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WELCOME MESSAGE FROM EUROPEAN ATHLETICS’ PRESIDENT

I am very pleased to welcome everyone to the European Athletics Team Championships Super League here in Bydgoszcz and once again offer a big thank you to the Polish athletics federation – Polski Związek Lekkiej Atletyki – for being such committed supporters of our sport.

European Athletics have become very regular visitors to this wonderful city in recent years and it was only two years ago that Bydgoszcz were the hosts of the very successful 2017 European Athletics U23 Championships.

Consequently, a significant number of the athletes competing here this weekend will no doubt be familiar with the Zawisza Stadium as well as the hospitality and expertise of everyone involved in the sports community here.

I have often seen Bydgoszcz described in the local and international media as Poland’s ‘home of athletics’ and I is a deserving title.

Previous continental championships to have taken place here have included the 1979 European Athletics U20 Championships, the 2003 and 2017 European Athletics U23 Championships as well as the 2004 edition of this competition’s predecessor, the European Cup.

Add to those events the 1999 IAAF World U18 Championships, the 2008 and 2016 IAAF World U20 Championships, and the 2010 and 2013 IAAF World Cross Country Championships and, as I wrote in my Welcome Message two years ago, Bydgoszcz has an outstanding roll of honour which is a testament to the enthusiasm of local athletics fans.

I am happy to repeat these sentiments and I continue to be a very enthusiastic visitor to Bydgoszcz.

Talking specifically about the European Athletics Team Championships, I am proud to say that this competition has established itself, after its inauguration in 2009 when it took over from the European Cup, as the world’s premier team competition between nations. I feel sure that this latest edition of these Championships will only add to the competition’s reputation.

Many medal winners from last summer’s European Athletics Championships in Berlin will be here, and it is an important stepping stone en route to the IAAF World Championships Doha 2019 in less than two months’ time, so the European Athletics Team Championships will grab the attention of athletics fans everywhere, not just in Europe but around the world.

This competition also has the added attraction of being the key selection event for the exciting Europe v USA international match that will take place in the Belarus capital of Minsk next month.

With all these factors in mind, I wish everyone an enjoyable and successful three days of competition.

Svein Arne Hansen
European Athletics President
WELCOME MESSAGE FROM MAYOR OF CITY OF BYDGOSZCZ

Ladies and Gentlemen,

It is a real pleasure for me to greet all athletes and guests in the city on the Brda river, which is always open to sports emotions. I am delighted that Bydgoszcz will become the arena of athletic tournament at the highest level, making the hearts of fans of the “queen of sport” beat faster.

Being the host of this year's European Athletics Team Championships means a serious obligation for us, but also gives us a reason to be proud. I firmly believe that Bydgoszcz will confirm once more that it deserves to be called the “Polish capital” of this exceptional sport discipline. On this occasion, I would like to thank once again the European Athletics for the confidence placed in us and to assure that we will do our best not to disappoint the expectations. We will do everything to make both the athletes and guests feel at home in Bydgoszcz during these special days, filled with sports emotions.

Dear fans! I wish you, as well as myself, many sporting emotions and unforgettable moments. May the special time of the Championships be our common holiday, and the inspiring power of cheering show our kindness to all competitors.

Rafał Bruski
Mayor of Bydgoszcz
1. GENERAL INFORMATION

1.1. HOST COUNTRY POLAND

Poland, officially the Republic of Poland, is a country located in Central Europe. It is divided into 16 administrative subdivisions. It is the sixth most populous member state of the European Union. Poland’s largest city and also its capital is Warsaw. Other major cities include Kraków, Łódź, Wrocław, Poznań, Gdańsk and Szczecin.

Poland’s territory extends across several geographical regions. The Baltic seacoast is situated in the north-west of Poland. This coast is marked by several spit, coastal lakes and dunes. The centre and parts of the north of the country lie within the North European Plain. Rising above these lowlands is a geographical region comprising four hilly districts of moraines and moraine-dammed lakes, of which the biggest one is the Masurian Lake District. South of Poland is a mountainous region with the highest Tatra Mountains.

