

TEAM MANUAL

European Athletics
DNA U20 Indoors

22 February 2023, Madrid/ESP

As of 9 Feb 2023

1. General

Contact Local Organising Committee

Luis Saladie: lsaladie@rfea.es, +34 669 987 731

European Athletics Technical Delegate

Frank Hamm: frank@fruch.de, +49 171 6423224

Contact European Athletics

Marcel Wakim: marcel.wakim@european-athletics.org, +41 79 820 4158

Participating Teams

Czech Republic, France, Great Britain, Ireland, Portugal, Spain

Venue

Gallur Sports Centre, Gallur Street, 28047 Madrid, Spain

Key Deadlines:

13 January 2023 (14.00): Hotel booking numbers to Luis Saladie (see point 1: lsaladie@rfea.es)

13 February 2023 (14.00): Final entries to European Athletics by excel: dna@european-athletics.org

21 February 2023, 17:30 – 19:30 Training for WIT + DNA (with Team Leader briefing)

22 February 2023, Submission of personal implements until 1 hour before the match at the TIC.

22 February 2023, 11:30 - 13: 30 DNA U20 Match

22 February 2023, 18:45-21:30 WA Gold Tour Meeting

Website:

www.dna.run

2. TRAVEL & ACCOMMODATION

Travel

Teams are requested to arrange and pay for their own travel to Madrid/ESP to arrive latest on 21 February 2023 and depart on 22 February (pm) or 23 February 2023.

Airport transfers will be arranged and paid for by the LOC. The official airport for the Event is:

- Madrid-Barajas Airport (MAD) – 30min transfer time

2.1 Entry visas

Visas should be obtained before leaving your country, from the Spanish Embassy or Consulate well in advance to ensure all the procedures in due time.

Please contact Luis Saladie (see point 1 for contact details) to receive the necessary support for your application process.

2.1 Insurance

Teams are responsible for taking out 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 Accommodation and Meals

All teams will be accommodated in the following hotel:

Hotel Praga Madrid

Antonio López, 65,
28019, Madrid, Spain
<https://www.hotelmadridpraga.com/es/>

Meals (breakfast, lunch and dinner) will be served in the hotel and the final details will be communicate soon.

Accommodation Costs

European Athletics is covering hotel cost for the visiting teams for maximum 2 nights:

- Option 1: 20-22 February or
- Option 2: 21-23 February.

Additional nights will be at teams' cost as follows (subject to room availability):

- 94€ full board per person/night in triple
- 97€ full board per person/night in twin
- 136€ full board per person/night in single

Rooming List

Teams are to provide their room requests: arrival, departure, number, and type of room by 13 January 2023 to the LOC (Luis Saladie, see point 1).

The rooming list with names per room is to follow as soon as the team composition is finalised.

Rooms for meetings and additional rooms for physio are at the cost of the teams and will depend on availability and must be requested to the LOC as early as possible.

2.3 Accreditation

The Teams' Accreditation Centre will be located at the Teams hotel. Each team member will be provided with a bracelet to wear on his/her wrist.

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 available in due course.

The Team Leader will be asked to complete the following formalities before he can collect the accreditation for the whole team:

- LOC additional accommodation invoice
- Kit check
- Collection of competition related forms and information
- Confirmation of departure details

2.4 Access Areas for Teams and Special Passes

All team accreditations will allow access to the team seating area, warm-up area, changing facilities and physiotherapy area. Coaches will be allowed to enter in the FOP during each field event and they should report to the Call Room with their athlete, to be escorted to the coaching zone.

During the final event in each match (The Hunt) all the team members (athletes and officials) will be allowed to enter in the FOP in order to cheer on their team.

3. TRANSPORTATION

Transport by bus will be provided from the official airport to the hotel and back. Travel details will be confirmed by each Team Leader upon their arrival to the hotel.

Transport schedule hotel-arena-hotel will be displayed in the team hotel.

4. COVID PROTOCOL

Please, refer to the following link to know the current situation about COVID protocols in Spain:
<https://www.sanidad.gob.es/en/profesionales/saludPublica/ccayes/alertasActual/nCov/spth.htm>

5. TECHNICAL INFORMATION

Technical Information Centre (TIC)

The TIC is located at the arena.

Technical Briefing

The Technical Briefing will be held on Tuesday, 21 February 2023 at 20:00 in the arena after the team's venue familiarisation. The Briefing will include Q&A session.

Age Category

Only athletes aged at least 16 years and no more than 19 years on 31 December 2023 may participate in this event.

