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# IAAF WORLD U20 CHAMPIONSHIPS

## TAMPERE 2018



## TEAM MANUAL

(updated 19 June 2018)

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OFFICIAL IAAF PARTNERS



OFFICIAL IAAF SUPPLIER



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## 1. GENERAL INFORMATION

### 1.1 IAAF Council Members and International Officials IAAF Council

<b>President</b>	Lord Sebastian Coe (GBR)
<b>Senior Vice President</b>	Sergey Bubka (UKR)
<b>Vice Presidents</b>	Dahlan Al Hamad (QAT) Hamad Kalkaba Malboum (CMR) Alberto Juantorena Danger (CUB)
<b>Treasurer</b>	José Maria Odriozola (ESP)
<b>Individual Members</b>	Roberto Gesta De Melo (BRA), South America* Nawal El Moutawakel (MAR) Abby Hoffman (CAN) Anna Riccardi (ITA) Pauline Davis-Thompson (BAH) Geoff Gardner (NFI), Oceania* Sylvia Barlag (NED) Ahmad Al Kamali (UAE) Frank Fredericks (NAM) ** Bernard Amsalem (FRA) Zhaocai Du (CHN) Victor Lopez (PUR), NACAC* Stephanie Hightower (USA) Hiroshi Yokokawa (JPN) Antti Pihlakoski (FIN) Mikhail Butov (RUS) Adille Sumariwalla (IND) Nawaf Al Saud (KSA) Svein Arne Hansen (NOR), Europe* Karim Ibrahim (MAS), Asia* Vivian Gungaram (MRI), Africa*

*\*Area Group Representatives*

*\*\*Provisionally suspended*

### International Officials

Technical Delegates	Keith Davies (GBR) Mats Svensson (SWE)
Jury of Appeal	Sylvia Barlag (NED) Giovanni Cardona (COL) Can Korkmazoglou (TUR)
ITOs	Par Holm (SWE) – Chief Suren Ayadassen (MRI) Antonio Costa (POR) Peter Hamilton (AUS) Amit Ne'eman (ISR) Ronan O'Hart (IRL) Loreto Pérez Roman (ESP) Claudia Schneck (BRA) Patrik van Caelenberghe (BEL) Luca Verrascina (ITA)
Int'l Race Walking Judges	Rolf Muller (GER) – Chief Kirsten Crocker (AUS) Anne Fröberg (FIN)

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	Wang Tak Fung (HKG)
	Joaquim Daniel Ramos De Graca (POR)
	Reginald Weissglas (USA)
Int'l Photo Finish Judge	Ville Aho (FIN)
International Starter	Vesa Artman (FIN)
Statistician	Andras Szabo (HUN)
Medical Delegate	Stéphane Bermon (FRA)
Anti-Doping Delegate	Zakia Bartegi (TUN)
Press Delegate	Olaf Brockmann (GER)
Broadcast Delegate	Frederic Sanchez (FRA)
English Announcer	Kris Temple (GBR)

## **1.2 Local Organising Committee**

### **LOCAL ORGANISING COMMITTEE**

**(LOC)**

Tampere 2018  
Pyhäjärvenkatu 5H  
Tampere (Finland)  
Tel: +358 50 352 092  
E-mail: [office@tampere2018.com](mailto:office@tampere2018.com)  
Website: [www.tampere2018.com](http://www.tampere2018.com)

### **Executive Board of Finnish Athletic Federation**

President	Vesa Harmaakorpi
Vice President	Ahti Arokallio
	Maarit Ovaska
General Secretary	Jarmo Mäkelä
Members	Marko Ahtiainen
	Mårten Beijar
	Anne Fröberg
	Esko Hassinen
	Kari Niemi-Nikkola
	Pasi Oksanen
	Ringa Ropo
	Jukka Salmela

### **Local Organising Committee**

President	Perttu Pesä
General Secretary	Elisa Hakanen
Competition	Pasi Oksanen
Press / Media	Karoliina Lehtonen
Security	Esa Koivisto
	Ari Kuusela
Finance	Jarmo Hakanen
Office Manager (Accommodation, Accreditation)	Eira Kähtävä
Office Assistant	Leila Huuki
Transportation	Kalle Kurikka
Promotion	Tiina Haapanen
Marketing Assistant	Tytti Meriluoto
Medical	Heidi Haapasalo
Anti-Doping	Marjorit Nurmi
Ceremonies	Ilkka Vilonen
Volunteers	Eveliina Jussila
YLE	Jukka Ahonen
City of Tampere	Pekka P. Paavola
	Mikko Heinonen
	Jari Tolvanen
Finnish Federation (SUL)	Mika Muukka
	Jarmo Mäkelä

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Antti Pihlakoski  
Pirjo Puskala

### **Competition Organisation**

Competition Director  
Deputy Competition Director  
Meeting Manager

Technical Manager  
Event Presentation Manager

Call Room Referee

Start Coordinator  
Chief Photo Finish  
Field Event Chief Judges

Combined Events Referee  
Technical Information Centre Manager

Marshall  
Stadium IT & Technics

Training & Warm-Up Venues  
Medical for Athletes

Pasi Oksanen  
Mika Suihko  
Jukka Hosio  
Niklas Lieke  
Kari Räsänen  
Kari Pekola  
Florian Weber  
Joona Haarala  
Anne-Mari Johansson  
Inger Nabb  
Eero Kulmala  
Heikki Vikstedt  
Timo Eikkula  
Jouni Huura  
Ari Etholen  
Harri Nissinen  
Marko Viitanen  
Kauko Nyström  
Risto-Mati Lehto  
Olli Ylihärslä  
Maija Strandberg  
Maija Huntington  
Raimo Kallioniemi  
Aliisa Siljander  
Sari Pirkkanen  
Petri Pekkola  
Mikko Suominen  
Ria Väisänen  
Harri Raivio  
Heidi Haapasalo

## **1.3 Information about Finland and Tampere**

### **Finland**

#### Independence

Declared on December 6, 1917. Previously a grand duchy in the Russian empire for 108 years, and a part of Sweden for 600 years before that.

#### Form of Government

Parliamentary democracy.

#### Head of State

President of the Republic, elected every 6 years, two-term maximum. The current President Sauli Niinistö was re-elected in the January of 2018.

#### Location

64 00 N, 26 00 E. Finland is situated in the northern part of Europe with borders to Sweden, Norway and Russia.

#### Area

338,424 km<sup>2</sup> (130,666 square miles), the sixth-largest country in Western Europe by area.

#### Population

5.5 million, 18 inhabitants per km<sup>2</sup> (Dec 2017).

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#### Life expectancy

Men 76 years, women 84 years.

#### Coastline

1,250 km

#### Climate

Great contrasts – cold winters and fairly warm summers (2017 extremes: coldest day in Muonio -41.7°C/- 3.1°F, warmest day in Utsjoki 27.6°C/81.7°F)

#### Languages

Official languages are Finnish (spoken by 87.9 %) and Swedish (5.2 %). Sámi is the mother tongue of about 1,900 people.

#### Religion

Christianity; 78 % Lutheran and about 1.1% Orthodox. In practice society is fairly secularised.

#### Capital

Helsinki (1.25 million inhabitants in metropolitan area)

#### Local Time

GMT + 3 hours (Summer time)

#### Electricity

The electric current for use in homes and hotels, as in most of Western Europe countries, is 230 volts (50 Hz) and the plugs used are two round pins.

#### Driving

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level of at least 0.5 mg/litre). If buses have seatbelts you are required to use them.

#### Water

Note that it's safe to drink tap water in Finland.

#### International Calls

+ country code – city/town code – national telephone

#### Telephone Country Code

+ 358

#### Mobile Phone Networks

Finnish mobile phone networks operate under 4G, 3G, GSM and GPRS/EDGE. Only phones that are manufactured to operate under these systems will work in Finland. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Finland, which will allow temporary connection with the Finnish networks. The main mobile companies are Telia, Elisa, DNA and Moi.

#### Currency

The Finnish Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).



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### **Host city Tampere**

Tampere is the third biggest city in Finland, located in the midst of a lake labyrinth, and has a population of 231,967 which makes it the second largest economic area in Finland. In the region of Tampere there are over 512,000 inhabitants. Tampere is also known by its Swedish name, Tammerfors.

The City of Tampere was established by King of Sweden Gustav III in 1779, on the bank of the Tammerkoski Rapids.

Tampere has been an industrial pioneer in Finland since the very beginning. Finland's first paper mill started operation in 1783, and the first paper machine was engaged at the J.C. Frenckell & Son's factory in 1842.

The cotton factory established in 1820 by James Finlayson grew to become the country's first large-scale industrial establishment. The first electric light in the Nordic countries was also lit in Finlayson's modern production facilities in 1882.

The city's engineering industry was bolstered by the manufacturer of grinding machines and water turbines Tampereen Pellava- ja Rauta-Teollisuus Oy (Tampella), which was established on the upper reaches of the Tammerkoski Rapids in 1861.

Nowadays, Tampere is Finland's theatre capital and a major cultural centre in general. There are numerous professional theatres and active amateur groups. The dozens of museums, art exhibitions and galleries located in the city further enhance culture in Tampere. In addition, Tampere hosts a number of different festivals every year.

Additionally, Tampere is the Sauna Capital of the World because there are more public saunas than anywhere else in the world

Today, Tampere is also famous for its information and biotechnology centres, universities, and numerous educational and research institutes. In addition, Tampere is a significant centre of high-tech industries.

### **Useful Expressions**

<b>Finnish</b>	<b>English</b>
Hyvää huomenta	Good morning
Hyvää päivää	Good day
Hyvää iltaa	Good evening
Moi	Hello!
Näkemiin	Goodbye!
Paljon kiitoksia	Thank you very much
Hauska tutustua	Nice to meet you
Puhutko englantia?	Do you speak English
En ymmärrä	I do not understand
En tiedä	I do not know
Anteeksi	Excuse me

### **Sports History of Tampere**

Tampere has always been a city of sports. In recent years, Tampere has hosted several major international competitions and other sports events. The city has made a significant contribution to the event arrangements and has paid special attention to the quality of its competition venues. Tampere has a great variety of different sports venues. The city has over 200 sports clubs with over 60,000 active participants. Competitions and Championships are always organised in close partnership between the city and local sport clubs. Thousands of active club members have taken part in organizing events. Finns are known worldwide for the exceptionally large number of volunteers running events and competitions. The City of Tampere also provides various sports venues for its residents to use not only in the city centre but also in the suburbs. Tampere also invests in the wellbeing of its residents by offering affordable fees or even free of charge venues for everyone to use. Many

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of its residents, young and old, are also active members of local sport clubs. In recent years, the following International Sport Competitions have been organised in Tampere:

- European Athletics U23 Championships 2013
- EU Swimming Invitational 2012
- Judo European Cup 2012
- Student Futsal European Championships 2011
- Long Distance Triathlon European Championships 2011
- European Junior Championships in Synchronised Swimming 2010
- Volley World League 2010
- European Youth Olympic Festival 2009
- UEFA Women's EURO (Football) 2009
- European Wrestling Championships 2008

### Tampere Stadium

Tampere Stadium has high-class athletic facilities with modern equipment. It has a floodlit full-size football field with lighting to meet international standards. The stadium seats approximately 17,000 spectators. Inside the building there are facilities for wrestling, team gymnastics and other indoor exercises, as well as a fitness room, a cafeteria and meeting rooms. It was built for the Finnish Athletics Championships (Kalevan kisat) in 1965 and was thoroughly renovated in 1995-2004.

### 1.4 General Programme

Until 8 July	Team Arrivals & Accreditation	
Monday 9 July	09:00 – 13:00	Teams' Accreditation
	09:00 – 10:00	Team physios and doctors Meeting (Sokos hotel Ilves – Press Conference Room)
	10:00 – 12:00	Athletes' Training at Ratina Stadium including a session with the official starters
	11:00 – 11:30	Team Leaders' Stadium Orientation Visit
	18:30	Opening Ceremony (Market Square-Ratina shopping centre)
	19:30	IAAF/LOC Welcome Dinner, Museum Centre Vapriikki (by invitation only) <i>Place might be changed</i>
Tuesday 10 to Sunday 15	IAAF World U20 Championships	
Sunday 15 July	Morning	3 <sup>rd</sup> WU20 Coaches Conference (Sokos hotel Ilves)
	21:00 (tbc)	Final Banquet (by invitation only)
Monday 16 July	All Day	Departures

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## **2. TRAVEL TO TAMPERE**

### **2.1 Official Airport and Arrival Information**

The official airport is Tampere-Pirkkala International Airport, which is situated 20 km from the Tampere Stadium.

There are direct flights to Tampere from Helsinki, Copenhagen and Stockholm. However, the plans operating those flights have a limited capacity and should you not be able to book your team through to Tampere, we kindly ask you to book your flights to Helsinki airport, where from bus transport will be organised directly to your team hotel in Tampere at your cost.

Arrival in Tampere should normally be on Sunday 8 July and departure on Monday 16 July (subsidised accommodation period) however the LOC is ready to welcome teams before 8 July at the Sport Institute Varala which is located in Tampere and is one of the team hotels during the Championships. Sport Institutes Kuortane and Pajulahti are also good opportunities with good training facilities and approximately two hours from Tampere. LOC will help teams with transportation to and from those institutes.

Those teams planning to arrive prior to 8 July and/or leave after 16 July, they are advised to contact the LOC well in advance in order to check availability of accommodation and transport arrangements.

### **2.2 Transport of Oversized Baggage**

Teams are responsible for the transportation of their equipment to the final destination airport. Equipment can travel with the team via airline.

In order to ensure that equipment arrives in due time, please confirm with the airlines on each segment of your travel that oversized baggage will be accepted, transported and properly transferred.

If you are interested in shipping equipment directly to Tampere, you may ship to the following address:

Local Organising Committee  
IAAF WU20 Tampere 2018  
Tampereen Stadion  
Ratinan rantatie 1  
33100 Tampere

Contact person at the Stadium:  
Jari Tolvanen ([jari.tolvanen@tampere.fi](mailto:jari.tolvanen@tampere.fi))

Special arrangements will be made only for the vaulting poles, which will be collected by the LOC directly at the airport and transported to the Ratina Stadium. A tag with the athlete's details will be placed on the pole for easier identification. On the way back they will go directly from the Ratina Stadium to the airport where they will be collected by the athlete or team official before flight check-in. If you had some other implements, like javelins, you must take with you.