<table>
<thead>
<tr>
<th>Form of Government</th>
<th>Unitary Parliamentary Constitutional Republic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Central Europe</td>
</tr>
<tr>
<td>Area</td>
<td>312,696 km²</td>
</tr>
<tr>
<td>Population</td>
<td>38,433,600 (2017)</td>
</tr>
<tr>
<td>Coastline</td>
<td>770 km (in which 528 km is the Polish Baltic coast), mostly smooth</td>
</tr>
<tr>
<td>Climate</td>
<td>Mostly temperate. Average temperature in Bydgoszcz in August is 17.7°C, with the highest temperature of 23°C and the lowest of 12.4°C.</td>
</tr>
<tr>
<td>Language</td>
<td>Polish</td>
</tr>
<tr>
<td>Religion</td>
<td>Catholic 87.58%, undeclared 7.10%, other 1.28%, irreligious 2.41%, not stated 1.63% (2011)</td>
</tr>
<tr>
<td>Capital</td>
<td>Warsaw</td>
</tr>
<tr>
<td>Local Time</td>
<td>During European Team Championships Poland is on UTC +2 time.</td>
</tr>
<tr>
<td>Electricity</td>
<td>Power plugs and sockets are of type E. The standard voltage is 230V and the frequency is 50 Hz.</td>
</tr>
<tr>
<td>Driving</td>
<td>On the right side of the road</td>
</tr>
<tr>
<td>International Calls</td>
<td>00</td>
</tr>
<tr>
<td>Telephone Country Code</td>
<td>+48</td>
</tr>
</tbody>
</table>
Mobile Phone Networks

Poland's operators provide good 2G, 3G and 4G services on a GSM platform. Poland is part of the European Union, which means all providers are subject to the EU roaming pact.

Currency

Polish złoty (PLN, zł), the approximate exchange rate: 1 EUR to 4.29 PLN and 1 PLN to 0.23 EUR. Coins: 1gr (grosz, 1gr=1/100zł), 2gr, 5gr, 10gr, 20gr, 50gr, 1zł, 2zł, 5zł. Notes: 10zł, 20zł, 50zł, 100zł, 200zł, 500zł.

1.2. Host city Bydgoszcz

Bydgoszcz is a city in northern Poland which, as the eighth-largest city in Poland, is also the capital of Kujawsko-Pomorskie Voivodeship. With a city population of 358,614 and the area of 175,980 km², it has developed into one of the most important economic centres in Poland. Thanks to its attractive location on the Brda and Vistula rivers running through the city centre, Bydgoszcz is a very popular tourist destination. The most important places in the city emphasis on water, since the daily life, cultural, sports and business activities takes place near the Brda river. It is an architecturally rich city, with neo-gothic, neo-baroque, neo-classicist, modernist and Art Nouveau styles. Its centuries-old traditions began in 1346 as the city was granted municipal right by king Casmir the Great.

River transport has always been important for the city and thanks to that it has earned the name of the biggest Polish centre of inland navigation. There is also an airport located only 3.5 km from the city centre which provides the city with excellent connections with other parts of Europe. Bydgoszcz is also one of the biggest railway junctions in Poland.

Many monuments of old Bydgoszcz can be found in the city centre. The oldest building is the three-aisle late Gothic Church of St Martin and Nicolaus. The symbol of the city is a sculpture named "Man Crossing the River" which stretches across the Brda River and was unveiled on 1 May 2004, the day when Poland joined the European Union. Among the most spectacular and atmospheric places in Bydgoszcz you can surely find the Mill Island. Located in the very heart of the city centre, it was here that the famous royal mint operated in the 17th century. The picturesque location of the Mill Island is emphasized by facades of 18th and 19th century granaries and Rothera's Mills. A number of museums, the proximity of the Opera and the numerous festivals and concerts that take place in the amphitheatre make this place the cultural centre of the city. It is also here that the European Team Championships' Opening Ceremony will take place.

