

U20 CHAMPIONSHIPS

Borås 2019

18 - 21 JULY
boras2019.com

Colourful moments together



TEAM MANUAL

CONTENTS

1. GENERAL INFORMATION.....	5
1.1 Host Country: Sweden	
1.2 Host City: Borås	
2. ORGANISATIONAL STRUCTURE	8
2.1 European Athletics Council	
2.2 European Athletics Delegates	
2.3 European Athletics Office	
2.4 Executive Board of the Swedish Athletic Federation	
2.5 Local Organising Committee	
2.6 Competition Organisation	
3. TRAVEL TO BORÅS.....	11
3.1 Official Airport and Arrival Information	
3.1.1 Welcome Service	
3.1.2 Transportation of vaulting poles	
3.2 Arrival by Train	
3.3 Arrival by Road	
3.4 Entry Visas	
3.5 Insurance	
4. ACCREDITATION	14
4.1 General	
4.2 Accreditation Centre	
4.3 Accreditation Procedure	
4.4 Access Areas for Teams and Special Passes	
4.5 Loss of an Accreditation Card	
4.6 Personal Coach Accreditation	
5. ACCOMMODATION	16
5.1 General Information	
5.2 Information Desk	
5.3 Official Hotels	
5.4 Accommodation Costs and European Athletics Quota	
5.4.1 European Athletics Quota	
5.4.2 Ratio of Athletes & Officials	
5.4.3 Accommodation Costs	
5.4.4 Payment Procedures	
5.4.5 Extra Charges	
5.5 Rooming list	
5.6 Meals	
5.7 Services in the Team Hotels	
5.7.1 Meeting Rooms	
5.7.2 Rooms for Physiotherapy	
5.7.3 Internet Access	

6. TRANSPORT	25
6.1 Transport Office	
6.2 Bus Shuttle Service	
7. TECHNICAL INFORMATION	26
7.1 Technical Information Centre (TIC)	
7.2 Orientation visit and technical briefing	
7.3 Daily Meetings with the Team Leaders	
8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS	29
8.1 Competition Venue	
8.2 Training Venues	
8.3 Orientation Visit to the Competition Venue	
8.4 Official Training at the Competition Venue	
8.5 Sports Equipment	
8.6 Implements	
8.6.1 Official Implements	
8.6.2 Personal Implements	
9. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS	34
9.1 Entry Rules	
9.2 Entry Standards and Qualification Procedure	
9.2.1 Individual Entries	
9.2.2 Relay Teams	
9.3 Entry Procedures	
9.3.1 Final Entries	
9.3.2 Final Confirmation	
9.3.3 Relays Declaration Forms	
9.3.4 Failure to Participate	
9.3.5 Withdrawals	
10. COMPETITION PROCEDURE	37
10.1 Timetable	
10.2 Competition Bibs	
10.2.1 General	
10.2.2 Relays	
10.2.3 Race Walking	
10.2.4 Combined Events	
10.2.5 Special Bibs	
10.2.6 Hip Numbers	
10.3 Competition Clothing	
10.4 Call Room	
10.4.1 Call Room Procedures	
10.5 Combined Events	
10.6 Specific Events Procedures	
10.6.1 Track Events	
10.6.2 Field Events	
10.6.3 Coaching Zones	



European Athletics U20 Championships Borås, Sweden



10.7 Timing & Measurement	
10.8 Post Competition Procedures	
10.9 Race Walking	
10.10 Protests and Appeals	
11. MEDICAL SERVICES & DOPING CONTROLS.....	44
11.1 Medical Services	
11.2 Physiotherapy Services	
11.2.1 Physiotherapy Services in the Team Hotels	
11.2.2 Physiotherapy Services at Warm-up and Training Venues	
11.3 Import of Medication and Medical Equipment	
11.4 Doping Controls	
11.4.1 General Information	
11.4.2 Selection of Athletes	
11.4.3 Additional Controls	
11.5 Nutritional Survey	
12. CEREMONIES AND SOCIAL FUNCTIONS	47
12.1 European Athletics - LOC Dinner	
12.2 Opening Ceremony	
12.3 Victory Ceremonies	
12.4 Closing Party	
13. DEPARTURE	48
14. CONTACT DETAILS	49
15.1 European Athletics Office (on site)	
15.2 Office of the Local Organising Committee	
15. APPENDICES	50
Appendix 1 – Timetable	
Appendix 2 – Implements List	
Appendix 3 – Entry Standards	
Appendix 4 – Map of Stadium, Warm-Up and Training Areas	
Appendix 5 – Daily Maps	
Appendix 6 – Key Dates and General Programme	



European Athletics U20 Championships Borås, Sweden



1. GENERAL INFORMATION

1.1 Host Country: Sweden

Form of Government	Constitutional monarchy, with parliamentary democracy
Location	Northern Europe
Area	528,447 km ²
Population	around 10 million
Coastline	Smooth
Climate	Temperate, average temperature of July 18°C, 64°F
Language	Swedish (main language) and five official minority languages: Sami, Finnish, Meänkieli (Tornedalen Finnish), Yiddish and Romani Chib.
Religion	Evangelical Lutheran
Capital	Stockholm
Local Time	CET (UTC+1), Summer CEST (UTC+2)
Electricity	Type F and C, 230 V, 50 Hz
Water	Tap water in Sweden is fresh, free and is completely safe for drinking
Driving	Right
International Calls	00
Telephone Country Code	+46
Mobile Phone Networks	GSM, 3G, 4G
Currency	Swedish krona (1 EUR ~ 10,80 SEK). We would like to remind you that Sweden is fast moving to a cashless society. A lot of shops, restaurants, etc. are not accepting cash anymore. Major Credit Cards are accepted everywhere.



European Athletics U20 Championships Borås, Sweden



1.2 Host City: Borås

Borås, the city by Viskan river, is a thriving and vibrant place full of colour, nature, art, and design – and in July 2019, the home to Europe’s finest in athletics. As Sweden’s 13th city with over 111,000 inhabitants, Borås perfectly balances between being a big city and a small town. Big enough to encompass a wide range of entertainments, culture and services but small enough to have everything at close range.

A city of sports

Borås has long been a city of sports. The city is blessed with one of the best basketball teams in Sweden, Borås Basket, as well as the football team IF Elfsborg, who always gather a great crowd at Ryavallen and Borås Arena. The arena is proudly embellished with a mural of the city’s famous football player Anders Svensson. One of athletics’ greatest, the Olympic champion Carolina Klüft, was also born in Borås and has competed at Ryavallen several times. Many stars have stepped out onto the ground of Ryavallen over the years, to win championship titles and break records. Who will be the next star to reach new heights during the European Athletics U20 Championships 2019?

Vibrant public outdoor gallery

But the city is not only a place for sports. If you mention Borås to anybody with an interest in art, they will soon rave about the city’s fantastic museums, sculptures and street art. Most people in Sweden know about the nine-meter tall bronze sculpture of Pinocchio – Walking to Borås by Jim Dine, and other sculptures in town include, but are not limited to, House of Knowledge by Jaume Plensa, Declination by Tony Cragg, Vibration by Xavier Veilhan, and Non-Violence by Carl Fredrik Reuterswärd. The street art festival No Limit has also contributed to the vibrant cityscape, with international artists transforming the city into a giant outdoor gallery with everything from installations to 25-meter tall murals. The festival has been held for three years, in 2014, 2015 and 2017, and in 2019 it will happen again. The art is best enjoyed on a guided tour, but wherever you go you will experience colourful and thought provoking works of art, whether it is on the side of buildings, in the city park or in the main square.

Textile heritage

The city is also famous for its fashion and design, and the local region has enjoyed a solid reputation as a centre of textiles for decades, even centuries. The textile industry made Borås into one of Sweden’s most expansive cities in the 1900’s, and in the 1960’s, the industry employed two thirds of the industrial workers in Borås. At fashion and textile fairs across the world, Borås is a well renowned place. The Swedish School of Textiles and Nordiska Textilakademin, both based in Borås, are two examples of leading Swedish schools for the textile designers of the future. The textile tradition is even more relevant than ever today, with Textile Fashion Center, Borås and Sweden’s international centre for fashion, textiles and design, at the heart of the city. Borås is also the centre of Nordic mail order, with many well-known businesses based here. Examples are H&M, Gina Tricot, Ellos Group and Consortio Fashion Group, including Bubbleroom, Cellbes and Halens. Millions of packages are sent from the area every year.

Historical place for trade

The city first started as a place for trade in the 1500’s, with local farmers supplementing their income by selling handicrafts, textiles and wooden goods. The traders, called “knalle”, wandered



European Athletics U20 Championships Borås, Sweden



across large parts of the country to sell their goods, which at the time was illegal. But king Gustaf II Adolf made an exception for Borås when he founded the city in 1621. With the new city privileges, the merchants had the right to trade wherever they wanted, as long as the goods had been declared for customs in Borås. Since then, the city has only grown as a city of trade. For 400 years, the “knalle” wandered the country to sell their goods. They even developed their own language called Månsing, which included words such as “fika”, still used to this day for drinking coffee and/or eating something sweet.

A city with ambition

Borås is simply, and always has been, a city with a lot of ambition. And we are building like never before. Cafés and restaurants are popping up on every street-corner, next to tall buildings and event arenas. Borås is a city full of experiences waiting to be discovered. Not least Borås Zoo, one of the best zoos in Sweden, indoor and outdoor swimming areas in the middle of the city, and a beautiful countryside with vast forests always within easy reach.

Welcome to Borås, to enjoy Colourful Moments Together.

Business Hours Shops, Government Offices, Banks

Business Hours Shops:

- From Monday to Friday: 10:00 – 21:00 (Malls); 10:00 – 18:00 (others)
- Saturday and Sunday: 10:00 – 17:00 (Malls); 10:00 – 16:00 (others)

Government Offices:

- From Monday to Friday: 08:00 – 16:00
- Saturday and Sunday: Closed

Banks:

- From Monday to Friday: 09:00 – 15:00 (some banks are open until 18:00 on Thursdays)
- Saturday and Sunday: Closed

Useful expressions

Hej	- Hello
God morgon	- Good morning
Hej då	- Good bye
Tack	- Thank you
Snälla	- Please
Ja	- Yes
Nej	- No
Förlåt	- I´m sorry
Smaklig måltid	- Enjoy your meal
Vad heter du?	- What´s your name?
Talar du engelska?	- Do you speak English?
Jag vet inte	- I don´t know
Trevligt att träffas	- Nice to meet you

2. ORGANISATIONAL STRUCTURE

2.1 European Athletics Council

President

Svein Arne Hansen (NOR)

First Vice President

Dobromir Karamarinov (BUL)

Vice Presidents

Cherry Alexander (GBR)

Libor Varhanik (CZE)

CEO

Christian Milz (SUI)

Council Members

Slobodan Branković (SRB)

Nadya But-Husaim (BLR)

Raúl Chapado Serrano (ESP)

Fatih Çintimar (TUR)

Panagiotis Dimakos (GRE)

Jean Gracia (FRA)

Karin Grute Movin (SWE)

Márton Gyulai (HUN)

Frank Hensel (GER)

Anna Kirnová (SVK)

Antti Pihlakoski (FIN)

Sonja Spindelhofer (AUT)

Erich Teigamägi (EST)

Sebastian Coe (GBR)

Periklis Iakovakis (GRE)

Carl-Olaf Homén (FIN)

Hansjörg Wirz (SUI)

IAAF President (ex officio member)

Athletes' Committee Chair (ex officio member)

European Athletics Honorary Life Presidents

2.2 European Athletics Delegates

European Athletics Delegate

Jean Gracia (FRA)

Technical Delegates

Chris Cohen (GBR)

Gemma Castaño-Vinyals (ESP)

Doping Control Delegate

Gabriela Andreiasu (ROU)

Jury of Appeal

Samuel Da Silva Lopes (POR) - Chair

Iker Martinez (ESP)

Iva Machova (CZE)

International Starter

Jordi Roig (ESP)

International Photo-Finish Judge

Alison Jordan (GBR)

International Race Walking Judges

Frédéric Bianchi (SUI) - Chief

Bent Bundgaard (DEN)

Alicia Ruano (ESP)

Jenni Lahtinen (FIN)

Noel Carmody (GBR)

José Ganso (POR)

International Technical Officials

Patrick Van Caelenberghe (BEL) - Chief



European Athletics U20 Championships Borås, Sweden



Event Presentation Consultant

Elena Barrios Bañuelos (ESP)
Pasi Oksanen (FIN)
Peter Kerner (HUN)
Andrej Udovc (SLO)
Zuzana Costin (SVK)
Pavel Pruša (CZE)

2.3 European Athletics Office

European Athletics Office
Avenue Louis Ruchonnet 16
1003 Lausanne, Switzerland
Tel: +41 21 313 43 50
Fax: +41 21 313 43 51
Email: competition@european-athletics.org
Web: www.european-athletics.org

2.4. Executive Board of Swedish Athletics Association

President	Johan Storåkers
Vice President	Karin Grute Movin
General Secretary	Stefan Olsson
Members	Berndt Andersson
	Maja Englund
	Stephan Hammar
	Bo Sjölander
	Karin Lundgren
	Anders Svanholm
	Toralf Nilsson
	Ulrika Pizzeghello

2.5. Local Organising Committee

President	Karin Lundgren (SAA)
Vice President	Berndt Andersson (SAA)
	Kjell Persson (Chairman IK Ymer)
	Tommy Jingfors (Head of Leisure and Public Health department)
General Secretaries	Tommy Andersson (IK Ymer)
	Henrik Björnander (Borås TME)
Event Management	Martina Lindberg (City of Borås)
Protocol / Hospitality	Marita Curran (Borås TME)



European Athletics U20 Championships Borås, Sweden



Communication / Branding
Press / Media
Finance
Accreditation
Transport
Accommodation
Marketing
Medical/Anti-Doping
Competition
Ceremonies

Anders Kihl (Borås TME)
Göran Lohne
Tommy Jingfors (City of Borås)
Zorka Vukobrat (Borås TME)
Fredrik Odelberg (IK Ymer)
Moa Lohne (Borås TME)
Björn Bördin
Darko Sarovic /Kali Rashid
Måns Åkerberg
Eva Andersson

2.6. Competition Organisation

Competition Manager
Competition Director
Meeting Manager
Event Presentation Manager
Call Room Referee
Track Events Referee
Start Referee
Starter(s)

Field Events Referee
Combined Events Referee
Technical Information Centre Manager
Secretary of Jury of Appeal

Måns Åkerberg
Andreas Thornell
Linus Wirén
Janne Åkerblom
Carina Ljung
Ola Josefsson
Jordi Roig
Fredrik Jurstrand
Jörgen Kvist
Martina Appel
Patrick Van Caelenberghe
Josefine Dahlqvist
Gabriel Nordangård
Mats Svensson

3. TRAVEL TO BORÅS

3.1 Official Airport and Arrival Information

The official airport, located at 43km from Borås is Gothenburg Landvetter International airport, where the LOC will provide adequate welcome services.

