

# U20 CHAMPIONSHIPS

Jerusalem 2023

TEAM MANUAL

7-10 August 2023

GIVAT RAM STADIUM



## 1. GENERAL INFORMATION

<b>1.1 Host Country</b>	<b>Israel</b>
Form of Government	Parliamentary Democracy
Location	South-eastern shore of the Mediterranean Sea
Area	22,072 km <sup>2</sup>
Population	9.48 million
Coastline	210 km
Climate	Average temperatures in Jerusalem in August 19.4°-29.0° Average rainfall in Jerusalem in August 0 mm
Language	Hebrew
Religion	74.2% Judaism, 17.8% Islam, 2.0% Christianity, 1.6% Druze
Capital	Jerusalem
Local Time	UTC+2
Electricity	220V, 50 Hz, sockets type C and H
Driving	On the right
International Calls	
Telephone Country Code	+972
Mobile Phone Networks	Cellcom, HOT Mobile, Partner, Golan Telecom, Pelephone
Currency	New Shekel (ILS)

### 1.2 Host city Jerusalem

There are many places around the world which are beautiful and fascinating but there aren't a lot of cities in which the diversity and variety come together as in Jerusalem. Jerusalem is a city in constant renewal; shrouded in light and rising in all colours of the rainbow. A surreal and vibrant city with 891.000 inhabitants, holy to Jews, Muslims, and Christians. Jerusalem is as unique as it is special. Beyond its religious and historic significance, Jerusalem is the capital of modern-day Israel and an advanced, dynamic city. Jerusalem has to be seen to be believed. Exploring Jerusalem is fantastic, and if it's your first time visiting this glorious place, a [tour of Jerusalem](#) is a must.

[The Old City of Jerusalem](#) is full of the historic and religious elements that make this city so special. The one-square-kilometer walled area is central to Judaism, Islam, and

Christianity. The [Western Wall](#) in the [Jewish Quarter](#) is the last remaining wall of the Jewish Temple compound. Also, it is the holiest site in Judaism. Jesus died, was buried and resurrected in Jerusalem. The Church of the Holy Sepulcher in the Old City is shared between many denominations. In Islam, Jerusalem is said to be from where Muhammad rose into the heavens. The [Dome of the Rock](#) makes Jerusalem the third holiest city for Muslims.

There are four quarters in the Old City: Jewish, Muslim, Christian, and Armenian.

Jerusalem is not all old, though. The modern [West Jerusalem](#) is the capital of modern-day Israel, containing the modern-day functions you would expect of any capital city. Jerusalem has become a distinguished [cultural centre](#). Likewise, modern Jerusalem contains shops and institutions that you would expect anywhere else. All buildings in the city must, by law, be fronted with the magical golden stone the city is famous for.

The modern-day center of Jerusalem is the pedestrianized area around Ben-Yehuda Street. It features a large selection of restaurants, cafes, and stores. Just in the last couple of years, however, this has come under competition from Mamilla. Mamilla is a pedestrianized mall leading right up to the Jaffa Gate of the Old City containing very upmarket shops, restaurants, and hotels. In addition, you can find the [Machane Yehuda Market](#), Jerusalem's largest market with over 250 vendors. The Machane Yehuda Market is one of the most vibrant parts of the city. You can buy groceries and household items in the many stalls. Or enjoy the delicious hole-in-the-wall style restaurants and great bars for nightlife enthusiasts.

There is a fascinating array of [museums in Jerusalem](#). Of these, perhaps the most important is [Yad Vashem](#). On the beautiful Mount Herzl, this is Israel's memorial for the millions who perished in the Holocaust. The incredible museum tells the story of the Holocaust. It uses words, chilling architecture, and moving multimedia displays. Not far from Yad Vashem is the [Israel Museum](#). It contains a huge selection of artistic, archaeological, historical, and cultural displays. This includes the world-famous Dead Sea Scrolls.

Ultimately, Jerusalem is like nowhere else, a city where history and modernity share the same space. Incredibly intense, Jerusalem, the 'City of Gold' is somewhere beyond explanation. No visit to Israel is complete without a visit here, no matter how long.

### **Business Hours Shops, Government Offices, Banks**

Most stores are open Sunday through Thursday 9:00-19:30. On Fridays stores close earlier, at 14:00 or 16:00 depending on the season (Shabbat times vary). In Jerusalem most stores and restaurants are closed on Saturday (Shabbat). Some of them will open again about two hours after sunset on Saturday. Government Offices and Banks are open Sunday through Thursday 8:00-16:00. On Friday Government Offices are closed and banks close at 13:00. On Saturday Government Offices and Banks are closed. It's advisable to check opening times at any time.

## 2. TRANSPORTATION

### 2.1 Arrivals

#### 2.1.1 Official Airport and Welcome Services

Ben Gurion International Airport is located 52 km from the Givat Ram Stadium,  
Upon arrival at Ben Gurion Airport, the teams will be met by the LOC for further direction.

In case you need any support, please report to the welcome desk located outside the arrival hall or contact the transportation department (Gil Aloni +972-523699996).



The transfer time from the airport to the official hotels is approximately 45 minutes.

Team Leaders will be taken to the Team Accreditation Centre (TAC) upon arrival to settle payment and collection of the accreditation passes, while the teams will be transported directly to the hotels.

#### 2.1.2 Arrival by Road

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

#### 2.1.3 Entry Visas

Participants from the following countries require a Visa or authorization to enter Israel:

ARM – AZE – BIH – KOS – MDA\* – UKR – TUR – RUS

\*The exemption shall apply only to holders of biometric passports.

Participants who require a Visa or authorization should contact Jerusalem 2023 LOC at [teamservices@jerusalem2023.org.il](mailto:teamservices@jerusalem2023.org.il) by 20 June 2023 to obtain a specific invitation letter.

Requests for invitation letters shall be supported with the following information (included into the Excel file which was sent to the members federations with CL\_8):

Full name (first name and family name as shown in Passport)

Gender

Date of birth

Passport Number and Passport Expiry Date (passports should be valid for at least 6 months after the end of the competition)

Function in the Team (athlete or official)

After submitting the information to the LOC, it will be confirmed by the Internal Ministry.

After the confirmation of the Internal Ministry, a Member Federation representative will need to visit the Israeli Embassy to apply for a visa for the entire team.

The LOC will get in touch with those concerned Member Federations.

### 2.1.4 Insurance

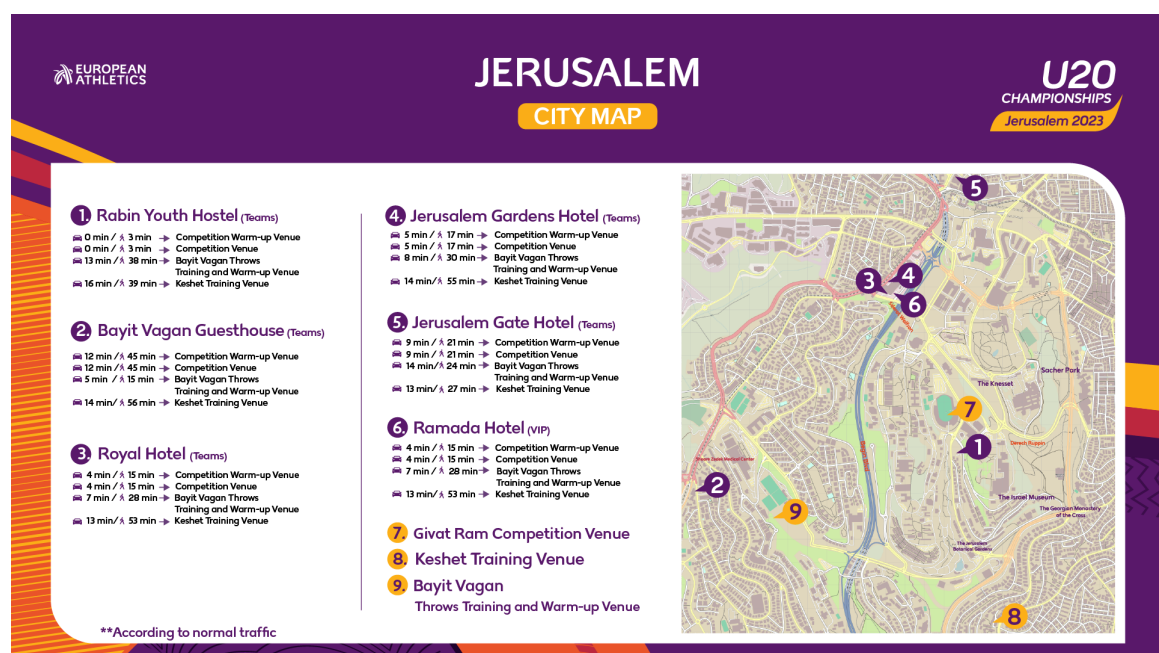
According to Regulation 1610.9, the participating Member Federations are responsible for their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

## 2.2 Local Transportation

Transportation between the team hotels and the various venues, including official and social functions, will be guaranteed by the LOC shuttle service. Teams accommodated in Royal Hotel and Jerusalem Gardens Hotel are encouraged to travel on foot to the competition venue since it very close and at walking distance.

### 2.2.1 To the competition venue

Transfer times between the hotels and the competition venue will be between 10-15 minutes, depending on the hotel location and traffic conditions.



### **2.2.2 To the training venues**

Transfer times between the hotels and the training venue will be between 10-15 minutes, depending on the hotel location and traffic conditions.

### **2.2.3 To official functions**

A detailed specific timetable will be posted on the notice boards at the Information desk in each Team Hotel.

## **2.3 Transportation of Equipment**

Each team is responsible for organising the transport of its poles until its arrival in Tel Aviv. Upon arrival at Ben Gurion Airport, poles pick up will be arranged by the LOC and will transfer them to the Keshet's practice facility, where they will be at the athlete's disposal. All poles or bags of poles shall bear the identification of the athlete (tag of the name, country, event, number of poles per bag).

The previous day to each competition (male, female or decathlon) and after the morning training sessions have finished, poles will be transferred to the Stadium. There they will be stationed for the last transportation to the airport at the end of the Championships.

The poles will stay at the Competition Venue during the entire competition (even between qualification and final).

## **12.4 Departure**

A shuttle service will also be in place for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the Information Desk of each team hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team leaders will have to confirm departure details during the accreditation process.

Any changes to the provided details shall be communicated to the LOC (Information Desk at the team hotel), at least 48 hours before departure.

### 3. ACCREDITATION

#### 3.1 General

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

**Photo (passport type) is required for the accreditation.**

**An upload function will be available in the final entries module of European Athletics event management system during final entries from 8.7.2023 to 28.7.2023.**

**Please upload profile photos as a jpeg file.** Each photo must not exceed 500kb in size. Otherwise, a picture will have to be taken on the day of card collection at the accreditation centre.

#### 3.2 Accreditation Centre

The Teams Accreditation Centre (TAC) will be located at Ramada Hotel. This is where the Team Leader shall report as soon as possible after his/her arrival, in order to carry out the administrative procedures.

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

Day	Open	Close
Friday 4 August	10:00	20:00 <sup>1</sup>
Saturday 5 August	07:30	20:00 <sup>1</sup>
Sunday 6 August	07:30	20:00 <sup>1</sup>
Monday 7 August	08:30	20:00
Tuesday 8 August	09:00	20:00

#### 3.3 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation through the European Athletics Entry System. No changes will be accepted after the final entries' deadline.

The Team Leader will be asked to complete the following formalities before collection of the accreditation cards for the whole team:

- LOC accommodation invoice settlement
- Team Leaders' package collection (including bibs)
- Team Vest check
- Confirmation of departure details

Any lost or damaged accreditation cards should be reported to the Accreditation Centre. Duplicate cards can be obtained where proof of identity can be established at a charge of € 50.

**Unauthorised use of an accreditation card will result in the card being confiscated.**

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<sup>1</sup> Or according to teams' arrival schedule if later

### **3.4 Access Areas for Teams and Special Passes**

All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttle Buses and meals.

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.

European Athletics shall provide special passes as required for the following categories:

- Horizontal Jumps coaching area (1 per athlete)
- Combined events resting room (1 per athlete + 1 per team)
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team with a Team Press Liaison
- Medical Pass (*if relevant*)

The special passes for the Combined events resting room and the coaching areas will be distributed at the TIC, the day before the respective events, upon signature of the Team Leader, as well as Medical Passes if relevant. The mixed zone pass will be given out during accreditation procedure.

## 4. ACCOMMODATION

### 4.1 General Information

The LOC has made accommodation arrangements for team members in 5 hotels of similar standard.

