



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



# **Team Manual**

## **12<sup>th</sup> European Cup 10000m**

**12 April 2008  
Istanbul, Turkey**

[www.2008istanbul.org](http://www.2008istanbul.org)



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



**CONTENTS**

<b>Subject</b>	<b>Page</b>
<b>1. GENERAL INFORMATION</b>	<b>4</b>
1.1 Currency	4
1.2 Time zone	4
1.3 Electricity specifications	4
1.4 Mobile phones	4
1.5 Telephone calls to and from Turkey	4
<b>2. ORGANISATIONAL STRUCTURE</b>	<b>5</b>
2.1 European Athletics Council	5
2.2 European Athletics Delegates	5
2.3 European Athletics Office	5
2.4 Executive Board of Turkish Athletic Federation	6
2.5 Local Organising Committee	6
2.6 Competition Organisation	7
2.7 Participating Federations	7
<b>3. ARRIVALS</b>	<b>7</b>
3.1 General Information	7
3.2. Arrival by Road	7
3.3 Visa Requirements	7
<b>4. TRANSPORT</b>	<b>8</b>
4.1 Transport and Accommodation Desk	8
4.2 Bus Shuttle Service	8
4.3 Return to Airport	8
<b>5. ACCOMMODATION &amp; HOTEL INFORMATION</b>	<b>8</b>
5.1 General Information	8
5.2 Information Desk	8
5.3 Official Hotel	8
5.4 Costs and European Athletics Quota	9
5.5 Meals	9
5.6 Meeting Rooms for Teams	9
5.7 Medical Services in the Hotel	9
5.8 Telephone Calls	10
<b>6. ACCREDITATION</b>	<b>10</b>
6.1 General	10
6.2 Accreditation Procedure	10
6.3 Loss of Accreditation Card	10
6.4 Access Areas for Teams	10
<b>7. TECHNICAL INFORMATION</b>	<b>11</b>
7.1 Technical Information Centre (TIC)	11
7.2 Technical Meeting	11
7.2.1 Technical Meeting Agenda	12
7.3 Inspection of the Competition Venue	12
7.4 Competition Area	13
7.5 Dressing / Physiotherapy Rooms	13
7.6 Training	13



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



---

<b>8. COMPETITION REGULATIONS</b>	<b>13</b>
8.1 Team Composition	<b>13</b>
8.1.1 Individual Entries	<b>13</b>
8.1.2 Qualifying Standards	<b>14</b>
8.2 Final Entries	<b>14</b>
8.3 Final Confirmation	<b>14</b>
8.3.1 Withdrawal	<b>15</b>
8.4 Competition Numbers	<b>15</b>
8.5 Starting Order	<b>15</b>
8.6 Scoring	<b>15</b>
8.7 Competition Clothing	<b>15</b>
<b>9. COMPETITION PROCEDURE</b>	<b>16</b>
9.1 Timetable	<b>16</b>
9.2 Warm-up Area	<b>16</b>
9.3 Call Room	<b>16</b>
9.4 Competition Preparations	<b>17</b>
9.4.1 Start Commands	<b>17</b>
9.5 Timing	<b>17</b>
9.6 Exit procedures after the Competition	<b>17</b>
9.7 Protests and Appeals	<b>17</b>
9.8 Interviews	<b>18</b>
9.9 Doping Control	<b>18</b>
9.9.1 Additional Testing	<b>18</b>
<b>10. MEDICAL SERVICES</b>	<b>18</b>
10.1 General	<b>18</b>
10.2 Medical Services in the Hotel	<b>19</b>
10.3 Medical Care at the Stadium	<b>19</b>
10.4 Physiotherapy	<b>19</b>
<b>11. SECURITY</b>	<b>19</b>
<b>12. CEREMONIES</b>	<b>19</b>
12.1 Victory Ceremony	<b>19</b>
12.2 Opening Ceremony	<b>19</b>
12.3 Closing Ceremony	<b>19</b>
12.4 Closing Banquet	<b>20</b>
<b>13. DEPARTURE</b>	<b>20</b>
<b>14. CONTACT DETAILS</b>	<b>20</b>
14.1 LOC Office	<b>20</b>
<b>15. APPENDICES</b>	
Appendix 1 – Map of the stadium	



