

EUROPEAN RACE WALKING CUP

Alytus 2019



19 MAY 2019 | LTU
TEAM MANUAL

ALYTUS2019.LT

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EUROPEAN ATHLETICS PRESIDENT'S MESSAGE



Alytus has been hosting international race walking competitions for more than 40 years and so it is with great pleasure that I have the opportunity to write this welcome message for this year's European Race Walking Cup, for which the city has taken on the responsibility of being the host.

This competition was inaugurated in 1996 and Lithuania becomes the 10th different nation in 13 editions to host it. This fact alone indicates the continental-wide popularity of this discipline but it's also worth noting that no less than 19 of European Athletics' Member Federations have made the podium at one time or another during the last 23 years so walking talent and ability is not just concentrated in just a few countries.

It is the first time that Lithuania has staged this competition, but I am confident that it will be a superbly organised event as there is no shortage of experience and expertise among the Local Organising Committee.

The fact that for many years prior to 2019 the annual International Race Walking Festival here has been a European Athletics Race Walking Permit meeting means that, firstly, there could be barely anywhere more appropriate for the continental showpiece of this discipline

than this particular city and, second, the organisation has historically had the seal of organisational quality assurance bestowed upon it by European Athletics.

With such a heritage, I am sure that the Alytus 2019 European Race Walking Cup will be among the highlights of European Athletics' competitions this year, as well as providing a valuable stepping stone for the continent's walkers as they stride towards the IAAF World Championships Doha 2019.

As it is the biggest competition on the continental calendar for walkers this year, I expect that many of the Berlin 2018 European Athletics Championships medallists will be competing and a good number of Europe's leading race walkers will have been to Alytus in the past so will be familiar with the course and the city; not least Germany's Christopher Linke, who won the men's 20km Cup title in the Czech town of Poděbrady two years ago and then came to Alytus and won here last year.

Nevertheless, whether someone is familiar with Alytus or coming here for the first time, I am convinced everyone is eagerly looking forward to this event.

On behalf of European Athletics, I am grateful to the Athletic Federation of Lithuania and the city of Alytus for taking on the task of organising the European Race Walking Cup and to all the officials and volunteers for all their hard work and commitment in staging this event.

Svein Arne Hansen
European Athletics President

LITHUANIAN ATHLETICS FEDERATION PRESIDENT'S MESSAGE



Alytus undoubtedly is the capital of Lithuanian race walkers. The race walkers from Alytus have competed for the honour of the country in Olympic Games held on different continents throughout the world, including Athens, Beijing, London and Rio de Janeiro.

The race walking festival, which is held for the 44th time in Alytus, is the one, having the longest history in race walking competitions in Europe. It is a highly prestigious event and attracts a great number of leading athletes from all over the world. It is a big pride for the city of Alytus to be the host of the European Race Walking Cup.

The year 2019 is an exceptional one both for Alytus and for the whole of Lithuanian athletics. This year we will celebrate one

hundred years anniversary of the race walking in Lithuania and the organising of the European Race Walking cup is a precious gift and huge achievement for us. The best race walkers, the rising stars and the future champions of race walking will flock to our country.

We hope that the home roads and spectators will help our athletes to represent Lithuania at the most important European Race walking event of the year.

We would like to thank the European Athletics Association for their trust and cooperation. We also thank the European race walking community, the athletes and the municipality of Alytus. I wish you a successful start, and I am confident that the organisation of the European Race Walking Cup 2019 and the hospitality of our people will leave a positive impression for all our guests!



Eimantas Skrabulis
President of Lithuanian
Athletics Federation

ALYTUS MAYOR'S MESSAGE



Dear athletes, coaches, competition organizers,

Alytus is happy to bring together again a large number of race walkers from Lithuania and abroad. Our city already has hosted 44 Race walking festivals, this time race walkers will compete in the European Race Walking Cup. I am certain this event

will not only be exciting for the fans of this sport, but also a memorable celebration for the guests and citizens of Alytus.

Dear athletes, I wish you successful starts, a lot of strength, great support from fans and nice victories. A lot of patience and faith for coaches. And memorable moments for the fans.

My sincere gratitude to the Lithuanian Race Walking association president Kąstytis Pavilionis and to all of the organizers of this event, which is a wonderful gift to the citizens and the guests of Alytus.



