



Team Manual

IAAF / VTB Bank Continental Cup Split 2010

September 4 & 5 2010

Split, Croatia

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1. General Information

1.1 General Programme

Thursday, 2 September

All day	Team Arrivals / Accreditation	Hotel Meridien Lav
14:00 – 20:00	Team Accreditation Centre opening hours	Hotel Meridien Lav

Friday, 3 September

All day	Team Arrivals / Accreditation	Hotel Meridien Lav
All day	VIP Guests Arrivals/ Accreditation	Hotel President Solin
08:00 – 19:00	IAAF Office opening hours	Hotel President Solin
10:00 – 18:00	Team Accreditation Centre opening hours	Hotel Meridien Lav
12:00 (tbc)	IAAF Press Conference	(tbc)
15:00	Team Leaders Stadium Tour	Poljud Stadium
16:00 – 18:00	Stadium inspection for Athletes	Poljud Stadium
16:00	Technical Meeting	Poljud Stadium
19:30	Opening Ceremony	Riva square
20:30	IAAF Dinner (by invitation)	Diocletian's Palace

Saturday, 4 September

17:00 – 20:30	IAAF / VTB Bank Continental Cup	Poljud Stadium
21:30	LOC/CRO AF Dinner (by invitation)	Hemingway Club

Sunday, 5 September

17:00-20:50	IAAF / VTB Bank Continental Cup	Poljud Stadium
22:00	Final Banquet	Hotel Le Méridien Lav

Monday, 6 September

All day	Departures	
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1.2 Croatia

Capital: Zagreb

Government: Croatia is a democratic parliamentary republic.

Language: Croatian language

Major religion: Christian

Currency: Kuna (HRK). 1 HRK is divided into 100 lipas.

There are coins of 1, 2, 5 and 50 lipa. Bank notes are 10, 20, 50, 100, 200, 500, 1000 Kunas.

1 EUR = 7,2 HRK

You can change your money in banks, money exchange or hotel receptions.

International credit cards are generally accepted.

Local time: GMT + 1, Summer – GMT + 2

1.3 Split

Split is the largest city of Dalmatia, located in the central part of the eastern Adriatic coast. The city developed on a peninsula, between the mouth of river Žrnovnica in the south-east and the river Jadro in the north-west. The peak of this peninsula is stretched towards the west (Marjan cape), with the island Čiovo just across from it, so that the island and the peninsula's cape protect and shelter the Kaštela bay spread

between Solin and Trogir. With blue skies and many sunny hours every year, Split is among the sunniest cities in the central and northern Mediterranean.

The city centre is composed of the ancient Diocletian's palace, among the first urban settlements to be entered into the UNESCO List of World Heritage, already in 1979. This Palace was constructed by the Roman emperor Gaius Aurelius Valerius Diocletianus (236 – 316), who was born in Dalmatia. The Palace originally had four entrances: NORTHERN GATE (GOLDEN) – Porta Aurea, EASTERN GATE (SILVER) – Porta Argentea, WESTERN GATE (IRON) – Porta Ferrea and the SOUTHERN GATE (BRASS) – Porta Aenea.

Cultural life was developed in many of the institutions, like museums, theatres, various festivals, through fine arts and music, literature and publishing activities.

Many newly built hotels and restaurants contributed to the development of tourism and catering. Entertainment and recreation facilities impact and intensify the new social life of Split. After the construction of two large hospitals, Split also becomes medical centre of the entire region.

Split is the city of sport and like few other cities of this size in the world (officially 188.694 population) can be proud of 69 Olympic medal winners.

1.4 Useful Information

Power supply: 220 V, 50 Hz

Power outlets in Croatia are the Continental two-pin type.

Water

Tap water is potable in all parts of Croatia.

The telephone code

For Croatia is +385.

Travel documents

A valid passport or some other identification document recognised by international agreement; for certain countries a personal identity card is sufficient (i.e. a document which testifies to the identity and citizenship of the bearer).

Information: Diplomatic missions and consular offices of the Republic of Croatia abroad or the Ministry of Foreign Affairs and European Integration of the Republic of Croatia. (Tel: +385 1 4569 964) e-mail: stranci@mvpei.hr; www.mvpei.hr)

Customs regulations

www.carina.hr

Health services

There are hospitals and clinics located in all the larger towns and cities, while smaller centres have dispensaries and pharmacies.

Foreign visitors who are covered by health insurance in their own country are not obliged to pay for emergency medical services during a private stay in the Republic of Croatia if a convention on Social Security has been signed between Croatia and the visitors' country of origin, i.e. if they have in their possession a certificate stipulated by such a convention confirming their right to health care. Health care (including transport) is used for emergency cases in the manner and according to regulations valid for Croatian citizens covered by Social Security, with identical participation in health care costs (participation and administrative charges). Persons coming from countries with which no such convention has been signed personally bear the costs of health services rendered.

For further information, please contact the Croatian Institute for Health Insurance. (Tel: +385 1 4806 333, web: www.hzzo-net.hr).

Shops and public services working hours

During the tourist season, most shops are open from 8 a.m. until 8 p.m. on weekdays, and many of them are also open during the weekend.

Public services and business offices generally work from 8 a.m. until 4 p.m., Monday to Friday.

Post and telecommunications

Post offices are open from 7:00 – 19:00 on weekdays. In most towns and tourist centres, duty post offices are open on Saturdays and Sundays. Phone cards are used in all public telephones and may be purchased from post offices and from newspaper and tobacco kiosks. International calls may be made directly from any public telephone.

Web: www.posta.hr

Environmental protection

The protection of biodiversity is in compliance with valid EU regulations. With regards to swimming, the waters of the Croatian Adriatic Sea are of a high quality according to EU criteria.

In the event of extraordinary environmental pollution on land, please phone 112. For additional information on the environment please contact the Ministry of Environmental Protection, Spatial Planning and Construction on:

Telephone: +385 1 3782 413

Web: mzopu.hr

In the event of an accident, CALL 112! If you need:

- Emergency medical assistance
- The assistance of fire fighters
- The assistance of the police
- The assistance of the Mountain Rescue Service
- The assistance of other emergency services and operative search and rescue forces

This number can be reached any time, day or night.

Calls to this number are free of charge and can be made through all operators and all telephone devices by dialling 112.

Important telephone numbers:

Ambulance: 94

Fire Brigade: 93

Police: 92

Roadside vehicle assistance: 987

(When calling from abroad or by mobile phone, call +385 1 987)

National Centre for Search and Rescue at Sea: 9155.

Unique National number for all emergency situations: 112

General information: 981

Information on local and intercity numbers: 988

Information on international numbers: 902

Weather forecast and road conditions: 060 520 520

Croatian Automobile Club (HAK): +385 1 46 40 800, Web: www.hak.hr, E-mail: info@hak.hr

2. Organisational Structure

2.1 IAAF Council

PRESIDENT

Lamine DIACK (SEN)

SENIOR VICE PRESIDENT

Sergey BUBKA (UKR)

VICE PRESIDENTS

Dahlan Jumaan AL HAMAD (QAT)

Sebastian COE (GBR)

Robert HERSH (USA)

HONORARY TREASURER

Jean POCZOBUT (FRA)

INDIVIDUAL MEMBERS

William (Bill) BAILEY (AUS)*

Valentin BALAKHNICHEV (RUS)

Pauline DAVIS-THOMPSON (BAH)

Helmut DIGEL (GER)

Nawal EL MOUTAWAKEL (MAR)

Roberto GESTA DE MELO (BRA)*

Abby HOFFMAN (CAN)

Alberto JUANTORENA DANGER (CUB)

Hamad KALKABA MALBOUM (CMR)*

Suresh KALMADI, M.P. (IND)*

Ilkka KANERVA (FIN)

Isaiah KIPLAGAT (KEN)

Chaoyi LUO (CHN)

Neville MCCOOK (JAM)*

Cesar MORENO BRAVO (MEX)

Jose Maria ODRIOZOLA (ESP)

Jung-KI PARK (KOR)

Anna RICCARDI (ITA)

Katsuyuki TANAKA (JPN)

Hansjörg WIRZ (SUI)*

*area representatives

GENERAL SECRETARY

Pierre WEISS (FRA)

