room	Twin ⁽²⁾ room
Athletes and Officials Official period	150 EUR per night ⁽¹⁾	180 EUR per night
Athletes and Officials Additional nights	150 EUR per night	260 EUR per night

All prices include meals and VAT

- (1) For the official period, each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and in-ratio officials registered in the final entries, at the price of a twin room in single occupancy (90 EUR). Any single rooms above the 10% threshold will be charged at the rate of 150 EUR.
- (2) In case of later arrival/early departure of the sharing person, the night used as a single room will be charged at the rate of the twin room (90 EUR during the official period / 130 EUR for additional nights).

4.3.4. European Athletics Regulation 503.11 and 510.8

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

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

Note: The team Invoice will be based on the accommodation requests included in the final entries as well as any additional requirements indicated after the closing of the final entries.

4.3.5. Payment Procedures

Shortly after the closing of the final entries on 5 July 2021, participating Federations will receive an invoice detailing the amount they owe based on the final entries. Federations are kindly encouraged to make an advance payment of the full amount before 12 July 2021. Advance payments should be made in Euros by bank transfer to the following account:

Bank account name: Estonian Athletic Association
 Bank name: SWEDBANK AS
 Bank address: Liivalaia 8, Tallinn 15040 Estonia



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Swift / BIC No: HABAE2X
IBAN: EE212200221002102439
VAT: EE100289792
Reference code: Please mention „U20CH“ in the comment section while making the bank transfer.

Please note that the team leader is requested to provide the LOC with a proof of payment upon arrival at the Accreditation Centre.

Outstanding payments must be settled on-site by the Team Leader during the accreditation procedure. Payment can be made by credit card (VISA / MasterCard) or by cash in Euros.

4.4. Rooming list

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

After the closing of the final entries, further amendments to the room requirements, rooming list and/or travel details will have to be made in European Athletics Event Management System, where Member Federations will also have to upload all Covid-19 related information / documents.

While registering their final entries, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be communicated to Sample Collection Officials. Where this information is obtained, it will only be used for the purposes of the blood and urine testing, will be confidentially treated and destroyed once it is no longer required for these purposes.

4.5. Meals

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Meals times shall be as follows:

- Breakfast from 06:00 until 10:00
- Lunch from 12:00 until 15:00
- Dinner from 19:00 until 22:00

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

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

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

4.6. Services in the Team Hotels

4.6.1. Information Desk

An Information Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the European Athletics U20 Championships. The Information Desks' opening hours will be as follows:

Date	Opening hours
Monday, 12 July	14:00 – 20:00 ⁹
Tuesday, 13 July – Sunday, 18 July	08:00 – 22:00
Monday, 19 July	08:00 – 13:00

4.6.2. Meeting Rooms

Rooms for meeting opportunities are available at all Team Hotels. Reservation shall be required via the Information Desk at a reasonable time in advance.

To ensure that all teams have access to the meeting room, usage may be limited.

Teams requiring any additional service may make separate arrangements through the Information Desk. There is also the possibility to reserve office/meeting rooms for Teams, with exclusive right for the whole duration of the Championships. Please contact kadi@ekjl.ee.

4.6.3. 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 Medical/Physiotherapy services).

4.6.4. Cleaning Services

Please note that neither regular room cleaning nor towel changing service will be delivered on a daily basis in the Team Hotels. Those wish the room to be cleaned, should request it at the Information Desk while clean towels will be available either in a room in the lobby or on a trolley on each floor so that people can help themselves, as necessary.

4.6.5. Internet Access

Free internet access will be provided at each Team Hotel.

4.6.6. Check-in / check-out times

Check-in: after 14:00

Check-out: by 12:00.

Please contact kadi@ekjl.ee for specific arrangements outside these times.

⁹ according to teams' arrival schedule

5. TECHNICAL INFORMATION

5.1. Communication with Teams

5.1.1. Technical Information Centre (TIC)

The TIC is located at the competition venue (see Appendix 4).

The main function of the Technical Information Centre is to ensure smooth communication between Team Officials and the LOC, the European Athletics Technical Delegates and the Competition Management, regarding technical matters.

The TIC will be open according to the following schedule:

Date	Opening hours
Tuesday, 13 July	09:30 – 20:00
Wednesday, 14 July	09:30 – 20:00
Thursday, 15 July	08:00 – 21:30
Friday, 16 July	08:00 – 21:00
Saturday, 17 July	07:30 – 21:00
Sunday, 18 July	07:30 – 21:00

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

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical Delegates and competition management
- Receipt of written questions to be answered during the Technical Briefing
- Settlement of technical enquiries from delegations
- Receipt of withdrawal forms
- Distribution of special passes the day before the respective event, according to start lists
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements
- Managing additional doping control requests in case of a national record
- Protests and written appeals

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

All competition related information will be also sent by emails to the team leaders to the email addresses communicated in the final entries. Any relevant additional email addresses can be communicated to the TIC (tic.u20@ekjl.ee) prior to the start of the Championships. When the Team Leaders are collecting the team accreditation cards and bibs they will be asked to confirm the e-mail addresses.

Individual communications to specific teams will be nevertheless also posted through the pigeonholes preceded by a notice through Team Leaders' WhatsApp group.

Virtual TIC

Team Leaders will also be provided with an individual and personalised access to European Athletics online tool, where they will be able to:

- make their final confirmations,
- download information posted by the LOC / European Athletics (technical information, qualification procedures and starting heights, daily call room schedule ...)
- fill-in competition forms (question for Technical Briefing, technical enquiries to TIC, withdrawal forms ...)

The platform will be accessible at a link to be communicated to the Teams at a later stage, together with a detailed user manual.

5.1.2. Orientation visit and technical briefing

There will be an orientation visit organised to the Kadriorg Stadium on **Wednesday, 14 July 2021 at 11:00**, in order for the team leaders to inspect access routes and other facilities which will be important to the teams. Team leaders are to meet LOC members at the Call Room, from where they will be escorted to this visit. The inspection will be held in English. This competition venue inspection will be followed by a Technical Briefing.

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

There will be no dedicated transport provided for this activity. Team delegates shall use the Team Shuttle Service from the Team Hotel. Please refer to the Information Desk in the Team Hotel for detailed information.

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

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

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). The forms on which the questions must be written shall be returned to the TIC or filled-in online on the final confirmation platform, no later than **Tuesday, 13 July 2021 18:00**.

5.1.3. Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from Thursday, 15 July 2021 in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on **Thursday, 15 July 2021 at 13:30**. Team leaders are to meet

LOC members at the TIC, from where they will be escorted to the location of the meeting. **Please note that attending the first meeting is mandatory for Team Leaders.** The remaining meetings will be scheduled on site and according to the needs.

5.1.4. Team Leaders' WhatsApp group

A WhatsApp group including all member federations' team leaders will be created on site, in order to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/European Athletics via this group.

5.2. Competition & Training venues, Equipment & Implements

5.2.1. Competition venue

The Kadriorg Stadium and its surroundings are shown in Appendix 4 of this document. There are 5000 of seats in the stadium.

Daily maps including location of field events for each session are presented in Appendix 5.

5.2.2. Warm-up area

The warm-up area has the following sites:

- Synthetic track (MONDO) 300m with 3 lanes
- 1 site for Long/Triple Jump
- 1 site for Javelin Throw
- 1 site for High Jump
- 1 site for Shot Put
- 1 site for Pole Vault
- 1 site for Discus Throw
- 1 site for Hammer Throw
- Weightlifting room

The warm-up venue will be operational according to the following schedule:

Wednesday, 14 July	10:00 – 12:00
Thursday, 15 July	08:00 – 21:00
Friday, 16 July	08:00 – 21:00
Saturday, 17 July	07:30 – 20:30
Sunday, 18 July	07:30 – 20:30

Please note that on competition days, the use of the warm-up area will be restricted to the athletes competing on that session (except for Pole Vault and Hammer Throw).

5.2.3. Training Venue

Athletes (except for Pole Vault and Hammer Throw) will have the possibility to train at the Audentes Sports Centre located 6 km from the Kadriorg Stadium.

