

XXXIV Cross Ciudad de Castellón



Copa de Europa de



por
clubes



3 de febrero

de 9:45 a 14:15 Copa de Europa de 12:00 a 14:00

Pinar, Grao de Castellón

más información en www.atletismecastello.com

Patrocinadores Principales

Patrocinadores

Colaboradores





European Champion Clubs Cup Cross
Country

Castellón de la Plana, Spain



European Champion Clubs Cup Cross Country

3 February 2013
Castellón de la Plana, Spain



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European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



CONTENTS

1.	GENERAL INFORMATION	5
1.1.	USEFUL INFORMATION	5
1.2.	BUSINESS HOURS SHOPS, GOVERNMENT OFFICES, BANKS	6
1.3.	CASTELLON PHOTOS	7
2.	ORGANISATIONAL STRUCTURE	8
2.1.	EUROPEAN ATHLETICS COUNCIL	8
2.2.	EUROPEAN ATHLETICS DELEGATES	8
2.3.	EUROPEAN ATHLETICS OFFICE	8
2.4.	EXECUTIVE BOARD OF SPANISH ATHLETIC FEDERATION	9
2.5.	LOCAL ORGANISING COMMITTEE	9
2.6.	COMPETITION ORGANISATION	9
2.7.	PARTICIPATING CLUBS	10
3.	ARRIVALS	11
3.1.	ARRIVAL BY AIR	11
3.2.	ARRIVAL BY TRAIN	11
3.3.	ARRIVAL BY ROAD	11
3.4.	VISA REQUIREMENTS	11
4.	TRANSPORT	11
4.1.	TRANSPORTATION DESK	11
4.2.	BUS SERVICE	12
4.3.	RETURN TO AIRPORT / TRAIN STATIONS	12
5.	ACCOMMODATION	12
5.1.	GENERAL INFORMATION	12
5.2.	INFORMATION DESK(S)	12
5.3.	TEAM, VIP & MEDIA HOTEL	13
5.4.	COSTS AND EUROPEAN ATHLETICS QUOTA	13
5.4.1.	PAYMENT PROCEDURES	14
5.5.	MEALS	15
5.6.	MEETING ROOM FOR TEAMS	15
5.7.	MEDICAL SERVICE IN THE HOTEL	15
5.8.	TELEPHONE CALLS	15
6.	ACCREDITATION	16
6.1.	GENERAL	16
6.2.	ACCREDITATION PROCEDURE	16
6.3.	LOSS OF AN ACCREDITATION CARD	16
6.4.	ACCESS AREAS FOR TEAMS	16
7.	TECHNICAL INFORMATION	17
7.1.	TECHNICAL INFORMATION CENTRE (TIC)	17
7.2.	TECHNICAL MEETING	17
7.2.1.	AGENDA	18
7.3.	INSPECTION OF COMPETITION VENUE	18
7.4.	DRESSING / PHYSIOTHERAPY ROOMS	18
7.5.	COMPETITION AREA	18
7.6.	TRAINING	18
8.	COMPETITION REGULATIONS	19
8.1.	ENTRIES	19
8.1.1.	REGISTRATION FEES	19
8.1.2.	FINAL ENTRIES	20



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

8.2.	FINAL CONFIRMATION	20
8.2.1.	WITHDRAWAL	20
8.3.	STARTING STATIONS	20
8.4.	COMPETITION NUMBERS	20
8.5.	SCORING	20
8.6.	COMPETITION CLOTHING	21
9.	COMPETITION PROCEDURE	21
9.1.	TIMETABLE	21
9.2.	WARMING UP BEFORE EVENTS	21
9.3.	ASSEMBLY AND CALL ROOM PROCEDURES	22
9.4.	EVENT PRESENTATION FORMAT	22
9.5.	COMPETITION PREPARATIONS	22
9.5.1.	STARTER'S COMMANDS	22
9.5.2.	FALSE START	22
9.6.	TIMING	22
9.7.	LEAVING THE COURSE AFTER THE COMPETITION	22
9.8.	PROTESTS AND APPEALS	23
9.9.	INTERVIEWS	23
9.10.	DOPING CONTROL	23
9.10.1.	GENERAL INFORMATION	23
9.10.2.	SELECTION OF ATHLETES	24
9.11.	VICTORY CEREMONIES	24
10.	INFORMATION	24
10.1.	CLOCKS	24
10.2.	ANNOUNCEMENTS	25
10.3.	START LISTS	25
10.4.	RESULT LISTS / INTERMEDIATE SCORES	25
11.	MEDICAL SERVICES	25
11.1.	GENERAL	25
11.2.	MEDICAL SERVICES IN THE HOTEL	25
11.3.	MEDICAL CARE AT THE COMPETITION VENUE	25
11.4.	PHYSIOTHERAPY	25
11.5.	INSURANCE	26
12.	SECURITY	26
13.	PROTOCOL	26
13.1.	OPENING CEREMONY	26
13.2.	CLOSING CEREMONY	26
13.3.	CLOSING BANQUET	26
14.	DEPARTURE	26
15.	CONTACT DETAILS	27
16.	APPENDIX	27



