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1 Messages

1.1 European Athletics President

I am very pleased to welcome everyone to this year's European Throwing Cup here in Leiria.

This will be the 18th edition of this competition since it was inaugurated in 2001 and the third time that Leiria has staged this competition, more than any other venue, the city having been the hosts in 2014 and 2015 under its former name of the European Cup Winter Throwing.



Four years ago, the Cup was notable for a thrilling men's hammer duel between the then reigning world and Olympic champions, with Poland's Pawel Fajdek beating Hungary's Krisztián Pars; and there also some excellent throwing in the U23 women's events with Poland's Malwina Kopron and Estonia's Liina Laasma setting hammer and javelin Cup records which remain on the books today.

The following year, in 2015, we returned to Leiria and Pars turned the table on Fajdek while there were also two particularly fine discus competitions, with outstanding depth, which concluded with wins for Estonia's Martin Kupper and German's Nadine Muller

What these very brief highlights of those two recent Cups show is that Leiria is a venue where Europe's top throwers want to go to in order to test their mettle early in the year and that the Cup itself is a very attract annual early-season showcase for the continent's top exponents of the throws.

Consequently, even though I am writing these words some weeks before the final entries have closed, I am sure that once again many of Europe's top throwers will take part in the Cup, not least because the long-range forecast is for good weather conditions, and that we will have many exciting individual contests.

History suggests that a number of medallists from last year's world championships in London will be in action this weekend and it will be an important early form guide – both for the athletes themselves, their coaches and athletics fans – ahead of the Berlin 2018 European Athletics Championships later this summer.

I would like to take this opportunity to offer my sincere thanks to the Federação Portuguesa de Atletismo – the Portuguese Athletics Federation – and the local authorities in Leiria for their warm welcome and unstinting support for our sport and European Athletics.

In addition to their staging of this competition, Leiria memorably was memorably the host for the inaugural European Athletics Team Championships in 2009.

European Athletics are also very grateful to all the officials and volunteers with the Local Organising Committee for all their hard work and commitment.

I wish everyone an enjoyable and successful weekend and, with Leiria's history and experience of staging the European Throwing Cup, I feel sure it will be and that we will see some outstanding performances.

Svein Arne Hansen

European Athletics President

1.2 Secretary of State for Youth and Sport

I wish all the best and all the success to the portuguese athletes participating in the European Throwing Cup 2018, that is held here in Leiria, in our beautiful center region. I am sure that they will give their best in the name and on behalf of Portugal.



I would like to welcome all the other teams, the more than 400 athletes and all their staff members, hoping they enjoy their stay in our country and the hospitality and generosity of the Portuguese people, in particular of Leiria, whom I particularly salute.

I also would like to recognize the cooperation between the Portuguese Federation, the Leiria Municipality and Juventude Vidigalense club, for the organization of this European Throwing Cup 2018.

To the European Athletics I have to say that I am grateful for the confidence placed in the Portuguese sport organizations that are taking care of this great event and will work to make everyone's experience hard to forget.

João Paulo Rebelo

Secretary of State for Youth and Sport

1.3 Mayor of the City of Leiria

Hosting in Leiria the European Throwing Cup 2018 reflects an ambition of the Municipality in the sense of affirming Leiria as a municipality of Sports, not only in the competitive field, but also in the scope of the promotion of informal sport activity, as a way of encouraging healthy lifestyles.



This initiative contributes to the national and international promotion of the image of Leiria, the capacity to host and carry out large-scale events.

I wish the greatest success to all the athletes who will participate in the European Throwing Cup 2018, hoping they will feel Leiria has their own home.

Finally, a word of recognition for the great work that Juventude Vidigalense has developed in the promotion of sport, as a true ambassador of Leiria and of the best sports' values.

Raul Castro

Mayor of the City of Leiria

1.4 President of the Portuguese Athletics Federation

Leiria will host another European Athletics event.

European Athletics has once again relied on our ability to host and organize competitions for the best athletes in Europe.

Within the spirit of the Olympic motto - Citius, Altius, Fortius - it will now be the turn of the strongest. In Leiria we will have the elite of the European throwers.



Most of these athletes are already familiar with the City. In Leiria, the editions of 2014 and 2015 were successfully held.

Leiria is a historic, welcoming and comfortable city, able to offer the best weather and technical conditions for athletes to achieve their best results.

In addition, all organizational skills, tested in various past national and international events, shall also be at the 2018 edition disposal.

The LOC has all the support from the City, the Athletics Association and the Portuguese Athletics Federation.

We have no doubt that all athletes, managers and coaches will take with them the best memories, in addition to their best results.

On behalf of the Portuguese Athletics Federation, I wish everyone that the participation in the European Throwing Cup 2018 shall be one of the best sports experiences in their lives.

You are very welcome.