3.1.1 Welcome Service

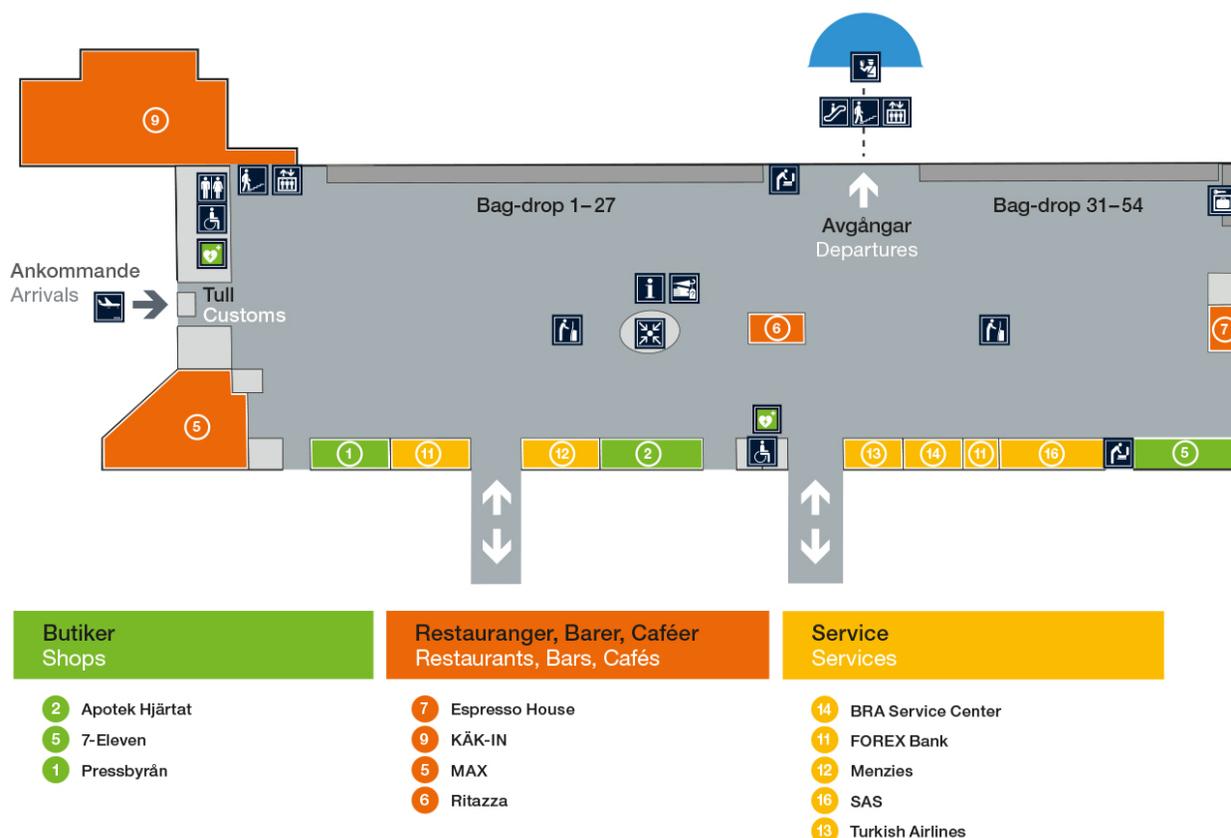
Upon arrival at Gothenburg Landvetter Airport, the teams will be met by their Team Attachés.

The opening dates and times of the Welcome Desk, situated in the airport arrival hall, will be the following:

Date	Opening hours
15-22 July	08:00-21:00*

*Opening hours will be based on arrivals

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel, Team Leader will be transported to the Main Accreditation Centre (MAC).



The transfer time from the airport to the official hotels is 15-90 minutes approximately, depending on the location of the allocated Team hotel.

3.1.2 Transportation of vaulting poles

The LOC will provide transport for the delivery of vaulting poles. Upon arrival to the airport athletes are responsible for taking their vaulting poles to the welcome desk, where LOC team members will assist with the check in. Vaulting poles will then be transported to the training and warm-up venue, Ryahallen. LOC will provide a lorry for this service.

Vaulting poles should be marked with

- Country flag
- Country Name
- Name of the athlete
- Discipline (e.g. Pole Vault Women)
- Number of poles

3.2 Arrival by Train

There will be no Welcome Desk at the main railway station in Borås. 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 their hotel, where representatives from the LOC will welcome them.

3.4 Entry visas

The following countries require visas to enter Sweden:

Albania*
Armenia
Azerbaijan
Belarus
Bosnia & Herzegovina*
Georgia*
Kosovo
Republic of North Macedonia*
Moldova*
Montenegro*
Russia
Serbia*
Turkey
Ukraine

*Visa free regime applies to citizens of ALB, BIH, GEO, MKD, MDA, MNE and SRB, only if they are holders of biometric passports.



European Athletics U20 Championships Borås, Sweden



Visas should be obtained before leaving your country, from Swedish 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:

Moa Lohne, +46 723 26 66 15, visa@boras2019.com

The following information shall be included in the request:

- Full name
- Place and date of birth
- Passport or ID number
- Expiration date of the passport or ID
- Country Name

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

For more information visit: <https://www.government.se/government-policy/migration-and-asylum/list-of-foreign-citizens-who-require-visa-for-entry-into-sweden/>

3.5 Insurance

According to the Regulation 510.9 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.



European Athletics U20 Championships Borås, Sweden



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.

4.2 Accreditation Centre

The team leaders will pick up the accreditation of their team at the Main Accreditation Centre - located at Sjuhäradshallen - which is next to the competition venue. This is where the Team Leader shall report upon arrival, 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
15 July	09:00 – 17:00
16 July	09:00 – 19:00
17 July	09:00 – 19:00
18 July	08:30 – 21:00
19 July	08:30 – 21:00
20 July	08:30 – 21:00
21 July	08:30 – 18:00

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/she can collect the accreditation cards for the whole team:

- LOC accommodation invoice
- Check of athletes' passport (or a copy)
- Uniform check
- Collection of bib numbers and 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.



European Athletics U20 Championships Borås, Sweden



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.
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team.
- Combined events resting room (1 per athlete + 1 per team)
- Field events coaching area (1 per athlete)

4.5 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the Main Accreditation Centre. 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.

4.6 Personal Coach Accreditation

An accreditation package will be available for purchase for personal coach. The price is 80 EUR for in-ratio and 120 EUR for out-of-ratio (see point 5.4.2.) and will include:

- Access to the team tribune
- Access to warm-up and training areas
- Access to the Championships transportation system (however, please note that transfer from/to airport will be provided to the Main Accreditation Centre as long as transport data have been entered in the ARENA system and further transport to the Team Hotel will only be provided as long as the personal coach is accommodated in one of the Team Hotels)

Personal coaches must be entered by the Member Federations in the European Athletics event management system, during the final entries.

The cost of the accreditation package will be settled as part of the team accommodation invoice.

Accreditation cards can be picked up at the Main Accreditation Centre which is located at Sjuhäradshallen (next to the Competition Venue).

5. ACCOMMODATION

5.1 General Information

The LOC has made accommodation arrangements for team members in 12 hotels of similar standard.

The hotels will officially open with full services on 14 July. If members of your federation are planning to arrive earlier, please contact the LOC, Moa Lohne, moa.lohne@boras.com well in advance to make sure specific arrangements are made.

5.2 Information Desks

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 Borås 2019 including transport information. The Information Desks' opening hours will be in principle from 08:00 to 22:00 from Tuesday 16 to Sunday 21 July inclusive and from 08:00 to 14:00 on Monday 22 July. Those opening hours are subject to change.

5.3 Official Hotels

The official hotels for the European Athletics U20 Championships Borås 2019 are indicated below with their homepage where further details can be found:

Teams Hotels



**Comfort Hotel
Jazz**

Comfort Hotel Jazz

Allégatan 21
503 32 Borås
www.nordicchoicehotels.se



**Fristad
Folkhögskola**

Fristad Folkhögskola

Folkhögskolevägen 7
513 32 Fristad
www.fristads.fhsk.se



Hindåsgården

Hindåsgården Konferens & Spa

Ivar Bergers väg 2

438 54 Hindås

www.hindasgarden.se



Hotell Bogesund

Hotell Bogesund

Sturegatan 7

523 30 Ulricehamn

www.hotellbogesund.se



**Hotell
Lassalyckan**

Hotell Lassalyckan

Sanatoriebacken 10

523 33 Ulricehamn

www.hotell-lassalyckan.se



Hotell Nyboholm

Hotell Nyboholm

Nyboholmvägen 2

523 37 Ulricehamn

www.hotellnyboholm.se



**Quality Hotel
Grand**

Quality Hotel Grand Borås

Hallbergsplatsen 2

503 30 Borås

www.nordicchoicehotels.se



Scandic Plaza

Scandic Plaza

Allégatan 3

503 32 Borås

www.scandichotels.se



Solhem Park

Hotell Solhem Park

Vendelsbergsgatan 42

504 55 Borås

www.solhempark.se



Två Skyttlar

Två Skyttlar

511 92 Örby

www.tvaskyttlar.com



**Viskadalens
Folkhögskola**

Viskadalens Kursgård

Sälgered Folkhögskolan 1

515 93 Seglora

<https://xn--a-folkhgskolorna-sw.se/viskadalens/kursgarden/>



Scandic Elmia

Scandic Elmia

Elmiavägen 8

554 54 Jönköping

www.scandichotels.se/elmia

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

European Athletics Family Hotel



**Quality Hotel
Grand**

Quality Hotel Grand Borås

Hallbergsplatsen 2

503 30 Borås

www.nordicchoicehotels.se

Media Hotel



**Best Western
Hotell Borås**

Best Western Hotel Borås

Sandgårdsgatan 25

503 34 Borås

www.hotellboras.se/

5.4 Accommodation Costs and European Athletics Quota

5.4.1 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	1	ITA	25
AND	1	KOS	1
ARM	2	LAT	5
AUT	5	LIE	1
AZE	1	LTU	4
BEL	9	LUX	2
BIH	2	MDA	3
BLR	12	MKD	2
BUL	4	MLT	1
CRO	7	MNE	2
CYP	3	MON	1
CZE	12	NED	12
DEN	4	NOR	12
ESP	20	POL	17
EST	5	POR	7
FIN	14	ROU	9
FRA	25	RUS	12
GBR	30	SLO	5
GEO	3	SMR	2
GER	32	SRB	4
GIB	2	SUI	11
GRE	11	SVK	4
HUN	10	SWE	Host
IRL	12	TUR	13
ISL	3	UKR	12
ISR	3		

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing.

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. Sweden as host of the Championships has not been allotted any free place.

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) ⁽²⁾ :	In-ratio Personal Coaches up to:
1 - 3	1	1	1
4 - 6	2	1	1
7 - 10	3	2	2
11 - 15	5	3	3
16 - 20	7	3	3
21 - 25	9	4	4
26 - 30	11	4	4
31 - 35	13	5	5
36 - 40	15	5	5
41 - 45	17	6	6
46 - 50	18	7	7
51 - 55	19	9	9
56 - 60	20	10	10
61 - 70	21	14	14
71 - 80	22	18	18
Plus 10	+ 1	+4	+4

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

(2) For Personal coaches beyond the maximum number of out-of-ratio officials, packages can be offered without accommodation including accreditation with access to the warm-up, training facilities and team seats.