Audentes Sports Centre (outdoor and indoor area) will be open for trainings from Tuesday, 13 July to Saturday, 17 July between 09:00-12:30 and at 14:00-18:00.

Audentes outdoor area will be closed for running and jumping events when there is training for Javelin and Discus throw. Nevertheless, the indoor area will remain available for running and jumping events throughout the opening hours of the training facility.

Time slots for throwing events:

Tuesday, 13 July:	Javelin Throw	10:00 – 11:15
	Discus Throw	11:15 – 12:30
Wednesday, 14 July:	Javelin Throw	14:00 – 15:15
	Discus Throw	15:15 – 16:30
Thursday, 15 July:	Javelin Throw	10:00 – 11:00
	Discus Throw	11:00 – 12:00
Saturday, 16 July:	Javelin Throw	10:00 – 11:00
	Discus Throw	11:00 – 12:00

Equipment and implements necessary for training will be available at the training venue. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

The training venue has the following sites:

- Synthetic track (Polytan) 330m with 5 lanes outdoor and 200m with 4 lanes indoor
- Sites for Long/Triple Jump (outdoor and indoor)
- 1 site for Javelin Throw
- Sites for High Jump (outdoor and indoor)
- 1 site for Shot Put
- 1 site for Discus Throw
- Weightlifting room

The weight training room in the Audentes Sports Centre is situated indoor and will be available during official training times.

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

Pole Vault and Hammer Throw trainings

Training possibility for Pole Vault and Hammer Throw will be offered at the Kadriorg Stadium's warm-up area.

Training times for Pole Vault

From Tuesday, 13 July to Saturday, 17 July between 10:00 – 12:00 and 16:00 – 18:00

Training times for Hammer Throw:

Wednesday, 14 July	10:00 – 12:00	Men & Women
Thursday, 15 July	11:00 – 12:00	Women
Friday, 16 July	10:30 – 11:30	Men
Saturday, 17 July	09:45 – 11:00	Men & Women

5.2.4. Official Training at the Competition Venue

Official training for all athletes at the Kadriorg Stadium will take place on **Wednesday, 14 July 2021 from 10:00 to 12:00**. The warm-up area will also be available during this time.

During the official training, athletes will also have the possibility to **train with official Starters from 10:30 to 12:00**.

5.2.5. Implements & Equipment

Official Implements

The implements provided by the LOC (see Appendix 2) are selected from those appearing on the current World Athletics approved implements list.

Additional implements may be added to the approved list, if requested by Member Federations or manufacturers to the European Athletics, by 30 June 2021, and if supplied to the LOC free of charge. All such implements must have World Athletics certification and must be approved by the European Athletics Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by **5 July 2021 at the latest**.

Personal Implements

Personal Implements shall also be allowed, providing that:

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

Personal implements will have to be submitted to the Technical Information Centre the day before the event and no later than 18:00 hours.

Please note that accordingly to WA TR32.2 and the decision of the Technical Delegates, not more than 2 implements may be submitted by any athlete for any throwing event in which they are competing.

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

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

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

Markers

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

5.3. Entry, Qualification System & Final Confirmations

5.3.1. Entry Rules

In accordance with European Athletics regulations, all participants must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics Rules.

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the name of the event.

Due to the Covid-19 situation, **all athletes who have not yet reached the age of 18 on the day of their arrival to Tallinn must sign and submit an official declaration and parental consent form** (see appendix 7) in order to be eligible for participation at the European Athletics U20 Championships 2021. The form must be also signed by the athlete's parent/guardian and acknowledged by the representative of the respective Member Federation and uploaded to the Event Management System of European Athletics after the closing of the final entries, but before the arrival to Tallinn.

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date.

5.3.2. Entry Standards and Qualification Procedure

Individual Entries

Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event, of whom up to 3 (three) may participate provided all of them shall have achieved the entry standard for that event.

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

If the **host country** of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. The

acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.

Relay Teams

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

For more details about Entry standards and conditions, see Appendix 3.

5.3.3. "I Run Clean" Certification

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.

5.3.4. Entry Procedures

Entries shall be made through European Athletics Entries System, which will be accessible at <https://evententry.worldathletics.org>. Member Federations' entries manager shall use their already known individual and personalised access.

Final Entries

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

- **Opening of the final entries:** Tuesday, 15 June 2021
- **Deadline for the final entries:** Monday, 5 July 2021, 14:00 (CET)

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process.

Final Confirmation

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

Final confirmations will have to be made online, via European Athletics online tool, which will be accessible at a link to be communicated to the Teams following the final entries.

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

Competition day	Deadline for Final Confirmation
Day 1 - Thursday, 15 July 2021	Tuesday, 13 July 2021 18:00 EET
Day 2 - Friday, 16 July 2021	Thursday, 15 July 2021, 9:00 EET
Day 3 - Saturday, 17 July 2021	Friday, 16 July 2021, 9:00 EET
Day 4 - Sunday, 18 July 2021	Saturday, 17 July 2021, 9:00 EET

Relays Declaration Forms

The composition of each relay team as well as the order of running shall be officially declared online in accordance with the deadlines set out in the table below (no later than one hour before the published first call time for the first heat of each round of the competition):

Competition day	Deadline for Final Declaration - Relays
Saturday, 17 July	4x400m Women R1 – 10:05
	4x400m Men R1 – 10:20
	4x100m Women R1 – 9:05
	4x100m Men R1 – 9:45
Sunday, 18 July	4x100m Women F – 15:15
	4x100m Men F – 15:25
	4x400m Women F – 17:35
	4x400m Men F – 17:55

Once the team has taken part in the event, four additional athletes may take part in the Final. Substitutes may only be taken from the list of entered athletes, whether for the Relay or for any other event.

Failure to Participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under World Athletics Rule 6 of the Competition Rules or CR6), shall be excluded from participation in all further events in the competition, including Relays (see World Athletics Rule 4 of the Technical Rules or TR4).

Withdrawals

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

6. COMPETITION PROCEDURE

6.1. Timetable

Please refer to Appendix 1 for the competition timetable.

6.2. Competition Bibs

6.2.1. General

For **individual field events, combined events, relays and races up to and including 200m** each competitor will receive 4 personal bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag. Exceptions are made for jumping events: these competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For races **from 400m and above** (excluding 1500m) each competitor will receive 3 personal bibs with name. These must be pinned to the back of the competition clothing, to the back of the tracksuit, and to the bag. The front bibs of these athletes (including a transponder) will be distributed in the Call Room.

Participants of the **1500m** races will receive 2 personal bibs with name. These must be pinned to the back of the tracksuit, and to the bag. The bibs to be attached to the front and back of the competition clothing (including a transponder) will be distributed in the Call Room.

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

6.2.2. Relays

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

6.2.3. Race Walking

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

- the bib with his/her name and identification number on his/her front (to be distributed in the Call room),
- the bib with his/her identification number only on his/her back.

6.2.4. Combined Events

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest. Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chests, which will indicate their position in the competition prior to the last event.

6.2.5. Special Bibs

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

6.2.6. Hip Numbers

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

6.3. Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics Rule 5 of the Technical Rules or TR5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed/taped at the Call Room.

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

Member Federations shall confirm their team vests. If the uniform on its website. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded by **5 July 2021** using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

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

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

6.3.1. Competition Shoes

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoes models by the World Athletics. In case of no compliance with the TR5 or the list of approved shoes, an athlete may be not allowed to compete or disqualified after the competition with the result being void.

The shoes will be checked at the Call Room as the clothing items. In case of a world or European record, an athlete is to provide the used shoes to the competition officials, after the event, if further checks are needed.

6.4. Call Room

The Call Room is located at the warm-up area. Access will be allowed to athletes only and according to the following reporting times (there may be slight amendments in case of particularly large fields in the Field Events qualification):

	Call Room opens	Call Room closes	At competition site
Track Events	0:25	0:20	0:05
Horizontal Jumps	0:50	0:45	0:30
Throwing Events	0:50	0:45	0:30
High jump	1:00	0:55	0:40
Pole Vault	1:20	1:15	1:00
4x100m relay	0:30	0:25	0:07
4x400m relay	0:30	0:25	0:05

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

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

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

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

6.4.1. Call Room Procedures

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

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

Athletes competing in races from 800m and above (including race walking) will be provided with their front bib (including a small transponder) in the Call Room. After the competition, the athletes must return the transponder at the entrance of the Kit Collection Area, where they will be collected by volunteers.