## 12<sup>th</sup> European Cup 10000m Istanbul, Turkey



### 1. GENERAL INFORMATION

The distinguishing features of the city of Istanbul are its geographic location, unique natural beauty, and the great historical and cultural heritage which has come to symbolize the city. Istanbul is located on the Bosphorus peninsula, with Halic (Golden Horn) in the northwest of the country. It is the only city placed on two continents: European and Asian Regions. With a unique location, between the Balkans and Anatolia, the Black Sea and the Mediterranean, Istanbul embraces both western and eastern cultures. The meeting point of European culture and traditional eastern values, Istanbul has been the capital of three magnificent empires in history: Roman Empire (330-395), Byzantine Empire (395-1453), and Ottoman Empire (1453-1922). Thus, the city has been known with different names throughout history: Byzantium, Constantinople and Stambul are the most widely-known names associated with the city. However, there are also many other names given to the city like Augusta Antonina, Second Rome (New Rome), Kostantiniyye, Islambol. The Byzantine Empire used expressions such as 'The Great City', 'City of Emperors'. Actually, Istanbul did not lose any value even with the establishment of Ankara as the capital of the modern Republic of Turkey in 1923. Istanbul is still the biggest and richest financial and cultural center and the most populous city of Turkey.

The first foundations of today's Istanbul were laid down in the 7th century BC. It was rebuilt and made the capital city (Constantinople) by Emperor Constantine in the 4th century AD. Since then, for sixteen centuries, the city has retained its position as the capital city of Eastern Rome, the Byzantine Empire, and Ottoman Empire. In addition to becoming one of the most cherished centers of Christianity under the reign of Emperor Constantine, Istanbul evolved to be the most important center in the Islamic world following the conquest of the city by the Ottoman Turks in 1453.

Its location has always enabled the city to play a key role in history. As early as the ancient times, the city enjoyed an advantageous position in terms of the control of both the East-West road from Europe to Asia Minor and the sea connection in the North-South direction. Established at the crossroads of human history, Istanbul has for centuries attracted the interests of many emperors, armies, adventurers, merchants, philosophers, and great religious figures. Istanbul has always attracted political, religious, and artistic characters throughout history. The city has always been of great value to the whole world. There have been narratives written that assert that possession of Istanbul meant possession of the world.

Istanbul is often referred as 'the city of seven hills' because the historical part of the city is located on seven hills. Each hill is often represented with a mosque. Istanbul has been one of the most vivid and active cities in the world, hosting many international cultural and political organizations and meetings every year. The heritage of Istanbul is being discovered by more and more people everyday. The city's historic areas have been added to the UNESCO World Heritage List in 1985. Recently, the city of Istanbul was chosen as joint European Capital of Culture for 2010 (<http://www.istanbul2010.org/>).

This merger of distinguished, rich cultural traditions reveals itself in the historical shell of the city: Hagia Sophia, Topkapi Palace, Süleymaniye Mosque, Blue Mosque, Land Walls, Galata Tower, and many more. Actually, all around Istanbul, one may realize a historical, melancholic atmosphere. The mosques, churches, synagogues display a unique combination of cultural heritage of religions. The harmonic religious heritage of the city represents an example, emphasizing on tolerance and sympathy. Treasures of Istanbul reveal themselves as the city is discovered step by step; the voyage of Istanbul never ends. This is probably one of the reasons why the city has been an object of attraction and a source of inspiration for



## 12<sup>th</sup> European Cup 10000m Istanbul, Turkey



many writers and artists. As Alphonse de Lamartine says, "If one had but a single glance to give the world, one should gaze on Istanbul".