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

1. GENERAL INFORMATION

Castellón de La Plana is a medieval town located between the Mediterranean and the mountain of Desert de les Palmas, on the Costa de Azahar in eastern Spain.

The visitor will find a small, charming and friendly city.

The beaches are quiet and peaceful, well maintained and equipped and surrounded by the mountains

A new and beautiful avenue, a road and two roads linking the city with its port and Grao Castellon.

Recently it has launched a new urban space in Port, entry and sport fishing area, a leisure complex and pleasing to the visitor: the Plaza del Mar.

In "Grao de Castellón " you will find the Pinar del Grau that is part of the history of Castellon, popular and cosmopolitan. It is the right place to spend Sunday, or play sports, are also sporting events nationwide. It is a golf course for golf lovers.

1.1. USEFUL INFORMATION

Language-Spanish

Currency-Euro

Religion-mostly Catholic

Time zone-Central European Time-GMT+1

Electricity specifications-220 V (50 Hz)

Telephone instructions: international code 34, area code for Castellon 964.

Introductory phrases in local language

English	Español (Spanish)
Welcome	Bienvenido (sg) Bienvenidos (pl)
Hello	¡Hola!
How are you?	¿Cómo está usted? (frm) ¿Cómo estás? (inf)
I'm fine, thanks. And you?	Bien gracias, ¿y tú? (inf)
What's your name?	¿Cómo te llamas? (inf)
My name is ...	Me llamo ..., Mi nombre es ...
Where are you from?	¿De dónde eres? (inf) ¿De dónde es usted? (frm)
I'm from ...	Soy de ...
Pleased to meet you	Mucho gusto Encantado
Good morning	Buenos días
Good afternoon/evening	Buenas tardes
Good night/evening	Buenas noches
Goodbye	Adiós, Hasta luego, Hasta la vista, Hasta mañana
Good luck	¡Buena suerte!
I don't understand	No entiendo / No comprendo
How do you say ... in Spanish?	¿Cómo se dice ... en español?
Excuse me	¡Perdón! ¡Perdone! ¡Discúlpe!
How much is this?	¿Cuánto cuesta? ¿Cuánto cuesta esto?



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

Sorry	¡Perdón! ¡Perdone! ¡Lo siento!
Thank you	Gracias / Muchas gracias
Where's the toilet?	¿Dónde está el baño?
where is the call room? where is Competition information ?	¿Donde está cámara de llamadas? ¿Donde está el Centro de Información?