Athletes in combined events need only to report to the Call Room before their first event of each day. Then for any other events during the same day, the athletes are to report to the Combined Events Resting Area at the times provided by the combined events referee, from where they would be escorted directly to the infield.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per World Athletics Rule 6 of the Technical Rules or TR6. Competition officials in Call Room will confiscate all not authorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

6.5. Specific Event Procedures

6.5.1. Track events

Athletes in track events will be asked to enter infield already dressed in competition clothing. Tracksuits shall be placed in baskets at Call Room, and these will be taken to the Kit Collection Area at the end of the mixed zone for collection after the race. Specific procedures in case of bad weather will be declared on site as necessary.

6.5.2. Field Events

In all throwing events, each athlete is allowed to two practice trials under the supervision of the judges, more if time allows. The athletes will be called to the practice trials in the competition order. In the remaining field events, the practice trials will be supervised by the relevant judges.

In qualification for the final in horizontal field events, all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial are not required to take any further trials. In the finals top 8 athletes after 3rd attempt, will be allowed 3 additional attempts (6 in total).

In all field events, those achieving the qualifying standard will be qualified for the final, and if less than 12 athletes will achieve it, the group of finalists shall be expanded to 12, adding athletes according to their performances in the qualification.

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

6.5.3. Combined events

Competitors taking part in combined events must report to Call Room at the start of each day.

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

Refreshments (such as fruits, energy bars, sandwiches and drinks) as well as hot lunch will be provided in the resting area. Toilets and showers facilities will also be available.

Access to the combined events resting area is limited to the competitors and any other accredited person per athlete (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

6.5.4. Race Walking

Race walking events will be conducted under the WA TR 54.7.3 with the following arrangements:

- the Penalty Zone will be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board,

- the Penalty Zone will have one entrance and one exit at opposite ends (both of the same size),
- small barriers and cones will be used to clearly identify the Penalty Zone,
- the athletes are free to stop or continue moving inside the Penalty Zone however there will be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.
- when an athlete receives 3 Red Cards, he/she must receive a communication from the Chief Judge or his Assistant showing him/her a paddle with the time penalty on both sides and he/she must stop in the Penalty Zone at the first opportunity,
- the applicable period in the Penalty Zone is 1 minute (60 seconds)
- the time penalty starts immediately as the athlete enters the Penalty Zone, and the athlete will be shown an appropriate card notifying him/her when 10 seconds remain on the time penalty,
- after the time penalty and following the instructions of the official in charge of the Penalty Zone, the athlete shall re-enter the event,
- the athlete is not judged in the Penalty Zone.

If the athlete, then receives any additional Red Card(s) (from the judges who had not previously sent him/her one) he/she shall be disqualified, and the Chief Judge or his/her assistant must notify the disqualification as soon as possible.

If an athlete receives 4 or more Red Cards before stopping in the Penalty Zone, the athlete shall be disqualified, and the Chief Judge or his/her assistant must notify the disqualification as soon as possible.

If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his/her assistant to notify the athlete that he/she must stop in the Penalty Zone, the athlete shall finish the race and the penalty time shall be added to his/her official time.

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

6.6. Coaching Zones

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

For all field events, coaches are requested to meet at Call Room at the closing time of the respective discipline to be escorted to the respective coaching zones.

6.7. Timing & Measurement

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

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

6.8. Post Competition Procedures

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

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

The clothing baskets will be brought to the Kit Collection Area located after the mixed zone.

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

6.9. Protests and Appeals

Protests and appeals are permitted and will be processed in accordance with World Athletics Rule 8 of the Technical Rules or TR8.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (World Athletics Rule 8 of the Technical Rules or TR8). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC. 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).

If the final decision of Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with World Athletics Rule 8 of the Technical Rules or TR8 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

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

7. MEDICAL SERVICES & DOPING CONTROLS

Due to the Covid-19 pandemic situation a comprehensive **medical clearance and sanitary protocol** has been established for the event and the violation of these rules and procedures may result in the revocation of the accreditation and prohibition of participation in the Event.

Please make sure to familiarise yourself with the protocol which was circulated to all Member Federations earlier.

Moreover, and in order to continuously monitor the health situation of the teams present in Tallinn, **each Team Leader will be requested to declare the absence/presence of symptoms of Covid-19 viral infection on a daily basis.** The declaration shall be filled-in and submitted on the virtual TIC platform by 09:00 each day. Non-compliance with the daily reporting measures might result in sanctions as specified above.

7.1. Medical Services

The LOC 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.

7.1.1. Main Medical Centre

The main medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. The medical centre is located in the Kadriorg Stadium and will be open according to the following schedule:

Date	Opening hours
Tuesday, 13 July	10:00 – 18:00
Wednesday, 14 July	10:00 – 18:00
Thursday, 15 July	08:00 – 21:30
Friday, 16 July	08:00 – 21:00
Saturday, 17 July	07:30 – 20:30
Sunday, 18 July	07:30 – 20:30

During other hours there will be a doctor and nurse on duty.

7.1.2. Medical Services in the Team Hotels

There is no medical centre in the Team Hotels, but medical help will be available on call. The phone number of medical service will be displayed at the Information Desk in each of the Team Hotel.

7.1.3. Medical Care at the Stadium, Warm-up and Training areas

The stadium medical service is responsible for any problems concerning the athletes' health. The team doctor has access to the main medical centre and other medical facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

There are 2 of first aid teams on the infield, supervised by a doctor and marked with red crosses.

There will be dedicated medical teams present at the warm-up and the training areas during official opening hours.

7.2. Physiotherapy Services

7.2.1. Physiotherapy Services in the Team Hotels

There will be some rooms available for physiotherapy use in the Team Hotels, equipped with ice and towels.

A LOC team of physiotherapists will be also available on call. Athletes willing to book a treatment shall proceed to the Information Desk in their respective Team Hotel where volunteers will make arrangements according to the availability.

7.2.2. Physiotherapy Services at Warm-up venues

All teams will have their own facilities prepared in the warm-up area with adequate physiotherapy space, including the availability of an LOC physiotherapist on call. Athletes willing to book a treatment shall proceed to the Main Medical Centre (MMC), where the medical staff will make arrangements according to the availability.

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

7.3. Import of Medication and Medical Equipment

Team doctors are responsible for listing the medications that the team and the team participants enter into Estonia and also coordinating that the medicines are allowed and that the maximum permitted amount is not exceeded. Other persons travelling to the event have their own responsibility to check which medicines and quantities of medicines may be introduced in Estonia. Please familiarise yourself with the conditions set by the Republic of Estonia Agency of Medicines (<https://www.ravimiregister.ee/en/default.aspx>).

7.4. Doping Control

7.4.1. General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules which are compliant with the WADA code in force since 1 January 2021. 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 after leaving the Mixed Zone. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

As per the applicable regulations selected athlete should report to the DCS immediately, however due to the Covid-19 pandemic situation and to fully comply with the sanitary measures, exceptionally athletes will be allowed to proceed to the DCS when they are ready to perform the test. 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 without a valid reason would result in disqualification and may result in further disciplinary action.

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

7.4.2. 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.

7.4.3. Additional Controls

Athletes requiring doping control for a national record should report to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station. **Due to the Covid-19 pandemic situation only requests for ratification of national records will be accepted.**

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

8. CEREMONIES AND SOCIAL FUNCTIONS

8.1. Opening Ceremony

The Opening Ceremony will take place on Thursday, 15 July at 20:30 at the Kadriorg Stadium. No team members will be involved in the ceremony.

8.2. Victory Ceremonies

All the victory ceremonies will take place at competition venue.

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

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Briefing.



