



Union
Méditerranéenne
d'Athlétisme



STADIUM
MIRAMAS MÉTROPOLE

CHAMPIONNATS MÉDITERRANÉE

— EN SALLE —

Espoirs d'Athlétisme

Samedi 19 janvier 2019 - Miramas

TEAM MANUAL

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1. GENERAL INFORMATION

The 1st Mediterranean Athletics Indoor U23 Championships will take place on 19 January 2019 in Miramas.

| | |
|-------------------------------|---|
| Official Language | French |
| Population | 67 million |
| Local Time | GMT +1 hour |
| Currency | Euro (€), based on the decimal system; there are one hundred cents to each Euro (€). Coins are issued to the value of 1c, 2c, 5c, 10c, 20c, 50c, 1€ and 2€. Notes are issued to the value of 5€, 10€, 20€, 50€, 100€, 200€ and 500€. Money can be changed at any bank and at most of the hotel reception desks. |
| Electricity | The electric current is 220 Volts (50Hz) and the plugs used are two round pins |
| Water | Tap water is completely safe for drinking |
| Country Code | Telephone Country Code is: +33 |
| Mobile Phone Network | French mobile phone networks operate under 4-3G, GSM and GPRS. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with France, which will allow temporary connection with the French network. |
| Mobile Phone Companies | Bouygues Telecom, Free, Orange, SFR |
| International calls | + or 00 (buzz) - country code - city/town code – telephone number |
| Business opening hours | of the main establishments are as follows: |

| | Monday-Friday | Saturday | Sunday |
|-----------------------|---|------------|--|
| Banks | 8:30-13:00 14:30-15:30 (generally closed on Monday) | 8:30-12:00 | Closed |
| Post Offices | 9:00-12:00 14:00-17:00 | 9:00-12:00 | Closed |
| Shops | 9:00-19:00 | 9:00-19:00 | Generally closed (except tourist areas) |
| Administration | 9:00-12:00 14:00-17:00 | Closed | Closed |

2. ORGANISATIONAL STRUCTURE

2.1 Mediterranean Athletics Council

| | |
|--------------------------|--|
| Co-Presidents | Bernard Amsalem (FRA) Fathi Hachicha (TUN) |
| Vice-Presidents | Hakim Dib (ALG) Panagiotis Dimakos (GRE) |
| Council Members | José-Luis de Carlos (ESP) Fatih Cintimar (TUR) Mohamed Fadili (MAR) Alfio Giomi (ITA) Vladimir Mikulec (CRO) Elie Saade (LIB) Seif Shaheen (EGY) |
| General Secretary | Jean Gracia (FRA) |
| Deputy General Secretary | Slaheddine Boudhina (TUN) |

2.2 Mediterranean Athletics Delegates

| | |
|-----------------------|---|
| Organisation Delegate | Jean Gracia (FRA) |
| Technical Delegate | José Luis de Carlos (ESP) |
| Project Manager | Christophe Halleumieux (FRA) |
| ITOs | Can Korkmazoglu (TUR) Samuel Lopes (POR) |

2.3 French Athletics Federation Executive Board

| | |
|--------------------------|--|
| President | André Giraud |
| Senior Vice-Presidents | Daniel Arcuset Anne Tournier-Lasserve |
| Vice-Presidents | Laurent Boquillet Michel Huertas Jean-Yves Le Priellec Martine Prevost Christian Roggemans |
| General Secretary | Jean-Marie Bellicini |
| Deputy General Secretary | Patricia Zuger |
| Treasurer | Jean Thomas |
| Deputy Treasurer | Valérie Saillant |

2.4 Organising Committee

| | |
|-------------------------|---|
| General Coordination | Christophe Halleumieux |
| Local Coordinators | Jean-François Rouillé / Christophe Catoni |
| Event | Christophe Camus |
| Competition | Eric Jaffrelot / Robert Giraud |
| International and Visas | Catherine Gracia |
| Competition officials | Elise Ayme |
| Accommodation | La Tanya Waweru |
| Transport | Yves Arcamone |
| Facilities | Caroline Mangion |
| Accreditation | Nathalie Gil |
| Volunteers | Patrice Ouvrier-Buffer |
| Medical | Amandine Lacroix |
| Doping control | Jean-Luc Dagoumel |
| Timing | Olivier Armand / Jean-Luc Michaud |
| Results | Isabelle Armand |
| Event Presentation | Jérôme Nicault |
| Ceremonies | Patrice Ouvrier-Buffer |
| Media | Mélanie Uzan |
| VIP services (stadium) | Solange Perrault |

2.5 Competition Organisation

| | |
|--------------------------------|-----------------------------|
| Competition Director | Eric Jaffrelot |
| Competition Director Assistant | Christophe Camus |
| Meeting Manager | Elise Aymé |
| Technical Director | Robert Giraud |
| Call Room Referee | Jean-Louis Pellegrin |
| Start Coordinator | Jean-Paul Froger |
| Chief Photo-Finish | Olivier Armand – Guy Soatto |
| TIC Manager | Caroline Mangion |

3. ARRIVALS

3.1 Arrival by Air

The official airport is Marseille-Provence (MRS), which is about 40 minutes from the competition venue in Miramas City.

