



**Mediterranean Athletics**

**AJUNTAMENT DE VALÈNCIA**

**Fundació Esportiva Municipal València**

# Mediterranean U23 Indoor Championships VALENCIA 2023

**22<sup>nd</sup> January**  
**Palau Velòdrom Lluís Puig**  
**València, Spain**  
[www.rfea.es](http://www.rfea.es) • [www.mediterranean-athletics.org](http://www.mediterranean-athletics.org)

**Socio Patrocinador RFEA:** **joma**

**Patrocinador Principal RFEA:** **IBERDROLA**

**Patrocinadores Oficiales RFEA:** **GO fit** Life\_Science\_Tech, **LOTERÍAS** DE ESPAÑA, **Halcón viajes**, **MONDO**

**Proveedores Oficiales RFEA:** **enovis**, **RIESGO y gestión**

**Instituciones:** **RFEA ATLETISMO**, **COMITATOL**, **Comitatol de València**, **GENERALITAT VALENCIANA**, **FACV**, **GOVERN DE VALÈNCIA**, **Paterna**, **FUNDELP**

# TEAM MANUAL

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## GENERAL INFORMATION

The 2<sup>nd</sup> Mediterranean Athletics Indoor U23 Championships will take place on 22 January 2013 in Valencia (Spain).

<b>Official Language</b>	Spanish
<b>Population</b>	47 million
<b>Local Time</b>	GMT +1 hour
<b>Currency</b>	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.
<b>Electricity</b>	The electric current is 220 Volts (50Hz) and the plugs used are two round pins
<b>Water</b>	Tap water is completely safe for drinking
<b>Country Code</b>	Telephone Country Code is: +34
<b>Mobile Phone Network</b>	Spanish 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 Spain, which will allow a temporary connection with the Spanish network.
<b>Mobile Phone Companies</b>	Movistar, Vodafone, Orange
<b>International calls</b>	+ or 00 (buzz) - country code - city/town code – telephone number

## ORGANISATIONAL STRUCTURE

### Mediterranean Athletics Council

Co-Presidents	Bernard Amsalem (FRA) Fathi Hachicha (TUN)
Vice-Presidents	Stefano Mei (ITA)
Council Members	Panagiotis Dimakos (GRE) 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)

### Mediterranean Athletics Delegates

Technical Delegate	Jorge Salcedo (POR)
Project Manager	José Luis de Carlos (ESP)

### Organising Committee

General Director	Luis Saladie
Deputy General Director	Alvaro del Pozo
Deputy General Director	Joaquín Martínez
Representative Valencia City Council	José Manuel Brotons
Representative Paterna City Council	Juan Nuñez
Representative Regional Federation	Vicente Año
Administration / Finances	Manuel Villuendas
Accreditations	Nati Llorca
Accommodation	Cristina Rodriguez
Transport	Nuria Martin
Logistics	Rubén Merino
Marketing	Sonia Calvo
Communication & Media	Paloma Monreal
Competition	Anacleto Jimenez / Pau Monreal
Competition officials	Enrique Delgado
Facilities and Security	Juan Manuel Cuevas

Volunteers	José María Martínez
Medical	Christophe Ramirez
Event Presentation	Xisco Lopez
Ceremonies and Protocol	Ruth Beitia
Technology & IT	Juan José Gutierrez

### Competition Organisation

Competition Director	Luis Saladie
Meeting Manager	tbc
Technical Director	tbc
Call Room Referee	tbc
Start Coordinator	tbc
Race Referee	Sergio Moreno
Field Events Referees	Ana Morte and tbc
Chief Photo-Finish	Marcos Castañal
Video Referee	Eduard Zamora
TIC Manager	tbc

## ARRIVALS

### Arrival by Air

The official airport is Valencia-Manises (VLC), which is about 8km from the competition and 14km to the accommodation site.

### Welcome Service

After collecting their luggage at the airport, team members will be met by the LOC team at the arrival exit gate and transported to the LOC Office at the Olympia Hotel which is 25 minutes away.

