

U23
CHAMPIONSHIP

Pescara
10/11 september

TEAM MANUAL



Pietro Nardone

11 agosto 2022 – ore 11:30

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1. GENERAL INFORMATION

The 4th Mediterranean Athletics U23 Championships will take place 10 and 11 September 2022 in Pescara (ITA).

Official Language Italian

Population 59.55million

Currency Euro (EUR)

Time Summer (DST) CEST (UTC+2)

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: +39

Mobile Phone Companies TIM, Vodafone, WindTre.

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	8:30-15:00	Closed	Closed
Post Offices	8:00-12:00 14:00-17:00	9:00-12:00	Closed
Shops	9:00-13:00 17:00-20:00	9:00-13:00 17:00-20:00	9:00-13:00 17:00-20:00
Administration	9:00-12:00 14:00-17:00	Closed	Closed

2. ORGANISATIONAL STRUCTURE

2.1 Mediterranean Athletics Council

Co-President

Bernard Amsalem (FRA)
Fathi Hachicha (TUN)

Vice Presidents

Panagiotis Dimakos (GRE)
Stefano Mei (ITA)

Council Members

Abderrhamane Bensaid (MAR)
Fatih Cintimar (TUR)
José-Luis de Carlos (ESP)
Wassim El Hawly (LBN)
Vladimir Mikulec (CRO)
Jorge Salcedo (POR)
Shaheen Seifullah (EGY)

General Secretary

Jean Gracia (FRA)

Deputy General Secretary

Christophe Halleumieux (FRA)

2.2 Mediterranean Athletics Delegates

Organisation Delegate	Jean Gracia (FRA)
Technical Delegate	José Luis de Carlos (ESP)
Project Manager	Christophe Halleumieux (FRA)

2.3 Mediterranean Athletics Office

Mediterranean Athletic Union - Provence Athletics
37 bis rue Rouet – 13006 Marseille, France
E-mail: mau@athe.org

2.4 Executive Board of Italian Athletic Federation

President:	Stefano Mei
General Secretary:	Alessandro Londi
Members:	Sergio Baldo (<i>Vice President</i>) Grazia Maria Vanni (<i>Vice President</i>) Elisabetta Artuso Anna Rita Balzani Simone Cairoli Oscar Campari Carlo Cantales Sandro Del Naia Domenico Di Molfetta Gianfranco Lucchi Margherita Magnani Alessio Piscini

WA Council Member Anna Riccardi

2.5 Local Organising Committee

General Director:	Pietro Nardone
Event Coordinator:	Roberta Russo
Administration:	Massimo Pompei
Secretariat:	Maurizio Mombelli
Logistic Manager:	Daniele Perotti
Team Liaison:	Andrea Campitelli
Accreditation:	Mauro De Carli
Transportation:	Luca Di Lillo
Accommodation:	Elvira Csete
Airport FCO Roma:	Noemi Ricci
Airport Pescara:	Luca Di Lillo
Guest Management:	Simona Casuscelli
Finances:	Mario Catena
Ceremonies:	Nikasia Sistilli
Event Presentation:	Fidal Servizi
Announcers:	Federico Bini
Medical:	Vittorio De Feo
Communication, Media, and promotion:	Paolo Sinibaldi
Volunteers:	Mauro Trubiano
Technology:	Fidal Servizi
Competition Manager:	Gianni Lolli
Competition Management:	Pierluigi Sorace
Venue Manager:	Maurizio Raffaelli Albo

2.6 Competition Organisation

Competition Director	Pasquale Capurso
Meeting Manager	Trivarelli Angela
Technical Director	La Cara Francesco
Call Room Referee	Magaraggia Roberto
Start Coordinator	Baldessarini Paolo
Chief Photo-Finish	Abate Vincenzo
TIC Manager	Moscatini Anna Clelia

3. ARRIVALS

3.1 Arrival by Air

The official and nearest airport is Chieti-Pescara Gabriele d'Annunzio (PSR) with an alternative at Fiumicino Leonardo da Vinci airport (FCO). At both airports LOC will provide adequate welcome services. Pescara airport is only at 6.5 km from the stadium and around 15km from the hotels. Roma airport is at 240km from Pescara. And at both airports LOC will provide adequate welcome services.