Bydgoszcz is also called the capital of Polish athletics. Audience from all over the world gather here to admire also rowing, basketball, volleyball and speedway riders. The city has hosted numerous European and world events for instance 1st IAAF World Youth Championships, IAAF World Cross Country Championships, twice IAAF World Junior Championships, European U23 Championships and many more. This year it was also the place of the 1st Memorial of Irena Szewińska, the greatest Polish athlete and one of the world's foremost athletes for nearly two decades.
Business Hours Shops, Government Offices, Banks
From Monday to Saturday: 09:00-21:00 (malls); 08:00-18:00 (others)

Sunday: shops are opened only on the last Sunday of the month, during the European Athletics Team Championships shops will be closed on Sunday except some small local shops.

Government Offices:
From Monday to Friday: 08:00-16:00
Saturday and Sunday: closed

Banks:
From Monday to Friday: 09:00-17:00
Saturday and Sunday: closed

Useful expressions
Cześć – Hello
Dzień dobry – Good morning, good afternoon
Do widzenia – Good bye
Dziękuję – Thank you
Proszę – Please
Jak masz na imię? – What's your name?
Miło Cię poznać – Nice to meet you
Jak się masz? – How are you?
Czy mówisz po angielsku? – Do you speak English?
Smacznego – Enjoy your meal
Przepraszam – I'm sorry
Tak – Yes
Nie – No
Nie wiem – I don't know
Potrzebuję pomocy – I need help

2. ORGANISATIONAL STRUCTURE

2.1. EUROPEAN ATHLETICS COUNCIL

President: Svein Arne Hansen (NOR)
First Vice President: Dobromir Karamarinov (BUL)
Vice Presidents: Cherry Alexander (GBR), Libor Varhanik (CZE)
CEO: Christian Milz (SUI)
Council Members: Slobodan Branković (SRB), Nadya But-Husaim (BLR)
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Raúl Chapado Serrano (ESP)
Fatih Çintimar (TUR)
Panagiotis Dimakos (GRE)
Jean Gracia (FRA)
Karin Grute Movin (SWE)
Márton Gyulai (HUN)
Frank Hensel (GER)
Anna Kirnová (SVK)
Antti Pihlakoski (FIN)
Sonja Spendelhofer (AUT)
Erich Teigamägi (EST)

IAAF President (ex officio member)
Sebastian Coe (GBR)

Athletes’ Committee Chair
Periklis Iakovakis (GRE)
(ex officio member)

European Athletics Honorary Life Presidents
Carl-Olaf Homén (FIN)
Hansjörg Wirz (SUI)

2.2. EUROPEAN ATHLETICS DELEGATES

European Athletics Delegate
Jean Gracia (FRA)

Technical Delegate
Samuel Da Silva Lopes (POR)

Doping Control Delegate
Aljaz Pozes (SLO)

Jury of Appeal
Nils van der Aar (NED), Chair
Pierce O’Callaghan (IRL)
Peter Kerner (HUN)

ITOs
Gemma Castano-Vinyals (ESP), Chief
Nicolas Jean Raymond Doumeng (FRA)
Amit Ne’eman (ISR)
Luis Abegao (POR)
Lars Danielsson (SWE)
Can Korkmazoglu (TUR)

International Starter
Marco Pagliano (ITA)

International Photo finish Judge
Ronan O’Hart (IRL)

International VDM Judge
Tim Tersluisen (GER)

2.3. EUROPEAN ATHLETICS OFFICE

European Athletic Association
Avenue Louis-Ruchonnet, 16
1003 Lausanne, Switzerland

Tel: +41 21 313 43 50
Fax: +41 21 313 43 51
E-mail: competition@european-athletics.org
Web: www.european-athletics.org
2.4. EXECUTIVE BOARD OF POLISH ATHLETICS FEDERATION

President
Henryk Olszewski
General Secretary
Paweł Olszański
Vice President
Sebastian Chmara
Vice President
Tomasz Majewski
Vice President
Marek Fostiak
Vice President
Grzegorz Sobczyk
Vice President
Zbigniew Polakowski
Vice President
Tadeusz Osik