Team Leaders will have to finalize administrative formalities with the LOC before the teams are taken to their respective team hotels.

### Transportation of Equipment

Poles will be transferred from Valencia-Manises airport (VLC) to the hotel so please make sure the equipment is labelled with the name/team of the athlete. A secured room is planned at the hotel.

Each team will be responsible of the transport of the poles from the hotel to the competition venue and back to the hotel and from the hotel to the airport on the departure day.

### Arrival by Road

Teams arriving by road are kindly asked to go directly to the official hotel:

Olympia Hotel  
Carrer Mestre Serrano, 5  
46120 Alboraya, Valencia

### Visa Requirements

The countries currently needing a visa to enter Spain are Algeria, Egypt, Kosovo, Lebanon, Libya, Morocco, Palestine, Syria, Tunisia, and Turkey.

Countries requiring visas to enter Spain should obtain them from the Spanish 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 all persons who could potentially be part of the team. The LOC will then send an official invitation letter to proceed with the visa.

Holders of valid Schengen visas can freely enter Spain without an additional Spanish visa.

Please contact **latest four weeks before the competition**:

**Spanish Athletic Federation (RFEA)** - International Department – Mail: [rfea@rfea.es](mailto:rfea@rfea.es)

## TRANSPORT

### Transport and Accommodation Desk

An information desk will be located in the lobby of the official team hotel and open from 20 January until 23 January (until the last departures).

### Bus Shuttle Service

Competition site: a bus shuttle service will be provided for the teams; transfer time is around 30' from the Hotel depending on traffic conditions.

A bus shuttle service will be provided for transport between the team hotel and official venues such as: Training venue, Technical Meeting, and the official dinner. Information and timetable will be available at the hotel information desk.

### 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 desk.

Generally, departures from the hotel are planned 2,5-3 hours before the flight departure.

## ACCOMMODATION & HOTEL INFORMATION

### General Information

Accommodation for all teams will be organised in Olympia Hotel, Maestro Serrano, 3 – Valencia.

The hotel will be open with full services from Friday, 20 January until Monday, 23 January. If members of your federation are planning to arrive and/or leave later, please contact the LOC in advance to make sure specific arrangements are made.

### Information Desk

An information desk will be in the lobby of the official team hotel with qualified personnel offering relevant information about all aspects of MA U23 Championships – Valencia 2023.

### Costs and Mediterranean Athletics Quota

According to this competition's regulation, LOC may cover up to three days of 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 (see quota per Member Federation in the appendix 3)

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	100 euros	145 euros
Additional rooms for single use (above 10% threshold, upon availability)	Not Applicable	145 euros
Out of official period (1)	100 euros	145 euros

*Official period: from 20 to 23 January 2023 (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.

### Payment Procedures

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 (€) only

<b>Account</b>	Real Federación Española de Atletismo
<b>IBAN</b>	ES8021000600800200936898
<b>SWIFT / BIC</b>	CAIXESBBXXX

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 Olympia hotel. 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.

### Meals

Meals will be served at the restaurant of the hotel upon presentation of your accreditation card, according to the following timetable:

Breakfast	07:30 – 10:00
Lunch	13:30 – 15:30
Dinner	20:30 – 22:30 (on Sunday 22, from 21:00 – 23:30)

**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.

### Meeting Rooms for Teams

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

### Medical Services in the Hotel

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

### 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.

## ACCREDITATION

### 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.

### 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 LOC Office in the Olympia hotel, during the arrival process.

Opening hours:

Friday, 20 January	16:00 – 21:00 (the schedule can vary according to arrivals)
Saturday, 21 January	09:30 – 14:00 and 16:00 to 20:00

We request to the Team leaders go to the LOC office directly, 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, competition bibs, and other documents.

### **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.

### **Access Areas for Teams**

All team accreditation cards will allow access to the team tribune, warm up area, and Team area. 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 and Doping Control.

## **TECHNICAL INFORMATION**

### **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 Delegate, and the LOC Competition Management, regarding technical matters.