Mayor of Alytus
Vytautas Grigaravičius

1. GENERAL INFORMATION

1.1 HOST COUNTRY LITHUANIA

Form of Government	Unitary semi-presidential republic
Location	Located in a Baltic region of Europe, is situated along the southeastern shore of Baltic Sea.
Area	65.300 km ²
Population	2.79M
Coastline	90 km
Climate	Lithuania's climate ranges between maritime and continental.
Language	Lithuanian
Religion	Catholics
Capital	Vilnius
Local Time	UTC+3 (EEST)
Electricity	220
Driving	Right side
International Calls	+370
Mobile Phone Operators	Telia, Bite, Tele2
Currency	Euro

1.2 HOST CITY ALYTUS

Alytus is the largest city in Southern Lithuania. Surrounded by picturesque forests and verdant hills, Alytus is traversed by the 16 kilometre-long Nemunas loop. The loop divides the city into two parts. Green areas occupy more than one third of the city.

Alytus is known as one of Lithuanian sports tourism attraction points. Various international sport events take place each year in the city. Those who enjoy active recreation can go to swimming pools and saunas, gyms and clubs, tennis courts, go down the Nemunas River in canoes or rafts, have a ride with carts, and play billiard, bowling or paintball.

In written sources Alytus was first mentioned in 1377. It is believed that the name of Alytus originates from the name of the runlet flowing at the foot a mound – Alytupis. On 15 June 1581, Alytus was granted the Magdeburg (self-government) rights and coat of arms: a white rose on a red background. Accordingly, today Alytus is also called the city of a white rose. In the 19th century, Alytus was announced as a third grade fortress, and therefore, three barracks and three bridges were constructed, strongholds were mound and roads were paved. During the First World War, Alytus became the centre of the county. After the struggle for independence (1918–1920), Alytus became the largest city in the county and the centre of culture and education in the region. In 1932, it was granted the status of a resort. Only few old buildings with distinct architecture and building style have remained because almost the entire central part of the city was destroyed during the first days of the Second World War.

Today, drowned in greenery, the city is proud of its traditions, culture, extraordinarily beautiful nature and its hospitable and sincere people.

Business Hours Shops, Government Offices, Banks

General business hours in Lithuania are from 08:00 to 17:00. Large department stores and shopping malls stay open till 22:00.

Useful expressions

Lithuanian	English
Labas rytas	Good morning
Labas vakaras	Good evening
Labas	Hello/Hi
Viso gero	Goodbye
Labai ačiū	Thank you very much
Malonu susipažinti	Nice to meet you
Koks tavo vardas?	What is your name?
Nesuprantu	I don't understand
Nežinau	I don't know
Atsiprašau	I'm sorry

2. ORGANISATIONAL STRUCTURE

2.1. EUROPEAN ATHLETICS COUNCIL

President

Svein Arne Hansen (NOR)

First Vice President

Dobromir Karamarinov (BUL)

Vice Presidents

Jean Gracia (FRA)

Frank Hensel (GER)

Christian Milz (SUI)

Sylvia Barlag (NED)

Gregor Bencina (SLO)

José Luis de Carlos (ESP)

Alfio Giomi (ITA)

Marton Gyulai (HUN)

Toralf Nilsson (SWE)

Dimakos Panagiotis (GRE)

Antti Pihlakoski (FIN)

Jorge Salcedo (POR)

Gabriela Szabo (ROU)

Erich Teigamägi (EST)

Libor Varhanik (CZE)

Salih Munir Yaras (TUR)

Sebastian Coe (GBR)

Periklis Iakovakis (GRE)

Director General

Council Members

IAAF President (ex officio member)

Athletes' Committee Chair (ex officio member)

European Athletics Honorary Life Presidents

Carl-Olaf Homén (FIN)

Hansjörg Wirz (SUI)

2.2. EUROPEAN ATHLETICS DELEGATES

European Athletics Delegate

Technical Delegate

Doping Control Delegate

Race Walking Judges

Erich Teigamägi (EST)

Jean-Pierre Dahm (FRA)

Kristel Berendsen (EST)

Steve Taylor (GBR) – Chief

Inge-Marie Schöler (DEN)

Dolores Rojas Suarez (ESP)

Orsolya Gruber (HUN)

Janusz Krynicki (POL)

Vasco Guedes (POR)

Martin Skarba (SVK)

Tadeusz Dziekonski (POL)

International Road Race Measurer

2.3. EUROPEAN ATHLETICS OFFICE

European Athletic Association

Avenue Louis-Ruchonnet 16

1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

Fax: +41 21 313 43 51

E-mail: competition@european-athletics.org

Web: www.european-athletics.org

2.4. EXECUTIVE BOARD OF LITHUANIAN ATHLETIC FEDERATION

President

Eimantas Skrabulis

Vice President

Nijolė Medvedeva

Chief Executive

Rimantas Mikaitis

Member

Jonas Stadalninkas

Member

Raimundas Žukauskas

2.5. EXECUTIVE ORGANISING COMMITTEE

President/Mayor of Alytus	Vytautas Grigaravičius
Vice President/LAF president	Eimantas Skrabulis
Vice President/General Director of State Sports' Department	Kornelija Tiesnesytė
Council Member of Alytus Municipality	Valė Gibienė
LAF Vice President	Nijolė Medvedeva
President of Lithuanian RW Association	Kastytis Pavilionis
Head of Alytus Sports Department	Adomas Andrušaitis
CEO LAF	Rimantas Mikaitis
LAF Competition Director	Aurelijus Žiedas