In Shot Put (Men), only athletes aged at least 18 years and no more than 19 years on 31 December 2023 may participate in this event.

Entries

The teams are to provide their full list of their participating athletes and officials by 13 February 2023 latest at 14:00h.

Final Confirmation

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, which is 20:00 on 21 February.

Relays Declaration

The composition of each relay team as well as the order of running shall be officially declared at the TIC, no later than one hour before the published first call time for each relay race.

Uniform

Teams must compete in the team vest approved by European Athletics. All athletes must compete in the same uniform. Teams composed of different clubs must ensure that the athletes wear the respective club team vests for the competition.

Bibs

Bibs with the country code will be provided.

Implements

The official implements (shot 6kg) will be provided by LOC. Personal Implements shall be allowed provided that:

- They are readily identifiable and are World Athletics certified;
- They are not already on the official list;
- They have been checked for compliance with World Athletics Rules;
- They are made available to all the other competitors.

Submission of personal implements – until 1 hour before start of each match at the TIC. Any implement that fails to satisfy the criteria mentioned above will be rejected, with the reason noted on the form and the relevant Athlete or Coach notified via the TIC.

5. COMPETITION VENUE & TRAINING

Competition Venue

The DNA Matche will be held in the Gallur Sports Centre, Gallur Street, 28047 Madrid, Spain.

Official training at the competition venue

Official training for all athletes at the stadium will take place between 17:30 – 19:00 on Tuesday, 21 February. SP training will be from 17:30 – 18:30.

6. COMPETITON FORMAT & SCORING

The event will comprise one 2-hour match of 6 national under 20 teams:

CZE, ESP, FRA, GBR, IRL, POR

Disciplines

The competition is to include 11 disciplines as follows:

Races (all finals)	Jumps & Throws (all head to head competition)
60m men & women 60m hurdles men & women 800m women Mixed 4x400m relay: 2 men, 2 women, teams decide order Mixed 2x2x200m relay: 1 man, 1 woman The Hunt: 600m men - 400m women - 200m men - 800m women, fixed order	Long Jump women High Jump men Shot Put men
Total of 18 athletes to compete (9 women and 9 men)	

Team Composition

As per the disciplines above, each team is to have one athlete in each individual event and one relay team for 4x400m mixed relay, for the 2x2x200m relay and for the Hunt.

Final entries: the teams are to provide the names for the main team (9+9) plus the reserves. As many as needed reserves could be entered. Meaning no limits. But it should be clearly indicated which ones are to travel and which ones are 'non-travelling' for accommodation and invoices planning purposes.

There is no limit of disciplines one athlete can compete in. Meaning, a single athlete can compete in as many events as entered.

Final confirmations on site: Any athletes from the list of 9 + 9 and reserve athletes could be confirmed during final confirmations.

If late injury happens (after the final confirmation but before the first call times of the discipline), the substitution with a reserve or any athlete from the main team is possible. But the injury has to be confirmed by the appointed medical officer and done before the first call times.

Scoring

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

If two or more athletes or relay teams tie for a place in any individual event or relay, the relevant points shall be divided equally between them (including in the field events, if two athletes in the final head-to-head round have no valid results).

After ten (10) events, the team scoring will determine the starting positions of the last (i.e. eleventh) event – the Hunt.

The winner of the last race (The Hunt) is the overall winner of the match (i.e. the last event determines the winner of the competition). The second placed team will be second in the final classification, and so on. The teams with no valid performance in the Hunt (e.g. disqualified or not finishing) will be classified in the final standing of the match according to their standing before the Hunt (i.e. after ten (10) events), but behind the teams who finished the race.

In case of a tie in the Hunt the actual times recorded by the teams to .001 second shall be considered to break the tie, if the tie remains the teams concerned share the position, including the winner.

Track Events Format:

The Hunt

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

The starting positions and the distance gaps between the teams, if any, are determined by the teams score/standing after ten (10) events of the match. Each point difference between the teams in the team standing translates into 0.33 seconds of distance gap for the start of the Hunt race.

The standard 800m start in individual lanes will be used for the start of the 1st leg of the Hunt (i.e. 600m). The breaking line of 800m will be used. The leading team after ten (10) events starts from the 800m start line of the most inner lane used, second team from the next lane, etc. In case teams are equal in score/standing after ten (10) events, the teams start at their individual lanes at the same time. In case of an early start, the race will not be aborted and the respective team (s) will be disqualified after the race in case of significant advantage.

Ribbon handover procedures as per WA Rules (i.e. takeover zone is 20m). For the waiting athletes of second and third/final leg, WA Rule 48.4 shall be applied.

