



## **Team Manual**

**European Athletics Indoor  
Championships 2025**

## Apeldoorn 2025 European Athletics Indoor Championships

### Welcome Message *from the President of European Athletics*

I am delighted to welcome everyone to Apeldoorn for the 38th edition of the European Athletics Indoor Championships.

This is the third time that the Netherlands has staged these championships following on from Rotterdam in 1973 and The Hague in 1989 and, as always, it is a pleasure to be back in this country.

It may have been 36 years since the European Athletics Indoor Championships were last staged in the Netherlands, but it has been less than a decade since Amsterdam was the host city for the biggest event in our portfolio, the 2016 European Athletics Championships.

On that occasion, the Royal Dutch Athletics Federation and their local organising committee staged a super championships.

European Athletics have been impressed with the commitment and organisational skill of everyone involved in the preparations for these championships and I am looking forward immensely to what should be thrilling and inspirational four days of competition.

The Omnisport Apeldoorn is the perfect venue for showcasing our sport and the talent of Europe's top athletes.

Now it's the turn of the athletes to respond and, in the superlative conditions they have at their disposal here, I am sure they will.

To everyone involved – athletes, coaches, officials, media, staff, volunteers, and spectators – I wish you an enjoyable and successful time in Apeldoorn.

I would also like to take this opportunity on behalf of European Athletics to offer my sincere thanks to the Royal Dutch Athletics Federation – Atletiekunie – and to all *the officials and volunteers working with the Local Organising Committee for all their hard work and commitment.*

Dobromir Karamarinov  
European Athletics President

Dear athletes, coaches, and team members,

It's been a long time since the Royal Dutch Athletics Federation hosted an European Championship, so we are especially thrilled to welcome you all in Apeldoorn. We are grateful towards the Council of European Athletics for granting us these Championships and thereby the acknowledgement of our organization power and the high standing of Dutch Athletics.

The European Indoor Championships 2025 will be about '*moving people*'. Naturally the most important about the EICH2025 will be the Athletes and their performances. During the Championships we will witness outstanding performances of our European Athletes: either live in the sold-out stadium Omnisport or by live broadcast in our homes all over Europe.

Sports and especially athletics is about emotion: on and around the track. In the year prior towards these Championships we have unrolled a national Social Activation Plan to support people to start running. Young and old have been inspired by these Championships and especially our elite athletes and we want them to keep on moving years after the EICH2025 have been finished.

On behalf of the Royal Dutch Athletics Federation -Atletiekunie- I would like to thank all our partners; especially the city of Apeldoorn, the Province of Gelderland, and our national Government for making these Championships possible. Also, a huge compliment towards TIG Sports, all the volunteers, officials, our colleagues of European Athletics and the Local Organising Committee for their outstanding effort. And last but not least -on behalf of the entire board of Atletiekunie- I would like to express our gratitude to our colleagues of the Dutch Federation for their enormous effort, perseverance and commitment making these Championships come true!

Witnessing and being part of these Championships can be a gamechanger in your life: we **CELEBRATE** four days of athletics where there are only champions: athletes, coaches, staff, and the fans in the stadium and at home.

Together we are *moving people*!

Jan Markink  
President Atletiekunie

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## 1. General Information

### 1.1 Safeguarding

European Athletics is committed to the principle of safeguarding in our sport and has developed a safeguarding and abuse prevention programme to ensure the protection and safety of everyone involved in athletics from harassment, abuse, and exploitation. To this end, European Athletics has taken several measures including the implementation of a [European Athletics Safeguarding Policy](#), the availability of a secured and independent [reporting platform](#) and the appointment of a safeguarding officer, whose contacts can be found hereunder:

Name: Mathilde Grenet  
Mobile: +41 75 425 50 00  
Email: [safeguarding.officer@european-athletics.org](mailto:safeguarding.officer@european-athletics.org)

To enhance this commitment and to reiterate the importance of safeguarding, the following initiatives are part of the European Athletics Safeguarding Programme at the European Athletics Indoor Championships 2025:

- Safeguarding matters will be dealt in accordance with the European Athletics Safeguarding Policy, the national laws, and the advice of the European Athletics Safeguarding Officer.
- The European Athletics Safeguarding Officer will be present for the whole duration of the event. Contact details will also be made available at the Warm-up/Teams Area, Technical Information Centre, and Team Hotels.
- The European Athletics Safeguarding Officer will conduct an online safeguarding briefing ahead of the event on 20 February 2025, 11:00 – 11:45 (CET) addressed to the Team Safeguarding Officers/Point of Contact for this event and the link will be sent to the Member Federations separately.
- A short introduction will be also held on Safeguarding during the Teams Leaders' Technical Update with the Technical Delegates.
- Teams may contact the European Athletics Safeguarding Officer to schedule dedicated briefs with the Team Leaders at the respective national teams' meetings.
- Under the campaign "Race for Respect" European Athletics aims to engage with the team members on Safeguarding awareness and prevention at the European Athletics Indoor Championships 2025.

If you have any question or concern about your safety or somebody else's safety during this event, please contact the European Athletics Safeguarding Officer. If the concern relates to an imminent risk of someone's physical integrity or to an emergency for medical assistance, please contact immediately the LOC and/or the local authorities, to the contact provided in this Team Manual.

### 1.2 Sustainability

European Athletics and the Local Organising Committee are committed to set a benchmark for other athletics events by delivering a set of sustainable practices which aim:

- to minimise the environmental impact of the 2025 European Athletics Indoor Championships, in Apeldoorn/NED;
- to foster social and economic legacy for the benefit of the host local and wider community;
- to inspire the local and wider community to adopt healthy and active styles through the Athletics for All campaign;
- to promote the sustainable development goals as a catalyst for sustainable development through sports.

We aim to make a positive contribution to the promotion of a sustainable future for athletics, therefore all participants, team members, staff, volunteers, and spectators are encouraged to support a joint ambition and commitment to sustainability by embarking on a journey to reduce their individual carbon footprint.

This Sustainability & Legacy Plan is aligned with the sustainability goals and policies of the Province of Gelderland, City of Apeldoorn, and Dutch Venue Association – Omnisports Apeldoorn, and will be implemented with a focus on the following key priorities:

- Paper Reduction
- Single-use Plastic Reduction
- Waste Management
- Environmental Awareness
- Responsible Procurement
- Athletics for all
- Good Governance

Further information about Sustainability & Legacy for this event will be shared ahead of the event through the official communication channels, including the European Athletics and the Apeldoorn 2025 websites.

#### Contacts:

##### European Athletics

- Liese Schroven ([liese.schroven@european-athletics.org](mailto:liese.schroven@european-athletics.org))
- António Carvalho ([antonio-carvalho@ext.european-athletics.org](mailto:antonio-carvalho@ext.european-athletics.org))

##### Local Organising Committee

- Tom Wennekes ([tom@tigsports.nl](mailto:tom@tigsports.nl))
- Tom Froon ([tom.froon@atletiekunie.nl](mailto:tom.froon@atletiekunie.nl))



### 1.3 Information about the Netherlands

- **Capital:** Amsterdam
- **Area** 12.000ha
- **Population: Approximately 18 million**
- **Language:** Dutch, with almost everyone able to speak English
- **Currency:** Euro (€)
- **Religion:** predominantly catholic or non-religious
- **Time zone:** GMT +1
- **Electricity specification:** 220V 16amp, 2 pin euro plug
- **Telephone country code:** + 31
- **Mobile Phone Network:** KPN, Odido, T-Mobile
- **Driving:** On the right side of the road
- **Water quality:** Excellent drinking water directly from the tap
- **Health:** No vaccinations are required for travel to the Netherlands
- **Climate:** The Netherlands has a temperate maritime climate, influenced by the North Sea and westerly winds. Expect mild weather year-round with moderate rainfall. In March, average temperatures range between 5-10°C.

#### Additional Notes for Visitors

The Netherlands is known for its flat landscapes, iconic windmills, and vibrant tulip fields. It is a safe and welcoming country with a highly efficient public transport system, including trains, buses, and bicycles as a popular mode of transportation. Dutch culture is open and tolerant, making it a pleasant destination for international guests.

### 1.4 Host City

Apeldoorn is a charming city in the Netherlands, celebrated for its royal history, natural landscapes, and vibrant cultural scene. Nestled in the province of Gelderland, it is home to approximately 160,000 residents. One of its highlights is the Royal Palace of Het Loo, a former royal residence now serving as a museum that showcases Dutch royal heritage.