2.6. OPERATIVE ORGANISING COMMITTEE

CEO	Rimantas Mikaitis
Competition	Kastytis Pavilionis
Accreditation	Remigija Raišienė
Finance	Irma Miglinienė
Transport	Aurelijus Žiedas
Accommodation	Povilas Juozaitis
Press/Media	Robertas Trakys
Marketing/Promotion	Rimantas Mikaitis/Robertas Trakys
Medical	Aleksandras Bružas
Anti-doping	Kristina Kaminskaitė-Jagminienė
Volunteers	Tomas Nikulinas
Ceremonies	Tomas Nikulinas/Audronė Gavelytė

2.7. COMPETITION ORGANIZATION

Competition Director

Meeting Manager

Technical Manager

Technology Manager

Chief Judge Assistant

Referee

Recorder

Recorder Assistant

Chief Photofinish

Chief Starter

Call Room Referee

TIC Manager

Doping Control Manager

Event Presentation Manager

Kastytis Pavilionis

Valdas Kučinskas

Arūnas Klebauskas

Alfonsas Buliuolis

Aloyzas Bliūdžius

Valdas Kazlauskas

Noel Carmody

Antanas Urbonavičius

Viktoras Šilinskas

Vidas Datenis

Kęstutis Giedraitis

Gediminas Mamkus

Edvinas Staskevičius

Drąsutis Barkauskas



3. TRAVEL TO BIRŠTONAS

3.1 OFFICIAL AIRPORT AND ARRIVAL INFORMATION

The official airports, located respectively at 90 and 50 km from the Birštonas, are Vilnius and Kaunas International Airports, where the LOC will provide adequate welcome services.

3.1.1 Welcome Service

Upon arrival at either International Airports, the teams will be met by their Team Attachés.

The opening dates and times of the Welcome Desk, situated in Arrival Hall at the airport will be the following:

Friday, 17th of May 2019 from 10:00–23:00

Saturday, 18th May 2019 from 10:00–18:00

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

The transfer time to the official hotel is approximately 90 minutes from Vilnius and 60 minutes from Kaunas airport.

3.2 ARRIVAL BY TRAIN

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

3.3 ARRIVAL BY ROAD

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

3.4 ENTRY VISAS

The following countries require visas to enter Lithuania:

Armenia (no visa required for holders of diplomatic passport)

Azerbaijan (no visa required for holders of diplomatic and official passports)

Belarus

Kosovo

Russia

Turkey

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

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

Vilija Smilgevičienė

Email: info@laf.lt, phone number: +37065289659

The following information shall be included in the request:

Full name, Nationality, Sex M/F, Date of Birth,

Passport Details – number, date of issue/expiry.

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

3.5 INSURANCE

According to the Regulation 110.9 the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

4. ACCREDITATION

4.1 GENERAL

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

4.2 ACCREDITATION CENTRE

The Teams' Accreditation Centre will be located at "Eglės Sanatorija", Birštonas. This is where the Team Leader shall report as soon as possible after his arrival, in order to carry out the administrative procedures.

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

Friday, 17 th of May 2019	12:00–22:00
Saturday, 18 th of May 2019	08:00–20:00

4.3 ACCREDITATION PROCEDURE

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

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

- LOC accommodation invoice
- Check of U20 athletes' passport (or a copy)
- Uniform check
- Collection of competition related forms and information
- Confirmation of departure details

4.4 ACCESS AREAS FOR TEAMS AND SPECIAL PASSES

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

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

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

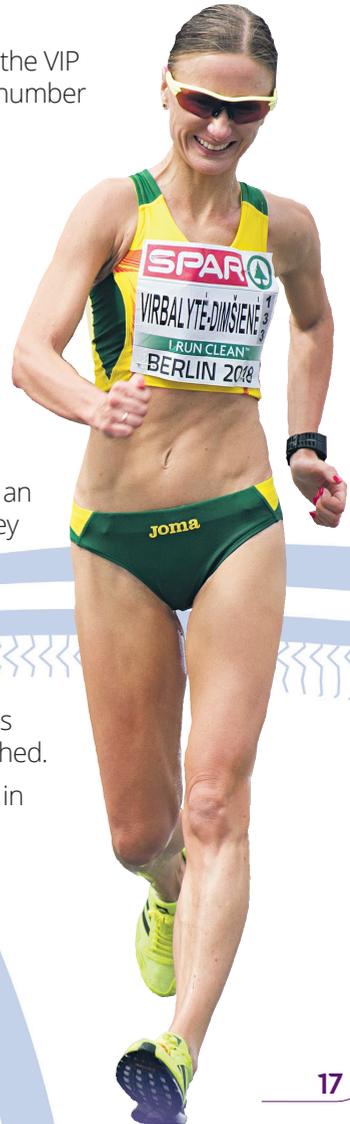
- TIC (only for collecting items from the pigeon hole) – up to 4 per team depending on the size of the team.
- Personal refreshment station for Senior Races (up to 3 per team according to the number of athletes)

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.