The TIC is located on the stadium map (see Appendix 1) and will be open at the following times:

Saturday, 21 January	17:00 – 19:30
Sunday, 22 January	09:30 – 12:30 and 14:30 – 21:30

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

- Competition information (start lists, results, etc)
- Liaison points concerning technical matters between Team Delegate(s), Technical Delegate, Mediterranean Athletics and LOC
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from the Technical Delegate, Mediterranean Athletics, and LOC
- Settlement of technical inquiries from the teams
- Registration and collection of personal implements (shot put)
- Recovery of confiscated items at the call room
- Request documentation for national records
- Withdrawal of athletes
- Receipt of appeals or eventually protests from the teams (please see the points of the Manual related to Protests and Appeals)

Teams that are unable to attend the Orientation Tour and Technical briefing, should refer to the TIC.

### **Orientation Tour and Technical Briefing**

A visit to the competition venue including warm-up area will take place on Saturday 21 January at 17.30, in order for the Team Leaders and coaches to familiarise themselves with the exact location of the various facilities (warm-up area, call room, team seating, etc). The meeting point for the Orientation Tour and Technical Briefing will be the warm-up area.

There will not be an official Technical Meeting however the Technical Delegate, together with LOC Competition staff, will be available after the orientation visit for any questions or clarification that may be required.

### **Equipment**

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



WOMEN SHOT (4 kg)				
Company	Catalog n°	Description	Color	WA N°
Polanik	PK-4/100	Steel, dia: 100mm	Red	I-99-0150
Nordic	5133402	Turned Steel, dia: 103mm	Red	I-99-0025

MEN SHOT (7,260 kg)				
Company	Catalog n°	Description	Color	WA N°
Nelco	N1118AX	Turned Steel, dia: 129mm	Yellow	I-01-0247
Nelco	N1118A	Turned iron, dia: 128mm	Yellow	I-99-093
Nishi	F251C	Steel, dia: 129mm	Silver	I-99-0083
Nishi	F251	Steel, dia: 125mm	Silver	I-99-0087

**Personal Implements** will also be allowed, providing that:

- they are readily identifiable and are World Athletics certified;
- they are not already on the official list;
- they have been checked for compliance with World Athletics Rules;
- they are made available to all the other athletes.

If you do not find your implement in the list but you believe that it is/was certified, please contact the WA office at [technicalofficer@worldathletics.org](mailto:technicalofficer@worldathletics.org) so that its status can be checked and confirmed to you and the LOC in due time.

Location and Time for submitting	Return
At the TIC by 18.30, on the 21 <sup>st</sup> of January. A receipt will be given for the implements.	Implements will be returned in exchange for the receipt after the event's final at the TIC.

### Competition Area

The 2<sup>nd</sup> Mediterranean Athletics Indoor U23 Championships will be held at the Palau Velodrom "Lluís Puig". This has a total seating capacity of 6,000 seats. The competition site and its surroundings are shown in appendix 1 of this document. There are around 5.000 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

### Dressing / Warm up / Physio area

The warm-up area is located near the competition track (see appendix 1), and includes a 60m straight track with 4 lanes

A physiotherapy area will be available in the warm-up area. Dressing rooms with showers are located in the venue. Athletes' seats will be available in a dedicated area.

### Training

Athletes will have the possibility to train on a 200m outdoor track on Friday 20 January, from 16:00 to 17:30 and Saturday 21 from 10:30 to 12:00, and at the competition site on Saturday 21 January, from 17:30 to 19:30.

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 the training session 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 the competition venue on Saturday 21 January from 18:30 to 19:00.

## **COMPETITION REGULATIONS**

### **Team Composition**

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

### **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).

### **Competition Entry Procedures**

#### **General Information**

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics 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 2023, athletes have to be born in 2001, 2002, 2003, 2004 or 2005.

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

#### **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 event, names of athletes and accompanying officials.

Final Entry information shall be supplied in the manner to be prescribed by MA and shall include such details as required by MA, including the names and best performances of each athlete. Final entries will be closed on 12 January 2023.

