



64<sup>th</sup> Balkan Championships  
2-3 July 2011 Sliven / BUL

# TEAM MANUAL

**64<sup>th</sup> Balkan Championships**  
**2-3- July 2011 Sliven /BUL**



## General Programme

|                          |           |  |
|--------------------------|-----------|--|
| Thursday<br>30 June 2011 | All day   | Arrivals,<br>Final Confirmation of entries,<br>Training                                  |
| Friday<br>1 July 2011    | 14:30     | Extraordinary ABAF Congress<br>Hotel Sport Palace, Karandila Hall, 3 <sup>rd</sup> floor |
|                          | 16:30     | Technical Meeting<br>Hotel Sport Palace, Karandila Hall, 3 <sup>rd</sup> floor           |
|                          | 20:00     | Reception hosted by the Mayor of Sliven<br>(by invitation; for the Congress Delegates)   |
| Saturday<br>2 July 2011  | afternoon | 1 <sup>st</sup> Competition Day  |
| Sunday<br>4 July 2011    | afternoon | 2 <sup>nd</sup> Competition Day<br>Victory Ceremony Teams, Closing                       |
|                          | 21:30     | Final Banquet Hotel Sport Palace   |
| Monday<br>5 July 2011    | All day   | Departures   |

## Participating countries:

|     |     |
|-----|-----|
| ALB | MKD |
| BIH | MNE |
| BUL | ROU |
| GRE | SRB |
| MDA | TUR |

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**Accommodation**

The LOC has booked a number of quality hotels to meet the accommodation needs of the Balkan Championships. Main hotel "Sport Palace" located right next to the Stadium. It is also the venue for the ABAF Congress and Technical Meeting, LOC and Accreditation Centre. All participants are kindly requested to show up in Sport Palace upon their arrival. A map showing the location of the hotels can be found in Appendix 1.

Teams are allocated to the following hotels

| <b>Hotel – name and address</b>  | <b>Teams</b>                                      |
|--|---|
| <b>Sport Palace</b><br>2 Georgi Danchev Blvd.<br>8800 Sliven<br>tel: +359 44 67 67 22<br>fax: +359 44 67 67 33<br><a href="http://www.hotelsportpalace.eu">www.hotelsportpalace.eu</a> | Greece<br>Romania<br>Turkey<br>Congress Delegates |
| <b>Imperia</b><br>Diuleva reka residential area<br>8800 Sliven<br>tel : +359 44 667599;<br>Fax: +359 44) 667320<br><a href="http://www.hotelimperia.net">www.hotelimperia.net</a>      | Serbia<br>Bulgaria                                |
| <b>Brilliantin</b><br>40 "Stefan Stambolov" Blvd.<br>8800 Sliven<br>tel: +359 44 66 62 66<br><a href="http://www.hotelbrilliantin.com">www.hotelbrilliantin.com</a>                    | Former Yugoslav Republic of<br>Macedonia          |
| <b>Panorama</b><br>7, Planinska Str.<br>8800 Sliven<br>tel: +359 44 67 77 74<br>fax: +359 44 66 79 35<br><a href="http://www.hotelpanoramabg.com">www.hotelpanoramabg.com</a>          | Montenegro  |
| <b>Chateau Alpia</b><br>13 "Velikoknyazhevska" Str.<br>8800 Sliven<br>tel: +359 44 66 80 15<br><a href="http://www.alpia-tur.com">www.alpia-tur.com</a>                                | Albania   |

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|   |                        |
|---|------------------------|
| <b>Park Central</b><br>6 Tsar Osvoboditel Str.<br>8800 Sliven<br>tel: +359 44 501 700<br>fax: +359 44 501 775<br><a href="http://www.hotel-park-central.bg">www.hotel-park-central.bg</a> | Moldova                |
| <b>National Palace</b><br>31 "Velikoknyajevska" Str.<br>8800 Sliven<br>tel: +359 44 66 29 29<br>fax: +359 44 66 26 06<br><a href="http://www.nationalpalace.bg">www.nationalpalace.bg</a> | Bosnia and Herzegovina |

All hotels are situated within 15 minutes drive from the Stadium. Food and accommodation standards correspond to normal international level. Participants will have their meals in their respective hotels.