4.5 LOSS OF AN ACCREDITATION CARD

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

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



5. ACCOMMODATION & HOTEL INFORMATION

5.1 GENERAL INFORMATION

The LOC has made accommodation arrangements for team members in “Eglès Sanatorija”.

The hotel will officially open with full services on 17th May 2019. If members of your federation are planning to arrive earlier, please contact the LOC (email: info@laf.lt) well in advance to make sure specific arrangements are made.

5.2 INFORMATION DESK

An Information Desk will be located in the lobby of the team hotel with qualified personnel offering relevant information about all aspects of the European Athletics Race Walking Cup Alytus 2019. The Information Desks' opening hours will be as follows:

Friday, 17 th of May 2019	12:00–22:00
Saturday, 18 th of May 2019	08:00–22:00
Sunday, 19 th of May 2019	07:00–24:00
Monday, 20 th of May 2019	07:00–12:00

5.3 OFFICIAL HOTELS

The official hotels for the European Athletics Race Walking Cup Alytus 2019 are indicated below with the internet address of their home page where further details can be found:



Teams Hotel

“Eglės Sanatorija”

Algirdo g. 22, LT-59204 Birštonas

Phone: +370 313 60220

www.sanatorija.lt

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

European Athletics Family Hotel

“Vaidila”

Rotušės a. 12, LT-62141 Alytus

Phone: +370 315 56188

www.vaidila.lt

5.4 ACCOMMODATION COSTS AND EUROPEAN ATHLETICS QUOTA

5.4.1 European Athletics Quota

According to European Athletics Regulation 810.4 accommodation and full board for the visiting teams will be paid for by European Athletics for 2 days and for the following number of scoring athletes:

Men 50 km:	max 3 athletes	Women 50 km:	max 3 athletes
Men 20 km:	max 3 athletes	Women 20 km:	max 3 athletes
U20 Men 10 km:	max 2 athletes	U20 Women:	max 2 athletes

(only scoring athletes)

No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

5.4.2 Ratio of Athletes & Officials

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

Number of Athletes From – to	Number of Team Officials Up to ⁽¹⁾:	Maximum number of additional officials (out-of-ratio):
1-3	1	1
4-6	2	1
7-10	3	2
11-15	5	3
16-20	7	3
21-25	9	4

¹ Team Officials include: Head of Delegation, Team Leader(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.

5.4.3 Accommodation costs

The following rates apply for team members. This includes full board accommodation.

Team Members	Single room	Twin ⁽²⁾ room
Athletes and Officials Official period	130 EUR per night ⁽¹⁾	150 EUR per night
Athletes and Officials Additional nights	130 EUR per night	190 EUR per night

² All prices include meals and VAT

1. For the official period each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of Athletes and officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy (75 EUR). Any single rooms above the 10% threshold will be charged at the rate of 130 EUR during the official period. Additional single rooms can be requested and will be given according to availability.
2. In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (75 EUR during the official period / 95 EUR for additional nights)

Note: In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of 40 EUR, for the whole duration of the event.

European Athletics Regulation 803.7 and 810.8.

- 803.7** European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced its participation, does not take part or attends the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20%. The latter applies only if the Preliminary Entry is more than 4 (four).
- 810.8** The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

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

5.4.4 Payment Procedures

Federations are kindly encouraged to pay the invoice by bank transfer. The team leaders are requested to provide the LOC with a proof of payment upon arrival at the Finances Office that will be located in the Accreditation Centre.

Otherwise, Federations are kindly encouraged to pay the invoice upon arrival at the Financial Office/desk. Payment can be made by credit card or by cash in Euros.

The following credit card type will be accepted on site: Master Card or VISA.

Bank account name: Lietuvos lengvosios atletikos federacija

Bank reference: Citadele banka

Bank account number: LT157290000001700260

Bank address: K. Kalinausko 13, LT-03107 Vilnius

Swift No: INDULT2X

IBAN: LT87 7290 0000 0170 0031

VAT: LT100012127915

Cancellation policy

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 any subsequent reduction in the actual number of athletes and/or officials.