1.2. BUSINESS HOURS SHOPS, GOVERNMENT OFFICES, BANKS

Shop opening hours-Generally 10am to 1.30pm and 5pm to 8pm

Post Office opening hours-10am to 1.30pm and 4pm to 8.30pm

Bank near the Hotel & Stadium-opening hours-8.30am to 3pm



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

1.3. CASTELLON PHOTOS



Teatro Principal



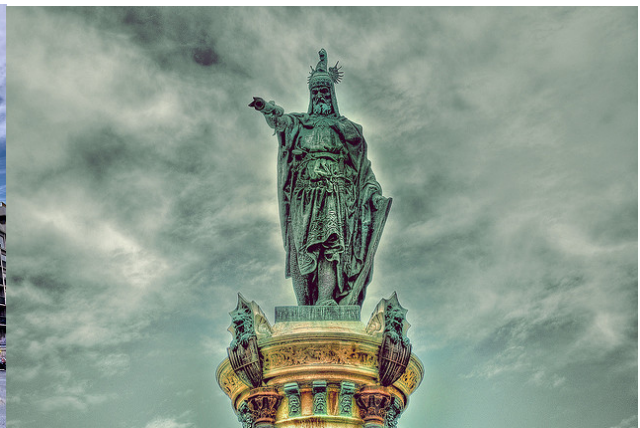
Plaza del Mar



Plaza Mayor



La farola



Jaume I



Columbretes Islands



Tombatossals



European Champion Clubs Cup Cross
Country
Castellón de la Plana, Spain



2. ORGANISATIONAL STRUCTURE

2.1. EUROPEAN ATHLETICS COUNCIL

President	Hansjörg Wirz (SUI)
Vice Presidents	José Luis de Carlos (ESP) Karel Pilny (CZE) Jean Gracia (FRA)
Director General	Christian Milz (SUI)
Council Members	Franco Arese (ITA) Sylvia Barlag (NED) Jonas Egilsson (ISL) Liam Hennessy (IRL) Frank Hensel (GER) Dobromir Karamarinov (BUL) Toralf Nilsson (SWE) Erki Nool (EST) Antti Pihlakoski (FIN) Jorge Salcedo (POR) Gabriela Szabo (ROU) Salih Munir Yaras (TUR) Vadim Zelichenok (RUS)
IAAF President (ex officio member)	Lamine Diack (SEN)
European Athletics Honorary Life President	Carl-Olaf Homén (FIN)

2.2. EUROPEAN ATHLETICS DELEGATES

Technical Delegate	Carlos Cardoso (POR)
Doping Control Delegate	Anne Jakob (GER)

2.3. EUROPEAN ATHLETICS OFFICE

European Athletics 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
Web: www.european-athletics.org



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

2.4. EXECUTIVE BOARD OF SPANISH ATHLETIC FEDERATION

President	Jose Maria Odriozola Lino
General Manager	Jose Luis De Carlos Macho
secretary President	Julia Sanchez Fernandez
Secretary General	Beatriz Santos Suarez
Area Manager Competition	Anacleto Jimenez Pastor
Assistant Area Competition	Fernando Jose Tarrega Martin
Press Director	Gerardo Cebrian Martinez
Area Manager Organizations	Luis Francisco Saladie Lafuente

2.5. LOCAL ORGANISING COMMITTEE

President	Antonio Escrig
General Secretary	María Traver / Jordi Carbó
Event Management	José Ortuño
Protocol/Hospitality	Manoli Alonso
Press/Media	José Ortuño
Finance	Luis Carbó
Travel/Accommodation	Claudio Veneziano
Marketing	Hector Bellmunt
Ceremonies	Antonio Simarro

2.6. COMPETITION ORGANISATION

Competition Director	VICENTE FERRANDO SANZ
Meeting Manager	<to be indicated by LOC>
Event Presentation Manager	<to be indicated by LOC>
Call Room Referee	JOSÉ NEBOT ARMELLES EUGENIA FORÉS MASIP ENRIQUE ESCRIBANO MARTÍ JUAN MANUEL GASULLA CARCELLER DANIEL FLOIRÁN SFIRLEAZA
Referees	JUAN MANUEL MIRALLES FUSTER ANGEL RODRÍGUEZ DE LOS COBOS ANTONIO GARRIDO ALDOMAR JOSÉ PRADES GARCÍA DANIEL BABILONI MASO
Technical Information Centre Manager	<to be indicated by LOC>
Announcer	<to be indicated by LOC>



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

2.7. PARTICIPATING CLUBS

	Senior Men	Senior Women	
AND	CAVA	Daring Club Leuven Atletiek	BEL
BEL	Eendracht Aalst	Hvezda SKP Pardubice	CZE
CZE	AK Kromeriz	Atletismo Santutxu	ESP
DEN	Arhus 1900	Playas de Castellon	ESP
ESP	Otsu Colibru Guadalajara	Ales Cevennes Athlétisme	FRA
ESP	Playas de Castellon	Birchfield Harriers	GBR
ESP	Bikila Atletismo	Dundrum South Dublin	IRL
FIN	Jyväskylän Kenttäreijijat	C.S. Esercito	ITA
FRA	Ales Cevennes Athlétisme	SK Vidar	NOR
GBR	Central AC	Maratona Clube de Portugal	POR
GER	VFB LC Friedrichshafen	Sport Club Luch Moscow	RUS
IRL	Clonliffe Harriers	AC Mladost-Uzice	SRB
ITA	GS Fiamme Gialle	ST Bern leichtathletik	SUI
LUX	C.A. Belvaux	Hässelby SK	SWE
NED	AV Cifla	Istanbul Üsküdar Belediyesi Spor Kulübü	TUR
NOR	SK Vidar		
POR	Maratona Clube de Portugal		
RUS	SC « Inzer »		
SRB	AC Mladost-Uzice		
SUI	LG Basel Regio		
SWE	Hässelby SK		
TUR	Istanbul Büyükşehir Belediyesi Spor Kulübü		