3.1.1 Welcome Service

After collecting their luggage at Marseille-Provence airport, team members will be met by the LOC team at the arrival exit gate and transported to the LOC Office at the Pullman Marseille Provence Hotel which is 5 minutes away. Team Leaders will have to finalize administrative formalities with the LOC before the teams are taken to their respective team hotels.

The transfer time from the airport to the official team hotels is between 40 minutes and 1h, depending on traffic condition.

3.1.2 Transportation of Equipment

Poles will be transferred from Marseille Provence airport (MRS) to the stadium so please make sure the equipment are labelled with the name/team of the athlete. A secured room is planned at the competition venue.

After the last day of competition, the LOC will organize the transport of the poles back to Marseille Provence airport (MRS).

3.2 Arrival by Road

Teams arriving by road are kindly asked to go directly to the Pullman Marseille Provence Hotel before going to their official team hotel. The address is as follows:

Pullman Marseille Provence
Aéroport de Marseille
13728 Marignane - France
Tel. +33 4 42 78 42 30

3.3 Visa Requirements

The following countries require visas to enter in France: **Algeria, Egypt, Kosovo, Lebanon, Libya, Morocco, Palestine, Syria, Tunisia and Turkey.**

Countries requiring visas to enter France should obtain them from the French Embassy or Consulate in their country. Visa applications should be made in due time (not later than three weeks before the event). Participants who require a visa should contact the LOC as soon as possible to obtain a special invitation letter and visa application information.

The information required is a full list of participants, containing the surname, first name, date of birth, passport number, date of delivery and expiration as well as position in the team, for of all persons who could potentially be part of the team. The LOC will then send an official invitation letter to proceed with visa.

Holders of valid Schengen visas can freely enter France without additional French visa.

FFA/LOC Visa contact: international@athle.fr

4. TRANSPORT

4.1 Transport and Accommodation Desk

An information desk will be located in the lobby of the 2 official team hotels and open from 17 January until 20 January (until the last departures).

4.2 Bus Shuttle Service

- Competition site: a bus shuttle service will be provided for the teams; transfer time is around 30' from the Hotels depending on traffic conditions. Athletes will be dropped at the "Village des Marques", a new shopping centre right next to the Stadium.
- A bus shuttle service will be provided for transport between the team hotels and official venues such as: Training venue, Technical Meeting and the official dinner. Information and timetable will be available at the information desk of the hotels.

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

4.3 Return to Airport

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

Generally, departure from the hotel is planned 3-4 hours before the flight departure.

5. ACCOMMODATION & HOTEL INFORMATION

5.1 General Information

The LOC has made accommodation arrangements for team members in 2 hotels of similar standard.

The hotels will be open with full services from Thursday, 17 January until Sunday, 20 January. If members of your federation are planning to arrive earlier and/or leave later, please contact the LOC, well in advance to make sure specific arrangements are made.

5.2 Information Desk

An information desk will be in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of MAU U23 Championships – Miramas 2019.

5.3 Official Hotel

Team Hotels

Hôtel Ariane Istres
27 avenue de Flore
Parc de Trigance
Istres 13800 - France
Tel: +33 (0)4 42 11 13 13

Hôtel Ariane Fos
Chemin du Plan d'Arenc
13270 Fos Sur Mer
France
Tel : +33 (0) 4 42 05 00 57

VIP Hotel & LOC Headquarters

Pullman Marseille Provence
Aéroport de Marseille
13728 Marignane - France
T. +33 4 42 78 42 30

5.4 Costs and Mediterranean Athletics Quota

According to this competition's regulation, LOC may cover up to three days accommodation and board of participating athletes within the Free Places Quota. No contribution shall be made in respect of athletes representing the host Mediterranean Athletics Member Federation. Mediterranean Athletics has previously informed all Member Federation about the allocated free places.

