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1. Welcome Message

European Athletics President’s Welcome Message Lisboa 2019

I am delighted to welcome everyone to the SPAR European Cross Country Championships here in Lisbon, an event which continues to be one of the highlights of our annual competition programme. This is the 26th edition of these championships and I am very happy to see that it is going to be staged in the heart of the capital of a nation with a great cross country tradition. Portugal has won more than 50 medals in the previous 25 years of these championships and this alone is a testament to this country's enthusiasm for this discipline, and their runners' talent. It is also the third time that the SPAR European Cross Country Championships will have come to Portugal, after Oeiras in 1997 and Albufeira in 2010. Both of those two previous championships in Portugal were superbly staged events, notable for their excellent organisation and outstanding hospitality, and so I have every confidence that our hosts will rise to the challenge once again.

Portuguese cross country runners have had great success on the continental stage not least thanks to senior title winners like Paulo Guerra and Jessica Augusto, but who can forget the three world cross country triumphs of Carlos Lopes? Carlos’ win on home soil in 1985, when those championships were also in Lisbon, was hugely memorable but I also remember well his victory the year before, which was to be a prelude to his gold medal-winning performance that summer in the Olympic marathon. Perhaps a few runners here will go on to have similar success at the Tokyo 2020 Olympic Games but what I am certain of is that many of the competitors here, not least those that climb the podium, will make an impact on the Paris 2020 European Athletics Championships. European Athletics are very grateful to the Federação Portuguesa de Atletismo – the Portuguese athletics federation – the city of Lisbon and the public authorities here as well as the all the officials and volunteers with the Local Organising Committee for their hard work and commitment to staging this event.

Svein Arne Hansen
It is with great pleasure that, on behalf of the LOC of the 2019 edition of the SPAR European Cross Country Championships, I offer a warm welcome to all those that are coming here; whether you are a runner participating in these championships, the media, sponsors or a spectator.

This LOC incorporates members with extensive experience as well as others that have been involved in a project of this magnitude for the first time. However, regardless of our backgrounds, I can say that we have all worked very hard to provide everything that this important European Athletics competition requires and deserves. As a result, I believe that these championships will be remembered for its organisation and hospitality. To put everything in place it was necessary to have the cooperation of many other people, the LOC alone could not have staged these championships, so I would like to acknowledge the role of the volunteers, to the Portuguese Athletics Federation officials and Lisboa City Hall staff members, without whom our task would be impossible. It would have been equally impossible without the financial support of the Lisboa City Hall and of the Portuguese Youth and Sports Institute, as well as commercial partners that have provided a huge array of services and products. I offer a very sincere thanks to all of them.

A big thank you has also to be extended to the European Athletics Delegates and to the European Athletics staff members that worked with us ever since we were awarded the right to stage these championships. In addition to being good friends, their professionalism has been unstinting and an invaluable assistance.

My overall hope is that all those who will visit us before and during the championships will leave with very good memories and wish to come back again to visit this wonderful, historic, beautiful, cosmopolitan and vibrant city that is Lisbon.
2. General Information

2.1 Host Country Portugal

Portugal has a population of about 10 million. The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Porto in the north. Generally speaking, there are more people living in the country’s coastal regions than in the inland areas.

With its climate, 3000 hours of sunshine per year and 850 kms of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round. This is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony. Its superb cuisine, fine wines and hospitable people make this a tourist paradise of the highest quality.

Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitor from all over the world.

<table>
<thead>
<tr>
<th>Form of Government</th>
<th>Parliamentary Republic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>West Europe</td>
</tr>
<tr>
<td>Area</td>
<td>92.22 km²</td>
</tr>
<tr>
<td>Population</td>
<td>10,27 million</td>
</tr>
<tr>
<td>Coastine</td>
<td>1 794 km</td>
</tr>
<tr>
<td>Climate</td>
<td>Temperate maritime climate</td>
</tr>
<tr>
<td>Language</td>
<td>Portuguese</td>
</tr>
<tr>
<td>Religion</td>
<td>Catholic</td>
</tr>
<tr>
<td>Capital</td>
<td>Lisboa</td>
</tr>
<tr>
<td>Local Time</td>
<td>G.M.T +1:00</td>
</tr>
<tr>
<td>Electricity</td>
<td>220 V</td>
</tr>
<tr>
<td>Driving</td>
<td>On the right</td>
</tr>
<tr>
<td>International Calls</td>
<td>+ or 00 plus country code</td>
</tr>
<tr>
<td>Telephone Country Code</td>
<td>+ 351</td>
</tr>
<tr>
<td>Mobile Phone Networks</td>
<td>Vodafone, Meo, NOS</td>
</tr>
<tr>
<td>Currency</td>
<td>Euro</td>
</tr>
</tbody>
</table>
2.2 Host City Lisboa