Check-in: 4.08.2023 from 15:00  
5.08.2023 from 22:30  
Check-out Until 11:00

**Due to the Jewish weekend Shabbat (Saturday), hotel check-in will only be available in the late evening, approximately at 22:30!**

**Therefore, the LOC is offering a discounted accommodation price for one (1) night on Friday August 4th for your comfort.**

### 4.2 Information Desk

An Information Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the European Athletics U20 Championships.

Any information regarding competition, transportation, meeting rooms, meals, physio services, etc. will be provided at the Information Desks

Opening Hours:

**From August 4 to August 6: according to teams' arrival and activities program**

**From August 7 - August 10: according to transportation timetable (opening approximately 20 min before the first departure)**

**August 11: according to teams' departures**

**Start Lists: Will be available only online on EA website! Not posted on each welcome desk board**

### 4.3 Official Hotels

The official hotels for the European Athletics U20 Championships are indicated below with internet address of their homepage where further details can be found:

#### Teams Hotels:

Royal Hotel  
Zeev Vilnai St. 8 Jerusalem  
Tel: 972-2-6599999  
<http://royal.jerusalem-hotels.net/en/>

Jerusalem Gardens Hotel  
Zeev Vilnai St. 4 Jerusalem  
Tel/Fax: 972-2-6558888 972-2-6511092  
<https://jerusalemgardenshotel.com/about-the-hotel/>

Bayit Vagan Guesthouse  
Hapisga St. 8 Jerusalem  
Tel/Fax: 972-2-6420990 972-2-6423362

<https://www.bvhisrael.com/>

Rabin Youth Hostel  
Nachman Avigad St. 1 Jerusalem  
Tel: 972-2-5945522  
<https://en.iyha.org.il/yizhak-rabin-jerusalem-hostel>

Jerusalem Gate Hotel  
43 Yirmiyahu St.  
02-5008500  
<https://www.jerusalemgatehotel.com/location>

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

Team hotels allocation will be communicated after the closing of the Final Entries.

### **European Athletics Family Hotel**

Ramada Hotel  
Zeev Vilnai St. 6 Jerusalem  
Tel: +972-2-6599999  
<https://www.wyndhamhotels.com/ramada/jerusalem-israel/ramada-jerusalem/overview?CID=LC:RA::GGL:RIO:National:23777&iata=00093796>

## **4.4 Accommodation Costs and European Athletics Quota**

### **4.4.1 European Athletics Quota**

European Athletics has previously informed all Member Federations about the allotted free places which were based on the achieved results (places 1-8) and the number of participants per country at the European Athletics U20 Championships 2021 in Tallinn/EST and the European U20 Season Best-List 2022.

ALB	<b>2</b>	ISR	<b>Host</b>
AND	<b>2</b>	ITA	<b>18</b>
ARM	<b>2</b>	KOS	<b>2</b>
AUT	<b>4</b>	LAT	<b>4</b>
AZE	<b>2</b>	LIE	<b>2</b>
BEL	<b>5</b>	LTU	<b>3</b>
BIH	<b>2</b>	LUX	<b>2</b>
BUL	<b>3</b>	MDA	<b>2</b>
CRO	<b>3</b>	MKD	<b>2</b>
CYP	<b>3</b>	MLT	<b>2</b>
CZE	<b>11</b>	MNE	<b>2</b>
DEN	<b>5</b>	MON	<b>2</b>
ESP	<b>16</b>	NED	<b>11</b>
EST	<b>5</b>	NOR	<b>10</b>
FIN	<b>11</b>	POL	<b>15</b>

FRA	<b>18</b>
GBR	<b>21</b>
GEO	<b>2</b>
GER	<b>21</b>
GIB	<b>2</b>
GRE	<b>8</b>
HUN	<b>8</b>
IRL	<b>7</b>
ISL	<b>2</b>

POR	<b>4</b>
ROU	<b>3</b>
SLO	<b>4</b>
SMR	<b>2</b>
SRB	<b>4</b>
SUI	<b>10</b>
SVK	<b>3</b>
SWE	<b>11</b>
TUR	<b>10</b>
UKR	<b>7</b>

Those Member Federations with 1 free place will receive an additional free place under the condition that they have at least one male and female athlete. The host country of the Championships has not been allotted any free place.

#### **4.4.2 Ratio of Athletes & Officials**

The number of team officials in the hereunder chart is eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

<b>Number of Athletes (1) From - to</b>	<b>Number of Team Officials up to:</b>
<b>1 - 3</b>	3
<b>4 - 6</b>	4
<b>7 - 10</b>	7
<b>11 - 15</b>	11
<b>16 - 20</b>	13
<b>21 - 25</b>	17
<b>26 - 30</b>	19
<b>31 - 35</b>	23
<b>36 - 40</b>	25
<b>41 - 45</b>	29
<b>46 - 50</b>	32
<b>51 - 55</b>	37
<b>56 - 60</b>	40
<b>61 - 70</b>	49
<b>71 - 80</b>	58
<b>Plus 10</b>	+ 9

(1) Team Officials include: Head of Delegation, Team Leader, Coaches (Coaches also include Personal Coaches), Team Doctor, Team Physiotherapist, Team Press Liaison and Team Official. The number of above-mentioned team officials is

eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

- (2) The teams may purchase additional coach packages (without accommodation and transportation but including accreditation with access to the warm-up, training facilities and team seats) only in case the maximum number of team officials as per the above ratio have been reached and fully used. Those packages will be charged at the rate of 150 EUR for the duration of the Championships and directly incorporated to the invoice of the respective Member Federations.

#### 4.4.3 Accommodation Costs

According to regulations 510.4, European Athletics will pay to the organiser a contribution to the costs of accommodation and board of in-quota athletes (limited to the number of competition days plus two). No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

The following accommodation costs (by room) will be charged to the teams.

Team Members	Single room	Triple room <sup>(2)</sup>
In-quota Athletes during the official period (5-11 August)	According to 10% rule(1)	Covered by LOC/EA
Accommodation cost	190 EUR per night	330 EUR per night
Discounted accommodation rates for Friday 4 August (3)	160 EUR per night	237 EUR per night

*All prices include meals, VAT and taxes.*

(1) For the official period, each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and officials registered in the Final Entries, at the price of a triple room in single occupancy (110 EUR). Any single room above the 10% threshold will be charged at the rate of 190 EUR. Additional single rooms can be requested and will be given according to availability.

(2) In case of later arrival/early departure of one of the sharing persons, the night used in single or twin occupancy (instead of triple) will be charged at the rates of a triple room regardless of the occupancy.

(3) Due to the Jewish weekend Shabbat (Saturday), hotel check-in will only be possible in the late evening on Saturday, 5 August. Therefore, a discounted accommodation period has been introduced to this event which applies for one (1) night on Friday 4 August.

The official period is from Saturday 5 August to Friday 11 August (6 nights). Discounted accommodation period is one (1) night before, i.e. on Friday 4 August, while the additional nights have been fixed to one (1) night before, i.e. on Thursday 3 August, and one (1) night after, i.e. on Friday 11 August.

If your team is planning to stay outside this period, the above-mentioned rates will not apply and a separate agreement will have to be made with the Jerusalem 2023 LOC (teamservices@jerusalem2023.org.il).

### **European Athletics Regulation 510.8. and 503.11**

We strongly encourage Member Federations to enter the number of athletes and officials as detailed and precise as possible. European Athletics will strictly follow the following regulations:

510.8. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

503.11. European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced their participation, does not take part, or attend the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20% (as per rule 503.8). The latter applies only if the Preliminary Entry is more than 4 (four).

**Note:** The team Invoice will be based on the accommodation requests included in the final entries as well as any additional requirements indicated after the closing of the final entries.

### **4.4.4 Payment Procedures**

Payments should be made in Euros by bank transfer to the following account:

Bank account name:	Israeli Athletics Association
Bank name:	Bank Leumi
Bank account number:	63209140
Branch:	833
Bank address:	43, Brodetski Street, Tel Aviv
Swift No:	LUMIULITXXX
IBAN:	IL410108330000063209140
VAT:	580244952

The total sum will be invoiced after the final entry deadline. Should the remaining amount (after the final entries) be settled by bank transfer, the team leader is requested to provide the LOC with a proof of payment upon arrival at the Finances Office that will be located in the Team Accreditation Centre. Otherwise, the balance of the payment must be paid on-site by the Team Leader upon arrival at the Accreditation Centre.

Payment can be made by credit card or by cash in NIS or Euros.

The following credit card type will be accepted on site: VISA, Mastercard, American Express

### **4.5 Rooming list**

Detailed information about athletes and officials' rooming list will have to be entered by the Member Federations during the Final Entries process.

While registering their final entries, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be communicated to Sample Collection Officials. Where this information is obtained, it will only be used for the purposes of urine testing, will be confidentially treated and destroyed once it is no longer required for these purposes.

#### **4.6 Meals**

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

##### **Meals - Buffet style menu – Provisional Restaurant opening hours:**

On 4-6.8.2023:

Breakfast	from 06:30	until 10:00
Lunch	from 12:30	until 14:30
Dinner	from 19:30	until 21:30

On Competitions days, 7-10/8/2023:

Breakfast	from 05:00*	until 10:00
Lunch	from 12:00	until 15:30
Dinner	from 19:30	until 23:00

\*Only cold breakfast until 06:00

A late serving provision will be made for those athletes retained at the stadium due to doping controls or protests.

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

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where they are staying.

## **4.7 Services in the Team Hotels**

### **4.7.1 Meeting Rooms**

Rooms for meeting opportunities are available at all team hotels. Reservation shall be required via the Information Desk at a reasonable time in advance.

To ensure that all teams have access to the meeting room, usage may be limited.

Teams requiring any additional service may make separate arrangements through the Information Desk. There is also the possibility to reserve office/meeting rooms for Teams, with exclusive right for the whole duration of the Championships. Please contact: [office@jerusalem2023.org.il](mailto:office@jerusalem2023.org.il)

### **4.7.2 Rooms for Physiotherapy**

Dedicated rooms for physiotherapy will be provided for the teams to set-up their own massage beds.

There will also be LOC physiotherapy services offered to those teams that do not have their own Team Physiotherapist.

### **4.7.3 Internet Access**

Free internet access will be provided at team hotels.

### **4.7.4 Check-in / check-out times**

<b>Check-in:</b>	4.08.2023	from 15:00
	5.08.2023	from 22:30

On 5<sup>th</sup> August, there will be dedicated common areas for the teams, and they will be able to have lunch and dinner but no rooms before 22:30.

<b>Check-out</b>	Until 11:00
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Please contact the LOC for specific arrangements outside these times.

## 5. COMPETITION

### 5.1 Technical Information

#### 5.1.1 Technical Information Centre (TIC)

The TIC is located at the competition venue (see appendix).

The main function of the centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegates and the Competition Management of the Championships regarding technical matters.

The TIC will be open according to the following schedule:

Dates	Opening hours
Sunday 6 August	8:00-13:00
Monday 7 August	6:30-13:00, 15:00-22:00
Tuesday 8 August	6:30-13:00, 15:00-22:00
Wednesday 9 August	5:30-13:00, 15:00-22:00
Thursday 10 August	5:30-22:30

The TIC is responsible for, 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
- Receipt of written questions to be answered during the Technical Briefing
- Settlement of technical enquiries from delegations
- Receipt of final confirmations and relay declarations
- Receipt of withdrawal forms
- Distribution of special passes the day before the respective event, according to start lists
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements
- Managing additional doping control requests (national record ...)
- Protests and written appeals

The distribution of competition related information and important notices of general interest (e.g. changes to the timetable) at the TIC **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.

All competition related information will also be sent by emails to the team leaders to the email addresses communicated in the final entries. Any relevant additional email addresses can be communicated to the TIC ([tic@jerusalem2023.org.il](mailto:tic@jerusalem2023.org.il)) prior to the start of the Championships. When the Team Leaders are collecting the team accreditation cards and bibs, they will be asked to confirm the e-mail addresses.

#### Virtual TIC

Team Leaders will also be provided with an individual and personalised access to European Athletics online tool, where they will be able to:

- make their final confirmations
- download information posted by the LOC / European Athletics (technical information, qualification procedures and starting heights, daily call room schedule ...)
- fill-in competition forms (question for Technical Briefing, technical enquiries to TIC, withdrawal forms ...)

The platform will be accessible at a link to be communicated to the Teams at a later stage, together with a detailed user manual.

The online tool is accessible via any device (e.g. PC, smartphone, etc) having access to the internet.