2.5. LOCAL ORGANISING COMMITTEE

President
Rafał Bruski
General Secretary, Marketing
Piotr Długosielski
Event Management
Krzysztof Wolszyński
Protocol / Hospitality
Błażej Stawiarski
Press / Media
Mateusz Bosiacki
Finance
Elżbieta Fundator
Medical/Anti-Doping
Radosław Formuszewicz
Transport / Accommodation
Magdalena Jasińska
Promotion
Maciej Grześkowiak

2.6. COMPETITION ORGANISATION

Competition Director
Janusz Krynicki
Meeting Manager
Filip Moterski
Technical Manager
Radosław Jurczak
Event Presentation Manager
Michał Siemieniecki
Call Room Referee
Jacek Wasiński
Track Events Referee
Andrzej Kowalczyk
Starter(s)
Aleksander Tynelski, Wojciech Lach
Start Coordinator
Sebastian Świerc
Technical Information Centre Manager
Izabella Mockało
Secretary of Jury of Appeal
Przemysław Grzybowski
Chief Marshall
Robert Terczyński

2.7 PARTICIPATING FEDERATIONS

Czech Republic
Finland
France
Germany
Great Britain and Northern Ireland
Greece
Italy
Poland
Spain
Sweden
Switzerland
Ukraine
3. TRAVEL TO BYDGOSZCZ

3.1. Official Airport and Arrival Information
The official airports are Bydgoszcz International Airport (7 km from the venue) and Warsaw International Airport (280 km from the venue), where the LOC will provide adequate welcome services. In exceptional circumstances LOC can provide transportation from/to Gdańsk International Airport (170 km from the venue) or Poznań International Airport (160km from the venue).

3.2. Arrival by Train
There will be no Welcome Desk at the main railway station in Bydgoszcz. 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 hotel, where representatives from the LOC will welcome them.

3.4. Visa Requirements
None of the teams participating at European Athletics Team Championships Super League Bydgoszcz 2019 need visa to enter Poland. Holders of valid Schengen visas can freely enter Poland without additional visa.

For the Ukrainian citizens the condition for visa-free travel to Poland is to have a biometric passport.

In case of any visa needs the contact should be made with Marta Świniarek (swiniarek@bydgoszcz2019.pl).

4. ACCOMMODATION

4.1. Media Hotel
The official media hotels are:
Hotel Focus
ul. Modrzewiowa 1, Bydgoszcz
+48 52 340 17 66
https://www.focushotels.pl/en/focus-hotel-bydgoszcz
The hotel is located 400m from the Stadium (around 5' walk), has a free parking.
Media accommodation is proposed bed & breakfast. Meals are available on site or in the nearby restaurants.
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Bydgoszcz 2019

Hotel Kuźnia
ul. Gdańska 67, Bydgoszcz
+48 52 327 68 46
http://www.hotelkuznia.pl/
The hotel is located 2km from the Stadium (around 10’ drive with normal traffic condition).
Media accommodation is proposed bed & breakfast.

4.2. Booking
Media representative can request a room during the accreditation process through ARENA system. Payment by bank transfer will be needed to secure the room, after confirmation of availability by Accommodation Manager.
The following rates will be applied for media representatives (bed & breakfast):

<table>
<thead>
<tr>
<th>HOTEL</th>
<th>Single (euros/person)</th>
<th>Twin (euros/person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus</td>
<td>50 euros</td>
<td>70 euros</td>
</tr>
<tr>
<td>Kuźnia</td>
<td>90 euros</td>
<td>120 euros</td>
</tr>
</tbody>
</table>

Cancellation policy is as below:
- For any cancellation made 25 July 2019 and after, 100% of the total accommodation cost will be charged as a cancellation fee, unless the room is resold.

Payment Procedures
Electronic invoice will be send few days after accommodation request and approval. Payment by bank before arrival is mandatory to secure the room.

Account owner: Kujawsko-Pomorski Związek Lekkiej Atletyki
(address: ul. Gdańska 163, 85-613 Bydgoszcz)
IBAN: PL43 1320 1117 2032 7000 2000 0005
Swift No: POCZPLP4
Bank Name: Bank Pocztowy S.A. (address: ul. Jagiellońska 17, 85-959 Bydgoszcz)
Note: A copy of the bank transfer may be required upon arrival.