| Country | Athletes* | Officials |
|------------------------------|-----------|-----------|
| Albania (ALB) | 2 | 1 |
| Algeria (ALG) | 2 | 1 |
| Andorra (AND) | 2 | 1 |
| Bosnia and Herzegovina (BIH) | 2 | 1 |
| Croatia (CRO) | 6 | 1 |
| Cyprus (CYP) | 3 | 1 |
| Egypt (EGY) | 2 | 1 |
| France (FRA) | - | - |
| Greece (GRE) | 6 | 1 |
| Israel (ISR) | 3 | 1 |
| Italy (ITA) | 12 | 1 |
| Kosovo (KOS) | 2 | 1 |
| Lebanon (LIB) | 2 | 1 |
| FYR of Macedonia (MKD) | 2 | 1 |

| Country | Athletes* | Officials |
|------------------|-----------|-----------|
| Libya (LBA) | 2 | 1 |
| Malta (MLT) | 2 | 1 |
| Morocco (MAR) | 3 | 1 |
| Monaco (MNE) | 2 | 1 |
| Montenegro (MNE) | 2 | 1 |
| Palestine (PLE) | 2 | 1 |
| Portugal (POR) | 8 | 1 |
| San Marino (SMR) | 2 | 1 |
| Serbia (SRB) | 3 | 1 |
| Slovenia (SLO) | 6 | 1 |
| Spain (ESP) | 12 | 1 |
| Syria (SYR) | 2 | 1 |
| Tunisia (TUN) | 2 | 1 |
| Turkey (TUR) | 6 | 1 |

* the number of Athletes for whom the LOC is paying the accommodation must include a minimum of one athlete of each gender.

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

The following rates apply for full board accommodation:

| Euros - Full board included VAT | Per day per person Twin Room | Per day per person Single Room |
|--|---------------------------------|-----------------------------------|
| Quota Athletes / Officials | Paid by LOC | Paid by LOC |
| Non-Quota Athletes / Officials | 110 euros | 110 euros |
| Additional rooms for single use (above 10% threshold, upon availability) | Not Applicable | 110 euros |
| Out of official period (1) | 110 euros | 110 euros |

(1) Official period: from 17 to 20 January 2020 (3 nights)

The team leader will be requested to provide a credit card during the checking procedure at the reception desk to cover any extras and must settle any extra charges (bar, laundry, telephone etc) at the hotel reception desk before departure.

5.5 Payment Procedures

5.5.1 Team Members

A proforma invoice will be sent to each Member Federation detailing the amount they owe based on their final entries. Advance Payments should be made in Euros by bank transfer to the following account:

Bank details information for payment by bank transfer in **EUROS**

Fédération Française d'Athlétisme

BIC : CEPAFRPP751

IBAN : FR76 1751 5900 0008 2278 5120 802

Please note: A copy of the bank transfer will be required on arrival.

The balance of the payment must be paid on-site by the Team Leader on arrival at the LOC office at the Pullman Marseille Provence. Payment can be made by credit card (Visa and MasterCard only) or by cash in Euros only.



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

5.6 Meals

Meals will be served at the restaurant of the hotel upon presentation of your accreditation card.

Accreditation cards will allow access to the restaurant (control at the entrance).

For lunch and dinner, mineral water is available free of charge. All other drinks must be paid for. A late serving provision will be made for those athletes detained at the stadium due to doping controls or protests.

A final party with all teams' members will be organised on Saturday 19 January 2019 starting at 21:00.

5.7 Meeting Rooms for Teams

Arrangements can be made for team meeting area through the information desk in the hotels. Requests shall be made at reasonable time in advance.

5.8 Medical Services in the Hotels

The Emergency number for First Aid and Ambulance is 112 (free of charge). For any emergency please address to reception of any hotel, open 24 hours/24 hours.

5.9 Telephone Calls

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

All delegations will receive a telephone contact list of important telephone numbers for the MAU U23 Championships.

6. ACCREDITATION

6.1 General

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

6.2 Accreditation Procedure

Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federations in the final entries. No changes will be accepted after the final entry deadline.

Accreditation cards will be distributed to the team leader at the main accreditation centre at Pullman hotel, during the arrival process.

Opening hours:

- Thursday 17 January: 14:00 – 20:00 (the schedule can vary according to arrivals)
- Friday 18 January: 09:00 – 20:00 (the schedule can vary according to arrivals)

Team leaders will be transported to the accreditation centre directly, before his/her arrival in the team hotel, to finalise administrative and financial aspects.

The Team Leader will settle the payment of accommodation for team members outside the Mediterranean Athletics quota and confirm the athletes participating in the Championships. After

the payment and confirmation, the Team Leader can collect the accreditation cards and other documents/gifts.

6.3 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the welcome desk of the hotel or Accreditation Centre at the Stadium. Duplicate cards can be obtained where proof of identity can be established. Unauthorized use of an Accreditation card will result in the card being confiscated.

6.4 Access Areas for Teams

All team accreditation cards will allow access to the team tribune, warm up area, Team area (physiotherapy tents). Only athletes who are about to compete will have access to the call room and to the infield.

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

Separate cards will be issued for access to the teams' information available in the TIC, Coaching Zones, Mixed Zone and Doping Control.

Coaches Areas. For Long & Triple Jump a special pass will be given at the TIC (one per competing athlete) to seat on first row (second level) of main stand in front of take-off board. For other field events access will be allowed at both curves presenting team accreditation.