### **5.1.2 Orientation visit and technical briefing**

There will be an **Orientation visit** organised to the Givat Ram Stadium on 6 August at 9:00, in order for the team leaders to inspect access routes and other facilities which will be important to the teams. Team leaders are to meet LOC members at the TIC, from where they will be escorted to this visit. The visit will be held in English.

There will be no dedicated transport provided for this activity. Team delegates shall use the Team Shuttle Service from the team hotel. Please refer to the Information Desk in the Team Hotel for detailed information.

This competition venue inspection will be followed by a **Technical Briefing**, which will be held in Givat Ram Stadium on 6 August straight after the orientation visit.

Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Briefing.

The Technical Briefing will provide updates and information which is not already mentioned in this team manual and will include:

- Timetable amendments (if any)
- Qualifying procedures for races
- Qualifying distances for field events
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Any inquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Briefing.

The forms on which the questions must be filled-in online on the final confirmation platform, no later than 5 August at 18:00.

### **5.1.3 Daily Meetings with the Team Leaders**

Meetings with the Team Leaders will be held daily and starting from 7 August in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on 7 August at 11:30 in the meeting room at the competition venue. The remaining meetings will be scheduled on site and according to the needs.

#### **5.1.4 Team Leaders' WhatsApp group**

A WhatsApp group including all member federations' team leaders will be created on site, in order to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the TIC/European Athletics via this group.

European Athletics kindly asks the team leaders to use this group only for questions or concerns of the interest of all teams. For the questions and concerns of their team only, a team leader is encouraged to use other means of communication with the European Athletics and the LOC (email, Virtual TIC, etc.).

### **5.2 Competition & Training Venues, Equipment & Implements**

#### **5.2.1 Competition Venue**

##### **5.2.1.1 Givat Ram Stadium**

Givat Ram Stadium and its surroundings are shown in appendix. There are 3400 seats in the stadium.

Daily maps including location of field events for each session are presented in appendix.

#### **5.2.2 Warm-up areas**

The Warm up areas will be in the following sites:

- Givat Ram Stadium
- Bayit Vagan (Throws)

The warm-up venues will be operational according to the needs of the timetable. Bayit Vagan will include all Throws and a Weight Lifting area. Dedicated time slots will be given for each Throw. The warm-up schedule for Bayit Vagan, as well as the shuttles information, will be published in each hotel, and will also be available in the appendix.

#### **5.2.3 Training Venues**

Athletes will have the possibility to train in the following venues:

- Keshet
- Bayit Vagan (all throws)

Keshet Training Schedule is listed below. Bayit Vagan training schedule is listed in the appendix.

High Jump and Pole Vault will have dedicated time slots as approaches are crossing each other. See below:

## Keshet Training Schedule

(250m Track, Starting Blocks, Hurdles, Horizontal Jumps, Weightlifting, **specific HJ + PV schedule see below**)

Saturday, 5 Aug - Thursday, 10 Aug

Morning: 8:30-11:30 (except Sunday, 6 August)

Evening: 17:00-20:00

## Keshet Training Schedule for HJ and PV

	Sat, 5 August	Sun, 6 August	Mon, 7 August	Tue, 8 August	Wed, 9 August	Thu, 10 August
Morning	HJ 8:30-9:45	Canceled due to Givat Ram site visit	HJ 8:30-9:45	PV 8:30-10:15	HJ 8:30-9:45	PV 8:30-10:15
	PV 9:45-11:30		PV 9:45-11:30	HJ 10:15-11:30	PV 9:45-11:30	HJ 10:15-11:30
Evening	HJ 17:00-18:15	PV 17:00-18:45	HJ 17:00-18:15	PV 17:00-18:45	HJ 17:00-18:15	PV 17:00-18:45
	PV 18:15-20:00	HJ 18:45-20:00	PV 18:15-20:00	HJ 18:45-20:00	PV 18:15-20:00	HJ 18:45-20:00

Equipment and implements necessary for training will be available at the training venue(s). 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.

Weight Training areas in the training venues are situated both at Keshet and Bayit Vagan.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the information desks in each team hotel.

### 5.2.4. Official Training at the Competition Venue

Official training for all athletes at the Givat Ram Stadium will take place on 6 August from 8:30-10:30. The competition Warm-up area will also be available during this time only.

Training with Official Starters will take place at Givat Ram Stadium on 6 August from 9:00-10:00.

### 5.2.5 Implements & Equipment

#### 5.2.5.1 Official Implements

The implements provided by the LOC (see appendix) are selected from those appearing on the current World Athletics approved implements list.

Additional implements may be added to the approved list, if requested by Member Federations or manufacturers to the European Athletics, by 28.02.2023, and if supplied to the LOC free of charge. All such implements must have World Athletics certification and must be approved by the European Athletics Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by 15.06.2023 at the latest.

#### 5.2.5.2 Personal Implements

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are World Athletics certified

- They have been checked for compliance with World Athletics Rules
- They are made available to all the other competitors until the end of the Final

Personal implements will have to be submitted at the TIC the day before the event and no later than 19:00.

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned.

Note: "World Athletics Certified" implements may include older models that previously held a certificate but are not in production any longer.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the World Athletics list on the website (<https://www.worldathletics.org/library>) in advance to identify the implement noting its World Athletics certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the World Athletics Office at [technicalofficer@worldathletics.org](mailto:technicalofficer@worldathletics.org) so that its status can be checked and confirmed to you and the LOC in due time.

The athletes are now allowed to use model of personal implements which are also provided by the organisation. (rule WA TR 32.2)

#### **5.2.5.3 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 at the event site. Officials will also provide adhesive tape for the relay runners at the track.

## 5.3 Entry, Qualification System & Final Confirmations

### 5.3.1 Entry Rules

In accordance with European Athletics regulations 503, all participants must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics Rules.

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

Only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the European Athletics U20 Championships.

Competitors must be able to present, if requested to do so by the Technical Delegates, an official document stating their birth date.

### 5.3.2 Entry Standards and Qualification Procedure

#### 5.3.2.1 Individual Entries

Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3).

Alternatively to 503.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. However, **the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.**

If the host country of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. **The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.**

### 8.2.2 Relay Teams

Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

### 5.3.3 "I run Clean" Certification

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.

### 5.3.4 Entry Procedures

Entries shall be made through the European Athletics Event Management System. Member Federations' entries manager shall use their already known individual and personalised access.

#### 5.3.4.1 Final Entries

Final entries indicating the names and individual logistical information (**detailed travel arrangements, accommodation request and rooming list**) of the competitors and of the officials must be received not later than 10 (ten) days before the event. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Saturday 08 July
- Deadline for the final entries: Friday 28 July, 14:00 (CET)

All member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf confirmation after the closing of the system.

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process. Amendments and updates will then be possible through the accommodation and transportation modules after the closing of the final entries.

#### 5.3.4.2 Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will take part in the competition. Confirmation of athletes will not be accepted after the deadline (see table below).

Final confirmation will have to be made online, via European Athletics online tool.

Final confirmation forms can be submitted together (for all competition days) or for one day at time at the TIC in accordance with the times and dates shown in the table below:

Competition day	Deadline for Final Confirmation
Monday, 07.08.2023	Saturday 05.08.2023 – 18:00
Tuesday, 08.08.2023	Monday 07.08.2023 – 09:00
Wednesday, 09.08.2023	Tuesday 08.08.2023 – 09:00
Thursday, 10.08.2023	Wednesday 09.08.2023 – 09:00

#### 5.3.4.3 Relays Declaration Forms

The composition of each relay team and the order of running shall be officially declared to the TIC no later than the published first call time (the time by which the athletes must be present in the Call Room) for their respective heat in each round of the competition.

Forms for the final declaration and running order must be completed and submitted online in accordance with the deadline set out in the table below:

Competition day	Deadline for Final Declaration - Relays
Wednesday, 09.08.2023	4x400m Relay Women R1 Heat1 – 09:15
	4x400m Relay Women R1 Heat2 – 09:26
	4x400m Relay Men R1 Heat1 – 09:40
	4x400m Relay Men R1 Heat2 – 09:51
Thursday, 10.08.2023	4x100m Relay Women R1 Heat1 – 09:05
	4x100m Relay Women R1 Heat2 – 09:11
	4x100m Relay Men R1 Heat1 – 09:19
	4x100m Relay Men R1 Heat2 – 09:26
	4x100m Relay Women Final – 18:30

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4x100m Relay Men Final – 18:40  
4x400m Relay Women Final – 20:41  
4x400m Relay Men Final – 20:51

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Once the team has taken part in the event, up to four 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.

#### **5.3.4.4 Failure to participate**

Any athlete who, after the Final Confirmation has been submitted, 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 appointed under World Athletics Rule 6 of the Competition Rules or CR6), shall be excluded from participation in all further events in the competition, including Relays (see World Athletics Rule 4 of the Technical Rules or TR4).

#### **5.3.4.5 Withdrawals**

Withdrawals after final confirmation, must be submitted, on the official Withdrawal Form, to the TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal must be specified in detail, being its acceptance, the responsibility of the Technical Delegates based on the World Athletics Rules.

### **5.4 Competition Procedure**

#### **5.4.1 Timetable**

Please refer to Appendix for the competition timetable.

#### **5.4.2 Competition Bibs**

##### **5.4.2.1 General**

For individual events, each competitor will receive 4 personal bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag.

Exceptions are made for jumping events where competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For races from 800m and above, each competitor will receive 3 personal bibs with name. These must be pinned to the back of the competition clothing, to the back of the tracksuit, and to the bag. The front bibs of these athletes (including a transponder) will be distributed in the Call Room.

Bibs must not be cut, folded or covered in any way.

##### **5.4.2.2 Relays**

Each runner in a relay team must wear the bib with the official three-letter country code of his/her national federation on his/her front. These bibs will be distributed in the Call Room. On his/her back the runner must wear the personal bib.

#### 5.4.2.3 Race Walking

Each competitor in the race-walking events will be given two special bibs which must be worn as follows:

- the bib with his/her name and identification number on his/her front (to be distributed in the Call room)
- the bib with his/her identification number only on his/her back

#### 5.4.2.4 Combined Events

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest.

Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chest, which will indicate their position in the competition prior to the last event.

#### 5.4.3 Competition Clothing

Competitors must wear the Federation's official team clothing. World Athletics Rule 5 of the Technical Rules or TR5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations in force. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed/taped at the Call Room.

Member Federations shall confirm their team vests. If the uniform displayed on EA extranet differs from your current official uniform, the revised Team Vests form must be uploaded by 24 July 2023 using the platform sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews at the Stadium and Victory Ceremonies.

#### 5.4.4 Call Room

The Call Room is located at the northeast corner of the Givat Ram Stadium. Access will be allowed to athletes only and according to the following reporting times (there may be slight amendments in case of particularly large fields in the Field Events qualification):

	Report Call Room	Call Room closes	At competition site
Track Events <800m	0:25	0:20	0:06
Track Events >800m	0:25	0:20	0:05
High Jump	1:00	0:55	0:40
Pole Vault	1:20	1:15	1:00
Other Field Events	0:50	0:45	0:30
Relays	0:30	0:25	0:07

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

For some events, a gate presentation will happen. For these events, 5 minutes will be added in the call room timetable compared to the times indicated in the table.

Athletes who fail to report on time to the Call Room without a valid reason may be excluded from participating in this and all further events in the Championships, including Relays.

A dedicated, heat by heat, Call-up Schedule will be issued once Final Entries are confirmed and will be the reference for the competition. It will be displayed at the Warm-up Area and handed out at the TIC daily.

Refreshments (still water) and toilets will be available next to the Call Room.

#### **5.4.4.1 Call Room Procedures**

In the Call Room the judges will check the following in accordance with World Athletics Rules:

- Competition Bibs
- Shoes and Spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

Athletes competing in races from 800m and above (including race walking) will be provided with their front bib (including a small transponder) in the Call Room. After the competition, the athletes must return the transponder at the entrance of the Kit Collection Area, where they will be collected by volunteers.

Athletes in combined events need only report to Call Room before their first event in each session (morning and afternoon). Before each additional event, the combined events referee will provide information on when to enter the last Call Room.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per World Athletics Rule 6 of the Technical Rules or TR6. Competition officials in Call Room will confiscate all not authorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

#### **5.4.5 Specific Event Procedures**

Competition Regulations are available at <https://www.european-athletics.com/competitions/competition-regulations>

##### **5.4.5.1 Track Events**

Athletes in track events will be asked to enter infield already dressed in competition clothing. Tracksuits shall be placed in baskets at Call Room, and these will be taken to the kit collection at the end of the mixed zone for collection after the race.