The city is surrounded by lush parks and forests, with the nearby Hoge Veluwe National Park offering a wealth of outdoor activities such as cycling. Apeldoorn's lively city centre boasts an array of shops, cozy cafes, and year-round cultural events, making it an appealing destination for both residents and visitors alike.

English	Dutch
Yes	Ja
No	Nee
Please	Alsjeblieft
Thank you	Dankjewel
Hello	Hallo
Good morning	Goedemorgen
Good afternoon	Goedemiddag
Good evening	Goedenavond
Goodbye	Doei / tot ziens
What is your name?	Wat is jouw naam?
My name is	Mijn naam is
How are you?	Hoe gaat het met jou?
Fine thanks, and you	Het gaat goed, en met jou?
Excuse me	Pardon
Sorry	Sorry
Can you help me?	Kun je me helpen?
How much does this cost?	Hoeveel kost dit?
Where is the toilet?	Waar is het toilet?
I don't understand	Ik begrijp het niet
Do you speak English?	Spreek je Engels?
I like it	Ik vind het leuk
Nice to meet you	Leuk je te ontmoeten

English	Dutch
Start	Start
Finish	Finish
Lane	Baan
Shot put	Kogelstoten
High jump	Hoogspringen
Long jump	Verspringen
Pole vault	Polstokhoogspringen
Hurdles	Hordelopen
Relay	Estafette
Time	Tijd
Referee	Scheidsrechter
Results	Uitslagen
Medal	Medaille
Gold, Silver, Bronze	Goud, Zilver, Brons
Congratulations!	Gefeliciteerd
Good luck!	Succes!

## 2. Transportation

### 2.1 Arrivals

#### Official Airport and welcome services

To ensure a proper pick-up procedure, all teams are responsible for including their exact arrival information in the Final Entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to ([transport@apeldoorn2025.nl](mailto:transport@apeldoorn2025.nl)) with copy to [competition@european-athletics.org](mailto:competition@european-athletics.org). In emergency you can also contact the following number: +31-773978858.

Upon arrival at Schiphol Airport the teams are kindly asked to approach the Welcome Desk which is located at Arrivals 4 (see Appendix 3).

If your flight is delayed, please approach the Welcome Desk. For lost luggage, proceed directly to the designated desk located in the baggage claim area

The operating hours of the Welcome Desk will be as follows:

Date	Opening hours*
Sunday March 2	09:00 – until last arrival
Monday March 3	08:00 – until last arrival
Tuesday March 4	08:00 – until last arrival
Wednesday March 5	08:00 – until last arrival
Thursday March 6	08:00 – until last arrival
Friday March 7	08:00 – until last arrival
Saturday March 8	Closed
Sunday March 9	Closed (open when needed)
Monday March 10	08:00 – until last departure

\* The opening hours are provisional and will be in accordance with the provided arrival and departure times from the Final Entries.

Team Leaders will be directly taken to the Team Accreditation Centre (TAC) to collect all Team Members' accreditation cards. In case of early or late arrivals, accreditation formalities shall be carried out the following morning or as soon as possible.

#### Arrival by Road

Teams arriving by road are kindly asked to go directly to their allocated Team Hotel, where they will be welcomed at the Information desk.

Each Team Hotel provides parking (depending on availability). The parking is free of charge for teams staying at the hotel.

### Arrival by Train

To ensure a proper pick-up procedure, all teams are responsible for including their exact arrival information in the Final Entries. If there are any changes for arrival or departure, please ensure that you have include them also in the system.

Teams or Team Members arriving at Arnhem train station, will be greeted at the corresponding platform by Volunteers, who will ensure smooth arrivals.

### Entry visas

The participants coming from the following Member Federations require visas to enter Netherlands:

ALB<sup>1</sup> – ARM – AZE – BIH<sup>1</sup> – GEO<sup>1</sup> – KOS<sup>1</sup> – MDA<sup>1</sup> – MNE<sup>1</sup> – MKD<sup>1</sup> – SRB<sup>1</sup> – TUR – UKR<sup>1</sup>

Participants requiring visas to enter Netherlands should obtain them from the embassies or consulates in their country. Visa applications should be made in time (not later than 01 February 2025).