2.2 IAAF Delegates

Organisational Delegate

Technical Delegate

Jury of Appeal

Jury of Appeal

Jury of Appeal

Jury of Appeal

Jury of Appeal

Medical & Anti-Doping Delegate

Press Delegate

TV Delegate

English Announcer

Photo Finish Judge

International Starter

ITO (Chief)

ITO

ITO

ITO

ITO

ITO

ITO

Jean POCZOBUT (FRA)

Luis SALADIE (ESP)

Roberto GESTA DE MELO (BRA)

Abby HOFFMAN (CAN)

Hansjörg WIRZ (SUI)

Hamad KALKABA MALBOUM (CMR)

Bill BAILEY (AUS)

Dr. Frederic DEPIESSE (FRA)

Anna LEGNANI (ITA)

Ernest OBENG (GBR)

Geoff WIGHTMAN (GBR)

Krisztina HORVATH (HUN)

Ubiratan MARTINS JR (BRA)

Eric ZEMPER (USA)

Anand KUMAR SUKHRAJ (MRI)

Kjell AHNSTEDT (SWE)

Edouard ESKENAZI (FRA)

Elena ORLOVA (RUS)

Tien Choy WONG (SIN)

2.3 Croatian Athletics Federation

PRESIDENT

Luciano SUŠANJ

VICEPRESIDENTS

Fadila GRACIN
Dubravko IŽAKOVIĆ
Ivan VEŠTIĆ
Branko ZORKO

MEMBERS

Marijan HANŽEKOVIĆ
Verica MANCE
Mirko MARTINOVIĆ
Vladimir MIKULEC
Ivica SMOLČIĆ
Marinko ŠIPOŠ

DIRECTOR

Siniša ERGOTIĆ

GENERAL SECRETARY

Milan OREŠKOVIĆ

2.4 Local Organising Committee

Local Organising Committee
Hrvatske mornarice 10
21 000 Split
Croatia
tel: +385 (0)21 383 803
fax: +385 (0)21 383 833
e-mail: split2010cc@split2010cc.com

LOC PRESIDENT

Željko KERUM, Mayor of City of Split

FIRST VICE PRESIDENT

Ante SANADER, The Governor of the county Split – Dalmatia

SECOND VICE PRESIDENT

Luciano ŠUŠANJ, President of CAF

MEMBERS

Anđelka VISKOVIĆ, deputy of Mayor of City of Split
Jure ŠUNDOV, deputy of Mayor of City of Split
Nevenka BEČIĆ, President of the Split City Council
Mate RABOTEG, General Secretary of Ministry of Defense of Republic Croatia
Ivan MERČEP, Head of Police of Split – Dalmatia County
Zdravko OMRČEN, Head of Education, Sport and Culture of Split – Dalmatia County
Vedran MATOŠIĆ, director of Tourist board of City Split
Mili RAZOVIĆ, director of Tourist board of Split – Dalmatia County

Siniša ERGOTIĆ, director of CAF
Ivica MLADINEO, General Secretary of Ministry of Finance
Boris POLJAK, President of ASK
Miroslav IVIĆ, Vicepresident of ASK
Jozo VUKOREPA, President of AK Hajduk

2.5 Executive Committee / LOC Management

General Director
Competition Director
Logistic
Venue/Facilities
IT
Promotion / Marketing
Press/Media
TV
Protocol
Medical / Doping control
Security
Volunteers

Siniša ERGOTIĆ
Ivica MATIJEVIĆ
Ivica BUBIĆ
Ivan VEŠTIĆ
Vladimir MIKULEC
Ivana VLADOVIĆ
Marin ŠAREC
Božo SUŠEC
Jagoda BARIČEV
Dr. Bruno LUKŠIĆ
Marinko PRIMORAC
Goran KURSAR

2.6 Competition Officials

Competition Director
Competition Director Deputy
Meeting Manager
Technical Managers
IT Coordinator
Event Presentation Managers

Competition Secretary
Technical Information Center (TIC) Managers

Marshall
Training Stadium Manager
Call Room Referee
Track Events Referee
Starters Coordinator
Photofinish Judge
Field Events Referees:
Long / Triple Jump
High Jump
Pole Vault
Shot Put / Hammer Throw
Discus / Javelin Throw
Medical Service Manager
Doping Control Coordinator

Ivica MATIJEVIĆ
Fedor CVITAŠ
Josip BARIČIĆ
Ivica JAKELJIĆ
Vladimir MIKULEC
Olaf SCHUSTER
Peter BETTEN
Nikola KORDIĆ
Vesna BABIĆ
Hrvošlava DOTUR
Jozo UGRINA
Tomislav VRANIĆ
Silvija FILIPČIĆ-UJAKOVIĆ
Željko KOMADINA
Patrik KOŠČAK
Zvonimir ČEĆ

Mirko BRLEČIĆ
Otto FUSEK
Marko TUKIĆ
Milan OREŠKOVIĆ
Anđelka SAVIĆ
Dr. Bruno LUKŠIĆ
Dr. Damir ERCEG

3. Arrival Procedures

3.1 Arrival by air

“Resnik” International Airport in Split is the official airport.

3.1.1 Welcome service

Upon arrival, teams will be met by their team attache. A Welcome Desk will be located at the arrivals lounge, and will be open during the expected arrival times of the teams and Delegates.

3.1.2 Transport to the Accommodation Hotel

Once luggage has been collected, team members will be escorted to buses which will take them to the team hotel, which is the “Hotel Le Meridien Lav”. The transfer time from the airport to the team hotel is approximately 40 min.

3.1.3 Transportation of Vaulting Poles

Vaulting poles will be collected by the LOC at Split airport and taken directly to the Stadium Park Mladezi (training stadium). They will be taken to the competition stadium the evening before the competition: i.e. on Friday evening for the women and on Saturday evening for the men. LOC will provide stickers for identification upon request. LOC will arrange transport back to the airport from Poljud Stadium. Other arrangements for moving vaulting poles can be requested through the CID.

3.1.4 Team finance confirmation

Upon arrival at the hotel, Team Leaders will be directed to the IAAF / LOC Offices to complete the financial and confirmation formalities, while the athletes will be able to collect their room keys at the Accommodation Desk.

3.2 Entry to Croatia

Each person travelling to Croatia must have a valid travel document. This is usually an ordinary passport. Persons in possession of the other kinds of travel documents are recommended to check at www.mup.hr (Ministry of Interior, Republic Croatia) or at the closest Croatian embassy whether these documents are accepted by the Croatian Authorities.

3.2.1 Visa Regulations

There are three groups:

- A. Federations in this category may enter Croatia without a visa.
- B. Federations in this category require a visa to enter Croatia and have a Croatian Consulate in their country
- C. Federations in this category require a visa to enter Croatia but have no Croatian Consular representation in their country

Group A:

Federations in this category may enter Croatia without a visa.

AFRICA: MRI, SEY

ASIA: BRU, HKG, JPN, KAZ*, KOR, MAC, MAS, SIN

EUROPE: ALB*, AND, AUT, BEL, BIH, BUL, CYP, CZE, DEN, ESP, EST, FIN, FRA, GBR, GER, GRE, HUN, IRL, ISL, ISR, ITA, LAT, LIE, LTU, LUX, MKD, MLT, MNE, MON, NED, NOR, POL, POR, ROU, RUS*, SLO, SMR, SRB, SUI, SVK, SWE, TUR, UKR*

NACAC: AHO, ANT, ARU, BAH, BAR, CAN, CRC, ESA, GUA, HON, ISV, MEX, NCA, PUR, SKN, USA

OCEANIA: ASA, AUS, COK, GUM, NFI, NMI, NZL, PYF

CONSUDATLE: ARG, BRA, CHI, PAN, PAR, URU, VEN

*temporary suspension of the visa regime till October the 31st 2010. - Generally visas are needed for citizens of that country, but that decision is suspended till October the 31st 2010, so right now they do not require a visa for entering Croatia.

NOTE: According to the Croatian Government’s decision to temporarily facilitate the entry of aliens on tourist visits to the Republic of Croatia, holders of valid Schengen residence permits, from 1 April to 31 October 2010, do not require a visa for entering the Republic of Croatia.