Bulgarian Athletic Federation bears the costs for board and lodging of teams consisting of 65 persons maximum for up to 4 nights (arrival on 30 June and departure on 4 July 2011). Any additional costs for extra stay or extra persons should be paid by the teams.

Bulgarian Federation also covers the expenses of two Congress Delegates per team outside the above quota. All Congress Delegates will be accommodated in hotel Sport Palace, unless they specifically request to stay in their respective team hotel.

Information boards are displayed in the lobbies of all hotels. Teams will find regularly updated useful information on the boards.

## **Arrivals**

### **Arrival by road**

Participants arriving by road and not staying in the main hotel are kindly requested to stop by the main hotel Sport Palace at first, where Team Leaders shall accredit the team, make final confirmation of the athletes and collect welcome bags. A team attaché will then guide the bus to the respective team hotel for accommodation.

### **Arrival by air**

The LOC is providing transfers from Sofia airport (300 km from Sliven) and Burgas airport (130 km from Sliven). Participants arriving by plane are kindly requested to submit their flight details in advance.

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### **Accreditation**

Team Leaders are kindly requested to show in the LOC / Accreditation Centre in hotel Sport Palace in order to confirm the number of participants, make Final Confirmation for the athletes and collect welcome bags with a T-shirt. There will be no Accreditation cards.

Each team will receive 2 VIP badges which give access to the VIP area on the Stadium.

### **Meals**

All meals will be served in the restaurant of each hotel. For lunch and dinner each team member shall receive one 500ml bottle of mineral water free of charge. Water is also available free of charge at the water dispensers situated in the lobbies of each hotel. Any additional drinks shall be paid for. There will be ice available upon request in the restaurants of the hotels.

### **Meals Schedule**

|                  | <b>30 June -3 July 2011</b> |
|------------------|-----------------------------|
| <b>Breakfast</b> | 08:00 – 10:00               |
| <b>Lunch</b>     | 12:00 – 14:00               |
| <b>Dinner</b>    | 20:00 – 22:00               |

\* In case a team is departing early in the morning before the hotel restaurant opens, it's members may receive breakfast packages. In this case the Team Leader is kindly requested to contact the LOC representative in the hotel at least one day before departure and demand for breakfast packages.

### **Transportation service:**

Shuttle transportation service will operate between the hotels and the Stadium every 20 minutes. Detailed transportation schedule will be daily displayed on the Information board of each hotel. There will be **NO** separate transport for the Technical Meeting – team leaders are kindly requested to take the shuttle.

The transfer time of the shuttle takes about 20 minutes from the farthestmost hotel to the Stadium.

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**General Transportation Plan for Training and Competition**

|                         | <b>Thursday</b><br><b>30 June 2011</b><br>Day of arrival | <b>Friday</b><br><b>1 July 2011</b><br>Day of training | <b>Saturday</b><br><b>2 July 2011</b><br>1 <sup>st</sup> Competition day | <b>Sunday</b><br><b>3 July 2011</b><br>2 <sup>nd</sup> Competition day |
|-------------------------|--|--|--|--|
| <b>Morning sessions</b> | -  | 09:00 – 13:00<br>every 20 minutes                      | 09:00 – 13:00<br>every 20 minutes  | 09:00 – 13:00<br>every 20 minutes                                      |
| <b>Evening sessions</b> | 15:30 – 20:30<br>every 20 minutes                        | 15:30 – 20:30<br>every 20 minutes                      | 14:30 – 21:20<br>every 20 minutes  | 14:30 – 21:20<br>every 20 minutes                                      |

**Social functions**

Congress Delegates and Team Leaders are invited to a Dinner hosted by the Mayor of Sliven Mr. Yordan Lechkov on Friday 1 July at 20:00 in hotel Sport Palace.