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The main function of the centre is to ensure smooth communication between each Team Delegation, the LOC and Mediterranean Athletics Technical Delegates and the Competition Administration, regarding technical matters.

The TIC is located in the stadium map (see Appendix 1).

The TIC will be open at the following times:

- Friday 18 January: 15:30 – 19:30
- Saturday 19 January: 08:30 – 20:00

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

- Receipt of written questions to be answered during the Technical Meeting
- Competition information (start lists, results, etc)
- Liaison points concerning technical matters between Team Delegate(s), Technical Delegate(s), Mediterranean Athletics and LOC
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, Mediterranean Athletics and LOC
- Settlement of technical enquiries from the teams
- Registration and collection of personal implements (shot put)
- Recovery of confiscated items at the call room
- Request of documentation for national records
- Withdrawal of athletes
- Receipt of final declaration of members of relay teams
- Receipt of protests from the teams

Teams that are unable to attend the Technical Meeting, should refer to the TIC.

7.2 Technical Meeting

The Technical Meeting will be held on Friday 18 January at 18:00 at Stadium Miramas Metropole.

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

All questions related to the Technical Meeting must be presented in writing, in English, before 16:30 to TIC. The Technical Meeting will be conducted in English.

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

The Technical Meeting will be attended by:

- Mediterranean Athletics Co Presidents (or a representative)
- Mediterranean Athletics Delegates
- Jury of Appeal
- International/Area Technical Officials (ITO/ATO)
- Representatives of the Local Organising Committee
- Relevant National Competition Officials
- Competition Director
- TIC Representatives
- Mediterranean Athletics Staff

7.2.1 Technical Meeting Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome from the LOC President or his representative
- Welcome from the Mediterranean Athletics Co Presidents or its representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information from the Technical Delegates on the following points:
 - Qualification system for track and field events
 - Raising of the bar (Qualifying Rounds and Final)
 - Answers to written questions submitted by the delegations
 - Other important issues
- Doping Control & Medical
- Presentation of the competition and warm up venues
- Opening and Closing Ceremonies
- Distribution of Competition Bib Numbers

7.3 Equipment

The implements provided by the LOC are selected from those appearing on the current IAAF approved equipment list.

| WOMEN SHOT (4 kg) | | | | |
|-------------------|------------|-------------------------------------|--------|-----------|
| Company | Catalog n° | Description | Color | IAAF N° |
| Nelco | N1118E | Turned iron, dia : 108mm | Red | I-99-0094 |
| Nishi | F253C | Steel, dia : 109mm | Silver | I-99-0084 |
| Nishi | F253C | Steel, dia : 103mm | Silver | I-99-0089 |
| Polanik | PK-4/100-S | Turned stainless steel, dia : 100mm | Silver | I-00-0195 |

| MEN SHOT (7,260 kg) | | | | |
|---------------------|-------------|---------------------------------|---------|-----------|
| Company | Catalog n° | Description | Color | IAAF N° |
| Polanik | PK-7,26/120 | Steel, Competition, dia : 120mm | Various | I-99-0152 |
| Nelco | N1118AX | Turned stell, dia : 129mm | Yellow | I-01-0247 |
| Nishi | F251 | Steel, dia : 125,5mm | Silver | I-99-0087 |
| Nishi | F251C | Steel, dia : 129mm | Silver | I-99-0083 |

Federations requiring IAAF approved equipment not listed by the LOC may present such equipment prior to the competition at TIC, not after 16:30 of Friday 18 January for inclusion in the competition pool, subject to checking. Teams will be required to complete the data form when such implements are presented. Teams will be notified at the Technical Meeting of any items not accepted for competition. Equipment will be returned at the TIC only after the completion of a final, even if the athlete has not qualified for the final.

Basic implements will be provided for warm up and training.

Vaulting poles will be delivered in the stadium by the LOC in the evening before the start of each pole vault event. The poles will be kept in a locked store and will be brought to the competition site in due time by the organisers. On departure the poles will be transported directly on Sunday morning from the storage of the Stadium to the airport according to the travel details submitted by the teams.

7.4 Inspection of Competition Venue

Heads of Delegation may visit the competition site and inspecting access routes during the official training session on Friday 18 January from 16:00.

A further presentation regarding the competition and warm up areas will be given at the Technical Meeting.

7.5 Competition Area

Competition site and its surroundings are shown in appendix 1 of this document. There are around 5000 seats in the stadium. The stadium has the following competition sites:

- 200m oval track with 6 lanes
- 60m oval track with 8 lanes
- 1 High Jump site
- 1 Pole Vault site
- 1 site for Long/Triple Jump
- 1 Shot Put Circle

7.6 Dressing / Warm up / Physio area

The Warm up area is located near the competition track (see Appendix 1), and includes:

60m straight with 4 lanes

A physiotherapy area will be available in the warm-up area.