Group B:

Federations in this category require a visa to enter Croatia and have a Croatian Consulate in their country:

AFRICA: ALG, EGY, LBA, MAR, RSA

ASIA: CHN, INA, IND, IRI

EUROPE: -

NACAC: -

OCEANIA: -

CONSUDATLE: -

Group C:

Federations in this category require a visa to enter Croatia but have no Croatian Consular representation in their country:

AFRICA: ANG, BDI, BEN, BOT, BUR, CAF, CGO, CHA, CIV, CMR, COD, COM, CPV, DJI, ERI, ETH, GAB, GAM, GBS, GEQ, GHA, GUI, KEN, LBR, LES, MAD, MAW, MLI, MOZ, MTN, NAM, NGR, NIG, RWA, SEN, SLE, SOM, STP, SUD, SWZ, TAN, TOG, TUN, UGA, ZAM, ZIM

ASIA: AFG, BAN, BHU, BRN, CAM, IRQ, JOR₁, KGZ, KSA, KUW₁, LAO, LIB, MDV, MGL, MYA, NEP, OMA₁, PAK, PHI, PRK, PLE, QAT₁, SRI, SYR, THA, TJK, TKM, TLS, TPE, UAE₁, UZB, VIE, YEM

EUROPE: ARM, AZE, BLR, GEO, GIB₂, MDA

NACAC: AIA₂, BER₂, BIZ, CAY₂, CUB, DMA, DOM, GRN, HAI, IVB₂, JAM, LCA, MNT₁, TKS₁, TRI, VIN

OCEANIA: FIJ, FSM, KIR, MHL, NRU, PLW, PNG, SAM, SOL, TGA, TUV, VAN

CONSUDATLE: BOL, COL, ECU, GUY, PER, SUR

***1** According to the Croatian Government’s decision to temporarily facilitate the entry of aliens on tourist visits to the Republic of Croatia Nationals of the Hashemite Kingdom of Jordan, the State of Qatar, the State of Kuwait, the Sultanate of Oman and the United Arab Emirates, holders of valid Schengen visas, from 1 April to 31 October 2010, do not require a visa for entering the Republic of Croatia, if in possession of a valid travel health insurance

***2** AIA, BER, CAY, GIB, IVB, MNT, TKS are British overseas territories and for different categories of citizens of Great Britain and Northern Ireland visa regime applies as it follows:

The exemption from the visa requirement applies to the following holders of valid travel documents of the Kingdom of Great Britain and Northern Ireland:

- British Nationals (Overseas);
- British Overseas Territories Citizens who have the right of abode in the United Kingdom, and
- British Subjects who have the right of abode in the United Kingdom.

The visa requirement applies to the following holders of valid travel documents of the United Kingdom of Great Britain and Northern Ireland:

- British Overseas Territories Citizens who do not have the right of abode in the United Kingdom,
- British Overseas Citizens,

- British Protected Persons, and
- British Subjects who do not have the right of abode in the United Kingdom

Should your country belong to Group C (see chart above) please immediately contact the Local Organising Committee (LOC) by e-mail: visas@split2010cc.com or by fax +385 21 383 833 and copy IAAF Event Coordinator, La Tanya WAWERU (e-mail: latanya@iaaf.org or fax: +377 93 15 95 15)

3.2.2 Procedure to get Visas

Visa application must be applied **personally** in Diplomatic Missions and Consular Offices of Croatia. For this event only, it is possible to apply for visa in Diplomatic Missions and Consular Offices of Croatia anywhere in the World, under condition that the candidate is legal in that country (for instance, if a candidate is applying for visa in Brussels, one must have a valid Schengen visa).

Athletes and team Officials applying for their visa must also provide the following documents:
 valid passport (it must be valid at least three months counting from the day of departure from Croatia)
 photography of applicant, in colour, size 35x45 mm
 filled and signed visa application form which can be downloaded from: (http://www.mvpei.hr/custompages/static/hrv/files/Obrazac_zajtjev_vize.pdf)
 invitation letter of Croatian Athletic Federation
 athletes, because of their status, already have a health insurance, but the other staff (like trainers, etc....) must have a proof that they have valid travel health insurance
 confirmation of paid visa application fee in the amount of 260,00 kn or 36 € or 51 USD

4. Transport

4.1 Help Desk

There will be a Help Desk, at the main entrance of the official hotel and will be open from 8:00 to 22:00 (2nd to 6th September)

4.2 Shuttle Service

A regular shuttle service will be provided between the team hotel, training venue, social functions, technical meeting and competition venue. Full details of the schedule will be displayed at the Information Desk in the accommodation hotel. Transfer times between the hotel and the competition venue will be between 20 to 25 min, depending on traffic conditions.

4.3 Return to Airport

Transport will be arranged according to the flight schedules submitted by the teams. Further information will be available from the hotel Transportation Desk.

5. Accommodation and Hotel Information

5.1 General Information

The LOC has reserved a five star hotel, for teams, providing full board accommodation.

5.2 Competition Information Desk (CID)

A Competition Information Desk will be located at the lobby of the official hotel, near the reception. It will be open from 08:00 to 22:00 (2nd until 6th September).

5.3 Official Hotels

5.3.1 Team Hotel

Located in Podstrana, eight kilometres south of Split, **Le Méridien Lav**, Split's beautiful setting features 800 meters of beach frontage, and fantastic sea views overlooking the city and the surrounding islands. The 381 guest rooms and suites, spread across four interlinked buildings, are the largest guest rooms on the Dalmatian coast. Designed by acclaimed Italian designer Lorenzo Bellini, all interiors have a warm, inviting ambiance.

A combination of eight restaurants and bars in the hotel and set along the Marina Promenade allow guests to experience a variety of cuisines.

HOTEL LE MERIDIEN LAV, SPLIT

Grljevačka 2a
 21312 Podstrana - Split
 Croatia
 phone: +385 (0)21 - 500 500
 fax: +385 (0)21 - 500 300
 e-mail: info-split@lemeridien.com
 web: www.lemeridien.com/split

5.3.2 IAAF Family Hotels

HOTEL PRESIDENT SOLIN (Main IAAF Hotel)

Petra Krešimira IV 11
 21 210 Solin, Croatia
 phone: +385 21 685 300
 fax: +385 21 685 301
 e-mail: solin@hotelpresident.hr
 web: www.hotelpresident.hr

HOTEL ATRIUM (2nd IAAF Hotel)

Domovinskog rata 49a
 21000 Split, Croatia
 phone: +385 21 200 000
 fax: +385 21 200 100
 e-mail: reservations@hotel-atrium.hr
 web: www.hotel-atrium.hr

5.4 Costs and LOC Quota

According to the IAAF Technical Regulations, accommodation and full board for the participating teams will be paid for by the LOC for 4 days, for maximum 120 persons per team.

The following rates for full board accommodation (per person per day) will apply for team members outside

the official period: \$155 in a double room and \$195 in a single room.

The team leader will be requested to provide a credit card at the time of checking in to cover any extra costs and must pay any extra charges (bar, laundry, telephone etc) at the hotel reception desk, before departure. All payments must be made in US Dollars, Euros or Croatian Kuna.

5.5 Meals

The restaurant opening hours are:

Breakfast	06:00 – 10:30
Lunch	12:00 – 15:00
Dinner	19:00 – 22:30

Accreditation cards will allow access to meals.

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

A late serving provision will be made for athletes and officials detained at the stadium.

5.6 Meeting Rooms for Teams

Meeting rooms for teams can be arranged with reasonable advance notice through the Information Desk at the hotel. Meeting rooms are located at -1 Level of the hotel.

5.7 Medical Services in the Hotel

See chapter 10.2 for further information.

5.8 Telephone Calls

The telephone will be automatically activated to make room-to-room calls. Any athletes or delegation officials requiring the use of the room phone for outgoing calls must make arrangements with the Reception Desk at the hotel.

All delegations will receive a telephone contact list of important telephone numbers for the Continental Cup.

5.9. Internet services

Team Leaders will have the possibility of using, free of charge, the internet in the “Business office” of the official hotel. The Business office is located at -1 Level of the hotel.