### Invitation Letter

Participants who require a visa should contact the LOC to obtain a special invitation letter by sending an e-mail to [femke.luijten@atletiekunie.nl](mailto:femke.luijten@atletiekunie.nl) with the following information by 01 February 2025:

- Full name (first name and family name as shown in passport)
- Nationality
- Date of Birth
- Gender
- Passport Number and expiry date
- Function in the Team (athlete or official).

It is recommended to attach a proof of affiliation of the team members to the respective Member Federation to the visa request. The invitation will be sent to you as soon as possible.

### Insurance

According to the European Athletics Regulations, the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when traveling 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. All transportation schedules will be displayed in the Team Hotels as well as in the other venues which are serviced by shuttles.

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<sup>1</sup> Only if not holder of biometric passport

Furthermore, there will be Information Desks operated by volunteers in all Team Hotels which can assist with any questions or requests related to transportation. Additionally, billboards are placed at the various shuttle stops and near information desk which show a QR code that can be scanned to also obtain all related transport information (link: [linktr.ee/eich25\\_travel](https://linktr.ee/eich25_travel))

### **Bus Shuttle Service**

Full details of the dedicated bus shuttle schedule to all venues and days will be displayed at the information boards in each hotel and in virtual TIC.

### **Competition, Training & Warm-up area**

A regular bus shuttle service will operate between the official Team Hotels and the Competition Venues & Training Area. Regular travel time will be approx. 15-45 minutes, depending on the hotel location and traffic conditions.

**Note:** The Warm-up area at the competition venue is open only for Athletes, and their relevant Team Members, competing on that day and session. Strict controls will be insured. If athletes want to train, they are more than welcome at the training centre Papendal.

## **2.3 Transportation of Equipment**

Each team is responsible for organizing transportation of its poles until arrival in Amsterdam. The LOC highly recommends flying your poles with KLM. They are well experienced in transporting poles.

To ensure a proper pick-up procedure, all teams are responsible for correct arrival information in the Final Entries including registering the poles as bulky luggage/special travel needs. Upon arrival at Schiphol airport or Arnhem train station, pick-up of the poles will be arranged by the LOC who will transfer them to the Training Venue in Papendal, where they will be at the athlete's disposal for training.

When you are travelling straight to the team hotel by your vehicle, please bring the poles to the Info Desk in the hotel, we will make sure your poles will be picked up by the LOC and transfer them to Training Venue Papendal.

The poles will be transported to the competition venue at 19:00 the day before the respective discipline as per following schedule (based on timetable version as of 06 January 2025):

<b>Event</b>	<b>Competition</b>	<b>Transport to Omnisport</b>
<b>Pole vault W, Q</b>	Thursday, 06 March, 19:05	Wednesday, 05 March, 19:00
<b>Pole vault W, F</b>	Saturday, 08 March, 19:35	Friday, 07 March, 19:00
<b>Pole vault M, Q</b>	Friday, 07 March, 19:05	Thursday, 06 March, 19:00
<b>Pole vault M, F</b>	Sunday, 09 March, 16:42	Saturday, 08 March, 19:00
<b>Pole vault M, Hep</b>	Saturday, 08 March, 11:00	Friday, 07 March, 19:00

After competition, the poles will be transported back to Papendal from where they will be transported to Schiphol airport, Arnhem train station or respective hotel based on your travel

arrangements. There is one exception: the poles from the athletes competing in the Men Final on Sunday will be transported directly from Omnisport to Schiphol airport, Arnhem train station or respective hotel based on your travel arrangements.

All poles or bag of poles should bear the identification of the athlete (tag of the name, country, gender, event, number of poles per bag). You will be requested to fill in also a form upon arrival. The LOC will provide event branded “Apeldoorn” pole bags via one of its partners. The pole bags will be repacked with these branded “Apeldoorn” pole bags upon arrival of the poles in Papendal. The LOC will make sure that you also receive your own pole bag back upon departure. You may keep the branded “Apeldoorn” pole bags though!

## 2.4 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 48 hours before departure.

Teams will be asked to provide full travel details together with the final entries. After the closing of the Final Entries, any amendments and updates will have to be sent by email to [transport@apeldoorn2025.nl](mailto:transport@apeldoorn2025.nl) with copy to [competition@european-athletics.org](mailto:competition@european-athletics.org). Team leader will also have to confirm departure details on site.