Dressing rooms with showers are located in the stadium.

Athletes' seats will be available in a dedicated area.

7.7 Training

Athletes will have the possibility to train in the competition site Friday 18 January, from 16:00 to 18:30.

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

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 hotel.

Training with Official Starters will take place at competition track on Friday 18 January from 16:45 to 17:30.

8. COMPETITION REGULATIONS

8.1 Team Composition

There will be 8 men events and 8 events for women.

8.1.1. Individual events

A Member Federation may enter one athlete in each event, irrelevant to any standard. If a Member Federation wants to enter a second athlete in the same event, he/she must comply with the qualification standards (Appendix 2).

8.2 Competition Entry Procedures

8.2.1 General Information

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules. Furthermore, they must comply with the following conditions of age:

Only athletes aged at least 18 (eighteen) and not more than 22 (twenty two) years on 31 December of the year of the competition may participate in the MAU U23 Championships. For the competition of 2019, athletes have to be born in 1997, 1998, 1999, 2000 or 2001.

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date. No athlete may compete in the Mediterranean Athletics Championships unless entered by a Mediterranean Athletics Member Federation.

8.2.2 Final Entries

Not later than 8 (eight) days before the first day of the MAU U23 Championships, each MAU Member Federation shall send to MAU a final number of athletes per events, names of athletes and accompanying officials. Final Entry information shall be supplied in the manner to be prescribed by MAU and shall include such details as required by MAU, including the names and best performances of each athlete. Final entries will be closed January 13th 2019.

8.2.3 Final Confirmation

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and submitted to the TIC or at the info desk of the Teams hotels.

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, which is 16:30 on Friday, 18 January 2019 for all events.

8.2.4 Withdrawal

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

8.3 Competition Bibs

The LOC will provide the teams with competition bibs after the Technical Meeting. For individual events, each competitor will receive two bibs with number.

These must be pinned to the front and back of the competition clothing. 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 or bag). Bibs must not be cut, folded or covered in any way.

8.4 Competition Clothing

Competitors must wear the respective Member Federation's official team vest.

Mediterranean Athletics has a record of the Team vests of all Member Federations through IAAF or continental areas. If the registered uniform differs from your current official uniform, a full set of photographs must be provided to the Mediterranean Athletics (preferably in an electronic version) by Monday, 14 January 2019 at the latest:

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mailto: competition@mediterranean-athletics.org
- 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 6 mm except in the high jump where it shall not exceed 9mm. 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.

Clothing & shoes will be checked in the call-room before athletes enter the infield.

As far as advertising is concerned, the Organisers refer to IAAF Rule 8 & 143 and the IAAF Advertising Rules and Regulations, in which detailed instructions regarding competition clothing and other equipment are given. Compliance with rules will be checked in the call-room and at the competition sites during the competitions. Athletes may not enter the competition site wearing clothes that do not comply with rules.

9. COMPETITION PROCEDURE

9.1 Timetable

Please refer to Appendix 3 for the provisional competition timetable.

9.2 Warming Up Before Events

Warming up will take place in the dedicated area (see map in Appendix 1).

9.3 Assembly and Call Room Procedures

No call for the participants will be made. It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

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

- Pole Vault 75 minutes prior to the scheduled starting time
- Rest of Field Events 45 minutes prior to the scheduled starting time
- Track Events 20 minutes prior to the scheduled starting time

The above times may be changed for qualifying rounds due the number of entries.

The first call will be announced on an information board.

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.

When all the control has been completed Call Room officials will accompany the athletes from the Call Room onto the infield according to the following schedule:

- Pole Vault 60 minutes prior to the scheduled starting time
- Other Field Events 30 minutes prior to the scheduled starting time
- Track Events 5 minutes prior to the scheduled starting time

A detailed list of Call Room times will be handed out at the TIC. Team Leaders must inform all their athletes about the times at which they must report in Call Room and on the procedures to be followed in Call Room.

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

The above mentioned times may need to be adapted to the number of participating athletes in the qualifying rounds.

9.3.1 Last Checkpoint

Athletes will be escorted from the Call Room to the competition area.

9.4 Event Presentation format

Athletes in Finals are presented to the crowd before each event. After entering to competition area from call room and last preparation, announcers namely present each athlete just before events start.

For races, athletes are presented by lane order. For field events, presentation is made by order of passage; athletes have to remain aligned during all the presentation.

Announcers comment the event throughout its duration.

9.5 Competition Preparations

9.5.1 Field Events

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

9.5.2 Track Events

Tracksuits shall be placed in baskets at Call Room before to go infield, and these will be taken to the mixed zone for collection after the race.