Upon arrival the teams will be met by LOC crew. The Welcome Desk is situated at the international arrivals at the airport and will be open on 8 – 9 – 10 September from 10:00 to 1 hour after the last arrival (depending on travel schedules) only in official airport.

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

The transfer time from the airport to the official hotels is between 30min (Pescara airport) and 3hr (Rome Fiumicino airport), depending on traffic condition.

3.1.1 Welcome Service

Upon arrival, teams will be met by LOC crew. A welcome desk will be located at the arrivals area after the baggage reclaim and will have the following opening hours:

08 September	from 10:00 to 1 hour after last arrival of the day
09 September	from 10:00 to 1 hour after last arrival of the day

Buses will be allocated to teams and will be clearly identified by signage.

3.1.2 Transportation of Equipment

Poles are transferred directly from airports to the stadium, please make sure the equipment are labelled with the name/team of the athlete. Secured room is planned at the competition venue.

After the last day of competition, LOC organize the transport of the poles back to respective airports.

3.2 Arrival by Road

Teams arriving by road are kindly asked to go directly to the Accreditation Centre and after to their hotel, where representatives from the LOC will welcome them.

3.3 Visa Requirements

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

Countries requiring visas to enter to Italy should obtain them from the Italian 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 Italy without additional Italian visa.

Italian Athletics Federation (FIDAL)

International Department

4. TRANSPORT

4.1 Transport and Accommodation Desk

The information desk will be in the lobby of hotel, which will be open from 8 September (9:00-20:00 or from the first team arrival) to 12 September (9:00 - 20:00 or until the last team departure).

Competition day, information desk will be opened until 20:00

4.2 Bus Shuttle Service

- Competition site: a regular bus shuttle service will be provided for team; transfer time is around 15 - 25' depending on traffic conditions. Athletes will be dropped at the team entrance.
- Dedicated buses service will be provided for transport between the team hotels and official venues such as: Training venue, Technical Meeting, Opening Ceremony and Welcome dinner. Information and timetable will be available at the information desk of the hotels.

Accreditations cards are required to benefit from shuttle services.

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 according from which airport is leaving.

5. ACCOMMODATION & HOTEL INFORMATION

5.1 General Information

The LOC has made accommodation arrangements for team members in 8 hotels of similar standard.

The hotels will be open with full services from Friday 9 September. If members of your federation are planning to arrive earlier, 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 MA U23 Championships – Pescara 2022.

The Information Desks' opening hours will be as follows:

Thursday 8 September	12:00 – 20:00 (the schedule can vary according to arrivals)
Friday 9 September	09:00 – 20:00 (the schedule can vary according to arrivals)
Saturday 10 – Sunday 11 September	09:00 – 20:00
Monday 12 September	07:00 – 14:00 (the schedule can vary according to departure)

5.3 Official Hotel

Team Hotels

Hotel	City	Stadium	Website
Giada Hotel	Silvi Marina - Pescara	20km	www.giadahotel.com
Miramare Hotel	Città Sant' Angelo - Pescara	16 km	www.miramarehotel.it
Amico Hotel	Città Sant' Angelo - Pescara	16 km	
Dragonara Hotel	San Giovanni Teatino - Pescara	10 km	www.dragonara.it
S Hotel	San Giovanni Teatino - Pescara	10 km	www.shotel.it
Ambra Hotel	Pescara	4 km	www.hotelambrapalace.it
Carlton Hotel	Pescara	4 km	www.carltonpescara.it
Regent Hotel	Pescara	1 km	www.regenthotelpescara.it

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)	5	1
Andorra (AND)	2	1
Bosnia and Herzegovina (BIH)	3	1
Croatia (CRO)	5	1
Cyprus (CYP)	4	1
Egypt (EGY)	5	1
France (FRA)	52	1
Greece (GRE)	9	1
Israel (ISR)	5	1
Italy (ITA)	-	-
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)	8	1
Monaco (MNE)	2	1
Montenegro (MNE)	2	1
Palestine (PLE)	2	1
Portugal (POR)	11	1
San Marino (SMR)	2	1
Serbia (SRB)	5	1
Slovenia (SLO)	9	1
Spain (ESP)	37	1
Syria (SYR)	2	1
Tunisia (TUN)	3	1
Turkey (TUR)	15	1