#### **5.4.5.2 Trials in Field Events**

In all throwing events, each athlete is allowed to two practice trials under the supervision of the judges, more if time allows. The athletes will be called to the practice trials in the competition order.

In the remaining field events, the practice trials will be supervised by the relevant judges.

In qualification for the final in horizontal field events, all athletes will be allowed a maximum of three trials but any athlete qualifying after their first or second trial are not allowed to take any further trials. In the finals top 8 athletes after 3<sup>rd</sup> attempt, will be allowed 3 additional attempts (6 in total).

In the Finals of the horizontal field events, the competing order for the fourth, fifth and sixth rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials.

#### **5.4.5.3 Combined Events**

Competitors taking part in combined events must report to Call Room at the start of each session (morning and afternoon).

A resting area for the competitors taking part in combined events will be provided under the main stands (see stadium map,), where athletes can rest and wait for their next 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.

Lunch box can be ordered 48 hours in advance by filling out a request form at the TIC. Only those athletes and coaches of Combined Events only who will order the lunch box will not have the availability of lunch at the hotel.

Access to the combined events resting area is limited to the competitors and any other accredited person per athlete (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

#### **5.4.5.4 Race Walking**

Race walking events will be conducted using the "Penalty Zone" Rule – following below Operational Guidelines.

#### **Penalty Zone Rule – Operational Guidelines**

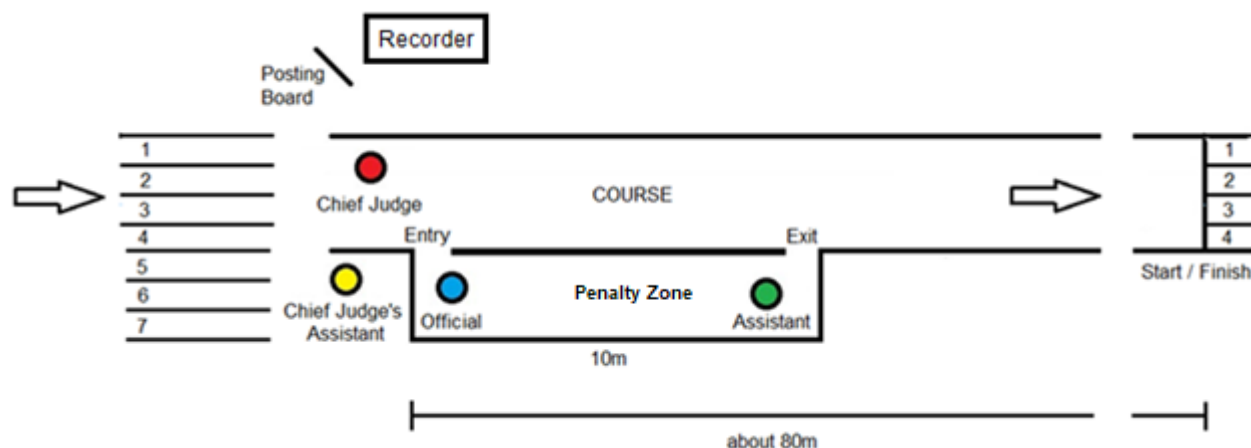
These below guidelines have been developed in order to ensure a consistent approach to the practical implementation of the Penalty Zone.

#### **Penalty Area Set-up**

- It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.
- It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
- Small barriers or cones should be used to clearly identify the penalty zone.

- The athlete is free to stop or continue moving inside the penalty zone however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.

### **Example of set-up for a track event**



### **Additional Officials**

- There must be 2 red-card collectors next to each Race-Walking Judge to ensure the fastest possible delivery of the red cards to the recorder.
- 1 official and 1 assistant will be required to manage the operation of the Penalty Zone (in charge of the athletes' entry and exit, plus the control of the penalty time).
- 1 Chief Judge's Assistant will be required to help the Chief Judge communicate the penalty times to the athletes concerned, especially in the last laps.

### **World Athletics Technical Rule 54. must be applied with the following adaptations:**

- When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides and he must stop in the penalty zone at the first opportunity.  
Depending on the race distance, the following penalty times shall apply:  
  - ✓ **Races longer than 5000m and up to 10,000m (10km) 60 seconds**
- At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Penalty Zone.
- The time penalty starts immediately as the athlete enters the Penalty Zone.
- The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty.
- After the time penalty and following the instructions of the official in charge of the penalty zone, the athlete shall re-enter the event.
- The athlete is not judged in the Penalty Zone.
- If the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives 4 or more Red Cards before stopping in the penalty zone, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the penalty zone, the athlete shall finish the race and the penalty time (30 or 60 seconds) shall be added to his official time.

The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).

#### **5.4.6 Coaching Zones**

To allow communication between athletes and coaches, seats have been reserved in the stands close to the Horizontal Jumps. Special passes for each field event will be distributed from the TIC to the teams, according to the Final Confirmation. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be visible at all times.

#### **5.4.7 Timing & Measurement**

The official timing will be provided by ATOS and will be displayed on the official electronic timing instrument and photo finish cameras. For all races of 800m or more, the elapsed time will be displayed on electronic timers located at the end of each straight.

All field events will be measured by ATOS scientific measurement equipment.

#### **5.4.8 Post Competition Procedures**

After the competition, Track athletes will be directed to leave immediately through the mixed zone, while Field athletes will be escorted to the mixed zone as a group. In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The clothing baskets will be brought to the kits collection area located after the mixed zone.

Shoe control will be conducted in the kit collection area.

The first three athletes in each event may be asked to attend an official press conference. These press conferences will take priority over all other interview requirements. They will usually be held before doping controls.

#### **5.4.9 Drinking Stations**

Water will be provided in the warm-up area, in the call room, in the infield and in the mixed zone.

#### **5.4.10 Protests and Appeals**

Protests and appeals are permitted and will be processed in accordance with World Athletics Rule 8 of the Technical Rules or TR8.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (World Athletics Rule 8 of the Technical Rules or TR8). Such a person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

In case the appropriate Referee is not accessible or available, the protest can be made to him through the TIC or via the Online TIC. 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 (posted on the TIC information board).

If the final decision of the Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC or via the Online TIC.

Any written appeal to the Jury of Appeal must be made in accordance with World Athletics Rule 8 of the Technical Rules or TR8 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, the payment of the deposit will not be done on site, but with the federation, at the end of the year. The Jury's decision will be provided in writing.

## **6. MEDICAL**

### **6.1 Medical Services**

The medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the stadium.

Below you can find information about the medical care sites and relevant instructions.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 101.

#### **6.1.2 Medical Services in the Team Hotels**

The medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. Sha'arei Zedek Hospital is located at Shmuel Bayt St. 12 in Jerusalem and will be open 24 hours.

#### **6.1.3 Medical Care at the Stadium, Warm-up, Training Areas**

The stadium medical service is responsible for any problems concerning the athletes' health. There is also a room for medical attention next to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

The stadium medical service is also responsible for first aid in the warming up area.

There are 2 first aid teams on the infield, supervised by a doctor and marked with red David Stars.

Medical tent will be situated at the area between the warm-up and the competition track which will serve the teams.

### **6.2 Physiotherapy Services**

#### **6.2.1 Physiotherapy Services in Team Hotels**

There will be some rooms available for physiotherapy use in the team hotels. The physiotherapy room will be equipped with massage tables, ice, tapes and towels.

Athletes willing to book a treatment shall proceed to the Information Desk in their respective team hotel where volunteers will make arrangements according to the availability.

#### **6.2.2 Physiotherapy Services at warm-up and training venues**

All teams will have their own facilities prepared in the warm-up area with adequate physiotherapy space, including the availability of an LOC physiotherapist on call. Athletes willing to book a treatment shall proceed to the Medical Centre, where the medical staff will make arrangements according to availability.

The team physiotherapists and doctors may use the equipment in the MMC in cooperation with the LOC medical staff.

### **6.4 Import of Medication and Medical Equipment**

Medication for personal use may be imported by athletes/medical staff.

## **6.5 Doping Control**

### **6.5.1 General Information**

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules which are compliant with the WADA code in force since 1 January 2021. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form after leaving the Mixed Zone. Athletes have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

As per the applicable regulations selected athletes should report to the DCS immediately, exceptionally athletes will be allowed to proceed to the DCS when they are ready to perform the test. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample without a valid reason would result in disqualification and may result in further disciplinary action. Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.

### **6.5.2 Selection of Athletes**

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

All athletes setting World or European records must report to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

### **6.5.3 Additional Controls**

Athletes requiring doping control (e.g., for national record) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station.

The cost of this control (sample collection material and analysis costs) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

## 7. CEREMONIES & SOCIALS

### 7.1 European Athletics - LOC Dinner

A European Athletics - LOC dinner will take place at Kedma Restaurant on Sunday 6 August at 19:30. Head of Delegation of each team will be invited via Invitation Card. Invitation cards will be distributed during the accreditation process.

### 7.2 Opening Ceremony

The Opening Ceremony will take place on Monday 7 August 2023 at 16:30, at Givat Ram Stadium.

Team members will not be involved in the Opening Ceremony, but they are welcome to attend the ceremony.

### 7.3 Victory Ceremonies

All the victory ceremonies will take place at Givat Ram 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.

Teams will receive detailed information on the victory ceremonies at the Technical Briefing.

## 8. Contact details

For further details about the European Athletics U20 Championships in Jerusalem/ISR please contact:

### **European Athletics**

Avenue Louis-Ruchonnet 16

1003 Lausanne, Switzerland

Tel: +41 21 313 43 50

E-mail: [competition@european-athletics.org](mailto:competition@european-athletics.org)

Web: [www.european-athletics.com](http://www.european-athletics.com)

### **Local Organising Committee**

Mr Jack Cohen

CEO

Shirly Meir

Event Coordinator

[office@jerusalem2023.org.il](mailto:office@jerusalem2023.org.il)

## 9. Appendices

Appendix 1 – Entry standards & Conditions

Appendix 2 – Implements List

Appendix 3 – Timetable

Appendix 4 – Daily maps

Appendix 5 – City Map with Team hotels & Championships sites

Appendix 6 – Map of Stadium and Warm-up

Appendix 7– Map of Training Areas

Appendix 8 – Timetable for Training – Throws

Appendix 9 – Key dates and General Programme

**European Athletics U20 Championships 2023**  
**Jerusalem/ISR, 07-10 August 2023**  
**Entry Standards**

<b>Athletes</b>	<b>Rounds</b>	<b>Men</b>	<b>Event</b>	<b>Women</b>
32	3	10.65	<b>100m</b>	11.80
32	3	21.60	<b>200m</b>	24.30
32	3	48.00	<b>400m</b>	55.50
24	2	1:50.25	<b>800m</b>	2:07.80
24	2	3:48.20	<b>1500m</b>	4:24.00
24	2	8:23.00	<b>3000m</b>	9:48.00
25	1	14:35.00	<b>5000m</b>	17:10.00
32	3	14.20	<b>100/110m Hurdles</b>	13.95
32	3	53.60	<b>400m Hurdles</b>	1:00.80
24	2	9:13.00	<b>3000m SC</b>	10:45.00
25	1	46:00.00	<b>10,000m Walk</b>	51:15.00
16	2	NES	<b>4x100m</b>	NES
16	2	NES	<b>4x400m</b>	NES
24	2	2.10	<b>High Jump</b>	1.80
24	2	5.00	<b>Pole Vault</b>	4.00
24	2	7.40	<b>Long Jump</b>	6.15
24	2	15.05	<b>Triple Jump</b>	12.70
24	2	17.75	<b>Shot Put</b>	14.00
24	2	54.00	<b>Discus</b>	47.50
24	2	67.00	<b>Hammer</b>	57.00
24	2	66.00	<b>Javelin</b>	48.00
20		7150	<b>Heptathlon/Decathlon</b>	5350

## Entry Rules

Individual participation (503.5): Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event (see regulation 508.1.3).

Alternatively to 503.5, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. However, **the total number of athletes without qualifying standards per European Athletics Member Federation shall not exceed two men and two women in total.**

If the host country of the European Athletics U20 Championships does not have a qualified athlete in one of the disciplines, it may enter one athlete in this discipline regardless of any Entry Standard. **The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event.**

Relay teams (503.7): Each European Athletics Member Federation may enter 1 (one) team in each relay event. Up to 8 (eight) athletes may be entered for each relay. From these 8 (eight) and from any other athletes entered for any event in the European Athletics U20 Championships, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Competitors must comply with eligibility qualifications for Area Games or Championships as set out in the World Athletics rules;

No athlete may compete in the European Athletics U20 Championships unless entered by a European Athletics Member Federation.