### **2.3 Entry Visas**

Finland is a member state of Schengen area. The Schengen states have jointly agreed which countries' citizens are required to present a visa. Each Schengen state decides which passports and travel documents it accepts from different countries' citizens.

Please refer to the table in Appendix for a list of countries whose citizens are visa nationals and require visa nationals and require visas to enter Finland.

You can also check if you require a visa at  
<http://formin.fi/public/default.aspx?nodeid=49153&contentlan=2&culture=en-US>

It has been agreed with some countries that Finland may be represented by another Schengen state. In such cases, apply for a visa to Finland from the mission of that Schengen state. Schengen member states are Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

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Submit your visa application at a mission or visa centre in person. An application cannot be sent by e-mail or telefax.

Even if you do not need a visa to visit Finland, you need a valid passport or some other travel document accepted by Finland. It must be valid for at least ninety days after your intended date of departure from the Schengen area.

In addition, the passport or other travel document must have been issued no later than ten years ago.

You can find Finnish visa regulations as well as visa application forms at <http://formin.fi/public/default.aspx?nodeid=15720&culture=en-US&contentlan=2>

The LOC have provided Finnish Ministry of Foreign Affairs detail of the Championships to insure that Finnish missions are informed about the Championships and the visa applications they can expect to receive

Your conditions of entry to Finland are re-evaluated upon arrival in the country. In addition to your visa, you are asked to produce a valid passport or travel document, an insurance document for the duration of your stay and the supporting documents

You must prove that you have enough funds (EUR 30 per day) to support yourself. The funds need to be sufficient for your stay and return or continuation trip. If you have a valid return ticket, its value reduces the amount of funds you are required to have with you.

You must not have an entry ban to the Schengen area. Your entry into the country can be prohibited also if you are considered to constitute a danger to the public order and security, public health, or Finland's relations with other countries

Furthermore, your entry may be refused if there is reason to suspect that you intend to earn money by dishonest means.

### Visa fee

The current standard fees for visas are as follows. Please note that visa fees may be subject to change. The processing fee must be paid in cash upon application. Some missions accept bank transfers. For more detailed information about different missions' practices and ways of payment, please visit the missions' websites.

<b>A visa</b>	<b>from 1 June 2014 onward</b>
Visa fee (also for a negative decision)	EUR 60
Visa fee for children aged 6 to 11 (also for a negative decision)	EUR 35
In accordance with the visa facilitation agreement between the EU and a third country, the visa fee payable by a citizen of the country in question is (also for a negative decision)	EUR 35
In accordance with a separate visa facilitation agreement the fee for an accelerated procedure is (also for a negative decision)	EUR 70
Forms to which a visa is affixed for persons whose travel document is not accepted by Finland.	EUR 10

If you have any questions relating to visas for IAAF World U20 Championships please contact the LOC on [office@tampere2018.com](mailto:office@tampere2018.com).

**Citizens of the following countries need a transit visa (Transit visa allows the visa holder transit via the international zone of the airport during a stopover or change between two flights.)**

- Afghanistan
- Bangladesh
- Eritrea
- Ethiopia
- Ghana
- Iraq

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- Iran
- Democratic Republic of Congo
- Nigeria
- Pakistan
- Somalia
- Sri Lanka

#### **2.4 Medical Insurance**

We remind you that all IAAF Member Federations are responsible for subscribing to an insurance policy that covers illness and/or injury to any members of their delegation and/or team travelling to and from IAAF competitions and during the event itself. Furthermore, proof of such insurance is now required in most cases to obtain visas, e.g., in the Schengen area.

Details of the IAAF insurance policy were outlined in Circular M/04/18 dated 18 January 2018

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### **3. ACCREDITATION**

#### **3.1 Accreditation Centre**

The Teams' Accreditation Centre will be located at the Ratina Stadium (see map in Appendix). Opening dates and times of the Accreditation Centre and Administrative Offices will be as follows:

- Saturday 7 July 14:30 – 19:00
- Sunday 8 July 09:00 – 13:30 - 14:30 – 19:00
- Monday 9 July 09:00 – 13:00

#### **3.2 Accreditation Procedures and Payments**

##### **3.2.1 Team Leader**

The Team Leader will have to report to the LOC / IAAF Accreditation Offices at the Accreditation Centre before collecting his/her card in order to complete the following formalities:

- LOC Accommodation Invoice
- Travel Reimbursement
- IAAF Financial Statement
- Photocopy of Athletes' Passports
- Final Confirmation of Entries (at least for first day)
- Uniform Check
- Athletes' Acknowledgement and Agreement Forms

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before he/she can collect the accreditation cards for the team, which will be given upon presenting a document stating all procedures have been completed. Athletes travelling without an official will be asked to complete the administration procedure just like the Team Leader.

##### **3.2.2 Athletes & Team Officials**

All athletes and team officials shall receive their accreditation cards directly from the Team Leader and shall NOT be required to report to the Accreditation Centre.

#### **3.3 Quota and Financial Support**

##### **3.3.1 Quota**

According to an IAAF Council decision, The quota for the 2018 WU20 Championships in Tampere corresponds to the number of finalists (top 8) in the 2016 WJC in Bydgoszcz (relay teams count for two athletes) with a maximum of 20. See chart in Appendix.

##### **3.3.2 Travel Support**

For athletes within the Quota, 100% of an economy class airline ticket from the Member Federation Headquarters to the official airport will be paid by the IAAF. These tickets will be issued preferably by the IAAF, provided Member Federations send their Preliminary Entries and Final Entries by the respective deadlines. If a Member Federation prefers to purchase the airline tickets, the costs of such tickets must be submitted online together with the Preliminary Entries and be approved by the IAAF beforehand. Only the approved travel costs will be reimbursed upon the submission to the IAAF the corresponding invoice (s). The original invoice from the travel agency must be given to the IAAF on site, during the accreditation procedure.

##### **3.3.3 Accommodation Support**

For athletes within the quota, the IAAF will offer free accommodation in twin rooms during the official period (arrival, Sunday 8 July – departure, Monday 16 July), for a maximum of eight nights. Quota athletes requesting single rooms will be charged a supplement (see costs below).

##### **3.3.4 Reimbursements**

Reimbursements will be made by bank transfer after the competition. If an athlete for whom the IAAF/LOC have provided financial support is on site but does not compete, the IAAF/LOC have the right to reclaim the travel and accommodation support.

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### **3.4 Arrivals outside the Accreditation Centre Opening Times**

Teams or individual athletes arriving prior to 8 July will be handled on a case by case basis. However, the LOC must be informed in advance at [office@tampere2018.com](mailto:office@tampere2018.com) to make the necessary arrangements.

For those Teams arriving after the closing of the Accreditation Centre, the Team Leader must proceed to the Accreditation Offices as soon as practical the next day to finalise the accreditation procedures.

### **3.5 Special Passes**

IAAF shall provide special passes as required for the following categories:

- TIC (only for collecting information) distributed during the accreditation procedure
- Combined Events Rest Room (one per athlete for coach or physiotherapist) distributed at the TIC as soon as the Start Lists are available

For the Field Event Coaches, special seating will be reserved and access will be allowed only to those coaches whose athletes are actually competing. For those athletes competing in the Long Jump and Triple Jump Finals (Men and Women) a special area will be reserved at track level for one coach by athlete. Coaches must be at the Call Room at the time of the final call for each event.

### **3.6 Accreditation Card**

The Accreditation Card must be worn visibly at all times and must be presented upon request. It is personal and non-transferable. In case of loss or theft, please report it immediately to the Teams' Accreditation Centre or TIC at the Stadium. In order to obtain a new Accreditation Card, the Team Member must proceed to the Accreditation Centre, accompanied by his Team Leader or the higher official in the Delegation, carrying an appropriate identification document.

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#### **4. ACCOMMODATION AND TRANSPORTATION**

##### **4.1 Team Accommodation**

The official hotels for the IAAF World U20 Championships are:

###### Holiday Inn

Rautatiekatu 21

33100 Tampere

Tel. +358 2 004 8141

[hotel@holidayinntampere.fi](mailto:hotel@holidayinntampere.fi)

<http://www.finland.holidayinn.com/hotellit/holiday-inn-tampere-central-station>

###### Lapland Hotels

Yliopistonkatu 44

33100 Tampere

Tel. +358 3 383 0000

[tampere@laplandhotels.com](mailto:tampere@laplandhotels.com)

<https://www.laplandhotels.com/FI/kaupunkihotellit/tampere/lapland-hotels-tampere>

###### Scandic Tampere City

Hämeenkatu 1

33100 Tampere

Tel. +358 3 244 6111

[tamperecity@scandichotels.com](mailto:tamperecity@scandichotels.com)

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-tampere-city>

###### Scandic Tampere Hämeenpuisto

Hämeenpuisto 47

33200 Tampere

Tel. +358 3 4108 1628

[hameenpuisto@scandichotels.com](mailto:hameenpuisto@scandichotels.com)

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-tampere-hameenpuisto>

###### Scandic Tampere Rosendahl

Pyynikintie 13

33230 Tampere

Tel. +358 3 244 1111

[rosendahl@scandichotels.com](mailto:rosendahl@scandichotels.com)

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-rosendahl>

###### Scandic Tampere Koskipuisto

Koskikatu 5

33100 Tampere

Tel. +358 3 4108 1626

[koskipuisto@scandichotels.com](mailto:koskipuisto@scandichotels.com)

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-tampere-koskipuisto>

###### Scandic Tampere Station

Ratapihankatu 37

33100 Tampere

Tel. +358 3 339 8000

[tamperestation@scandichotels.com](mailto:tamperestation@scandichotels.com)

<https://www.scandichotels.fi/hotellit/suomi/tampere/scandic-tampere-station>

###### Solo Sokos Hotel Torni

Ratapihankatu 43

33100 Tampere

+358 20 123 4634

[torni.tampere@sokoshotels.fi](mailto:torni.tampere@sokoshotels.fi)

<https://www.sokoshotels.fi/fi/tampere/solo-sokos-hotel-torni-tampere>



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Varala Sport Institute  
Varalankatu 36  
33240 Tampere  
tel. +358 3 263 1111  
[info@varala.fi](mailto:info@varala.fi)  
[www.varala.fi](http://www.varala.fi)

#### 4.2 Team Accommodation Costs

Full Board per person per night (USD)	Inside period				Everyone outside period and officials above 55%	
	Quota athletes		Other athletes and officials within 55%			
	Twin	Single	Twin	Single	Twin	Single
Team Hotels	Paid by IAAF	65 USD	100 USD	150 USD	120 USD	170 USD

The accommodation invoices will be based on the information (number of persons and arrival/departure details) provided on the Final Entries, with a tolerance of two persons.

Payment of extra costs can be made:

- by credit card: MasterCard, Visa
- In cash: Euros
- In advance by Bank Transfer

Bank account name  
Bank name  
Address

Swift (BIC):  
IBAN:

Tampereen Pyrintö r.y.  
OKO Bank Helsinki, Finland  
Pohjola Bank plc  
Teollisuuskatu 1b  
FI-00510 Helsinki  
OKOYFIHH  
FI32 5730 0820 1136 25

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

#### 4.3 Check-in Procedures

Upon arrival, team members will be accompanied to assigned Team hotel. Once at the welcome desk, according to the rooming list previously provided\*, the check-in procedures will be completed and the room keys delivered. A valid identification document (Passport or Identity Card) needs to be presented for check-in. This will also be the place where internet access information will be provided.

**\* to shorten procedures and avoid delays, it is strongly advisable to submit the rooming list in advance, prior to arrival. Please send this to the [office@tampere2018.com](mailto:office@tampere2018.com)**

#### 4.4 Services

##### Team Meetings

Rooms for meeting opportunities are available at all team accommodation venues. Details on location, availability and booking will be available at the CIDs.

##### Rooms for Physiotherapy

Dedicated rooms for physiotherapy will be provided for the teams with medical staff to set-up their own massage beds and there will also be LOC physiotherapy services offered to those teams that do not have their own medical staff.

##### Internet access

Free internet access will be available in all accommodation venues.

#### 4.5 Meals

Teams will have their meals in their respective accommodation venues where they will be served in buffet style with food appropriately labelled in English. Should you have special dietary requirements, please advise the hotel upon arrival so that arrangements can be made accordingly.

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Meal times shall be as follows:

<b>Breakfast</b>	All days	06:30 – 09:30
	15 <sup>th</sup> July	07.30 – 10.30
<b>Lunch</b>		12:00 – 16:00
<b>Dinner</b>	All days	18:00 – 22:00
	12 <sup>th</sup> July – 13 <sup>th</sup> July	18:00 – 23:00

#### 4.6 Transportation

A transportation network will be organised to ensure adequate transport, by bus, between all the venues with schedules appropriately adapted to all needs.

The timetables and routes will be posted at the CIDs and at the TIC.

Transports to and from the airport will be organised according to the arrival and departure information provided in the Final Entries.

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## **5. INFORMATION CENTRES**

### **5.1 Technical Information Centre (Stadium)**

The Technical Information Centre (TIC) is located in the Stadium, on the ground floor of the Main Tribune (see plans in Appendix). The main task of this centre is to ensure a smooth liaison between each delegation and the local Organizing Committee, the IAAF Technical Delegates and the Competition management of the Championships, in regards to technical matters.

