



**European Cup  
Combined Events  
Super League  
Tallinn2010**

# **TEAM MANUAL**

[www.ecce2010tallinn.org](http://www.ecce2010tallinn.org)

**European Cup Combined Events  
26 – 27 June 2010  
Tallinn, Estonia**



**European Cup Combined Events Super  
League 2010**  
Tallinn, Estonia, 26-27 June 2010



## **Team Manual**

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## 1. GENERAL INFORMATION ABOUT ESTONIA AND TALLINN

28th European Cup Combined Events Super League will take place on 26-27 June 2010 in Tallinn/EST.

Tallinn is the capital of Estonia, the population of which is approximately 410 thousand people.

The event will be held at the Kadriorg Stadium, which is the best track and field arena in Estonia.

Official language in Estonia is Estonian language.

Estonian money is based on the decimal system; hundred cents equals to one Kroon (EEK). Notes are issued to the value of 500EEK, 100EEK, 50EEK, 25EEK, 10EEK, 5EEK and 2EEK. Coins are issued to the value of 1EEK, 50c, 20c, and 10c.

Local time is Greenwich Mean Time (GMT) + 2 hours.

The standard electrical voltage in Estonia is 220V, 50Hz.

The telephone country code for Estonia is +372. Just add either telephone number or mobile phone number to the code +372 (e.g. +372 xxx xxxx).

Shops in Tallinn are generally open from Monday to Sunday, 9:00-20:00

Post Office and Banks are open from Monday to Friday, 9:00-18:00. Currency exchange is open also on Saturday and Sunday.

## 2. ORGANISATIONAL STRUCTURE

### European Athletics Council

President

Hansjörg Wirz (SUI)

Vice Presidents

Svein Arne Hansen (NOR)

José Luis de Carlos (ESP)

Treasurer

Karel Pilny (CZE)

Director General

Christian Milz (SUI)

Council Members

Janez Aljancic (SLO)

Franco Arese (ITA)

Sylvia Barlag (NED)

Jonathan Edwards(GBR)

Frank Hensel (GER)

Dobromir Karamarinov (BUL)

Philippe Lamblin (FRA)

Toralf Nilsson (SWE)

Ludmila Olijar (LAT)

Antti Pihlakoski (FIN)

Jorge Salcedo (POR)

Salih Munir Yaras (TUR)

Vadim Zelichenok (RUS)

IAAF President (ex officio member)

Lamine Diack (SEN)

European Athletics Honorary Life President

Carl-Olaf Homén (FIN)



**European Cup Combined Events Super  
League 2010**  
Tallinn, Estonia, 26-27 June 2010



**European Athletics Officiating Persons**

Council Delegate  
Technical Delegate  
Doping Control Delegate  
Jury of Appeal

Svein Arne Hansen (NOR)  
Kari Wauhkonen (FIN)  
Lindbjorg Stolan (NOR)  
Jose Paulo Moreira (POR)  
Knut Alme (NOR)  
Krisztina Horvath (HUN)  
Ronan O'Hart (IRL)  
Sabine Hecker (GER)

Area Technical Officials

**European Athletics Office**

European Athletic Association  
Avenue Louis-Ruchonnet 18  
1003 Lausanne, Switzerland  
Tel: +41 21 313 43 50  
Fax: +41 21 313 43 51  
E-mail: [office@european-athletics.org](mailto:office@european-athletics.org)  
Web: [www.european-athletics.org](http://www.european-athletics.org)

**Executive Board of Estonian Athletic Federation**

President	Erich Teigamägi
General Secretary	Sirje Lippe
Member of the board	Jaak Vetik
Member of the board	Mehis Viru
Member of the board	Rein Sokk
Member of the board	Mati Lilliallik
Member of the board	Raivo Kornet
Member of the board	Gert Lee
Member of the board	Meelis Jukk
Member of the board	Urmo Raiend
Member of the board	Harry Lemberg

**Local Organising Committee**

President	Erich Teigamägi
General Secretary	Sirje Lippe
Protocol / Hospitality	Silvi Kask
Press / Media	Mariliis Vahe
Finance	Sirje Lippe
Travel / Accommodation	Sirje Lippe
Marketing	Gert Lee
Ceremonies	Erik Lill

**Competition Organisation**

Competition Director	Egert Juuse
Meeting Manager	Raivo Kornet
Technical Manager	Peeter Randaru
Event Presentation Manager	Taavi Esperk
Doping Control	Gea Muru

### Participating Teams

#### Men

Belarus (BLR)  
Estonia (EST)  
France (FRA)  
Finland (FIN)  
Russia (RUS)  
Spain (ESP)  
Sweden (SWE)  
Ukraine (UKR)

#### Women

Czech Republic (CZE)  
Estonia (EST)  
France (FRA)  
Great Britain (GBR)  
Russia (RUS)  
Poland (POL)  
Sweden (SWE)  
Ukraine (UKR)

## 3. ARRIVALS

### Arrival by Air

Tallinn Lennart Meri International Airport is the official airport of the event.