The Team members can use WiFi internet free of charge in the Hotel Lobby.

In case members of the teams wish to connect their personal computer in the rooms, they are kindly requested to contact the reception desk for the connection procedure.

5.10. Athletes’ Lounge

A Lounge is located at the mezzanine of the Official hotel. The lounge will be equipped with TV that is always programmed with Croatian and satellite channels and bar.

5.11 IAAF & LOC offices

Located on -1 Level of the hotel will be the official offices of the IAAF and LOC.

6. Accreditation

6.1 General

Upon arrival, each delegation will be taken to the Accreditation Centre, at the accommodation hotel, where all team members will be accredited.

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints.

6.2 Loss of Accreditation Card

Any lost or damaged accreditation cards should be reported to the Information Desk. Replacement cards can be obtained where proof of identity can be established.

6.3 Access Areas for Teams

All team accreditation cards will allow access to the team seating area, training and warm up areas. Only athletes who are about to compete will have access to the call room and to the infield.

The Head of Delegation from each team is invited to the VIP Hospitality area and will be given the necessary access number on the accreditation card.

6.4 Separate Passes

For some areas, special passes are needed together with the personal accreditation card. LOC will give to the teams the following special passes:

- Three (3) TIC passes per team
- Two (2) Mixed Zone passes per team
- Two (2) special passes for field events, per team

7. Technical Information

7.1 Technical Information Centre (TIC)

The main function of the TIC is to ensure smooth communication between each Team Delegation, the LOC, IAAF Technical Delegate and the Competition Administration, regarding technical matters.

The TIC is located at the Stadium Poljud close to the Warm-up area (see stadium plan appendix 4) and will be open at the following days and times:

Date	Opening Time	Closing Time
Friday, September 3	15.00	21.00
Saturday, September 4	15.00	1 hour after the end of the last event
Sunday, September 5	15.00	1 hour after the end of the last event

The TIC will be linked to the Competition Information Desk in the hotel (CID) and shall be responsible for the following:

- Competition information
- Start lists
- Settlement of technical enquiries from delegations
- Applications for ‘national records’ doping control and photo finish prints
- Urgent notices – collection and delivery of any urgent written notices to the Teams from Technical Delegates, IAAF and LOC

- Receipt of final declaration of members of relay teams
- Receipt of Appeals from the teams
- Publication of results. Results will be displayed on the notice boards near the TIC
- Official invitations
- All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards. Information put in the mailboxes will include daily programme, start lists, results as well as official information from the IAAF and the LOC.

Information at the TIC, will only be handed out upon presentation of the relevant TIC Pass. TIC passes (3 per team) will be given to each Team Leader.

7.2 Technical Meeting

The Technical Meeting will take place at the Stadium Poljud (Press Conference Room) on Friday September 3, at 16:00.

Each team may be represented by up to eight (8) persons including Medical Personnel.

The Technical Delegate will chair the Meeting which will be conducted in English.

Teams wishing to submit specific questions concerning the organisation of the IAAF/VTB Bank Continental Cup in Athletics, must do so in writing on the appropriate form, in English, and submitted to the CID at the Teams' hotel before 12:00 on September 3.

Transport from the Teams' hotel will be provided for this meeting – please refer to the information board at the CID.

7.3 Implements and Vaulting Poles

7.3.1 Throwing Implements

All implements to be used during the IAAF/VTB Bank Continental Cup in Athletics, as well as at all training / warm-up venues, will be provided by the Local Organising Committee (see implement list, appendix 3). All implements are certified by the IAAF.

Delegations wishing to use personal implements, which are certified by the IAAF and which are not already included in the official list, must bring them to the Implements Room at the Training Stadium, on Friday September 3, from 17:00 to 19:00 for checking. Final acceptance is subject to the approval of the Technical Delegate.

Personal Implements will be returned only after the completion of each day's events, at the TIC.

Basic implements will be provided for warm-up and training.

7.3.2 Vaulting Poles

The vaulting poles will be collected by the LOC at the airport and carried to the Stadium Park Mladezi (training stadium), where they will be stored in a secure area. All vaulting poles must be clearly labelled at both ends of their storage bags bearing the name of the athlete, their gender and athlete's country or continent. No unlabelled pole bag will be accepted for the competition.

Vaulting poles will be taken to the competition stadium the evening before the competition (on Friday evening for the women and on Saturday evening for the men).

7.4 Measurements

SEIKO EDM (Electronic Distance Measuring system) will be used for all throwing events. SEIKO VDM (Video Distance Measuring system) will be used for Long Jump and Triple Jump.

7.5 Orientation Visit of Competition Venue

A tour of the Stadium Poljud for Team Leaders and/or representatives will take place on Friday September 3 starting at 15:00 (before the Technical Meeting). The tour will provide an opportunity for Team Leaders to familiarise themselves with the flow of athletes and the exact location of the most important areas at the Stadium.

7.6 Facilities at the Stadium Poljud

Stadium Poljud and its surroundings are shown in appendix 4 of this document. There are 34,000 seats in the stadium.

7.6.1 Competition area

The competition arena contains:

- PORPLASTIC – 400m track 9 lanes
- Within the Northern "D":
 - 2 double – ended Pole Vault runways, oriented in an east/west direction;
 - 2 Shot Put Circles;
 - 1 Javelin Throw runway, oriented south;
- Within the Southern "D":
 - 2 High Jump site;
 - 1 concentric Discus Throw/Hammer Throw circles;
 - 1 Javelin Throw runway, oriented north.
- The steeplechase water jump is located on the inside of the track.
- Two combined long and triple jump runways are located on the outside of the track on the back straight, with pits on both ends.

7.6.2 Warm-up area

The Warm-up area contains:

- PORPLASTIC – 130m track 4 lanes straight with a sand pit at the end;
- 1 Football field with natural grass;
- 1 Football field with artificial grass

7.7 Changing Rooms

Separate Changing Rooms for Men and Women, with showers, will be available for the athletes at the Stadium, Ground floor (see appendix 4).

7.8 Facilities at the Stadium Park Mladezi

7.8.1 Training and Throws Warm-up

Athletes will have the possibility to train in the Stadium Park Mladezi, situated 1 km from the Competition Stadium. Warm up for the throwing events will be in this Stadium (athletes will be transported to the Call Room 1 at the Competition Stadium by minibus – it takes 5 min)

Stadium Park Mladezi contains:

- CONICA – 400m track 6 lanes, 8 lanes in straight
- Within the Northern "D":
 - 1 Pole Vault runway;
 - 1 Javelin Throw runway;

- Within the Southern "D":
 - 1 High Jump site;
 - 1 Shot put circle;
 - 1 Javelin Throw runway.
- 1 combined long and triple jump runway is located on the outside of the track on the west straight, with pits on both ends.
- Within the Warm-up area, outside the Stadium
 - 2 Shot Put circles;
 - 1 Hammer Throw circle
 - 1 Discus Throw circle
 - 1 Javelin Throw runway
- 2 Weight lifting rooms, 1 for athletes in throwing and 1 for athletes in other events

7.8.2 Training Schedule

Wednesday, September 1

Stadium	
09:00 – 12:00	Training session
15:00 – 19:00	Training session
Throwing field	
09:00 – 10:30	Hammer and Discus Throw only
10:30 – 12:00	Javelin Throw only
15:00 – 17:00	Hammer and Discus Throw only
17:00 – 19:00	Javelin Throw only

Thursday, September 2

Stadium	
09:00 – 12:00	Training session
15:00 – 19:00	Training session
Throwing field	
09:00 – 10:30	Hammer and Discus Throw only
10:30 – 12:00	Javelin Throw only
15:00 – 17:00	Hammer and Discus Throw only
17:00 – 19:00	Javelin Throw only

Friday, September 3

Stadium	
09:00 – 12:00	Training session
15:00 – 19:00	Training session
Throwing field	
09:00 – 10:30	Hammer and Discus Throw only
10:30 – 12:00	Javelin Throw only
15:00 – 17:00	Hammer and Discus Throw only
17:00 – 19:00	Javelin Throw only

Saturday, September 4

Stadium	
15:00 – 20:00	Training session
Throwing field	
15:30 – 19:00	Warm-up for throwing events

Sunday, September 5

15:30 – 19:00	Warm-up for throwing events
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Equipment and implements necessary for training will be available at the training venues. Officials will be present to help in case of problems or special requirements. Water will be available at the training venues. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

7.9 Inspection of the competition venue

Athletes will have the opportunity to inspect the track surface and facilities at the Competition Stadium on Friday September 3, from 16:00 - 18:00. No equipment will be provided during this time. However, athletes may train without equipment.