## Conditions for validity of performances:

- Performances must be achieved between the **1 January 2022** and **27 July 2023**;
- All performances must be achieved during competitions organised or authorised by World Athletics, its Area Associations, or its National Federations, and conducted in conformity with World Athletics Rules. Moreover, only results included to the World Athletics database will be considered as valid performance. European Athletics reserves the right to establish additional criteria for the acceptance of the results for the purpose of the entry standards, with the aim to preserve the integrity of the sport;
- In regard to the Member Federations, who are on the latest Competition Manipulation Watch List, the consequences, as defined by the World Athletics (please, refer to WA Circular Letter M/49/22), are valid also for the purpose of qualifying to any European Athletics event, including the European Athletics U20 Championships.

- Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with World Athletics Rule TR 9, performances achieved in events of 5000m 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;
- Wind assisted performances (over 2m/sec) will not be accepted; (For the combined events the conditions set in World Athletics Technical Rule will still be applied for qualification purposes, so at least one of the following conditions shall be satisfied:
  - the velocity in any individual event shall not exceed plus 4 metres per second;
  - the average velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 m/s;
- Indoor performances will be accepted;
- Hand-timed performances for events up to and including 800m and 4x100m Relay will not be accepted;
- For Race Walks, results of races conducted using the pit lane will be accepted.
- For the running events of 200m and over, performances achieved on over-sized indoor tracks will be accepted. Subject to that an oval track length is greater than 201.2m (220 yards) but no greater than 400m; and the event is conducted in a competition area or facility in conformity with the Rules and in respect of which, if held on a temporary facility, a survey has been made in accordance with Rule 10 of the Technical Rules.

### **Non-sporting eligibility criteria “I run clean”**

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.

# European Athletics U20 Championships 2023

## Jerusalem/ISR, 07-10 August 2023



### Official Implements List

#### Shot 4kg

CATALOGUE NO.	COMPANY	DESCRIPTION	COLOUR*	CERTIFICATION
5132400A	Nordic Sport	Brass, dia 100mm	Gold	I-12-0331
5131403	Nordic Sport	Valhalla, Ductile Cast Iron, dia: 109mm	Black	I-22-0336
PK-4/100-M	Polanik	Turned Brass, dia: 100mm	Gold	I-00-0198
PK-4/105-S	Polanik	Turned stainless steel, Competition, dia: 105mm	Metallic	I-00-0232

#### Shot 6kg

5131600C	Nordic Sport	Viking, steel, dia: 125mm	Orange	I-22-0342
N1118EXA	Nelco	Turned steel, dia: 124mm	Yellow	I-02-0260
5131600B	Nordic Sport	Viking, steel, dia: 115mm	Orange	I-18-0884
PK-6/105	Polanik	Competition, Turned steel, dia:105mm	Various	I-12-0584
PK-6/110-M	Polanik	Competition, turned brass, dia: 110mm	Gold	I-02-0264

#### Discus 1kg

F333A	NISHI Athletic	Super HM, steel rim, GFRP sides	Purple/black/white	I-02-0256
7001100	Anand T&F	ATE Supra XX, Steel rim, ABS plates	Yellow	I-16-0785
D1000JSUS	Denfi Sport	Jurgen Schult Ultimate Spin, chrome rim, carbon grey	White/yellow centre	I-99-0099
N1104C	Nelco	Lo-Spin, steel rim, plastic sides, rimglide 65m	Silver/black - Red/Yellow	I-99-0131
CPD11-1	Polanik	Competition, plastic, steel galvanised rim, synthetic sides	Blue	I-11-0493
HPD17-1	Polanik	Competition hard plywood discus with central stainless steel plate	Various	I-17-0847

#### Discus 1.75kg

N1104AA	Nelco	Lo Spin, steel rim, plastic sides, rimglide 65m	Silver/black - red/yellow	I-02-0258
6130175A	Nordic Sport	Viking, steel rim, ABS sides	Orange/grey	I-02-0288
CPD11-1,75	Polanik	Competition, plastic, steel galvanised rim, synthetic sides	Blue	I-11-0497
CCD19-1.75	Polanik	Competition, carbon, turned galvanised steel rim, carbon fibre sides	Black	I-20-1005

# European Athletics U20 Championships 2023

## Jerusalem/ISR, 07-10 August 2023



### Hammer 4kg

N1122ES/N1125BN	Nelco	Olympic, steel, dia: 95mm	Yellow	I-01-0250
5125400/5120040	Nordic Sport AB	Brass, dia: 95mm	Gold	I-99-0009
PH-4-S/UW-110	Polanik	Premium Line Silver, Stainless steel, dia: 95mm,	Silver	I-10-0465
PH-4-B/UW-110	Polanik	Premium Line Black, Steel, dia: 95mm,	Black	I-10-0466

### Hammer 6kg

5125600/5120040	Nordic Sport AB	Brass, dia: 105mm	Gold	I-02-0284
5127600A/5120040	Nordic Sport AB	Stainless steel, dia: 105mm	Silver	I-12-0614
PM-6/105-S/UP/UW-115	Polanik	Competition, turned stainless steel, dia: 105mm	Silver	I-02-0266
PM-6/105-M/UP/UW-115	Polanik	Competition, turned brass, dia: 105mm	Gold	I-02-0267

### Javelin 600gr

600CMC80	Nemeth Javel-Inn	Classic <b>80m</b> 600g, Medium composite	Violet/yellow/green	I-13-0629
600C75	Nemeth Javel-Inn	Club <b>75m</b> , 600g, aluminium	Violet/yellow/red, violet cord	I-99-0103
7917600a	Nordic Sport	Master Alu, 600g, aluminium, 50m	Blue, orange cord	I-13-0658
7917602	Nordic Sport	Diana NXB, Metal alloy, 45m	Pink/white spiral, grey cord	I-99-0016
7918603c	Nordic Sport	Javelin 600g Valhalla, medium NXS Hybrid Carbon	ellow/lilac spiral, black cord	I-18-0911
SC10-600	Polanik	Competition Sky Challenger, duraluminium	Transparent red, blue cord	I-11-0501
SM10-600	Polanik	Competition Space Master, duraluminium	Electric lime transparent, black cord	I-11-0502

### Javelin 800gr

800CMC90	Nemeth Javel-Inn	Classic 90m 800g, Medium composite	Blue/yellow/green, yellow cord	I-13-0635
SC10-800	Polanik	Competition Sky Challenger, duraluminium, 80m	Transparent red, blue cord	I-11-0504
7913800	Nordic Sport	Master 800, metal alloy, 65m	Blue, black cord	I-99-0013
7922800	Nordic Sport	Viking 800, Metal alloy	Turquoise, yellow cord	I-04-0308
7918803c	Nordic Sport	Javelin 800g Valhalla, medium NXS, Hybrid Carbon	Yellow/lilac spiral, black cord	I-18-0916
SM10-800	Polanik	Competition Space Master, duraluminium	Electric lime transparent, black cord	I-11-0505

## European Athletics U20 Championships 2023 Jerusalem/ISR, 07-10 August 2023



**ADDITIONAL IMPLEMENTS** may be added to the official list, if requested by Member Federations directly or by manufacturers with the endorsement of a Member Federation, to European Athletics by 1 May 2023, and if supplied to the LOC free of charge.

All such implements must have World Athletics certification and must be approved by the European Athletics Technical Delegates. Four items of each implement must be supplied by the Member Federation or manufacturer concerned and delivered to the LOC by 20 July 2023 at the latest.

**PERSONAL IMPLEMENTS** shall also be allowed, providing that:

- They have World Athletics certification in force.
- They are not already on the official list.
- They are in good conditions and the brand is easily recognised.
- They have been checked for compliance with World Athletics Rules.
- They are made available to all the other competitors until the end of the Final.
- They will have to be submitted to the LOC for approval at the location and by the deadline mentioned in the Team Manual.

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

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

According to the new WA Technical Rule 32.2, the personal implements may be of the same models as those on the official list.

European Athletics U20 Championships  
Jerusalem/ISR, 07-10 August 2023

TIMETABLE

DAY 1 - Monday, Morning, 7 August			
07:55	3000m SC	W	R1
08:25	High Jump	W	QAB
08:30	3000m	W	R1
08:35	Pole Vault	M	QAB
09:03	3000m	M	R1
09:05	Hammer Throw	W	QA
09:40	100m H Hep	W	
10:10	400m	M	R1
10:22	Hammer Throw	W	QB
10:40	High Jump Hep	W	AB
10:45	400m	W	R1
11:02	Long Jump	M	QAB

DAY 2 - Tuesday, Morning, 8 August			
08:00	3000m SC	M	R1
08:00	Hammer Throw	M	QA
08:30	Pole Vault	W	QAB
08:35	400m H	W	R1
08:40	Long Jump Hep	W	AB
09:05	400m H	M	R1
09:10	Hammer Throw	M	QB
09:40	400m	W	SF
09:55	400m	M	SF
10:25	200m	W	R1
10:25	Javelin Throw Hep	W	A
11:05	Shot Put	M	QAB
10:55	200m	M	R1
11:35	Javelin Throw Hep	W	B

DAY 3 - Wednesday, Morning, 9 August			
07:00	10,000 Race Walk	W	Final
08:00	Discus Throw	W	QA
08:05	Long Jump	W	QAB
08:40	100m Dec	M	
09:01	Shot Put	M	Final
09:05	3000m	W	Final
09:10	Discus Throw	W	QB
09:16	Discus Throw	M	MC
09:25	1500m	M	Final
09:30	Long Jump Dec	M	AB
09:40	4x400m Relay	W	R1
10:05	4x400m Relay	M	R1
10:20	Shot Put	W	MC
10:27	Javelin Throw	W	QA
10:35	400m H	M	SF
10:46	Triple Jump	M	QAB
10:55	400m H	W	SF
11:00	Shot Put Dec	M	AB
11:10	200m	W	SF
11:25	200m	M	SF
11:36	Javelin Throw	W	QB
11:37	Triple Jump	W	MC

DAY 4 - Thursday, Morning, 10 August			
07:00	10,000m Race Walk	M	Final
08:10	110m H Dec	M	
08:27	High Jump	W	MC
08:32	Javelin Throw	M	MC
08:37	10,000 Race Walk	M	MC
08:50	Discus Throw Dec	M	A
09:00	High Jump	M	Final
09:15	Long Jump	W	Final
09:30	4 x 100m Relay	W	R1
09:55	4 x 100m Relay	M	R1
10:00	Discus Throw Dec	M	B
10:45	Pole Vault Dec	M	A
11:25	Pole Vault Dec	M	B
11:30	Long Jump	W	MC
11:35	High Jump	M	MC