### Welcome Service

Upon arrival, team attaches will meet teams. A welcome desk will be located at the arrivals area after baggage reclaim and will be open according to the arrival/departure of teams from Thursday, 24 June until Monday, 28 June.

Once luggage has been collected, team members will be escorted to buses, which will take them to their hotel.

Bus transport will operate for teams. Buses will be allocated to teams and will be clearly marked with a sign. These buses will be parked in front of the Airport.

### Transportation of Vaulting Poles

On arrival at the airport or train station the poles will be transported directly to the Stadium.

### Arrival by Train

For teams arriving at Railway Station Balti Jaam, a welcome desk will be located at the arrivals area from where teams will be escorted to buses, which will take them to their hotels.

Transfer time from the Tallinn Lennart Meri International Airport and the Railway Station Balti Jaam to the Team Hotel is 30 minutes.

### Arrival by Road

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

### Visa Requirements

For the citizens of following countries visas are required to enter Estonia:

#### **Belarus, Russia and Ukraine**

Visas should be obtained before leaving your country, from Estonian Embassy or Consulate. Should you have any problems, or require a letter of invitation please contact the LOC, Sirje Lippe (Email: [sirje@ekjl.ee](mailto:sirje@ekjl.ee), Mobile: +3725062390)

#### **4. TRANSPORT**

##### **Transport and Accommodation Desk**

The transport and accommodation office will be located at the Reval Park Hotel & Casino and will be open from 8:00 until 20:00 from Thursday, 24 June until Monday, 28 June.

##### **Bus Shuttle Service**

A regular bus shuttle service will be provided between the team hotel, training venues, sites of social events, the technical meeting and the competition venue. Full details of the schedule will be displayed at the Information desk in the hotel. Transfer service between the hotel and the competition venue will operate as follows:

On Friday 25 June 14:00 - 21:00

On Saturday, 26 June and Sunday 27 June: 7:00 - 21:00

##### **Return to Airport / Train stations**

Transport will be arranged according to the flight schedules submitted by the teams.

#### **5. ACCOMMODATION & HOTEL INFORMATION**

##### **Information and the Transportation and Accommodation Desk**

An information desk will be located in the team hotel, Reval Park Hotel & Casino (nearby the reception), and will be open from Thursday, 24 June 9:00 until Monday, 28 June 12:00.

##### **Team Hotel**

<b>Hotel Name</b>	<b>Address, Telephone &amp; Fax</b>
Reval Park Hotel & Casino	Kreutzwaldi 23, 10147 Tallinn, Estonia Tel:+372 630 5305 Fax:+372 630 5315

##### **VIP Hotel**

<b>Hotel Name</b>	<b>Address, Telephone &amp; Fax</b>
Reval Park Hotel & Casino	Kreutzwaldi 23, 10147 Tallinn, Estonia Tel:+372 630 5305; Fax:+372 630 5315

##### **Media Hotel**

<b>Hotel Name</b>	<b>Address, Telephone &amp; Fax</b>
<i>Reval Hotel Central</i>	Narva mnt 7C, 10117 Tallinn, Estonia Tel: +372 633 9800 Fax: +372 633 9900

##### **Costs and European Athletics Quota**

According to European Athletics Regulation 710.4 accommodation and full board for the visiting teams (4 athletes & 2 officials from each participating men's and women's team) will be paid for by European Athletics for 4 days.

The following rates must be paid for "out of quota" team members and for additional days:

- 115CHF per person / per day for athletes/officials in a double room
- 120CHF per person / per day for athletes/officials in a single room

The Team Leader must settle any extra charges (bar, laundry, telephone etc) at the hotel reception desk, before departure. The Team Leader will be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.

**All payments must be made in Kroon (EEK).**

### **Meals**

All meals will be served in the team hotel.

The restaurant's opening times are:

Breakfast 7:00 - 10:00 (on Sunday 06:30-10:00)

Lunch 12:00 - 14:00 (on Saturday and Sunday lunch packages will be provided in the Stadium)

Dinner 19:00 – 21:30 (on Sunday the dinner will be served during the Final Banquet)

Accreditation cards together with meal vouchers, which will be given to teams upon arrival, will allow access to meals.

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

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

### **Lunch Packages for Athletes in Combined Events**

Lunch Packs will be provided for all athletes and officials. These will be distributed to the athletes and officials in the main building of Kadriorg Stadium on Saturday and Sunday between 12:00 and 15:00

### **Meeting Rooms for Teams**

Arrangements can be made for team meeting rooms through the information desk in the team hotel. Requests shall be made at reasonable time in advance.

### **Telephone Calls**

The telephone will be automatically activated to make room-to-room calls. Any athletes or delegation officials requiring the use of the room phone for outgoing calls must make arrangements with the reception desk at the hotel. This service will be made available upon the presentation of a credit card to cover all charges.

All delegations will receive a telephone contact list of important telephone numbers for the European Cup Combined Events Super League Tallinn 2010.