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

ITA 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	€ 105	€ 145
Additional rooms for single use (above 10% threshold, upon availability)	Not Applicable	€ 145
Out of official period (1)	€ 105	€ 145

(1) Official period: from 8 to 11 June (3 nights)

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

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 preliminary entries. Federations are kindly asked to make an advance payment of at least 50% by 23 August 2022. Advance Payments should be made in Euros by bank transfer to the following account:

Bank account name: FEDERAZIONE ITALIANA DI ATLETICA
Bank reference: BANCA DI CREDITO COOPERATIVO TERAMO SCRL
Bank account number:
BIC No: ICRAITRRU60
IBAN: IT82K0708676950000000017625

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 Athletes Accreditation Centre in Pescara. Payment can be made by credit card (Visa and MasterCard only) or by cash in Euros (please note that according to the Italian laws, cash payments are only allowed up to an amount of 1.000€).

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, with the following opening time:

- Breakfast: from 07:30 to 10:00 (Sunday 5:30 to 10:00)
- Lunch: from 12:00 to 14:00
- Dinner: from 19:30 to 22:00

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.

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 least 6 hours 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 MA U23 Championships.

6. ACCREDITATION

6.1 General

Each team member will receive an accreditation card, which must be always worn 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 Picchi Stadium.

Opening hours:

- Thursday 8 September: 12:00 – 19:00 (the schedule can vary according to arrivals)
- Friday 9 September: 10:00 – 19:00 (the schedule can vary according to arrivals)
- Saturday 10 September: 10:00 – 19:00 (the schedule can vary according to arrivals)
- Sunday 11 September: 10:00 – 19:00

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.

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 in the stadium map (see Appendix 1).

The TIC will be open at the following times:

- Friday 9 September: 15:30 – 19:00
- Saturday 10 September: 10:00 – 12:00 and 14:00 – 21:00
- Sunday 11 September: 07:30 – 21:00

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. (E.g., shot put, etc.)
- 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
- Official invitation and/or entrance tickets ordered by the teams

7.2 Technical Meeting

The Technical Meeting will be held on Saturday 10 September at 10:30 at Aurum (Cultural Congress Centre, located 500m from the Stadium).

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 September 9 at 19:00 to TIC or via email: . The Technical Meeting will be conducted in English and French.

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 (appendix 5) are selected from those appearing on the current WA approved equipment list.

Federations requiring WA approved equipment not listed by the LOC may present such equipment prior to the competition at TIC, not after 12:00 of 10 September 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 Monday morning from the storage of the Stadio Adriatico – Giovanni Cornacchia 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, inspecting access routes and other facilities which will be important to the teams on 10 September at 11:30 after the Technical Meeting. Heads of Delegation are to meet LOC members at stadium entrance, who will then escort them on this visit.

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 26.000 of seats in the stadium.

The stadium has the following competition sites:

- 400m track with 8 lanes
- 1 High Jump site
- 2 Pole Vault site
- 1 site for Long/Triple Jump
- 1 Shot Put Circles
- 1 Discus/Hammer Throw
- 1 Javelin throw site

7.6 Dressing / Warm up / Physio area

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

Grass area

Straight with 4 lanes

In addition, team tents, physiotherapy tables and ice are available in the warm-up area.

Dressing rooms with showers are 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 9 September from 16.00 to 18.00 and Saturday 10 September from 10.00 to 12.00.

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 Saturday 10 September from 10:30 to 11:30.

8. COMPETITION REGULATIONS

8.1 Team Composition

There will be 19 men events and 19 events for women.

8.1.1. Individual events

A Member Federation may enter 2 (two) or 3 (three) athletes in each individual event of whom up to 2 (two) may participate provided all of them shall have achieved the qualifying standard for that event (Appendix 3). For 20km walk, the 3 athletes can participate.

8.1.2. Relays

Each MA Member Federation may enter 1 (one) team in each relay event. Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the MA U23 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

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 WA 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 MA U23 Championships. For the competition of 2022, athletes must be born in 2000, 2001, 2002, 2003 or 2004.