**Technical Meeting**

The Technical Meeting will be held on Friday, 1 July 2011 at 16:30 in Hotel Sport Palace. It is strongly recommended for all teams to be represented at the Technical Meeting by the Team Leader and/or other members. Any changes or amendments in the Start Lists will be discussed and Bib numbers distributed. Each athlete shall receive three bib numbers. The Meeting will be conducted in English.

There will be **no** separate transportation service for the Technical Meeting – participants are kindly requested to use the shuttle.

**Technical Information**

**Competition venue**

The 64<sup>th</sup> Balkan Athletics Championships 2011 will take place on "Hadzhi Dimitar" Stadium in the city of Sliven. Hammer Throw and Discus Throw will be held on the warm-up area adjacent to the Main Stadium.

For further details please refer to the Time Table, Training Schedule and transportation service.

**Warm-up area**

A fully equipped warm-up stadium is located adjacent to the Main Stadium. It will be used for training and warm-up. Discus and Hammer throw for both men and women will also be held on the warm-up stadium.

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### Call room

The Call Room is set up in a tent in a secure area between the warm up area and the Main Stadium. The athletes will be checked in the call room before the start of the respective event. Please note the following items, which cannot be taken to the Call Room:

- no mobile phones;
- no CD-players, Walkman, radios, or other audio players;
- no photo or video camera, video or cassette recorders

No team official is allowed in the Call Room. For Call Room Check Times please refer to the detailed Call Room Time Table in Appendix 2.

### Technical Information center (TIC)

The TIC is located beneath the main stand. It will operate during the competition only. The TIC will be linked with the Data processing and will have the following main functions: distribution of results, collection of Relay compositions, urgent notices and technical information, deposit of protests, doping control request.

### Training sessions

The Main Stadium and warm-up stadium are available for training at the following schedule:

#### Training Sessions

|  | Thursday<br><b>30 June 2011</b><br>Day of arrival | Friday<br><b>1 July 2011</b><br>Day of training | Saturday<br><b>2 July 2011</b><br>1 <sup>st</sup> Competition day | Sunday<br><b>3 July 2011</b><br>2 <sup>nd</sup> Competition day |
|--|---|---|---|---|
| <b>Training on the Main Stadium</b>    | 15:30 – 20:00                                     | 09:00 – 13:00<br>15:30 – 20:30                  | 09:00 – 13:00   | 09:00 – 13:00   |
| <b>Training on the warm-up stadium</b> | 15:30 – 20:00                                     | 09:00 – 13:00<br>15:30 – 20:30                  | 09:00 – 13:00<br>15:30 – 20:30                                    | 09:00 – 13:00<br>15:30 – 20:30                                  |

Weightlifting will be available for the athletes during all training sessions on the competition Stadium. Please contact your team attaché to show you the way to the weightlifting.

### Measurement and Timing

FinishLynx photo finish and ReacTime electronic starting system will be used for all races. False Start detection and Audio Recall will be used. Athletes must use the starting blocks provided.

An electronic Scoreboard connected to the photo finish system will be placed near the finish line to display the official timing of the races.

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### Personal Implements

All personal implements for the Throwing events, including Hammers should be presented to the Competition Officials for control in the Call Room one hour before the start of the respective event. The personal implements will remain with the Officials and will be returned to the athletes after the end of the competition.

### Competition Regulations

#### Scoring

Men and women will score separately. The winner of each individual or relay event will score 10 points, as there are 10 teams competing. The second result will score 9 points and so on until the 10<sup>th</sup> ranked result, which will score 1 point. Athletes or relay teams disqualified or failing to finish will score no points.

If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them. The team having the highest aggregate number of points shall be the winner of the Balkan Championships. If two or more teams have the same aggregate number of points, the tie shall be decided in favour of the team having the greater number of event winners. If the tie still remains it shall be decided in favour of the team having the greater number of second places, and so on.

#### Results

On-going results may be collected by the Team leader at the TIC during the competition. A full set of the Final results will be distributed to the teams after the end of the competition during the Final Banquet.