	Junior Men	Junior Women	
BEL	AV Lokeren	Flanders Atletiek Club	BEL
CZE	SSK Vitkovic	Sparta	DEN
DEN	Arhus 1900	UBU-Caja de Burgos	ESP
ESP	Playas de Castellon	Playas de Castellon	ESP
FIN	Sjundeä IF	Erdre Athletisme	FRA
FRA	Clermont Athletisme Auvergne	Dundrum South Dublin	IRL
GRE	GAS Ilissos Athl. Club	Mollificio Modenese Cittadella	ITA
IRL	Raheny Shamrocks	C.A. Celtic Diekirch	LUX
ITA	Atletica Cento Torri Pavia	Uniao Desportiva da Varzea	POR
LTU	Nike Klaipeda	Sport Club Luch-Flano, Moscow	RUS
LUX	C.A. Celtic Diekirch	AC Niski Maraton-NIS	SRB
NED	TILBURG Road Runners	Hässelby SK	SWE
POR	Sport Lisboa e Benfica	Bursa Büyükşehir Belediyesi Spor Kulübü	TUR
RUS	SC « Bis » Sterlitamak		
SRB	AC Niski Maraton-NIS		
SWE	Sävedalens AIK		
TUR	Istanbul Fenerbahce Sport Kulubu		



European Champion Clubs Cup Cross
Country
Castellón de la Plana, Spain



3. ARRIVALS

3.1. ARRIVAL BY AIR

The official airport is MANISES-VALENCIA AIRPORT which is situated 90 km from the Castellón.

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel, approximately one hour from the airport.

3.2. ARRIVAL BY TRAIN

There will be no Welcome Desk at the main railway station in Castellon Teams arriving by train will be met by LOC representatives and taken to the team hotel, according to the arrival times given in the final entry system.

3.3. ARRIVAL BY ROAD

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

3.4. VISA REQUIREMENTS

Visas should be obtained before leaving your country. Should you have any problems, or require a letter of invitation please contact the Local Organising Committee:

Venue	Castellon / ESP
LOC President	Antonio Escrig Saez
LOC Event Coordinator	Claudio Veneziano
Contact Address	Playas de Castellon
Organising Committee	Tel: 0034 639 864732 Fax: 0034 964 202176 E-mail: claycla@hotmail.com Website: www.atletismecastillo.com

4. TRANSPORT

4.1. TRANSPORTATION DESK

The transport desk will be located in the hotel reception as part of the welcome/ information desk-see below



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



4.2. BUS SERVICE

A regular bus service will be provided between the team hotels, training venues, social functions, the technical meeting and the competition venue. Transfer times between the hotels and the competition venue will be 10 min (10kms), depending on the traffic conditions.

Transfer schedules between the teams' hotel(s) and the several venues will be as follows:

TO TRACK		<u>schedule bus</u>	
<u>category</u>	<u>hotel</u>	<u>GO</u>	<u>BACK</u>
JUNIOR	LUZ	10:30	13:30
JUNIOR	INTUR	10:30	13:30
SENIOR	LUZ	11:30	14:30
SENIOR	INTUR	11:30	14:30

TO TECHNICAL MEETING	<u>schedule bus</u>	
<u>hotel</u>	<u>GO</u>	<u>BACK</u>
LUZ	20:45	When finish the Technical Meeting
INTUR	20:45	When finish the Technical Meeting

Golf Hotel is next to the track.

Transport timings will be posted at the welcome/ transport desk.

4.3. RETURN TO AIRPORT / TRAIN STATIONS

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available at the Information Desk in each hotel.

5. ACCOMMODATION

5.1. GENERAL INFORMATION

The LOC has reserved accommodation for all teams at three hotels in Castellon, providing full board accommodation. Approx. 10kms from the competition venue and 5 min Castellon centre.

5.2. INFORMATION DESK(S)

An Information Desk(s) will be located in the lobby of each team hotel(s) with qualified personnel offering relevant information about all aspects of the European Champion Clubs Cup Cross Country. The Information Desk(s) opening hours will be as follows:

Friday 1th 15:00
 Saturday 2th-10.00-20.30
 Sunday 3th-08.00-11.00



**European Champion Clubs Cup Cross
Country**
Castellón de la Plana, Spain



5.3. TEAM, VIP & MEDIA HOTEL

The official hotels for the European Champion Clubs Cup Cross Country will be:

HOTEL DEL GOLF

Avenida Del Golf, nº 2
Playa del Pinar
12100 Grao de Castellón, España.
Teléfono: (+34) 964 280 180 Fax: (+34) 964 281 123
Web: www.hoteldelgolfplaya.com
E-mail: info@hoteldelgolfplaya.com

HOTEL INTUR CASTELLON

Calle de Herrero, 20 .
12002 . Castellón de la Plana. España
Teléfono: (+34) 964 225 000 . Fax: (+34) 964 232606
E-mail: castellon@intur.com

HOTEL LUZ

CALLE PINTOR OLIET, 3.
12006 Castellón de la Plana . España
Teléfono: (+34) 964 20 10 10 Fax: (+34) 964 201 011
E-mail: info@hotelluz.com

The allocation of teams in the 3 hotels is shown in appendix 4.