### 1.1 Currency

YTL (Yeni Turk Lirasi) is the currency in use in Turkey. The YTL is divided into 100 Kuruş. YTL notes appear in denominations of 5, 10, 20, 50 and 100 YTL, and the coins are in denominations of 1, 5, 10, 25, 50 Kuruş and also in 1 YTL. The old TL notes and coins are no longer in circulation since 1st January 2006.

10 Dollars : 12 Turkish Liras (Feb 11, 2008)

10 Euros : 17,5 Turkish Liras (Feb 11, 2008)

### 1.2 Time zone

Standard time zone in Turkey is UTC/GMT +2 hours. At 11:00 a.m. in Istanbul, the time is; 09:00 a.m. in London - 10:00 a.m. in Zurich - 10:00 a.m. in Madrid - 11:00 a.m. in Athens.

### 1.3 Electricity specifications

Turkey operates on 220 volts, 50 Hz, with round-prong European-style plugs that fit into recessed wall sockets/points. Many appliances with their own power adapters, such as laptop computers and digital cameras, can be plugged into 220-volt sockets/points.

### 1.4 Mobile phones

If you have a GSM-standard phone operating on the 900Mhz and/or 1800Mhz band(s), you can use "international roaming" in Turkey. This is the most expensive way to make calls, but the easiest. If your 900Mhz/1800Mhz GSM phone is "unlocked," you can buy a prepaid Turkish SIM card and call within Turkey at local rates. This is much cheaper than roaming.

### 1.5 Telephone calls to and from Turkey

The international code of Turkey is 90. To make a call to Istanbul, dial the international prefix to connect to the international network, then dial 90 for Turkey, and then the city code 212 for Istanbul European side. For an outcall from Turkey, the international prefix is 00.

## 2. ORGANISATIONAL STRUCTURE

### 2.1 European Athletics Council

President	Hansjörg Wirz (SUI)
Vice Presidents	José Luis de Carlos (ESP) Svein Arne Hansen (NOR)
Treasurer	Karel Pilny (CZE)



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



Director General Christian Milz (SUI)

Council Members Janez Aljancic (SLO)  
Franco Arese (ITA)  
Sylvia Barlag (NED)  
Jonathan Edwards(GBR)  
Frank Hensel (GER)  
Dobromir Karamarinov (BUL)  
Philippe Lamblin (FRA)  
Toralf Nilsson (SWE)  
Ludmila Olijar (LAT)  
Antti Pihlakoski (FIN)  
Jorge Salcedo (POR)  
Salih Munir Yaras (TUR)  
Vadim Zelichenok (RUS)

IAAF President (ex officio member)  
European Athletics Honorary Life President

Lamine Diack (SEN)  
Carl-Olaf Homén (FIN)

## **2.2 European Athletics Delegates**

Council Delegate Karel Pilny (CZE)  
Technical Delegate Massimo Magnani (ITA)  
Doping Control Delegate Pedro Branco (POR)

Jury of Appeal To be appointed at Technical Meeting

## **2.3 European Athletics Office**

European Athletic Association  
Avenue Louis-Ruchonnet 18  
1003 Lausanne, Switzerland  
Tel: +41 21 313 43 50  
Fax: +41 21 313 43 51  
E-mail: [office@european-athletics.org](mailto:office@european-athletics.org)  
Web: [www.european-athletics.org](http://www.european-athletics.org)

## **2.4 Executive Board of Turkish Athletic Federation**

President Mehmet Terzi  
Vice Presidents Huseyin Yildirim  
Erguder Uzun  
Salih Munir Yaras  
General Secretary Nihat Doker



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



Members

Emin Ucuz  
Niyazi Erdogan  
Erhan Basoglu  
Hasan Durucasu  
Ahmet Hamdi Camli  
Suavi Eman  
Ekrem Ay  
Muammer Subasi  
Selahattin Yildiz  
Salih Soylu  
Osman Unal