Individual devices (lights and/or gates) will be used to indicate to each team its starting time.

Mixed Relay 4x400m

Each team is to be composed of two men and two women. The running order is decided by the Team.

The team composition is to be announced by the time of final declaration, including the first leg runner. The running order for 2nd, 3rd and 4th leg can be changed during the race. To facilitate the process, one Team Leader or Coach per Team would be allowed to be in the special zone close to the relay athletes close to the competition area. Notwithstanding the aforementioned procedure WA Rule 48.4 shall be strictly applied.

Mixed Relay 2x2x200m

Each team will be composed of one man and one woman. The running order is free and is to be confirmed by the Team Leader at the time of the Final Declaration. Each athlete must run two separate legs of 200m. For exchange zones, WA Rule 48.1 is to be followed. WA Rule 48.4 shall be applied.

Field Events Format:

Field events will be based on the head-to-head system. The athletes will be divided into two groups: 3 athletes in each group (Group A & Group B). The distribution of athletes will be done by European Athletics (see under Lane and Starting Order).

Each field event will consist of two stages: "group stage" and "final stage".

Stage	Round	Group A	Group B
"Group stage"	1	A1 vs A2	B1 vs B2
	2	A2 vs A3	B2 vs B3
	3	A3 vs A1	B3 vs B1
"Final stage"	5th place	3rd Group A vs 3rd Group B	
	3rd place	2nd Group A vs 2nd Group B	
	1st place	1st Group A vs 1st Group B	

In the "group stage" each athlete will compete in two duels against two other athletes in his/her group. For the win in each duel an athlete gets 3 "spikes", 1 "spike" for a tie and 0 for lost or foul. In case that in such a duel for whatever reason there's only one athlete present, the athlete will get 3 "spikes" in case of a valid attempt and 0 for a foul.

After "group stage" is over athletes in each group (separately in Group A & Group B) will be ranked based on number of "spikes" collected in "group stage". In case of any ties between two or three athletes after "group stage", the standing in each group is decided by the best performance. If the tie remains the second best result is to be considered. If the tie still remains it is to be broken by the Referee's draw.

Note: Spike is a term used to determine the positions of athletes after the initial stage of the competition in the field events (two attempts for each athlete).

In case of two or three athletes in a group would not have any valid attempt after two jumps/throws, their standing will be decided by a draw to be conducted by the relevant Referee. Thereafter, the composition of final 'duels' will be done:

- 3rd ranked in each group athletes will have a duel against each other for 5th place,
- 2nd ranked in each group athletes will have a duel against each other for 3rd place,
- 1st ranked in each group athletes will have a duel against each other for 1st place.

The final standing of the athletes determines the points to be received by each team as for any other individual event. However, if an athlete doesn't have any valid attempt from the "group stage" and the "final stage", i.e. 3 invalid attempts, the respective team will receive 0 points for the respective event.

Each athlete will jump once 1st, once 2nd in the group stages. In the final stage the group stage performance will decide the order: better performer jumps/throws 2nd.

High Jump features:

In the High Jump, there are no pre-defined starting heights and progression. Each athlete decides about the height before each round without knowing the height of the competitor (meaning, before each jump he/she indicates in a special form the height he/she will jump while having "duel" with another competitor;

The referee collects the heights ordered by two athletes and then announces them before the jumps of the head-to-head format starts. The procedure of deciding the heights is repeated before each 'duel'. The athlete with lower height ordered always jumps first. In case the same height is ordered by both athletes, the order of the start list will be used.

Long Jump and Shot-Put features:

For the final head-to-head attempts in long jump shot put, the jumping /throwing order (i.e. who jumps/throws last in each head-to-head 'duel') will be determined by the best result in the "group stage" (second best result if the best results are equal). In case the tie remains a draw to be conducted by the Referee to determine the order of attempts.

Lane and Starting Order

Lane and starting order will be done by draw by European Athletics and provided to the teams in due time.

The distribution of athletes in groups during qualification/initial round of the field events is to be done by European Athletics based on the personal bests of competing athletes and using the zigzag distribution.

Disqualification

Any disqualification of an athlete should only happen in case of a significant advantage gotten out of the infringement. The decision what's significant is taken by the respective Referee in the sense of World Athletics Technical Rules and the DNA concept.

Protests

Any protest shall be made orally to the relevant Referee in the infield by an athlete or someone acting on behalf of an athlete, during the event or immediately after the event. The decision of the Referee will be final and no further appeals will be allowed. Video Recording and Control System will be used extensively to support immediate decisions by the Referee.