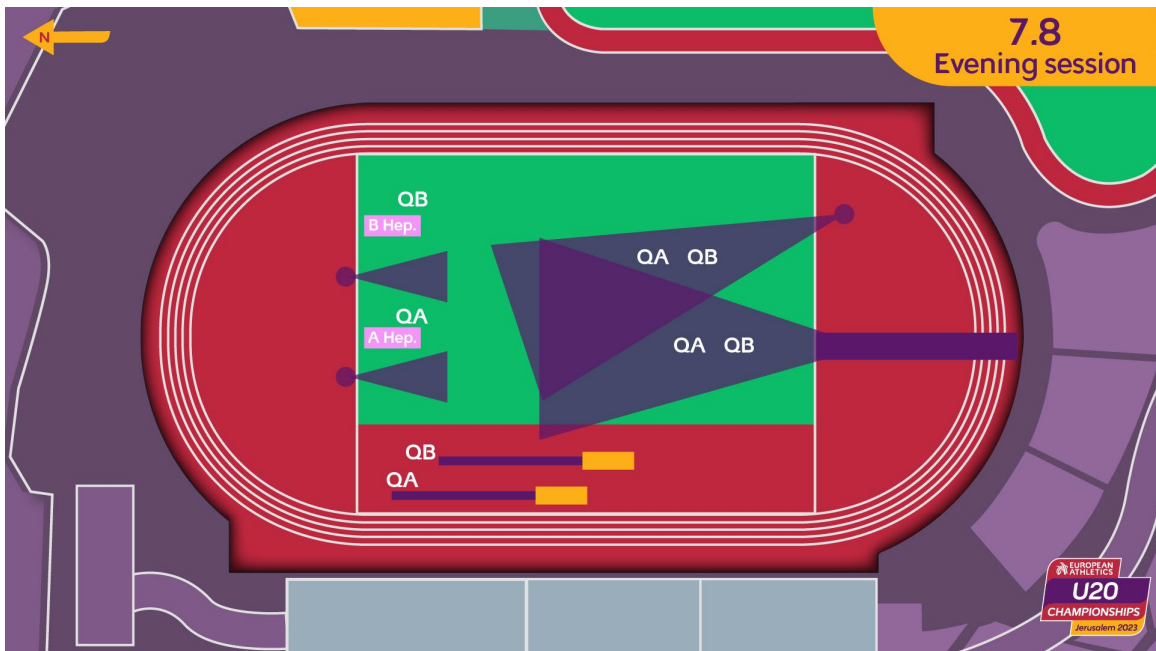
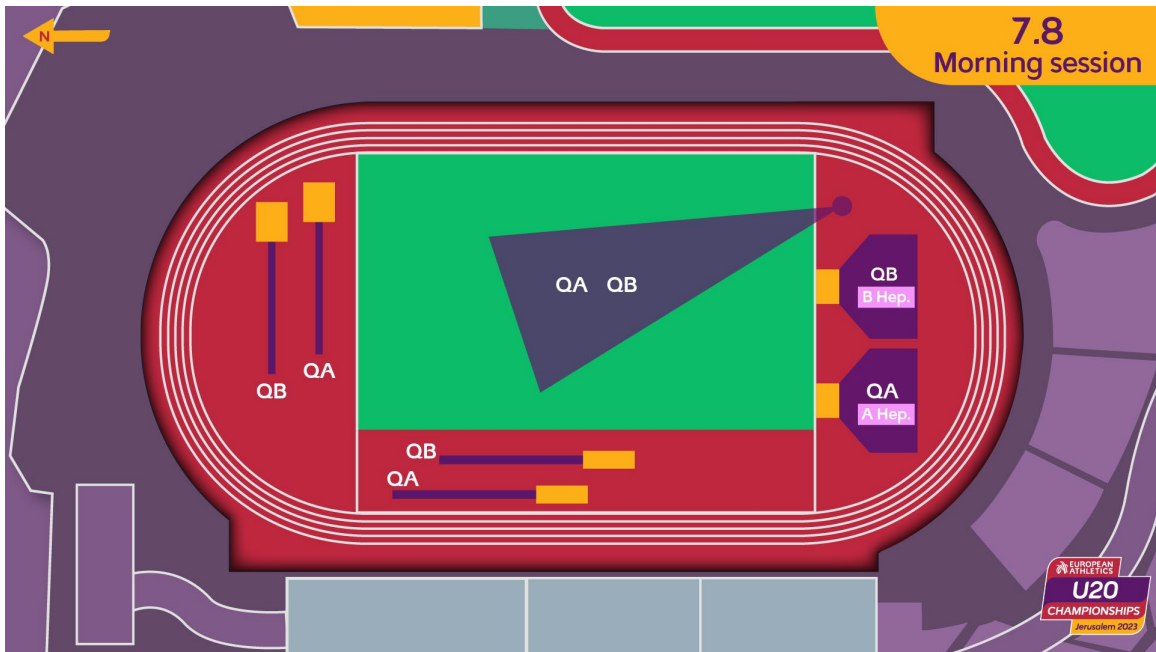
DAY 1 - Monday, Evening, 7 August			
16:35	Opening Ceremony		OC
16:55	Javelin Throw	M	QA
17:00	100m	M	R1
17:30	100m	W	R1
18:00	Shot Put Hep	W	AB
18:07	Javelin Throw	M	QB
18:10	110m H	M	R1
18:45	100m H	W	R1
18:50	Triple Jump	W	QAB
19:20	1500m	W	R1
19:28	Discus Throw	M	QA
19:38	Shot Put	W	QAB
19:40	1500m	M	R1
20:05	100m	M	SF
20:20	100m	W	SF
20:35	Discus Throw	M	QB
20:45	200m Hep	W	

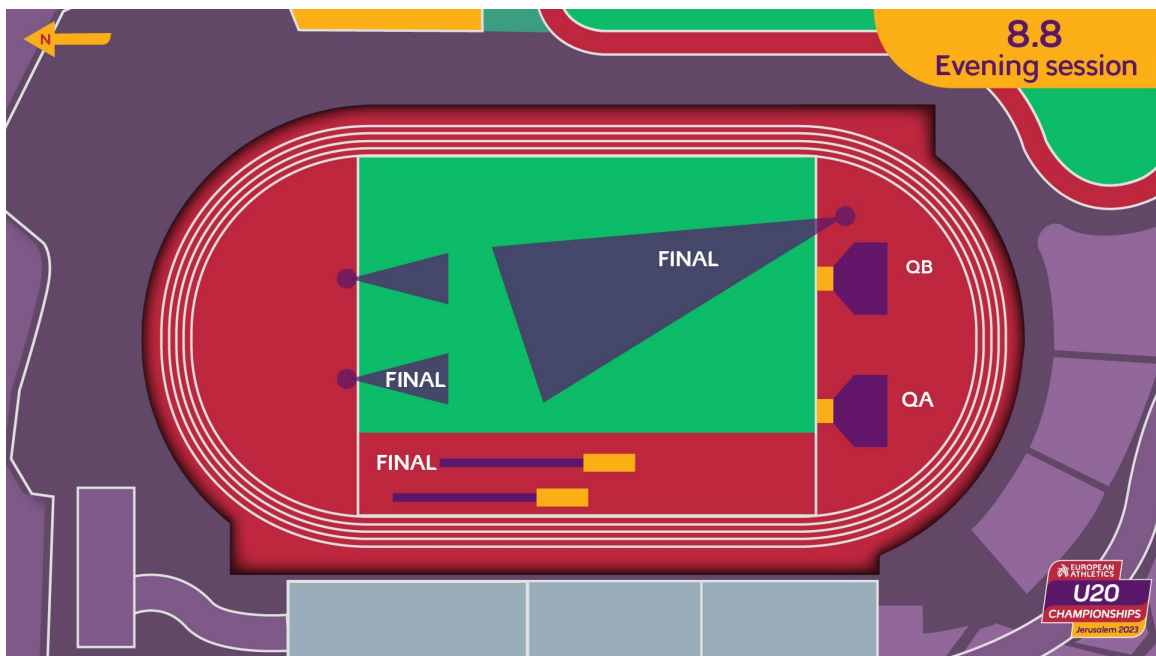
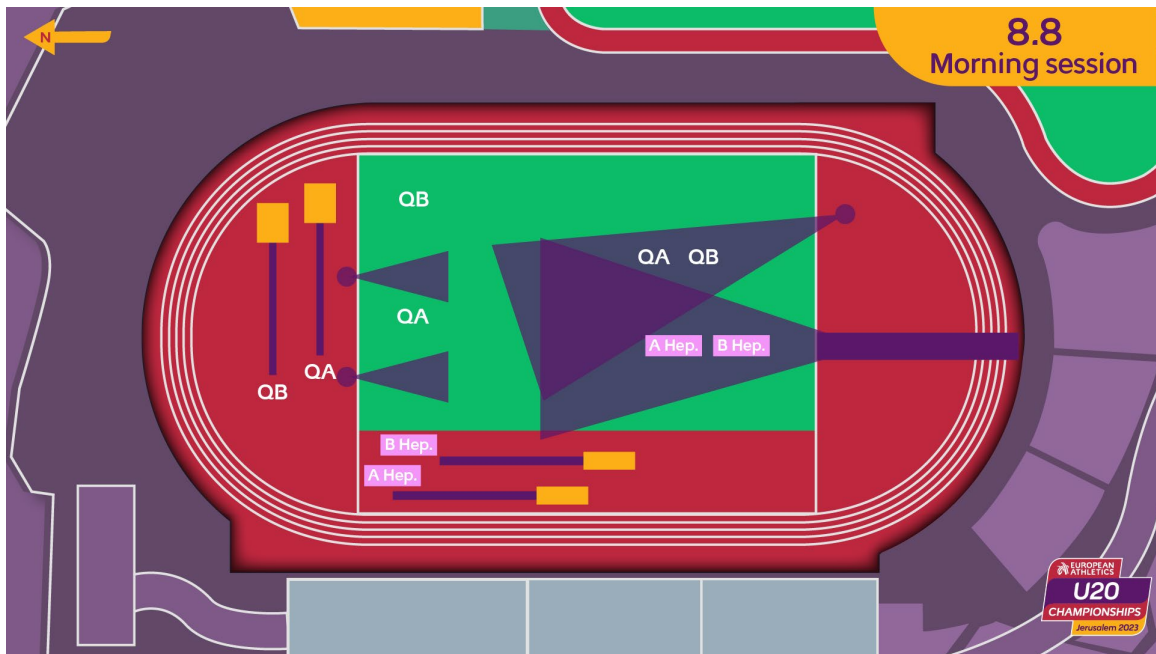
DAY 2 - Tuesday, Evening, 8 August			
17:00	High Jump	M	QAB
17:05	Hammer Throw	W	Final
17:10	Long Jump	M	Final
17:30	110m H	M	SF
17:55	100m H	W	SF
18:15	800m	W	R1
18:35	800m	M	R1
18:57	Triple Jump	W	Final
19:02	Discus Throw	M	Final
19:05	800m Hep	W	
19:22	Shot Put	W	Final
19:30	110m H	M	Final
19:34	Long Jump	M	MC
19:45	100m H	W	Final
20:00	100m	W	Final
20:10	100m	M	Final
20:30	Hammer Throw	W	MC
20:35	Heptathlon	W	MC
20:42	110m H	M	MC
20:47	100m H	W	MC
20:52	100m	W	MC
20:57	100m	M	MC

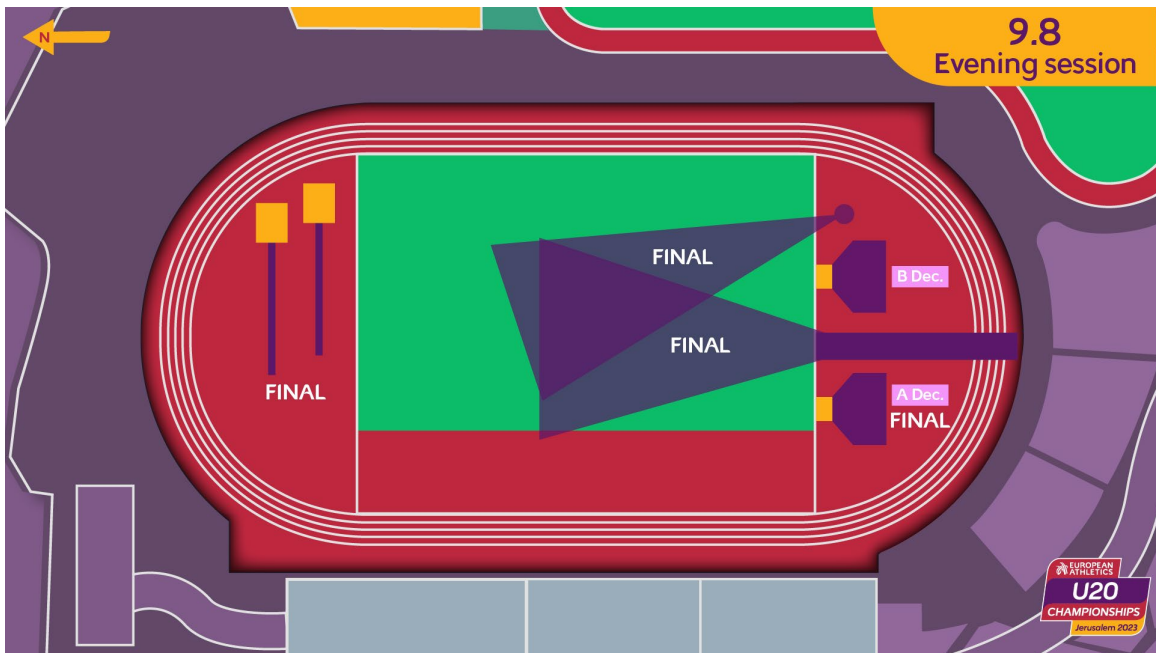
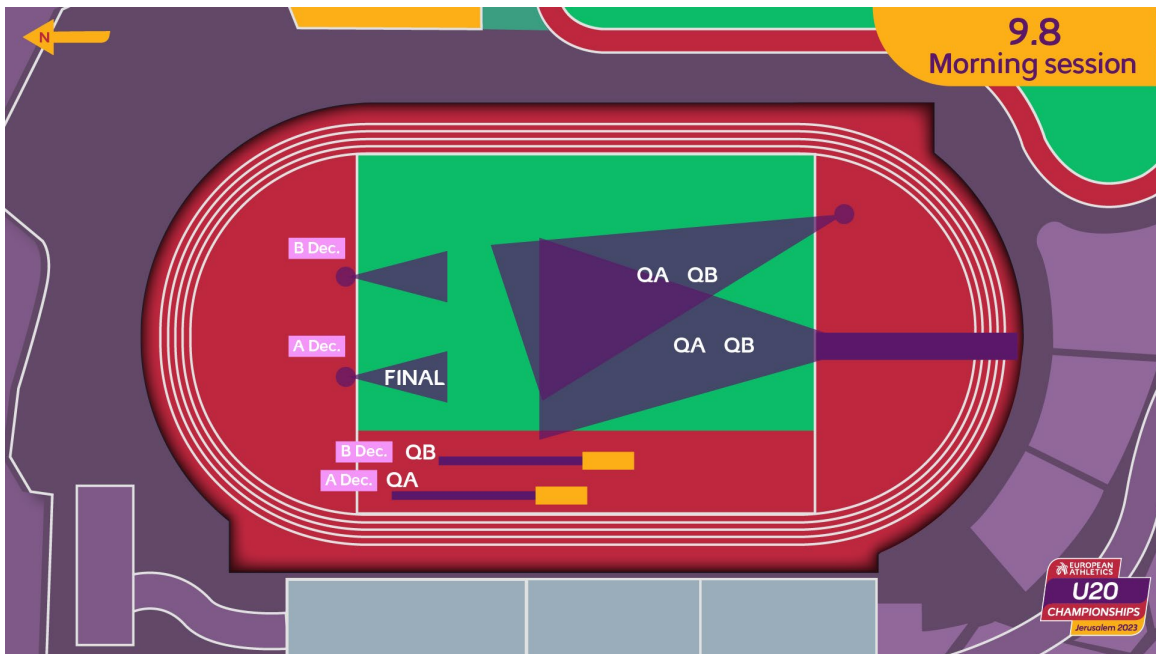
DAY 3 - Wednesday, Evening, 9 August			
16:35	10,000 Race Walk	W	MC
16:40	Shot Put	M	MC
16:45	3000m	W	MC
16:50	1500m	M	MC
17:00	High Jump Dec	M	AB
17:30	Pole Vault	M	Final
18:05	Hammer Throw	M	Final
18:52	400m	M	Final
19:07	400m	W	Final
19:15	High Jump	W	Final
19:20	1500m	F	Final
19:35	3000m	M	Final
19:50	Javelin Throw	M	Final
19:55	200m	W	Final
20:05	200m	M	Final
20:08	400m	M	MC
20:16	3000m SC	W	Final
20:28	400m	W	MC
20:37	400m Dec	M	
20:55	Hammer Throw	M	MC
21:00	1500m	W	MC
21:05	3000m	M	MC
21:10	200m	W	MC
21:15	200m	M	MC
21:20	3000m SC	W	MC
21:25	Pole Vault	M	MC