#### **Final Confirmation**

Forms for the final declaration and confirmation will be distributed to each delegation during arrival procedures. The forms must be completed and submitted to the hotel info desk.

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 11:00 on Saturday, 21 January 2023 for all events.

#### **Withdrawal**

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

#### **Competition Bibs**

The LOC will provide the teams with competition bibs (and safety pins) during the arrival procedures. 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.

#### **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 World Athletics 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 Tuesday, 17 January 2023 at the latest:

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mailto: [competition@mediterranean-athletics.org](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.

All the shoes will comply with World Athletics Rule 5.

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

As far as advertising is concerned, the Organisers refer to World Athletics 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 the rules.

## COMPETITION PROCEDURES

### Timetable

Please refer to appendix 4 for the competition timetable.

### Warming Up Before Events

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

### 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	50 minutes prior to the scheduled starting time
Rest of Field Events	40 minutes prior to the scheduled starting time
Track Events	15 minutes prior to the scheduled starting time

The above times may be changed for qualifying rounds due to 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 World Athletics 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 World Athletics Rules

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	40 minutes prior to the scheduled starting time
Other Field Events	30 minutes prior to the scheduled starting time
Track Events	6 minutes prior to the scheduled starting time

A detailed list of Call Room times will be handed out to the Team Leaders during the arrival procedures. 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.

### **Last Checkpoint**

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

### **Event Presentation format**

Athletes will be 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 / position order. For field events, presentation is made by order of attempts; athletes have to remain aligned during all the presentation.

Announcers comment the event throughout its duration.

### **Competition Preparations**

#### **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.

#### **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.

### **Starter's Commands.**

The starter's commands will be given in English

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

*ON YOUR MARKS*

*SET*

*GUN*

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

*ON YOUR MARKS*

*GUN*

### **Start Information Systems and Measurements**

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

All field events will be measured with EDM.

### **Timing**

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

### **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.

### **Leaving the stadium after the competition**

After the competition, athletes leave immediately through the mixed zone. The exit route passes the interview area for media which could include TV, radio and written press and into the mixed zone. The clothing baskets will be brought to the mixed zone.

### **Drinking Stations**

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

## **Protests and appeals**

Protests and Appeals will be handled according to World Athletics Rule 8 of the Technical Rules, an extract of which appears hereunder.

### **Protests**

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. The Organisers of the competition shall be responsible for ensuring that the time of the announcement of all results is recorded.

Any protest shall be made orally to the Referee by an athlete, or by someone acting on his behalf or by an official representative of a team. 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.

To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee takes a decision, there shall be a right of appeal to the Jury. Where the Referee is not accessible or available, the protest should be made to him through the Technical Information Centre.

### **Appeals**

An appeal to the Jury of Appeal must be made within 30 minutes:

- of the official announcement of the amended result of an event arising from the decision made by the Referee, or
- of the advice being given to those making the protest, where there is o amendment of any result.

It shall be in writing, signed by the athlete, by someone acting on his behalf, or by an official representative of a team or presented by using the appropriate form in the TIC and shall be accompanied by a deposit of 100 USD (or 80€) at TIC, which will be forfeited if the appeal is not allowed. Such athlete may appeal only if they are competing in the same round of the event to which the appeal is related.

## **Victory Ceremonies**

Teams will receive detailed information on the victory ceremonies for individuals during arrival procedures.

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.

## **MEDICAL AND DOPING CONTROL**

### **Medical General information**

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.

### **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 20 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).

### **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.

### **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.

### **Designated medical institutions**

In case of need for imaging tests an like MRI or CT Scan, X-Ray the athlete can be transferred to a designated 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, Spanish public system will be used 112, free of charge.

### **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.

### **Doping Control General Information**

Doping control shall be conducted in accordance with World Athletics Rules and Procedures 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 World Athletics 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.

### **Selection of Athletes**

The selection of athletes for control will be made on a final position and/or random basis

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.

### **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)

## **GENERAL INFORMATION**

### **Announcements**

Official announcements will be made in English and Spanish.