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 10 (ten) days before the first day of the MA U23 Championships, each MA Member Federation shall send to MA 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 MA, including the names and best performances of each athlete. Final entries will be closed August 31st, 2022.

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 take part in the competition. Confirmation of athletes will not be accepted after the deadline, which is 12:00 on Saturday 10 September 2022 for all events.

The composition of each relay team as well as the order of running shall be officially declared at the TIC, no later than one hour before the published first call time for each relay race.

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 before the Technical Meeting.

For individual events, each competitor will receive 2 bibs numbers.

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.

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. On his/her back the runner must wear the personal bib.

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 WA 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, 5 September 2022 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 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.

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

As far as advertising is concerned, the Organisers refer the WA 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 4 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
- High Jump & Long Throws 45 minutes prior to the scheduled starting time
- Rest of Field Events 40 minutes prior to the scheduled starting time
- Track & Walking Events 25 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 WA 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 WATechnical Rule 6.3.2 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
- High Jump & Long Throws 30 minutes prior to the scheduled starting time
- Other Field Events 25 minutes prior to the scheduled starting time
- Track Events 10 minutes prior to the scheduled starting time

A detailed list of Call Room times will be handed out at the TIC Day by day for the following day. 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 must remain aligned during all the presentation.

Announcers comment the event throughout its duration.

9.5 Competition Preparations

9.5.1 Field Events

Each athlete is allowed, in the case of throwing events, 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 by EDM apparatus except High Jump and Pole vault, which will be done manually.

9.7 Timing

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

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 WA Technical Rule 8.

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 8.3). 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 8.7 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 and teams 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. A doctor is in charge of the medical services. 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 9 September 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.

Dedicated team medical staff consists of 1 Medical Doctors and 1 Physiotherapist during competition time.

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 tents 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 Hospital. "Santo Spirito" Pescara

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 Italian 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 WA 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 WA 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 527,00 Euros and will be settled by the Member Federation on site (cash or by credit card)

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 Italian.

11.3 Start Lists / Result Lists

Start Lists and Result List will be available on CIS at the Stadium and in the official website.

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 Friday 9 September 2022, commencing at 19:00, in Piazza Salotto Pescara.

It will be a ceremony with flags parade and official speeches, and an occasion for Pescara to celebrate the participants with the involvement of the whole city. We kindly invite all Teams to attend the ceremony with as many members as possible.

13.3 Closing Banquet

The Closing banquet will take place on Sunday 11 September at 21:00 in Centro Sportivo Le Naiadi (Viale della Riviera, 343, 65123 Pescara PE)

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 48hours 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 Monday morning from the storage of the Stadio Adriatico – Giovanni Cornacchia 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: Andrea Campitelli andrea.campitelli@fidal.it (mobile phone will be send to Team Leader as soon as possible)

15.1 Mediterranean Athletics, Organising Committee Offices Location and Opening Times

Stadio Adriatico – Giovanni Cornacchia, Address: Viale V. Pepe, 65126 Pescara PE

	Opening Times
Thursday 8 September	10:00 – 20:00
Friday 9 September	10:00 – 20:00
Saturday 10 September	10:00 – 20:00
Sunday 11 September	10:00 – 20:00

15.2 Others

Mediterranean Athletics

Mediterranean Athletic Union - Provence Athletics

37 bis rue Rouet – 13006 Marseille, France

E-mail: mau@athle.org

Italian Athletics Federation (FIDAL)