In case of doubt, especially regarding the specific DNA format, the Referee might seek advice from the Technical Delegate(s).

Coaches and Teams Areas

To facilitate communication between team members and encourage teams support and engagement, there will be designated team zone on the stands. In addition, there will be designated zones, inside the competition area, for the coaches of field events and for 4x400m and 2x2x200m Mixed Relays. Special coach stewards will bring the coaches (one coach per team for field events and relays) to the specific coaching zone.

Electronic devices

The use of electronic devices, specifically for social media activities, is strongly supported and suitable devices are allowed to be brought and used infield by athletes and coaches.

Call Room

The Call Room is located near the warm-up area. There will be a pre-call area in the warm-up from where the participating athletes would be escorted to the Call Room. The reporting times to the Call Room will be provided to the Teams in due time.

Victory Ceremony

Will be announced during the Technical Briefing.

7. MEDICAL SERVICES & DOPING CONTROL

First aid will be in the stadium and for emergencies please use the local number 112.

Doping Controls

General Information

Doping controls will be conducted in accordance with World Athletics Anti-Doping Rules and Regulations and WADA code in force. The controls will be done under the supervision of the European Athletics Technical Delegate. Both urine and blood samples may be collected immediately before, and during the event.

Athletes selected for doping control will be informed (notified) and accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the Doping Control Station (DCS). The athletes can be accompanied to the DCS by an accredited team representative of their choice and should report immediately to the DCS unless there are valid reasons for delay.

Athletes will be requested to present a valid ID card (with picture) for identification purpose. Athletes are reminded that refusal to provide a sample result is liable to 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 event.

Selection of Athletes

The selection of athletes for control will be made on a random basis under the supervision of the European Athletics Technical Delegate. In addition, 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.

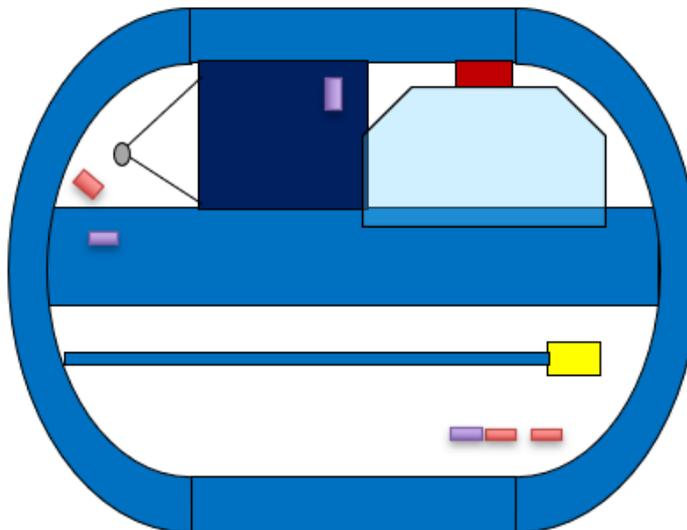
Additional Controls

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 (including the sample collection material and requested analysis) will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Event.

8. APPENDICES

Appendix 1 Draft Timetable

Start hh:mm		M W
11:34	Mixed 4x400m	M W
11:41	Shot Put	M
11:57	800m	W
12:02	Shot Put	M
12:12	Mixed 2 x 2 x 200m	M W
12:17	Long Jump	W
12:35	60m	M
12:39	Long Jump	W
12:49	60m	W
12:53	High Jump	M
13:11	60m H	W
13:15	High Jump	M
13:25	60m H	M
13:32	The Hunt	



Appendix 2. - Lane Draws

			Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
4x400m	X	Final	A	B	C	D	E	F
60m H*	W	Final	B	C	D	E	F	A
60m H*	M	Final	C	D	E	F	A	B
800m	W	Final	D	E	F	A	B	C
2x2x200m	X	Final	E	F	A	B	C	D
60m*	W	Final	F	A	B	C	D	E
60m*	M	Final	A	B	C	D	E	F
The Hunt	X	Final	X	X	X	X	X	X

* 60m / 60mH: Lane 2-7 accordingly

Appendix 3 Competition Implements

Men's Shot Put (6kg)

PK-6/110-M Polanik Competition, turned brass, dia: 110mm Gold I-02-0264

PK-6/115 Polanik Competition, turned steel, dia: 115mm Blue I-02-0262

Appendix 4 - Event Logo

DYNAMIC NEW ATHLETICS



Madrid - Spain

DNA U20 Indoors

22 February