**2.5 Local Organising Committee**

President  
Vice President  
Vice President

Kadir Topbas  
Mehmet Terzi  
Salih Munir Yaras

Federation Contact  
International Relations Secretary  
Finance  
Medical Director  
Media Directors  
Transportation Coordinator  
Accommodation Coordinators  
Accreditation Manager  
Venue  
Protocol / Hospitality

Nihat Doker  
Restan Ozak  
Ridvan Dogan  
Dr. Ekin Unan M.D  
Murat Agca  
Erol Karakaya  
Ekrem Paze  
Izzet Turkkal  
Guner Gungor  
Fatos Turkkal

**2.6 Competition Organisation**

Competition Director  
Technical Manager  
Track Referee  
Chief Timekeeper  
Chief Photofinish  
Chief Assembly  
Chief Starter  
Doping Control  
TIC Manager

Salih Nathur  
Nejat Zorlu  
Mustafa Akyavas  
Sevket Ustaoglu  
Akin Ozen  
Ugur Ozdemir  
Salih Danaci  
Dr. Kaya Livanelioglu M.D  
Aysegul Baklaci

**2.7 Participating Federations**

According to the preliminary entries, the participating countries are:



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



AND, ARM, AUT, BEL, BIH, BLR, BUL, DEN, ESP, GRE, HUN, IRL, ISR, ITA, LTU, MDA, NED NOR,  
POR, ROU, RUS, SLO, SRB, SWE, TUR, UKR

### **3. ARRIVALS**

#### **3.1 General Information**

Istanbul Ataturk International Airport is the official airport. The international code is IST. Upon arrival, teams will be met by the LOC staff. A welcome desk will be located at the arrival terminal close to Meeting point 2 in front of Information desk and will be open on 10th April and 11th April. Schedule will be according to the teams arrivals as declared in the Final Entries. Once luggage has been collected, team members will be escorted to buses which will take them to their hotels. The transfer time from the airport to the official hotels is about 30 minutes.

#### **3.2 Arrival by Road**

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

#### **3.3 Visa Requirements**

Nationals of the following countries do not require a visa: AND, BIH, BUL, CRO, CZE, DEN, FIN, FRA, GER, GRE, ISL, ISR, LIE, LUX, MKD, MON, SMR, SUI, SWE.

Nationals of the following countries may obtain sticker type visas upon a certain fee at the Turkish international border gates (or, may apply to the Turkish Embassies/Consulates in their countries beforehand): ALB, ARM, AUT, AZE, BEL, BLR, CYP, ESP, EST, GBR, GEO, HUN, IRL, ITA, LAT, LTU, MDA, MLT, MNE, NED, NOR, POL, POR, ROU, RUS, SRB, SVK, UKR

Please find all the detailed information per country at [www.2008istanbul.org](http://www.2008istanbul.org) – Visas.

### **4. TRANSPORT**

#### **4.1 Transport and Accommodation Desk**

The transport and accommodation desk will be located in Lobby Turkuaz Room of the official hotel, and will be open from 09:00 until 21:00 on 10<sup>th</sup> to 13<sup>th</sup> April.

#### **4.2 Bus Shuttle Service**

A regular bus shuttle service will be provided between the teams' hotel, training venues, social functions, and the competition venue. Full details of the schedule will be displayed at the Information desk in the hotel. Transfer time between the hotel and the competition venue will be about 30 minutes.



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



#### **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.

### **5. ACCOMMODATION & HOTEL INFORMATION**

#### **5.1 General Information**

The LOC has reserved a five-star hotel for teams, providing full board accommodation and easy accessibility to both the centre of Istanbul and the competition venue.

#### **5.2 Information Desk**

An information desk will be located in the lobby of the hotel which will be open from 09:00 until 22:00 on 10<sup>th</sup> to 13<sup>th</sup> April.