European Athletics U20 Championships Tallinn/EST



9. CONTACT DETAILS

For further details about the European Athletics U20 Championships in Tallinn please contact the LOC or European Athletics:

Local Organising Committee
Maakri 23
10145 Tallinn, Estonia
Tel: +372 56504875
E-mail: ekjl@ekjl.ee

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

Appendix 2 - Implement List

Company	Description	Colour	Catalogue No.	Cert. No.
SHOT 4 kg				
Polanik	Competition steel, dia 100mm	Blue matt	PK-4/100	I-99-0150
Polanik	Stainless steel, dia 105mm	Metallic	PK-4/105-S	I-00-0232
Nordic Sport	Brass, dia 95mm	Gold	5132400	I-12-0601
Gill Athletics	Turned iron, dia 108mm	White	34943	I-99-0058
Nishi Athletic Goods	Steel, dia 109mm	Silver	F253C	I-99-0084
Nishi Athletic Goods	Steel, dia:103	Silver	F253	I-99-0089
Nelco	KIN-O-MAX, Ductile iron, dia 105mm	Black/yellow	N2018KMSE	I-19-0954
SHOT 6 kg				
Polanik	Turned steel, dia 115mm	Various/red	PK-6/115	I-02-0262
Polanik	Stainless steel, dia 110mm	Metal	PK-6/110-S	I-02-0263
Nelco	Turned steel, dia 124mm	Yellow	N1118EXA	I-02-0260
Nishi Athletic Goods	Steel, dia 117mm	Silver	F291	I-03-0292
Nelco	Turned iron, dia 119mm	Red	N1118BB	I-02-0282
Bhalla International	Vinex Super, Turned iron, dia:125mm	Red	VSP-325B	I-08-0416
DISCUS 1 kg				
UCS	Orange Flyer Medium Moment, steel rim, fiberglass	Orange	720-1100	I-99-0120
Denfi Sport	Jürgen Schult,Ultimate spin,chrome rim	White/yellow centre	D1000JSUS	I-99-0099
Nishi Athletic Goods	Nishi Super, steel rim	Black	F303B	I-99-0086
Nishi Athletic Goods	Super High Moment, carbon, steel rim,carbon side	White/red/blue	NF313	I-18-0890
Denfi Sport	Jürgen Schult,Skymaster,chrome rim,mix carbon	Red/white center	D1000SKYM	I-00-0229
Denfi Sport	Denfi Space Traveller,black steel rim,plastic sides	Black/blue/black centre	D1000ST	I-10-0455
Nelco	Ultra Spin Gold,alloy rim, plastic sides	Golden yellow/black	N1105USC	I-16-0778
DISCUS 1,75 kg				
Nordic Sport	Master, brass rim, black fiberglass sides	Black/gold	6131175	I-07-0392
Nordic Sport	Viking, stainless steel rim, fiberglass sides	Red	6130175	I-02-0288
UCS	Blue Flyer Low Moment, steel rim	Blue	720-3175	I-09-0453
Denfi Sport	Jürgen Schult,Ultimate spin,chrome rim,plastic sides	White/yellow centre	D1750JSUS	I-11-0525
Nishi Athletic Goods	Nishi Super HM, steel rim,FRP sides	Purple/black/white	F334	I-07-0390
Nelco	Odyssey, steel alloy rim,plastic sides,rimglide 75m	White/silver or black rim	N1105Odaa	I-14-0685
JAVELIN 600 g				
Nordic Sport	Indra steel, red cord	Red/white spiral	7917605	I-01-0241
Nemeth Javel-Inn	Club 75m, aluminium, violet cord	Violet/yellow/red	600C75	I-99-0103
Nemeth Javel-Inn	Classic 75m, aluminium, violet cord	Violet/yellow/red	600CS75	I-99-0110
Nemeth Javel-Inn	Classic 85m, composite, yellow cord	Violet/yellow/orange	600CC85	I-09-0428
Nordic Sport	Valhalla, hard NXS, Full carbon, black cord	Yellow/turquoise spiral	7918601c	I-18-0909
Nordic Sport	Valkyrie, hybrid carbon, black cord	Red/turquoise spiral	7918604c	I-18-0912
Nordic Sport	Valhalla, medium NXB,hybrid carbon, grey cord	Yellow/lilac spiral	7918602c	I-18-0910
JAVELIN 800 g				
Nordic Sport	Orbit, steel	Blue/white/yellow	7916808	I-99-0014
Nordic Sport	Orbit carbon flex 5,0, carbon, blue cord	White/blue spiral	7916808c	I-99-0190
Nemeth Javel-Inn	Classic 85, aluminium, violet cord	Violet/yellow/red	800CS85	I-99-0429
Nemeth Javel-Inn	Classic 95, aluminium, violet cord	Violet/yellow/orange	800C95	I-99-0101
Nordic Sport	Valhalla, hard NXS, Full carbon, black cord	Yellow/turquoise spiral	7918801c	I-18-0914
Nordic Sport	Valhalla, medium NXS,hybrid carbon, black cord	Yellow/lilac spiral	7918803c	I-18-0916
Nordic Sport	Valkyrie, hybrid carbon, black cord	Red/turquoise spiral	7918804c	I-18-0917

Company	Description	Colour	Catalogue No.	Cert. No.
HAMMER 4 kg				
Polanik	Competition steel, dia 95mm	Blue	PM-4/95	I-99-0156
Nishi Athletic Goods	Steel, dia 95mm	Blue	F210A	I-99-0080
Nishi Athletic Goods	Steel and Tungsten, dia:95, dia 95mm	Orange	NF211/NF355	I-19-0942
Nordic Sport	Brass, dia 95mm	Gold	5125400/5120010	I-99-0009
Gill Athletics	Pacer, dia 95mm	Silver	738940	I-99-0044
Nelco	Olympic Brass, dia 95mm	Gold	N1121D/N1125BN	I-99-0147
HAMMER 6 kg				
Nordic Sport	Brass, dia 105mm	Gold	5125600/5120040	I-02-0284
Polanik	Competition, stainless steel, dia 105mm	Metal	PM-6/105-S/UP/UW-130	I-02-0266
Polanik	Competition, brass, dia 105mm	Gold	PM-6/105-M/UP/UW-130	I-02-0267
Polanik	Ziolkowski, Black steel, dia:105	Black	ZH-6-B/UW-115	I-17-0856
Nishi Athletic Goods	Steel and Tungsten, dia 105mm	Green	NF241A/NF355	I-20-0999
Nelco	Olympic Steel, dia 105mm	Blue	N1122CSA/N1125BN	I-02-0261

Appendix 3 – Entry Standards & Conditions

Athletes	Rounds	Men	Event	Women
32	3	10.65	100m	11.90
32	3	21.53	200m	24.30
32	3	48.20	400m	55.45
24	3	1:51.00	800m	2:08.30
25	2	3:49.00	1500m	4:26.40
20	2	8:23.00	3000m	9:48.20
20	1	14:37.50	5000m	17:15.00
32	3	14.25	100/110m Hurdles	13.97
32	3	53.50	400m Hurdles	61.00
25	2	9:15.00	3000m SC	10:50.00
25	1	46:00.00	10,000m Walk	52:00.00
16	2	NES	4x100m	NES
16	2	NES	4x400m	NES
24	2	2.12	High Jump	1.79
24	2	5.05	Pole Vault	4.00
24	2	7.35	Long Jump	6.10
24	2	15.05	Triple Jump	12.75
24	2	17.75	Shot Put	13.75
24	2	54.50	Discus	47.50
24	2	69.00	Hammer	57.50
24	2	67.50	Javelin	49.60
20		7150	Decathlon/ Heptathlon	5250

NES = No entry standards

Note: The column “athletes” refers to the target number of athletes per event not the limit number of athletes per event.