4.3. Media Desk
A media desk will be located in the Media Centre with personnel offering relevant information about all aspects of the European Athletics Team Championships.
5. Media Accreditation

5.1. General
Each media representatives will receive an accreditation card, which must be worn always 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.
On site media accreditation process is independent of the hotel check in; media representatives will collect their accreditation directly at the Main Accreditation Centre at the Stadium.
Unauthorized use of an Accreditation card will result in the card being confiscated.

5.2. Main Accreditation Centre
Main Accreditation Centre is located at the Zawisza Stadium on the 1st floor – Conference Room. (see in Appendix 3).

Opening time of the Main Accreditation Centre is as follows:
- Wednesday 7 August: 12:00 – 20:00
- Thursday 8 August: 09:00 - 20:00
- Friday 9 August: 10:00 – 13:00 & 17:00 – 20:00
- Saturday 10 August: 15:00 – 19:00
- Sunday 11 August: 14:00 – 18:00

Media welcome bag will be distributed during accreditation procedure. Shuttle between media accreditation centre and official media hotel will be organized from Thursday 8 until Sunday 11 August.

6. MEDIA SERVICES & INFORMATION

6.1. Media Centre
Media Centre is located in the Tennis Hall, 150m walk from the MediaTribune. This media area has fully equipped seats for 80 journalists.
The media welcome desk will be located at the main entrance to the Media Centre. The Media Centre is reserved for the written press, radio, TV journalists and photographers and is located just after the media welcome desk. Internet access will be set up on this room. Each media desk is free equipped with an electricity socket (220 volts).
Commentator’s Information System (CIS): Monitors and CIS terminals will be available. Some will be available in the Mixed Zone as well.
Event Information - pigeon holes for the following information: start lists, results, flash interviews, statistical and general information and jury of appeal decisions.
Refreshments: A refreshment area will be available in the Media Centre. Please note that the whole area is a non-smoking zone.
Opening time of the media centre is as follows:
Thursday 8 August  14:30 - 18:00
Friday 9 August    16:00 – 23:00
Saturday 10 August 13:00 – 22:00
Sunday 11 August  12:00 – 21:00

Lockers for the photographer’s equipment will be available in the Media Centre.
Instructions for the photographers will be explained by the photographer’s manager at the
photographers briefing.

Photographer Manager
Marek Biczyk
+48 609 501 508 / mabifot@gmail.com
Photographer’s briefing will take place on Friday 9 August at 16:15 in the Media Centre.

6.2. Media Tribune
The Media Tribune is situated 150m walk from the Media Centre, close to the finish line and the
Mixed Zone. Each seat is equipped with power supply and wifi.
Seats are allocated as per the Media seating plan by European Athletics/LOC, available in the
Media Centre as well as at the entrance of the Welcome Media Desk.
CIS will be provide for 3 seaters. Official results will be distributed on the tribune.
TV commentary positions will be installed at the top rows on the Media Tribune.

6.3. Mixed Zone
The Mixed Zone (see in Appendix) is an exclusive area for athletes and media only and divided
into:
• Dedicated Mixed Zone for live TV and Radio right holders area
• ENG, Radios, News Access right holders Mixed zone area
• Written Press and Digital Media Mixed Zone area
• Non Right Holders area
Athletes will leave the track through the Mixed Zone but are free to decide if they want to talk to
the Media or not. The LOC’s MZ team will care for smoothly running organisation.

6.4. Flash Quotes
Flash quotes are collected by the Flash quotes team and will be available by the CIS Terminal.
Flash quotes will also be printed and copied and distributed to the Media Tribune and to the
Pigeon Holes Media Centre.
6.5. Press Conference
The Official European Athletics/LOC Press Conference will be held on Thursday 8 August at 16:00 at the Stadium on the track. In case of rain the press conference will be held in the Conference Room, next to MAC. The Press Conference will consist of representatives of European Athletics and the LOC. Athletes will address the media during the second part of the conference. They will be selected once the Final Entries have been confirmed and with reference to the arrival times of the teams.