5.4. COSTS AND EUROPEAN ATHLETICS QUOTA

According to Regulation 1310.1.1 the organising club undertakes to cover accommodation and full board costs of each participating team (except the host) for no more that 2 (two) days and for a maximum of 4 athletes in each race and 1 official.

In case the Junior Team is from the same club as the Senior team, the Organiser will not cover the accommodation costs for any additional official for the Junior Team.

According to Regulation 1310.6.1 each participating team (except the host) should pay a Accommodation support to the organiser of 300 € for two days (2 feb and 3 Feb), or 150 € per night for accommodation, which must be paid, at the latest, upon arrival to the venue.



European Champion Clubs Cup Cross Country



Castellón de la Plana, Spain

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

Team members	Single room	Twin/Triple room
	Euros	CHF
Out of quota athletes / officials	100 per person/night	75 per person/night
Additional nights	100 per person/night	75 per person/night
Meals	15 per person/meal	15 per person/meal
accommodation only	70 per person/night	45 per person/night

All prices include meals and VAT

Cancellation policy

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

Any club team, which having agreed to participate with a team, withdraws and does not compete after their declaration at the closing date for Preliminary entries shall pay to the organising club for any irrevocable costs related to the cancellation.

All payments must be made in Euros in cash or by credit card.

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

5.4.1. PAYMENT PROCEDURES

An invoice will be given to each club detailing the amount they owe based on their final entries. Advance payments should be made in euros by bank transfer to the following account:

BENEFICIARY BANK: Bankia- Avenida Valencia nº 63, 12005 Castellón – Spain
BIC (Bank Identifier Code): CAHMESMMXXX
IBAN ES68 –2038-6458-54-6000006762
Account Holder: Club atletisme castelló, ctra Ribesalbes S/N 12006 Castellón, Spain

Note: A copy of the bank transfer will be required upon arrival.

The balance of the payment must be paid on-site by the Team Leader on arrival at the Accreditation Centre, except Teams, accommodated in Hotel Intur, must be paid directly to hotel.

Payment can be made by credit card or by cash in Euros.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



The Team Leader must settle phone bills and all other extra services at the hotel reception, before departure. The Team Leader will be requested a credit card by the hotel reception desk for extras. All payments must be made in euros.

All extras must be paid, at the latest, upon arrival to the venue by cash.

5.5. **MEALS**

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

The restaurant opening times are:

Breakfast: 08.00-10.00

Lunch: 13.30-15.30

Dinner:- 20.30-22.30 (Saturday night at 21.30)

Accreditation cards together with hotel room cards (which will be given to teams upon arrival) will allow access to meals.

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

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

On the competition date late serving provisions will be made for those athletes detained at the venue due to doping controls or protests.

5.6. **MEETING ROOM FOR TEAMS**

Arrangements can be made for a team meeting room through the Information Desk in the Teams hotel. Requests shall be made at reasonable time in advance.

5.7. **MEDICAL SERVICE IN THE HOTEL**

Medical service and/or emergency calls will be available by phone (information is available at the hotel reception).

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 information desk at the hotel. The telephone will be made available upon the presentation of a credit card to cover all charges.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



6. ACCREDITATION

6.1. GENERAL

Each team will receive 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. Photos are not required for the accreditation card system.

6.2. ACCREDITATION PROCEDURE

Accreditation cards will be prepared in advance, based on the information provided by the clubs through the online entry system. No changes will be accepted after the final entry deadline.

The Technical Delegate reserves the right to inspect resident cards or passports.

The Team Leader will settle the payment of accommodation for team members (accommodation fee and out of quota) and confirm the athletes participating in the European Champion Clubs Cup Cross Country. **The Team Leader shall also collect and submit the athletes passport for nationality and date of birth check.**

Accreditation cards will be distributed in the Hotel, after the payment and final confirmation. The Team Leader will be responsible for collecting the accreditations cards for the whole team.