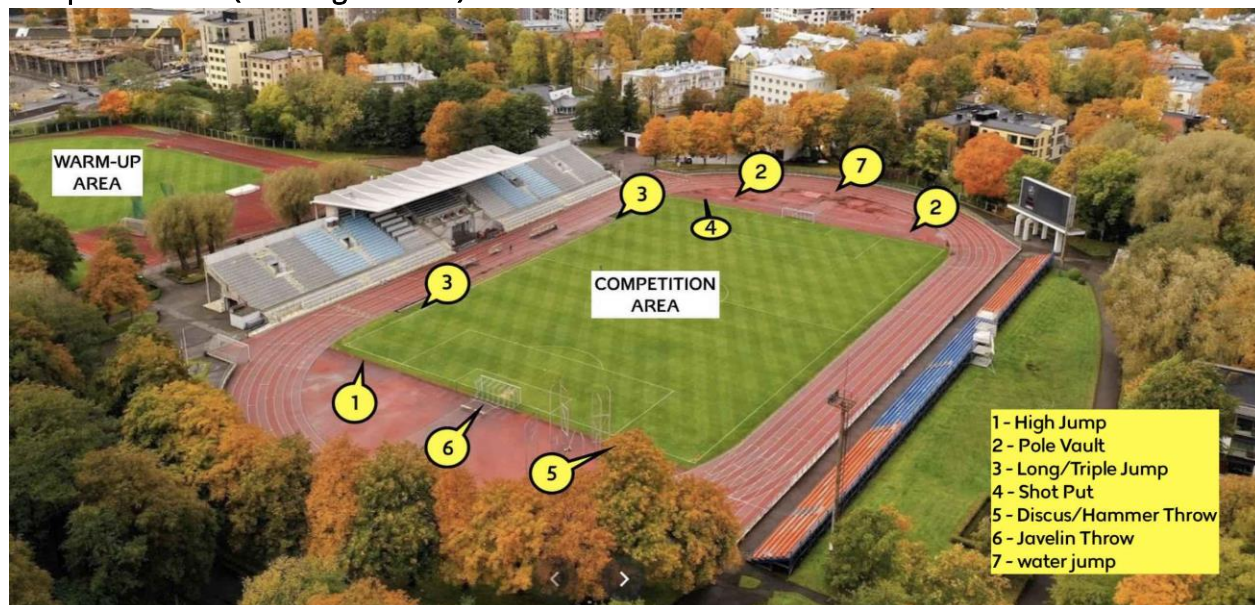
Conditions for validity of performances:

- Performances must be achieved **between the 1 January 2020 and 5 July 2021**;
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with World Athletics Rules;
- Performances must be achieved during competitions organised or sanctioned by the World Athletics, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed events held completely in the stadium, shall not be accepted as entry standards, except for race walking events;

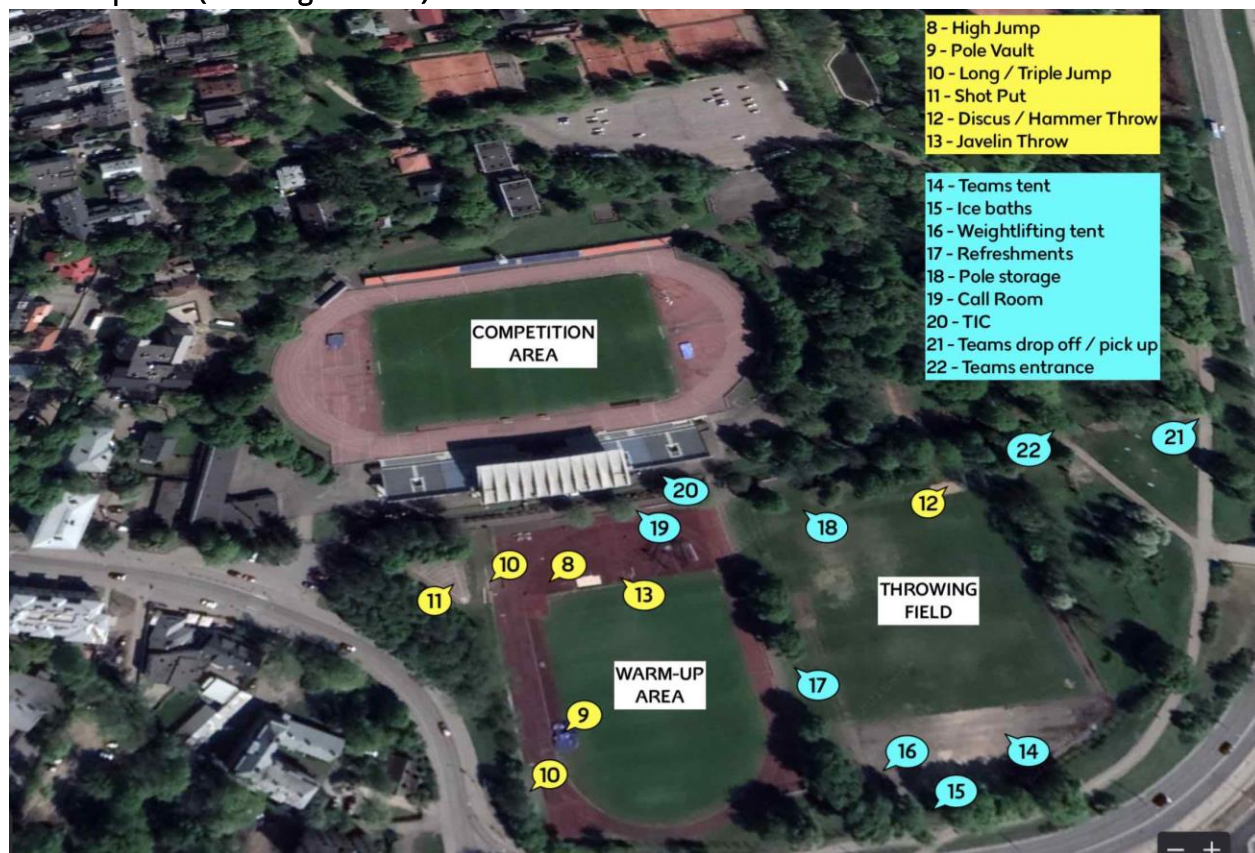
- Wind assisted performances (over 2m/sec) will not be accepted; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
 - the velocity in any individual event shall not exceed plus 4 metres per second;
 - the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m will not be accepted;
- For Race Walks:
 - road performances will be accepted
 - results of races conducted using the pit lane will be accepted;
- For the running events of 200m and over, performances achieved on over-sized tracks will not be accepted;
- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule 147, performances achieved in events of 5000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted.