The main tasks of the TIC are:

- Distribution of information
- Display of entry list/start lists / results and distribution of the daily programme
- Managing written protests and appeals
- Answering general questions concerning the competition
- Managing national record doping control requests
- Distribution of additional passes (combined events rest room)
- Receiving Final Confirmations and relay order declaration forms

Opening Dates and Times will be as follows:

- |                                   |               |
|-----------------------------------|---------------|
| • Monday 9 <sup>th</sup> July     | 10:00 – 18:00 |
| • Tuesday 10 <sup>th</sup> July   | 08:00 – 21:00 |
| • Wednesday 11 <sup>th</sup> July | 08:00 – 21:00 |
| • Thursday 12 <sup>th</sup> July  | 08:00 – 22:00 |
| • Friday 13 <sup>th</sup> July    | 08:00 – 22:00 |
| • Saturday 14 <sup>th</sup> July  | 08:00 – 18:00 |
| • Sunday 15 <sup>th</sup> July    | 12:00 – 17:00 |

This will be the main centre for technical information although certain documents produced in the TIC will also be distributed to the CIDs for circulation.

### **5.2 Championships Information Desk (Team accommodation venues)**

A Championships Information Desk (CID) will be situated at each accommodation venue. CIDs will be in charge of, but not limited to, the following:

- Display on the relevant Notice Board of official communications to the teams, including Start Lists, Results and Call Room reporting times.
- Distribution of Urgent Notices to the Delegations from the Technical Delegates and Competition Management.
- Distribution of information for issues relating to accommodation, meals, transport and the Championships in general.

CIDs will be in full operation starting 8 July, according the following timetable:

- |                                   |               |
|-----------------------------------|---------------|
| • Sunday 8 <sup>th</sup> July     | 12:00 – 23:00 |
| • Monday 9 <sup>th</sup> July     | 09:00 – 23:00 |
| • Tuesday 10 <sup>th</sup> July   | 07:00 – 23:00 |
| • Wednesday 11 <sup>th</sup> July | 07:00 – 23:00 |
| • Thursday 12 <sup>th</sup> July  | 07:00 – 23:00 |
| • Friday 13 <sup>th</sup> July    | 10:00 – 23:00 |
| • Saturday 14 <sup>th</sup> July  | 07:00 – 23:00 |
| • Sunday 15 <sup>th</sup> July    | 07:00 – 19:00 |

### **5.3 IAAF Competitions Department Offices**

Staff from the IAAF Competitions Department will be in Tampere to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation.

They can be contacted as follows:

- 7 to 9 July Teams Accreditation Centre
- 10 to 15 July IAAF Competitions Office at Ratina Stadium – can be contacted through TIC

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#### **5.4 Document Distribution**

As always, every effort will be made to reduce the amount of printed material distributed to the Teams through the TIC at the Stadium or at the CIDs.

In practice this means that the distribution of competition related information at the TIC and CID will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the notice boards. It will still be possible to request occasional copies of specific event start lists and / or results (at the TIC).

Important notices of general interest (e.g. changes to the timetable) will also be displayed on the Posting Board while individual communications to specific teams will be posted through the pigeon holes.

Copies of the results of each day's events will be distributed to each Team at the TIC team mailbox on each evening competition. A daily program, which will include the start for each competition day and the results of the previous competition day, will be available each morning at the TIC Team box. Complete results in the form of a booklet will be issued to Team Leaders at the Team Hotels on Monday 16<sup>th</sup> July.

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## **6. COMPETITION AND TRAINING VENUES, EQUIPMENT AND IMPLEMENTS**

### **6.1 Ratina Stadium**

Tampere Stadium (Ratina) has high-class athletic facilities with modern equipment. It has a floodlit full-size football field with lighting to meet international standards. The stadium seats approximately 16,800 spectators. Inside the building there are facilities for wrestling, team gymnastics and other indoor exercises, as well as a fitness room, a cafeteria and meeting rooms. It was built for the Finnish Athletics Championships (Kalevan kisat) in 1965 and was thoroughly renovated in 1995-2004.

### **6.2 Warm-up Area**

The Warm-up Area is situated behind the first bend with a direct access to the Call Room. This has a 6 lanes straight – 120m, with 2 sites for Long Jump/Triple Jump.

The physio area will be set up in this area.

About 6km south of the main stadium there is the Warm-up Area for long throws. This Warm-up Area will have a meeting point athletes for the transportation to the Call Room.

### **6.3 Combined Events Rest Area**

The rest area for the Combined Events will be situated in the first floor of the main stand building (see plan in Appendix) and will be accessible by team officials and/or physiotherapists with the appropriate pass.

### **6.4 Training**

#### **6.4.1 General**

There are three training opportunities:

1. Tampere Exhibition and Sports Centre. Located at 6km and 10 minutes drive for the Competition venue. It will be a 300m indoor track with facilities for jumping events and shot put.
2. Pyynikki area, close to Varala Sports Institute and hotel accommodations. It's located at 1km far from the Competition venue and includes facilities for running, jumping, shot put and artificial grass for running.
3. Training and warm-up area for hammer, discus and javelin has its own area located next to Tampere Exhibition and Sports Centre (see timetable below)

Training areas will be open according to following schedule:

Sunday	8 July	15:00 – 20:00
Monday	9 July	10:00 – 13:00 and 15:00 –20:00
Tuesday	10 July	10:00 – 13:00 and 15:00 –20:00
Wednesday	11 July	10:00 – 13:00 and 15:00 –20:00
Thursday	12 July	10:00 – 13:00 and 15:00 –20:00
Friday	13 July	10:00 – 13:00 and 15:00 –20:00
Saturday	14 July	10:00 – 13:00
Sunday	15 July	10:00 – 13:00

Long throws training will be possible according to following schedule:

Hammer	9 July	12:00 – 14:00
	10 July	09:00 – 11:00
Discus	8 July	17:00 – 19:00
	12 July	10:00 – 12:00
Javelin	8 July	09:00 – 11:00
	11 July	09:00 – 11:00

Pole Vault training will be possible according to following schedule (main Stadium)

Sunday	8 July	09:30–11:00 Men 11:30-13:00 Women
Monday	9 July	09:00 -11:00 Women 14:00–16:00 Men

Relays training will be possible on the Ratina Stadium on Thursday 12th July from 13:00 to 14:00. Athletes and coaches will be at 13:00 in the Call Room and will be guided by officials and/or volunteers to the FOP.

Equipment and implements necessary for training will be available at the training venues. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

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The Weight lifting rooms are available at the training venue Tampere Exhibition and Sports Centre. There is also small amount of equipment in warm-up area in stadium.

The transport schedule will be displayed at the Information Desk in the team hotels.

#### **6.4.2 Athletes' Orientation Visits to the Ratina Stadium**

Athletes will be given the opportunity to visit the Ratina Stadium (Competition venue) before the competition to do some light training without equipment or implements. These orientation visits are scheduled for Monday 9th July from 10:00 to 12:00 and will include a training session with the official starters between 11:00 and 11:45.

### **6.5 Equipment and Implements**

#### **6.5.1 Vaulting Poles**

Vaulting poles will be collected by the LOC directly at the airport and transferred to Ratina Stadium. On the day of departure, they will be taken directly from the stadium to the airport.

#### **6.5.2 Markers**

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC.

<b>Event</b>	<b>Marker</b>
Long Jump, Triple Jump, High Jump, Pole Vault, Javelin Throw	Available at Event Site
Shot Put, Discus and Hammer Throw	Athletes may use only one marker provided by the LOC, which is to be placed on the ground immediately behind or adjacent to the circle (IAAF Rule 180.3.b)
Relays	Competition Officials will provide adhesive tape

#### **6.5.3 Implements**

The list of implements was approved by the Technical Delegates in November 2017 and can be found in Appendix 14.5

We remind you that, in any case, personal implements will be allowed, providing that:

- they are readily identifiable and are IAAF certified
- they are not already on the official list
- they have been checked for compliance with IAAF Rules
- they are made available to all the other athletes until the end of the Final of the event

The checking procedure will be as follows:

<b>Checking</b>	<b>Location &amp; Time</b>	<b>Return</b>
Personal throwing implements are to be handed in for checking <b>prior to the event</b> . A receipt will be given for the implements.	<b>TIC no later than 18:00 the day before the qualifying round of the event.</b>	Implements are returned in exchange for the receipt after the event's Final <b>at the TIC</b> .

In order to speed up the checking in of eligible personal implements, please come prepared and consult the IAAF list on the website (<https://www.iaaf.org/about-iaaf/documents/technical>) in advance to identify the implement noting its IAAF certification number.

If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF office at [technicalofficer@iaaf.org](mailto:technicalofficer@iaaf.org) so that its status can be checked and confirmed to you and the LOC in due time.

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## **7. ENTRIES AND FINAL CONFIRMATIONS**

### **7.1 Entry Standards and Rules**

The entry standards and conditions for the validity of the performances were approved by the IAAF Council in August 2017 (see Appendix). The Entry Rules are summarised below.

#### **7.1.1 Age Categories**

U20 Athletes	Athletes aged 18 or 19 years on 31 December 2018 (born in 1999 or 2000), may compete in any event.
U18 Athletes	Athletes aged 16 or 17 years on 31 December 2018 (born in 2001 or 2002), may compete in any event. However, the maximum number of events in which an U18 athlete can compete is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m.
Athletes Younger than 16	No athlete younger than 16 years of age on 31 December 2018 (born in 2003 or later) may be entered.

Team Leaders must present athletes' passports upon arrival, or other official documents indicating the year of birth, to confirm ages in order for them to be photocopied by the organisers.

#### **7.1.2 Qualification Period**

In accordance with the Technical Regulations, the qualification period runs from **1 October 2017 to 2 July 2018**. In an attempt to help Member Federations, the deadline for submitting the Final Entries remains at three Mondays before the start of the Championships (as established by the Technical Regulations), i.e. **25 June 2018**, but there will be an extended qualification period of one week.

This means that Member Federations must submit the athletes' names, including reserves, and all other relevant information (names of officials, travel details and accommodation needs) by 25 June 2018 but would be allowed to make any changes to the composition of their team up to one week later, 2 July 2018. Please note that this is NOT an obligation but an option which some Member Federations may wish to take advantage of.

#### **7.1.3 Entry Rules**

- A maximum of two athletes from any one Member can compete in each event with the exception of the Relays. Three athletes can initially be entered per event, provided each has achieved the Entry Standard but only two will be permitted to compete.
- Members who have no male and/or female qualified athletes whom they wish to enter in any Championships event, may enter one unqualified male athlete OR one unqualified female athlete in one event of the Championships (except the Field Events [see below], Combined Events, 10,000m, 3000m Steeplechase and 5000m Women).
- Members who have no male and/or no female qualified athlete but whose best athlete excels in a Field Event, may submit to the IAAF, by the time of the Preliminary Entry deadline, the name of their athlete plus performance they would like to enter in the Field Event. The Technical Delegates will make the final decision and, to do so, may seek the opinion of the relevant Area Association.
- If the host country of the IAAF World U20 Championships does not have a qualified athlete in an event, it may enter one athlete in this event regardless of any Entry Standard.
- Every Member may enter one team for each relay race, composed by a maximum of six athletes. Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team for the first round.

### **7.2 Final Entries**

The Final Entries must also be submitted online using the IAAF on-line Event Entry System (EES), by **25 June 2018** midnight, Monaco time (see note above). Final Entries may be submitted starting 26 May 2018.

### **7.3 Final Confirmations**

#### **7.3.1 General**

Teams will receive the Final Confirmation Forms upon arrival in Tampere and Team Leaders, or their representatives, must confirm the names of those athletes already entered who will actually take part in the competition.

For events held on 10 July, Final Confirmation of Entries must be made before 12:00 (midday) 9 July and, for

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all subsequent days, before 9:00 am on the day before the event. It will also be possible for Teams to confirm their athletes upon arrival during the accreditation procedure at the Accreditation Centre.

### 7.3.2 Relays

The Relay Declaration Forms will be distributed at the TIC. The final composition of the relay teams and the order of running must be declared at the TIC according to the following schedule (no later than one hour before the published 1<sup>st</sup> Call Time for the first heat of the event – IAAF Rule 170.11).

Event	Round 1	Final
4 x 100m Men	13 July at 17:05	14 July at 15:15
4 x 400m Men	14 July at 10:50	15 July at 16:03
4 x 100m Women	13 July at 16:40	14 July at 14:41
4 x 400m Women	14 July at 10:25	15 July at 13:33

Once the team has taken part in the event, only two additional athletes may take part in the Final. Substitutes may only be taken from the list of entered athletes, whether for the relay or for any other event.

### 7.3.3 Failure to participate

Any athlete who, after the Final Confirmation has been given, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate), shall be excluded from participation in all further events in the competition, including relays (see IAAF Rule 142.4).

### 7.4 Withdrawals

Withdrawals after Final Confirmation have to be submitted, on the official Withdrawal Form, to the TIC. The reason for the withdrawal has to be specified in detail and supported by appropriate medical evidence if applicable (see above). If the athlete intends to participate in other events in which he was entered (including the Relays) the withdrawal request has to be approved by the Technical Delegates.

### 7.5 Athlete Acknowledgement and Agreement

Each athlete competing in an IAAF World Athletics Series Competition must have an appropriately filled in and signed copy of the Athlete Acknowledgement and Agreement on file at the IAAF. All athletes competing in the IAAF World U20 Championships must sign and submit this acknowledgement, as soon as possible, and ideally by no later than the Final Entry deadline (25 June 2018). IAAF Member Federations are obliged to submit one for each entered athlete (email: [athletes-agreement@iaaf.org](mailto:athletes-agreement@iaaf.org)).

Any Athlete Acknowledgement and Agreement Form not received by the IAAF before the event will be collected at the time of the Accreditation procedure. The Athlete Acknowledgement and Agreement Form can be found in Appendix.

*Note: Athletes who have already submitted their Agreement on the occasion of a previous IAAF World Athletics Series Event do not need to send it again - see appropriate indication in the EES.*



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## **8. COMPETITION PROCEDURES**

### **8.1 Stadium Orientation Visit for Team Leaders**

There will be a visit organised to Ratina Stadium on Monday 9 July at 11:00, in order for the Team Leaders to familiarise with the exact location of the main facilities (changing areas, Call Room, team seating, post event area, interview room, athletes' and officials' flows in general, etc.).