## 2.5 Lost & Found

All luggage left in vehicles is delivered by drivers to the transport desks in Omnisport Apeldoorn and Papendal. People who have lost luggage can report this to the transport desk and they will check whether the luggage has been found. Additionally, an online file will be created describing the found items/luggage, so that everyone can see what was found and where it was found.

## 3. Accreditation

### 3.1 General

In general, an accreditation card is proof of authority to access specific zones to carry out a function. It will contain alpha-numeric and colour-coded cardholder categories and numbered Accreditation Zones. The listed zones on each card will indicate the specific access privileges for each individual.

Each Team Member will receive an accreditation card, which must be always worn and should be clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. The holder is granted access rights only to the zones indicated on the front and shall use the designated entrances accordingly. The accreditation card remains European Athletics property and can be withdrawn at any time.

### 3.2 Team Accreditation Centre

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

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

Date	Opening hours
Monday, 03 March	09:00 – 16:00
Tuesday, 04 March	09:00 – 22:00
Wednesday, 05 March	09:00 – 22:00
Thursday, 06 March	09:00 – 16:00
Friday, 07 March	09:00 – 16:00
Saturday, 08 March	Closed
Sunday, 09 March	Closed

The opening hours of the Teams' Accreditation Centre will be adapted if necessary. The LOC will consider the team's arrival times & details to enable all teams to pick up their accreditation.

### 3.3 Registration Procedures

Registration of all Team Members must be done through European Athletics' Entries System, during the Final Entries which will be open from 11 February to 26 February 2025 (14:00 CET). More details as per chapter 7 of the Team Manual.

Please note:

Each accreditation requires a photo (passport type, in colour, recent, in focus, facing the camera, without sunglasses or hat/cap, taken no longer than 6 months ago), which needs to be uploaded by the Final Entries deadline. Please upload all photos as a jpeg file. Each photo must



not exceed 1.0MB in size. Only completed registrations including approved photos can be produced in advance and thus speed up the issuing process on site.

Accreditation cards will be printed 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.

### 3.4 Accreditation Procedures

The Team Leaders will be asked to complete the following formalities before they can collect the accreditation cards for the whole team:

- LOC accommodation invoice
- Team vest check
- Collection of competition related updates (if applicable)
- Confirmation of departure details

Please note:

- Anyone picking up one or more accreditations at the Delivery Desk has to sign for them.
- Unauthorised use of an accreditation card will result in the card being confiscated.

#### **Loss or damage of accreditation card:**

A lost accreditation card is a potential security risk and will be treated very carefully by the security authorities. Any lost or damaged accreditation cards should be reported immediately to the Teams' Accreditation Centre. In case of losing the accreditation card, a fee of €150 will be charged for the replacement.

### 3.5 Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, Warm-up 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 – escorted by the Officials. Furthermore, the accreditation can be used to access the Team Shuttle services and the meals in the official Team Hotel.

Please note, as informed previously, due to limited space in the VIP Tribune, no VIP Accreditation will be granted to the Head of Delegation nor the Team Leader.

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

- Field events coaching area (one per athlete),
- Combined events resting room (one per athlete + one per team),
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team for the teams who have no Team Press Liaison, will be distributed during the accreditation process.



Those special passes will be distributed at TIC, the afternoon of the day before the respective events, upon signature of the Team Leader and will be recognized only in combination with personal accreditation.

**Access to the Doping Control Area:** The athlete (and his/her representative) can access the Doping Control Station only when accompanied by a chaperone. A delayed representative, who wishes to accompany his/her athlete, shall go directly to the entrance of the Doping Control Station and will be admitted to the station once his/her athlete is identified, and the athlete is not yet accompanied by another representative.

In case the athlete needs to be tested, because of a record or any other reason, he/she shall report to the TIC and fill in a doping control request form. After completing the administrative duties, the athlete (and his/her representative) will be escorted to the Doping Control Station from the TIC.

### **3.6 Personal Coach Accreditation**

The teams may request additional team accreditations (e.g., additional personal coaches) only if the maximum number of team officials as per the ratio of Athletes & Officials has been reached and fully used.

The additional team accreditation would give access to the Team areas, but without being accommodated in the Team Hotel and with no access to the teams' transportation.