Appendix 4 - Map of Stadium, Warm-Up and Training Areas

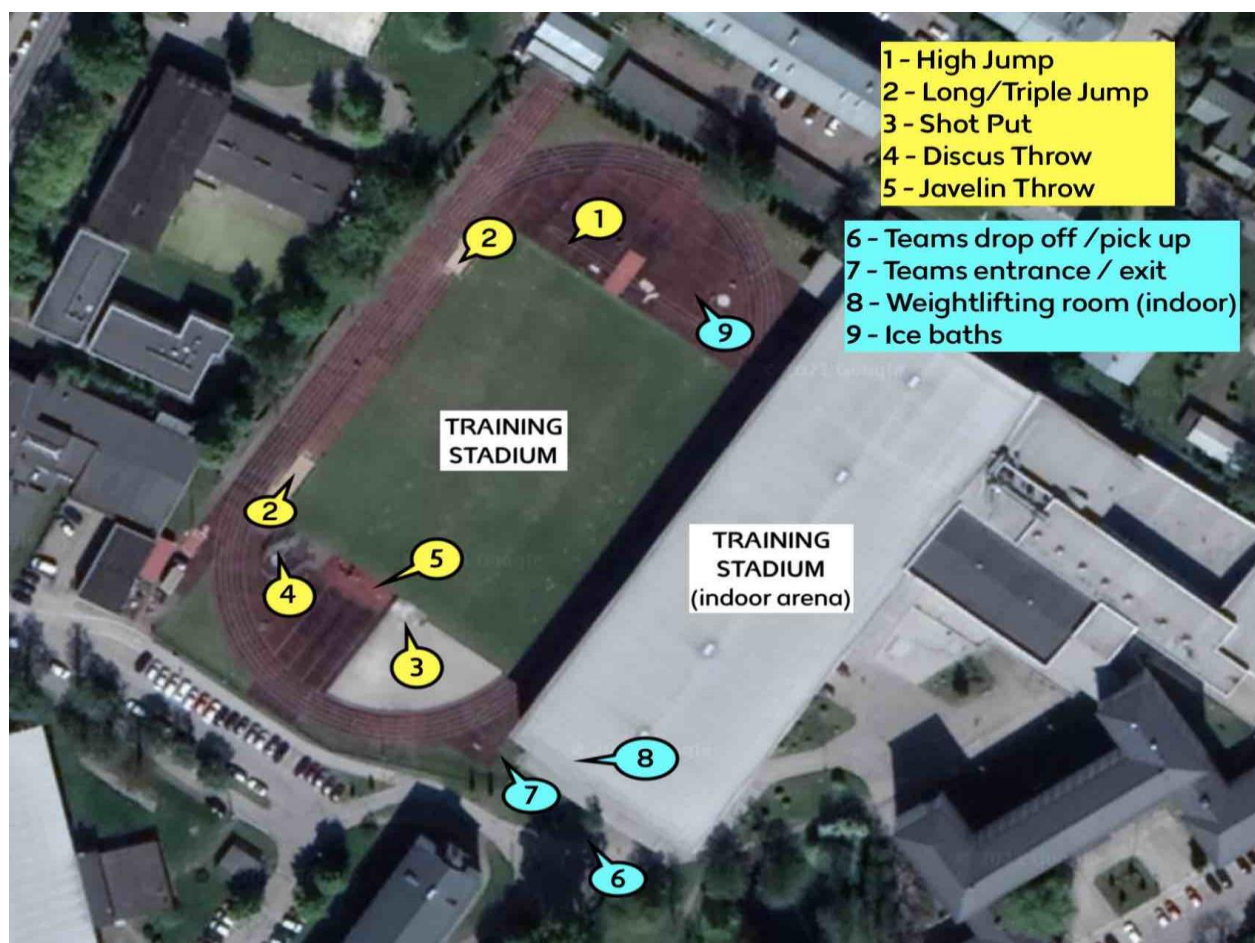
Competition area (Kadriorg Stadium)



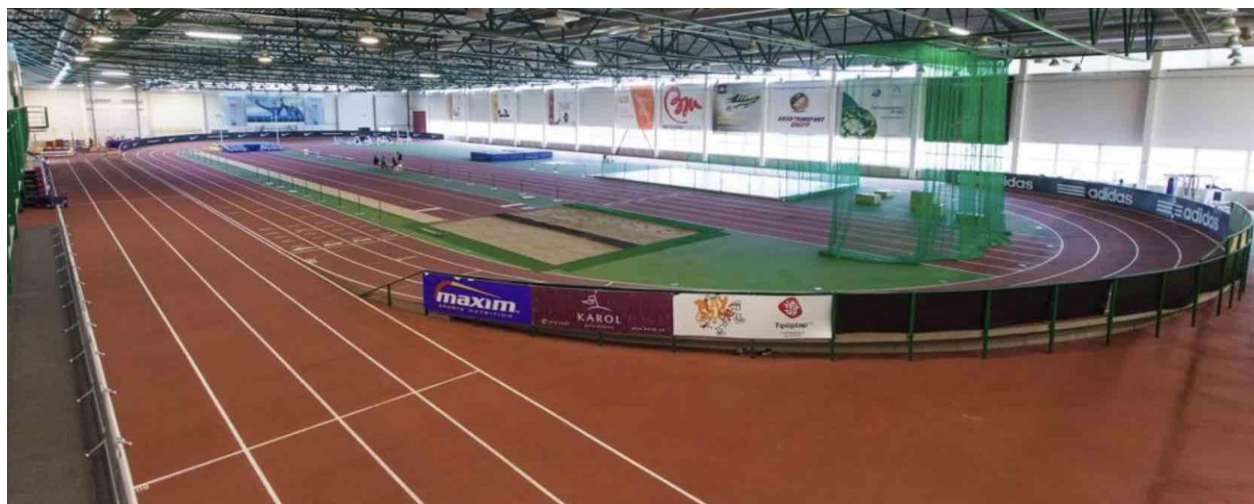
Warm-Up area (Kadriorg stadium)



Training area (Audentes Sports Centre)

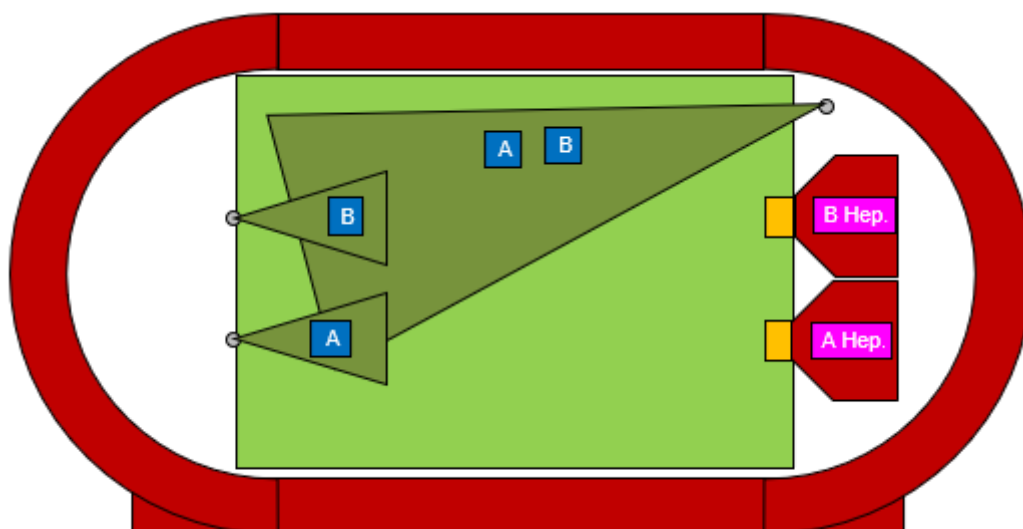


Training area (Audentes Sports Centre – indoor arena)