5.4.3 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.

The official period is thus 6 nights: check-in on 16 July and check-out on 22 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.

Additional nights have been fixed to 2 nights before (14 and 15 July) and 1 night after (22 July) the official period. This means that if your team is planning to stay in Borås outside the period 14-22 July



European Athletics U20 Championships Borås, Sweden



(9 nights), the below rates will not apply and a separate agreement will have to be made directly with the LOC/respective hotels.

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

Team Members	Single room	Twin ⁽²⁾ room
Athletes and Officials Official period	90 EUR per night ⁽¹⁾	180 EUR per night
Athletes and Officials Additional nights	130 EUR per night	240 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 officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy. 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 (90 EUR during the official period / 120 EUR for additional nights)

Please note: In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of 180 EUR, for the whole duration of the event.

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.

5.4.4 Payment Procedures

A proforma invoice has been sent to each Federation detailing the amount they owe based on their preliminary entries. Federations are kindly encouraged to make an advance payment of at least 50%



European Athletics U20 Championships Borås, Sweden



by 14 June 2019. Advance payments should be made in Euros by bank transfer to the following account:

Payment information

Account holder: BoråsBorås TME AB
Address: Sven Eriksonsplatsen 3
City: 503 38 Borås
Account number: 9960 70 88 49-5
VAT number: SE556784771901
IBAN: SE1595000099604207088495
SWIFT: NDEASESS
Name of bank: Nordea
Bank address: Västra Hamngatan 1, 411 17 Göteborg, Sweden

The remaining sum (= final entry sum – pre-payment) will be invoiced after the final entry deadline. Should the remaining amount (after the final entries) be settled by bank transfer, the team leader is requested to provide the LOC with a proof of payment upon arrival at the Accreditation Centre.

Otherwise the balance of the payment must be paid on site by the Team Leader on arrival at the Main Accreditation Centre. Payment can be made by credit card (no cash). All types of credit cards will be accepted on site.

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 by credit card.

5.5 Rooming list

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

Further amendments will have to be made through the accommodation module of European Athletics event management system after the closing of the Final entries.

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 06:00-10:00
- Lunch 12:00-15:00
- Dinner 18:30-22:30



European Athletics U20 Championships Borås, Sweden



Due to long travel times to Scandic Elmia and Två Skyttlar hotels, dinner will be served from 18:30 to 23:00 on the competition days.

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 and sparkling 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 the teams are staying.

5.6.1 Water

Water will be provided at the competition venue as well as the warm-up and training areas. Team members will receive a reusable bottle to be able to take water with them from the well indicated Borås Energi och Miljö water stations. Bottled water will be provided at the infield, in the mixed zone and at the doping control station.

5.7 Services in the Team Hotels

5.7.1 Meeting Rooms

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

To ensure that all teams have access to the meeting room, usage may be limited. 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. Please contact:
Moa Lohne, +46 723-26 66 15, moa.lohne@boras.com

5.7.2 Rooms for Physiotherapy

One dedicated room (per hotel) 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 all teams (see 10.1.4).

5.7.3 Internet Access

Free internet access will be provided at team hotels.

6. TRANSPORTATION

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

6.1 Transport Office

The main transport office will be located in the same building as the MAC (Sjuhäradshallen), next to the competition venue, and will be open from 13 July to 22 July from 06:00-22:00, depending on arrivals/departures.

6.2 Bus Shuttle Service

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

Approximate transfer times between the hotels and the competition venue (Ryavallen Athletics Stadium) will be as follows, depending on the hotel location and traffic conditions:

Hotell Scandic Elmia, Jönköping	70 min
Hotell Två Skyttlar, Örby	35 min
Fristad Folkhögskola, Fristad	15 min
Viskadalens Kursgård, Seglora	25 min
Solhem Park, Borås	10 min
Hindåsgården, Hindås	27 min
Hotell Lassalyckan, Ulricehamn	29 min
Hotell Bogesund, Ulricehamn	27 min
Hotell Nyboholm, Ulricehamn	27 min
Quality Hotel Grand, Borås	7 min
Comfort Hotell Jazz, Borås	5 min
Hotell Scandic Plaza, Borås	5 min

7. TECHNICAL INFORMATION

7.1 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
16 July, Tuesday	08:30 - 18:00
17 July, Wednesday	08:30 - 20:00
18 July, Thursday	08:00 - 21:00
19 July, Friday	08:00 - 21:30
20 July, Saturday	07:30 - 21:00
21 July, Sunday	08:00 - 20:30

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

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical 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 Briefing
- Settlement of technical enquiries from delegations
- Receipt of Final Confirmations (in case online system is not available)
- Receipt of Relay Order Confirmation forms (in case online system is not available)
- 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. (e.g. shot put, etc.) and management of vaulting poles for training
- Managing national record doping control requests
- Receipt of withdrawal forms
- 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.



European Athletics U20 Championships Borås, Sweden



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@boras2019.com) 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.

Access to the information to be distributed at the TIC via the pigeonholes will be controlled by a separate card, not by the accreditation card. TIC cards will be given to each Team Leader (in principle one per team).

7.2 Orientation visit and technical briefing

There will be a visit organised to the Ryavallen Athletics Stadium on Wednesday 17 July 2019 at 10:00, in order for the team delegates to inspect access routes and other facilities which will be important to the teams. Team delegates are to meet LOC members at the TIC, from where they will be escorted to this visit.

Each team may be represented by a maximum of two team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the inspection of the Competition Venue. The inspection will be held in English.

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.

Where possible, questions related to competition and organisational matters shall be presented in writing in English using the electronic form available in the final confirmations online platform, before 18:00 on Tuesday, 16 July 2019. In case of technical issues, the questions can be also presented - using the appropriate form - at the TIC or the Information Desk in the Team Hotel by the deadline indicated above.

There will be no formal Technical Meeting, but a technical briefing instead which will take place right after the competition venue inspection in the meeting room located in Sjuhäradshallen. Technical Delegates, European Athletics and LOC Competition Staff will make themselves available to any Team delegate that wish to address any particular matters.

Information and proposals on the progressions, starting heights and raising of the bars will be distributed in advance during accreditation procedure. **Teams are requested to submit their change proposals latest by 18:00 on Tuesday, 16 July 2019, using the final confirmations online platform, or at the TIC or the Information Desk in the Team Hotel.** The final decision of the Technical Delegates on these matters will be communicated at the technical briefing and distributed via the TIC.



European Athletics U20 Championships Borås, Sweden



7.3 Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from 18 July 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 18 July at 14:30 at the Borås Arena, first floor, next door to TIC. The remaining meetings will be scheduled on site and according to the needs.

8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

8.1 Competition Venue

Ryavallen Athletics Stadium and its surroundings are shown in appendix 4 of this document. There are 5062 seats (4072 available for spectators) in the stadium. Athletes' seats are located in the middle upper part of the main stand.

The stadium has the following competition sites:

- 8 lanes
- 2 High Jump sites
- 2 Pole Vault sites
- 2 sites for Long/Triple Jump
- 2 Shot Put Circles
- 1 Combined Discus/Hammer Circle
- 2 Javelin sites

8.2. Warm-up and training areas

The Warm-up area includes the following sites:

Ryahallen (Indoor track)

- 4 lanes
- 1 high jump site
- 1 pole vault site
- 2 sites for Long/Triple Jump
- Gym

Opening hours of this facility will be:

Date	Opening hours
16 July, Tuesday	10:00 - 16:00
17 July, Wednesday	09:15 - 16:30
18 July, Thursday	08:00 - 19:30
19 July, Friday	08:00 - 19:30
20 July, Saturday	08:00 - 19:30
21 July, Sunday	08:00 - 19:30

As the capacity of Ryahallen is limited and the facility shall be primarily used for warming-up, teams are encouraged to use the facilities of Bodavallen for running and long jump training.

The weight training room is situated right next to Ryavallen Athletics Stadium at Sjuhärads Hallen (see appendix 4). Opening hours of this facility will correspond to the working hours of the Ryahallen indoor track.

Borås Arena 2 (football pitch)

- Team tents
- Grass field (no equipment)

Opening hours of this facility will be:

Date	Opening hours
16 July, Tuesday	10:00 - 16:00
17 July, Wednesday	09:15 - 16:30
18 July, Thursday	08:00 - 21:00
19 July, Friday	08:00 - 21:30
20 July, Saturday	08:00 - 21:00
21 July, Sunday	08:00 - 20:30

Parkervallen (throwing field)

- 1 Shot Put Circle
- 1 Combined Discus/Hammer Circle
- 1 Javelin Site

Opening hours of this facility will be:

Date	Opening hours
16 July, Tuesday	09:30 - 16:00
17 July, Wednesday	09:30 - 16:00
18 July, Thursday	08:00 - 18:30
19 July, Friday	08:00 - 18:30
20 July, Saturday	08:00 - 18:30
21 July, Sunday	08:00 - 17:00

Training possibilities for the throwing disciplines will be allocated as specified below:

Date	Discipline	Warm-up	Training
16 July, Tuesday	Discus		09:30 - 10:30
			12:30 - 13:45
	Hammer		10:30 - 11:30
			13:45 - 15:00
17 July, Wednesday	Discus		11:30 - 12:30
			15:00 - 16:00
	Hammer		09:30 - 10:30
			12:30 - 13:45
Javelin		09:30 - 16:00	
		09:30 - 16:00	

Date	Discipline	Warm-up	Training
18 July, Thursday	Discus	10:15 – 12:30	12:30 – 13:30
	Hammer	08:00 – 10:00	13:30 – 14:50
	Javelin	15:00 – 17:30	17:30 – 18:30
	Shot Put	10:30 – 12:00	08:00 – 10:30 12:00 – 18:30
19 July, Friday	Discus	08:00 – 09:50 15:30 – 16:30	14:45 – 15:30
	Hammer	10:00 – 12:30 17:30 – 18:30	14:00 – 14:45
	Javelin	-	12:40 – 13:50 16:40 – 17:20
	Shot Put	-	08:00 – 18:30
20 July, Saturday	Discus	-	08:00 – 10:00 13:25 – 14:25
	Hammer	16:45 - 17:45	10:00 – 10:50 15:45 – 16:45
	Javelin	11:00 – 13:15	14:35 – 15:30 17:50 – 18:30
	Shot Put	09:30 – 10:30	08:00 – 09:30 10:30 – 18:30
21 July, Sunday	Discus	08:00 – 09:10	13:30 – 15:30
	Hammer	-	11:20 – 13:30
	Javelin	09:20 – 11:10 15:40 – 16:55	-
	Shot Put	08:00 – 09:30	09:30 – 17:00

Note: a dedicated bus transport to the call room will be available for the athletes warming-up before their events. The transfer time from Parkervallen to the call room is 5-8 minutes approximately.

Bodavallen (training only for running events and long jump)

- 200 meter in total, (2 lanes in curve, 3 lanes at straight)
- 1 site for Long/Triple Jump

Opening hours of this facility will be:

Date	Opening hours
16 July, Tuesday	10:00 – 16:00
17 July, Wednesday	10:00 – 16:00
18 July, Thursday	10:00 – 16:00
19 July, Friday	10:00 - 16:00
20 July, Saturday	10:00 - 16:00
21 July, Sunday	10:00 - 16:00



European Athletics U20 Championships Borås, Sweden



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

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

8.3. Official Training at the Competition Venue

Official training for all athletes at Ryvallen Athletics Stadium will take place on 17 July from 09:30 - 11:30. The Warm-up area will also be available for training during this time.

Training with Official Starters will take place at Ryvallen Athletics Stadium on 17 July from 10:00 - 11:30.

8.4. Sports Equipment

Poles

Each team is responsible for organising the transport of its poles until its arrival in Gothenburg Landvetter Airport. Upon arrival, the pick-up of the poles will be arranged by the LOC and will transfer them to the training facility Ryahallen, where they will be at the athlete's disposal for training. All poles or bag of poles shall bear the identification of the athlete (tag of the name and country).

The previous day to each competition (male, female or decathlon) and after the morning training sessions have finished, the poles will be delivered to the field of play from Ryahallen.

Once each qualifying competition has finished, poles will be transferred back to the training facility, except those belonging to athletes qualified for the final of the respective event. These poles will be also transferred to the training facility after the respective final, waiting for the last transportation to the airport at the end of the Championships.

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 at the track.

8.6 Implements

8.6.1 Official Implements

The implements provided by the LOC (see Appendix 2) are selected from those appearing on the current IAAF 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, and if supplied to the LOC free of charge. All such implements must have IAAF certification and must be approved by the European Athletics



European Athletics U20 Championships Borås, Sweden



Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by 10 July at the latest.

8.6.2 Personal Implements

Personal Implements shall also be allowed, providing that:

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

Personal implements will have to be submitted to the implements check in point at TIC the day before the event and no later than 16:00 hours.

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

Note: "IAAF 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 IAAF list on the website (<https://www.iaaf.org/about-iaaf/documents/technical>) in advance to identify the implement noting its IAAF certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF Office at technicalofficer@iaaf.org so that its status can be checked and confirmed to you and the LOC in due time.