## **6. ACCREDITATION**

### **General**

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

### **Accreditation Procedure**

Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the final entry system. Changes will be accepted only in special cases (e.g. replacement due to a late injury) after the approval of European Athletics and LOC.

Accreditation cards will be distributed after the financial settlement at the information desk, which will be located in the team hotel, Reval Park Hotel & Casino.

### **Loss of an Accreditation Card**

Lost or damaged accreditation cards shall be reported to the information desk, located in team hotel, Reval Hotel Park. Duplicate cards can be obtained where proof of identity can be established.

### **Access Areas for Teams**

Description of the accreditation system is included on the back of the accreditation card.

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

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

Separate card will be issued to Team Leader for an access to the documents of the Team in TIC.

Access to the Doping Control: 1 pass will be given to the athlete upon notification and an additional pass for an accompanying person. Passes will be collected once they enter the Doping Control Station.

## **7. TECHNICAL INFORMATION**

### **Technical Information Centre (TIC)**

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

The TIC is located in main building of the competition venue, Kadrioru Stadium.

The TIC will be open at the following times:

Thursday, 24 June	15:00 - 20:00
Friday, 25 June	10:00 - 13:00 and 15:00 - 18:00
Saturday, 26 June	9:00 - 21:00
Sunday, 27 June	8:30 - 21:15

The TIC will be linked to all information desks set up for this event and shall be responsible for the following:

- Competition information
- Notification of lists of competitors (start lists)

- Liaison points concerning technical matters between Team Delegate, Technical Delegate and LOC
- Settlement of technical enquiries from delegations
- Record forms
- Recovery of items confiscated at the call room
- Applications for 'national records' doping control and photo finish prints
- Urgent notices – collection and delivery of any urgent written notices to the Team Delegations from Technical Delegates, European Athletics and LOC
- Receipt of protests from the teams
- Publication of results. Results will be displayed on the notice boards near the TIC
- Official invitations
- Entrance tickets ordered by the teams
- All technical information regarding the competition will be distributed to each delegation in a special mailbox given to each team. This information will also be displayed on information boards. Information put in the mailboxes will include daily programme, start lists, results as well as official information from European Athletics and LOC.

Teams that were not able to attend the Technical Meeting, under extreme circumstances, can collect their competition numbers from the information desk after the technical meeting.

### Technical Meeting

The Technical Meeting will be held on Friday, 25 June at 18:00 in Reval Park Hotel & Casino.

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 Meeting. All questions related to the Technical Meeting must be presented in writing, preferably in English, to the TIC before 12:00 on Friday, 25 June. The Technical Meeting will be conducted in English.

The Technical Meeting will be attended by:

- European Athletics Council Delegate and European Athletics Technical Delegate
- Jury of Appeal
- Representatives of the Local Organising Committee
- Chief Technical Officials
- Area Technical Officials
- TIC Representatives
- Competition Director
- European Athletics Doping Control Delegate
- Competition Data Handling Representative

### Agenda

The preliminary agenda of the Technical Meeting includes:

- Welcome by the President of the Local Organising Committee
- Welcome by the European Athletics representative
- Presentation of the International Officials
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate
  - Confirmation of entries

- Call-room procedures and schedule
- Allocation of lanes and order of competition
- Starting height and bar raising Increments
- Scoring and ties
- Numbers
- Protests
- Presentation of the competition and warm up sites
- Mixed Zone
- Opening and Closing Ceremonies
- Presentations
- Advertising Rules and Regulations
- Answering of questions submitted in writing by the teams
- Doping Control

### Equipment

The implements provided by the LOC (see implement list, appendix 1) are selected from those appearing on the current IAAF certified implements list. Basic implements will be provided for warm up and training

Personal implements are allowed for competition only if:

- they are of other types than those in the official LOC list;
- each such implement carries a valid IAAF certificate;
- An implement passes the Technical Director's control.

Personal implements must be handed over to the TIC on Saturday, 26 June latest by 10:00. During the competition these implements are available to all competitors.

### Inspection of Competition Venue

There will be no organised tour as the presentation of the competition and warm up areas will be given at the Technical Meeting.

### Competition Area

Kadriorg Stadium and its surroundings are shown in appendix 4 of this document. There are 7000 seats in the stadium.

The stadium has the following competition sites:

- 8 lanes
- 2 High Jump sites
- 2 Pole Vault sites
- 1 site for Long/Triple Jump
- 1 Shot Put Circle
- 1 Combined Discus/Hammer Circle
- 2 Javelin sites

The Warm up area has the following sites:

- 4 lanes
- 1 High Jump site
- 1 site for Long/Triple Jump
- 1 Shot Put Circle

- 1 Combined Discus/Hammer Circle
- 1 Javelin site

The maximum spike lengths in the various events are:

- Track, Long Jump, Triple Jump and Pole Vault: 9 mm
- High Jump and Javelin: 12 mm

Athletes' seats are located in main building of the stadium.