Via Flaminia Nuova, 830 – 00121 Roma – Italy

Tel+ 39 06 3347 4735 (4734) - Fax + 39 06 5656 1069

E-mail: internationaldept@fidal.it

Web: www.fidal.it

16. Appendices

Appendix 1 –General map

Appendix 2 – Stadium map

Appendix 3 – Qualification standards

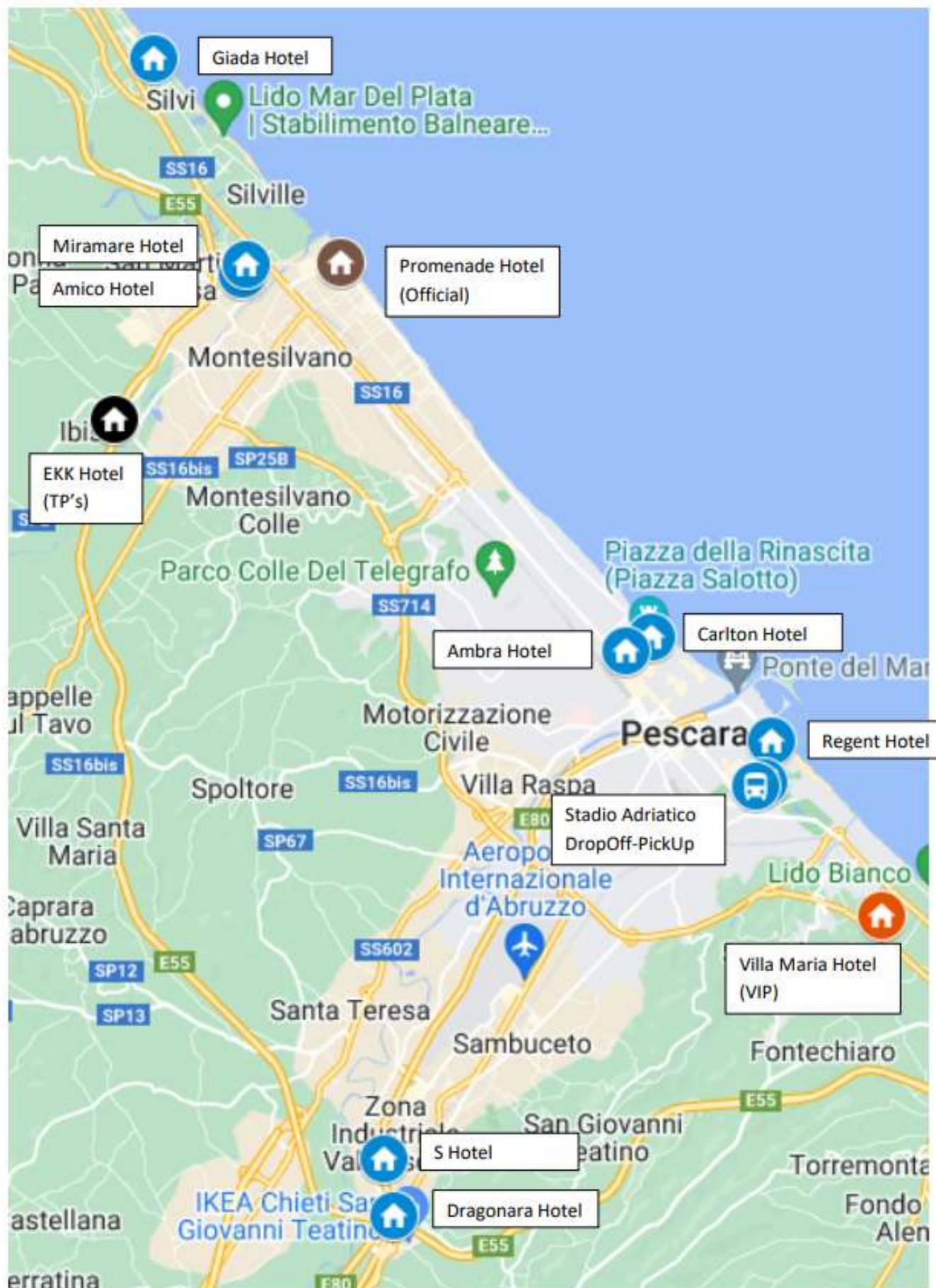
Appendix 4 – Provisional Timetable

Appendix 5 – Implements

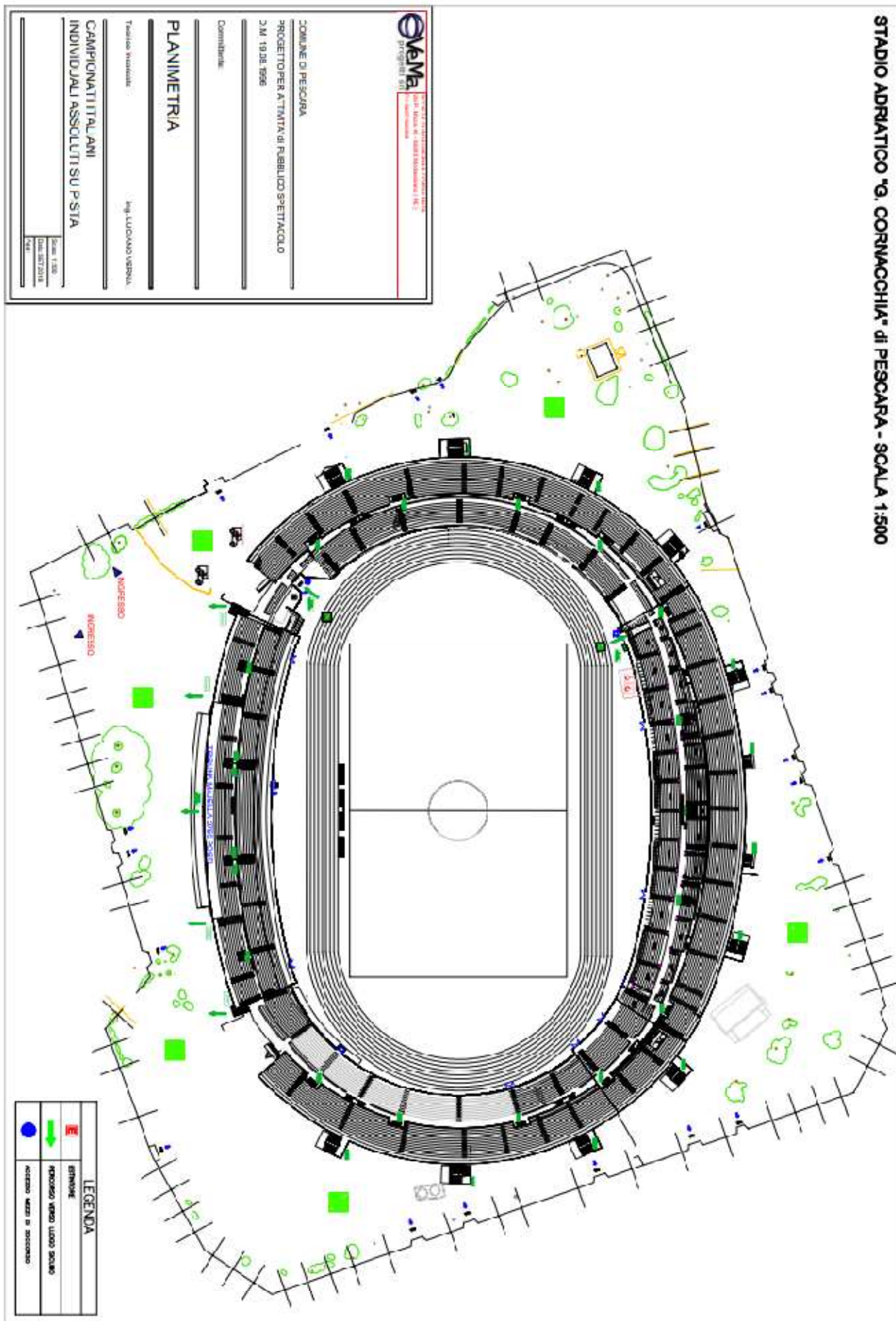
Appendix 6 – General program

Appendix 7 - Race Walking Course Map

Appendix 1: General map



Appendix 2: Stadium map



Appendix 3: Qualification standards

Appendix B / Annexe B Entry Standards / Minima d'engagement

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

Men	Event	Women
10"54	100m	11"80
21"34	200m	24"00
47"40	400m	54"30
1'48"60	800m	2'07"00
3'43"00	1500m	4'22"00
14'10"00	5000m	16'30"00
14"30	110 hurdles/100 hurdles	13"80
53"00	400m hurdles	59"90
8'58"00	3000m steeple chase	10'38"00
2m10	High Jump	1m79
7m40	Long Jump	6m10
5m10	Pole Vault	4m00
15m70	Triple Jump	12m80
17m40	Shot Put	13m90
51m00	Discus Throw	47m00
63m00	Hammer Throw	56m00
68m00	Javelin Throw	52m00
no standard	Relay 4 x 100	no standard
no standard	Relay 4 x 400	no standard
no standard	20 km walk	no standard