### **8.2 Technical Meeting**

There will be no formal Technical Meeting in Tampere. Instead, the Technical Delegates, together with the IAAF and LOC Competitions Staff, will make themselves available, on 9 July, to any team managers that wish to address any particular matters. This informal meeting will take place at the competition stadium in the teams' tribune, during the delegations' stadium tour, starting from 11:30. Information on the progressions, starting heights and raising of the bars will be distributed through the TIC in the Stadium and CID in each Team hotels before the stadium tour.

### **8.3 Timetable**

The Timetable was approved by the IAAF Council in August 2017 and slightly amended in April 2018. It can be found in Appendix. A schedule for the Medal Ceremonies (MC) is included. Information on any changes to the Timetable shall be provided through the TIC and CID.

### **8.4 Athletes' Bibs**

All athletes will receive 3 bibs, which shall coincide with the information written in the start list, as follows:

- 2 bibs with the competition number
- 1 bib with the athlete's name

Every athlete must wear two bibs during the competition, the one with the name on the front, and the other with the number on the back. In all jumping events, it is possible to wear only one bib on the front or on the back. In this case it MUST be the bib with the name. The third bib can be placed on the bag or on the tracksuit.

The bibs for the relays (carrying the country code – (e.g. FIN) will be handed out at the Call Room and placed on back.

The bibs will be distributed during the Accreditation procedure. Bibs which are not collected will be taken to the Stadium TIC on 10 July in the morning.

For the athletes competing in all races from 800m and above (including Combined Events and Race Walks events), the front bib (with the transponder) will be handed out at the Call Room before the race.

Bibs must be worn in accordance with IAAF Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction.

### **8.5 Athletes' Clothing**

Athletes shall participate in the uniform clothing approved by their National Federation. The Medal Ceremony is considered part of the competition for this purpose. In accordance with IAAF Competition Rule 143.1 and the IAAF Advertising Regulations, athletes' competition vests should have the same colour on the front and back. Please refer to the latest IAAF Advertising Regulations which can be found on the IAAF Website in the publications section.

All Member Federations must bring their team uniform to the accreditation centre for inspection, during the accreditation procedure.

### **8.6 Personal Belongings**

Field Event athletes (including Combined Events) will only be permitted to take a backpack or similar sized bag with them into the Field of Play. Combined Events athletes may bring larger bags but they must be left in the rest area during the events.

A strict inspection will be made on illegal and prohibited items, which athletes may have in their possession. Radios, CD/MP3 players, mobile phones, Smart watches, cameras, etc. will not be permitted. Any items that do not conform to the IAAF Technical and/or Advertising Rules and Regulations will be confiscated. Confiscated items may be retrieved at the TIC after the event upon presentation of the corresponding receipt.

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## **8.7 Call Room Procedures**

### **8.7.1 Call Room**

All competing athletes are required to report to the Call Room according to the respective reporting schedule (see below).

Athletes will be identified by their accreditation card and bib number and will undergo the routine checks:

- Checking of national uniform
- Inspection of personal belongings
- Checking of shoe spikes (number, shape and size) for compliance with IAAF Rule 143.3 and 143.4.  
The maximum sizes allowed are:
  - All events: not more than 9 mm
  - High Jump and Javelin Throw: not more than 12 mm

If they do not comply with IAAF Rules, the athletes will be asked to change them to the correct size.

For the track events, hip numbers will be delivered here. Bibs carrying the transponder for the athletes in all races from 800m and above (including Combined Events and Race Walks events) will also be delivered here.

Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including Relays. Team officials are not allowed to enter the Call Room.

After the completion of these procedures, athletes will be escorted to the Field of Play.

Athletes in Track Events will leave their personal belongings, including tracksuits, in the Call Room or as directed by competition officials, and enter the Field of Play ready to compete. Their personal belongings will be transported to Post Event Area for collection after their event. In case of cold or rainy weather, athletes will be allowed to enter wearing their tracksuit and their belongings will be collected at the start line and taken to Post Event Area.

### **8.7.2 Reporting Times**

General times for Call Room entry and arrival at the competition site are as follows:

<b>Event</b>	<b>First Entry to Call Room</b>	<b>Last Entry to Call Room</b>	<b>Arrival at Competition Site</b>
Track Events	25 min	15 min	10 min
High Jump	60 min	50 min	45 min
Pole Vault	75 min	65 min	60 min
Throwing Events	45 min	35 min	30 min
Long / Triple Jump	45 min	35 min	30 min
Relays	25 min	15 min	10 min

All times are prior to the actual starting time of the event.

A dedicated, heat by heat and group by group, reporting schedule will be issued every day once Final Entries are confirmed and displayed at the Warm-up Area.

It will indicate the following:

- Entry to Call Room
- Arrival at competition site
- Start time of the event

Athletes who compete in Combined Events shall report to Call Room on each of the relevant days of the competition, before the first event of each day (the reporting times above will apply depending on the event). The athletes' control will however take place in the Rest Room before the start of each event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check. Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available. Athletes can also order specific lunch boxes the day before the event from TIC.

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## **8.8 Other specific procedures**

### **8.8.1 Starters Commands**

The starter's commands will be given in English.

### **8.8.2 Field Event Trials**

In the Horizontal Jumps and Throws Finals, there will be six trials as follows:

- All athletes shall have three attempts
- The top eight athletes after the third attempt shall be allowed three additional attempts

### **8.8.3 Race Walks**

The race walking events will be conducted using the pit lane rule (IAAF Rule 230.7c)

### **8.8.4 Coaching Zones**

Appropriate seating in the Tribunes will be provided for the Field Event Coaches. Access will be reserved to those coaches whose athletes are actually competing and will be checked against the start lists.

## **8.9 Timing and Measurement**

Official timing and measurement will be provided by SEIKO. Transponder timing will also be used for all races from 800m and above to provide intermediate times.

Video Distance Measurement (VDM) and Electronic Distance Measurement (EDM) will be used in the horizontal Field Events.#

## **8.10 Post Competition Procedures**

All athletes will leave the Field of Play via the Mixed Zone situated to the right of the finish line.

In the Mixed Zone, the Media may conduct short interviews. Please note that the first three athletes in each Final may also be required to attend the formal interview.

Athletes will then reach the Post Event Area located at upper level at end of the finish straight where the clothing baskets will be taken from the Call Room.

Transponders from the athletes' bibs (see 8.4) will be collected here by Seiko. Those progressing to the following round (where applicable) will keep their bib and the transponders will be inserted again in the Call Room before the race in the following round.

Here athletes will also be notified for eventual doping control and be informed of medal ceremony arrangements. From here they can then return to the Warm-up Area, to their Hotel or go to the team seats.

Team Officials will easily be able to contact their athletes immediately after the event from the teams' stands.

## **8.11 Medal Ceremonies**

The first three athletes in each individual event and the first three teams in each relay race will be presented with a gold, silver or bronze medal respectively. The medal presentations will usually take place before the doping control procedures and as soon as possible after the conclusion of the event. (When a ceremony is held on the following day, athletes shall report to the TIC no later than 30 minutes before the scheduled ceremony time. See medal ceremonies schedule under Timetable in Appendix.)

LOC staff will be responsible to gather the first three athletes or relay teams and escort them to the ceremony waiting area where they will prepare for the ceremony. When a delegation competes in relay Semi-Finals and Finals with more than four athletes, only the four athletes in the Final will be awarded medals during the official ceremony. The other athletes will receive their medals later through the TIC. The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

## **8.12 Protests and Appeals**

Protests and Appeals will be handled according to IAAF Rule 146 by the TIC at the Stadium. For the assistance of the Officials and the Jury of Appeal, a Video Replay System by Hawk-Eye will be in operation.

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## **9. MEDICAL SERVICES**

### **9.1 Medical Operations**

#### **Organisation**

Head of Medical Services	Heidi Haapasalo
Physical Therapies Lead	Jari Inkinen
Head of Main Medical Room	Unna Leinonen
Venue Medical Manager	Michael Rorarius
Head of Warm Up Areas	Tanja Komulainen

#### **Client Groups**

Athletes  
Team Officials  
Technical Officials at Competition Venues  
IAAF Family Members  
Press and Broadcast at Ratina Stadium  
LOC workforce during operational hours

First Aid for spectators at Ratina Stadium is provided by Pihlajalinna Koskiklinikka staff. Main tent at Ratina Stadium Market Square.

### **9.2 General information for Team Medical Officials**

This section contains the operations and service levels for the client groups associated with the IAAF. The design and delivery are in line with the IAAF Competition Medical Guidelines (2013) and the IAAF Competition Medical Handbook, A Practical Guide for Track and Field and Road Racing. Interventions are for immediate and necessary clinical issues and exacerbation of existing conditions.

The team doctors can look after their own delegations but will not be able to order tests or investigations during the Championships. Teams that have an agreement to provide medical care for another team are required to inform the LOC Medical Team in writing. This should be in the form of a letter signed by the team leader and team doctor.

Team doctors should have their own malpractice insurance.

Short information to foreign doctors in Finland <https://www.laakariliitto.fi/en/health-care-in-finland/>

Information for healthcare professionals qualified in EU

[http://www.valvira.fi/web/en/healthcare/professional\\_practice\\_rights/qualified\\_in\\_eu\\_eea\\_member\\_state](http://www.valvira.fi/web/en/healthcare/professional_practice_rights/qualified_in_eu_eea_member_state)

Information for healthcare professionals qualified outside EU

[http://www.valvira.fi/web/en/healthcare/professional\\_practice\\_rights/qualified\\_outside\\_the\\_eu\\_eea\\_member\\_state](http://www.valvira.fi/web/en/healthcare/professional_practice_rights/qualified_outside_the_eu_eea_member_state)

### **9.3 Venue Services**

**The Ratina Stadium – Main Medical Room Tel: +358 40 8593055 (also doctor on call 24/7 in this number)**

The Ratina Stadium is the main base for medical services during the Championships.

Dates and times of operation are:

- |                                   |               |
|-----------------------------------|---------------|
| • Monday 9 <sup>th</sup> July     | 08:00 – 21:00 |
| • Tuesday 10 <sup>th</sup> July   | 08:00 – 21:00 |
| • Wednesday 11 <sup>th</sup> July | 08:00 – 21:00 |
| • Thursday 12 <sup>th</sup> July  | 08:00 – 22:00 |
| • Friday 13 <sup>th</sup> July    | 08:00 – 22:00 |
| • Saturday 14 <sup>th</sup> July  | 08:00 – 18:00 |
| • Sunday 15 <sup>th</sup> July    | 10:00 – 17:00 |

The services provided are as follows:

- First Aid

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- Emergency Services
- Physiotherapy
- Sport Medicine
- General Practice
- Nurses
- Medical Administrators

#### **The Ratina Stadium – Warm Up Area Tent**

Dates of operation are 9<sup>th</sup> August – 15<sup>th</sup> August 2018

Hours of operation are same as Main Medical Room

- First Aid
- Sports Medicine
- Physiotherapy
- Sports Massage Therapy (only on appointment)
- Nurses
- Ice Baths

Ice baths at the Warm Up Area are available by appointment with the lead physiotherapist. Responsibility for the welfare of the athlete rests with the individual or the team medical staff. The athlete or team medical staff are responsible for cleaning up after use.

#### **The Pyynikki Track and Pirkkahalli (Training and Warm Up)**

First Aid is available at all Training and Warm Up venues during official training hours.

Sport Medicine services will be on call for these Training and Warm Up venues.

#### **Athlete and Team Accommodation**

LOC medical services will not be provided at accommodation hotels. Most of the hotels are less than 2km from the Ratina Stadium, Pihlajalinna Koskiklinikka and 3-5 km from the University Hospital. LOC doctor is available on call 24/7. Tel: **+358 40 8593055** (same as main medical room)

#### **IAAF Official Hotel**

LOC medical services will not be provided at IAAF Official Hotel (Hotel Ilves). The hotel is located just next to the Ratina Stadium and Pihlajalinna Koskiklinikka private clinic. Services for officials can be accessed at all sites where LOC medical staff provides services. LOC doctor is available on call 24/7. Tel: **+358 40 8593055** (same as main medical room)

#### **Emergency Services**

The Emergency number in Finland is 112.

The public ambulances in Finland are on call at all times. The Ambulance base is located 1 km from the Ratina Stadium, and the estimated response time is five minutes.

During competition, spectator services are managed by Pihlajalinna Koskiklinikka staff first aid teams. Communication protocols between these teams and the LOC Venue Medical Manager have been developed in the event an athlete, team official or IAAF official is taken ill or transferred to hospital while in the spectator seating.

Tampere University Hospital is located 3km from the City Centre and Ratina Stadium and covers all acute emergencies and illnesses in the whole Tampere area.

Tel: +358 3 10023 / +358 3 31166411

#### **9.4 Public Health**

Finland has a well-developed Public Health System. Citizens of the EU, Iceland, Liechtenstein, Norway or Switzerland are entitled to public healthcare upon provision of a *European Health Insurance Card*. <http://ec.europa.eu/social/main.jsp?catId=559>

European Union citizens can also obtain travel insurance if they prefer to use private services.

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**If you are *not* from the European Union it is important to obtain travel insurance before visiting Finland,** allowing you to use private healthcare services:

[https://www.expats-finland.com/living\\_in\\_finland/public\\_healthcare.html](https://www.expats-finland.com/living_in_finland/public_healthcare.html).

However, if admitted to hospital, charges will be made to the individual. **Health care insurance is also highly recommended for countries who are not covered by the IAAF insurance (covering only acute medical conditions occurring during the Championships)**

### **Private Health Care**

Pihlajalinna Koskiklinikka private clinic and hospital is the main partner of the Championships. Pihlajalinna Koskiklinikka is located just next to the Ratina Stadium at 3<sup>rd</sup> floor of Koskikeskus Shopping Centre (Address: Hatanpäänvaltiatie 1). Full range of imaging modalities (diagnostic ultrasound, CT, MRI) clinical specialists, dental services and other health care services (chiropractic, osteopathy) are available. Contact Main Medical Room for further assistance for making the appointments or call directly to Koskiklinikka +358 10 312149 / +358 10 312 010.