6.3. LOSS OF AN ACCREDITATION CARD

Any lost or damaged accreditation cards should be reported to LOC. Duplicate cards can be obtained where proof of identity can be established.

6.4. ACCESS AREAS FOR TEAMS

All team accreditation cards will allow access to the warm-up area, changing facilities and physiotherapy rooms. Only athletes who are directly involved in the competition will have access to the call room and to the course.

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.

Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

Doping Control Passes will be managed by the Doping Control Delegate according to the needs.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



7. TECHNICAL INFORMATION

7.1. TECHNICAL INFORMATION CENTRE (TIC)

The main function of the Technical Information Centre is to ensure smooth communication between each Team Delegates and the LOC, the European Athletics Technical Delegate and the Competition Management, regarding technical matters.

Until Sunday 3 February at 10:00 the TIC will be located at the Hotels. From Sunday 3 February at 10:00 the TIC is located at the competition venue.

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

- Settlement of technical enquiries from delegations
- Competition information
- Recovery of confiscated items at the Call Room
- Applications for additional doping control tests
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, European Athletics and LOC
- Publication of results
- Receipt of protests from the teams

All technical information regarding the competition will be distributed to each delegation in a pigeon box given to each team. This information will also be displayed on information boards. Access to the information to be distributed at the TIC will be controlled by a separate card, not by the accreditation card. TIC cards will be given to each Team Leader.

Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the TIC after the technical meeting.

7.2. TECHNICAL MEETING

The Technical Meeting will be held on **Saturday 2 February at 21:00** in **HOTEL DEL GOLF**.

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

All questions related to the Technical Meeting must be presented in writing in English, at Team hotels welcome desk **before 18:00** on that day in the appropriate form. The Technical Meeting will be held in English.

The Technical Meeting will be attended by:

- LOC President
- European Athletics Officiating Persons (Technical and Doping Delegate)
- Jury of Appeal
- Competition Director
- Competition Officials
- TIC Manager



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



- Competition Data Handling Representative (if required)
- European Athletics Staff

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 President or his representative
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Presentation of the competition and warm-up venues
- Opening/Closing Ceremony
- Information briefing by the Doping Control Delegate
- Answering of questions submitted in writing by federations

7.3. INSPECTION OF COMPETITION VENUE

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. DRESSING / PHYSIOTHERAPY ROOMS

Teams may leave their clothes in the call room, into containers to be for each team

A space will be reserved for physiotherapy or massage (Appendix 2 – Map of the course and course profile).

7.5. COMPETITION AREA

The competition will take place in a natural park to 3kms from Castellon centre, and its surroundings are shown in appendix1 of this document.

Avenida Ferrandis Salvador, nº 2
Playa del Pinar
12100 Grao de Castellón, España.

7.6. TRAINING

There will be no bus for training because most of the teams arrive on Saturday evening.

Nevertheless, training will be possible as follows:

- teams accommodated in Golf Hotel can train on the track, next to the hotel
- Teams accommodated in Hotel Luz can walk to train on the following track (1) (1km from the hotel).
- Teams accommodated in Hotel Intur can walk to train on the following track (1)(2km from the hotel).



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



PISTAS ATLETISMO GAETA HUGUET-C.A.PLAYAS DE CASTELLON
CRTA RIBESALBES S/N
12006 CASTELLON

8. COMPETITION REGULATIONS

8.1. ENTRIES

The European Champion Clubs Cup Cross Country comprises separate competitions for junior and senior men's and women's teams representing the long distance National Champion Clubs of European Athletics Member Federations.

In accordance with European Athletics Regulation 1302.7, each team may enter a maximum of 8 (eight) athletes in each event, of which not less than 4 (four), no more than 6 (six) will be allowed to start the race, in the following conditions:

- No athletes aged less than 16 (sixteen) years on 31 December of the year of the competition may compete in the ECCC Cross Country.
- Only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the Junior events.

All athletes must be able to present, if requested to do so by the Technical Delegate an official document stating their date of birth.

Each athlete may only be entered in one race of the Championships and he/she can only compete in the race for which he/she was entered.

The number of **foreign athletes** is strictly limited to 1 (one) for each club team in ECCC Cross Country. Member federations must provide the list of foreign athletes to European Athletics by **1 January** of the year of the ECCC Cross Country.

8.1.1. REGISTRATION FEES

The following contribution must be paid to the organising club by each participating club team (except host):

- Registration fee: EUR 200 – which must be paid at the latest by the date of the closing of the preliminary entries.