7.10 Training with Official Starters

Training with Official Starters will take place at the Competition Stadium, on Friday September 3, from 17:00 - 18:00.

8. Competitions Regulations

8.1 Final Entries

Final entries indicating the names of the athletes and their performances in the current year, plus the names of officials, must be made through the appropriate form and shall reach the LOC and IAAF by 9 August.

8.2 Final Confirmation

Forms for the final declaration and confirmation will be distributed to each delegation upon arrival. The forms must be completed and returned preferably during the accreditation procedure or through the Competition Information Desk (CID), in any case no later than September 3, at 12:00. Final start lists will be ready for collection at the CID after the Technical Meeting.

A maximum of two athletes can be entered for each individual event and one team for each Relay with the exception of the 1500m, 3000m, 5000m and 3000mSC where each team may enter three athletes for each event. Only one athlete from any one country may compete in each individual event.

8.2.1 Withdrawals and changes

Withdrawals and requests for substitutions have to be submitted through the TIC using the appropriate form.

Substitutions will only be possible from already entered athletes, must be justified (injury, illness or other matters beyond the athlete's control) and must be supported by adequate documentation.

8.3 Final Confirmation of Relay Teams

The composition of the relay team and the running order must be submitted to the TIC using the respective form not later than one hour prior to the published first call time (see Call Room procedures appendix 2).

8.4 Competition Numbers

The LOC will provide the teams with competition numbers which will be distributed during the accreditation procedure. Teams will be given bibs with athlete name and individual numbers.

In the individual events each athlete receives 3 numbers (one with the athlete name and 2 with the individual number). The bib with the athlete's name shall be pinned on the front and the individual number on the back of the competition clothing. The third bib (with the number) is for the athlete's bag. Athletes in High Jump and Pole Vault may attach the competition bib (with the athlete's name) only on the front or on the back of the competition clothing. In this case the bib carrying the number will be attached on the tracksuit and bag. The competition bib may not be cut, folded or covered in any way.

Participants in track events should wear on each side of their shorts the adhesive numbers they receive at the Call Room.

8.5 Scoring

Points achieved by men and women will be combined and the overall winner of the Continental Cup will be the team with the most combined points.

The winner of each individual event will score 8 points, the second will score 7 points, the third 6 points, and so on. In the 1500m, 3000m, 5000m and 3000mSC the first two finishers from each team shall score points. In relay events, the scoring shall be as follows: 1st – 15 points, 2nd – 11 points, 3rd – 7 points, 4th – 3 points.

If an athlete or team does not start or does not finish or is disqualified, the team shall receive no points but the remaining teams will receive the same number of points as if all athletes had completed the event, e.g. if an athlete does not achieve a height in Pole Vault, the winner will still score 8 points.

If there is a tie in an event the combined points of the athletes so tying shall be divided.

If two or more teams gain the same number of points in the final score, the tie shall be decided in favour of the team with the greater number of first places. Should the tie then still remain, the team with the greater number of second places shall be given the higher position, and this system shall be applied, if necessary, to subsequent placings until the tie is broken.

8.6 Results

Copies of the results of each day's events will be distributed to each Team Leader at the TIC at the Stadium. Complete results in the form of a booklet will be issued to Team Leaders at the Closing Banquet. The results of each event will be displayed on notice boards placed at the TIC.

8.7 Competition Clothing and Equipment

8.7.1 Team Uniform

All athletes of the team shall wear the same colour competition uniform during the competition. The uniform must conform to IAAF Rules and Regulations and shall be approved by the IAAF in advance of the competition.

8.7.2 Spikes

The maximum spike lengths in the various events are:

Track, Long Jump, Triple Jump and Pole Vault: 9mm

High Jump and Javelin: 12mm

These spikes shall have a maximum diameter of 4mm. Spikes lengths and diameters will be checked in the Call Room.

8.8 Lane and Starting Order

According to the draw, made in Monaco on the occasion of the meeting with the Areas in January 2010, the allocation of lanes and starting order for the events shall be the following:

Event	Competing Teams											
	A1	B1	C1	D1	A2	B2	C2	D2	A3	B3	C3	D3
200m - HJ	1	2	3	4	5	6	7	8				
1500m												
400m - PV	2	3	4	5	6	7	8	1				
3000m												
LJ	3	4	5	6	7	8	1	2				
5000m												
4 X 100m	5	6	3	4								
TJ	4	5	6	7	8	1	2	3				
3000m SC												
4 X 400m	6	3	4	5								
400m H - SP	5	6	7	8	1	2	3	4				
100m - DT	6	7	8	1	2	3	4	5				
100/110 H-HT	7	8	1	2	3	4	5	6				
800m - JT	8	1	2	3	4	5	6	7				

Where:

Team	Men	Women
AFRICA	C	A
AMERICAS	A	D
ASIA / PACIFIC	D	B
EUROPE	B	C

8.9 Starting Height and raising of the bar

The starting heights and the raising of the bar, both for the High Jump and Pole Vault events, will be decided by the Technical Delegate (based on the final entries) after the closing date for the Final Confirmation and will be announced at the Technical Meeting.

8.10 Number of Trials

Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw and Javelin Throw – all athletes will have four (4) trials.

8.11 Competition Awards

The IAAF will offer the following prize awards for scoring athletes:

Place	Individual events	Relays
1	30.000\$	30.000\$
2	15.000\$	20.000\$
3	10.000\$	10.000\$
4	7.000\$	8.000\$
5	5.000\$	6.000\$
6	3.000\$	5.000\$
7	2.000\$	4.000\$
8	1.000\$	3.000\$

9. Competition Procedures

9.1 Timetable

Please refer to Appendix 1.

9.2 Warm up before Events

Warm up before the events will take place in the Warm-up area at the Stadium Poljud for all running and jumping events, and in the Throwing Warm-up area at the Stadium Park Mladezi (1 km from the Competition venue). Athletes in throwing events will be transported to Call Room 1 by mini bus. Extra time will be provided for warm up at the competition site for High Jump and Pole Vault events.

9.3 Call Room Procedures

9.3.1 Call Room 1 / Pre-Calling area

Call Room 1 will be set up in the Stadium Poljud warm-up area (runners and jumpers) and Stadium Park Mladezi throwing warm-up area (throwers). Call Room 1 officials will make a pre-call, in English, and the athletes will then be taken to Call Room 2. Team Leaders must inform all their athletes of the times at which they must report and the procedures to be followed at the Call Room (see appendix 2).

9.3.2 Call Room 2

The main task of Call Room 2 is the control and the check-in of the athletes before the start of each event. Only competing athletes are authorised to enter the Call Room. The following checks will be carried out:

- competition numbers
- competition shoes (spikes)
- uniforms / advertising
- bags (identification on and content of)
- personal belongings (the use of video cameras, tape recorders, radios, CD players, radio transmitters, cell phones or similar devices in the Stadium will not be permitted – IAAF Rule 144.2d)

All items not authorised by IAAF Regulations will be confiscated by the Judges, who will give a receipt to the athlete. The athletes will be able to collect such items at the TIC once the event has finished, on presentation of the receipt.

When the control has been completed, an official will accompany the athletes from Call Room 2 to the event site.

At Call Room 2, athletes taking part in track events are given two adhesive numbers which they must attach to both sides of their body on either competition uniforms or legs.

Once the athletes have completed the procedures required by the judges, they may continue warm-up until the designated time for the entry into the arena.

Water and toilet facilities will be available close to the Call Room, as well as medical assistance in case of need.