European Athletics U20 Championships Borås, Sweden



9. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS

9.1 Entry Rules

In accordance with European Athletics regulations only athletes aged from 16 to 19 years on 31 December of the year of the competition can participate. They must not reach 20 (twenty) years of age during the year of the Championships.

An official ID card (with picture) stating the birth date of the athlete will be requested during the accreditation procedure to verify the participants' age (see point 4.2)

9.2 Entry Standards and Qualification Procedure

9.2.1 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.

9.2.2 Relay Teams

Every European Athletics Member may enter 1 (one) team in each relay event. 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.

9.3 Entry Procedures

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

9.3.1 Final Entries

I Run Clean

As per competition regulation number 503.12. of the European Athletics U20 Championships, each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification of having completed the European Athletics Anti-Doping Education Programme – I Run Clean™. The certification is to be achieved in addition to the entry standard(s) for the event(s) in which the athletes are entered.



European Athletics U20 Championships Borås, Sweden



The athletes are required to send their certification to their respective national federation. The certification contains a code with encrypted information about the athlete. The code is meant for the European Athletics Entries Management System - ARENA to uniquely identify and validate the identity of the holder of the certification. The entries manager from each national federation shall enter the certification code of the concerned athletes on ARENA during the final entries.

Procedures and deadlines

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: Saturday 18 June
- Deadline for the final entries: Monday 8 July, 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. Amendments and updates will then be possible through the accommodation and transportation modules of Arena after the closing of the final entries.

9.3.2 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 at a later stage. Team Leaders will be provided with an access for their team, as well as a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to Internet. In addition, free access laptops will be available at the TIC and the accreditation centre, for any Teams needing support to proceed with final confirmations.

Deadline for Final Confirmations:

Competition day	Deadline for Final Confirmation
Day 1, 18 July	15:00, Tuesday, 16 July
Day 2, 19 July	10:00, Thursday, 18 July
Day 3, 20 July	10:00, Friday, 19 July
Day 4, 21 July	10:00, Saturday, 20 July

9.3.3 Relays Declaration Forms

The composition of each relay team as well as the order of running shall be officially declared online 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
20 July	10:30 Women 4x400m R1
20 July	11:00 Men 4x400m R1
21 July	11:22 Women 4x100m R1
21 July	11:47 Men 4x100m R1
21 July	15:17 Women 4x100m F
21 July	15:30 Men 4x100m F
21 July	17:20 Women 4x400m F
21 July	17:55 Men 4x400m F

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.

9.3.4 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 IAAF Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

9.3.5 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, its acceptance being the responsibility of the Technical Delegates based on the IAAF Rules.

10. COMPETITION PROCEDURE

10.1 Timetable

Please refer to Appendix 1 for the competition timetable.

10.2 Competition Bibs

10.2.1 General

For individual events, 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).

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

10.2.2 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.

10.2.3 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,
- the bib with his/her identification number only on his/her back.

10.2.4 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.

10.2.5 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.

10.2.6 Hip Numbers

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

10.3 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not



European Athletics U20 Championships Borås, Sweden



conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

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

Member Federations shall confirm their team vests. If the uniform on its website. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded by July 8 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.

Dimensions of Spikes

Spike which projects from the sole or the heel shall not exceed 9 mm except in the high jump and javelin throw events where it shall not exceed 12mm. These spikes must be constructed that it will, at least for the upper half of its length, fit through a square sided 4 mm gauge.

The Sole and the Heel

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the high jump and long jump, the sole shall have a maximum thickness of 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

10.4 Call Room

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

	Call Room opens	Call Room closes	Arrive at site
Running Events (except hurdles)	00:30	00:22	00:07
Hurdles	00:30	00:22	00:07
Horizontal Jumps	00:55	00:50	00:30
Throwing Events (except Shot Put)	00:55	00:50	00:30
Shot Put	00:50	00:45	00:30
High jump	01:05	01:00	00:40
Pole Vault	01:20	01:15	01:00
Relays	00:30	00:25	00:06



European Athletics U20 Championships Borås, Sweden



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.

10.4.1 Call Room Procedures

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

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

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 IAAF Rule 144.2. 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.

10.5 Combined events

Competitors taking part in combined events must report to Call Room only at the start of each session (morning and afternoon).

A resting area for the competitors taking part in combined events will be provided at Sjuhäradshallen (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 as per schedule provided by the Combined Events Referee.

Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available.

Lunch boxes may be ordered using European Athletics online tool by 11:00 the previous day.

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.



European Athletics U20 Championships Borås, Sweden



10.6 Specific Event Procedures

10.6.1 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 will be taken to the kit collection area at the end of the Mixed Zone for collection after the race.

10.6.2 Field Events

At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in competition order and always under the supervision of the Judges. Only official markers provided by the LOC will be allowed for marking the runways.

During qualification rounds in field events except vertical jumps, athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial will not be allowed any further trials.

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 those finals all athletes are allowed three attempts and the 8 best after three rounds will be given additional 3 attempts with a re-arranged competing order after the 3rd round of trials.

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.

As per the recently approved new note to the IAAF Competition Rule 190.1, the hammer cage movable panels may be used when the cage is being used for discus throw to limit the danger zone.

10.6.3 Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events. Special passes for each 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.

10.7 Timing & Measurement

The official timing will be provided by ATOS and will be displayed on the official electronic timing instrument and photo finish cameras provided by ATOS. 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.

10.8 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 kits 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.

10.9 Race Walking

Race walking events will be conducted using the “Pit Lane” Rule – following below Operational Guidelines.

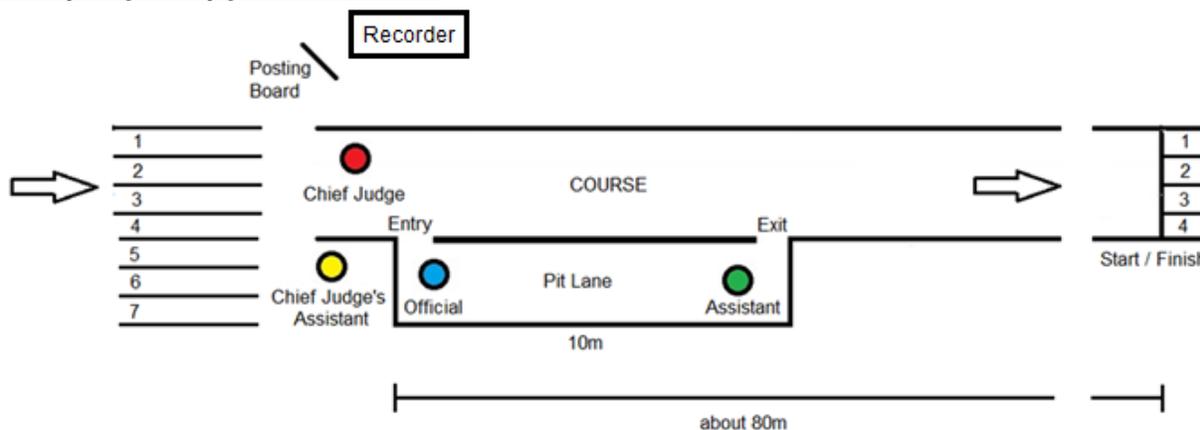
Penalty Zone Rule – Operational Guidelines

These below guidelines have been developed in order to ensure a consistent approach to the practical implementation of the Penalty Zone.

Penalty Zone Set-up

- It should be located in the final straight, in lanes 5 to 7, 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 zone however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.

Example of set-up for a track event



Additional Officials

- There must be 2 red-card collectors next to each Race Walking Judge to ensure the fastest possible delivery of the red cards to the recorder.
- 1 official and 1 assistant will be required to manage the operation of the Penalty Zone (in charge of the athletes' entry and exit, plus the control of the penalty time).
- 1 Chief Judge's Assistant will be required to help the Chief Judge communicate the penalty times to the athletes concerned, especially in the last laps.

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 for 60 seconds.
- At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Penalty Zone.
- The time penalty starts immediately as the athlete enters the Penalty Zone.
- 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 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 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 zone, 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 zone, the athlete shall finish the race and the penalty time (60 seconds) 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 Protests and Appeals

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

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by a responsible official acting on his/her behalf (Rule 146.3). Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board). Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by a responsible official on behalf of the athlete and



European Athletics U20 Championships Borås, Sweden



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.

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 in the stadium.

Below you can find information about the medical care sites and relevant instructions.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 112.

The medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. The medical centre is located at the stadium and will be open as follows:

Date	Opening hours
16 July, Tuesday	10:00 - 16:00
17 July, Wednesday	09:15 - 16:30
18 July, Thursday	08:00 - 21:00
19 July, Friday	08:00 - 21:30
20 July, Saturday	08:00 - 21:00
21 July, Sunday	08:00 - 20:30

During other hours we refer to the Swedish Care Guide at 1177.se or by phone 1177 for non-emergency. In case of emergency always dial 112. LOC medical services can be reached by phone +46 707277685.

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

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

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

There is a medical centre at the Venue where injured athletes may come for first aid and minor injuries. The medical centre is equipped only to handle minor injuries. In case of serious medical emergencies, the teams are requested to immediately alert the LOC medical personnel who will contact the designated hospital for further care.

11.2 Physiotherapy Services

11.2.1 Physiotherapy Services in the Team Hotels

There will be some rooms available for physiotherapy use in the team hotels. The physiotherapy room will be equipped with massage tables, ice, tapes and towels.

LOC physiotherapist will only be available at the competition venue (see section 11.2.2).

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.

11.2.2 Physiotherapy Services at Warm-up and Training Venues

Teams will have covered areas prepared in Borås Arena 2 to set-up their own massage benches.

There are well equipped and staffed LOC physiotherapy facilities available in Ryhallen warm-up area. Opening hours of this facility will be:

Date	Opening hours
17 July, Wednesday	09:15 – 16:30
18 July, Thursday	08:00 - 19:30
19 July, Friday	08:00 - 19:30
20 July, Saturday	08:00 - 19:30
21 July, Sunday	08:00 - 19:30

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

11.3 Import of Medication and Medical Equipment

Team doctors are responsible for listing the medications that the team and the team participants enter into Sweden and also co-ordinating 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 Sweden.

Please be informed by The Swedish Products Agency:

<https://lakemedelsverket.se/english/overview/Legislation/Travelling-import-and-export/>

11.4 Doping Control

11.4.1 General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations. They are in accordance with the revised WADA code in force since 1 January 2015. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the



European Athletics U20 Championships Borås, Sweden



time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample can be investigated as an anti-doping rules violation, may result in liable to disqualification and 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.

11.4.2 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.

11.4.3 Additional Controls

Athletes requiring doping control (e.g. for national record) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

11.5 Nutritional Survey

European Athletics believes, that providing meals that are adapted simultaneously to sports nutrition as well as to different dietary regimens is crucial in an international competition. In order to make necessary adjustments in future championships, European Athletics needs to know athletes' opinion about the current food provided. Therefore, during the Europeans Athletics U20/U23 Championships, national teams will be contacted by European Athletics research team to investigate the athletes' opinion about the food provided. The purpose of this survey is to evaluate if the available meals meet the athlete's nutritional needs and dietary requirements. The questionnaire developed for this purpose will be available in several languages and the information provided by the athletes will be treated strictly confidential.



European Athletics U20 Championships Borås, Sweden



12. CEREMONIES AND SOCIAL FUNCTIONS

12.1 European Athletics - LOC Dinner

A European Athletics - LOC Dinner will be held at the Textile Fashion Center on Thursday 18 July at 20:30. Two persons from each team will be invited. Invitation cards will be distributed together with accreditation cards, as long as guest names were previously confirmed.

12.2 Opening Ceremony

The Opening Ceremony will take place on Wednesday 17 July at 18:00 at the Stora Torget (the main square) in Borås. Team members will not be involved in the Opening Ceremony programme but they are welcome to attend.

12.3 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Briefing. The victory ceremonies will take place at Ryavallen Athletics Stadium, but the two last victory ceremonies, 4x400m for women and men will take place at the Closing Party at Parkhallen. 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.

12.4 Closing Party

The Closing Party will take place on Sunday 21 July at 21:30 at Parkhallen. The party is for all team members.



European Athletics U20 Championships Borås, Sweden



13. DEPARTURE

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

Teams will be asked to provide full travel details together with the final entries. 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** if there are any changes to the provided details. Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.

After the competitions, the poles will be taken directly from the Stadium to the airport where they will be collected by the athlete or team official before flight check-in. Athletes should ensure proper marking of the poles after the competition (name and country code).



European Athletics U20 Championships Borås, Sweden



14. CONTACT DETAILS

For further details about the European Athletics U20 Championships in Ryavallen Athletics Stadium please contact:

Mrs Martina Lindberg
Project Coordinator
martina.lindberg@boras.se
+46 734 153 881

14.1 European Athletics Office (on site)

At the competition venue the European Athletics Office will be located in the Borås Arena, 3rd floor. The office will be open from Monday 15 July to Sunday 21 July, 09:00 to 18:00 daily and/or according to competition timetable.

See point 2.3. for the European Athletics Headquarters' contact details.

14.2 Office of the Local Organising Committee

The office of the Local Organising Committee will be located at Sjuhäradshallen, 2nd floor (next to competition venue) and will be open from Monday 15 July as follows:

15 July - 16 July	10:00-18:00
17 July	09:00-19:00
18 July – 21 July	08:00-20:30

LOC Office prior to the competition week is located at Sturegatan 38., 503 42 Borås, Sweden.



