

TEAM MANUAL

European Athletics
Test Match for European Games 2019

www.dna.run

14 January 2018, Vila Real St. Antonio

1. Organisational Structure

European Athletics Delegates

Council	Libor Varhanik (CZE)
Technical	Frank O Hamm (GER)
Event Presentation	Andy Kay (GBR)

European Athletics Office

Competition	Vadim Nigmatov
Technology	Nicolas Launois
TV	Peter Sanderson
Project Leader	Marcel Wakim marcel.wakim@european-athletics.org , +41798204158

Portuguese Athletics Federation

President	Jorge Veiria
Vice President & Project Responsible	Luis Figueiredo lfigueiredo@fpatletismo.pt , +351 96 706 18 04
Technical Delegate	Luis Abegao

Local Organising Committee

President	Francisco Chumbinho francisco_ph@msn.com , +351 961244323
Competition Director	Rui Costa dtr.algarve@mail.telepac.pt ,
Meeting Manager	Andreia Martins

Participating Teams

Casa do Benfica de Faro - from Algarve
Algarve selection - from Algarve
Juventude Vidigalense - from Leiria
JOMA - from Lisbon
Sport Lisboa E Benfica - from Lisbon
MAIA AC - from Porto
Team Andalucía - from Spain

Deadlines:

3 January 2018: Final entries in systems <https://data.opentrack.run> (registration required)
5 January 2017: Hotel rooming list to francisco_ph@msn.com
13 January 2018, 17:00: Submission of personal implements

2. TRAVEL & ACCOMMODATION VILA REAL ST ANTONIO

Hotel Address:

Yellow Hotel in Montegordo. Av. Infante Dom Henrique, 8900-414 Monte Gordo, Portugal,
<http://www.yellowhotels.pt/praiademontegordo/en/yellow-monte-gordo>

Stadium Address:

Complexo Desportivo, 8900 Vila Real de Santo António, Portugal

Accommodation Costs

European Athletics will cover one night for all clubs travelling from outside the Algarve region in the Yellow Hotel in Montegordo.

The cost will be covered for up to 17 competing athletes and up to 3 reserves in twin rooms, plus up to 5 officials in singles.

Extra athletes and officials will have to pay full board as follows per person:

- Single - 70 EUR
- Double - 53.50 EUR

Rooming List

Teams are to provide their rooming list by 5 January 2018 to francisco_ph@msn.com

Meals

Dinner 13 January, breakfast and lunch on 14 January will be served in the hotel.

3. TRANSPORTATION

Transportation between the hotels and the stadium is not provided. The distance is 2.5 km.

4. TECHNICAL INFORMATION

Technical Meeting

The Technical Meeting will be held on the 13 January at 19:00, in the stadium.

Entries

The teams are to provide full list of their participating athletes, including reserve athletes, and officials by 3 January directly into the online system <https://data.opentrack.run>

Team Managers must first register on <https://data.opentrack.run/accounts/register/> and immediately follow up by sending an e-mail to opentrack@reportlab.com, so that the credentials to manage their club is given.

The final athletes to participate are to be confirmed on site on 13 January 2018.

Uniform

Teams to bring their club vests for the competition. For mixed teams a common look/colour is preferred.

Bibs

Bibs will be provided with the club abbreviation or numbered Team 1 to Team 6.

Personal Implements

Teams are allowed to bring personal implements for Javelin Throw men and Shot Put for mini-athlon (men & women). Implements must be submitted for checks in the stadium by 17:00 on 13 January.

5. COMPETITION VENUE & TRAINING

Competition Venue

The European Athletics Test Match for the European Games will be held in the Complexo Desportivo.

Training & Rehearsal

Training for the teams will be possible from 14:00 until 17:00 on 13 January. A test rehearsal will be at 17:00 on 13 January.

6. COMPETITION FORMAT & SCORING

Disciplines

The competition is to include 10 disciplines in the order as below:

1. Mini-athlon: 2x 400m obstacle race
2. Long Jump Women
3. Javelin Throw Men
4. High Jump Women
5. 100m Men
6. 100m Women
7. 110m Hurdles Men (alternatively 60m Hurdles if all teams agree)
8. 100m Hurdles Women (alternatively 60m Hurdles if all teams agree)
9. 4x400m Mixed Relay (2 men & 2 women -teams to decide order)
10. The Hunt (pursuit race with handicapped start, 2 men & 2 women – fixed order)

Team Composition

As per the disciplines above, each team is to have one athlete in each individual event and one relay team for 4x400m mixed relay and for the hunt.

Teams may select any national or international athletes to participate in this test match, not necessarily affiliated to their clubs.

However, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate.

Scoring

The competition is a match of six (6) teams. The winner of each individual event and relay shall score 12 points, second placed 10 points, third placed 8 point, fourth placed 6 points, fifth placed 4 point and sixth placed 2 points. Athletes or relay teams with no valid performance, disqualified or not finishing shall not score.

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

After nine (9) events, the team scoring will determine the starting positions of the last (i.e. tenth) event – Hunt.

The winner of the last race (Hunt) is the winner of the match (i.e. the last event determines the winner of the competition). The second placed team will be second in the final classification, and so on. The teams with no valid performance in the Hunt (e.g. disqualified or not finishing) will be classified in the final standing of the match according to their positions before the Hunt (i.e. after nine (9) events) but behind the teams who finished the race.