### **Start Lists / Result Lists**

Start Lists and Result List will be available on posting boards at the Stadium in the warm-up area and in the RFEA website ([www.rfea.es](http://www.rfea.es)).

### **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.

### **Opening & Closing Ceremonies**

#### **Opening Ceremony**

The Opening Ceremony will take place on Sunday 22 January 2023 just before the start of the competition.

Team's participation is not required.

#### **Closing Banquet/Party**

No closing banquet or party will be organised

### **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.

### **Contact Details**

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

José Luis de Carlos (MA Project Manager)

[jdecarlos@decarlos.eu](mailto:jdecarlos@decarlos.eu)

Luis Saladie (LOC Director)

[lsaladie@rfea.es](mailto:lsaladie@rfea.es)

### **Appendices**

Appendix 1 – Stadium map

Appendix 2 - Qualification standards

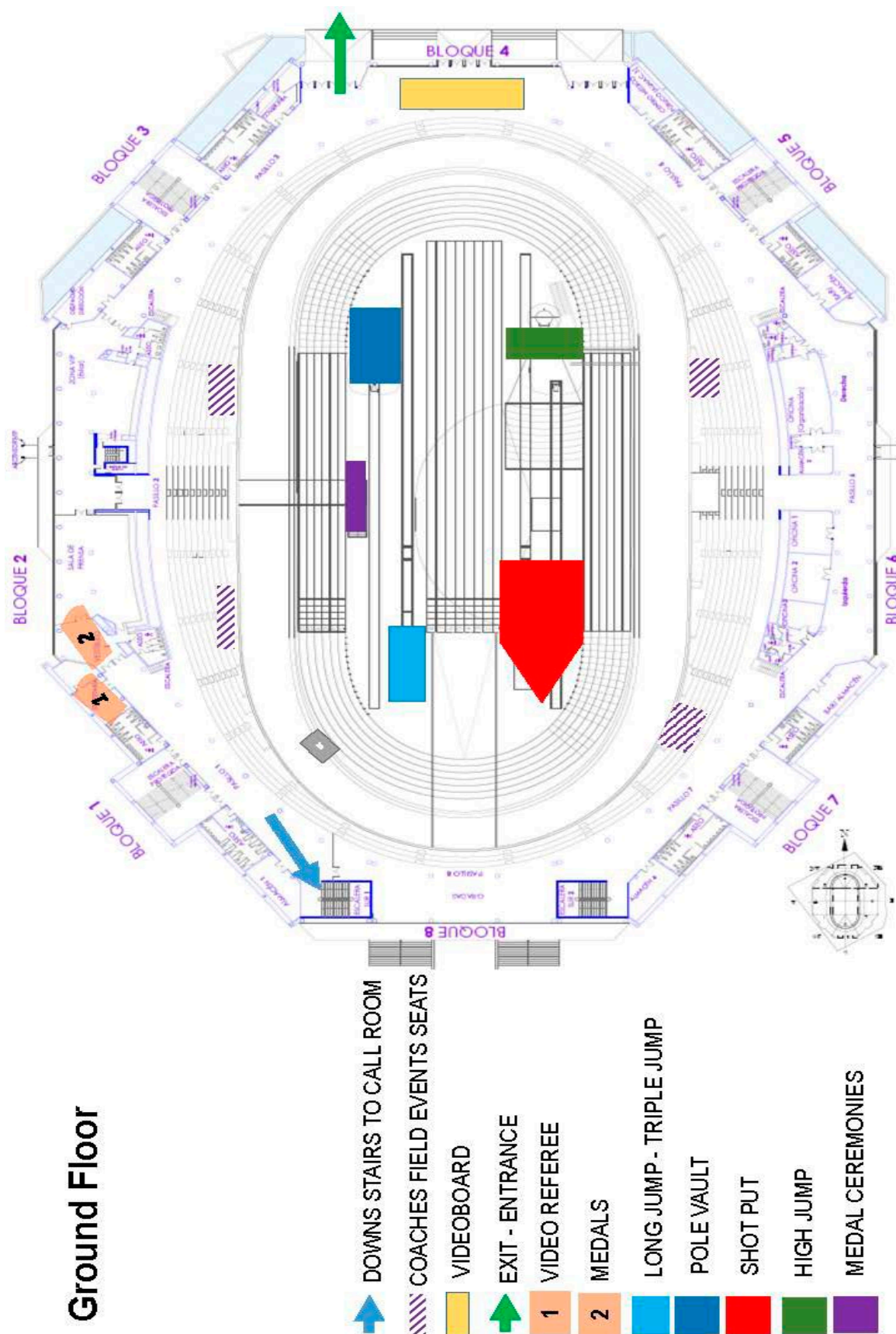
Appendix 3 – Quota per Member Federation