### **Dressing / Physiotherapy Tents**

Dressing rooms with showers are located in the main building of Kadriorg Stadium. Physiotherapy Tents are located at the nearby Warm up area, which is behind the main building of Kadriorg Stadium - there are tents for each team. Physiotherapy tables and ice are also available here.

### **Training**

Athletes will have the possibility to train in the Kadriorg Stadium

Training schedule will be as follows:

Thursday, 24 June	15:00 – 18:00
Friday, 25 June	10:00 – 13:00 and 16:00 – 18:00

Training with Official Starter will be organised on:

Friday, 25 June	16:00 – 18:00
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Equipment and implements, necessary for training will be available at the training venue. Officials will be present to help in the case of problems or special requirements. Drinks will be available at the training venue. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in. The Weight training room is situated inside the main building of Kadriorg Stadium and is open during training and competition time.

The transport schedule to the Kadriorg Stadium for the training sessions will be displayed at the information desks in teams' hotel and in Kadriorg Stadium

## **8. COMPETITION REGULATIONS**

### **Team Composition**

Each European Member Federation may enter 1 (one) men's team and 1 (one) women's team. In the Super League and First League each team shall consist of not less than 3 (three) and not more than four (4) male and female athletes in Decathlon and Heptathlon, respectively.

### **Final Entries**

Final entries shall be made through the European Athletics online entry system. The online entry system will be accessible on the European Athletics website: **www.european-athletics.org** in the section "Competition". Member federations should use the already known ID and password.



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Final entries indicating the names of the athletes and their performances in the current year, plus the names of officials must be submitted not later than 5 (five) days before the competition i.e. by **midnight on 21 June 2010 (24:00 CET)**.

#### **Final Confirmation**

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition.

Forms for the final declaration and confirmation will be distributed to each delegation upon arrival. The forms must be completed and returned immediately. Final start lists will be ready for collection at the information desk after the Technical Meeting.

#### **Withdrawal**

Withdrawal of any confirmation must be indicated to the TIC in writing on the official withdrawal form.

After the Technical Meeting, justified changes due to injury, illness or other uncontrollable matters will be possible until the beginning of the respective event, provided that the Technical Delegate has been previously informed and has accepted the change.

#### **Competition Numbers**

The LOC will provide the teams with competition numbers after the Technical Meeting.

Each competitor receives 4 numbers. Their personal competition number shall be pinned on the front and the back of the competition clothing, on the back of the tracksuit and on the bag. The competition numbers may not be cut, bent or covered in any way.

#### **Lane Assignment and Starting Order**

The athletes' participation order or lane assignment for each event is according to drawing done by the Technical Delegate as detailed in the appendix 3 of this manual.

#### **Scoring**

The total sum of points obtained by the best 3 (three) athletes from each team will be used to establish the final order of the teams. Any team which has got less than 3(three) athletes to score individually shall not figure in the final order of the teams.

In case of a tie in the overall total of points, the teams concerned will be placed according to the total of the individual placing achieved by their 3 (three) best athletes in a specific ranking excluding the fourth athlete of each team and athletes scoring individually. If the tie still exists, the team having the athlete with the highest total of points in the individual order shall be placed before the other team(s).

#### **Competition Clothing**

Competitors must wear the Federation's official team clothing. IAAF Rules 8 & 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations (version 1 January 2010). Clothing and items not conforming to these rules and the current IAAF Advertising Regulations will be removed or taped at the call room.

The European Athletics has a record of the Team vests of all Member Federations on the European Athletics website. If the uniform displayed on the website differs from your current official uniform, a full set of photographs must be provided to the European Athletics by Monday, 21 June at the latest (preferably in an electronic version):

- JPEG file, maximum resolution and size 300 dpi / 500KB
- Compressed ZIP file, if possible

- Mail to: [competition@european-athletics.org](mailto:competition@european-athletics.org)
- 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.

## 9. COMPETITION PROCEDURE

### Timetable

Please, see Appendix 2 for the competition timetable. Due to live broadcast that is done by Estonian National Television, attached timetable will be strictly followed as presented, implying the possibility of infringement of Technical Rule 200.7 of IAAF Competition Rules, if needed.

### Call Room

All athletes must report to the call room according to the following schedule:

Saturday, 26 June:

Men teams: 10:30 – 45 minutes before start of 100m

Women teams: 10:55 – 45 minutes before start of 100m Hurdles

Sunday, 27 June:

Men teams: 09:15 – 45 minutes before start of 110m Hurdles

Women teams: 10:45 – 45 minutes before start of Long Jump

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing, advertising
- Shoes
- Bags
- That non-authorized equipment (radio, Walkman, mobile phone, camera etc) is not brought to the infield.

### Field Events

In the field events the official trials will be supervised by the judges. Athletes may only use the official markers for the approach. These will be handed out by the competition officials at the competition area.