5.4.5 Extra Charges

The Team Leader must settle phone bills and all other extra services at the hotel reception, before departure. The Team Leader will be requested a credit card by the hotel reception desk for extras.

All payments must be made in Euros.

5.5 ROOMING LIST

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

5.6 MEALS

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

Meals times shall be as follows:

Breakfast 04:30–10:00

Lunch 11:00–15:30

Dinner 18:00–22:00

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 and one soft drink per person are available free of charge. All other drinks must be paid for.

Accreditation cards will allow access to meals.

5.7 SERVICES IN THE TEAM HOTEL

5.7.1. Meeting Rooms

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

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

Teams requiring any additional service may make separate arrangements through the information desk.

5.7.2. Rooms for physiotherapy

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

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff (see 10.1.4).

5.7.3. Internet access

Free internet access will be provided at the team hotel.



6. TRANSPORTATION

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

6.1 TRANSPORT DESK

The main transport desk will be located at hotel “Eglė Sanatorija”, next to the Information Desk.

6.2 BUS SHUTTLE SERVICE

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

Transfer times between the hotel and the competition venue will be between 40 to 50 minutes, depending on the traffic conditions.

For further information see attached transportation schedule (appendix 2).



7. TECHNICAL INFORMATION

7.1 TECHNICAL INFORMATION CENTRE (TIC)

The TIC is located at the competition venue (see appendix 1).

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

The TIC will open on Saturday, 18th of May 2019, 09:30–18:00 and on Sunday, 19th of May, 07:00–20:00.

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 via the pigeonholes. It is the Team Leader's duty to collect this kind of information in due time.
- Receipt of written questions to be answered during the Technical Meeting
- Settlement of technical enquiries from delegations
- Receipt of Final Confirmations
- Distribution of special passes the day before the respective event, according to start lists
- Distribution of bottles for personal refreshments
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Appeals

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 information material from the TIC after the technical meeting.

7.2 TECHNICAL MEETING

The Technical Meeting will be held on **18th of May 2019** at **18:00**, in “*Eglės Sanatorija*”.

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

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

- Timetable amendments (if any)
- Presentation of the International and National Officials
- Presentation of the competition and warm-up areas
- Opening / Closing Ceremonies and closing banquet
- Information briefing by the Doping Rules and Regulations
- Answers to written questions

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

Written Questions

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

The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre and will also be available online on the European Athletics online final confirmations platform.

These forms must be returned to the TIC or filled in online no later than 18th of May 2019 at 12:00. No questions will be accepted during the Technical Meeting.

8. COURSE AND COMPETITION FACILITIES

8.1. THE COURSE

The course of the race on the 1 kilometer long circuit goes in the center of Alytus city. This area is already known because of the traditional Alytus Race Walking Festival and European Athletics Race Walking Permit Meetings.

See map in the Appendice 1.

8.2. REFRESHMENT AND DRINKING /SPONGING STATIONS

There will be one Personal Refreshments Station and one Drinking/Sponging Station. Both will be on the right-hand side. One mist station will also be available along the course as well as temporary toilets.

8.2.1. Personal Refreshment Station

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 will be arranged in alphabetical order (by country code).

A maximum of three representatives from each Member Federation will be allowed at the tables and appropriate special passes will be provided for the purpose of controlling access. However, when Men and Women compete together (50km), a maximum of five officials per federation will be allowed. These will be distributing during the accreditation process.

Member Federations will be responsible for bringing refreshments to their tables. If an athlete has no official able to assist him/her, the LOC will ensure that the refreshment is placed on the athlete's table. Athletes concerned must hand in their personal refreshments, adequately marked (athlete's name, country and bib number) at the TIC at least 1 hour before the start of the race.

The LOC will provide bottles and labels for those athletes that need them which will be distributed through the TIC.

8.2.2. Drinking/Sponging Station

At the drinking / Sponging Station, there will be tables which shall be arranged in the following order: water – sponges.

It is a requirement that the athletes pick up their water and sponges by themselves.

8.3. TRAINING

There will be suitable training areas in Birštonas.

Athletes will have the possibility to train on the course between 10:30 and 12:00 on Saturday, 18th of May.



9. ENTRIES AND FINAL CONFIRMATIONS

9.1 TEAM COMPOSITION

The European Race Walking Cup comprises separate events for Men's (10km, 20km and 50km) and Women's (10km and 20km and 50km) teams representing European Athletics Member Federations.

Each European Athletics Member may enter a maximum of 6 (six) athletes in each senior race, of which a maximum of 4 (four) walkers may participate and a maximum of 5 athletes in each U20 event of which a maximum of 3 (three) may compete.

9.2 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 event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Tuesday, 23rd of April 2019
- Deadline for the final entries: Thursday, 9th of May 2019, 14:00 (CET)

All member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.