Appendix 4 – Competition Timetable












Appendix 5 – General program



## Appendix 1: Stadium map



[illegible]

- |   |                            |
|---|----------------------------|
|    | COACHES FIELD EVENTS SEATS |
|    | VIDEOBOARD                 |
|    | EXIT - ENTRANCE            |
|    | DATA RESULTS SYSTEM        |
|    | EVENT PRESENTATION         |
|   | TECHNICAL DELEGATE- LOC    |
|  | LONG JUMP - TRIPLE JUMP    |
|  | POLE VAULT                 |
|  | SHOT PUT                   |
|  | HIGH JUMP                  |
|  | MEDAL CEREMONIES           |



## Appendix 2: Qualification standards

MEN	EVENT	WOMEN
6.80 (60m)	60m	7.60 (60m)
10.45 (100m)		11.80 (100m)
48.00 (indoor)	400m	56.10 (indoor)
47.00 (outdoor)		55.00 (outdoor)
1:50.00 (indoor)	800m	2:12.00 (indoor)
1:48.00 (outdoor)		2:09.50 (outdoor)
3:50.00 (indoor)	1500m	4:32.00 (indoor)
3:47.00 (outdoor)		4:29.50 (outdoor)
8.35 (60m H)	60m Hurdles	8.55(60m H)
14.75 (110m H)		13.85 (100m H)
2m15	High Jump	/
/	Long Jump	6m20
/	Pole Vault	4m00
15m50	Triple Jump	/
17m00	Shot Put	14m00

1. All performances must be achieved during period 1 January 2022 to 15 January 2023
2. All performances must be achieved during an official competition organised in conformity with WA Rules, and sanctioned by the WA, its Area Association or its Member Federation
3. Performances achieved in mixed events (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions and according to WA Rules
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 system complying with WA Rule will be accepted.
6. For the running events of 400m and over, performances achieved on over-sized tracks will not be accepted.

### Appendix 3: Quota per Member Federation

Country	Athletes*			Officials	Total
	Men	Women	Total		
Albania (ALB)	1	1	2	1	3
Algeria (ALG)	2	1	3	1	4
Andorra (AND)	1	1	2	1	3
Bosnia Herzegovina (BIH)	1	1	2	1	3
Croatia (CRO)	2	2	4	1	5
Cyprus (CYP)	2	1	3	1	4
Egypt (EGY)	2	1	3	1	4
France (FRA)	6	6	12	1	13
Greece (GRE)	2	4	6	1	7
Israel (ISR)	2	2	4	1	5
Italy (ITA)	6	6	12	1	13
Kosovo (KOS)	1	1	2	1	3
Lebanon (LBN)	1	1	2	1	3
FYR of Macedonia (MKD)	1	1	2	1	3
Libya (LBA)	1	1	2	1	3
Malta (MLT)	1	1	2	1	3
Morocco (MAR)	2	3	5	1	6
Monaco (MON)	1	1	2	1	3
Montenegro (MNE)	1	1	2	1	3
Palestine (PLE)	1	1	2	1	3
Portugal (POR)	2	2	4	1	5
San Marino (SMR)	1	1	2	1	3
Serbia (SRB)	2	2	4	1	5
Slovenia (SLO)	2	2	4	1	5
Spain (ESP)	-	-	-	-	-
Syria (SYR)	1	1	2	1	3
Tunisia (TUN)	1	1	2	1	3
Turkey (TUR)	4	4	8	1	9
TT	50	50	100	27	127