9.5.2.1 Starter's Commands.

The starter's commands will be given in English

The starter's command for the distances up to and including 400m and 4x400m relay are:

- *ON YOUR MARKS*
- *SET*
- *GUN*

For distances of 800m and over, the commands will be:

- *ON YOUR MARKS*
- *GUN*

9.6 Measurements

Starting blocks have a false start detection system and are linked to the false start console.

All field events will be measured manually.

9.7 Timing

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

9.8 Leaving the stadium during the competition

An athlete may only leave the competition area when accompanied by a judge. The intention has to be communicated to the Referee.

9.9 Leaving the stadium after the competition

After the competition, athletes leave immediately through the mixed zone. The exit route passes the interview cameras of the TV, then through the radio interview room into the mixed zone. The clothing baskets will be brought to the mixed zone.

9.10 Drinking Stations

Water is provided in the infield, mixed zone and in the warm-up area.

9.11 Protests

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 someone acting on his/her behalf or by an official representative of a team (Rule 146.3). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

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

Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.7 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

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

9.12 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals at the Technical Meeting.

Athletes must wear the official team clothing for the ceremonies. Team Leaders are requested to check their countries respective flags and anthems at the time of the Accreditation.

10. Medical and Doping Control

10.1 Medical

10.1.1 General

The medical service is in charge of any medical assistance to the teams, the competition organization, the information personnel, the honorary guests as well as, during the competition, to the spectators in the stadium.

In case of an emergency please contact the nearest medical aid station, in other cases the given instructions should be followed. Below is information on the medical care sites and relevant instructions. Contact details will be communicated to the Team Leader at the arrival.

10.1.2 Medical Services

The medical teams in the medical centres (physiotherapy and medical services) will take care of the athletes, trainers, other team members as well as members of the competition organization. The medical centres are located at the competition site. Medical service begins on Friday 18 January and will be open during the Training Session and Competition.

Out of these periods including during the night, services will be offer for emergencies situation, a phone number to reach the medical staff in the night will be given to the team leaders.

The Emergency number for First Aid and Ambulance 112 (free of charge).

10.1.3 Medical Care at the Stadium

The stadium medical service is responsible for any problems concerning the athletes' health. The medical centre is located next to the track. The team doctors have access to the medical service facilities when an athlete of his/her own team is hurt or is needed medical attention. There are also well equipped physiotherapy facilities here. The stadium medical service is also responsible for first aid in the warming up area and on the track.

10.1.4 Physiotherapy and warm-up area

Physiotherapy facilities are in connection with the Medical Centre and located in the warm-up area. This area is equipped with massage table and ice. Access is available during warm-up opening times.

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

No treatment will be allowed on the main warm-up area. In case of injury the LOC medical team will help the athlete to go to the physiotherapy area or the medical centre to be treated by the LOC medical service or by his or her team doctor or physiotherapist.

10.1.5 Designated medical institutions

In case of need imaging tests like MRI or CT Scan, X-Ray the athlete can be transferred to the Salon-de-Provence Hospital.

It should be also noted that expenses incurred at designated medical institutions and other external medical institutions are to be borne by the concerned athletes or team.

For any other emergency situation French public system will be used 112, free of Charge.

10.1.6 Insurance

Participating Mediterranean Athletics members are responsible for their own insurance to cover the risk of illness or injury of any member of their team, travelling to and from a Mediterranean Athletics competition and during an event itself. Please make the appropriate arrangements to meet these requirements well in advance.

10.2 Doping Control

10.2.1 General Information

Doping control shall be conducted in accordance with IAAF Rules and Procedures under the supervision of the Mediterranean Athletics Doping Control Delegate. Urine 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 confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).

A selected athlete should report immediately to the DCC unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

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

Athletes and Team Managers are reminded that athletes must be able to provide photographic identification (passport or national identity card) if notified for doping control.

10.2.2 Selection of Athletes

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

All athletes setting World or Mediterranean records must report to the DCC to provide a sample. Failure to provide a sample will result in the record not being ratified.

10.2.3 Additional Controls

Additional athletes, such as those achieving National Records who have not been selected for doping control, may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Station.

The cost of this control is 400,00 Euros and will be paid by the Member Federation through bank transfer after the event (invoice will be sent to concerned member federations)

11. Information

11.1 Stadium Boards

A clock showing the race time is positioned on the in-field in the arrival area.

11.2 Announcements

Official announcements will be made in English and French.

11.3 Start Lists / Result Lists

Start Lists and Result List will be available on posting boards at the Stadium.

12. Security

Instructions given by the LOC, the security personnel and the police must be followed in all areas.

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

The emergency phone number is 112 (police, ambulance and fire department). If necessary, the police can be contacted via the TIC at the Stadium. The TIC can also be contacted for lost and found objects.

13. Opening & Closing Ceremonies

13.1 Opening Ceremony

The Opening Ceremony will take place on Saturday 19 January 2019, commencing at 14:30, at the Stadium.