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

9.3 FINAL CONFIRMATION

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition.

Forms for the final declaration and confirmation will be available on the European Athletics final confirmations online platform. Access and credentials will be communicated to the team leaders a few days before the event. The forms must be filled-in online by 11:30 on Saturday 18 May 2019. Final start lists will be ready for collection at the TIC after the Technical Meeting.

10. COMPETITION PROCEDURES

10.1 TIMETABLE

The timetable on 19th of May 2019 will be:

08:00 50km Men & Women

09:00 10km U20 Women

10:10 Victory ceremony (Individual) – 10km U20 Women

10:20 Victory ceremony (Team) – 10km U20 Women

10:30 10km U20 Men

12:20 Victory ceremony (Individual) – 10km U20 Men

12:30 Victory ceremony (Team) – 10km U20 Men

12:40 Victory ceremony (Individual) – 50km Men

12:50 Victory ceremony (Team) – 50km Men

14:30 20km Men

14:40 Victory ceremony (Individual) – 50km Women

14:50 Victory ceremony (Team) – 50km Women

16:30 20km Women

16:40 Victory ceremony (Individual) – 20km Men

16:50 Victory ceremony (Team) – 20km Men

18:30 Victory ceremony (Individual) – 20km Women

18:40 Victory ceremony (Team) – 20km Women

10.2 COMPETITION BIBS

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

Each competitor receives 3 bibs:

One name bib to be pinned on the front of the competition clothing

2 number bibs to be pinned on the back of the competition clothing and on the bag.

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

10.3 COMPETITION CLOTHING

All athletes must wear the official national uniform approved by their Delegation. Athletes competing in the same event must wear the same uniform.

IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the call room.

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

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, a full set of photographs must be uploaded, using the template form by 9th of May 2019 (14:00 CET) at the latest:

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Otherwise, the existing records will be used as reference.

10.4 CALL ROOM PROCEDURES

The Call Room is located near the start line. (see map in Appendix 1).

All athletes must present themselves at the Call Room according to the scheduled reporting times as noted below:

	Open (1st Call)	Close	Exit the Call room	Start of the race
50km Men	7:15	7:40	7:50	8:00
50km Women	7:15	7:40	7:50	8:00
10km U20 Women	8:15	8:40	8:50	9:00
10km U20 Men	9:45	10:10	10:20	10:30
20km Men	13:45	14:10	14:20	14:30
20km Women	15:45	16:10	16:20	16:30

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating. Team officials are not allowed to enter the Call Room.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their bib number
- Distribution of the transponder

– Checking of Athletes' Uniform

After leaving the Call Room, athletes will be escorted to the Start Area.

10.5 LINE UP FOR START

The starting order for each event will be based on the respective team standings (scoring teams only) of the previous edition of the European Race Walking Cup. Each team shall be lined up behind each other at the start of the respective race. All other teams will be positioned behind in alphabetical order.

The Technical Delegate shall have the power to alter the above starting positions in special circumstances.

10.6 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.

10.7 TIMING

Official timing, including split times, will be provided by ATOS. A transponder system will be used.

All athletes must wear a transponder in shoes, which will be distributed in the call room. At the exit of the Call Room, a control mat will be placed in order to check the good functioning and placement of the transponder.

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.

10.8 POSTING BOARD

When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, 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 four Red Cards from four different Judges (as rule 230.7.C will apply for all races) 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 transponder and return to the Post Event Control Area.

Red cards and disqualifications will be posted on an electronic posting board. This will be positioned on the right hand side of the course about 100 m before Finish Line.

10.9 RULE 230.7.C

All events of the European Race Walking Cup will be conducted under the Rule 230.7.C. – following below Operational Guidelines.

Penalty Area Set-up

- It should be located in the final straight, close to the 80m start line and in front of the Posting Board.
- It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
- Small barriers or cones should be used to clearly identify the penalty area.
- The athlete is free to stop or continue moving inside the penalty area however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.

Judging IAAF Race Walking Rules (230) must be applied with the following adaptations:

- When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides and he must stop in the penalty area at the first opportunity.

Depending on the race distance, the following penalty times shall apply:

- **10 km** 1 min
 - **20 km** 2 min
 - **50 km** 5 min
- At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Penalty Area.
 - The time penalty starts immediately as the athlete enters the Penalty Area.
 - The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty.
 - After the time penalty, and following the instructions of the official in charge of the penalty area, the athlete shall re-enter the event.
 - The athlete is not judged in the Penalty Area.
 - If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
 - If an athlete receives 4 or more Red Cards before stopping in the penalty area, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
 - If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the penalty area, the athlete shall finish the race and the penalty time shall be added to his official time.