#### **5.3 Official Hotel**

The official hotel for the teams and VIP is:

AKGUN HOTEL  
Adnan Menderes Bulvari TOPKAPI – 34270  
ISTANBUL-TÜRKIYE

TEL : +90 212 534 48 79 (20 LINES)  
FAX: +90 212 534 91 26  
http : [www.akgunhotel.com](http://www.akgunhotel.com)  
e-mail : [info@akgunhotel.com](mailto:info@akgunhotel.com)

Hotel AKGUN Istanbul is centrally located in the heart of the old city and surrounded by the old historical city walls as well as the Topkapi Palace, St. Sophia, The Blue Mosque, St. Savior in Chora, The Fabulous Grand Covered Bazaar and all other historical museums and mosques which are just 2-3 km distance away.

The distances from Hotel AKGUN Istanbul to: city center Taksim Square - 5 km, Ataturk International Airport - 10 km.

#### **5.4 Costs and European Athletics Quota**

According to European Athletics Regulation 910.4 the European Athletics shall bear the board and lodging expenses of the visiting teams at the venue of the competition for a maximum period of not more than 2 (two) days and for a maximum number of up to 3 (three) male and up to 3 (three) female runners (scoring athletes) from each visiting Member Federation.

The following rates must be paid for "out of quota" team members and for additional days:



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



CHF 120 per person / per day for athletes/officials in a double room  
CHF 160 per person / per day for athletes/officials in a single room

Payments for additional team members, additional nights or single rooms have to be made to LOC in advance or upon arrival. Payment of expenses in the hotel during the stay, all extra charges (telephone, laundry, bar, etc.), should be settled at the cashier in the hotel before departure.

Payments can be made in Euro, CHF, GBP or USD. Credit cards are accepted.

### **5.5 Meals**

All meals will be served in the hotel. The restaurant opening times are:

- Breakfast buffet                      06:30 - 10:00
- Lunch buffet                              12:30 - 14:30
- Dinner buffet                              19:00 - 22:30

Accreditation cards will allow access to meals.

For lunch and dinner, mineral water is available free of charge. All other drinks must be paid for.

### **5.6 Meeting Rooms for Teams**

Arrangements can be made for team meeting rooms through the Event Office at Turkuaz Room in the lobby of the hotel. Requests shall be made at reasonable time in advance.

### **5.7 Medical Services in the Hotel**

The medical center is located at the lower ground floor of the hotel. A doctor and a nurse will be on duty.

### **5.8 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 reception 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 European Cup 10000m, Istanbul 2008.

## **6. ACCREDITATION**

### **6.1 General**

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



transferable and does not allow the holder to take another person beyond checkpoints. Photos are not required for the accreditation card system.

## **6.2 Accreditation Procedure**

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

The team leaders will receive the accreditation cards for all members of their teams from the Event Office at the hotel upon arrival, and will be responsible for distributing the cards. Each team will also receive an separate card giving access to the Technical Information Center.

## **6.3 Loss of an Accreditation Card**

Any lost or damaged accreditation cards should be reported to the Event Office in the hotel, or to the TIC at the stadium. Duplicate cards can be obtained where proof of identity can be established.

## **6.4 Access Areas for Teams**

A description of the accreditation system will be included on the back of the accreditation card. All team accreditation cards will allow access to the team seating area, warm up area, changing facilities and physiotherapy tents. Only athletes who are about to compete will have access to the call room tent 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 number on the accreditation card.

## **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 European Athletics Technical Delegate and the Competition Management, regarding technical matters.

The TIC will be located in Lobby Turkuaz Room of the official hotel, and will be open from 09:00 until 21:00 on 10<sup>th</sup> to 13<sup>th</sup> April.

The TIC is located next to the VIP Hospitality Indoor, and will be open from 14:00 to 19:30 on the competition day, April 12<sup>th</sup>.

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

- Competition information
- Notification of lists of competitors (start lists)
- Liaison points concerning technical matters between Team Delegate, Technical Delegate and LOC



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



- Settlement of technical enquiries from delegations
- Record forms
- Recovery of confiscated items at the call room
- Applications for 'national records' doping control and photo finish prints
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, EAA and LOC
- Receipt of protests from the teams
- Publication of results. Results will be displayed on the notice boards near the TIC
- All technical information regarding the competition will be distributed to each delegation by the TIC personnel. Such information including daily programme, start lists, results as well as official information from EAA and LOC will be displayed on notice boards, and will also be available through the Event Office in the hotel.