Jorge Vieira

President of the Portuguese Athletics Federation

1.5 President of the Local Organising Committee

Throughout 25 years of existence, many have been the highlights in the history of Juventude Vidigalense. Amongst collective and individual sporting results, there is no doubt that the organisation of international competitions is assumed as an important reason of pride.



After seven editions of the European Champion Clubs Cups (U20 - Group B), two editions of the European Champion Clubs Cups (Senior - Group B), it's time to host the third edition of the European Throwing Cup, in Leiria. It is an honour and a challenge to welcome the best European throwers in our city, showing the world our sports facilities and make everyone feel "the well-known" Portuguese hospitality.

We are grateful to our organisational partners - the City of Leiria and the Portuguese Athletics Federation - as well as to all the supporters and sponsors that make this moment possible.

We hope that all the conditions come together for the achievement of great results and to make this competition a fabulous event to promote athletics and the Olympic spirit.

To all of you, good luck ... and be very happy in Leiria!

Tatiana Fernandes

President of the Local Organising Committee

2 LEIRIA, HOST CITY

The event will take place in the city of Leiria. The city has a population of 128 537 people (2011).

Leiria is a city with a great sportive culture, due to the high number of sports at the population's disposal: Athletics, Handball, Basketball, Hockey, Football, etc.



Leiria was originated at the hill of its castle, having its original settlement within its walls, and later growing down to the banks of the Lis river. Today this is a modern city, with a rehabilitated public space, which possesses a very characteristic way of urban living, both during the day or at night. At the city's historical centre, hundreds of people of all ages gather to socialize, this being a privileged stage to play, talk, listen to music or dance.

The built patrimony has the castle as its ex-libris and also integrates a great number of churches and Art Nouveau buildings.

Leiria has a very rich landscape and environmental patrimony, with unique natural beauty, such as the Lapedo Valley, a place of worldwide archaeological importance since the discovery of the Lapedo Child burial site, the Ervedeira Lagoon, the Pedrógão Beach and the Monte Real Spa. Another great richness of Leiria is its gastronomy, dominated by the scents and flavours of the sea that contrast with those typical of the mountains, which can be appreciated at its countryside known restaurants.



Visiting Leiria is taking a tour around a fascinating city, full of treasures which remember historical people and places, with a landscape dominated by the hill of the castle. Visiting Leiria is to appreciate a city geometry characterized by the course from the hill of the castle to the Lis river banks, by its squares and streets from the 14th Century, where the past and present coexist.

One can end the day trying the delicacies of the well-known restaurants of Marrazes and making the most of the different places that create the city's vibrant nightlife.

Around the municipality of Leiria there are many other places worth a visit, given the touristic attractions they hold, such as the monasteries of Batalha and Alcobaça, both of them elected by UNESCO as World Heritage sites, the beaches of S. Pedro de Moel, Vieira de Leiria and Nazaré, the village of Óbidos and the Sanctuary of Fátima, among others.

3 DATE AND VENUE

The competition will be held on 10-11 March 2018 at the Municipal Stadium - Dr. Magalhães Pessoa (2) and at the National Throwing Centre (1).

Training will be provided at the same venues from Thursday 8 March afternoon.

The two competition venues are located within 500m distance from each other. Regular shuttle buses will ensure smooth transportation between the two competition venues and the team hotels.



4 AIRPORT

The official airport for the European Throwing Cup is the Lisbon Airport (LIS) located 129 km from Leiria. The average transfer time from the airport to the team hotels is approximately 1hour 20 minutes, depending on the traffic conditions.

Porto Airport (OPO) may be used as an alternative airport, upon previous agreement with the LOC and at Member Federations' costs.

5 VISA INFORMATION

The following countries require visas to enter Portugal:

ALB* - ARM - AZE - BLR - BIH*- GEO - KOS - MKD* - MDA* - MNE* - RUS - SRB* - TUR - UKR*

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

Visas should be obtained before leaving your country, from Portugal Embassy or Consulate well in advance to ensure all the procedures in due time.

Participants who require a visa should contact the LOC as soon as possible to obtain a special invitation letter and visa application information.

Please contact:

Daniela Ferreira

Tel.: +351 244 833 799

Mobile: +351 912 727 166

Email: danielaferreira@juventudevidigalense.org

The following information shall be included in the request:

- Full name (first name and family name as shown in passport)
- Gender
- Date of birth
- Passport Number and Passport Expiry Date (passports should be valid at least 6 months after the end of the competition)
- Function in the Team (athlete or official)

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

6 ENTRIES

In accordance with European Athletics competition regulations, the entries deadlines for the European Throwing Cup will be as follows:

Preliminary entries	Opening	28 November 2017
	Closing	14 December 2017 (14:00 CET)
Final entries	Opening	13 February 2018
	Closing	28 February 2018 (14:00 CET)

The European Athletics Event Management System for the entries is accessible at the following link: <https://arena.european-athletics.org>. Member Federations' entries manager shall use their already known individual and personalized access.