Bus Shuttle will be organised from/to Media Hotel (Kuźnia Hotel) at 15:30 (departure) and 17:30 (return).

6.6. Bus Shuttle Service
A regular bus service will be provided between the media hotel (Kuźnia) and the competition venue. Transportation between the media hotel and the various venues, including Press conference, will be guaranteed by the LOC shuttle service. There is no bus service for the Focus Hotel, because it's opposite the Stadium. A detailed specific timetable will be posted on the notice boards at the Information desk in the Media Hotels and Press Centre at the Stadium. Transfer times between the media hotel and the competition venue will be around 10 minutes with normal traffic conditions.

7. TECHNICAL VENUES
7.1. Competition venue
“Zawisza Stadium” and its surroundings are shown in appendix of this document. There are 20 000 seats in the stadium. The stadium has the following competition sites:
- 9 lanes
- 1 high jump/pole vault site
- 2 sites for long/triple jump
- 1 shot put circle
- 1 combined discus/hammer circle
- 2 javelin sites

The warm-up area has the following sites:
- 6 lanes straight and 4 round
- 1 long/triple jump site
- 1 shot put site,
- 1 discus/hammer/javelin site
- 1 pole vault site.

Warm-up area is not accessible to media representatives.
7.2. Training venue
The training venue (Warm-up stadium of Zawisza) will offer facilities for all events and is not accessible to media representatives.

7.3. Official training on the competition venue
Official training for all athletes at the competition venue will take place on Thursday 8 August from 17:30 to 19:30.
Training with Official Starters will take place at the competition venue from 18:30 to 19:30.

8. COMPETITION INFORMATIONS

8.1. Teams' composition
Opening and closing of the final entries is respectively 16 July 2019 and 1 August 2019, 14:00 (CET). Teams' composition will be known after this date.

8.2. Post Competition Procedures
After the competition, athletes leave immediately through the mixed zone.
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.

8.3. The event
The European Athletics Team Championships are the heirs of the European Cup, which is what the event was known as from its creation in 1965 through to the last edition under the previous format in 2008. During this period, the event crowned two winners as there were separate men's and women's competition.

The European Athletics Team Championships have been held since 2009 and have taken place biannually since 2015. All the European Athletics Member Federations' national teams are divided into four leagues, with the Super League, First League and Second League comprising of 12 teams each, with the remaining teams in the Third League.

The European Athletics Team Championships is based on the compilation of points collected by the athletes during each event. Each of the teams has one representative in each of the 36 individual events on the programme: running - 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 110m/100m hurdles, 400m hurdles and 3000m steeplechase; jumping - high jump, pole vault, long jump and triple jump; throwing - shot put, discus, hammer and javelin. Four relay races are also contested over the course of the weekend: the men's and women's 4x100m and 4x400m.

At the end of the 2019 edition, 5 teams with the lowest score will be relegated from the Super League to the First League and replaced by the best team promoted from the First League.

The European Athletics Team Championships Super League will be streamlined from twelve to eight countries in 2021. This pattern will be repeated across the lower leagues with the bottom
five countries in both the First League and Second League relegated while only the champions from the Second League and Third League will gain promotion.

8.4. Scoring
The European Athletics Team Championships comprises one single competition where men’s and women’s teams represent as a single team the respective European Athletics Member Federation.

The winner of each individual event and each relay in each match shall score as many points as there are teams competing in the respective League, the second will score one fewer, and so on. Athletes or relay team with no valid performance, disqualified or not finishing shall not score. In case of qualification rounds held for the track events, the athletes who competed, but did not qualify for the finals, would receive points according to their ranking, based on the amalgamated results of two heats (i.e. overall ranking from 9 to 12).

In case an athlete qualified for the final, but subsequently had no valid result (i.e. either DQ or DNF or DNS), he/she will still be eligible to receive minimum points according to the qualification rounds (e.g. taking 8th place in the overall ranking). In case there are more than one athlete with no valid results in the final, the relevant points will be equally distributed.