Lisbon is a historical city full of stories to tell, where the sun shines 290 days a year and the temperature rarely drops below 15°C. A city where you feel safe wandering around day or night, where the cuisine is dedicated to creating over a thousand ways to cook the beloved bacalhau (salted cod), and where you’ll find hotels and restaurants to suit every taste, budget and requirement. Discover Lisbon, a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation.

Lisbon is ageless, but it loves company, as you’ll find out if you meet someone and ask them to explain, with lots of gestures and repetition, where the best place is to listen to Fado. After all, Lisbon is famous for its hospitality and the family-like way it welcomes visitors.

Business Hours Shops, Government Offices, Banks

Shops opening and closing times: 09:00 – 19:00
Shopping Centres opening and closing times: 09:00 – 22:00
Post Office working times: 08:30 – 18:30 - Saturday: 09:00-12:30
Bank services working times: 08:30 – 15:00

Useful expressions

Hello - Olá
Good morning - Bom dia
Good afternoon - Boa tarde
Good evening/ Good night - Boa noite
Thank you - Obrigado
Please - Por favor
Breakfast - Pequeno-almoço
Lunch - Almoço
Dinner - Jantar
3. Travel To Lisboa

3.1 Official Airport and Arrival Information

The official airport located 3.6 km from Parque da Belavista, is Humberto Delgado - Lisboa International Airport, where the LOC will provide adequate welcome services.

3.1.1 Welcome Service

Upon arrival at Lisboa International Airport, the teams will be met by LOC welcome desk staff.

The opening dates and times of the Welcome Desk, situated in the main exit at the airport arrivals, will be the following:

<table>
<thead>
<tr>
<th>Date</th>
<th>5, 6 and 7 December</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening hours</td>
<td>07:00 to 23:00</td>
</tr>
</tbody>
</table>

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel.
Upon arrival, a Media Shuttle Bus will be available to all international media from Lisbon International Airport to the Media Accreditation Centre (located at the venue). Once accreditation has been collected, official transport will then be available to the Media Hotel. Media transport from/to Lisbon International Airport is based on the following information.

### Travel Time

<table>
<thead>
<tr>
<th>Dates</th>
<th>Shuttle Time</th>
<th>Route</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 6 December</td>
<td>Depends on arrivals</td>
<td>Airport &gt; Hotel/MAC</td>
<td>30 min</td>
</tr>
<tr>
<td>Saturday 7 December</td>
<td>Depends on arrivals</td>
<td>Airport &gt; Hotel/MAC</td>
<td>30 min</td>
</tr>
<tr>
<td>Sunday 8 December</td>
<td>Depends on departures</td>
<td>Venue/Hotel &gt; Airport</td>
<td>30 min</td>
</tr>
<tr>
<td>Monday 9 December</td>
<td>Depends on departures</td>
<td>Hotel &gt; Airport</td>
<td>30 min</td>
</tr>
</tbody>
</table>

#### 3.2 Travel Time

<table>
<thead>
<tr>
<th>Route Duration (min)</th>
<th>Distance (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisbon Airport – Media Hotel</td>
<td>20-30 (aprox)</td>
</tr>
<tr>
<td>Lisbon Airport – MAC/Venue</td>
<td>15-20 (aprox)</td>
</tr>
<tr>
<td>Media Hotel – MAC/Venue</td>
<td>15-20 (aprox)</td>
</tr>
</tbody>
</table>

#### 3.3 Arrival by Train

There will be no Welcome Desk at the main railway station in Lisboa (Oriente).

#### 3.4 Arrival by Road

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

#### 3.5 Official Media Hotel

**Turim Iberia Hotel ******  
Avenida 5 de Outubro 160, 1050-062 Lisboa.  
Phone: +351 21 790 6110  
[www.turim-hotels.com](http://www.turim-hotels.com)
3.6 Official Transportation for Media

Transport between the Media hotel and the venue will be provided. Please refer to the Information board in the hotel for the exact schedule.