It will be a ceremony with flags parade and official speeches,

13.2 Closing Banquet/Party

The Closing banquet/party will take place on Saturday 19 January at 21:00 in Miramas. Transfer will be organized from/to the hotel.

All accredited team members (athletes and officials) are invited.

14. Departure

Teams will be asked to provide full travel details in the final entry system. Teams will also receive a departure form, which should be completed and returned to the information desk in the hotel, at least 48 hours before departure, especially if there are any changes to the previously confirmed details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the hotel information desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier of the hotel. If necessary on the day of departure the Team Liaison Officer checks the rooms together with the team leaders.

On departure the poles will be transported directly on Sunday morning from the storage of the Stadium to the airport according to the travel details submitted by the teams. Poles must be clearly marked with names and country signs to ensure that do not get lost.

15. Contact Details

For further details about the Mediterranean Athletics U23 Championships, please contact:

Team Liaison: La Tanya WAWERU +33 6 78 63 03 36

15.2 Others

Mediterranean Athletics

Mediterranean Athletic Union - Provence Athletics

37 bis rue Rouet – 13006 Marseille, France

E-mail: mau@athle.org

French Athletics Federation (FFA)

33 avenue Pierre de Coubertin – 75640 Paris Cedex 13 – France

E-mail: international@athle.fr

Web: www.athle.fr

16. Appendices

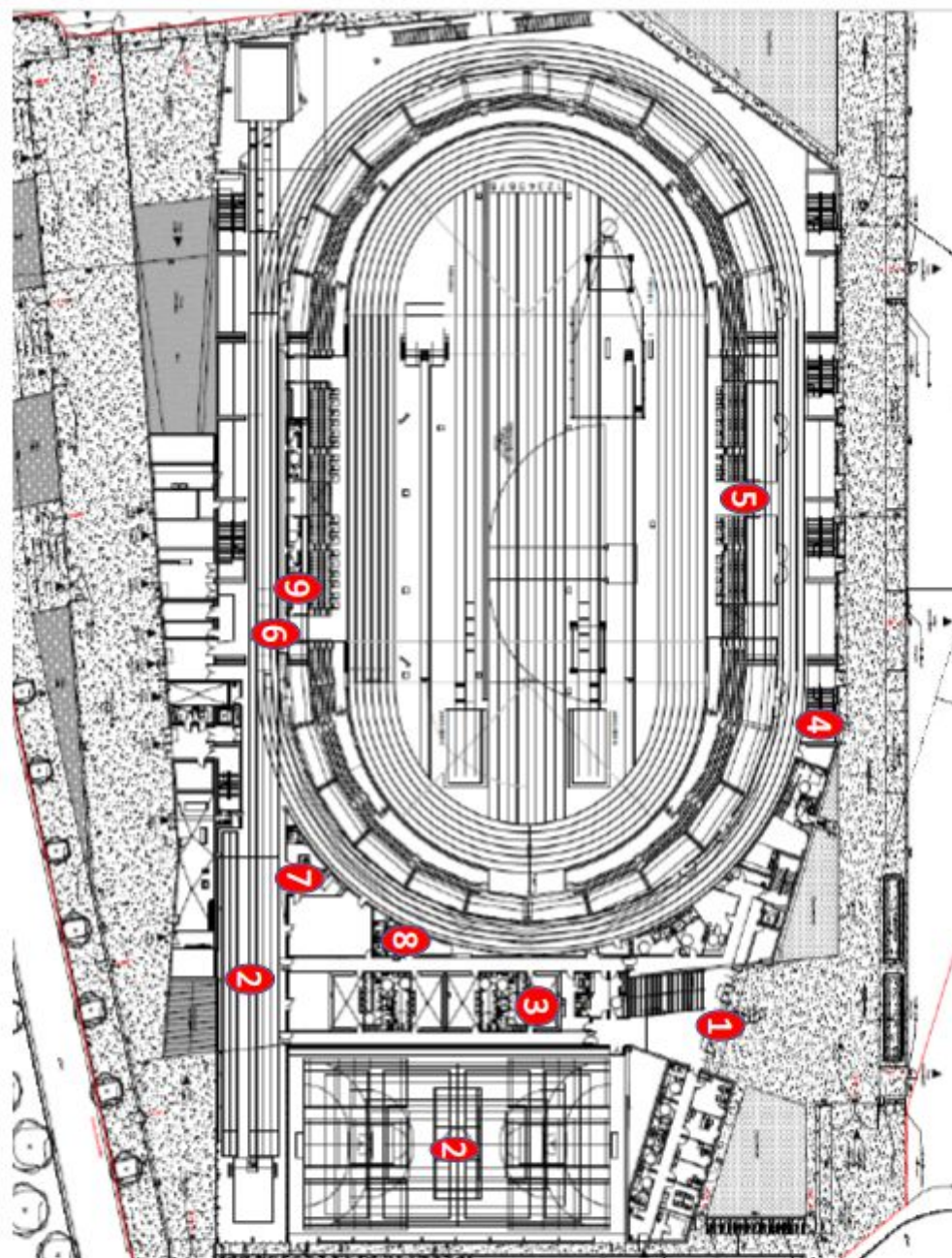
Appendix 1 – Stadium map

Appendix 2 - Qualification standards

Appendix 3 – Provisional Timetable

Appendix 4 – General program

Appendix 1: Stadium map



GENERAL LAYOUT

- 1 TEAM MAIN ENTRANCE
- 2 WARM UP AREA
- 3 ATHLETES CHANGING ROOM
- 4 CALL ROOM
- 5 TRACK ENTRANCE
- 6 MIXED ZONE – KIT COLLECTION AREA
- 7 MEDICAL CENTER
- 8 ANTI-DOPING CONTROL STATION
- 9 TIC

Appendix 2: Qualification standards

| Men | Event | Women |
|--|-------------|--|
| 6"80 (60m) 10"45 (100m) | 60m | 7"60 (60m) 11"80 (100m) |
| 48"10 (indoor) 47"15 (outdoor) | 400m | 56"60 (indoor) 55"50 (outdoor) |
| 1'50"00 (indoor) 1'48"14 (outdoor) | 800m | 2'13"00 (indoor) 2'10"00 (outdoor) |
| 3'51"00 (indoor) 3'47"50 (outdoor) | 1 500m | 4'33"00 (indoor) 4'30"50 (outdoor) |
| 8"40 (60m Hurdles) 14"85 (110m Hurdles) | 60m Hurdles | 8"55 (60m Hurdles) 13"85 (100m Hurdles) |
| | High Jump | 1m78 |