European Athletics U20 Championships Borås, Sweden



15. APPENDICES

Appendix 1 - Timetable

Appendix 2 - Implement List

Appendix 3 - Entry Standards

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

Appendix 5 - Daily Maps

Appendix 6 - Key Dates and General Programme

Appendix 1 - Timetable (as on 17 January 2019)

DAY 1 - Thursday morning, 18 July			
09:45	Hammer Throw	M	QA
10:00	Pole Vault	M	QAB
10:06	100m H Hep	W	Heats
10:30	100m H	W	R1
11:00	High Jump Hep	W	AB
11:03	Hammer Throw	M	QB
11:10	110m H	M	R1
11:45	400m	M	R1
12:21	Discus Throw	W	QA
12:25	100m	W	R1
12:30	Triple Jump	W	QAB
13:00	Shot Put	M	QAB
13:05	100m	M	R1
13:39	Discus Throw	W	QB
13:45	400m	W	R1

DAY 1 - Thursday evening, 18 July			
16:00	800m	W	R1
16:04	Shot Put Hep	W	AB
16:32	1500m	M	R1
17:00	High Jump	W	QAB
17:04	100m	W	SF
17:15	Javelin Throw	W	QA
17:28	100m	M	SF
17:50	1500m	W	R1
18:25	200m Hep	W	Heats
18:45	Javelin Throw	W	QB
18:47	3000m	M	R1
19:00	Long Jump	M	QAB
19:20	3000m SC	W	R1

DAY 2 - Friday morning, 19 July			
09:45	Discus Throw	M	QA
10:00	100m Dec	M	Heats
10:02	Long Jump Hep	W	AB
10:05	Pole Vault	W	QAB
10:25	800m	M	R1
11:00	3000m SC	M	R1
11:02	Discus Throw	M	QB
11:20	Long Jump Dec	M	AB
11:48	100m H	W	SF
12:16	110m H	M	SF
12:20	Hammer Throw	W	QA
12:30	High Jump	M	AB
12:41	800m	W	SF
12:58	400m H	M	R1
13:00	Shot Put Dec	M	AB
13:30	400m H	W	R1
13:40	Hammer Throw	W	QB

DAY 2 - Friday evening, 19 July			
15:30	Javelin Throw Hep	W	A
16:15	200m	M	R1
16:30	High Jump Dec	M	AB
16:35	Javelin Throw Hep	W	B
16:55	400m	W	SF
17:05	Long Jump	M	F
17:25	400m	M	SF
17:50	Discus Throw	W	F
17:52	200m	W	R1
18:30	800m Hep	W	F
18:45	Shot Put	M	F
19:00	3000m	W	R1
19:12	Long Jump	M	VC
19:35	Hammer Throw	M	F
19:47	Discus Throw	W	VC
19:55	400m Dec	M	Heats
20:19	100m	M	F
20:23	Shot Put	M	VC
20:29	Heptathlon	W	VC
20:35	100m	W	F

DAY 3 - Saturday morning, 20 July			
09:50	110m H Dec	M	Heats
10:10	Long Jump	W	QAB
10:30	800m	M	SF
10:35	Discus Throw Dec	M	A
11:00	200m	W	SF
11:30	Shot Put	W	QAB
11:32	200m	M	SF
11:40	Discus Throw Dec	M	B
12:00	4 x 400m Relay	W	R1
12:30	4 x 400m Relay	M	R1
12:50	Javelin Throw	M	QA
13:00	Pole Vault Dec	M	A
13:45	Pole Vault Dec	M	B
14:10	Javelin Throw	M	QB

DAY 3 - Saturday evening, 20 July			
15:55	100m	M	VC
16:00	100m	W	VC
16:05	Triple Jump	M	QAB
16:15	Hammer Throw	M	VC
16:20	Javelin Throw Dec	M	A
16:25	High Jump	W	F
16:35	3000m	M	F
16:50	400m H	W	SF
17:15	400m H	M	SF
17:33	3000m SC	W	F
17:35	Javelin Throw Dec	M	B
17:45	3000m	M	VC
17:50	Pole Vault	M	F
18:00	800m	W	F
18:15	1500m	M	F
18:25	200m	W	F
18:19	Triple Jump	W	F
18:35	200m	M	F
18:38	High Jump	W	VC
18:44	Hammer Throw	W	F
18:46	400m	W	F
18:52	3000m SC	W	VC
19:00	400m	M	F
19:05	800m	W	VC
19:10	1500m	M	VC
19:16	100m H	W	F
19:20	200m	W	VC
19:25	200m	M	VC
19:31	110m H	M	F
19:35	400m	W	VC
19:40	400m	M	VC
19:45	1500m Dec	M	F

DAY 4 - Sunday morning, 21 July			
09:49	100m H	W	VC
09:54	110m H	M	VC
10:00	10,000m R.Walk	W	F
10:05	Discus Throw	M	F
10:30	Shot Put	W	F
10:55	Pole Vault	M	VC
10:59	Decathlon	M	VC
11:05	10,000m R.Walk	M	F
11:18	Long Jump	W	F
11:55	Triple Jump	W	VC
11:59	Hammer Throw	W	VC
12:05	400m H	W	F
12:08	10,000m R.Walk	W	VC
12:14	Javelin Throw	M	F
12:20	400m H	M	F
12:25	Discus Throw	M	VC
12:30	3000m	W	F
12:40	10,000m R.Walk	M	VC
12:52	4 x 100m Relay	W	R1
12:56	400m H	M	VC
13:07	400m H	W	VC
13:12	3000m	W	VC
13:17	4 x 100m Relay	M	R1

DAY 4 - Sunday evening, 21 July			
15:40	Long Jump	W	VC
15:45	Javelin Throw	M	VC
15:54	3000m SC	M	F
16:05	Shot Put	W	VC
16:12	High Jump	M	F
16:18	Pole Vault	W	F
16:20	5000m	M	F
16:37	Triple Jump	M	F
16:47	4 x 100m Relay	W	F
16:50	3000m SC	M	VC
17:00	4 x 100m Relay	M	F
17:08	5000m	M	VC
17:15	4 x 100m Relay	W	VC
17:25	5000m	W	F
17:45	Javelin Throw	W	F
17:46	4 x 100m Relay	M	VC
18:00	800m	M	F
18:05	High Jump	M	VC
18:20	5000m	W	VC
18:25	Triple Jump	M	VC
18:33	1500m	W	F
18:40	800m	M	VC
18:50	4 x 400m Relay	W	F
19:05	Pole Vault	W	VC
19:10	1500m	W	VC
19:15	Javelin Throw	W	VC
19:25	4 x 400m Relay	M	F

Appendix 2 - Implements List

WOMEN		
Brand	Size and materials	IAAF Certification
SHOT 4 kg		
POLANIK	Turned steel, Competition, dia: 95mm	I-12-0588
NORDIC SPORT	Shot 4kg, Nordic Stainless steel, dia: 103mm	I-12-0600
NORDIC SPORT	Shot 4kg, Turned steel, dia: 109mm	I-99-0025
SHOT 4 kg - Heptathlon		
POLANIK	Turned steel, Competition, dia: 95mm	I-12-0588
NORDIC SPORT	Shot 4kg, Nordic Stainless steel, dia: 103mm	I-12-0600
NORDIC SPORT	Shot 4kg, Turned steel, dia: 109mm	I-99-0025
DISCUS 1 kg		
DENFI	Discus 1kg, Jurgen Schult Ultimate Spin, chrome rim, carbon grey	I-99-0099
NORDIC SPORT	Discus 1kg, Master, brass rim, black fiberglass sides	I-99-0031
NORDIC SPORT	Discus 1kg, Super Elite, stainless steel rim, fibreglass sides	I-10-0489
HAMMER 4 kg		
NORDIC SPORT	Hammer 4kg, Brass, dia: 95mm	I-99-0009
NORDIC SPORT	Hammer 4kg, Stainless steel, dia: 100mm	I-99-0010
POLANIK	Competition, Stainless steel, dia: 95mm	I-00-0201
JAVELIN 600 g		
NEMETH	Javelin 600g, Standard 60m, aluminium, violet cord	I-99-0108
NORDIC SPORT	Javelin 600g Valkyrie, Hybrid Carbon, black cord	I-18-0912
NORDIC SPORT	Javelin 600g Valhalla, medium NXS Hybrid Carbon, black cord	I-18-0911
NORDIC SPORT	Javelin 600g Valhalla, medium NXB Hybrid Carbon, grey cord	I-18-0910
JAVELIN 600 g - Heptathlon		
NEMETH	Javelin 600g, Standard 60m, aluminium, violet cord	I-99-0108
NORDIC SPORT	Javelin 600g Valkyrie, Hybrid Carbon, black cord	I-18-0912
NORDIC SPORT	Javelin 600g Valhalla, medium NXS Hybrid Carbon, black cord	I-18-0911
NORDIC SPORT	Javelin 600g Valhalla, medium NXB Hybrid Carbon, grey cord	I-18-0910
NORDIC SPORT	Viking 600 flex 11.1	I-04-0306

MEN		
Brand	Size and materials	IAAF Certification
SHOT 6 kg		
POLANIK	Shot 6kg, Competition, turned steel, dia: 125mm	I-12-0585
NORDIC SPORT	Shot 6kg, Steel Plus, turned steel, dia: 115mm	I-18-0884
NORDIC SPORT	Shot 6kg, Nordic Stainless steel, dia: 119mm	I-12-0603
SHOT 6 kg - Decathlon		
POLANIK	Shot 6kg, Competition, turned steel, dia: 125mm	I-12-0585
NORDIC SPORT	Shot 6kg, Steel Plus, turned steel, dia: 115mm	I-18-0884
NORDIC SPORT	Shot 6kg, Nordic Stainless steel, dia: 119mm	I-12-0603
DISCUS 1,750 kg		
NELCO	Discus 1.75kg, Lo Spin Red, steel rim, plastic sides	I-02-0258
NORDIC SPORT	Discus 1.75kg, Viking, stainless steel rim, fibreglass sides	I-02-0288
NORDIC SPORT	Discus 1.75kg, Master, brass rim, black fibreglass sides	I-07-0392
DISCUS 1,750 kg - Decathlon		
NELCO	Discus 1.75kg, Lo Spin Red, steel rim, plastic sides	I-02-0258
NORDIC SPORT	Discus 1.75kg, Viking, stainless steel rim, fibreglass sides	I-02-0288
NORDIC SPORT	Discus 1.75kg, Master, brass rim, black fibreglass sides	I-07-0392
HAMMER 6 kg		
NORDIC SPORT	Hammer 6kg, Nordic Stainless steel, dia: 110mm	I-12-0614
NORDIC SPORT	Hammer 6kg, Brass, dia: 105mm	I-02-0284
POLANIK	Hammer 6kg, Competition, Brass, dia: 105mm	I-02-0267
JAVELIN 800 g		
NEMETH	Club 85m, aluminium, violet cord	I-99-0104
NORDIC SPORT	Javelin 800g Valhalla, medium NXB, Hybrid Carbon, grey cord	I-18-0915
NORDIC SPORT	Javelin 800g Valhalla, hard NXS, Full Carbon, black cord	I-18-0914
JAVELIN 800 g - Decathlon		
NEMETH	Club 85m, aluminium, violet cord	I-99-0104
NORDIC SPORT	Javelin 800g Valhalla, medium NXB, Hybrid Carbon, grey cord	I-18-0915
NORDIC SPORT	Javelin 800g Valhalla, hard NXS, Full Carbon, black cord	I-18-0914
NORDIC SPORT	Viking 800 flex 10.4	I-04-0308308

Appendix 3 – Entry Standards

Men	Event	Women
10.70	100m	11.90
21.70	200m	24.30
48.15	400m	55.90
1:50.50	800m	2:10.00
3:50.00	1500m	4:28.00
8:25.00	3000m	9:52.50
14:45.00	5000m	17:15.00
14.25 (0.991m)	100/110m Hurdles	14.15
53.80	400m Hurdles	61.40
9:15.00	3000m SC	10:45.00
46:00.00	10,000m Walk	51:00.00
NES	4x100m	NES
NES	4x400m	NES
2.12	High Jump	1.79
5.10	Pole Vault	4.00
7.40	Long Jump	6.10
15.05	Triple Jump	12.65
17.75 (6kg)	Shot Put	14.00
54.00 (1.75kg)	Discus	47.50
66.00 (6kg)	Hammer	57.00
67.50	Javelin	48.00
7100	Heptathlon/Decathlon	5250

NES = No entry standard

Entry Rules

Individual participation (503.5): 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 qualifying standard for that event (see regulation 508.1.3).