### Start commands

The start commands will be given in English, as follows:

For distances up to and including 400 m:

- "On your marks
- "Set"
- Fire of the gun

For distances of 800 m and more:

- "On your marks"
- Fire of the gun.

If for any reason the starter feels it is necessary to interrupt the process he/she will say:

- "Stand Up"

There are false start indicators installed on the starting blocks.

#### **Timing and measurement**

The official timing will be provided by Omega Electronics and will be displayed on the official electronically score boards located close to finish and on the main video screen.

The distance measurements for Javelin and Discus throw will be taken by electronic equipment from Leica

The distance measurements for Long Jump and for Shot Put will be measured manually.

The heights in High Jump and Pole Vault will be measured manually.

#### **Exit procedures after the Competition**

After the competition, athletes leave immediately the infield through the mixed zone where media interviews will be carried out. The clothing baskets will be brought to the mixed zone.

#### **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 or by a responsible official acting on his/her behalf (Rule 146.3). 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 or its equivalent, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned.

The Jury's decision will be provided in writing at the TIC.

#### **Interviews**

Immediately after the competition, the flash interview group will interview the winning athletes. These interviews will be distributed on information sheets to the media. 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.

#### **Doping Control**

##### **General Information**

Doping control shall be conducted in accordance with IAAF Rules and Procedures under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected in connection with the European Cup Combined Events.

Athletes selected for doping control shall be informed by Doping Control officials. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Center (DCC).

A selected athlete should report immediately to the DCC unless there are valid reasons for delay. Trained chaperones or Doping Control Officials will accompany all selected athletes from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to 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 European Cup.

### **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 DCC to provide a sample. Failure to provide a sample will result in the record not being ratified.

### **Additional Controls**

Additional athletes, such as those achieving National Records who have not been selected for doping control, may present themselves for testing. These athletes must first report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Center.

The cost of this control will first be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the European Cup.

## **10. Medical Services**

### **General**

The medical service is in charge of any medical assistance to the team leaders, the competition organization, the information personnel, the honorary guests, as well as spectators in the stadium during the competition.

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team when travelling to and from European Athletics competitions and during the event itself (European Athletics Regulation 710.11).

In case of an emergency please contact Dr. Siim Schneider. He is in charge of the medical service and can be reached on + 372 55674708

### **Medical Care at the stadium**

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. There are also well-equipped physiotherapy facilities available. The stadium medical service is also responsible for first aid in the warming up area.

There are 2 first aid teams next to the infield, supervised by a doctor and marked with red crosses.

## 11. SECURITY

Instructions given by the LOC, the security personnel, and the police have to be followed in all areas, as well as during transportation from one location to another.

The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to the LOC Information Desk in the team hotel.

## 12. CEREMONIES

### Victory Ceremonies

The victory ceremonies for the winning teams Men and Women will take place at the competition venue. Athletes must wear the official team clothing for the ceremonies.

### Opening Ceremony

The Opening Ceremony will take place on Saturday, 26 June at 10:30 at the Kadriorg Stadium.

For the Opening Ceremony, teams can take the bus on Saturday, 26 June at 10:00 from Reval Park Hotel & Casino. It is not necessary for athletes to participate in Opening Ceremony.

### Closing Ceremony

The Closing Ceremony will take place on Sunday, 27 June at 20:30 at the Kadriorg Stadium.

### Closing Banquet

The Closing Banquet will take place on 27 June at 21:30. Everyone with accreditation or an invitation is welcome to attend. Bus transportation will be provide

## 13. DEPARTURE

Teams will be asked to provide full travel details on the online entry system. Teams will also receive a departure form, which should be completed and returned to the LOC Information Desk in the hotel, at least 24 hours before departure, especially if there are any changes to the preliminary confirmed details.

Departure times of the shuttle buses from the hotel will be provided and displayed at the LOC Information Desk.

All outstanding fees, charges and possible other expenses must be settled with the cashier. On the day of departure the LOC Hotel Manager checks the rooms together with the team leaders.

## 14. LOC CONTACT DETAILS

For further details about the European Cup Combined Events Super League Tallinn 2010 please contact Mrs. Sirje Lippe, General Secretary of LOC (Tel: +372 50 62 390, e-mail: [sirje@ekjl.ee](mailto:sirje@ekjl.ee))

### LOC Office

Maakri 23, 10145 Tallinn, Estonia

Tel: +372 66 77 991, Fax: +372 66 77 995, e-mail [ekjl@ekjl.ee](mailto:ekjl@ekjl.ee)