A copy of the bank transfer will be required upon arrival.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



8.1.2. FINAL ENTRIES

Final entries shall be made through the European Athletics Teams Online Entry System. The online entry system will be accessible at the European Athletics website: 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 competitors and of the officials must be received not later than 10 (ten) days before the event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: 8/01/2013
- Deadline for the final entries: 24/01/2013, 24:00 (CET)

8.2. 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. These forms must be completed and returned immediately.

Final start lists will be ready for collection together with the **bib** numbers after the Technical Meeting.

8.2.1. WITHDRAWAL

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

8.3. STARTING STATIONS

For each race, each team will be allocated a starting station, the position of which will be drawn by the Technical Delegate. The result of the draw will be announced at the technical meeting and displayed at the Information Desk in the team hotels as well as on the start gantry at the course.

8.4. COMPETITION NUMBERS

The bib numbers will be delivered after the Technical Meeting. Each athlete will receive 2 bib numbers: 1 to be put on the back of the singlet and the other including the transponder. This one has to be pinned in front of the singlet.

The transponder be distributed together with the bibs at the end of the technical meeting.

The competition bibs may not be cut, bent, covered or ruined in any way.

8.5. SCORING

Each race shall be scored separately.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



Each team's score shall be determined by the aggregate of finishing positions achieved by its 4 (four) best placed athletes. If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.

A team with fewer than 4 (four) finishing athletes shall not be counted in the team classification.

No adjustment to teams' scores shall be made in respect of any non-scoring team members or athletes participating as individual.

Teams shall be classified according to their scores, the team in each event having the lowest score being the winner, and so on.

A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

8.6. COMPETITION CLOTHING

All competitors must wear registered vest of the same design and colour of the club they are representing.

Teams were requested to send a picture of their official uniform to EA.

Participating clubs in the ECCC Cross Country must provide European Athletics with a full set of photographs of their club team uniforms (preferably in an electronic version) by 24 January 2013 and will have the obligation to wear them throughout the competition. :

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible
- Mail to: competition@european-athletics.org

9. COMPETITION PROCEDURE

9.1. TIMETABLE

The timetable on 03/02/2013 will be:

<u>schedule</u>	<u>category</u>	<u>gender</u>	<u>Distance</u>	<u>laps</u>
12:00	JUNIOR	WOMEN	4.000	2
12:20	JUNIOR	MEN	6.000	3
12:45	SENIOR	WOMEN	6.000	3
13:10	SENIOR	MEN	10.000	5

9.2. WARMING UP BEFORE EVENTS

No area bounded on the track; Warming up will take place in all over the park.



European Champion Clubs Cup Cross Country Castellón de la Plana, Spain



At the end of the warming up the athletes shall prepare for the race and will put the removed clothing in dedicated baskets identified with the respective country code name (one or two for each team). These will be transported by the LOC staff from the start to the mixed zone.

9.3. ASSEMBLY AND CALL ROOM PROCEDURES

The first call for the participants will be made in the Call Room near the start line. It is the responsibility of the team managers 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:

ECCC Junior Women	11:30 to 11:50
ECCC Junior Men	11:50 to 12:10
ECCC Senior Women	12:15 to 12:35
ECCC Senior Men	12:40 to 13:00

Athletes of the same team must enter the call room together. All of them must wear the same and official uniform of the club.

On leaving the call room, athletes will be directed into the start area to prepare for the race. A warning signal will be given 5 minutes, 3 minutes and 1 minute before the start of the race.

9.4. EVENT PRESENTATION FORMAT

The athletes will be presented to the crowd by speaker.

9.5. COMPETITION PREPARATIONS

9.5.1. **STARTER'S COMMANDS**

All instructions will be given in English. The command is "On your marks" followed by a shot from the starter's gun.

9.5.2. **FALSE START**

In the event of the false start, the starter will fire a second shot and officials will raise a tape across the course, 100 m from the start line.

9.6. TIMING

The official timing will be provided by **CLUB ATLETISMO PLAYAS DE CASTELLÓN** and will be displayed on the official electronic timing instrument provided by **CLUB ATLETISMO PLAYAS DE CASTELLÓN**.

9.7. LEAVING THE COURSE AFTER THE COMPETITION

After the competition, athletes leave immediately the course through the mixed zone where they will find the clothing baskets, give their transponder back and the media interviews will be carried out. Athletes attending the award ceremony will be accompanied directly to the Victory Ceremony zone.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



9.8. PROTESTS AND APPEALS

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

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by 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 75, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

9.9. INTERVIEWS

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.