1. All performances must be achieved during the period 1 January 2021 to 31 August 2022.
2. All performances must be achieved during an official competition organised in conformity with WA Rules, and sanctioned by the WA, 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 WA Technical Rule 9.2.
4. Wind assisted performances (over 2m/sec) will not be accepted.
5. For the 100m, 200m, 400m, 110m/100m/400m Hurdles and 4x100m, only the performances achieved with an automatic timing system complying with the WA Technical Rule 19 (13 to 18) will be accepted.
6. Indoor performances will be accepted.
7. For the running events of 400m and over, performances achieved on over-sized tracks will not be accepted.
8. For the walking event, performances on track and road will be accepted.
9. For the 20km walk the standards can be achieved on 10,000m track, 10km road, 20,000m track or 20km road.

1. Les performances doivent être réalisées du 1er janvier 2021 au 31 Aout 2021.
2. Les performances doivent être réalisées lors d'une compétition officielle organisées conformément aux règles de WA et validées par WA, ses associations continentales ou ses Fédérations Membres.
3. Les performances établies lors d'épreuves mixtes (participants homes et femmes ensemble), organisées complètement dans un stade, peuvent être acceptées conformément à la règle technique 9.2. de WA.
4. Les performances réalisées par condition de vent trop favorable (plus de 2m/sec) ne seront pas acceptées.
5. Pour les 100m, 200m, 400m, 110m/100m/400m Haies et 4x100m, seules les performances réalisées avec un système automatique de faux-départ seront acceptées, conformément à la règle technique 19 (§13 à 18) de WA.
6. Les performances en salle seront acceptées.
7. Pour les épreuves de 400m et plus, les performances réalisées sur une piste surdimensionnée ne seront pas acceptées.
8. Pour l'épreuve de Marche, les performances sur pistes ou route seront acceptées.
9. Pour le 20km Marche, les minimas peuvent être réalisés sur 10,000m piste, 10km route, 20,000m piste ou 20km route.

Appendix 4: Provisional timetable

TIMETABLE							
DAY 1 p.m. - Saturday, 10 September				DAY 2 a.m./p.m. - Sunday, 11 September			
16:55	Javelin Throw	W	F	9:00	20km walk	M	F
17:05	Long Jump	W	F	9:00	20km walk	W	F
17:10	Pole Vault	W	F				
17:20	200m	M	SF	16:50	400mH	W	VC 15
17:40	800m	W	F	16:45	Discus Throw	W	VC 16
17:40	Javelin Throw	M	F	17:10	20km walk	M	VC 17
17:45	Shot Put	M	F	17:19	20km walk	W	VC 18
17:48	Javelin Throw	W	VC 1	17:00	Hammer Throw	M	F
17:55	110m H	M	F	17:05	400m H	M	F
18:05	800m	W	VC 2	17:10	Pole Vault	M	F
18:15	400m	W	F	17:15	400m	M	F
18:20	Javelin Throw	M	VC 3	17:21	400m extra race	M	
18:25	High Jump	M	F	17:20	Shot Put	W	F
18:30	3000m SC	W	F	17:25	800m	M	F
18:40	Long Jump	M	F	17:30	400m H	M	VC 19
18:43	Long Jump	W	VC 4	17:40	100m H	W	F
18:47	110m H	M	VC 5	17:45	400m	M	VC 20
18:51	400m	W	VC 6	17:45	Triple Jump	W	F
18:55	200m	W	F	17:55	100m	M	F
18:55	Discus Throw	W	F	18:00	800m	M	VC 21
18:58	Shot Put	M	VC 7	18:00	Hammer Throw	W	F
19:05	200m	M	F	18:05	100m	W	F
19:08	Pole Vault	W	VC 8	18:07	100m extra race	W	F
19:12	3000m SC	W	VC 9	18:09	Hammer Throw	M	VC 22
19:20	5000m	M	F	18:13	100m H	W	VC 23
19:39	200m	W	VC 10	18:20	1500m	M	F
19:44	200m	M	VC 11	18:26	Shot Put	W	VC 24
19:50	400m H	W	F	18:29	Triple Jump	W	VC 25
19:54	Long Jump	M	VC 12	18:30	High Jump	W	F
19:58	5000m	M	VC 13	18:34	100m	M	VC 26
20:02	High Jump	M	VC 14	18:40	3000m SC	M	F
				18:45	Triple Jump	M	F
				18:51	100m	W	VC 27
				18:55	1500m	M	VC 28
				19:00	5000m	W	F
				19:05	Discus Throw	M	F
				19:22	Hammer Throw	W	VC 29
				19:26	Pole Vault	M	VC 30
				19:30	4 X 100	M	F
				19:33	Triple Jump	M	VC 31
				19:37	3000m SC	M	VC 32
				19:45	4 X 400	W	F
				19:51	5000m	W	VC 33
				19:55	Discus Throw	M	VC 34
				19:59	High Jump	W	VC 35
				20:04	4 X 100	M	VC 36
				20:08	4 X 400	W	VC 37