Other private clinics at downtown Tampere area are:

Pohjola Terveys. Address: Kelloportinkatu 1, 33100 Tel: +358 10 2578 100

Terveystalo. Address: Rautatienkatu 27, 33100 Tampere Tel: + 358 30 6000

Mehiläinen. Address: Itäisenkatu 3, 33210 Tampere Tel: + 358 10 414 00

The expenses at the private clinics have to be paid by Credit Card or cash if the insurance does not allow direct billing.

### **9.5 Data collection**

Data from illnesses and injuries during the Championships will be collated by the LOC Medical Team and will be used to compile daily reports for the IAAF Medical Officers and general reporting. The Medical Encounter Record Forms according to IAAF Medical Manual will be used and information saved electronically.

### **9.6 Importing and prescribing medicines**

Qualified doctors from other countries can import medicines which are valid for sale in his/her own country if the medication is needed for treating a group he/she is travelling/staying with in Finland. The drugs can be used only for treating the persons in this group. It is illegal to import medicines classified as doping. More information:

<https://www.finlex.fi/fi/laki/ajantasa/1987/19870395> (the act only in Finnish or Swedish)

[https://www.wada-ama.org/sites/default/files/prohibited\\_list\\_2018\\_en.pdf](https://www.wada-ama.org/sites/default/files/prohibited_list_2018_en.pdf)

Prescriptions issued in EU, EEA country or Switzerland are valid at any external commercial pharmacy in Finland (except narcotics or psychotropic medicines) if the drug is on sale in Finland (more details check the link <https://www.choosehealthcare.fi/medicines/filling-foreign-medical-prescriptions-in-finland/>) Others need to obtain a prescription from a doctor who practices in Finland.

It is legal to import medicines for personal use for 1 year (EEC countries) / 3 months (non-EEC country). Printed prescription is needed. Narcotics or medicine affecting CNS personal use is allowed to import for 30 days (Schengen country – you also need a Schengen certificate) /14 days (non-Schengen country) <http://tulli.fi/en/private-persons/travelling/medicines>

Any individual with an existing medical condition is advised to bring enough medicine with them to cover the duration of their visit to the Finland and their travel home.

### **9.7 Medicines available at the LOC medical areas**

A limited quantity of essential medicines will be available for immediate and emergency patient care in both athlete and spectator medical areas. Medicines from these stocks will usually be issued only as a single dose or as immediate treatment to the patient. The LOC doctor may choose to write a prescription for subsequent doses for ongoing treatment, which can be dispensed from the external commercial pharmacy. The expenses will be paid by the individual or Team.

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### **9.8 Storage and safe use of team medicines**

Team healthcare personnel are responsible for the storage and safekeeping of their delegation's medicines and supplies. LOC is not responsible for, and shall have no liability relating to, or arising out of the storage or monitoring of the supplies and medicines by the team. Team doctors should ensure that robust systems are in place to ensure safe and secure handling of medicines in their possession.

Closest Commercial Pharmacy to Ratina Stadium is located at Koskikeskus Shopping Centre.

Koskikeskuksen Apteekki is open Mo-Fri 9:00 – 20:00, Sa 10:00-18:00, Su 10:00 – 18:00 Tel: +358 3 2137 800

Yliopiston Apteekki (Address: Hämeenkatu 16, Tel: +358 300 20200) is open Mo-Fri 7:00 – 24:00, Sa-Su 8:00 – 24:00

### **9.9 Prescribing a prohibited substance**

All athletes and healthcare professionals involved in prescribing or administering medicines should remind themselves with the prohibited status of substances in sport contained in the World Anti-Doping Agency 2018 List of Prohibited Substances and Methods, which can be accessed at [www.wada-ama.org](http://www.wada-ama.org).

Athletes and prescribers must be aware that intravenous infusions and/or injections of more than 50 mL per 6 hour period except for those legitimately received in the course of hospital admissions, surgical procedures or clinical investigations, are prohibited at all times in sport.

Particular care should be taken when a prescription is written for a prohibited substance, or method that requires a Therapeutic Use Exemption (TUE) (see procedure below). All TUEs must be approved by the IAAF TUE subcommission.

Prescribing prohibited substances for athletes should be avoided unless a TUE is obtained in advance or in a medical emergency when an athlete's health takes absolute priority and a retrospective TUE should be obtained afterwards(e.g. for opiates or intravenous fluids).

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## **10. DOPING CONTROL**

### **10.1 General**

Doping Control shall be conducted according to the latest IAAF Procedures and Guidelines under the supervision of the IAAF Doping Control Delegate. The Doping Control Centre is located in the 1<sup>st</sup> floor of the home straight grandstand building.

### **10.2 In-Competition Control**

At the Post Event Area, all athletes selected for Doping Control will be informed. Following post-event protocols which may include the medal ceremony or press interview, athletes will be escorted to the Doping Control Centre. Drinks will be provided for those athletes requiring it, and athletes should drink only those beverages from sealed bottles provided by the LOC.

Athletes have the right to be accompanied by a team official who will be granted proper access to the doping control centre with a special pass only if required.

### **10.3 Voluntary Doping Control**

Athletes who were not chosen for Doping Control may voluntarily submit themselves for testing, for example in case of National Record. In this case athletes, or an official from their team, must complete and sign the "IAAF Doping Control Test" form which is available at the TIC. The cost of such test is at the athlete's National Federation charge and will be debited to the National Federation's account with the IAAF.

### **10.4 Therapeutic Use Exemption (TUE)**

If an athlete has to take any medication included in the WADA Prohibited List 2018, a Therapeutic Use Exemption (TUE) is requested. The TUE has to be issued by the IAAF prior to the beginning of the event. During the Championships only "urgent" TUE's will be dealt with. Under no circumstances a TUE for a chronic pathology will be issued.



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## **11. DEPARTURES**

Unless otherwise agreed directly with the hotel or student lodging, check out time will be 12:00 (noon). Team departure time must be provided via the Final entries. The Team Leader will also be requested to confirm the departure information, already provided in the Final Entries, at the Teams' Accreditation Centre. In case of changes, please make sure that these are communicated to the CID.

Transportation to the airport will be arranged for teams.

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## **12. CEREMONIES AND SOCIAL FUNCTIONS**

### **12.1 Welcome Dinner**

A Welcome Dinner hosted by the IAAF and the City of Tampere will be held at the Vapriikki Museum on Monday 9 July at 19:30, right after the Opening Ceremony. One person from each team will be invited.

### **12.2 Opening Ceremony**

The Opening Ceremony will take place on Monday 9 July at 18:30 at the nearby city centre. All teams are invited to attend the Opening Ceremony. There will be a reserved area for team members. Team members are not requested to take part in the Opening Ceremony programme.

### **12.3 Medal Ceremonies**

Immediately after the finals of track and field events, all medallists will be given notifications with indication about when and where they must report for their medal ceremony. These notifications will serve as access passes to medal preparation area. All the victory ceremonies will take place at Tampere Stadium.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags, bags or other.

### **12.4 Closing Party**

The Closing Party will take place on Sunday 15 July at 21:00 at the Restaurant Ranta & Restaurant Poro located in the Shopping Mall Koskikeskus. Everyone with accreditation card is welcome to attend. Note that the age limit for alcohol beverages in Finland is 18.

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### 13. OTHER INFORMATION

#### 13.1 IAAF World U20 Coaches' Conference

In line with the IAAF's Development Strategy, the 3<sup>rd</sup> IAAF World U20 Coaches' Conference will take place in Tampere on the occasion of the IAAF World U20 Championships. It will offer an ideal opportunity to exchange knowledge and to update coaches on the latest trends and research in their field.

#### Conference Programme

Sunday, 15 July 2018

Morning: Transfer by bus from the Team Hotels in Tampere to the Original Sokos Hotel Ilves

08:00 – 09:00	Registration at Ballroom (Hotel Lobby)
09:00 – 09:15	Opening Ceremony
09:15 – 10:00	What happens in the Brain during Exercise? Prof. Dr. Romain Meeusen (BEL)
10:00 – 10:45	Neuronal Variability training (legs/arms /rotation) of U20 Athletes Best practise to ensure a long time career for U20 athletes. (Q&A)
10:45 – 11:15	Coffee Break
11:15 – 12:00	How to prevent “drop out” in U20 competitive sport (T&F) Ville Kallinen (FIN)
12:00 – 12:45	Age / development related training of U20 Athletes Best practise to ensure a long time career for U20 athletes. (Q&A) Medallist and his / her coach (TBC)
12:45 – 13:00	Wrap Up & Closing

Moderator: Günter Lange

Simultaneous interpretation into English, French, Spanish and Finnish will be provided

Registration process to [stephane@iaaf.org](mailto:stephane@iaaf.org)

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## Appendix 14.1 Entry Standards

MEN	EVENT	WOMEN
<b>10.55</b>	100m	<b>11.80</b>
<b>21.35</b>	200m	<b>24.20</b>
<b>47.70</b>	400m	<b>55.00</b>
<b>1:50.00</b>	800m	<b>2:08.70</b>
<b>3:48.00</b>	1500m	<b>4:27.00</b>
	3000m	<b>9:35.00</b>
<b>14:15.00 / 8:15.00 (3000m)</b>	5000m	<b>16:40.00</b>
<b>31:00.00</b>	10,000m	
<b>09:10.00</b>	3000m SC	<b>10:43.00</b>
	100mH	<b>14.10</b>
<b>14.20 (0.991m)</b>	110mH	
<b>53.00</b>	400mH	<b>60.75</b>
<b>44:00.00</b>	10,000m RW	<b>51:00.00</b>
No standard	4x100 Relay	No standard
No standard	4x400 Relay	No standard
	Heptathlon	<b>5300</b>
<b>7200</b>	Decathlon	
<b>2.16</b>	High Jump	<b>1.82</b>
<b>5.10</b>	Pole Vault	<b>4.05</b>
<b>7.55</b>	Long Jump	<b>6.15</b>
<b>15.60</b>	Triple Jump	<b>12.85</b>
<b>18.25 (6kg)</b>	Shot Put	<b>14.50</b>
<b>56.00 (1.75kg)</b>	Discus	<b>48.00</b>
<b>68.00 (6kg)</b>	Hammer	<b>57.00</b>
<b>68.70</b>	Javelin	<b>50.00</b>

### CONDITIONS FOR VALIDITY OF PERFORMANCES

- All performances must be achieved during the period **1 October 2017 to 2 July 2018**. Please note that the Final Entries deadline remains **three Mondays before the first day of competition, i.e. 25 June 2018**.
- All performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- All performances must be achieved during competitions **organised or sanctioned by the IAAF**, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.
- Performances achieved in **mixed competitions** in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted.

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- **Wind assisted performances** (over 2m/sec) will not be accepted.
- **Indoor performances** will be accepted.
- **Hand-timed performances** for events up to and including 800m **will not be accepted**.
- For Race Walks:
  - **road performances** will be accepted
  - results of races conducted using the **pit lane** will be accepted
- For the running events of 200m and over, performances achieved on **over-sized tracks** will not be accepted.

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## Appendix 14.2 Quota

The quota is the number of finalists that a MF has in the previous edition of the Championships. Places in the relays count double. The maximum number of quota for any Member Federation is 20. See list hereunder

20 Athletes	GER, KEN, USA
19 Athletes	ETH
18 Athletes	JPN
15 Athletes	GBR, JAM, POL
13 Athletes	AUS, CHN
10 Athletes	CAN, FRA
8 Athletes	BRN, CUB, ITA, SWE, UKR
7 Athletes	CZE, RSA
5 Athletes	ERI, MEX, UGA
4 Athletes	BLR, BOT, COL, ECU, ESP, HUN, IND, ROU
3 Athletes	AUT, BRA, GRE, NOR, QAT, SUI, TTO, TUR
2 Athletes	BAH, BAR, BEL, IRL, MAR, NGR, TPE, TUN
Host Country	FIN

All the remaining Member Federations entering the World U20 Championships will have a quota of 1 athlete unless by the deadline for the final entries, they have at least one male athlete **and** one female athlete having achieved the entry standards; in this case, their quota will be increased to 2 athletes.

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### Appendix 14.3 Visa Information

Citizens of the countries listed below are visa nationals and require a visa to enter Finland

Federation	Finnish Embassy in the country	Finland is represented by another country Embassy (Embassy listed below)	Finnish Embassy in a foreign country (Embassy listed below)
AFGHANISTAN			Finnish Embassy in New Delhi, India
ALBANIA			Visa required for not biometric passport holder. Finnish Embassy in Athens, Greece
ALGERIA	X		
ANGOLA		Embassy of Norway in Luanda	
ARMENIA		Embassy of Italy in Jerevan	
AZERBAIJAN		Embassy of Norway in Baku	
BAHRAIN		Embassy of Germany in Manama	
BANGLADESH		Embassy of Sweden in Dhaka	
BELARUS		Embassy of Estonia in Minsk	
BELIZE			Finnish Embassy in Mexico
BENIN		Embassy of Netherlands in Cotonou	
BHUTAN			Finnish Embassy in New Delhi, India
BOLIVIA		Embassy of Denmark in La Paz	
BOSNIA-HERZEGOVINA			Visa required: Holders of an old passport (not a biometric passport). Finnish Embassy in Zagreb, Croatia
BOTSWANA		Embassy of Germany, Gaborone	
BURKINA FASO		Embassy of Belgium in Ouagadougou	
BURUNDI		Embassy of Belgium in Bujumbura	
CAMBODIA		Embassy of Germany in Phnom Penh	
CAMEROON			Finnish Embassy in Abuja, Nigeria
CAPE VERDE ISLANDS		Embassy of Portugal in Cidade da Praia	