15. APPENDICES

Appendix 1 – Implement List

Equipment	Company / Material	Product name	Color	IAAF certification	Quantity
MEN JAVELIN 800g	Nordic	Orbit Carbon	White	I-99-0190	2
	Nordic	Champion Carbon	White	I-99-0189	2
	Nordic	Airglider	White	I-99-0011	1
	Nordic	Orbit	Yellow	I-99-0014	2
	Nordic	Champion	Yellow	I-99-0012	2
	Nordic	Super Elite	White	I-99-0020	1
	Nemeth	Classic Carbon 95	Violet	I-99-0101	1
	OTE	Tailwind	Various	I-99-0067	1
	OTE	Headwind	Various	I-99-0068	1
WOMEN JAVELIN 600g	Nordic	Diana Carbon 80	White	I-99-0191	1
	Nordic	Diana 80	Yellow	I-99-0018	1
	Nordic	Diana 70	Yellow	I-99-0017	2
	Nordic	Diana 60	Yellow	I-99-0015	2
	Nordic	Xena	Green	I-01-0242	1
	Nordic	Indra	Blue	I-01-0241	1
	Nemeth	Club 75	Violet	I-99-0103	2
	OTE	Tailwind 60	Various	I-99-0075	2
MEN SHOT 7,26kg	Nordic	Olympic Super d128	Yellow	I-99-0021	2
	UCS	d129	Red	I-99-0119	1
	Pacer	Turned Shots d128	Black	I-99-0054	1
	Nordic	Brass d110	Gold	I-99-0023	1
	Nordic	Stainless Steel d115	Silver	I-99-0024	1
WOMEN SHOT 4kg	Nelco	Turned Iron d108	Red	I-99-0094	2
	Nordic	Steel Red d108	Red	I-99-0025	2
	Pacer	Turned Steel d108	White	I-99-0058	2
MEN DISCUS 2kg	Denfi	Jürgen Schult	Grey	I-99-0098	2
	OTE	Very High Moment	Silver	I-99-0063	1
	Pacer	Gold	Gold	I-99-0036	2
	Nelco	Super Spin	Black	I-99-0091	1
	Pacer	Saturn	Grey	I-99-0038	1
	UCS	Super Flyer High Moment	Purple	I-99-0123	1

## Appendix 2 – Timetable

### First Day (26 June 2010)

10.30 Opening Ceremony

DECATHLON		HEPTATHLON	
100 m (II)	11.15		
	11.40	100 m Hurdles (II)	
	11.55	100 m Hurdles (I)	
Long Jump (II)	12.00		
	12.25	High Jump (II)	
100 m (I)	12.30		
	12.35	High Jump (I)	
Long Jump (I)	13.15		
Shot Put (II)	13.45		
Shot Put (I)	15.00		
High Jump (II)	15.25		
	16.00	Shot Put (II)	
High Jump (I)	16.40		
	17.00	Shot Put (I)	
	17.45	200 m (II)	
	18.05	200 m (I)	
400 m (II)	18.35		
400 m (I)	19.00		

### Second Day (27 June 2010)

DECATHLON		HEPTATHLON	
110 m Hurdles (II)	10.00		
Discus (II)	10.45		
	11.30	Long Jump (II)	
110 m Hurdles (I)	11.40		
Discus (I)	12.25		
Pole Vault (II)	12.45		
	12.50	Long Jump (I)	
	13.35	Javelin (II)	
Pole Vault (I)	14.25		
	15.00	Javelin (I)	
Javelin (II)	16.35		
	17.00	800 m	
Javelin (I)	18.15		
1500 m	19.55		

### Appendix 3 – Guidelines for lanes and starting orders

The athletes' participation order or lane assignment for each event is according to drawing done by the Technical Delegate as follows:

#### Men

A	Estonia
B	France
C	Spain
D	Russia
E	Belarus
F	Ukraine
G	Sweden
H	Finland

#### Women

A	France
B	Sweden
C	Great Britain
D	Russia
E	Poland
F	Estonia
G	Czech Republic
H	Ukraine

### Decathlon MEN, Field Events

Note: Number 1 is the best athlete in that event, number 2 second best athlete, etc.

#### Long Jump

Group 2	B3	C3	D3	E3	F3	G3	H3	A3	D4	E4	F4	H4	H4	A4	B4	C4
Group 1	F1	G1	H1	A1	B1	C1	D1	E1	H2	A2	B2	C2	D2	E2	F2	G2

#### Shot Put

Group 2	C3	D3	E3	F3	G3	H3	A3	B3	E4	F4	G4	H4	A4	B4	C4	D4
Group 1	G1	H1	A1	B1	C1	D1	E1	F1	A2	B2	C2	D2	E2	F2	G2	H2

#### High Jump

Group 2	D3	E3	F3	G3	H3	A3	B3	C3	F4	G4	H4	A4	B4	C4	D4	E4
Group 1	H1	A1	B1	C1	D1	E1	F1	G1	B2	C2	D2	E2	F2	G2	H2	A2

#### Discus

Group 2	G3	H3	A3	B3	C3	D3	E3	F3	A4	B4	C4	D4	E4	F4	G4	H4
Group 1	C1	D1	E1	F1	G1	H1	A1	B1	E2	F2	G2	H2	A2	B2	C2	D2

#### Pole Vault

Group 2	H3	A3	B3	C3	D3	E3	F3	G3	B4	C4	D4	E4	F4	G4	H4	A4
Group 1	D1	E1	F1	G1	H1	A1	B1	C1	F2	G2	H2	A2	B2	C2	D2	E2

#### Javelin

- Group 1 The javelin will start with at least 10 athletes.
- Group 2 The groups will be formed with the athletes having finished the pole vault competition.
- Group 3 Depending on the time needed for pole vault decision will be made whether javelin will be carried out in 2 or 3 groups.