3.7 Entry Visas

The following countries require visas to enter Portugal:

ARM – AZE – BLR – KOS* – RUS - TUR

*As defined by United Nations Security Council Resolution 1244 of 10 June 1999

The following nationalities are exempt from holding a visa to enter Portugal:

ALB* - BIH* - MKD* - MDA* - MNE* - SRB** - UKR*

*The exemption shall apply only to holders of biometric passports

**Excluding holders of Serbian passports issued by the Serbian Coordination Directorate (Koordinaciona uprava)
4. Media Information

4.1 Local Media Team

Media & PR Operation Manager  António Fernandes  
antoniofernandes@fpatletismo.pt  
(+351) 919 475 698

Broadcasting Manager  Miguel Barroso  
José Pinto da Fonseca

Media Center Manager  Cátia Varela

Media Tribune Manager  António Fernandes

Mixed Zone Manager  António Carvalho

Flash Quotes  José Caetano

Photo Manager  Raquel Nunes

4.2 Media Accreditation Centre (MAC)

Upon arrival all international media will be able to use the Media Shuttle Bus from the Airport (Lisboa) to the Media Accreditation Centre (located at the venue) where accreditation must be collected from. Afterwards, there will be shuttles from the MAC to the official Media Hotel.

We kindly ask you to present a valid identity card or passport and your confirmation letter (can be digital as well) when collecting your accreditation from the Media Accreditation Centre located at venue - Parque da Bela Vista.

The opening dates and times of the Media Accreditation Centre will be as follows:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Opening Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 6 December</td>
<td>10:00 – 18:00</td>
</tr>
<tr>
<td>Saturday 7 December</td>
<td>10:00 – 18:00</td>
</tr>
<tr>
<td>Sunday 8 December</td>
<td>08:00 – 14:00</td>
</tr>
</tbody>
</table>
Accreditation zones map - security points and flows
4.2.1 Lost and Damaged Accreditation Card

Lost or damaged accreditation cards should be reported to the Media Accreditation Centre.

4.3 Media Centre

The media centre will be located at the venue, in Parque da Bela Vista, Chelas.

The opening dates and times of the Media Centre will be as follows:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Opening Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 6 December</td>
<td>10:00 – 18:00</td>
</tr>
<tr>
<td>Saturday 7 December</td>
<td>10:00 – 22:00</td>
</tr>
<tr>
<td>Sunday 8 December</td>
<td>08:00 – 19:30</td>
</tr>
</tbody>
</table>

The Media Centre offers to all accredited journalists and photographers:

- Welcome desk with information needed
- Workstations for accredited media and photographers with electricity plugs
- Internet connection (Wi-Fi and LAN)
- TV screens with live signal
- Bib pick up for photographers (during photo briefing)
- Media refreshment
4.4 Press Conference

An Official Press Conference will be held at Paços do Concelho (Lisbon Town Hall) on Saturday 7 December, from 18:00 to 18:45. An updated list with the names of the athletes participating in the Press Conference will be published prior to the event and available from the Information Desk in the media centre.

4.5 Media Tribune

Nearby the finish line there will be a purpose-built media tribune, including 6 (live TV-) commentary positions in special boxes. Capacity of the tribune is approximately 48 seats, and this designated area will be equipped with tables, limited cable space internet and Wi-Fi connection. See the map for the location on the venue.

4.6 Internet Connection

The Media Centre, the Mixed Zone and the Media Tribune on the venue will be served by a free Wi-Fi internet service. A limited cable internet zone will be available in the Media Tribune, as well as in the Media centre, and both areas can be used by accredited for uploading photos. There will be a separate designated area (LOC Media Staff) alongside with Mixed Zone, a separated part is for accredited photographers which can be used for uploading photo’s only.
4.7 Mixed Zone

The Mixed Zone will be situated in a tent close to the Media Tribune, and it will include a separated working area for the LOC Media Staff, where a limited number of lockers will be available to all accredited photographers. Please note these will be allocated on a first come first serve basis.
4.8 Photographers

The photographers briefing will start from the Media Centre on Sunday 9 December at 8:15. Bibs will be distributed during the briefing. All accredited photographers must attend the briefing, since the distribution of Photo bibs will take place at this time only, followed by the circulation and explanation of route through the course and the crossing line/finish area. All photo positions will be specified during the briefing.