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CENTRAL AFRICAN REPUBLIC			Finnish Embassy in Abuja, Nigeria
CHAD			Finnish Embassy in Abuja, Nigeria
CHINESE TAIPEI			Consulate General of Finland, Hong Kong Visa free:holders of passports issued by Taiwan which include an identity card number.
COLOMBIA		Embassy of Sweden in Bogotá	
COMOROS			Finnish Embassy in Dar es Salaam, Tanzania
CONGO			Finnish Embassy in Abuja, Nigeria
CUBA		Embassy of Sweden in Havana	
DEM. REP. OF SAO TOME E PRINCIPE		Embassy of any Schengen member state	
DEMO. REPUBLIC OF CONGO		Embassy of Belgium in Kinshasa	
DJIBOUTI			Finnish Embassy in Addis Ababa, Ethiopia
DOMINICAN REPUBLIC		Embassy of the Netherlands in Santo Domingo	
DPR OF KOREA		Embassy of Sweden in Pyongyang	
ECUADOR		Embassy of Spain in Quito and Guayaquil	
EGYPT	X		
EQUATORIAL GUINEA			Finnish Embassy in Abuja, Nigeria
ERITREA		Embassy of Italy in Asmara	
ETHIOPIA	X		
F Y REP. OF MACEDONIA			Finnish Embassy in Belgrade, Serbia Visa required: Holders of an old passport (not a biometric passport).
FIJI		Embassy of France in Suva	
GABON			Finnish Embassy in Abuja, Nigeria
GEORGIA		Visa required: Holders of an old passport (not a biometric passport). Embassy of Germany in Tbilisi	
GHANA		Embassy of Denmark in Accra	
GUINEA			Finnish Embassy in Abuja, Nigeria

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GUINEA-BISSAU		Embassy of Portugal in Bissau	
GUYANA			Embassy of Norway in Brasília, Embassy of Netherlands in Rio de Janeiro or São Paulo, Brasil
HAITI		Embassy of France in Port-au-Prince	
HONG KONG, CHINA	Visa Application Centre, Hong Kong		
INDIA	X		
INDONESIA	X		
IRAQ			Finnish Embassy in Ankara, Turkey
ISLAMIC REPUBLIC OF IRAN	X		
IVORY COAST			Finnish Embassy in Abuja, Nigeria
JAMAICA		Embassy of Germany in Kingston	
JORDAN		Embassy of Norway in Amman	
KAZAKHSTAN		Embassy of Estonia, Astana	
KENYA	X		
KIRGHIZSTAN		Embassy of Switzerland in Bishkek	
KOSOVO	X		
KUWAIT		Embassy of Germany in Kuwait	
LAOS		Embassy of Germany in Vientiane	
LEBANON		Embassy of Austria in Beirut	
LESOTHO			Visa Application Centre in Pretoria/Durban/Cape Town, South Africa
LIBERIA			Finnish Embassy in Abuja, Nigeria
LIBYA		Embassy of Italy in Tripoli	
MACAO			Visa Application Centre, Hong Kong
MADAGASCAR			Finnish Embassy in Maputo, Mozambique
MALAWI		Embassy of Norway in Lilongwe	
MALDIVES			Finnish Embassy in New Delhi, India
MALI			Finnish Embassy in Abuja, Nigeria
MAURITANIA			Finnish Embassy in Abuja, Nigeria

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MOLDOVA		Visa required: Holders of an old passport (not a biometric passport). Embassy of Hungary in Chisinau	
MONGOLIA		Embassy of Germany in Ulanbaatar	
MONTENEGRO			Finnish Embassy in Belgrade, Serbia Visa required: holders of an old passport (not a biometric passport).
MOROCCO	X		
MOZAMBIQUE	X		
MYANMAR		Embassy of Germany in Rangoon	
NAMIBIA	X		
NEPAL	X		
NIGER			Finnish Embassy in Abuja, Nigeria
NIGERIA	X		
OMAN		Embassy of Spain in Muscat	
PAKISTAN		Embassy of the Netherlands in Islamabad	
PALESTINE		Representative office of Finland in Ramallah (service also in arabic) or in Tel Aviv (no arabic service)	
PAPUA NEW GUINEA			Finnish Embassy in Kuala Lumpur, Malaysia
PHILIPPINES		Embassy of Norway in Manila	
PR OF CHINA	X		
QATAR		Embassy of Germany in Doha	
Rep of NAURU - Pacific			Embassy of Finland in Canberra, Australia
REPUBLIC OF YEMEN			Contact Finnish Embassy in Riyadh, Saudi Arabia for detailed instructions
RUSSIA	X		
RWANDA		Embassy of Belgium in Kigali	
SAUDI ARABIA		Embassy of Sweden in Riyadh	
SENEGAL		Embassy of France in Dakar	

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SERBIA	Visa required: Holders of an old passport (not biometric)		
SIERRA LEONE			Finnish Embassy in Abuja, Nigeria
SOMALIA		X	
SOUTH AFRICA	X		
SOUTH SUDAN			Finnish Embassy in Addis Ababa, Ethiopia
SRI LANKA		Embassy of Norway in Colombo	
SUDAN			Visa Application Centre in Cairo/Alexandria, Egypt
SURINAME		Embassy of the Netherlands in Paramaribo	
SWAZILAND			Finnish Embassy in Maputo, Mozambique
SYRIA			Finnish Embassy in Ankara, Turkey
TAJIKISTAN		Embassy of Germany in Duschanbe	
TANZANIA	X		
THAILAND	X		
THE GAMBIA			Finnish Embassy in Abuja, Nigeria
TOGO			Finnish Embassy in Abuja, Nigeria
TUNISIA	X		
TURKEY	X		
TURKMENISTAN		Embassy of Germany in Aschgabat	
UGANDA			Finnish Embassy in Nairobi, Kenya
UKRAINE	Visa required: Holders of an old passport (not biometric passport)		
UZBEKISTAN		Embassy of Germany in Taschkent	
VIETNAM	X		
ZAMBIA		Embassy of Sweden in Lusaka	
ZIMBABWE		Embassy of France in Harare	

#### Appendix 14.4 Timetable

DAY 1 - Tuesday Morning, 10 July	DAY 2 - Wednesday Morning, 11 July	DAY 3 - Thursday Morning, 12 July	DAY 4 - Friday Morning, 13 July	DAY 5 - Saturday Morning, 14 July	DAY 6 - Sunday Morning 15 July
09:00 Javelin Throw W QA	09:00 110m H Dec M	09:30 100m H Hep W	09:30 Javelin Throw M QA	09:30 Discus Throw M QA	
09:05 100m Dec M	09:30 110m H M R1	09:40 Hammer Throw W QA	09:35 100m H W R1	<b>09:35 10,000m R.Walk W F</b>	
09:10 Shot Put M QA	09:50 Discus Throw Dec M A	10:00 3000m SC M R1	10:00 Long Jump Hep W AB	10:00 Triple Jump W QAB	
09:30 3000m SC W R1	10:15 Shot Put W QA	10:18 Long Jump W QAB	10:25 800m M R1	<i>10:30 10,000m R.Walk W MC</i>	
09:50 Long Jump Dec M AB	10:30 400m H W R1	10:30 High Jump Hep W AB	10:45 Javelin Throw M QB	<b>10:40 High Jump M F</b>	
10:05 1500m M R1	11:00 Discus Throw Dec M B	10:35 400m H M R1	11:20 1500m W R1	<b>10:45 10,000m R.Walk M F</b>	
10:20 Javelin Throw W QB	11:20 400m M R1	10:55 Hammer Throw W QB	11:40 High Jump W QAB	10:50 Discus Throw M QB	
10:24 Shot Put M QB	11:30 Shot Put W QB	11:30 200m M R1	12:00 200m W R1	<i>11:40 10,000m R.Walk M MC</i>	
10:40 800m W R1	12:20 Hammer Throw M QA		12:10 Javelin Throw Hep W A	11:50 4 x 400m Relay W R1	
11:20 Long Jump M QAB	12:27 100m W R1		13:20 Javelin Throw Hep W B	12:15 4 x 400m Relay M R1	
11:30 100m M R1	12:40 Pole Vault Dec M AB				
11:45 Shot Put Dec M AB	13:40 Hammer Throw M QB				
DAY 1 - Tuesday Evening 10 July	DAY 2 - Wednesday Evening 11 July	DAY 3 - Thursday Evening 12 July	DAY 4 - Friday Evening 13 July	DAY 5 - Saturday Afternoon 14 July	DAY 6 - Sunday Afternoon 15 July
16:00 High Jump Dec M AB	<i>16:15 Shot Put M MC</i>	<i>17:40 Decathlon M MC</i>	<i>17:30 Pole Vault W MC</i>	<i>13:00 3000m SC W MC</i>	<i>13:05 Pole Vault M MC</i>
16:15 Pole Vault W QAB	<i>16:20 10,000m M MC</i>	<i>17:45 Javelin Throw W MC</i>	<i>17:35 800m W MC</i>	<i>13:05 200m M MC</i>	<i>13:10 Javelin Throw M MC</i>
16:45 Discus Throw W QA	16:30 Javelin Throw Dec M A	<i>17:50 100m M MC</i>	<i>17:40 110m H M MC</i>	<i>13:10 High Jump M MC</i>	<i>13:15 4 x 100m Relay W MC</i>
16:50 400m W R1	<b>16:35 Shot Put W F</b>	18:00 100m W SF	<b>17:50 Hammer Throw M F</b>	<b>13:20 Hammer Throw W F</b>	<i>13:20 4 x 100m Relay M MC</i>
<b>17:40 5000m W F</b>	16:40 110m H M SF	18:05 Shot Put Hep W AB	18:00 Triple Jump M QAB	<b>13:50 Pole Vault M F</b>	<b>13:30 High Jump W F</b>
18:05 Discus Throw W QB	17:00 Pole Vault M QAB	<b>18:20 Pole Vault W F</b>	18:05 4 x 100m Relay W R1	13:55 100m H W SF	<b>13:35 100m H W F</b>
<b>18:10 Shot Put M F</b>	17:10 800m W SF	18:25 200m M SF	18:30 4 x 100m Relay M R1	14:30 800m M SF	<b>13:40 Discus Throw M F</b>
18:15 400m Dec M	17:40 Javelin Throw Dec M B	18:50 400m H W SF	<b>19:00 800m Hep W F</b>	<b>14:59 Triple Jump M F</b>	<b>13:45 3000m SC M F</b>
<i>18:35 5000m W MC</i>	17:50 100m M SF	19:15 200m Hep W	<i>19:20 100m W MC</i>	<b>15:05 200m W F</b>	<b>14:00 Triple Jump W F</b>
<b>18:50 10,000m M F</b>	<b>17:55 Long Jump M F</b>	19:20 High Jump M AB	19:28 400m H M SF	<b>15:20 5000m M F</b>	<i>14:05 100m H W MC</i>
	18:25 400m W SF	<b>19:35 Discus Throw W F</b>	19:43 Long Jump W F	<b>15:25 Javelin Throw M F</b>	<b>14:15 1500m W F</b>
	<b>18:50 Javelin Throw W F</b>	19:40 400m M SF	20:02 200m W SF	<i>15:37 Hammer Throw W MC</i>	<i>14:25 3000m SC M MC</i>
	<b>18:55 3000m W F</b>	<b>20:10 400m W F</b>	<i>20:16 Heptathlon W MC</i>	<i>15:42 200m W MC</i>	<b>14:34 800m M F</b>
	<i>19:07 Shot Put W MC</i>	<b>20:25 1500m M F</b>	<b>20:26 400m H W F</b>	<b>15:52 400m H M F</b>	<i>14:49 1500m W MC</i>
	<b>19:25 1500m Dec M F</b>	<b>20:48 800m W F</b>	<b>20:35 400m M F</b>	<b>16:04 4 x 100m Relay W F</b>	<b>14:58 4 x 400m Relay W F</b>
	<i>19:45 3000m W MC</i>	<i>20:52 400m W MC</i>	<i>20:37 Hammer Throw M MC</i>	<i>16:07 5000m M MC</i>	<i>15:05 800m M MC</i>
	<b>20:05 100m M F</b>	<b>21:02 110m H M F</b>	<b>20:45 3000m SC W F</b>	<i>16:31 400m H M MC</i>	<b>15:28 4 x 400m Relay M F</b>
	<i>20:09 Long Jump M MC</i>	<i>21:05 1500m M MC</i>	<i>21:06 400m M MC</i>	<b>16:40 4 x 100m Relay M F</b>	<i>15:34 Discus Throw M MC</i>
		<b>21:15 100m W F</b>	<i>21:11 400m H W MC</i>	<i>16:43 Triple Jump M MC</i>	<i>15:39 High Jump W MC</i>
		<i>21:18 Discus Throw W MC</i>	<b>21:20 200m M F</b>		<i>15:44 Triple Jump W MC</i>
			<i>21:23 Long Jump W MC</i>		<i>15:49 4 x 400m Relay W MC</i>
					<i>15:55 4 x 400m Relay M MC</i>

## Appendix 14.5

### Official Implements

MEN				
Catalogue No.	Company	Description	Colour	Certification No.
<b>SHOT 6kg</b>				
8260024	Anand	Competition, steel, dia: 124mm	Yellow	I-05-0337
VSP-320B	Bhalla Int.	Vinex Super, turned iron, dia: 120mm	Red	I-04-0312
5132600	Nordic	Brass, dia: 106mm	Gold	I-03-0295
PK-6/115	Polanik	Competition, turned steel, dia: 115mm	Various	I-02-0262
<b>DISCUS 1.75kg</b>				
7003175	Anand	Supra Black, steel rim, ABS plates	Black	I-05-0342
N1105GB	Nelco	Gold, brass rim, plastic sides	White/gold	I-02-0280
F334	NISHI	Super HM, steel rim, FRP sides	Purple / black / white	I-07-0390
CPD11-1,75	Polanik	Competition, plastic, stainless rim, synthetic sides	Blue	I-11-0497
<b>HAMMER 6kg</b>				
N1122CSA / N1125BN	Nelco	Olympic, Steel, dia: 105mm	Blue	I-02-0261
F241A/F352 / F353A / NF354	NISHI	Steel and Tungsten, dia:105mm	Green	I-06-0360
5125600 / 5120040	Nordic	Brass, dia: 105mm	Gold	I-02-0284
PM-6/105-M/UP/UW-115	Polanik	Competition, Brass, dia: 105mm	Gold	I-02-0267
<b>JAVELIN 800g</b>				
800C80	Nemeth	Club 80m, aluminium, violet cord	Violet / yellow / blue	I-99-0105
800CS85	Nemeth	Classic 85m, aluminium, violet cord	Violet / yellow / magenta	I-09-0429
7916800	Nordic	Champion Steel, steel, black cord	Lilac / white	I-99-0012
7916800c	Nordic	Champion Carbon flex 4.8, carbon, lilac cord	White, lilac spiral	I-99-0189