### Decathlon MEN, Track Events

#### 100 metres

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	A4	B4	C4	D4	E4	F4	G4	H4
Heat 2	C3	D3	E3	F3	G3	H3	A3	B3
Heat 3	E2	F2	G2	H2	A2	B2	C2	D2
Heat 4	G1	H1	A1	B1	C1	D1	E1	F1

#### 400 metres

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	E4	F4	G4	H4	A4	B4	C4	D4
Heat 2	G3	H3	A3	B3	C3	D3	E3	F3
Heat 3	A2	B2	C2	D2	E2	F2	G2	H2
Heat 4	C1	D1	E1	F1	G1	H1	A1	B1

#### 110 metres Hurdles

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	F4	G4	H4	A4	B4	C4	D4	E4
Heat 2	H3	A3	B3	C3	D3	E3	F3	G3
Heat 3	B2	C2	D2	E2	F2	G2	H2	A2
Heat 4	D1	E1	F1	G1	H1	A1	B1	C1

#### 1500 metres

Heat 1 Country 5, 6, 7 and 8 after 9 events  
Heat 2 Country 1, 2, 3 and 4 after 9 events

#### Heptathlon WOMEN, Field Events

Note: Number 1 is the best athlete in that event, number 2 second best athlete, etc.

#### High Jump

Group 2	B3	C3	D3	E3	F3	G3	H3	A3	D4	E4	F4	H4	H4	A4	B4	C4
Group 1	F1	G1	H1	A1	B1	C1	D1	E1	H2	A2	B2	C2	D2	E2	F2	G2

#### Shot Put

Group 2	C3	D3	E3	F3	G3	H3	A3	B3	E4	F4	G4	H4	A4	B4	C4	D4
Group 1	G1	H1	A1	B1	C1	D1	E1	F1	A2	B2	C2	D2	E2	F2	G2	H2

#### Long Jump

Group 2	E3	F3	G3	H3	A3	B3	C3	D3	G4	H4	A4	B4	C4	D4	E4	F4
Group 1	A1	B1	C1	D1	E1	F1	G1	H1	C2	D2	E2	F2	G2	H2	A2	B2

#### Javelin

Group 2	F3	G3	H3	A3	B3	C3	D3	E3	H4	A4	B4	C4	D4	E4	F4	G4
Group 1	B1	C1	D1	E1	F1	G1	H1	A1	D2	E2	F2	G2	H2	A2	B2	C2

#### Heptathlon WOMEN, Track Events

#### 100 metres Hurdles

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	A4	B4	C4	D4	E4	F4	G4	H4
Heat 2	C3	D3	E3	F3	G3	H3	A3	B3
Heat 3	E2	F2	G2	H2	A2	B2	C2	D2
Heat 4	G1	H1	A1	B1	C1	D1	E1	F1

#### 200 metres

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Heat 1	D4	E4	F4	G4	H4	A4	B4	C4
Heat 2	F3	G3	H3	A3	B3	C3	D3	E3
Heat 3	H2	A2	B2	C2	D2	E2	F2	G2
Heat 4	B1	C1	D1	E1	F1	G1	H1	A1



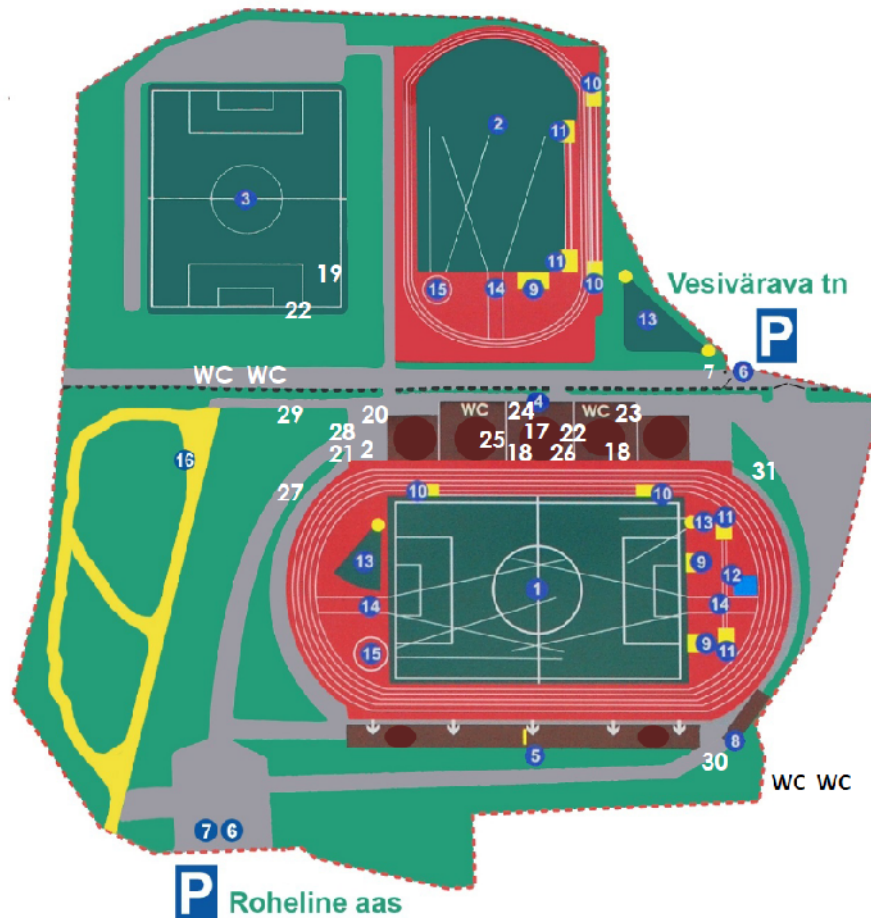
**European Cup Combined Events Super  
League 2010**  
**Tallinn, Estonia, 26-27 June 2010**