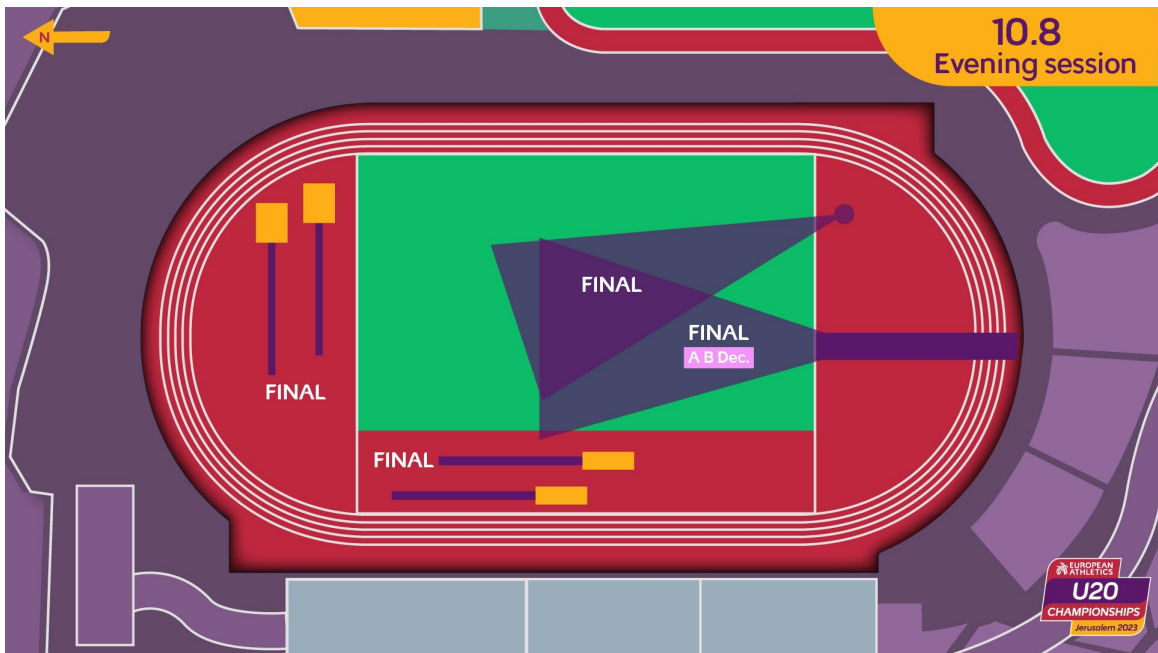
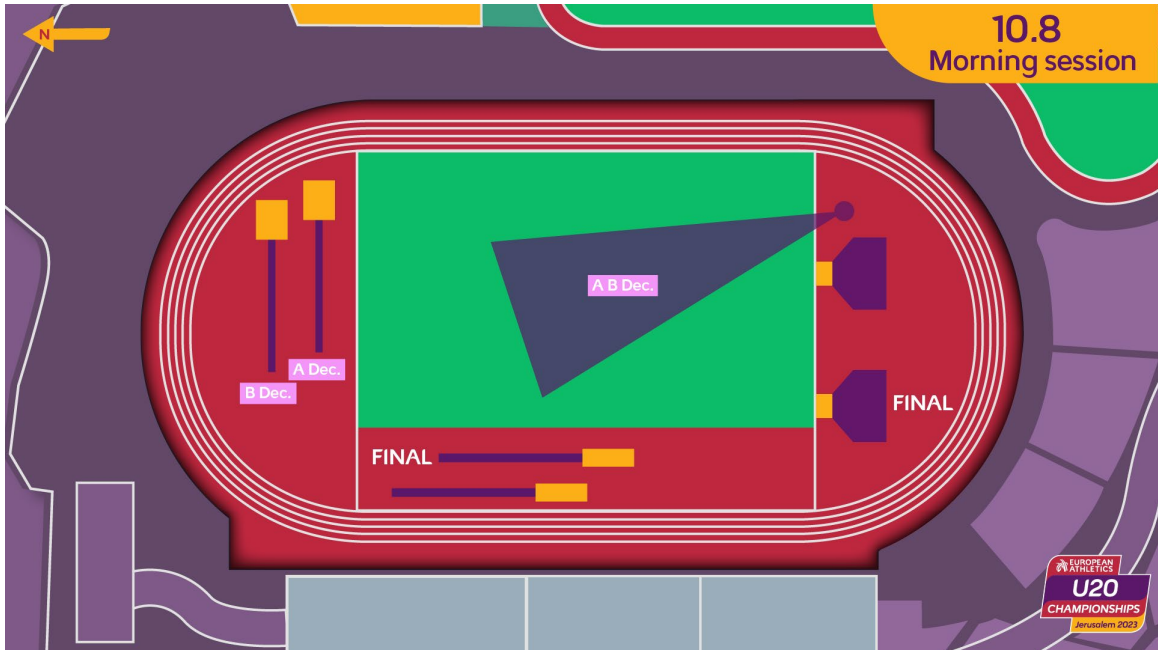
DAY 4 - Thursday, Evening, 10 August			
16:00	Javelin Throw Dec	M	A
17:05	Javelin Throw Dec	M	B
17:20	Pole Vault	W	Final
17:30	400m H	W	Final
17:45	400m H	M	Final
17:57	800m	W	Final
18:10	Javelin Throw	W	Final
18:15	800m	M	Final
18:30	3000m SC	M	Final
18:55	4 x 100m Relay	W	Final
19:05	4 x 100m Relay	M	Final
19:12	400m H	W	MC
19:20	5000m	W	Final
18:41	400m H	M	MC
19:30	Triple Jump	M	Final
19:43	800m	W	MC
19:52	Discus Throw	W	Final
19:56	1500m Dec	M	Final
20:10	800m	M	MC
20:20	5000m	M	Final
20:43	3000m SC	M	MC
20:48	Pole Vault	W	MC
20:53	Javelin Throw	W	MC
20:58	5000m	W	MC
21:06	4 x 400m Relay	W	Final
21:16	4 x 400m Relay	M	Final
21:23	Triple Jump	M	MC
21:28	Discus Throw	W	MC
21:33	Decathlon	M	MC
21:38	5000m	M	MC
21:43	4 x 100m Relay	W	MC
21:48	4 x 100m Relay	M	MC
21:53	4 x 400m Relay	W	MC
21:58	4 x 400m Relay	M	MC

## Appendix 4 – Daily maps









## Appendix 5-City Map



# JERUSALEM

## CITY MAP

**U20**  
CHAMPIONSHIPS  
Jerusalem 2023

### 1. Rabin Youth Hostel (Teams)

- 0 min / 3 min → Competition Warm-up Venue
- 0 min / 3 min → Competition Venue
- 13 min / 38 min → Bayit Vagan Throws Training and Warm-up Venue
- 16 min / 39 min → Keshet Training Venue

### 2. Bayit Vagan Guesthouse (Teams)

- 12 min / 45 min → Competition Warm-up Venue
- 12 min / 45 min → Competition Venue
- 5 min / 15 min → Bayit Vagan Throws Training and Warm-up Venue
- 14 min / 56 min → Keshet Training Venue

### 3. Royal Hotel (Teams)

- 4 min / 15 min → Competition Warm-up Venue
- 4 min / 15 min → Competition Venue
- 7 min / 28 min → Bayit Vagan Throws Training and Warm-up Venue
- 13 min / 53 min → Keshet Training Venue

### 4. Jerusalem Gardens Hotel (Teams)

- 5 min / 17 min → Competition Warm-up Venue
- 5 min / 17 min → Competition Venue
- 8 min / 30 min → Bayit Vagan Throws Training and Warm-up Venue
- 14 min / 55 min → Keshet Training Venue

### 5. Jerusalem Gate Hotel (Teams)

- 9 min / 21 min → Competition Warm-up Venue
- 9 min / 21 min → Competition Venue
- 14 min / 24 min → Bayit Vagan Throws Training and Warm-up Venue
- 13 min / 27 min → Keshet Training Venue

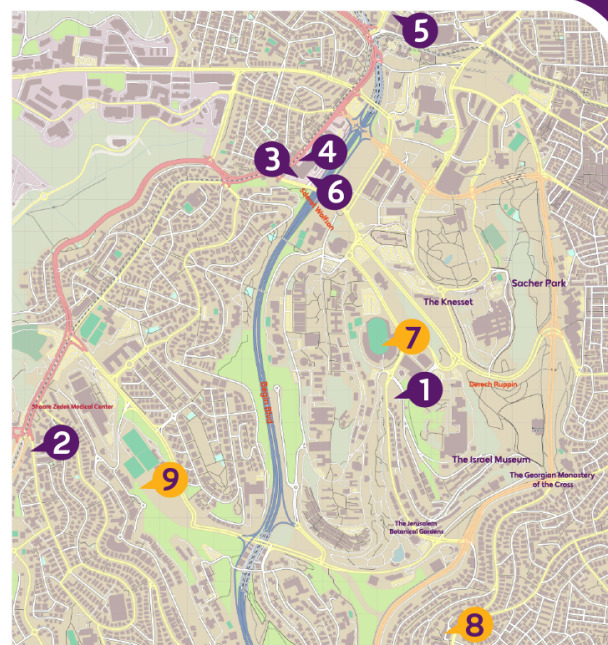
### 6. Ramada Hotel (VIP)

- 4 min / 15 min → Competition Warm-up Venue
- 4 min / 15 min → Competition Venue
- 7 min / 28 min → Bayit Vagan Throws Training and Warm-up Venue
- 13 min / 53 min → Keshet Training Venue