4.9 Official Media Shuttle Buses

Transport from Media hotel to venue and return will be provided. Please refer to the Information board in the hotel for exact schedule.

4.10 Parking

There will be a limited number of parking spots in the nearest parking area, and are exclusive for VIP and LOC members.

4.11 Opening and Victory Ceremonies

The opening ceremony will take place on 8 December at 10:30 at the course. The Victory Ceremony for individuals and teams will take place in the venue as scheduled on the event programme.
### 4.12 Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Distance</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:45</td>
<td>Opening Ceremony</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>U20 Men Race</td>
<td>6225m</td>
<td>Ss + 4L laps + Fs</td>
</tr>
<tr>
<td>10:30</td>
<td>U20 Women Race</td>
<td>4225m</td>
<td>Ss + 2S laps + 2L laps + Fs</td>
</tr>
<tr>
<td>10:55</td>
<td>U23 Men race</td>
<td>8225m</td>
<td>Ss + 1S lap + 5L laps + Fs</td>
</tr>
<tr>
<td>11:30</td>
<td>U23 Women race</td>
<td>6225m</td>
<td>Ss + 4L laps + Fs</td>
</tr>
<tr>
<td>12:05</td>
<td>Mixed Relay</td>
<td>(4x1500m)</td>
<td>Ss + 4x1L lap + Fs</td>
</tr>
<tr>
<td>12:35</td>
<td>Senior Men race</td>
<td>10.225m</td>
<td>Ss + 2S laps + 6L laps + Fs</td>
</tr>
<tr>
<td>13:20</td>
<td>Senior Women Race</td>
<td>8225m</td>
<td>Ss + 1S lap + 5L laps + Fs</td>
</tr>
<tr>
<td>14:00</td>
<td>Victory Ceremonies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:00</td>
<td>VC U20 Men individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:05</td>
<td>VC U20 Women Individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:10</td>
<td>VC U20 Men team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:18</td>
<td>VC U20 Women team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:26</td>
<td>VC U23 Men individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:31</td>
<td>VC U23 Women individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:36</td>
<td>VC U23 Men team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:44</td>
<td>VC U23 Women team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14:52</td>
<td>VC Mixed Relay</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:00</td>
<td>VC Senior Men individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:05</td>
<td>VC Senior Women individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:10</td>
<td>VC Senior Men team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:18</td>
<td>VC Senior Women team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15:25</td>
<td>Flag hand over</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

VC = Victory Ceremony  
Note: S: Short lap (500m); L: Long lap (1500m); Ss: Start straight (125m); Fs: Finish straight (100m)
5. Portuguese Athletics Federation

5.1 Executive Board of Portuguese Athletics Federation

President: Jorge Vieira
Vice Presidents: Aníbal Carvalho, Fernando Tavares, Luis Figueiredo, Paulo Bernardo
Individual Members: Américo Jesus Ferreira, António Carretas, José Regalo, Rui Vieira

5.2 Local Organising Committee

President: Jorge Salcedo
Vice President: Margarida Reis
LOC Coordinator: João Ramos
Protocol / Hospitality / Volunteers: Fernando Tavares
Press / Media: António Fernandes
Finance: Carciano Domingos
Accreditation / Security: Jorge Damásio
Transport / Accommodation: Elisabete Simão, Sérgio Xavier
Marketing / Promotion: Tiago Nóbrega
Sustainability / Legacy: João Barbosa
Medical: Nuno Coutinho
Anti-Doping: Tânia Godinho
Technical / Competition: Luís Figueiredo
Facilities and Technology: Ricardo Marques
TV Broadcast: Miguel Barroso, José Pinto da Fonseca
5.3 Competition Organisation

**Competition Director**
Luís Figueiredo

**Meeting Manager**
Carlos Miranda

**Deputy Meeting Manager**
Teodoro Marujo

**Technical Manager**
Manuel Chaves

**Event Presentation Manager**
Manuel Martínez

**Call Room Referee**
Rui Loução

**Referees**
Luis Abegão, Samuel Lopes

**Technical Information Centre Manager**
José Paulo Moreira

**Secretary of the Jury of Appeal**
Renato Soares

**Chief Umpire**
Sérgio Graça

**Lap Counters Chiefs**
Clarisse Duarte, Eduardo Gonçalves

**Start Coordinator**
João Coelho