Those accreditations shall be requested during the Final Entries and will be charged at the rate of 350 EUR for the duration of the Championships and directly incorporated into the invoice of the respective Member Federations. Those additional accreditation cards can be picked up by the Team Leaders at the Team Accreditation Centre.

European Athletics reserves the right to refuse accreditation to any official that is not clearly identifiable as a team official or a personal coach.

## 4. Accommodation

### 4.1 General Information

The LOC has made accommodation arrangements for Team Members in 6 hotels of similar standard.

The hotels will officially open with full services on 03 March 2025. If members of your federation are planning to arrive earlier, please contact the LOC [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl) well in advance to make sure specific arrangements are made.

### 4.2 Information Desk

An Information Desk will be in the lobby of each Team Hotel with qualified personnel offering relevant information about all aspects of the European Athletics Championships.

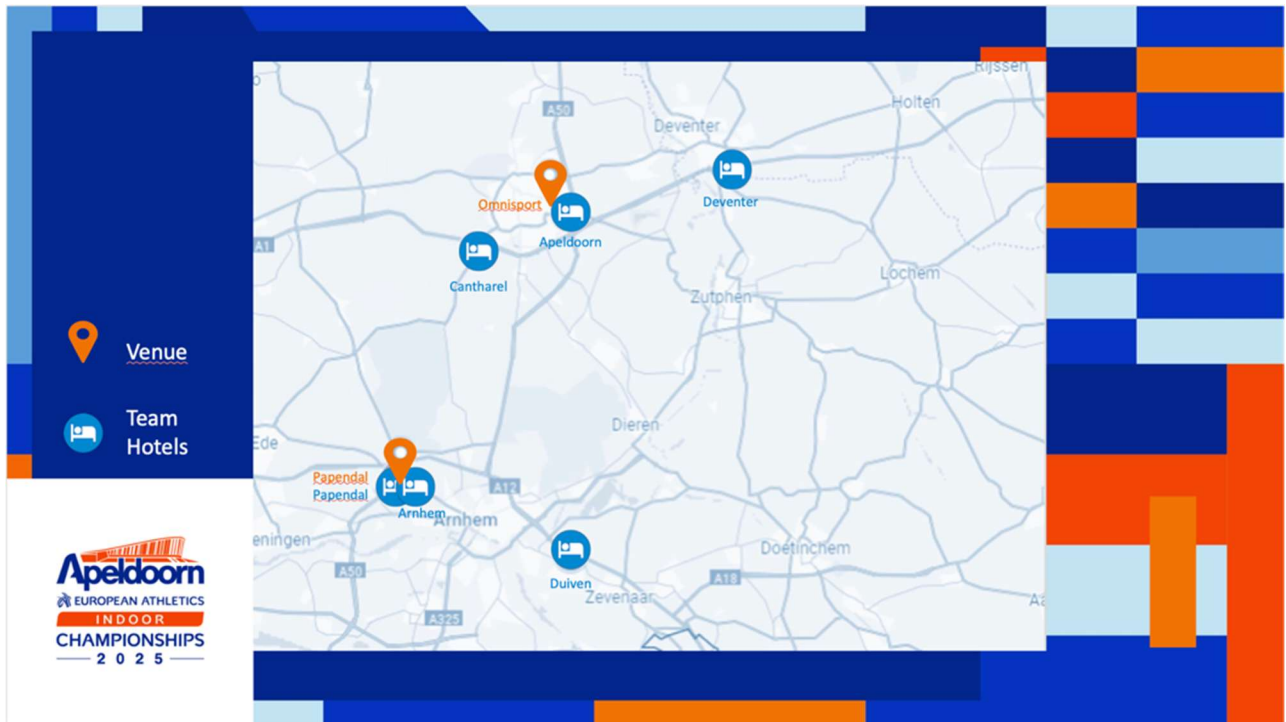
The Information Desks' opening hours will be as follows (in case of any updates/changes it will be communicated via Info Desks):

Date	Opening hours
Tuesday, 04 March	08:00 – 23:00
Wednesday, 05 March	08:00 – 23:00
Thursday, 06 March	07:00 – 23:00
Friday, 07 March	07:00 – 23:00
Saturday, 08 March	07:00 – 23:00
Sunday, 09 March	07:00 – 23:00
Monday, 10 March	08:00 – 18:00

### 4.3 Official Team Hotels

The official hotels for the European Athletics Indoor Championships 2025 are indicated below. The table below shows the travel distances by car from the hotel to the venues. Travel time depends on traffic conditions.