Access to the information on the teams' pigeon boxes in the TIC will be controlled by a separate entry card, not by the accreditation card. TIC cards will be given to each team leader.

## **7.2 Technical Meeting**

The Technical Meeting will be held on Friday, 11 April at 19:00 in Akgun Hotel, the official hotel of the Event.

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, preferably in English, to the Event Office no later than 18:00 prior to the Technical Meeting. The Technical Meeting will be conducted in English.

The Technical Meeting will be attended by:

- European Athletics Delegates
- Representatives of the Local Organising Committee
- Chief Technical Officials
- TIC Representatives
- Competition Directors
- Competition Data Handling Representative

### **7.2.1 Agenda**

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Local Organising Committee
- Welcome by the European Athletics Representative
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate
- Technical information
- Confirmation of entries
- Call-room procedures and schedule
- Scoring and ties
- Protests
- Competition sites



## 12<sup>th</sup> European Cup 10000m Istanbul, Turkey



- Presentation of the competition and warm up sites
- Mixed Zone
- Opening and Closing Ceremonies
- Doping Control
- Advertising Rules and Regulations
- Election of the Jury of Appeal
- Answering of questions submitted in writing by federations
- Distribution of numbers

Teams that were not able to attend the Technical Meeting, under extreme circumstances, can collect their competition numbers from the TIC after the technical meeting.

### 7.3 Inspection of Competition Venue

Heads of Delegation may visit the Enka Stadium, the venue of the competition, inspecting access routes and other facilities which will be important to the teams, on Friday afternoon, 11 April from 16h30 to 19h00.

There will be no organised tour as the presentation regarding the competition and warm up areas will be given at the Technical Meeting.

### 7.4 Competition Area

Enka Athletics Stadium will have a seating capacity of 1,500 during the competition. The athletes' seats are located near the start of the 100m.

The green field adjacent to the competition venue will be used for warm up.

For further details please see Appendix 1.

### 7.5 Dressing / Physiotherapy Rooms

Tents are available behind the stands at the stadium as dressing and physiotherapy tents. Physiotherapy tables will be available.

### 7.6 Training

Athletes will have the possibility to train at the competition venue until Friday afternoon, 11 April, any time during the day.

Officials will be present to help in the case of problems or special requirements. Drinks will be available at the venue.

## 8. COMPETITION REGULATIONS

### 8.1 Team Composition



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



Each Member Federation may enter 1 (one) men's team and 1 (one) women's team, of a maximum of 6 (six) runners each of whom 3 (three) will score. All team members must meet the qualification standards.

### **8.1.1 Individual Entries**

Only Member Federations which have no athletes with entry standards may enter 1 (one) athlete in each event, even if he/she has not fulfilled the entry standards, provided that such Member Federation has participated in the preceding year's European Cup.

### **8.1.2 Qualification standards:**

The time which is equal to the hundredth best on the European Best Lists of 5000 m, 10000 m, 3000 m Steeplechase and Marathon of the year 3 (three) years preceding the event, achieved between the 1st of January 2 (two) years preceding the year of the competition and the closing date for the final entries.

<i>Event</i>	<i>Men</i>	<i>Women</i>
<b>5000m</b>	<b>14:01:75</b>	<b>16:15:23</b>
<b>10000m</b>	<b>29:41.17</b>	<b>34:55.51</b>
<b>3000m steeple</b>	<b>08:47.87</b>	<b>10:27.20</b>
<b>half marathon</b>	<b>1:05:20</b>	<b>1:15:06</b>
<b>marathon</b>	<b>2:18:11</b>	<b>2:38:24</b>

- Runners having finished in the first 50 (fifty) in any of the last 3 (three) IAAF World Cross Country Championships, or in the first 20 (twenty) in the Senior Events of the European Cross Country Championships held in the year preceding the European Cup 10 000 m, or in the first 10 (ten) in the Under 23 Events of the European Cross Country Championships held in the year preceding the European Cup 10 000 m.