Alternatively to 503.5, each European Athletics Member Federation may enter one athlete in each individual event 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 (503.7): Each European Athletics Member Federation 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 European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

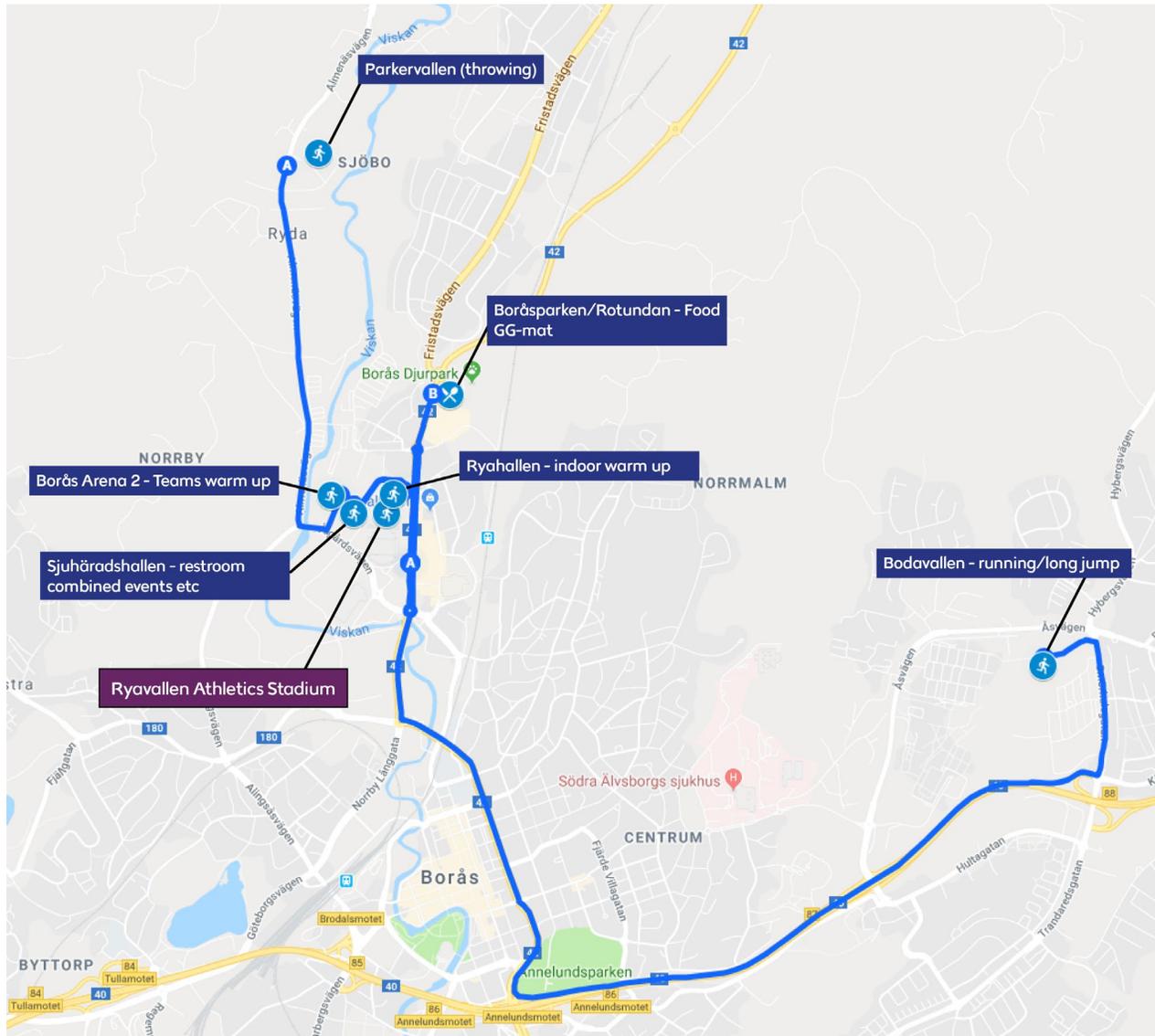
Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules;

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

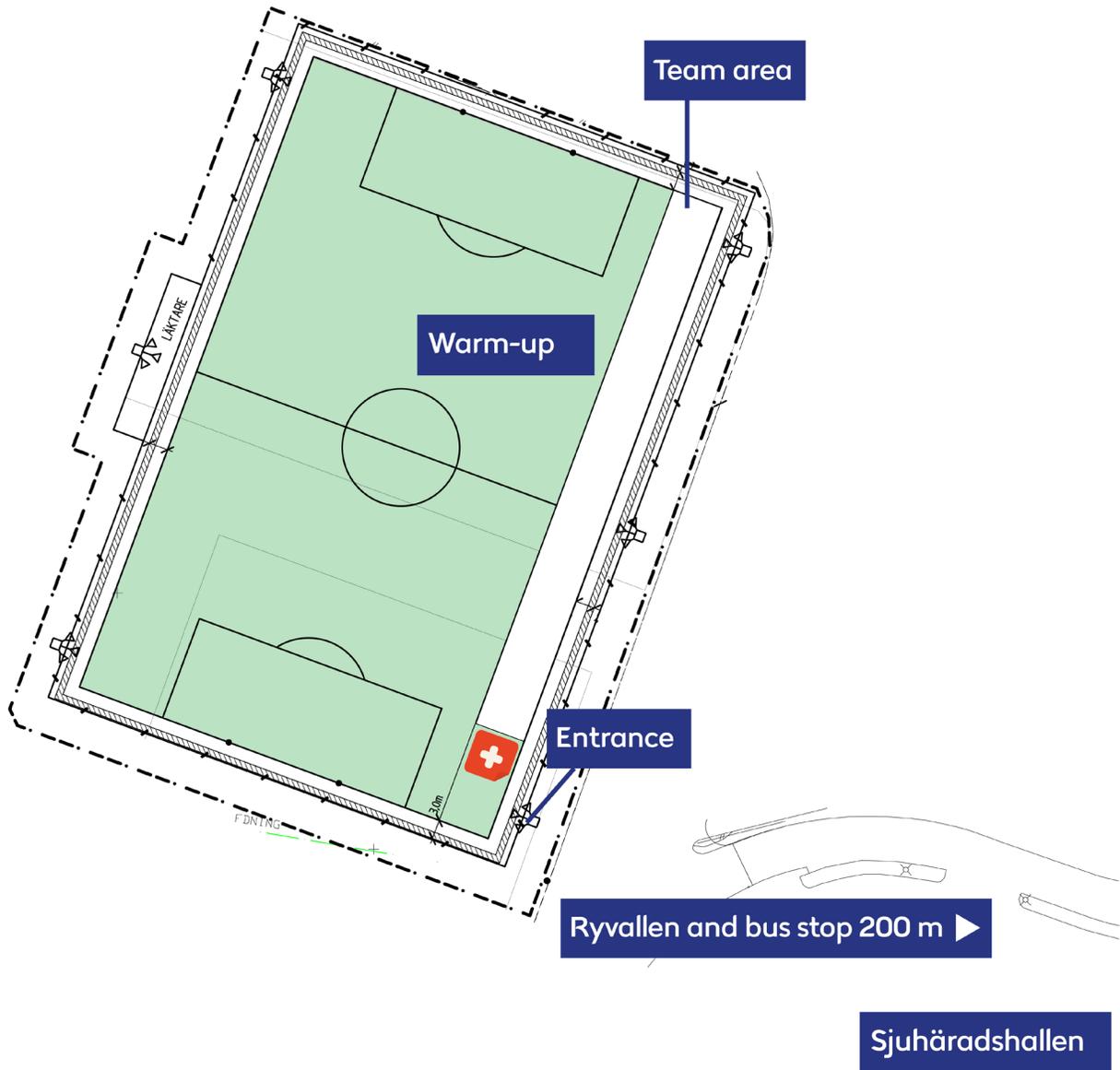
Conditions for validity of performances:

- Performances must be achieved between the 1 January 2018 and **8 July 2019**
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules;
- Performances must be achieved during competitions organised or sanctioned by the IAAF, 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 competitions in track events will not be accepted. Exceptionally, in accordance with IAAF 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;
- Wind assisted performances (over 2m/sec) will not be accepted;
- 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.

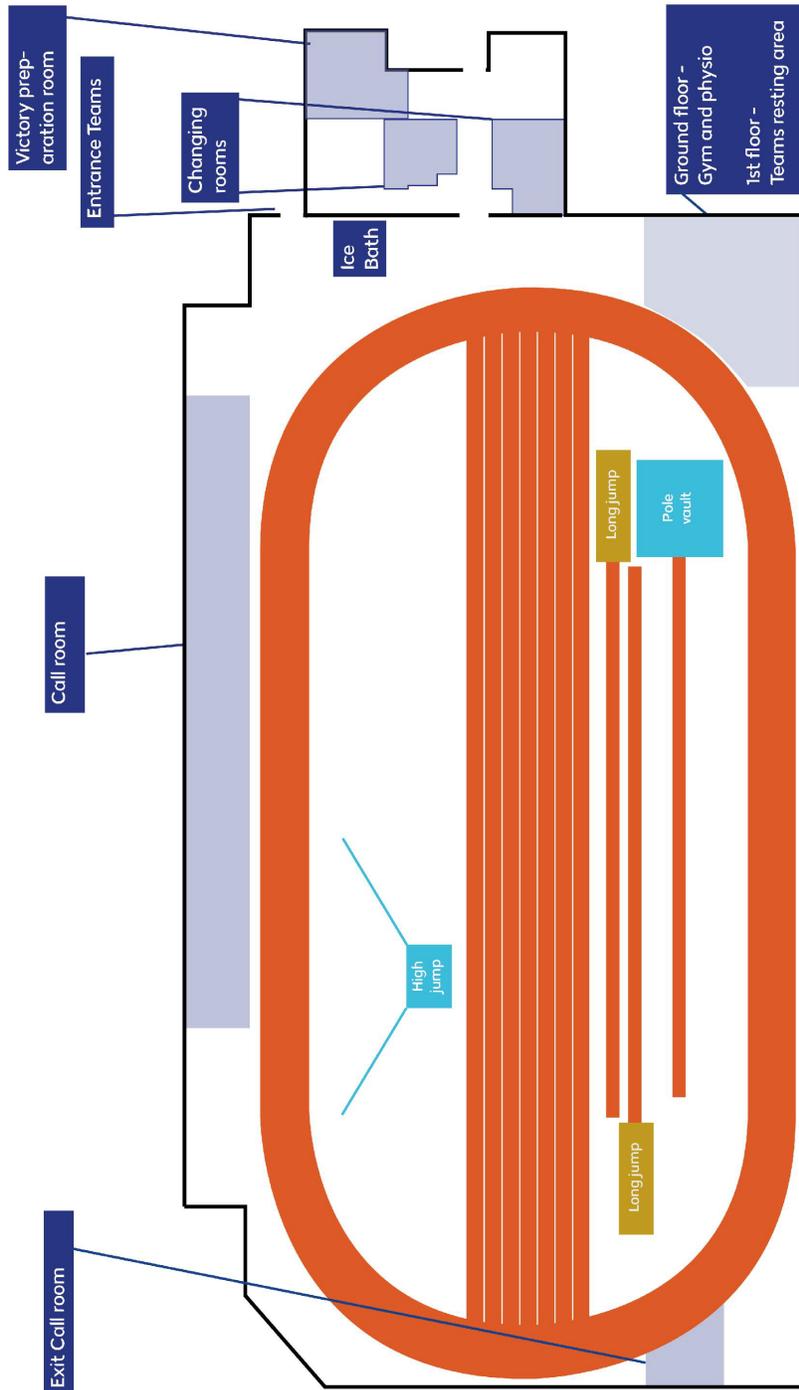
Orientation map venues



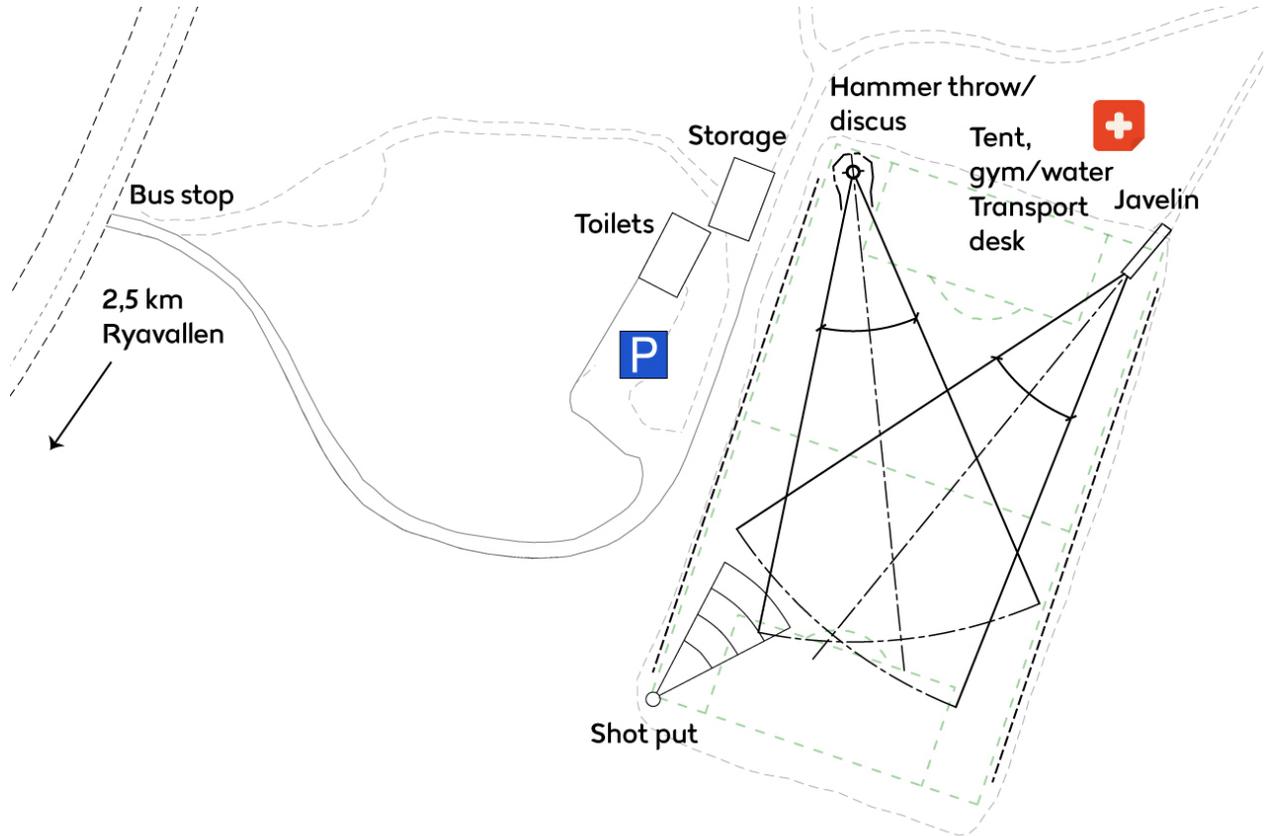
Borås Arena 2 (Warm-up venue)