9.10. DOPING CONTROL

9.10.1. GENERAL INFORMATION

Doping control shall be conducted in accordance with IAAF Rules and Anti-Doping Regulations under the supervision of the European Athletics Doping Control Delegate.

Athletes will be selected depending on their final position and/ or randomly under the supervision of the European Athletics Doping Control Delegate. In addition, further athletes may be selected at the discretion of the European Athletics Doping Control Delegate.

Selected athletes will be informed by Anti Doping officials immediately after their competition and must sign a notification form. They will then be escorted directly to the doping control station where they must present a personal photo ID. All selected athletes may invite one person to be present at the doping control station and to assist the doping test.

Selected athletes must report immediately to the doping control station unless there is a valid reason for delay which must be confirmed by the European Athletics Doping Control Delegate.

Athletes who are required to use prescribed medication for treatment of a medical condition must ensure that they have registered their medication, where applicable, through the Therapeutic Use Exemption system prior to the event and/or provide a copy of the TUE at doping control.

There will be a car available for athletes, their representatives and the Doping Control Delegate after to go back to the team hotels having finished Doping Control.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



Athletes are reminded that a refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.

9.10.2. 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 European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

9.11. VICTORY CEREMONIES

The victory ceremony will take place on the venue immediately after the start of next race, as scheduled on the event programme.

12:30 Individual Ceremony Junior Women
12:35 Team Ceremony Junior Women
12:50 Individual Ceremony Junior Men
12:55 Team Ceremony Junior Men
13:30 Individual Ceremony Senior Women
13:35 Team Ceremony Senior Women
14:10 Individual Ceremony Senior Men
14:15 Team Ceremony Senior Men

Athletes must wear the official team clothing for the ceremonies.
No bags, flags water bottles or else will be allowed on podium.

The scoring members as well as non scoring members who completed the race shall attend the Team Victory ceremony

10. INFORMATION

10.1. CLOCKS

A clock showing the race time is positioned on the finish line gantry as well as at the lap point. Final and intermediate results of the races and the respective team points will be indicated on the video board.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



10.2. ANNOUNCEMENTS

Official announcements will be made in Spanish and English.

10.3. START LISTS

Start Lists will be available for Team Leaders after the Technical Meeting.

10.4. RESULT LISTS / INTERMEDIATE SCORES

Results will be displayed on the notice boards located at **SECRETARY** immediately after each race. A copy of each event results will be available at the TIC in each team pigeon box.

11. MEDICAL SERVICES

11.1. GENERAL

The medical service will provide medical information and assistance to teams, organisation personnel, and honorary guests as well as, during the competition, to the spectators.

In case of emergency, please contact the nearest medical first aid station.

11.2. MEDICAL SERVICES IN THE HOTEL

For medical or emergency needs Team Leaders will contact the hotel receptions (medical information and phone numbers available on site).

11.3. MEDICAL CARE AT THE COMPETITION VENUE

A medical tent will be active at the Venue site for acute medical assistance. First aid teams Red Cross marked, supervised by doctors, will be distributed around the course during the competition.

The local medical service will be responsible for any problem concerning the athletes' health both at competition and warming up areas. In case of injuries, only the official physician will be admitted to the course. The respective physician will decide on the further treatment of the injured athlete.

Team doctors will have access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

11.4. PHYSIOTHERAPY

Equipped physiotherapy facilities will be available on site (see appendix 1 – Plan of the competition venue).



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



11.5. INSURANCE

According to the Regulation 1310.9 the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

12. SECURITY

Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one 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.

If necessary, the police can be contacted through the LOC information desk at your hotel.

13. PROTOCOL

13.1. OPENING CEREMONY

The Opening Ceremony will take place on Sunday 3 February, just before the start of the first race

13.2. CLOSING CEREMONY

There will be no Closing Ceremony.

13.3. CLOSING BANQUET

There will be no Closing Banquet. Teams will have dinner in their respective hotel.

14. DEPARTURE

Teams will be asked to provide full travel details together with the final entries. 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 provided details.

Departure times of the shuttle 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. On the day of departure the LOC Hotel Manager will check the rooms together with the Team Leaders.



European Champion Clubs Cup Cross Country

Castellón de la Plana, Spain



15. CONTACT DETAILS

For further details about the European Champion Clubs Cup Cross Country in Castellón please contact:

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16. APPENDIX

Appendix 1 – Plan of the Competition Venue
Appendix 2 – Map of the course and course profile
Appendix 3 – Allocation of teams in the hotels
Appendix 4- Map Hotels to training
Appendix 5- TimeTable