### **8.2 Final Entries**

Final entries shall be made through the EAA online entry system. The online entry system will be accessible on the EAA website: **[www.european-athletics.org](http://www.european-athletics.org)** in the section "Member Federations Zone/Competition". Member Federations should use the already known ID and password.

Final entries indicating the names of the athletes and their performances in the current year, plus the names of officials must be submitted not later than 10 (ten) days before the competition i.e. by **midnight on 02 April 2008**.

### **8.3 Final Confirmation**

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

Forms for the final declaration and confirmation will be distributed to each delegation during accreditation. The forms must be completed and returned immediately or no later than 12h00 on the 11<sup>th</sup> April. Teams foreseen to arrive later than this deadline shall send their final confirmations in



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



advance by email to [competition@european-athletics.org](mailto:competition@european-athletics.org) Final start lists will be presented at the Technical Meeting.

### **8.3.1 Withdrawal**

Withdrawal of any confirmation must be indicated to the Event Office in the hotel or to the TIC at the stadium in writing on the official withdrawal form.

After the Technical Meeting, justified changes due to injury, illness or other uncontrollable matters will be possible until the beginning of the respective event, provided that the Technical Delegate has been previously informed and has accepted the change.

### **8.4 Competition Numbers**

The LOC will provide the teams with competition numbers at the Technical Meeting.

Each competitor receives 4 numbers. Their personal competition number shall be pinned on the front and the back of the competition clothing, on the back of the tracksuit and on the bag. The competition numbers may not be cut, bent or covered in any way.

### **8.5. Starting Order**

The athletes' starting order for each event is according to drawing done by the Technical Delegate, and will be marked on the start lists to be distributed at the Technical Meeting.

### **8.6 Scoring**

The women's and men's races are scored separately.

If A and B races are held the results are merged into one list. The team ranking is decided on the basis of the 3 (three) best times of the team members in the A and B races.

The individual ranking is decided by merging together the results of A and B races into 1 (one) list of results.

In the event of a tie, it shall be resolved in favour of the team whose last scoring runner finishes with the better time.

### **8.7 Competition Clothing**

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the call room.

European Athletics has a record of the Team vests of all Member Federations on the EAA website. If the uniform displayed on the website differs from your current official uniform, a full set of photographs must be provided to the European Athletics Office (preferably in an electronic version) **by 4<sup>th</sup> April the latest**:



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mail to: [competition@european-athletics.org](mailto:competition@european-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 maximum length of spikes is for track events is 6mm.

## **9. COMPETITION PROCEDURE**

### **9.1 Timetable**

The provisional timetable is as follows:

14.30 - 14.55	Opening Ceremony
15.00 - 15.40	10000m M race B
15.45 - 16.25	10000m F race B
16.30 - 17.10	10000m M race A
17.15 - 17.55	10000m F race A
18.00 - 18.05	Award Ceremony M Individual
18.05 - 18.10	Award Ceremony M Teams
18.10 - 18.15	Award Ceremony F Individual
18.15 - 18.20	Award Ceremony F Teams

The timetable is subject to changes due to the number of the competitors to be entered in the final confirmation.

### **9.2 Warm-up Area**

The warm-up area is the green field adjacent to the competition venue.

Massage facilities, changing tents are also available.

Please see Appendix 1.

### **9.3 Call Room**

All athletes must report to the call room 20 (twenty) minutes before their respective race.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Shoes
- Bags
- That non-authorized equipment (radio, walkman, mp3 player, mobile phone, camera etc) are not brought infield.



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



## **9.4 Competition preparation**

### **9.4.1 Start commands**

The starter commands will be given in Turkish, as follows:

- "On Your Marks"
- Fire of the gun.