In case of heats the results of the two are amalgamated, with the athletes’ times determining their placings. In case of a tie between athletes in the different heats for races up to 400m inclusively and relays the photo finish judge shall consider the actual times to the 1/1000th of a second. If the tie cannot be broken the attributable points shall divided equally between them. (2/3 League)

If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.

The team having the highest aggregate number of points shall be the winner of the European Athletics Team Championships Bydgoszcz 2019.

If two or more teams have the same aggregate number of points, the tie shall be decided in favour of the team having the greater number of event winners. If the tie still remains it shall be decided in favour of the team having the greater number of second places, and so on. (Regulation 602.12).
9. CEREMONIES

9.1. Opening Ceremony
The Opening Ceremony will take place on Thursday 8 August commencing at 20:00 on the Old Market in Bydgoszcz. It consists of a coloured flags parade, speeches and music concert “Travel around the Europe”.

9.2. Victory Ceremony
The victory ceremony for the first three teams will take place on Sunday 11 August, after the 4x400m relays at 18:45.

10. DEPARTURE
Media representatives will be asked to provide full travel details in the final entry system and will also receive a departure form, which should be completed and returned to the media welcome desk at the media centre, at least 24 hours before departure, only in case there are any changes to the preliminary confirmed details.
Departure times of the shuttle buses from the hotel will be provided and displayed at the hotel information desk and welcome desk at the media centre.
All outstanding fees, charges and possible other expenses must be settled with the cashier.

11. CONTACT DETAILS

LOC: Head Press Officer & Media Centre Manager
Mateusz Bosiacki
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European Athletics Head of Communications
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Marek Biczyn
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TV Host Broadcaster - TVP
Main Coordination for TVP:
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European Athletics Event & TV Manager
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USEFUL CONTACTS:
Emergency 112 (free of charge)
12. APPENDICES

Appendix 1 – Timetable
Appendix 2 – Event Draw
Appendix 3 – Map of Stadium and facilities
Appendix 4 – Competition Venue
Appendix 5 – Accreditation system – Access Zones
Appendix 6 – TV and photographers jackets
### Appendix 1 – Timetable

<table>
<thead>
<tr>
<th>1st day - 9 August 2019</th>
<th>2nd day - 10 August 2019</th>
<th>3rd day - 11 August 2019</th>
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<td><strong>18:33</strong></td>
<td>400m H</td>
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European Athletics Team Championships Super League Bydgoszcz 2019

Appendix 2 – Event Draw
EUROPEAN ATHLETICS TEAM CHAMPIONSHIPS SUPER LEAGUE BYDGOSZCZ 2019
Lane and Starting Order Draw

Special Draw for races up to 400m: For the Super League, races up to 400m inclusively will have qualifying round on the first day. The heats and qualifying procedures will be arranged by the Technical Delegate in accordance with the IAAF Competition Rules.

4x100m and 4x400m relays will be staged in two heats of 6 teams each. The teams’ distribution per heat will be according to the teams scoring standings 1 (one) hour before the scheduled time for each event. The best scored teams will compete in the same heat which shall be the last event of the session of track events.

Lanes 2-7 will be used:
- Lanes 4-5-6 will be allocated to top three athletes/relay teams.
- Lanes 2-3-7 will be allocated to the remaining athletes/relay teams.

On 800m all athletes will start in lanes (2 athletes in lane 2, 4, 6 according to a draw).

**Starting Order for all other events:**

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**Note:** Starting order for throws and horizontal jumps is only applicable for the first three trials.
Appendix 3 – Map of Stadium and facilities

1. Main Accreditation Centre
2. Media Centre
3. Media Tribune
4. Mixed Zone
5. TV Compound
Appendix 5 – Accreditation system – Access Zones

1. European Athletics Club / VIP Area
2. Infield
3. Team Areas
4. Mixed Zone
5. Media Centre
6. Media Tribune
7. TV / Radio Areas
8. Event Management

Appendix 6 – TV and photographers jackets