For the specific participation conditions, please refer to the respective event regulations available under: <http://www.european-athletics.org/european-athletics/competition-regulations/>

The European Throwing Cup comprises separate events for men's and women's teams (Senior and U23) representing European Athletics Member Federations.

6.1 Team Entries

According to 1002.7 each team shall consist of up to 3 (three) athletes entered in each event for Senior Men and Senior Women of which a maximum of 2 (two) may participate and 2 (two) athletes in each event for Under 23 Men and Women of which a maximum of 1 (one) may participate.

6.2 Individual Entries

According to 1002.4 Member Federations not entering teams may enter athletes to compete as individuals, each event being considered separately.

6.3 Entry conditions

In accordance with European Athletics regulations:

- Except in the Shot Put (men) and Hammer Throw (men), only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Throwing Cup.

- Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put and Hammer Throw (men).
- Only athletes aged at least 16 (sixteen) and not more than 22 (twenty-two) years on 31 December of the year of the competition may participate in the Under 23 events.

Each athlete may only be entered in one age group of an event at the European Throwing Cup and he/she can only compete in the age group for which he/she was entered. For the avoidance of doubt an athlete can be entered in different age groups in different events, but cannot compete in the same event in two age groups.

7 ACCOMMODATION

Participating teams will be accommodated in the following hotels:

Lux Mundi

Address: Jacinta Marto, 91
2495 - 450 Fátima
Tel: +351 249 530 690
Fax: +351 249 530 699
Website: www.luxhotels.pt

Lux Fátima Park

Address: Av. D. José Alves Correia da Silva, Lt. 2, Urb. das Azinheiras
2495-402 Fátima
Tel: +351 249 530 690
Website: www.luxhotels.pt

Lux Fátima

Address: Av. D. José Alves Correia da Silva, Lt. 2, Urb. das Azinheiras
2495-402 Fátima
Tel: +351 249 530 690
Website: www.luxhotels.pt

Eurosol Residence

Address: Comissão da iniciativa, 13
2410-098 - Leiria
Tel: +351 244 860 460
Fax: +351 244 860 469
Website: www.eurosol.pt

The team hotels allocation will be defined after the closing of the final entries.

8 FINANCIAL CONDITIONS

According to European Athletics Regulation 1010.4. European Athletics shall pay the board and lodging expenses for not more than 3 (three) days and for a maximum of 4 (four) men and 4 (four) women from each visiting team in each category, with a maximum of only 1 (one) man and 1 (one) woman in each event.

The officials within the defined ratio by European Athletics will also benefit from the price applicable for athletes in quota in double occupancy. The ratio of athletes and officials is included to appendix 5 of this manual.

The following rates must be paid for out of quota athletes, for team officials and for additional days:

Team Members	Single Occupancy	Twin Occupancy
Non-Quota Athletes & Officials within the ratio	75.00EUR per person/night ⁽¹⁾	75.00EUR per person/night
Officials outside the ratio	100.00EUR per person/night	75.00EUR per person/night
Additional nights (Athletes and Officials)	100.00EUR per person/night	75.00EUR per person/night

All prices include meals and VAT

⁽¹⁾ Each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials in ratio entered at the price of a twin room. Any single rooms above the 10% threshold will be charged at the rate of 100 EUR.

9 INSURANCE

The participating European Athletics Members are responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Throwing Cup.

10 WEBSITE

The official website of the European Throwing Cup (www.leiria2018.com) containing useful information about the event and competition venues is already available. Information and link can also be found at: <http://www.european-athletics.org/competitions/european-throwing-cup/>

11 GENERAL PROGRAMME

Day	Time	Activity
Thursday, 8 March	All day	Arrivals and Accreditation
	15:00 – 18:30	Training
Friday, 9 March	All day	Arrivals and Accreditation
	10:00 – 18:00	Training
	12:00	Final Confirmations (deadline)
	14:00	Questions for the Technical Meeting (deadline)
	18:00	Delivery of personal implements (deadline)
	19:00	Technical Meeting
Saturday, 10 March	09:00 – 17:30	Competition Day 1
Sunday, 11 March	09:00 – 18:00	Competition Day 2
	20:30	Final Banquet & Teams Victory Ceremonies
Monday, 12 March	All day	Departure

12 LOCAL ORGANISING COMMITTEE

For further details about the European Throwing Cup in Leiria/POR on 10-11 March 2018 please contact the Local Organising Committee (Mr. Paulo Reis) at any of the below options:

Juventude Vidigalense Office

Stadium Dr. Magalhães Pessoa, gate 2,

Tel & Fax: + 351 244 833 799

Tel: + 351 919 719 727

Email: etc@leiria2018.com

HOST INSTITUTIONS



NATIONAL SERVICE PARTNERS