### Starting Heights and Successive Heights

| Event      | Sex   | Starts at | heights & order             |                             |                              |
|------------|-------|-----------|-----------------------------|-----------------------------|------------------------------|
| High Jump  | Men   | 200 cm    | 200 – 225<br>up every 5 cm  | 225 – 231<br>up every 3 cm  | 231 - .....<br>up every 2 cm |
| High Jump  | Women | 166 cm    | 166 - 186<br>up every 5 cm  | 186 – 195<br>up every 3 cm  | 195 - .....<br>up every 2 cm |
| Pole Vault | Men   | 460 cm    | 460 – 540<br>up every 20 cm | 540 – 570<br>up every 10 cm | 570 - ...<br>up every 5 cm   |
| Pole Vault | Women | 340 cm    | 340 – 400<br>up every 20 cm | 400 – 450<br>up every 10 cm | 450 - ...<br>up every 5 cm   |

The starting heights and successive heights of the high Jump and Pole Vault shall be discussed at the Technical Meeting.



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### **Victory Ceremonies**

The winners of each individual event as well as the relay teams will be awarded with medals. Separate Time Table including times for the Victory Ceremonies will be displayed.

### **Prize Money**

The total amount of 40 000 EUR will be distributed as Prize Money to the 12 best placed male and 12 best placed female athletes as per the IAAF Scoring Tables. Prize Money shall be paid by bank transfers after the end of the Championships. Winning athletes are kindly requested to indicate the bank account where they wish to receive their money by filling in a specific form. The Prize money distribution is shown in Appendix 3.

### **Protests and Appeals**

Protests are permitted and will be processed in accordance with IAAF Rule 146. In the first instance, protests must be made orally to the Referee by the athlete himself/herself, by Someone acting on his/her behalf or by an official representative of a team (Rule 146.3). Where the appropriate Referee is not accessible or available, the protest should be made to him through the 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).

Any written appeal to the Jury of Appeal must be 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, a deposit of EUR 75 must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing through the TIC.

### **Doping Control**

Doping Control will be made during the Balkan Championships according to IAAF Regulations.

### **Organizing Federation**

Bulgarian Athletic Federation  
75, Vassil Levski blvd 1040 Sofia, Bulgaria  
tel: (+359 2) 988 54 62; 93 00 669; 93 00 631  
fax: (+359 2) 988 07 14  
e-mail: [bulathletics@bfla.org](mailto:bulathletics@bfla.org); [bul@mf.iaaf.org](mailto:bul@mf.iaaf.org); [galia@bulathletics.info](mailto:galia@bulathletics.info);  
[buathletic@mail.bg](mailto:buathletic@mail.bg);