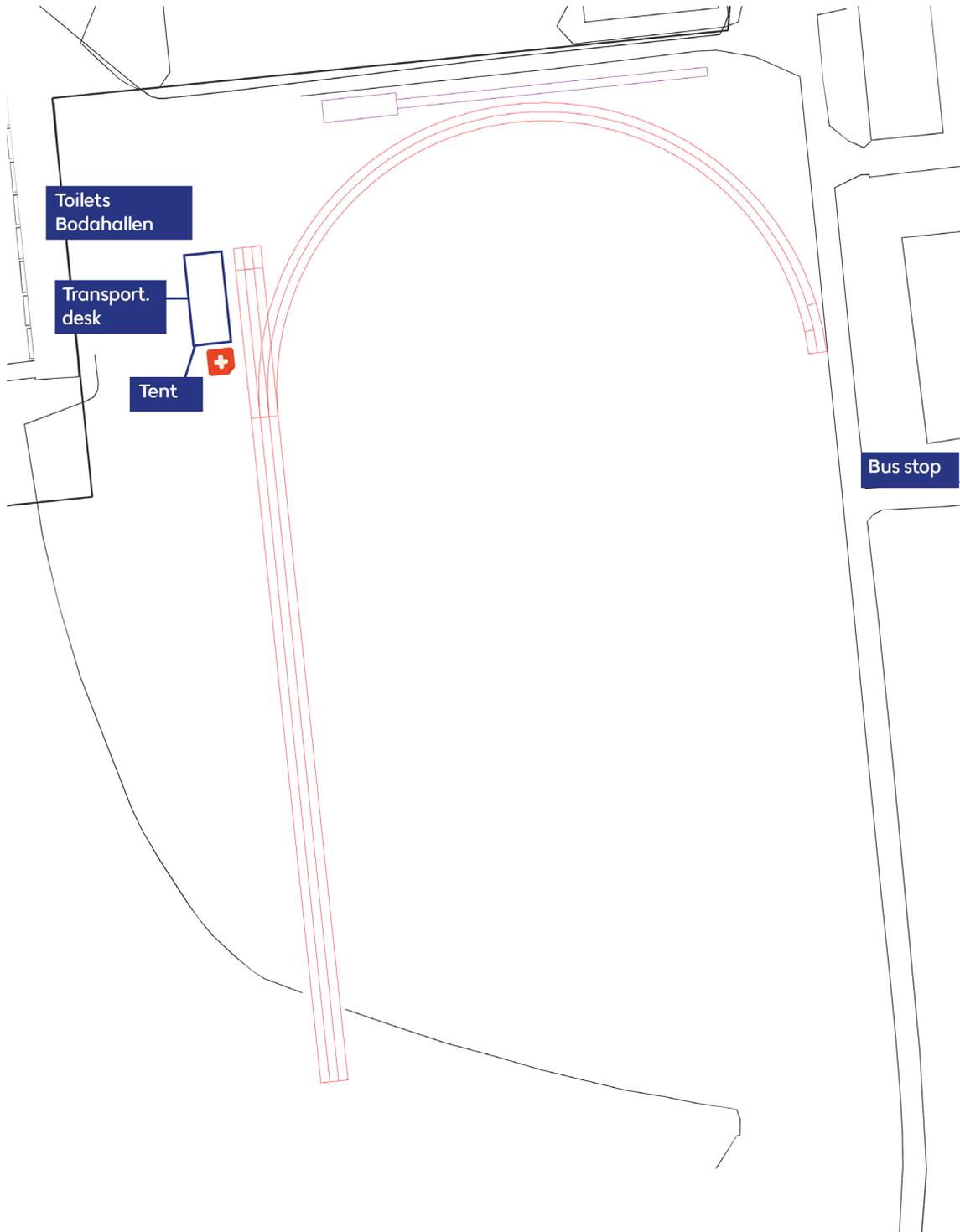
Ryahallen (Warm-up venue)



Parkervallen (Throwing warm-up and training venue)

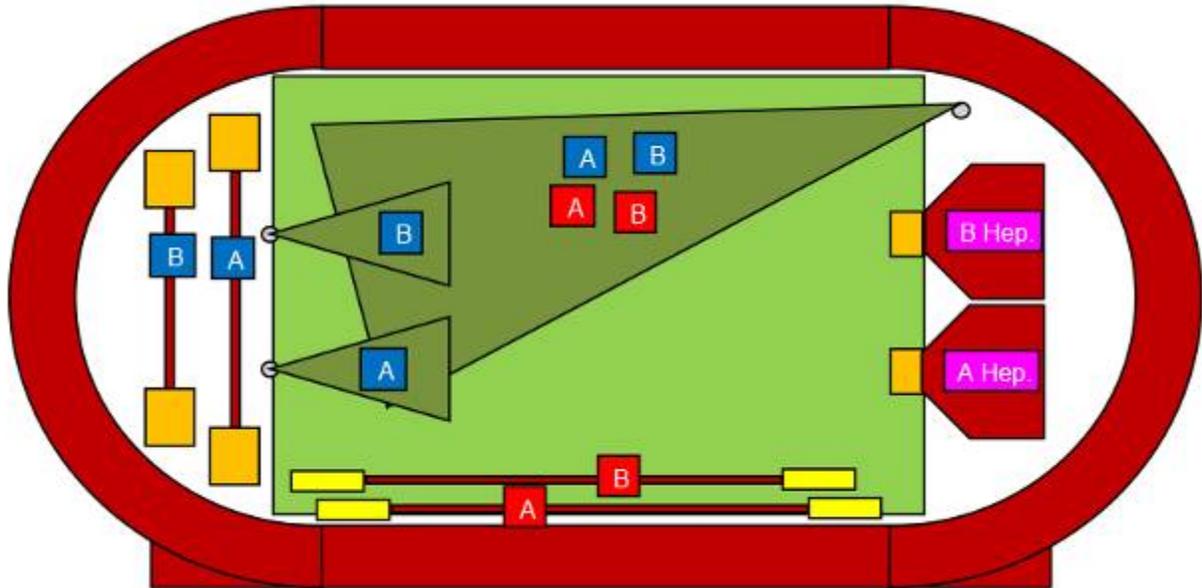


Bodavallen (Training venue for running events and long jump)