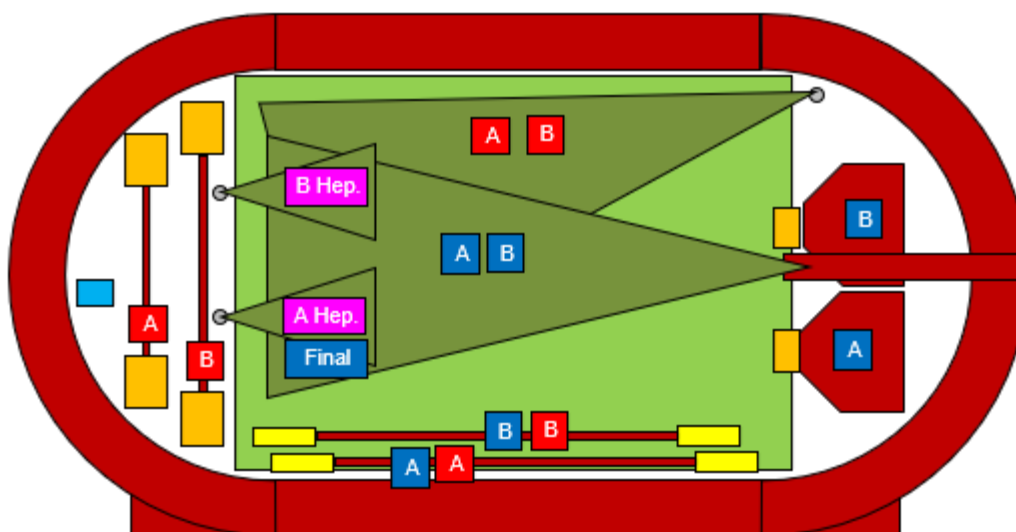


Appendix 5 – Daily Maps
Day 1 – Thursday, 15 July 2021

Morning Session

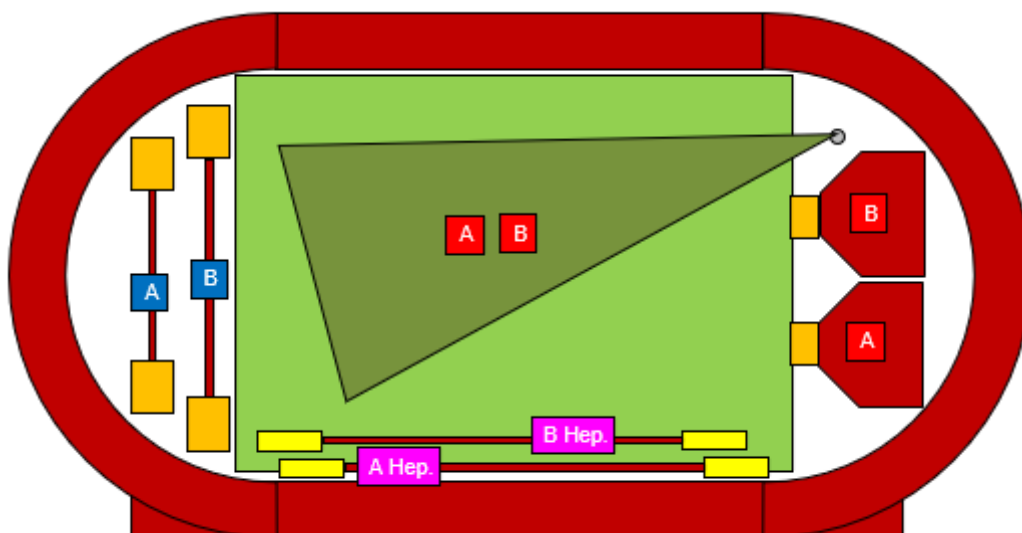


Evening Session

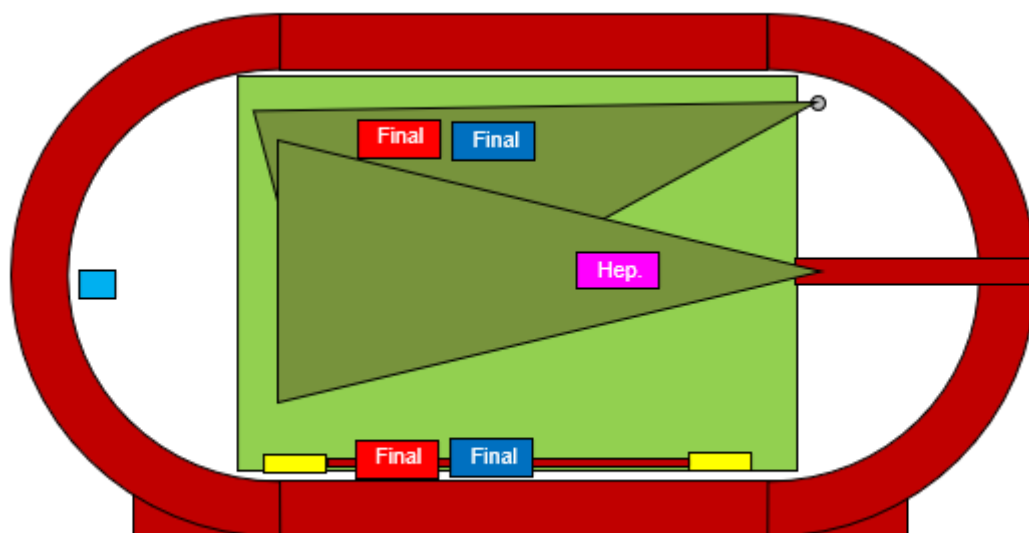


Day 2 – Friday, 16 July 2021

Morning Session

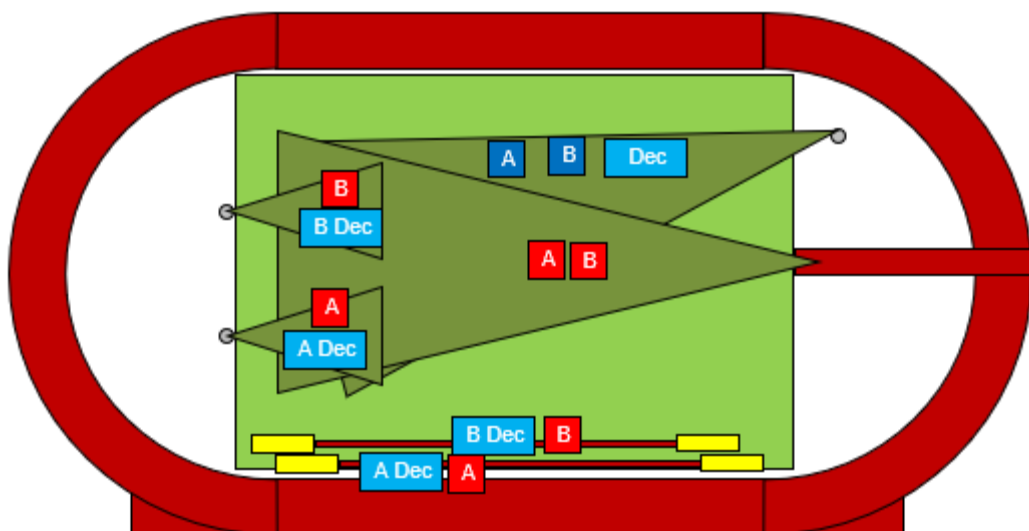


Evening Session

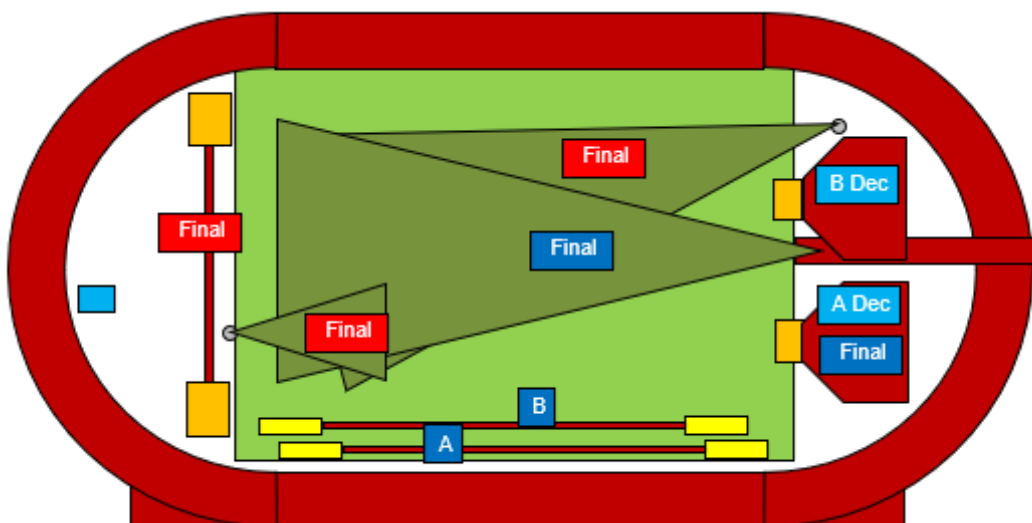


Day 3 – Saturday, 17 July 2021

Morning Session

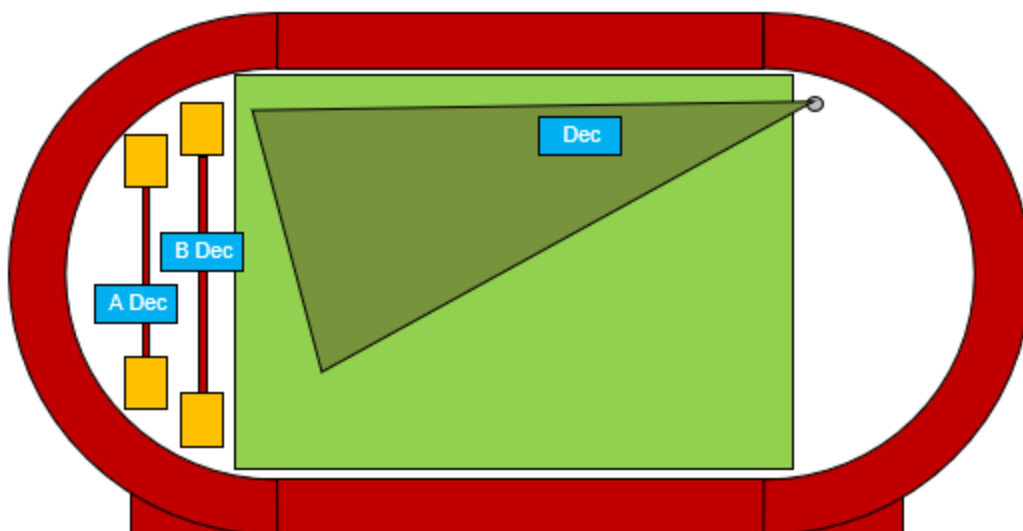


Evening Session

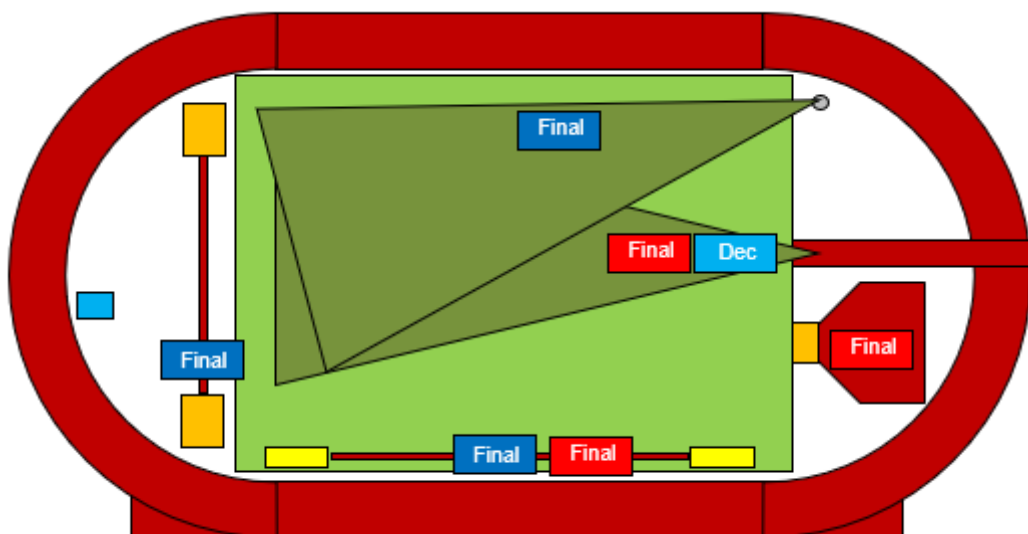


Day 4 – Sunday, 17 July 2021

Morning Session



Evening Session



Appendix 6 – Key Dates and General Programme

Date	Time	Event	Place
Tuesday, 13 July	18:00	Deadline for submitting written questions for the Technical Meeting	TIC or online
	18:00	Final Confirmation of Entries for Day 1	TIC or online
Wednesday, 14 July	10:00 – 12:00	Official training	Kadriorg Stadium
	10:30 – 12:00	Official training with starter	Kadriorg Stadium
	11:00	Orientation Visit and Technical briefing	Call Room
Thursday, 15 July	9:00	Final Confirmation of Entries for Day 2	TIC or online
	13:30	Team Leaders Daily Meeting N°1	Kadriorg Stadium
	20:30	Opening Ceremony	Kadriorg Stadium
Friday, 16 July	9:00	Final Confirmation of Entries for Day 3	TIC or online
Saturday, 17 July	9:00	Final Confirmation of Entries for Day 4	TIC or online
	10:05	Deadline for Final Declaration - Women 4x400m R1	TIC or online
	10:20	Deadline for Final Declaration - Men 4x400m R1	TIC or online
Sunday, 18 July	9:05	Deadline for Final Declaration - Women 4x100m R1	TIC or online
	9:45	Deadline for Final Declaration - Men 4x100m R1	TIC or online
	15:15	Deadline for Final Declaration - Women 4x100m F	TIC or online
	15:25	Deadline for Final Declaration - Men 4x100m F	TIC or online
	17:35	Deadline for Final Declaration - Women 4x400m F	TIC or online
	17:55	Deadline for Final Declaration - Men 4x400m F	TIC or online
	20:00	Closing Ceremony	Kadriorg Stadium

Appendix 7 – U18 ATHLETES' DECLARATION & PARENTAL CONSENT

Athlete's name: _____

Athlete's date of birth¹⁰: (Day/Month/Year) ____/____/____

Athlete's gender: ☐ male ☐ female

Member Federation: _____

Representing Country: _____

I am aware of the risks involved with my participation at the European Athletics U20 Championships 2021 (hereinafter "Event") during COVID-19, which has been declared a worldwide pandemic by the World Health Organization. I further understand and accept that these risks are including, but not limited to, Covid-19 infection, which may result in serious illness, permanent disability, injury, or death.

I agree and accept that the applicable Covid-19 Medical and Sanitary protocol (published for teams: <https://european-athletics.com/competitions/european-athletics-u20-championships>) has been set to create the safest possible environment for participants of the Event that I hereby commit to strictly follow it.

I understand and accept that even though such measures will be strictly followed, neither the Local Organising Committee (LOC) nor European Athletics can guarantee that I will not become infected with COVID-19 during the Event.