## **9.5 Timing**

The official timing will be provided by Championship Turkey, and will be displayed on the official electronic timing instrument and photo finish cameras ( Finish Lynx ) provided by the same company.

## **9.6 Exit procedures after the Competition**

After the competition, athletes leave immediately the infield through the mixed zone where media interviews will be carried out. The clothing baskets will be brought to the mixed zone.

## **9.7 Protests and Appeals**

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

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

Any written appeal to the Jury of Appeal must be 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 100, 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 at the TIC.

## **9.8 Interviews**

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

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

## **9.9 Doping Control**



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



### **9.9.1 General Information**

Doping Control Programme is conducted under the IAAF Procedural Guidelines for Doping Control, and is supervised by the European Athletics Doping Control Delegate.

Athletes and team leaders should carry an official picture identification card together with the accreditation card during the event.

The blood samples will be collected through a random selection process and will be supplementary to urine sample collection.

All athletes selected for doping control will be informed in writing by LOC staff and will be accompanied, normally after the official interview and victory ceremony to the Doping Control Centre at the stadium.

A selected athlete will be allowed a maximum of one hour to report to the DCC but should report as soon as possible from the time of official notification. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

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

### **9.9.2 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 Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the Doping Control Delegate.

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

### **9.9.3 Additional Testing**

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

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

## **10. Medical Services**

### **10.1 General**



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



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

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from EAA competitions and during the event itself (EAA Regulation 910.9).

### **10.2 Medical Services in the Hotel**

The medical centre serves the athletes, trainers, other team members as well as members of the competition organisation. The medical centre is located at the lower ground floor of the hotel and will be open during the organisation.

### **10.3 Medical Care at the stadium**

The stadium medical service is responsible for any problems concerning the athletes' health. There is also an area for medical attention next to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention. There are also well equipped physiotherapy facilities here. The stadium medical service is also responsible for first aid in the warming up area.

### **10.4 Physiotherapy**

There is a physiotherapy room at Floor 1 in the hotel. Team physiotherapists and doctors may use the equipment in the physiotherapy rooms.

## **11. SECURITY**

Instructions given by the LOC, the security personnel and the police have to be followed in all areas, as well as during transport from location to another.

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

## **12. CEREMONIES**

### **12.1. Victory Ceremonies**

The victory ceremonies for the winning individuals as well as the teams will take place at the competition venue. Athletes must wear the official team clothing for the ceremonies.

### **12.2. Opening Ceremony**

The Opening Ceremony is scheduled to take place on Saturday, 11 April at 14:30 at the stadium. The time is subject to change depending on the general change of the timetable.



**12<sup>th</sup> European Cup  
10000m  
Istanbul, Turkey**



### **12.3. Closing Ceremony**

The Closing Ceremony will be organised within the Closing Banquet on Saturday evening.

### **12.4. Closing Banquet**

The Closing Banquet will take place on Saturday, 12 April, starting at 21:00. The place for the banquet will be announced in the hotel lobby LOC bulletin board. Everyone with accreditation or an invitation is welcome to attend the Closing Banquet.

## **13. DEPARTURE**

Teams will be asked to provide full travel details on the online entry system. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

Departure times of the buses from the hotel will be provided and displayed at the LOC Information Desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier.

## **14. CONTACT DETAILS**

For further details about the European Cup 10000m, Istanbul 2008, please contact;

**Mr. Salih Münir Yaraş**, LOC Vice President and Main Coordinator  
E-mail atlet@superonline.com - Phone +90 542 412 2830 Fax 90 212) 587 5258

**Mr. Nihat Doker**, TAF General Secretary  
Email: atletizmtr@yahoo.com - Phone: +90 312 310 7652 - Fax: +90 312 310 7706

**Mr. Restan OZAK**, LOC Secretary General  
E-mail restan1971@yahoo.com - Phone (90 533) 743 76 77 Fax (90 212) 587 98 66

Appendix 1 – Map of the stadium