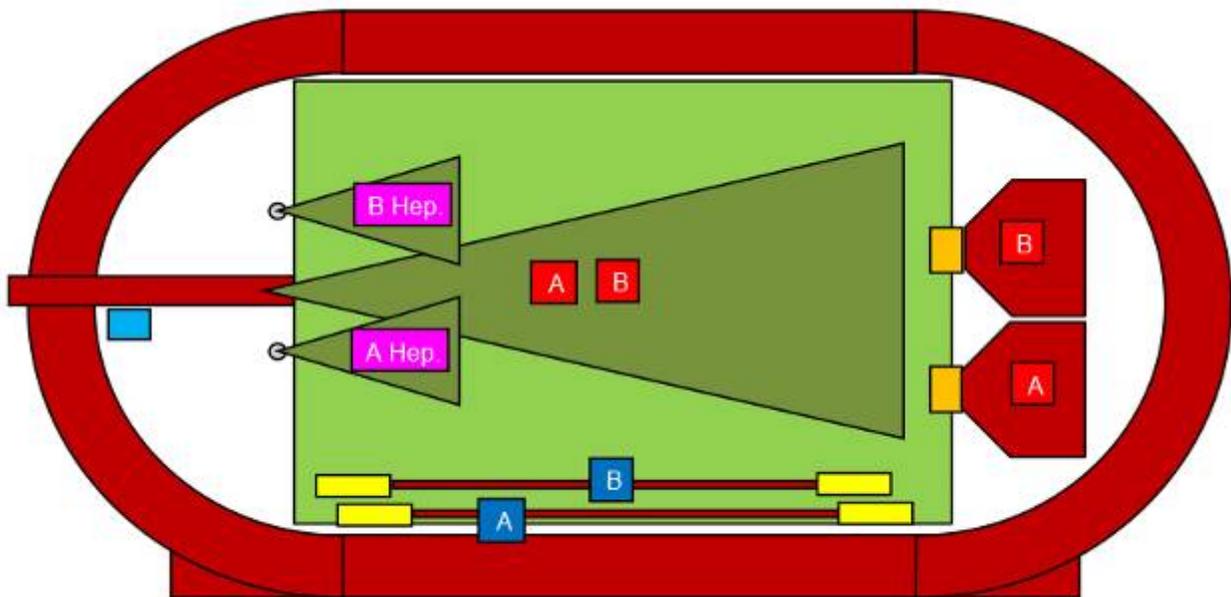


Appendix 5 - Daily Maps

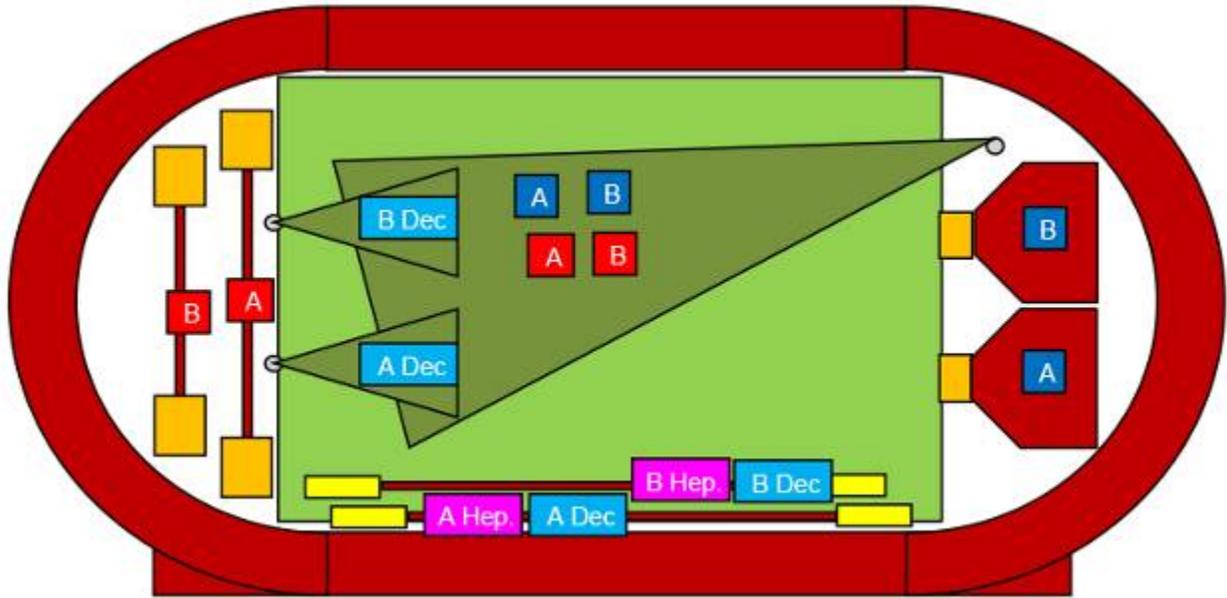
DAY 1 - Thursday morning, 18 July



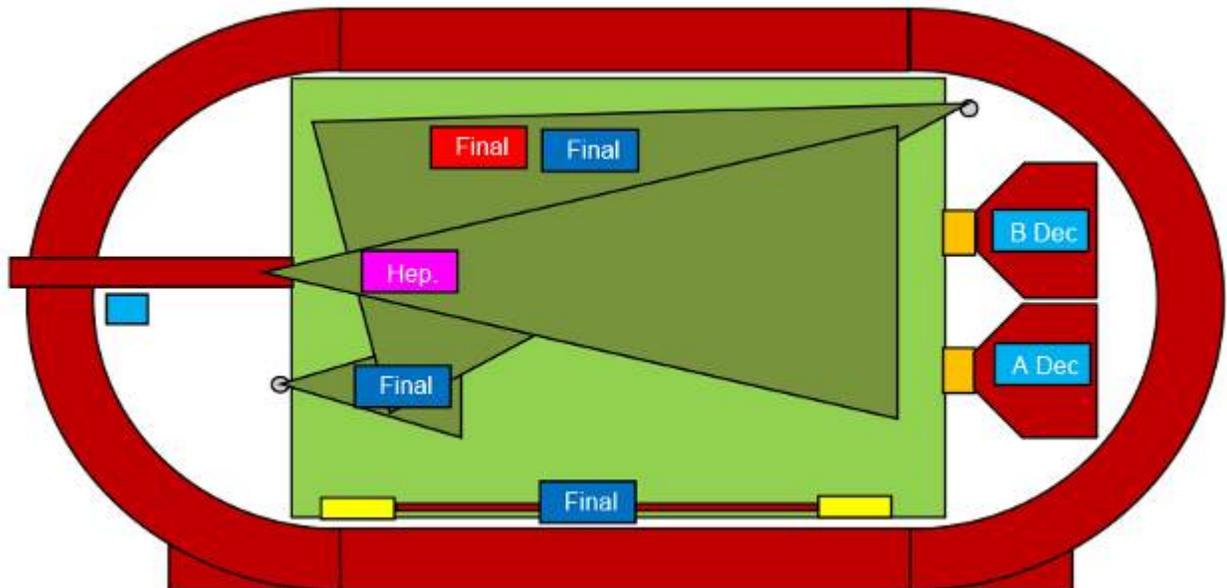
DAY 1 - Thursday evening, 18 July



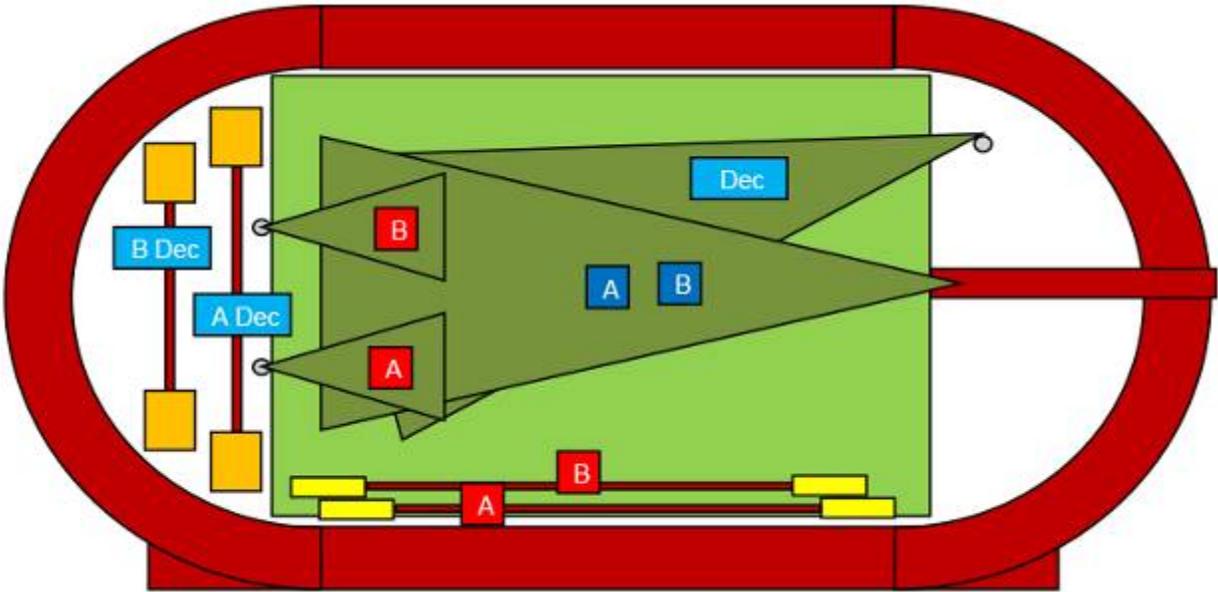
DAY 2 – Friday morning, 19 July



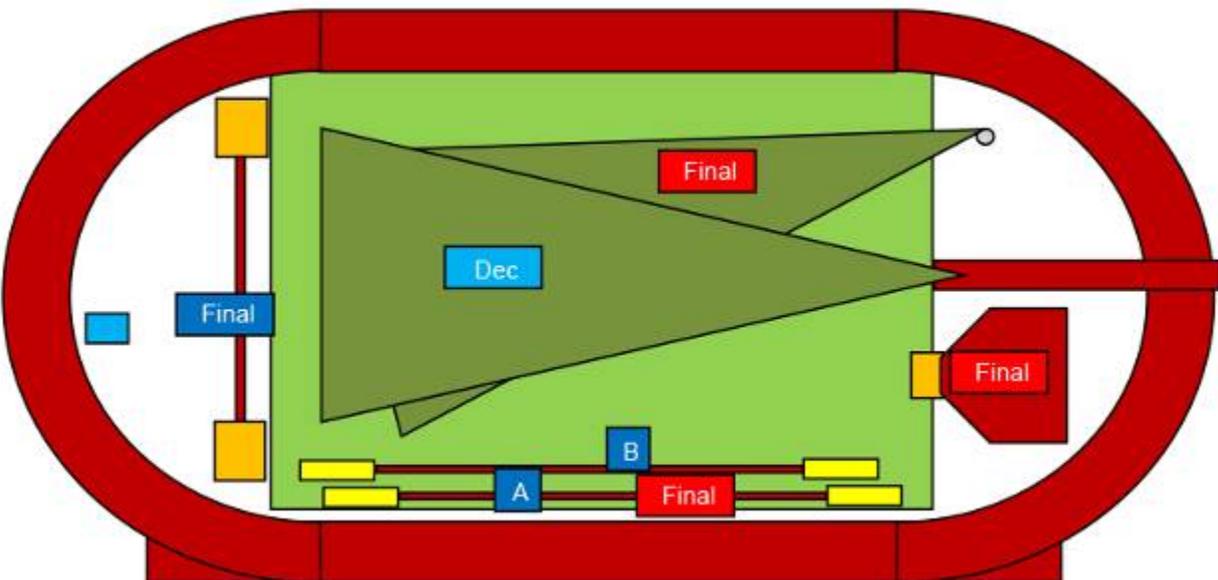
DAY 2 – Friday evening, 19 July



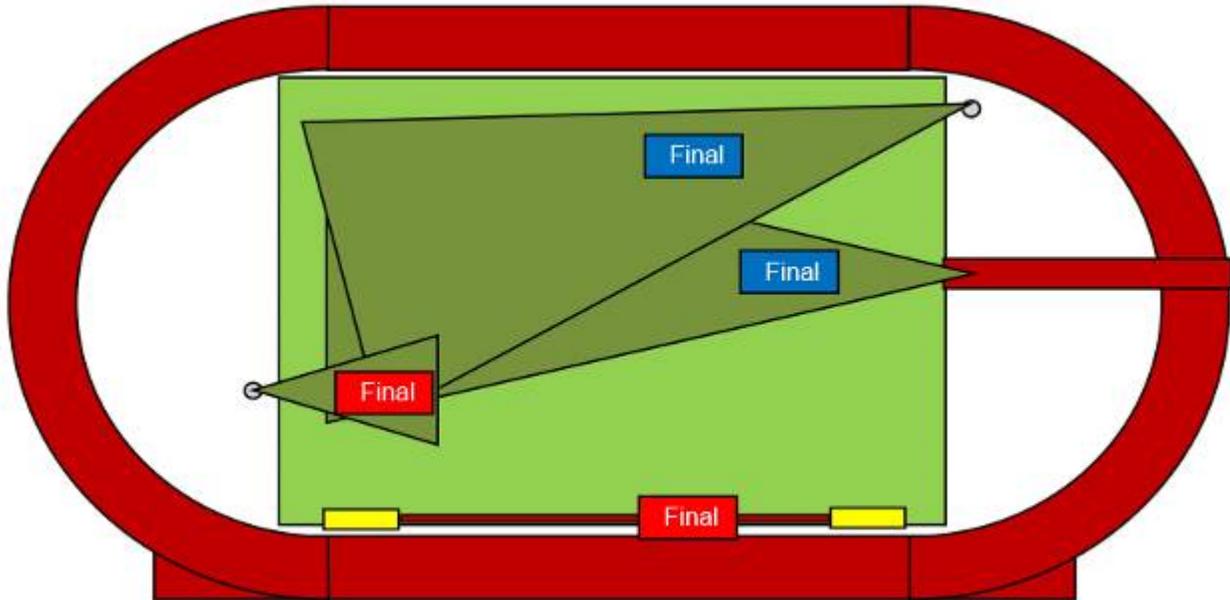
DAY 3 – Saturday morning, 20 July



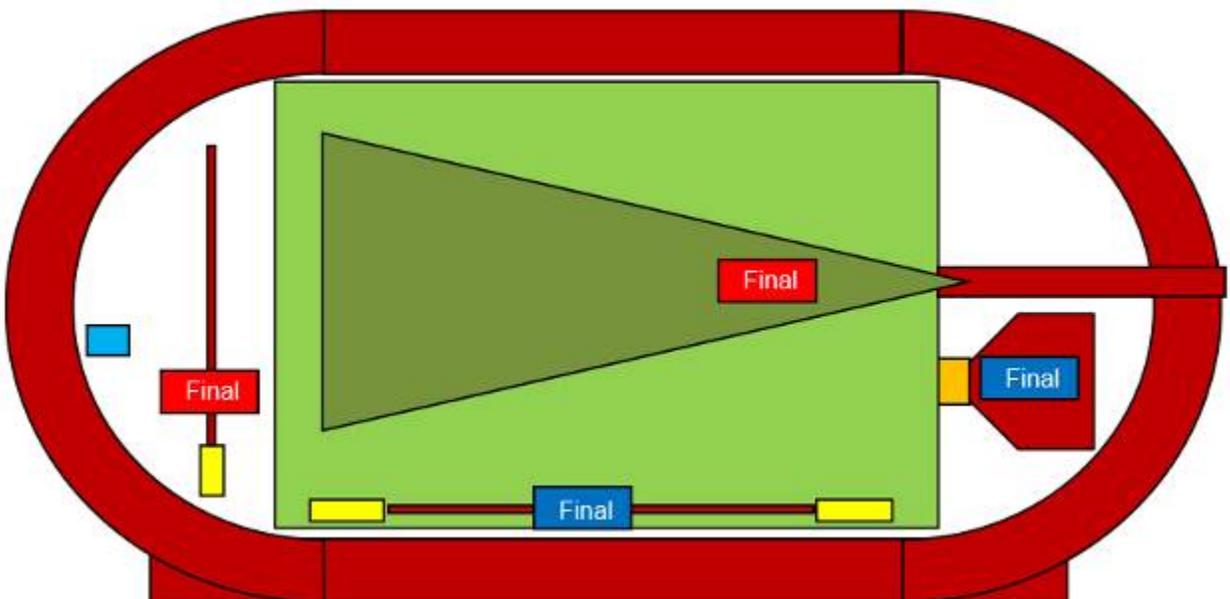
DAY 3 – Saturday evening, 20 July



DAY 4 – Sunday morning, 21 July



DAY 4 – Sunday evening, 21 July



Appendix 6 – Key Dates and General Programme

Date	Time	Event	Place
15 July	09:00	Team accreditation open	Main Accreditation Centre (Sjuhäradshallen)
16 July	15:00	Final Confirmation of Day 1	TIC or online
16 July	18:00	Deadline for submitting written questions for the Technical Briefing	TIC
17 July	09:30-11:30	Official training	Ryavallen Athletics Stadium
17 July	10:00	Orientation Visit and Technical briefing	Ryavallen Athletics Stadium
17 July	10:30-11:30	Official training with starter	Ryavallen Athletics Stadium
17 July	18:00	Opening Ceremony	Stora torget/main square
18 July	10:00	Final confirmation for Day 2	TIC or online
18 July	14:30	Team Leaders Daily Meeting N°1	Borås Arena
19 July	10:00	Final confirmation for Day 3	TIC or online
20 July	10:00	Final confirmation for Day 4	TIC or online
20 July	10:30	Deadline for Final Declaration - Women 4x400m R1	TIC or online
20 July	11:00	Deadline for Final Declaration - Men 4x400m R1	TIC or online
21 July	11:22	Deadline for Final Declaration - Women 4x100m R1	TIC or online
21 July	11:47	Deadline for Final Declaration - Men 4x100m R1	TIC or online
21 July	15:17	Deadline for Final Declaration - Women 4x100m F	TIC or online
21 July	15:30	Deadline for Final Declaration - Men 4x100m F	TIC or online
21 July	17:20	Deadline for Final Declaration - Women 4x400m F	TIC or online
21 July	17:55	Deadline for Final Declaration - Men 4x400m F	TIC or online
21 July	21:30	Closing Party	Parkhallen
22 July	All day	Departure	Team Hotels

U20 CHAMPIONSHIPS

Borås 2019

18 - 21 JULY
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