### 7. Givat Ram Competition Venue

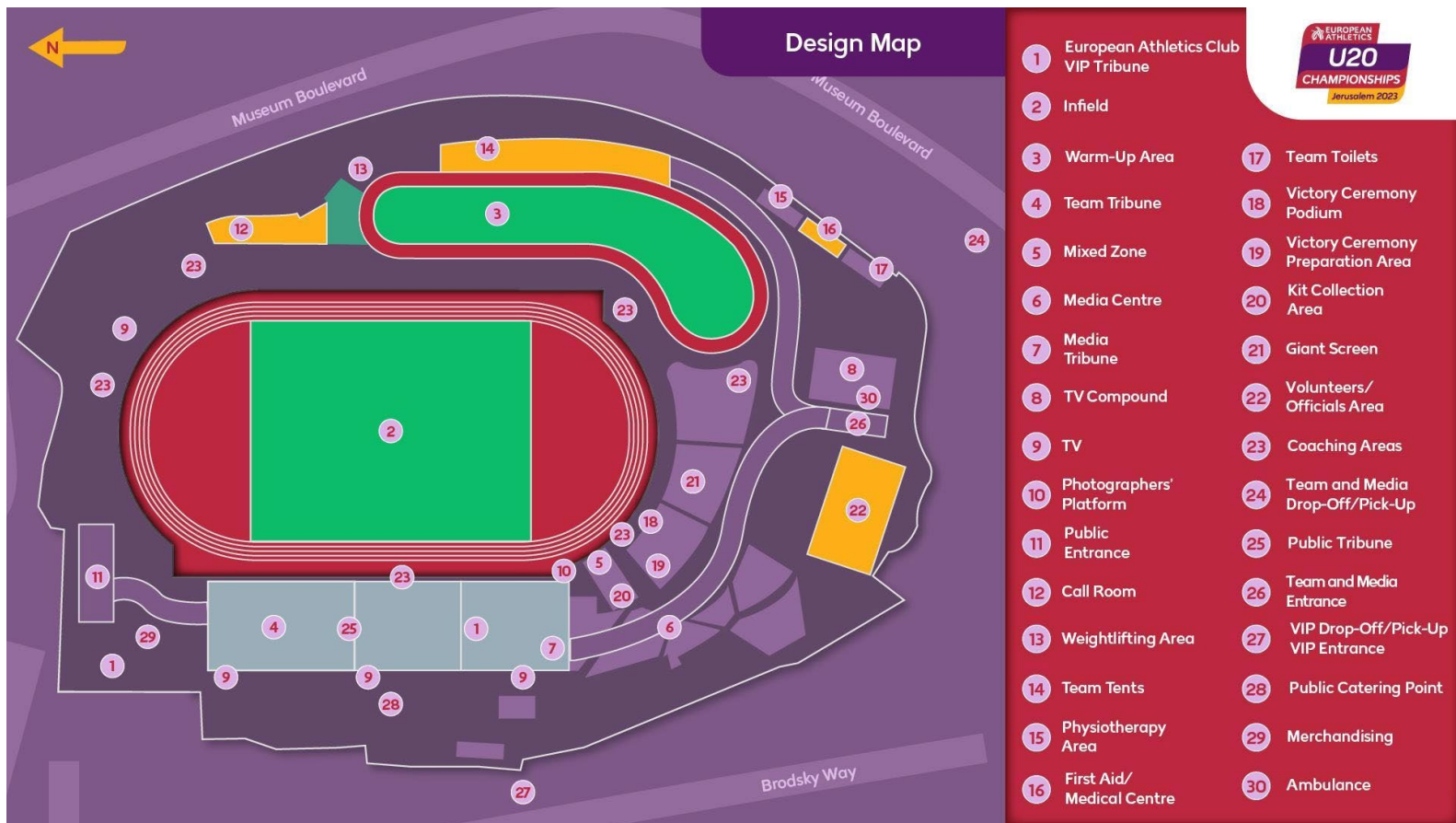
### 8. Keshet Training Venue

### 9. Bayit Vagan Throws Training and Warm-up Venue

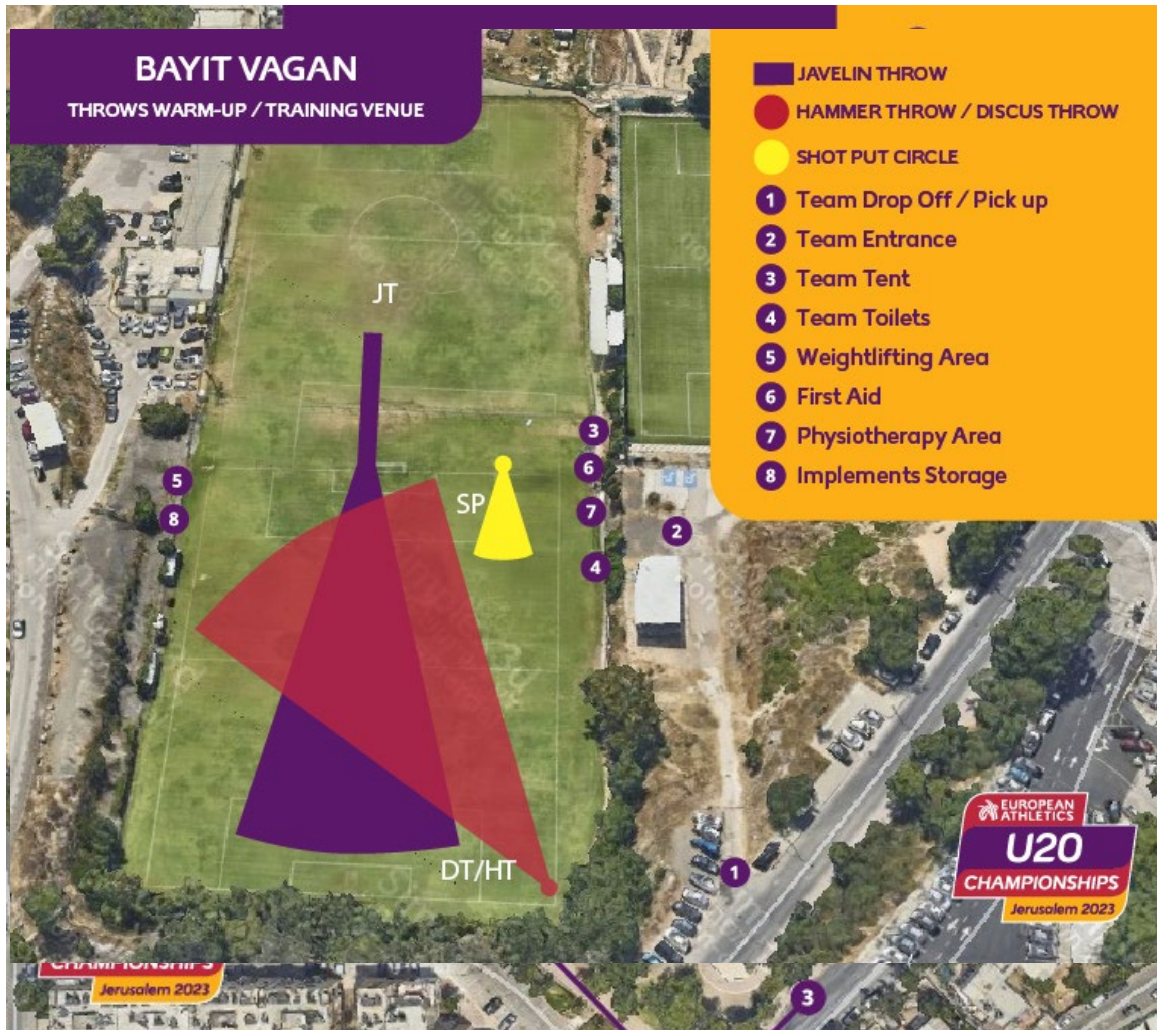


\*\*According to normal traffic

## Appendix 6 - Map of Stadium and Warm-up



## Appendix 7- Map of Training Areas



## Appendix 7- Map of Training Areas



## Appendix 8 – Bayit Vagan Throws Warm Up and Training Schedule

### Bayit Vagan Throws Warm Up and Training Schedule 2023

(as of 5.7.23)



Saturday, Morning, 5 August			
08:15	JT + SP	training	
09:15	End		
09:15	HT	training	
10:15	End - Circle Change		
10:20	DT	training	
11:20	End		

Sunday, Morning, 6 August			
Morning training canceled due to Givat Ram site visit			

Day 1 - Monday, Morning, 7 August			
06:50	Start WU		
07:50	End WU		
09:05	Hammer Throw	Women QA	
08:07	Start WU		
09:07	End WU		
10:22	Hammer Throw	Women QB	
09:15	HT	training	
10:00	End - Circle Change		
10:05	DT	training	
10:50	End		
10:50	JT + SP	training	
11:35	End		

Day 2 - Tuesday, Morning, 8 August			
05:45	Start WU		
06:45	End WU		
08:00	Hammer Throw	Men QA	
06:55	Start WU		
07:55	End WU		
09:10	Hammer Throw	Men QB	
07:55	HT	training	
08:45	End - Circle Change		
08:50	Start WU		
09:50	End WU		
11:05	Shot Put	Men QAB	
09:55	DT	training	
10:45	End		
10:50	JT + SP	training	
11:35	End		

Day 3 - Wednesday, Morning, 9 August			
05:45	Start WU		
06:45	End WU		
08:00	Discus Throw	Women QA	
06:46	Start WU		
07:46	End WU		
09:01	Shot put	Men Final	
06:55	Start WU		
07:55	End WU		
09:10	Discus Throw	Women QB	
08:12	Start WU		
09:12	End WU		
10:27	Javelin Throw	Women QA	
09:21	Start WU		
10:21	End WU		
11:36	Javelin Throw	Women QB	

No Training

Day 4 - Thursday, Morning, 10 August			
08:15	HT	training	
09:15	End - Circle Change		
09:20	DT	training	
10:20	End		
10:20	JT + SP	training	
11:20	End		

Saturday, Evening, 5 August			
17:00	HT	training	
18:00	End - Circle Change		
18:05	DT	training	
19:05	End		
19:05	JT + SP	training	
20:05	End		

Sunday, Evening, 6 August			
17:00	JT + SP	training	
18:00	End		
18:00	HT	training	
19:00	End - Circle Change		
19:05	DT	training	
20:05	End		

Day 1 - Monday, Evening, 7 August			
14:40	Start WU		
15:40	End WU		
16:55	Javelin Throw	Men QA	
15:52	Start WU		
16:52	End WU		
18:07	Javelin Throw	Men QB	
17:13	Start WU		
18:13	End WU		
19:28	Discus Throw	Men QA	
17:23	Start WU		
18:23	End WU		
19:38	Shot Put	Women QAB	
18:20	Start WU		
19:20	End WU		
20:35	Discus Throw	Men QB	

No Training

Day 2 - Tuesday, Evening, 8 August			
14:50	Start WU		
15:50	End WU		
17:05	Hammer Throw	Women Final	
16:00	HT	training	
16:45	End		
16:47	Start WU		
17:47	End WU		
19:02	Discus Throw	Men Final	
17:07	Start WU		
18:07	End WU		
19:22	Shot Put	Women Final	
18:10	DT	training	
18:55	End		
19:00	JT + SP	training	
19:45	End		

Day 3 - Wednesday, Evening, 9 August			
15:50	Start		
16:50	End		
18:05	Hammer Throw	Men Final	
17:35	Start WU		
18:35	End WU		
19:50	Javelin Throw	Men Final	

No Training

Day 4 - Thursday, Evening, 10 August			
15:55	Start WU		
16:55	End WU		
18:10	Javelin Throw	Women Final	
17:37	Start WU		
18:37	End WU		
19:52	Discus Throw	Women Final	

No Training

## Appendix 9 – Key dates and General Programme

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Place</b>
4 August	10:00	Team Accreditation centre open	Ramada Hotel
5 August	18:00	Deadline for submitting written questions for the Technical Briefing	Online TIC
5 August	18:00	Final Confirmation of Entries for Day 1	Online TIC
6 August	08:30	Athletes Training	Givat Ram Stadium
6 August	09:00	Orientation Visit and Technical Briefing	Givat Ram Stadium
7 August	11:30	Team Leaders Daily Meeting N°1	Givat Ram Stadium
7 August	16:30	Opening Ceremony	Givat Ram Stadium

# U20 CHAMPIONSHIPS

Jerusalem 2023

## OFFICIAL PARTNERS



## BROADCAST PARTNERS



## OFFICIAL SUPPLIERS



## HOST INSTITUTIONS



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