Hunt

The Hunt (i.e. pursuit race) is a medley relay of the following distances and order: 800m–600m–400m–200m. Each team to have two women and two men athletes with the following distribution: 800m (men) – 600m (women) – 400m (men) – 200m (women).

The starting positions and the distance gaps between the teams, if any, are determined by the teams score/standing after nine (9) events of the match. Each point difference between the teams in the team standing translates into one meter of distance gap for the start of the Hunt race.

Field Events Special Format

Field events will be based on the head to head system. At the initial stage, the athletes will be into two groups: 3 athletes in each group (Group A & Group B). The distribution of athletes will be done by European Athletics.

At the initial stage, each athlete will have two rounds (i.e. attempts) against two other athletes in his/her group. For the win in each round an athlete gets 3 “spikes”¹, 1 “spike” for a tie between and 0 for lost or foul. The total number of “spikes” of an athlete determines the standing based on the initial round in each group. In case of any ties between two or three athletes after initial round, the standing is decided by the best performance.

At the final stage, the athlete will have one attempt to determine the winner and the final standing as the following head to head round: 3rd place in Group A jumping against 3rd place in Group B contesting 5th and 6th places, 2nd place in Group A jumping against 2nd place in Group B contesting 4th and 3rd places, and finally, 1st place in Group A jumping against 1st place in Group B contesting 1st and 2nd places. The final standing of the athletes determines the points to be received by each team as for any other individual event.

In the High Jump, there are no pre-defined starting heights and progression. Each athlete decides about the height before each round/attempt (as per above) without knowing the height of her opponent. The official records the heights ordered by two athletes and then announces them before the jumps of the head to head format starts. The procedure of deciding the heights is repeated before each round and each ‘duel’. The athlete with lower height ordered always jumps first.

Miniathlon (obstacle race)

¹ Spike is a term used to determine the positions of athletes after the initial stage of the competition in the field events (two rounds).

Miniathlon is an obstacle race of two laps to include key components of athletics: run – jump – throw. Each team is to have one man and one woman competing, having approximately one lap each, with man starting first.

The miniathlon race is to include the following elements:

- Parachute (or tyre) drag – approx. 40m run. Then "drop harnesses".
- Forward Shot Throw with two hands – Clear 14m (tbc) in 1st attempt, otherwise 12m (tbc) in 2nd attempt, or otherwise have 3rd throw
- Hurdles – approx. 50 m /3-4 low hurdles.
- Standing Long Jump – Clear 2,5m (tbc) in 1st attempt, otherwise make 2nd jump and clear 1,5 m (tbc)
- Steeple Chase Barrier or run around steeple chase – choice between jumping over steeple chase or running around it in outer lanes.
- Medicine Ball carry – Men only (lap 1) – pick up medicine ball after steeple chase barrier and sprint to handover for women to start second lap
- Final sprint – Women only (lap 2)

More detailed explanations and a briefing to the team leaders will be provided during the Technical Meeting, where the distances to be cleared in the forward shot throw and standing long jump will also be decided.

Lane and Starting Order?

Lane and starting order will be done by draw by European Athletics and provided in the Technical Meeting.

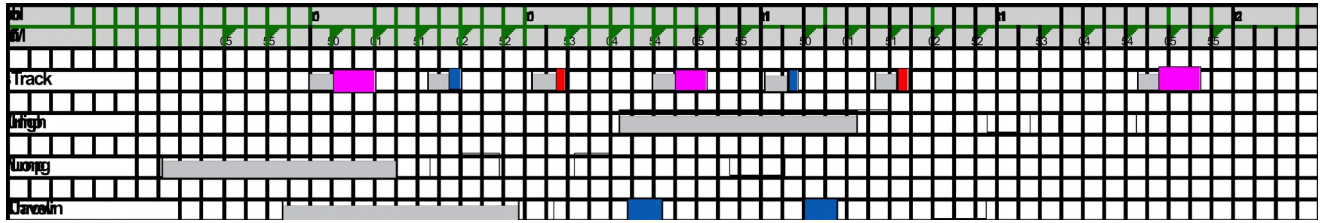
7. MEDICAL SERVICES

Frist aid will be in the stadium and for emergencies please us the local number 112

8. APPENDICES

Appendix 1 – Timetable

Appendix 1 - Timetable



th	th	M	th	sta	pg	th	th	th	th
th	th	W	th	th	th	th	th	th	th
60	th			1		60	60	60	60
60	Long Jump	W	1R	4	00	4	60	60	60
60	th	M		1		00	60	60	60
60	Long	W	2R	4	00	4	00	60	60
60	Javelin	M	1R	4	00	4	60	60	60
60	100m	W		1		00	60	60	60
60	Long	W	3R	4	00	4	00	60	60
60	Javelin	M	2R	4	00	4	00	60	60
60	Mixed		1R	1		40	60	60	60
60	Long	W	4R	6	00	6	00	60	60
61	110m	M		1		00	60	60	61
61	Javelin	M	3R	4	00	4	00	60	61
61	High	W	1R	4	00	4	60	60	61
61	100m	W		1		00	60	60	61
61	Javelin	M	4R	6	00	6	00	60	61
61	High	W	2R	4	00	4	00	60	61
61	High	W	3R	4	00	4	00	60	61
61	High	W	4R	6	00	6	00	60	61
61	The			1		40	60	60	61