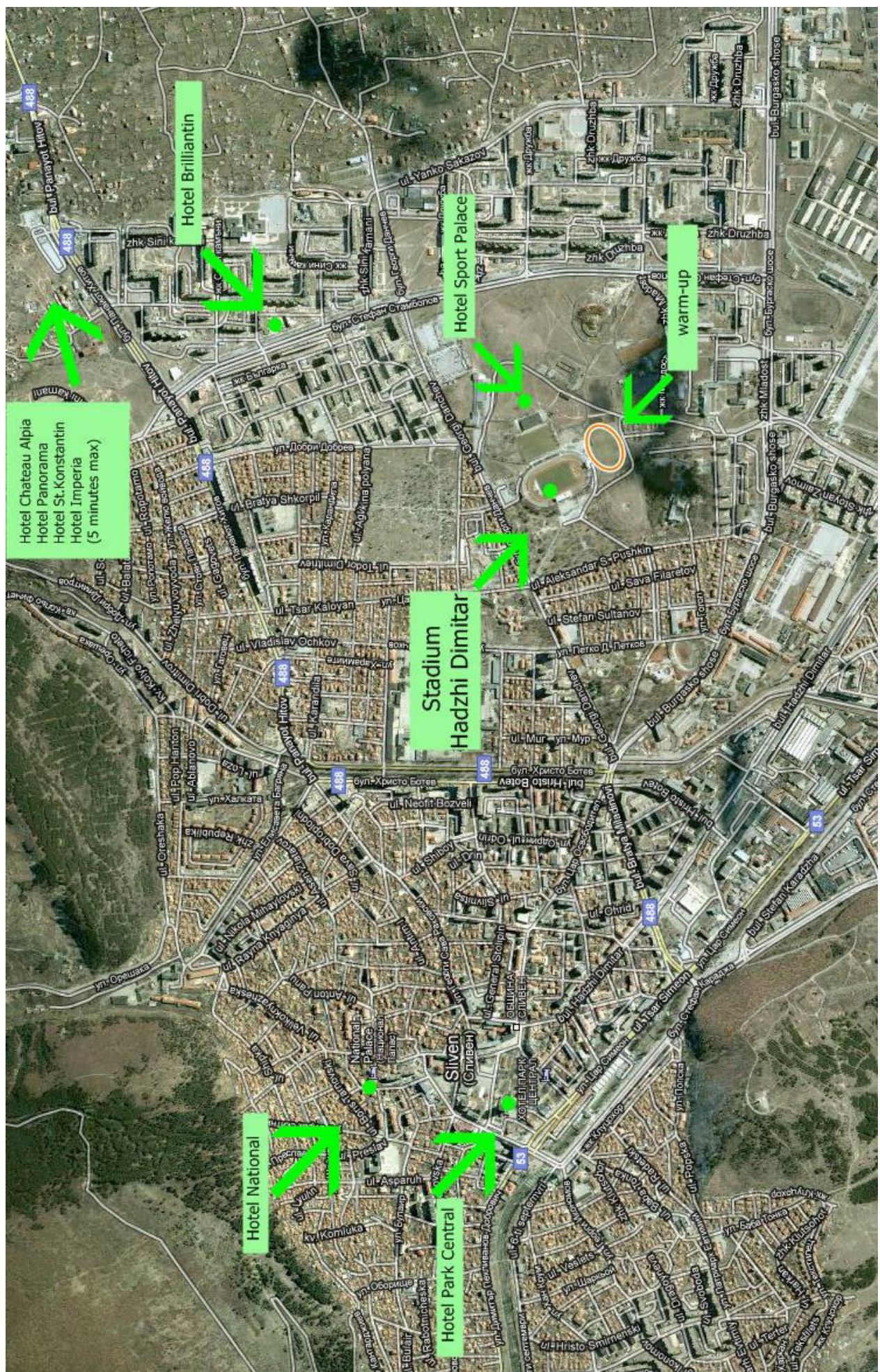
### **Contact person:**

Galia Puhaleva  
mobile: +359 888 566 603



## Appendix 1

### Location of Hotels





**Appendix 2**  
 Call Room TimeTable

## Call Room Time Table day by day

| <b>Saturday 2 July 2011</b> |                      |                    |                  |            |
|-----------------------------|----------------------|--------------------|------------------|------------|
| <b>Day First</b>            |                      |                    |                  |            |
| <b>Call Room In</b>         | <b>Call Room Out</b> | <b>Start event</b> | <b>Event</b>     | <b>M/W</b> |
| 16:00                       | 16:10                | 16:20              | 3000m St.        | Men        |
| 15:35                       | 15:45                | 16:30              | Pole Vault       | Women      |
| 15:50                       | 16:00                | 16:30              | Hammer Throw     | Men        |
| 15:55                       | 16:05                | 16:35              | Long Jump        | Men        |
| 16:00                       | 16:10                | 16:40              | Shot Put         | Men        |
| 16:20                       | 16:30                | 17:00              | 400m Hurdles     | Women      |
|                             |                      | 17:20              | Opening ceremony |            |
| 17:20                       | 17:30                | 17:45              | 100m             | Women      |
| 17:35                       | 17:45                | 18:00              | 100m             | Men        |
| 17:50                       | 18:00                | 18:20              | 400m Hurdles     | Men        |
| 17:40                       | 17:50                | 18:20              | Triple Jump      | Women      |
| 17:50                       | 18:00                | 18:30              | Discus Throw     | Women      |
| 17:45                       | 17:55                | 18:30              | High Jump        | Men        |
| 17:55                       | 18:05                | 18:35              | Javelin Throw    | Women      |
| 18:15                       | 18:25                | 18:35              | 1500m            | Women      |
| 18:25                       | 18:35                | 18:45              | 800m             | Men        |
| 18:35                       | 18:45                | 18:55              | 400m             | Men        |
| 18:50                       | 19:00                | 19:10              | 5000 m           | Men        |
| 19:15                       | 19:25                | 19:35              | 3000m            | Women      |
| 19:20                       | 19:35                | 19:50              | 4 x 100 m relay  | Women      |
| 19:30                       | 19:45                | 20:00              | 4 x 100 m relay  | Men        |