## Appendix 4: Competition Timetable

### **Sunday, 22 January 2023**

11:30	400m	Men	Semi-final
11:45	400m	Women	Semi-final

### **Sunday, 22 January 2023**

16:00	60m Hurdles	Men	Semi-final
<b>16:10</b>	<b>Shot Put</b>	<b>Men</b>	<b>Final</b>
16:15	60m Hurdles	Women	Semi-final
<b>16:20</b>	<b>Triple Jump</b>	<b>Men</b>	<b>Final</b>
<b>16:30</b>	<b>Pole Vault</b>	<b>Women</b>	<b>Final</b>
16:35	60m	Men	Semi-final
16:50	60m	Women	Semi-final
<b>17:10</b>	<b>1500m</b>	<b>Men</b>	<b>Final</b>
<b>17:25</b>	<b>Shot Put</b>	<b>Women</b>	<b>Final</b>
<b>17:30</b>	<b>1500m</b>	<b>Women</b>	<b>Final</b>
<b>17:40</b>	<b>Long Jump</b>	<b>Women</b>	<b>Final</b>
<b>17:45</b>	<b>800m</b>	<b>Men</b>	<b>Final</b>
<b>17:55</b>	<b>800m</b>	<b>Women</b>	<b>Final</b>
<b>18:00</b>	<b>High Jump</b>	<b>Men</b>	<b>Final</b>
<b>18:10</b>	<b>60m Hurdles</b>	<b>Men</b>	<b>Final</b>
<b>18:25</b>	<b>60m Hurdles</b>	<b>Women</b>	<b>Final</b>
<b>18:35</b>	<b>400m</b>	<b>Men</b>	<b>Final</b>
<b>18:41</b>	<b>400m</b>	<b>Women</b>	<b>Final</b>
<b>18:47</b>	<b>60m</b>	<b>Men</b>	<b>Final</b>
<b>18:53</b>	<b>60m</b>	<b>Women</b>	<b>Final</b>
<b>19:00</b>	<b>Shot Put</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>19:06</b>	<b>Triple Jump</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>19:12</b>	<b>1500m</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>19:18</b>	<b>1500m</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>19:24</b>	<b>Pole Vault</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>19:30</b>	<b>800m</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>19:36</b>	<b>800m</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>19:42</b>	<b>60m hurdles</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>19:48</b>	<b>60m hurdles</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>19:54</b>	<b>High Jump</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>20:00</b>	<b>400m</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>20:06</b>	<b>400m</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>20:12</b>	<b>Long Jump</b>	<b>Women</b>	<b>Medal Ceremony</b>
<b>20:18</b>	<b>60m</b>	<b>Men</b>	<b>Medal Ceremony</b>
<b>20:24</b>	<b>60m</b>	<b>Women</b>	<b>Medal Ceremony</b>

## Appendix 5: General Program

**Friday, 20 January**

All day	Arrival	Valencia-Manises Airport
16:00 - 17:30	Teams Training	Paterna Track (200m outdoor) (tbc – according team's arrivals)

**Saturday, 21 January**

All day	Arrivals	Valencia-Manises Airport
10.30 – 12.00	Teams Training	Paterna Track (200m outdoor)
11.00	Final Confirmation	Hotel Olympia
17.00	Press Conference	Stadium
17.30	Orientation Tour and Technical Briefing	Stadium (warm-up area)
17.30 – 19.30	Team's training	Stadium
20:30	Official dinner (by invitation only)	

**Sunday, 22 January**

09.00 – 11.00	MA Council Meeting	Hotel Olympia
11:30 – 11.55	Competition – Session 1	Stadium
16.00 – 20.30	Competition – Session 2 & Medals Ceremonies	Stadium

**Monday, 23 January**

All day	Departures	Valencia-Manises Airport
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