WOMEN				
Catalogue No.	Company	Description	Colour	Certification No.
<b>SHOT 4kg</b>				
F253	NISHI	Steel, dia: 103mm	Silver	I-99-0089
F253C	NISHI	Steel, dia: 109mm	Silver	I-99-0084
PK-4/95-S	Polanik	Turned stainless steel, Competition, dia: 95mm	Metallic	I-00-0231
PK-4/100-S	Polanik	Turned stainless steel, dia: 100mm	Silver	I-00-0195
<b>DISCUS 1kg</b>				
N1105GD	Nelco	Gold, brass rim, plastic sides	White/gold	I-99-0096
F333A	NISHI	Super HM, steel rim, FRP sides	Purple/black/white	I-02-0256
6131100	Nordic	Master, brass rim, black fiberglass sides	Black/gold	I-99-0031
CCD14-1	Polanik	Competition, Carbon, brass rim, carbon sides	Various	I-14-0676
<b>HAMMER 4kg</b>				
F210A /F352/ F353A / NF354	NISHI	Steel and Ductile, dia: 95mm	Blue	I-99-0080
PH-4-G/UW-110	Polanik	Premium Gold, Brass, dia: 95mm,	Gold	I-10-0464
PH-4-B/UW-110	Polanik	Premium Black, Steel, dia: 95mm,	Black	I-10-0466
PM-4/95-S/UP/UW-110	Polanik	Competition, Stainless steel, dia: 95mm	Silver	I-00-0201
<b>JAVELIN 600g</b>				
600S60	Nemeth	Standard 60m, aluminium, violet cord	Violet	I-99-0108
600CS75	Nemeth	Classic 75m, aluminium, violet cord	Violet/yellow/red	I-99-0110
7917601	Nordic	Diana Classic flex 7.2	Pink, white spiral	I-99-0015
7917603	Nordic	Diana Steel, steel, blue cord, 80m	Lilac, white	I-99-0018

**Notes:**

Additional Implements may be added to the approved list, if requested by Member Federations directly or by Manufacturers with the endorsement of a Member Federation, by 31 March 2018, and if supplied to the LOC free of charge. All such implements must have IAAF certification and must be approved by the IAAF Technical Delegates. Four items of each implement must be supplied by the Member Federation or Manufacturer concerned and must be sent to the LOC by 31 May 2018 at the latest.

Personal Implements will also be allowed, providing that:

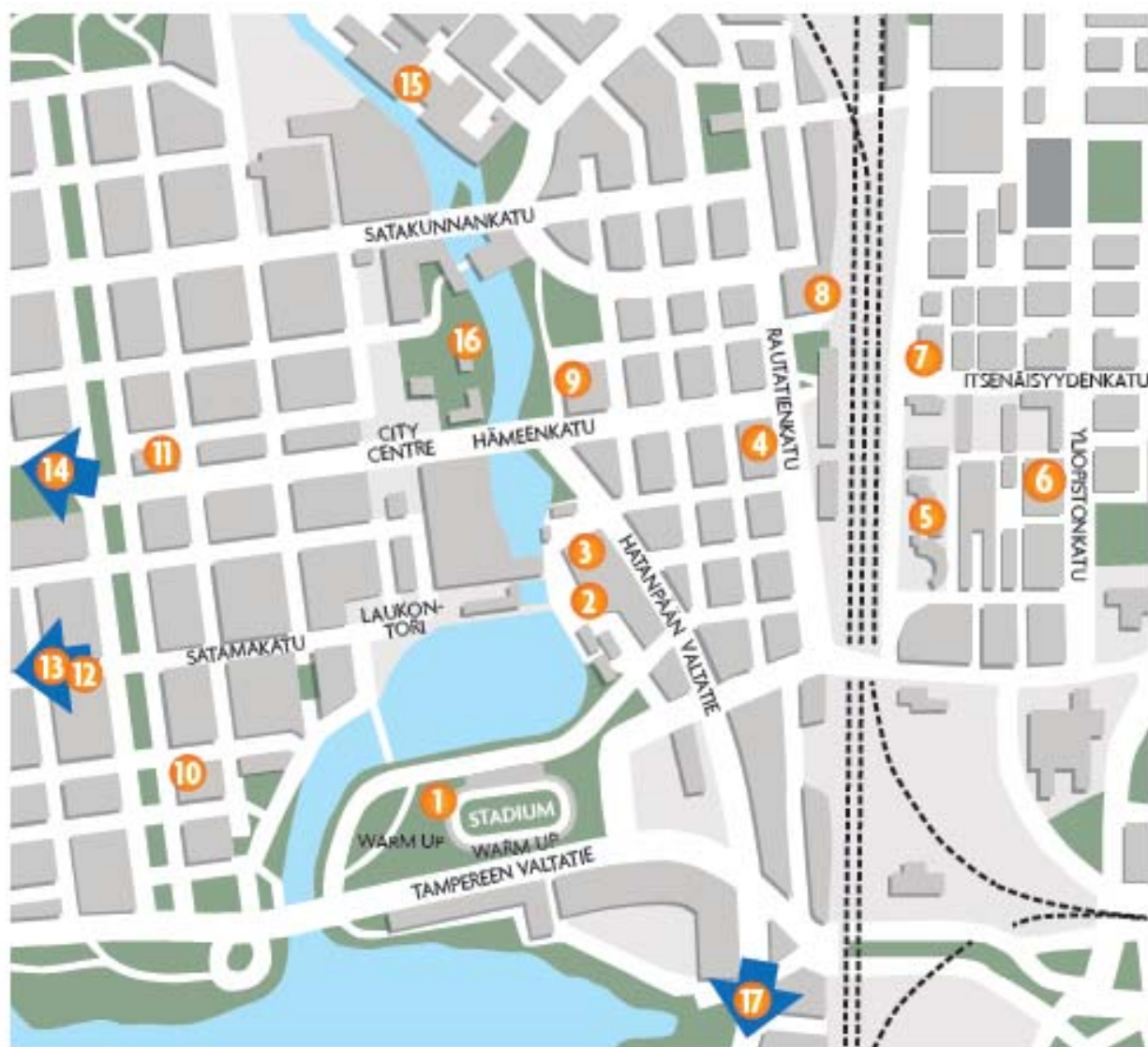
- they are readily identifiable and are IAAF certified
- they are not already on the official list
- they have been checked for compliance with IAAF Rules
- they are made available to all the other athletes until the end of the Final

In order to speed up the checking in of eligible personal implements, please come prepared and consult the IAAF list on the website (<https://www.iaaf.org/about-iaaf/documents/technical>) in advance to identify the implement noting its IAAF certification number.

If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF office at [technicalofficer@iaaf.org](mailto:technicalofficer@iaaf.org) so that its status can be checked and confirmed to you and the LOC in due time.

#

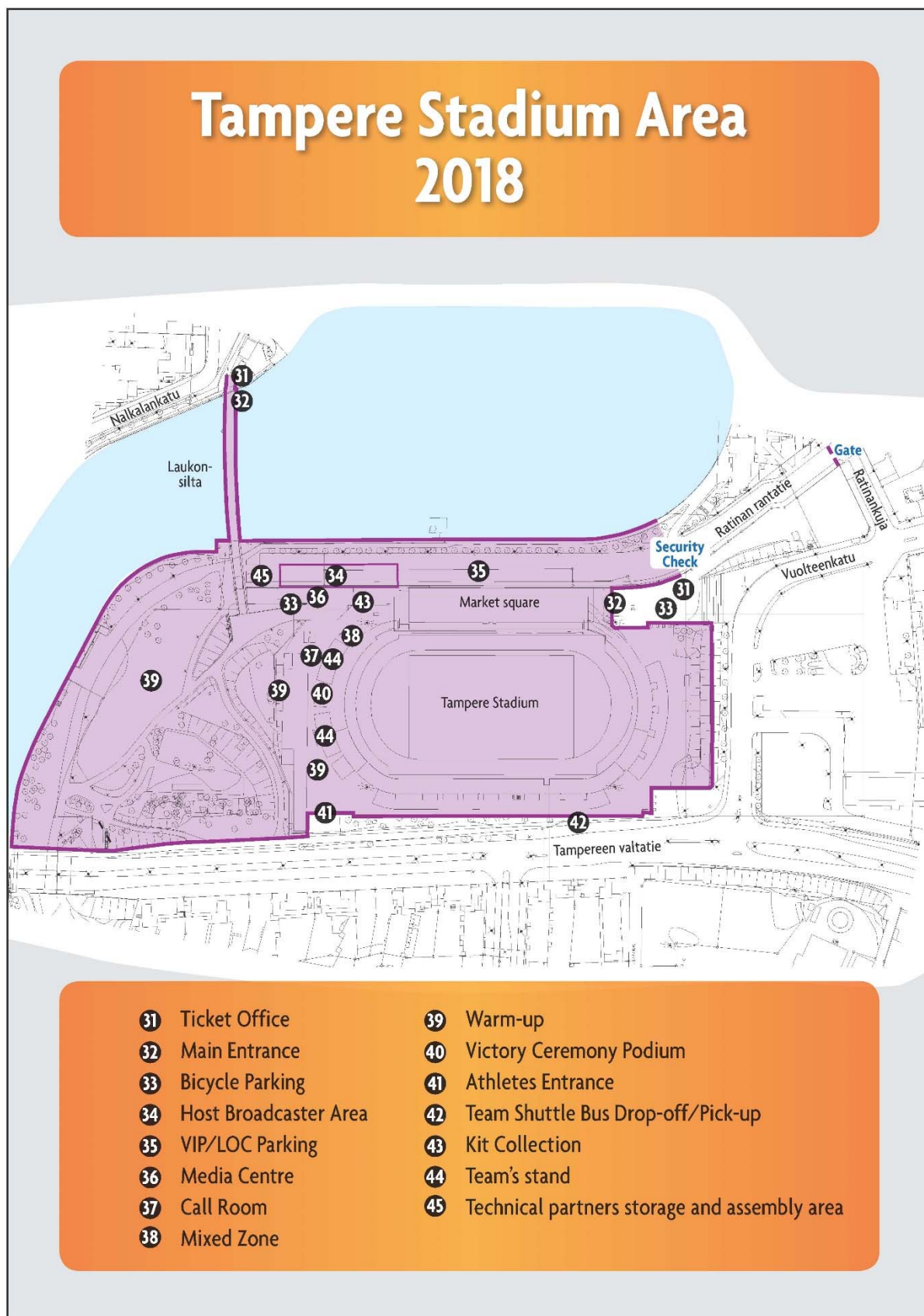
## Appendix 14.6 General Venues Map



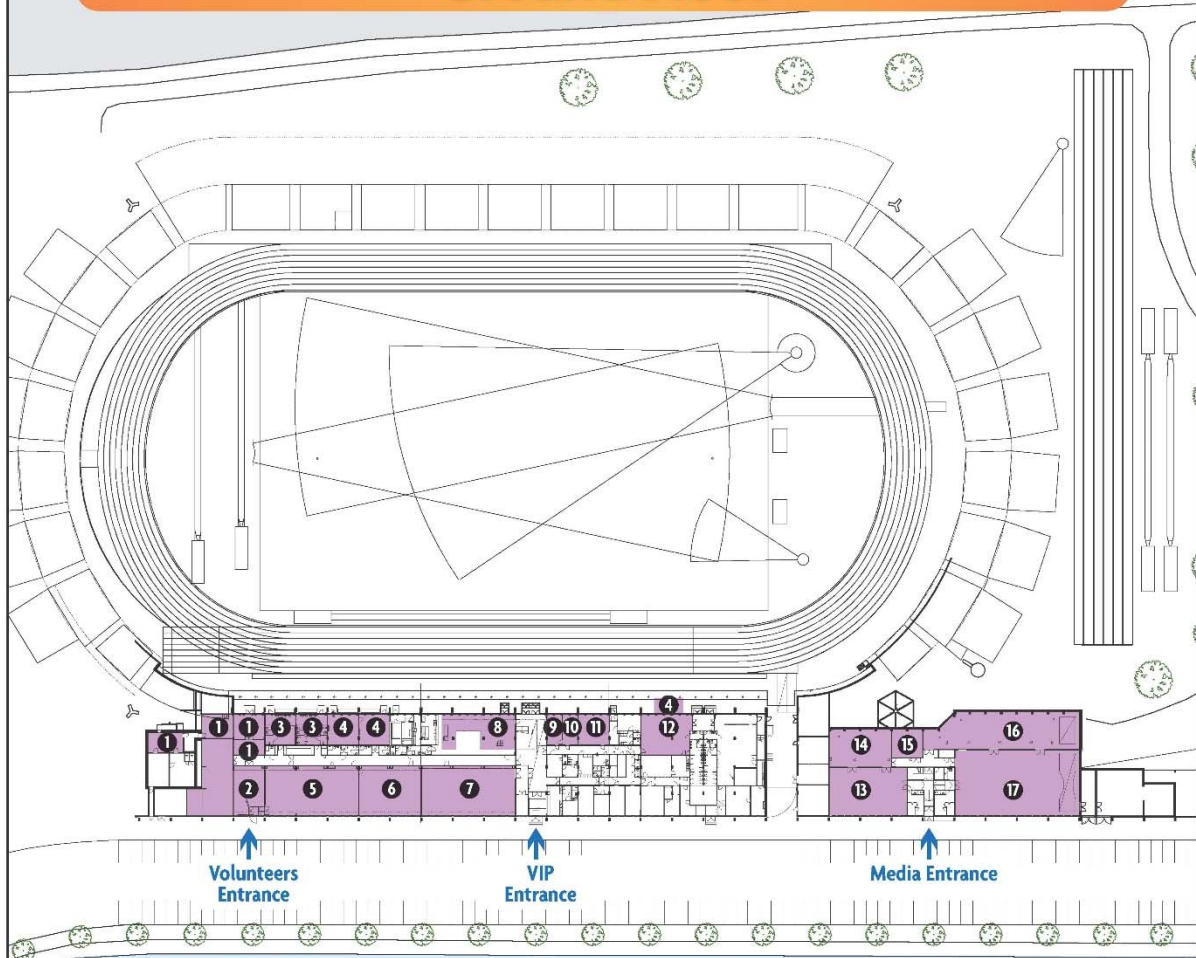
- |  |   |
|--|---|
| <b>1 Tampere Stadium</b>   | <b>10 Hotel Cumulus Hämeenpuisto</b>  |
| <b>2 Restaurant Ranta / Restaurant Poro</b><br>Closing Party, Media Restaurant | <b>11 Forenom Aparthotel Tampere City</b>   |
| <b>3 Sokos Hotel Ilves</b><br>IAAF Family & Media                              | <b>12 Varala Sport Institute</b>  |
| <b>4 Hotel Scandic Tampere City</b>  | <b>13 Hotel Rosendahl</b>   |
| <b>5 Sokos Hotel Torni</b>   | <b>14 Pyyrikki (training field)</b>   |
| <b>6 Lapland Hotel</b>   | <b>15 Museum Centre Vapriikki</b><br>IAAF / LOC Dinner  |
| <b>7 Hotel Scandic Tampere Station</b>   | <b>16 Laikun lava</b><br>Opening ceremony   |
| <b>8 Holiday Inn Tampere Central Station</b>                                   | <b>17 Tampere Exhibition and Sports Centre</b><br>warm up and training for long throws,<br>10 mins by bus |
| <b>9 Hotel Cumulus Koskikatu</b>   |   |