## Call Room Time Table day by day

| <b>Sunday 3 July 2011<br/>Day Second</b> |                      |                    |                 |            |
|--|----------------------|--------------------|-----------------|------------|
| <b>Call Room In</b>                      | <b>Call Room Out</b> | <b>Start event</b> | <b>Event</b>    | <b>M/W</b> |
| 16:10                                    | 16:20                | 16:30              | 3000m St.       | Women      |
| 15:35                                    | 15:45                | 16:30              | Pole Vault      | Men        |
| 15:50                                    | 16:00                | 16:30              | Hammer Throw    | Women      |
| 15:55                                    | 16:05                | 16:35              | Triple Jump     | Men        |
| 16:00                                    | 16:10                | 16:40              | Shot Put        | Women      |
| 16:40                                    | 16:50                | 17:10              | 110m Hurdles    | Men        |
| 17:00                                    | 17:10                | 17:35              | 100m Hurdles    | Women      |
| 17:35                                    | 17:45                | 17:55              | 400m            | Women      |
| 17:50                                    | 18:00                | 18:10              | 1500m           | Men        |
| 18:00                                    | 18:10                | 18:20              | 800m            | Women      |
| 17:40                                    | 17:50                | 18:20              | Long Jump       | Women      |
| 17:45                                    | 17:55                | 18:30              | High Jump       | Women      |
| 17:50                                    | 18:00                | 18:30              | Discus Throw    | Men        |
| 18:10                                    | 18:20                | 18:35              | 200m            | Women      |
| 17:55                                    | 18:05                | 18:35              | Javelin Throw   | Men        |
| 18:20                                    | 18:30                | 18:45              | 200m            | Men        |
| 18:35                                    | 18:45                | 19:00              | 5000 m          | Women      |
| 19:10                                    | 19:20                | 19:30              | 3000m           | Men        |
| 19:15                                    | 19:35                | 19:50              | 4 x 400 m relay | Women      |
| 19:30                                    | 19:50                | 20:00              | 4 x 400 m relay | Men        |
|  |                      |                    |                 |            |

**Appendix 3**  
Prise money distribution

## Prize Money distribution

| Place       | Men        | Women      |
|-------------|------------|------------|
| 1           | 5'000 EUR  | 5'000 EUR  |
| 2           | 4'000 EUR  | 4'000 EUR  |
| 3           | 3'000 EUR  | 3'000 EUR  |
| 4           | 1'800 EUR  | 1'800 EUR  |
| 5           | 1'500 EUR  | 1'500 EUR  |
| 6           | 1'200 EUR  | 1'200 EUR  |
| 7           | 1'000 EUR  | 1'000 EUR  |
| 8           | 900 EUR    | 900 EUR    |
| 9           | 600 EUR    | 600 EUR    |
| 10          | 500 EUR    | 500 EUR    |
| 11          | 300 EUR    | 300 EUR    |
| 12          | 200 EUR    | 200 EUR    |
| Total       | 20'000 EUR | 20'000 EUR |
| Grand Total |            | 40'000 EUR |