9.3.3 Report to Call Rooms (see detailed schedule in Appendix 2)

All participants must report according to the following Call Rooms times for their particular event as follows:

Event	Call Room 1	Call Room 2
Track	30 min	25 min
Relays	35 min	30 min
High Jump	75 min	70 min
Pole Vault	95 min	90 min
Long & Triple Jump	45 min	40 min
Throws	55 min	40 min

Note: All times are before the scheduled start time.

Athletes who fail to report to the Call Rooms or arrive late may be excluded from participation in the event.

9.3.4 Entering the competition area

Athletes will be escorted from the Call Room 2 to the start line or relevant field event site according to the following schedule:

- | | |
|---------------------------------|--|
| - Track events | 10 minutes before scheduled start time |
| - Relays | 15 minutes before scheduled start time |
| - Field Events (except HJ & PV) | 25 minutes before scheduled start time |
| - High Jump | 55 minutes before scheduled start time |
| - Pole Vault | 75 minutes before scheduled start time |

9.4 Competition Preparations

9.4.1 Field Events

Each athlete is allowed, in the throwing events, a minimum of two practice trials under the supervision of the officials, more if time allows. The athletes will be called to the practice trials in the competition order. Athletes are not allowed to use their own markers. For Long Jump, Triple Jump, Pole Vault and Javelin, athletes are required to use the markers provided by the LOC. This will be available at the event site. For the relays, athletes will be provided with adhesive tape by the Competition Officials.

9.5 Starter's Commands

The starter's commands will be given in English.

9.6 Leaving the stadium during the competition

During an event, no athlete may leave the competition area without permission from the Referee of the event. In such case, athletes must be escorted by an Official.

Toilet facilities are available for the athletes during the competition. Athletes must be accompanied by a Judge.

9.7 Leaving the stadium after the competition

All athletes will leave immediately the Competition arena through the Mixed Zone to the Post Event Area where track athletes will collect their personal belongings.

In the High Jump and Pole Vault events, athletes who have finished may leave the competition area after the completion of a height, on condition that they are accompanied by an Official.

9.8 Water and Refreshments at the Competition Venue

Water and refreshments are provided in the infield, Mixed Zone, PEA and in the warm-up area.

9.9 Post Event Procedures

After the completion of each event, the athletes must follow the Post Event Procedures described below:

9.9.1 Mixed Zone

At the conclusion of each event, all athletes are directed to depart from the Competition Arena via the Mixed Zone, which is located adjacent to the finish line.

9.9.2 Post Event Area (PEA)

The PEA is located after the Mixed Zone. It will be one separate room. Baskets, containing athletes clothing and bags, will be delivered here from the start area for track athletes. The Doping Control escorts will complete the official documents with any athletes selected to undergo doping control.

9.9.3 Announcement of Results

The results of each event will appear as soon as possible on the electronic scoreboard in the Stadium. An announcement will be made when the official result is so displayed.

A copy of the final results of each event will also be displayed on the notice board outside the TIC.

9.9.4 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event. The LOC shall be responsible for ensuring that the time of the announcement of all results is recorded. Official results will be displayed on the board near the TIC.

Any protest shall, in the first instance, be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video tape recorder, or any other available video evidence. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.

An appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of 100\$, or its equivalent, which will be forfeited if the protest is not upheld.

The appeal to the Jury must be made on the official form which can be obtained at the TIC. The Jury of Appeal will provide a written response to the appeal as soon as possible, a copy of which will be placed in the team's pigeon box at the TIC.

9.10 Interviews

In the Mixed Zone, all athletes will meet the media: the TV, the radio and finally the written press. It is up to the athlete to decide whether he/she will give an interview. However, athletes are encouraged to cooperate as much as possible with the media.

9.11 Press Conference

Athletes must proceed, if requested, to the Press Conference Room to take part in the official event press conference.

9.12 Doping Control

The IAAF Doping Control Delegate will supervise the Doping Controls, which will be conducted in accordance with IAAF Rules and Regulations and applicable guidelines. The Doping Control Station is located at the ground floor close to the Call Room 2 (see appendix 4).

Athletes are required to report to the Doping Control Station within the specified period with their Doping Control notification letter.

Athletes to be tested may invite a team official. A special pass will be provided for him/her by the Doping Control Staff to accompany the athlete to the Doping Control Station.

Drinks will be provided for those athletes requiring it, and athletes should drink only those beverages from sealed bottles provided by the LOC.

Athletes who fail to sign the doping control notification form or fail to present themselves for doping control, will render themselves liable to disqualification.

The samples will be analysed at the WADA accredited laboratory in Lausanne (Switzerland).

9.12.1 Records and Additional Testing

Athletes requiring tests for national records or other purposes, and who have not been otherwise selected, may request these tests at the TIC. The corresponding Doping Control Request form must be completed by a Team Official. The costs for these tests will be paid by the IAAF and will be deducted from the Member Federation's subvention from the IAAF.

10. Medical Services

10.1 General

The LOC medical service is in charge of any medical assistance to the team athletes and officials, the competition organisation, the information personnel, the honorary guests as well as, during the competition, to the spectators in the stadium.

In case of an emergency please contact the nearest medical aid station, in other cases the given instructions should be followed. Below is information on the medical care sites and relevant instructions. Dr. Bruno Luksic is in charge of the medical service.

10.2 Medical Service in the Accommodation Hotel

In case of an emergency please contact the CID, during the opening hours. One medical team will be at the hotel. The medical services will be provided in the hotel.

Teams will also be able to set up their massage and physiotherapy facilities in the team hotel.

A doctor will be available 24h by phone, in case of emergency.

Phone number is +385 (0)98 90 333 01.

10.3 Medical Care at the Stadium

In the stadium the Main Medical Centre (see appendix 4) is responsible for any problems concerning the athletes' health during the competition. The team doctor will be allowed access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention. Medical teams (doctor and physiotherapist) will also be at both Warm-up areas.

Emergency personnel, who will work in strict co-operation with the ambulance for emergency transport to the nearby hospital, will also be on site.

10.4 Physiotherapy

In the warm-up area, there will be four (4) big tents, one for each team, to be used by the teams' physiotherapists.

10.5 Insurance

The participating teams are responsible for taking out insurance to cover illness or injury to members of their delegation when travelling to and from IAAF Competitions and during the event itself.

11. Opening & Closing Ceremonies

11.1 Opening Ceremony

The Opening Ceremony will take place at Riva square on Friday, 3 September commencing at 19:30. Team members will not be involved.

If team members are interested in attending, information on transport will be provided.

11.2 Closing Ceremony

A short Closing Ceremony, including the presentation of the Continental Cup to the winning team, will take place at Stadium Poljud on Sunday, 5 September immediately after the last event, starting at approximately 20:40.

11.3 Final Banquet

The Final Banquet will take place at Hotel Le Meriden Lav – Team Hotel, on Sunday, 5 September at 22:00. All accredited team members are welcome to attend.

Dinner for the teams will only be served at the Final Banquet on 5 September.

11.4 Social Functions

Everyone with accreditation is welcome, free of charge, to visit the two most important museums of the city of Split:

Gallery Mestrović, address: Setaliste Ivana Mestrovica 46, Split

Thursday – Sunday 09:00-19:00

Art Gallery, address: Kralja Tomislava 15, Split

Thursday - Saturday 11:00-19:00; Sunday 10:00-13:00

12. Departure

Teams will be asked to provide full travel details on the final entry forms. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the team's hotel, at least 24 hours before departure, especially if there are changes to the previously informed details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the CID.