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

10.10 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 his/her name and identification number. A competitor is not permitted to receive assistance from any person other than a member of the official medical staff appointed by the LOC and properly identified as such, who may carry out an on-the-spot medical examination. There are first aid stations located along the route.

10.11 POST COMPETITION PROCEDURES

Immediately after the competition, the flash interview group will interview the winning athletes. These interviews is distributed on information sheets to the Media. In the mixed zone, all athletes meet the media: first the TV cameras, then the radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

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

10.12 SCORING

Each race shall be scored separately on the basis of the actual finishing placings of the walkers. The best 3 (three) walkers in each senior race (20 km and 50 km men and women) and the best 2 (two) U20 walkers men and women in each race (both 10 km) shall score on the following basis and the team results shall be decided by the aggregate of placings recorded by the scoring walkers of each team. The team with the lowest aggregate of points will be judged the winner.

If a team fails to finish with a complete scoring team, the walkers finishing shall be counted as individuals in the race result, and shall be eligible for the individual placings.

No adjustment to the scoring placings of the finishing teams shall be made in respect of any non-scoring team walker or of individual entries.

If two or more teams have an equality of scores calculated according European Athletics Regulation 802.8, the tie shall be decided in favour of the team with the best placed athlete.

10.13 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.



St. Antanas Paduvietis Church in Birštonas

11. MEDICAL SERVICES & DOPING CONTROLS

11.1 MEDICAL SERVICES

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

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 033.

11.1.1 Medical Services in the Hotel

For medical or emergency needs, Team Leaders will contact the hotels' reception (medical information and phone numbers available on site).

11.1.2 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.

11.1.3 Physiotherapy

There are well equipped physiotherapy facilities in connection with the Medical Centre. The physiotherapy rooms are equipped with massage lounger and will be open 19th of May 2019 from 9:00 until 19:00. Please reserve treatments at the Medical Centre office. The team physiotherapists and doctors may use the equipment in the physiotherapy rooms in co-operation with the medical staff.

11.2 DOPING CONTROLS

11.2.1 General Information

Doping control shall be conducted in accordance with IAAF Rules and Anti-doping regulations under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the competition.

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 Centre (DCC).

A selected athlete should report immediately to the DCC 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 DCC. 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 competition.

11.2.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate. All athletes setting World or European records must report to the DCC to provide a sample. Failure to provide a sample will result in the record not being ratified.

11.2.3 Additional Controls

Additional athletes, such as those achieving National Records who have not been selected for doping control, 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 European Athletics and will be deducted from the member federation's European Athletics subvention after the competition.

12. CEREMONIES & SOCIAL FUNCTIONS

12.1 WELCOME DINNER

A welcome dinner will be hosted by Alytus City Mayor at 20:00 on 18th of May 2019, in “Dzūkų Restaurant” in Alytus.

2 persons from each team will be invited. Invitation cards will be included in the welcome bags.

12.2 OPENING CEREMONY

The Opening Ceremony will take place on 18th of May 2019, at 16:00, in competition venue (Alytus). Participation of the athletes is not required.

12.3 VICTORY CEREMONIES

The victory ceremony for the individuals and the teams will take place close to the finish line.

Teams should assemble 10 minutes before the time of the ceremony at the entrance of the Alytus City Theatre. 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.

12.4 CLOSING PARTY

The Closing Party will take place on 19th of May 2019 at 21:00 in Birštonas Cultural Centre. Everyone with accreditation or an invitation is welcome to attend.

Please note that dinner for the teams will be served at the team hotel.

13. DEPARTURE

Teams will be asked to provide full travel details in the final entry system. 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.

14. CONTACT DETAILS

For further details about the European Race Walking Cup in Alytus, please contact:

Mrs Vilija Smilgevičienė

LOC coordinator

Email: info@laf.lt, phone: +370 652 89659

15. APPENDICES

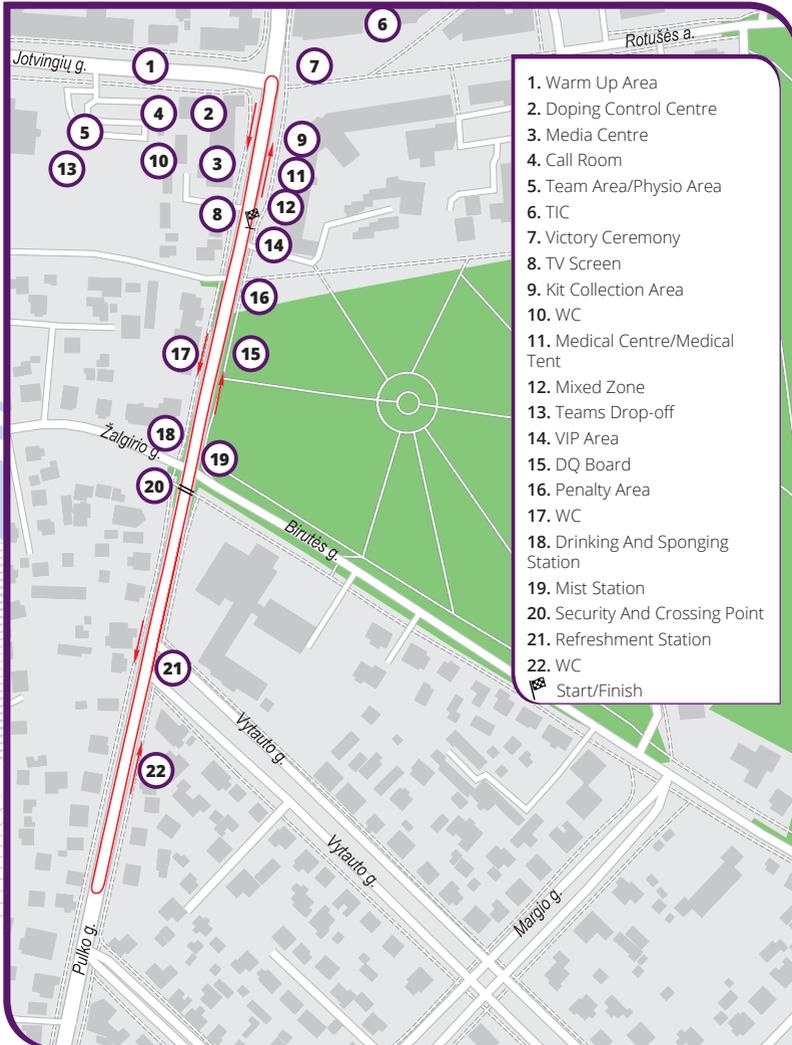
Appendix 1 – Map of the competition venue

Appendix 2 – Transportation schedule

Appendix 3 – General programme

APPENDIX 1 – MAP OF THE COMPETITION VENUE

The course of the race on the 1 kilometer long circuit takes place in the center of Alytus city. The area is already known because of the traditional Alytus Race Walking Festival and European Athletics Race Walking Permit Meetings.



APPENDIX 2 – TRANSPORTATION SCHEDULE

Bus Schedule on the 18th of May

Departure time	Route	Number of busses	Departure time	Route	Number of busses
09:30	Birštonas - Alytus (official training)	3	12:00	Alytus - Birštonas	2
10:15		1	12:30	Alytus - Birštonas	2
14:00	Birštonas - Alytus (rehearsal competition - Alytus Race Walking Festival, Opening ceremony)	2	16:15	Alytus - Birštonas	1
			17:00	Alytus - Birštonas	1
19:15	Birštonas - Alytus (official dinner)	2	22:00	Alytus - Birštonas	2

Bus Schedule on the 19th of May

Departure time	Route	Number of busses	Departure time	Route	Number of busses
05:45	Birštonas - Alytus (50 km M,W)	3	11:00	Alytus - Birštonas (10 km W U-20)	2
06:45	Birštonas - Alytus (10 km W U-20)	2	13:00	Alytus - Birštonas (10 km M U-20)	2
08:15	Birštonas - Alytus (10 km M U-20)	2	14:30	Alytus - Birštonas (50 km M)	3
12:15	Birštonas - Alytus (20 km M)	3	17:00	Alytus - Birštonas (50 km W)	2
14:15	Birštonas - Alytus (20 km W)	2	19:00	Alytus - Birštonas (20 km M, W)	4

Busses have 48 and 54 seats.

APPENDIX 3 – GENERAL PROGRAMME

Date	Time	Event	Place
17.05.2019	12:00	Team Accreditation centre open	Eglės Sanatorija
18.05.2019	10:30– 12:00	Official Training on the course	At the competition venue
18.05.2019	11:30	Final Confirmation of Entries	TIC at the competition venue
18.05.2019	12:00	Deadline for submitting written questions for the Technical Meeting	TIC at the competition venue
18.05.2019	16:00	Opening Ceremony	At the competition venue
18.05.2019	18:00	Technical Meeting	Eglės Sanatorija
19.05.2019	21:00	Closing Party	Birštonas Cultural Centre
20.05.2019		Departure	

MAP OF BIRŠTONAS



HOST INSTITUTIONS



ALYTAUS
MIESTO
SAVIVALDYBĖ



KLONO KOLEKTIVAS IR SPORTO DEPARTAMENTAS
PRIE LIETUVOS RESPUBLIKOS VYRIAUSYBĖS

NATIONAL PARTNERS



INFORMATION PARTNERS



Kauno diena