## Appendix 14.7 Ratina Stadium General Plan

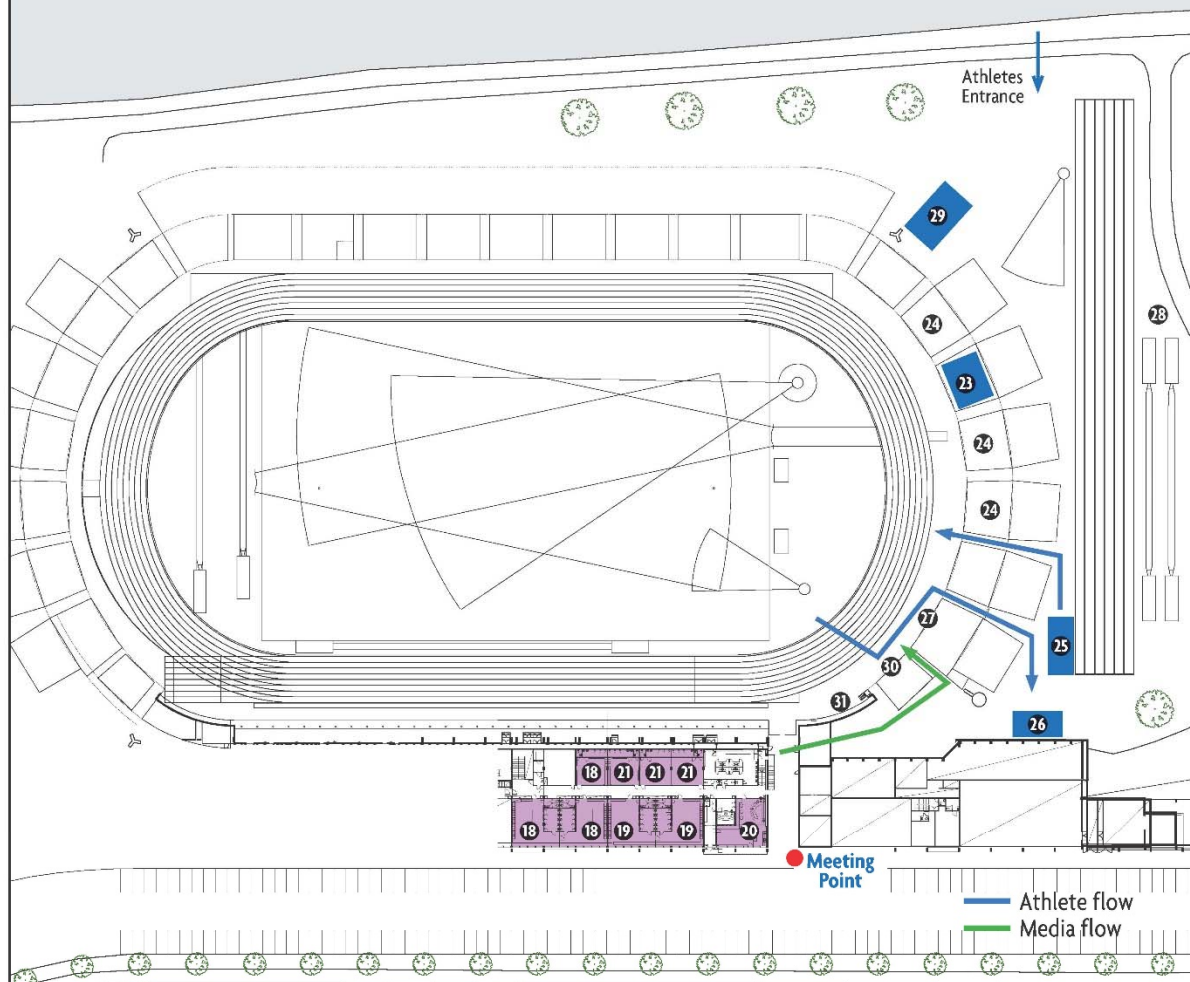


## Tampere Stadium 2018 Competition Areas & Offices Ground Floor



- |                                 |  |  |
|---------------------------------|--|--|
| 1 SEIKO/Deltatre workshop       | 8 VIP Hospitality                                | 14 YLE office  |
| 2 LOC Office                    | 9 Video room (HawkEye)                           | 15 LOC   |
| 3 WC                            | 10 Jury of Appeal Room                           | 16 Main Accreditation Centre<br>Finance & Transport Office               |
| 4 Medical Area                  | 11 Competition Office,<br>Copy Room              | 17 Media Centre, IAAF Press<br>Media Hospitality Area<br>Interviews Room |
| 5 Volunteers Area, Judges Room  | 12 Deltatre Result Service Room                  |  |
| 6 Officials/Volunteers Catering | 13 Technical Information Centre,<br>Protest Desk |  |
| 7 IAAF & Dentsu/AMS Office      |  |  |

## Tampere Stadium 2018 Competition Areas & Offices 1st Floor



- |  |   |
|--|---|
| <b>18</b> Doping Control Area              | <b>26</b> Kit collection (baskets)        |
| <b>19</b> Resting Area for Combined Events | <b>27</b> Mixed Zone                      |
| <b>20</b> LOC Meeting Room                 | <b>28</b> Warm-up                         |
| <b>21</b> Anti-Doping Area                 | <b>29</b> Physio                          |
| <b>23</b> Podium                           | <b>30</b> TV infield studio               |
| <b>24</b> Team's stand                     | <b>31</b> TV Head-on camera Photographers |
| <b>25</b> Call Room                        |   |



**Appendix 14.8 ACKNOWLEDGEMENT & AGREEMENT FORM****ATHLETE ACKNOWLEDGE AND AGREEMENT – page 1 of 2**

1. I acknowledge that the International Association of Athletics Federations (the "**IAAF**") is the world governing body of the sport of Athletics. In consideration of the right to compete in International Competitions (as defined in IAAF Rules) sanctioned by the IAAF or any other event or activity sponsored or sanctioned by the IAAF or its Member Federations, Area Associations or authorised bodies,

- 2.

\_\_\_\_\_ of \_\_\_\_\_  
 [Last Name, First Name] [National Member Federation]

**To be completed and signed by parent or legal guardian if the athlete is a minor**

I am the natural parent or legal guardian of the athlete named above (the "Athlete") who is considered a minor in his or her country and hereby state the following:

- That I am entitled to the full control and custody of the Athlete, and that no guardian of Athlete's person or estate has been appointed by any court.
- That I have read and am familiar with the provisions of this Athlete Acknowledgement, that I am satisfied that this Athlete Acknowledgement is fair, just and equitable, and for the benefit of the Athlete, and that I consent to the execution of this Athlete Acknowledgement by the Athlete, and that said consent shall be deemed sufficient for the purposes of any applicable statute or law.

I hereby acknowledge and agree as follows:-

- 1.1 I am aware of and have reviewed all the IAAF Rules (the "**Rules**") including but not limited to the IAAF Integrity Code of Conduct and all the IAAF Regulations (the "**Regulations**") available on the IAAF website at <https://www.iaaf.org/about-iaaf/documents/rules-regulations>. I consent and agree to comply with and be bound by the Rules and the Regulations.
- 1.2 I consent and agree in particular to comply with and be bound by the IAAF Anti-Doping Rules and by the IAAF Anti-Doping Regulations available on the IAAF website at <https://www.iaaf.org/about-iaaf/documents/anti-doping> and the International Standards incorporated into the IAAF Anti-Doping Regulations. I declare that I am not currently using and will not in the future use any substance or method or other practice, or undertake any action, which violates the IAAF Anti-Doping Rules. I undertake to compete in the sport of Athletics drug free at all times.
- 1.3 I am aware of and have had the opportunity to review the Athlete Information Notice available on the IAAF website entitled "Athlete Advisory Notes: Use of Personal Information" at <https://www.iaaf.org/about-iaaf/documents/anti-doping> concerning the use of my personal information by the IAAF. I consent and agree that my personal information may be used by the IAAF in accordance with the Athlete Information Notice.
- 1.4 I consent and agree to any amendments to the Rules, the Regulations, the IAAF Anti-Doping Regulations and the Athlete Information Notice as may be made from time to time and further agree that posting of the new version of each on the IAAF website will be sufficient notice of any such change.
- 1.5 I consent and agree in particular that my Personal Information including without limitation my Sensitive Personal Information (as those terms are defined in the IAAF Anti-Doping Regulations) may be processed for anti-doping purposes in accordance with the IAAF Anti-Doping Rules and the IAAF Anti-Doping Regulations (and the International Standard for the Protection of Privacy and Personal Information incorporated into the Anti-Doping Regulations) by and amongst the IAAF and its Area Associations and Member Federations, the World Anti-Doping Agency, National Anti-Doping Agencies and/or other Anti-Doping Organisations, including, but not limited to, as part of the ADAMS database system.
- 1.6 I agree to be filmed, broadcast, photographed, identified, interviewed and otherwise recorded at or in conjunction with (i) any athletics competitions which the IAAF has sanctioned, including but not limited to the World Championships in Athletics and other World Athletics Series Competition ("**IAAF Events**") or (ii) any sporting or non-sporting event or commercial partner or sponsor ("**IAAF Partner**") activation related to or ancillary any IAAF Event, activity or property ("**Ancillary Events**") by means of any and all media throughout the world in perpetuity.

**ATHLETE ACKNOWLEDGE AND AGREEMENT – page 2 of 2**

- 1.7 I hereby assign with full title guarantee in perpetuity to the IAAF, all rights of any nature in any image, photograph, or moving image ("**Footage**") taken of me by or on behalf of the IAAF or any IAAF Partner or broadcaster at any IAAF Event or Ancillary Event. I further agree that the Footage or other representations of the Footage, may be used:
- 1.7.1 by the IAAF and/or any Local Organising Committee for any purpose related to the promotion of the IAAF, any Member Federation and such Local Organising Committee; and
  - 1.7.2 by an IAAF Partner on a free of charge worldwide basis, limited for the purpose of promoting the IAAF Partner's sponsorship of or demonstrating the IAAF's Partner's commercial partnership with the IAAF or IAAF Event or Ancillary Event, provided always that any such use of my image, name or likeness by the IAAF Partner shall:
    - a. be limited to the Footage taken or recorded whilst participating in the IAAF Event or Ancillary Event;
    - b. not constitute an endorsement of the IAAF Partner's products and services by me; and
    - c. not be altered in any way, shape or form, including but not limited to sponsor logos, or other branding.
- 1.8 I additionally consent to the use and reproduction of my image, name and likeness in merchandise and publications relating to the IAAF, IAAF Events or Ancillary Events provided always that such merchandise or publication is primarily related to the promotion and support of such IAAF Event or Ancillary Event itself as opposed to featuring me personally for commercial purposes.
- 1.9 I shall not grant any rights to use or utilise my name, signature, photograph, likeness, reputation, image and identity or endorse any product or service in trade or commerce in such a way as to connote the sponsorship, approval or affiliation of the IAAF or any events conducted by or affiliated with the IAAF without the prior written permission of the IAAF.
- 1.10 I agree that under no circumstances, throughout the duration of the IAAF Event or Ancillary Event to which I participate as an athlete, may I act as a media commentator on other athletes, nor will I post or contribute any commentary, text or photographs to any website or blog during the IAAF Event or Ancillary Event (other than non-derogatory posts on my own personal social media accounts, including but not limited to Facebook, Twitter, SnapChat, Instagram, my personal blog/website or any other such personally based social media that has yet to be invented), without the express permission of the IAAF.
- 1.11 I will not allow my sponsors to use images for commercial purposes (still or moving) of me competing in IAAF Events, without having prior written approval of the IAAF, such approval being deemed given if not received within ten (10) days following my notification to the IAAF.
- 1.12 I acknowledge that I have had the opportunity to take legal advice before signing this Agreement.
- 1.13 I acknowledge and agree that any dispute arising out of a decision made pursuant to the Rules may be appealed exclusively as provided in the Rules to the Court of Arbitration for Sport (CAS). I acknowledge and agree that all decisions of CAS under the Rules shall be final and binding and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
2. Unless renewed upon the IAAF's request at any time, this Agreement shall be of indefinite duration and shall terminate only upon my retirement from Athletics.
3. This Agreement shall be governed by and construed in accordance with the Laws of Monaco. I acknowledge that, by signing this Acknowledgement and Agreement, I have read and understand this Acknowledgement and Agreement and that it is legally binding.

Date: .....

Name: .....  
                   [Print Last Name (in Capitals), First Name]

Date of Birth: .....  
                   [Day/Month/Year]

Signature: .....