13. Contact Details

For further details about the IAAF / VTB Bank Continental Cup Split 2010, please contact:

Local Organising Committee

Hrvatske mornarice 10

21 000 Split

Croatia

tel: +385 (0)21 383 803

fax: +385 (0)21 383 833

e-mail: split2010cc@split2010cc.com

14. Appendices

Appendix 1 – Timetable

Appendix 2 – Call Room Timetable

Appendix 3 – Implements List

Appendix 4 – Map of the Stadium Poljud

Appendix 5 – Map of the City

Appendix 6 – Map of the Sport complex

IAAF / VTB BANK CONTINENTAL CUP

Split (CRO), September 4-5, 2010

TIMETABLE

Saturday, September 4

17:00	Hammer Throw	Men
17:10	Pole Vault	Women
17:20	Triple Jump	Women
17:30	400m Hurdles	Men
17:50	400m Hurdles	Women
18:05	5000m	Men
18:15	Discus Throw	Women
18:30	800m	Women
18:40	High Jump	Men
18:45	400m	Women
18:55	400m	Men
19:05	Long Jump	Men
19:10	100m	Women
19:20	100m	Men
19:30	Shot Put	Men
19:35	1500m	Men
19:40	Javelin Throw	Women
19:50	3000m	Women
20:10	4 x 100m	Women
20:25	4 x 100m	Men

Sunday, September 5

17:00	Hammer Throw	Women
17:10	Pole Vault	Men
17:20	Triple Jump	Men
17:25	3000m Steeplechase	Women
17:45	3000m Steeplechase	Men
18:05	100m Hurdles	Women
18:10	Discus Throw	Men
18:15	110m Hurdles	Men
18:30	1500m	Women
18:40	High Jump	Women
18:45	3000m	Men
19:00	Long Jump	Women
19:05	200m	Women
19:15	200m	Men
19:25	Shot Put	Women
19:30	5000m	Women
19:35	Javelin Throw	Men
20:00	800m	Men
20:10	4 x 400m	Women
20:25	4 x 400m	Men

20:40 *Presentation of the IAAF Continental Cup*IAAF / VTB Bank Continental Cup, Split 2010
Call Room Schedule

Saturday 4 September

Event	Men / Women	Entry to Call Room 1 (warm-up area)	Entry to Call Room 1 (throws warm-up area)	Bus departure (from throws warm-up area)	Entry to Call Room 2	Exit from Call Room 2	Arrival at Event Site	Competition Time
Hammer Throw	Men		16:05	16:10	16:20	16:30	16:35	17:00
Pole Vault	Women	15:35			15:40	15:50	15:55	17:10
Triple Jump	Women	16:35			16:40	16:50	16:55	17:20
400m Hurdles	Men	17:00			17:05	17:15	17:20	17:30
400m Hurdles	Women	17:20			17:25	17:35	17:40	17:50
5000m	Men	17:35			17:40	17:50	17:55	18:05
Discus Throw	Women		17:20	17:25	17:35	17:45	17:50	18:15
800m	Women	18:00			18:05	18:15	18:20	18:30
High Jump	Men	17:25			17:30	17:40	17:45	18:40
400m	Women	18:15			18:20	18:30	18:35	18:45
400m	Men	18:25			18:30	18:40	18:45	18:55
Long Jump	Men	18:20			18:25	18:35	18:40	19:05
100m	Women	18:40			18:45	18:55	19:00	19:10
100m	Men	18:50			18:55	19:05	19:10	19:20
Shot Put	Men		18:35	18:40	18:50	19:00	19:05	19:30
1500m	Men	19:05			19:10	19:20	19:25	19:35
Javelin Throw	Women		18:45	18:50	19:00	19:10	19:15	19:40
3000m	Women	19:20			19:25	19:35	19:40	19:50
4 x 100m	Women	19:35			19:40	19:50	19:55	20:10
4 x 100m	Men	19:50			19:55	20:05	20:10	20:25

Sunday 5 September

Event	Men / Women	Entry to Call Room 1 (warm-up area)	Entry to Call Room 1 (throws warm-up area)	Bus departure (from throws warm-up area)	Entry to Call Room 2	Exit from Call Room 2	Arrival at Event Site	Competition Time
Hammer Throw	Women		16:05	16:10	16:20	16:30	16:35	17:00
Pole Vault	Men	15:35			15:40	15:50	15:55	17:10
Triple Jump	Men	16:35			16:40	16:50	16:55	17:20
3000m Steeplechase	Women	16:55			17:00	17:10	17:15	17:25
3000m Steeplechase	Men	17:15			17:20	17:30	17:35	17:45
100m Hurdles	Women	17:35			17:40	17:50	17:55	18:05
Discus Throw	Men		17:15	17:20	17:30	17:40	17:45	18:10
110m Hurdles	Men	17:45			17:50	18:00	18:05	18:15
1500m	Women	18:00			18:05	18:15	18:20	18:30
High Jump	Women	17:25			17:30	17:40	17:45	18:40
3000m	Men	18:15			18:20	18:30	18:35	18:45
Long Jump	Women	18:15			18:20	18:30	18:35	19:00
200m	Women	18:35			18:40	18:50	18:55	19:05
200m	Men	18:45			18:50	19:00	19:05	19:15
Shot Put	Women		18:30	18:35	18:45	18:55	19:00	19:25
5000m	Women	19:00			19:05	19:15	19:20	19:30
Javelin Throw	Men		18:40	18:45	18:55	19:05	19:10	19:35
800m	Men	19:30			19:35	19:45	19:50	20:00
4 x 400m	Women	19:35			19:40	19:50	19:55	20:10
4 x 400m	Men	19:50			19:55	20:05	20:10	20:25

IAAF/VTB Bank Continental Cup
4-5 September 2010, Split (CRO)
Proposed Official Implements