| 5m20 | Pole Vault | |
| 7m50 | Long Jump | |
| | Triple Jump | 12m85 |
| 17m00 | Shot Put | 13m90 |

1. All performances must be achieved during the period 1 January 2018 to 13 January 2019.
2. All performances must be achieved during an official competition organised in conformity with IAAF Rules, and sanctioned by the IAAF, its Area Associations or its Member Federations.
3. Performances achieved in mixed events (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see IAAF Rule 147).
4. Wind assisted performances (over 2m/sec) will not be accepted.
5. For the 60m, 100m, 400m, 60m Hurdles, 100m Hurdles and 110m Hurdles, only the performances achieved with an automatic timing system complying with the IAAF Rule 160 (§13 to 18) will be accepted.
6. For the running events of 400m and over, performances achieved on over-sized tracks will not be accepted.

Appendix 3: Provisional timetable

| Saturday 19 January 2019 – Session 1 | | | |
|--------------------------------------|------|---|----|
| 11:00 | 400m | W | R1 |
| 11:20 | 400m | M | R1 |

| Saturday 19 January 2019– Session 2 | | | |
|-------------------------------------|-------------|---|-------|
| 15:00 | Shot Put | M | Final |
| 15:05 | 60m Hurdles | M | R1 |
| 15:20 | Pole Vault | M | Final |
| 15:25 | 60m Hurdles | W | R1 |
| 15:45 | 800m | W | Final |
| 15:45 | Triple Jump | W | Final |
| 16:00 | 60m | M | R1 |
| 16:15 | 60m | W | R1 |
| 16:20 | Shot Put | W | Final |
| 16:30 | 1500m | M | Final |
| 16:40 | High Jump | W | Final |
| 16:45 | 60m Hurdles | M | Final |
| 16:45 | Long Jump | M | Final |
| 16:55 | 60m Hurdles | W | Final |
| 17:05 | 800m | M | Final |
| 17:20 | 400m | W | Final |
| 17:30 | 400m | M | Final |
| 17:40 | 1500m | W | Final |
| 17:50 | 60m | M | Final |
| 18:00 | 60m | W | Final |

Appendix 4: General program

Thursday 17 January 2019

Afternoon *Teams Arrivals*

Friday 18 January 2019

| | | |
|---------------|-------------------|---------------------|
| 11:00 – 12:00 | Press Conference | Village des Marques |
| 16:00 – 18:30 | Training on site | Stadium |
| 18:00 – 18:30 | Technical Meeting | Stadium |
| 20:30 – 22:30 | Official dinner | Miramas |

Saturday 19 January 2019

| | | |
|---------------|---|---------------|
| 11:00 - 11:30 | Mediterranean Indoor U23 Championships (400m first rounds) | Stadium |
| 14:30 - 15:00 | Opening Ceremony | Stadium |
| 15:00 - 18:15 | Mediterranean Indoor U23 Championships | Stadium |
| 21:00 - 23:00 | Closing Banquet/Party | Miramas (tbc) |

Sunday 20 January 2019

Morning *Departures*