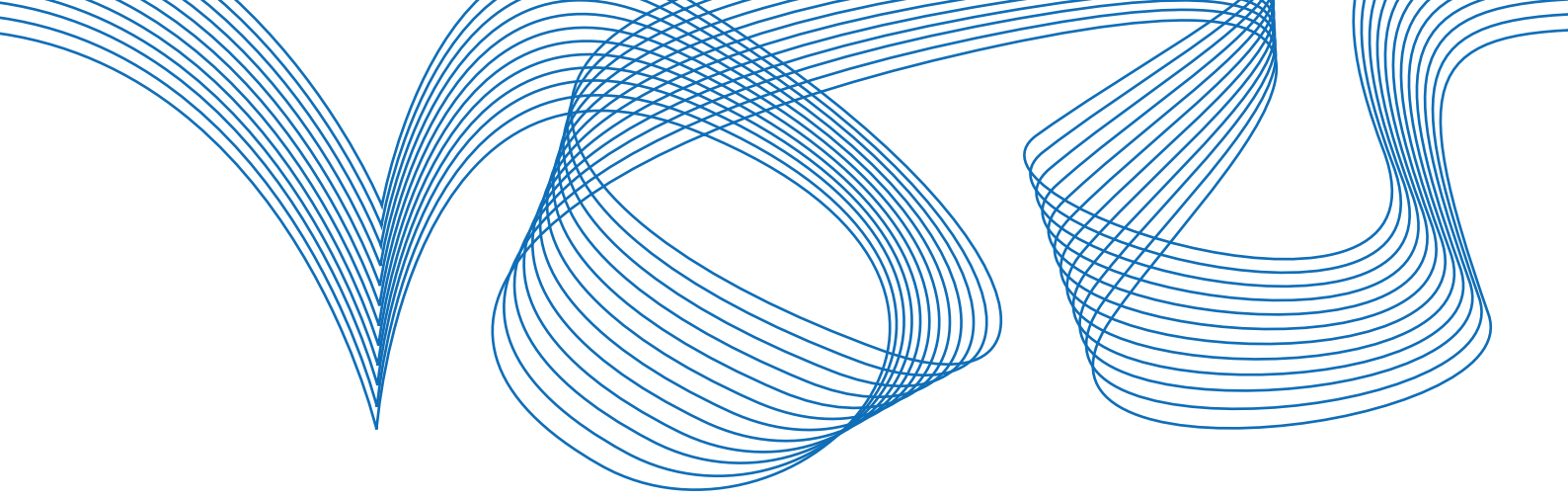
**800 metres**

Heat 1 Country 5, 6, 7 and 8 after 6 events  
Heat 2 Country 1, 2, 3 and 4 after 6 events

Appendix 4 – Map of Stadium



- |                      |   |
|----------------------|---|
| 1 – Competition area | 14 – Javelin throw                        |
| 2 – Warm-up area     | 15 – Discus throw                         |
| 3 – Team tents       | 16 – Sawdust track                        |
| 4 – The main stands  | 17 – Media tribune                        |
| 5 – Small stands     | 18 – Team seats                           |
| 6 – Entrance         | 19 – Call Room                            |
| 7 – Ticket booths    | 20 – Buffet                               |
| 8 – Scoreboard       | 21 – TV studio                            |
| 9 – High jump        | 22 – Ice and water (on the ground floor)  |
| 10 – Long jump       | 23 – Press room (on the first floor)      |
| 11 – Pole vault      | 24 – VIP hospitality (on the first floor) |
| 13 – Shot put        | 25 – TIC (on the first floor) + Mod. aid  |
| P - Parking area     | 26 – Mixed zone                           |



*Eesti Kergerjõustikuliit*