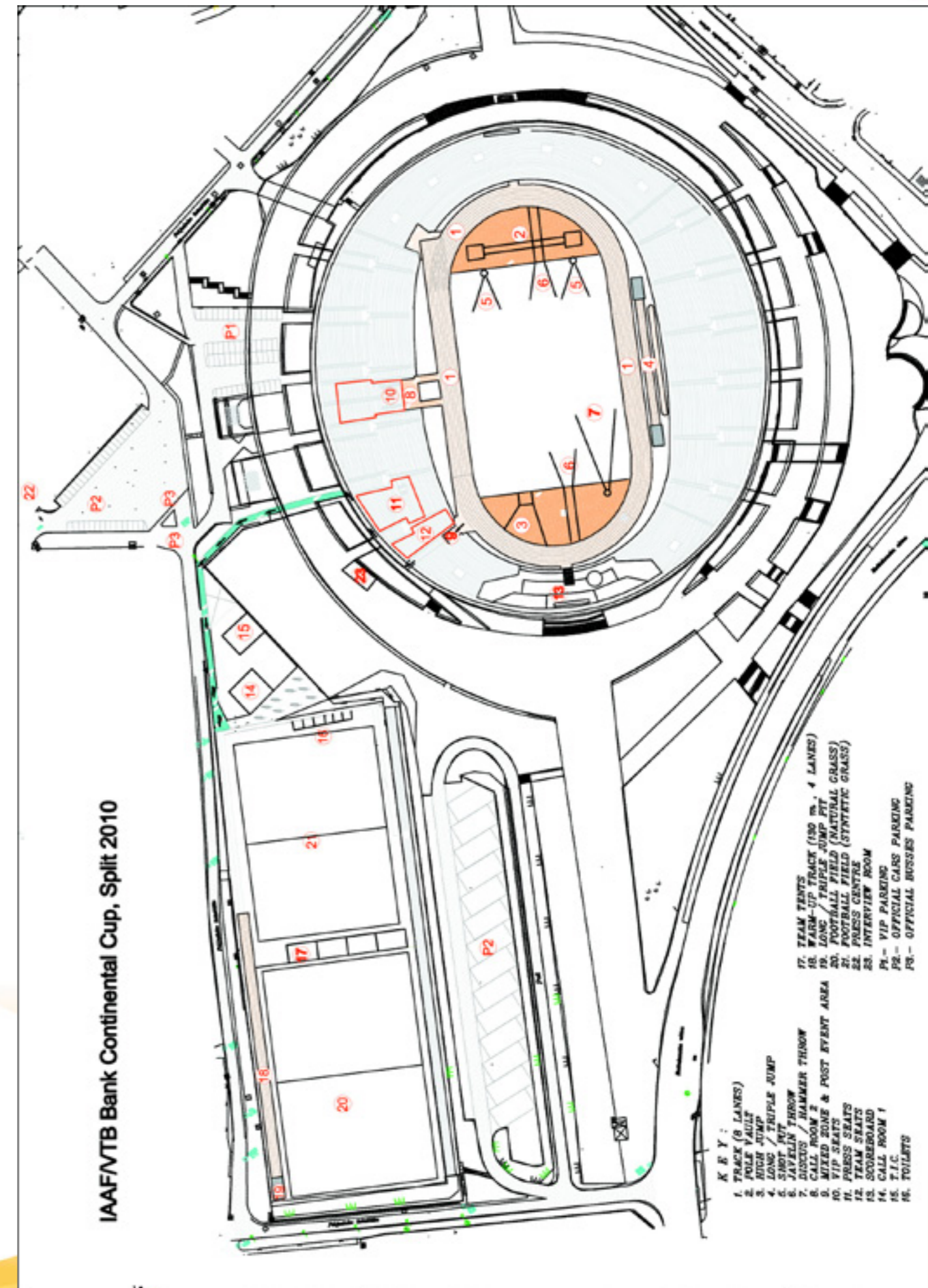
MEN				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 7.26kg				
N1118A	Nelco	Turned iron, dia: 128mm	Yellow	I-99-0093
F251C	Nishi	Steel, dia: 129mm	Silver	I-99-0083
F251	Nishi	Steel, dia: 125.5mm	Silver	I-99-0087
PK-7,26/128	Polanik	Steel, dia:128mm	Silver	I-04-0305
DISCUS 2kg				
D2000JSUS	Denfi Sport	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	Grey/yellow centre	I-99-0098
D2000HS	Denfi Sport	Hyper Super Spin, chrome rim, carbon black	Black/yellow centre	I-99-0097
D2000SKYM	Denfi Sport	Skymaster, chrome rim, mixed carbon/plastic plates	Red/white center	I-02-0270
N1105GA	Nelco	Gold, brass rim, plastic side	White/gold	I-99-0095
HAMMER 7.26kg				
0112/0429	BSS	Berg, turned steel, dia: 110mm	Yellow	I-02-0277
N1121A/N1125BN	Nelco	Olympic, brass, dia: 110mm	Gold	I-99-0148
F201/F352	Nishi	Steel, dia: 110mm	Orange	I-99-0079
PM-7,26/110-M/UP/UW-130	Polanik	Brass, dia: 110mm	Gold	I-00-0206
JAVELIN 800g				
800CS90	Nemeth	Classic 90m, aluminium, violet cord	Violet/yellow/green	I-99-0100
7916800c	Nordic	Champion, carbon, lilac cord	White, lilac spiral	I-99-0189
7916803c	Nordic	Airglider, carbon, red cord	White, red spiral	I-03-0300
7916808c	Nordic	Orbit, carbon, blue cord	White, blue spiral	I-99-0190
WOMEN				
Catalogue No.	Company	Description	Colour	Certification No.
SHOT 4kg				
N1118EA	Nelco	Turned iron, dia: 104mm	Black	I-99-0137
F253C	Nishi	Steel, dia: 109mm	Silver	I-99-0084
5133402	Nordic	Turned steel, dia: 108mm	Red	I-99-0025
5133401	Nordic	Turned steel, dia: 100mm	Silver	I-99-0027
DISCUS 1kg				
D1000JSUS	Denfi Sport	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/yellow centre	I-99-0099
720211	Gill Athletics	Pacer Carbon FX, steel rim, carbon fibre sides	Black/silver	I-08-0421
N1105GD	Nelco	Gold, brass rim, plastic side	White/gold	I-99-0096
F333A	Nishi	Super HM, steel rim, FRP side	Purple/black/white	I-02-0256
HAMMER 4kg				
9040095/9700100	Anand	ATE, stainless steel, dia: 95mm	Silver	I-05-0340
0925/0429	BSS	BSS, turned steel, dia: 95mm	Yellow	I-02-0278
N1121D/N1125BN	Nelco	Olympic, brass, dia: 95mm	Gold	I-99-0147
PM-4,95-M/UP/UW-130	Polanik	Brass, dia: 95mm	Gold	I-00-0204
JAVELIN 600g				
600S70	Nemeth	Standard 70m, aluminium, violet cord	Violet	I-99-0107
600C75	Nemeth	Club 75m, aluminium, violet cord	Violet/yellow/blue	I-99-0103
600CS75	Nemeth	Classic 75m, aluminium, violet cord	Violet/yellow/red	I-99-0110
7917603	Nordic	Diana 80, steel, blue cord, 80m	Lilac, white	I-99-0018

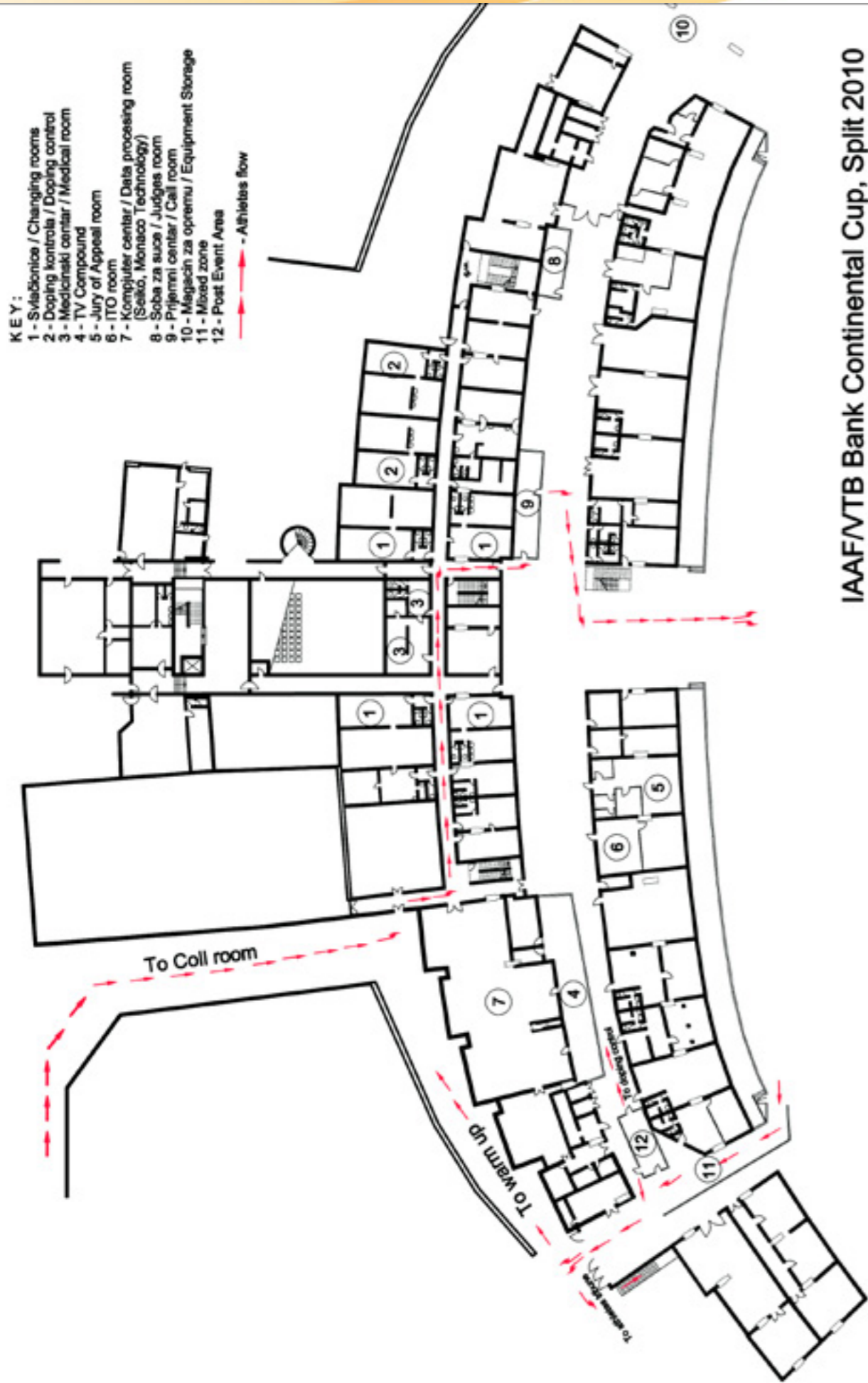
Notes:

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 February 28th 2010, 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 30 July 2010 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





IAAF/ITB Bank Continental Cup, Split 2010
Ground floor