Appendix 5: Implements

COMPANY	N°	SHOT	COLOR	WA Nb
Nelco	1	NELCO TURNED IRON KG.4.00 DIAM. 104mm		I-99-0137
Polanik	1	POLANIK COMPETIZIONE KG. 4.00 DIAM.100 -		I-99-0150
Nelco	1	NELCO TURNED IRON KG.4.00 DIAM. 108		I-99-0094
Polanik	1	POLANIK COMPETIZIONE KG. 4.00 DIAM.110		I-99-0134
Polanik	1	POLANIK COMPETIZIONE KG. 7.26 DIAM.125		I-13-0652
Polanik	1	POLANIK COMPETIZIONE KG. 7.26 DIAM.125		I-13-0652
Nelco	1	NELCO TURNED IRON KG.7.26 DIAM. 128		I-99-0093
Polanik	1	POLANIK COMPETIZIONE KG. 7.26 DIAM.128 -		I-04-0305

COMPANY	N°	DISCUS	COLOR	WA Nb
Nelco	1	NELCO Odyssey Super Spin KG.1		I-01-0244
Nelco	2	NELCO Super Spin Black KG.1		I-99-0092
Nelco	1	NELCO Super Spin Black KG.2		I-99-0091

COMPANY	N°	HAMMER	COLOR	WA Nb
Nelco	2	NELCO OLYMPIC STEEL KG.4.00 diam 95mm		I-99-0250
Polanik	2	POLANIK COMPETITION STEEL KG. 4.00		I-99-0156
Nelco	2	NELCO OLYMPIC STEEL KG.7,26 110mm		I-99-0249
Polanik	2	POLANIK COMPETITION STEEL KG. 7.26 110mm		I-99-0158

COMPANY	N°	JAVELIN	COLOR	WA Nb
Nemeth	2	800g Standard 70m		I-99-0106
Nordic	1	800g Super Elite 80		I-99-0019
Nordic	1	800g Master 60		I-99-0034
Nordic	1	800g Master 70		I-99-0013
Nemeth	3	600g Standard 70m		I-99-0107
Nordic	1	600g Star		I-99-0029
Nordic	1	600g Diana 70		I-99-0017

Appendix 6: General program

General program

As of 19 July 2022

Thursday 8 September 2022

Teams arrivals (extra night)

Friday 9 September 2022

Teams arrivals

11:00 - 12:00	Press Conference	City Hall
16:00 - 18:00	MA Council Meeting	Villa Maria Hotel
16:00 - 18:00	Training	Stadium
19:00 - 20:00	Opening ceremony	City center
20:30 - 22:30	Official dinner (head of delegations)	Caffé Letterario 5 Sensi

Saturday 10 September 2022

10:30 - 11:30	Technical Meeting	Adriatico Stadium
10:00 - 12:00	Official training with starters	Adriatico Stadium
16:30 - 20:20	Competition	Adriatico Stadium

Sunday 11 September 2022

09:00 - 11:00	Competition (walking events, road)	
16:30 - 20:25	Competition	Adriatico Stadium
21:00 - 23:00	Closing Banquet	Centro Sportivo le Naiadi

Monday 12 September 2022

Teams departure

Tuesday 13 September 2022

Teams departure (extra night)

Appendix 7: Race Walking Course

Circuito di 1 Km – Servizi