I have read and understood the World Athletics Anti-Doping Rules and I hereby consent and agree to the taking of a blood or urine sample from me for the purposes of official anti-doping testing (whether such testing is organised by European Athletics, the World Athletics or any other official body); and agree that I am bound by and will comply with the provisions set out in World Athletics' Anti-Doping Rules (available in full on the Athletics Integrity Unit website www.athleticsintegrity.org) and will submit to the authority and jurisdiction of European Athletics and any agents appointed by European Athletics to apply, police and enforce the rules.

Moreover, I acknowledge and accept that:

- I have to go under the COVID-19 testing procedures as described in the Covid-19 Medical and Sanitary protocol;
- the COVID-19 testing procedure will be done by a professional third party appointed by the Local Organising Committee (LOC);
- I will have to undersign a data protection policy declaration for the results delivery to a mobile number and/or email address I will provide when required;
- in case of a positive result, I will have to undergo to the required quarantine/isolation period that will last beyond the duration of the Event and that my Federation above mentioned will appoint an accompanying person to stay with me for the required period;
- in case of hospitalization for further medical care due to symptoms, certain medical actions may become necessary, which will however be subject to my specific consent and the consent either by my parents or a legal guardian appointed by my Member Federation.

Date: _____

Athletes' signature

¹⁰ Submission of this document is mandatory for all athletes who have not yet reached the age of 18 on the day of their arrival in Tallinn.



European Athletics U20 Championships Tallinn/EST



PARENTAL CONSENT

I am familiar with the Covid-19 Medical and Sanitary protocol and the World Athletics' Anti-Doping Rules (available in full on the Athletics Integrity Unit website www.athleticsintegrity.org), and herewith consent to the U18 ATHLETES' DECLARATION as parent and/or legal guardian of the above-named minor.

Consent to data processing

In order to participate in the event, it is necessary to register in the European Athletics Event Management System. The processing of data by this system is based on the privacy policy available here: https://register.event-works.com/client/ea/upload/files/PrivacyPolicy/U23U20CH21_EA_PrivacyPolicy.pdf consent to the processing of data in accordance with this policy.

If I sign as a parent or guardian, I consent to data processing on behalf of and for my child or ward.

Parent's/Guardian's name: _____

Parent's/Guardian's date of birth (Day/Month/Year) ____/____/____

Date: _____

Parent's/Guardian's signature

ACKNOWLEDGMENT BY THE MEMBER FEDERATION

Date: _____

President/General Secretary

OFFICIAL PARTNERS



BROADCAST PARTNER



OFFICIAL SUPPLIER



SUPPORTERS



INSTITUTIONS



KULTUURIMINISTEERIUM



Tallinn