Hotel	Address	Distance from/to Omnisport	Distance from/to Papendal
Van der Valk Apeldoorn	Landgoedlaan 26, Apeldoorn	2,5 km	36 km
Van der Valk Cantharel	Van Golsteinlaan 20, Apeldoorn	14 km	28 km
Van der Valk Deventer	Birnieweg 4, Deventer	18 km	48 km
Van der Valk Duiven	Impuls 2, 6921 RK Duiven	37 km	21 km
Van der Valk Arnhem	Amsterdamseweg 505, Arnhem	36 km	<1 km
Hotel Papendal	Papendallaan 3, Arnhem	36 km	0 km



The preference for a specific team hotel could have been indicated in the team query. Every effort will be made to accommodate all teams in their preferred hotels while ensuring the most efficient allocation possible. Reservations will be managed by the LOC based on the accommodation requirements outlined in the Final Entries. Team hotel allocations will be communicated after the closing of the Final Entries.

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

##### **European Athletics Quota**

European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved) and the number of participants per country at the European Athletics Indoor Championships Istanbul 2023, and the European Indoor Season Best-List 2024 (please see Appendix 7).

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing. NED as host of the Championships has not been allotted any free places.

##### **Ratio of Athletes and Officials**

The chart with the ratio of Athletes & Officials was also communicated earlier via EA circular letter no. 16/2024 and is available in Appendix 8.

Please, bear in mind that European Athletics will not cover these Officials' accommodation costs.

### Accommodation costs

For all athletes within the European Athletics Quota, European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (208.1.4 and 210.4), for a period limited to the number of competition days plus two (official period).

The official period is thus 6 nights: check-in on Tuesday, 04 March and check-out on Monday, 10 March 2025. No contribution shall be made for athletes representing the host Member Federation.

The additional night has been fixed to the following: 1 night before the official period (Monday, 03 March).

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 LOC, via email address: [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl)

The following rates (per room) apply for Team Members. This includes meals, VAT, and local tax.

Team Members	Single room	Twin (2) room
Free Places Quota Athletes and Officials during the official period	(N / A)	Covered by LOC/EA
Accommodation cost additional nights	250 EUR per night	360 EUR per night

(1) For the official period, each team will be allocated a minimum number of single rooms equivalent to 10% of the total number of travelling athletes and officials registered in the final entries. Additional single rooms can be requested and will be given according to availability.

(2) In case of later arrival/early departure of the sharing person, the night in the twin room used as a single room will be charged at the rate of the twin room (360 EUR)

### European Athletics Regulations

**203.11.:** European Athletics may reduce financial support (for 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%. The latter applies only if the Preliminary Entry is more than 4 (four).

**210.8.:** 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 reduction in the actual numbers of athletes and/or officials.

Please 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.

### Payment Procedures

Each Federation may be requested to make an advance payment of 50% of the total accommodation costs based on their preliminary entries. The accommodation invoice will be sent to each Member Federation detailing the amount still due after the final entries. Advance payments should be made in EUR by bank transfer to the following account:

Bank Account Holder Name	EK Atletiek Indoor 2025 BV
Account Holder's Address	Valschermkade 30 1059 CD Amsterdam The Netherlands
Bank Name	ING Bank
Bank's Address	Bijlmerdreef 106 1102 CT Amsterdam The Netherlands
Bank IBAN Number	NL91INGB0100763340
Bank SWIFT Number	INGBNL2A
VAT	NL864974929B01

Please note that payment at the TAC can only be made by credit card (Visa, MasterCard). Respective logistics and costs must be managed by the team itself. There is no currency exchange on site.

### Extra Charges

All extra hotel charges (e.g., laundry, parking, extra drinks in the Catering Area) must be settled by cash or credit card directly on-site by the consuming person. Each hotel minibar is emptied and can be used to refrigerate own beverages. Furthermore, the Team Leader will be requested a credit card at check-in by the hotel reception desk to guarantee for their extras and the extras for the entire Team. Any not settled extras (e.g., phone bills or other extra services at the hotel) must be paid by the Team Leader at the latest during the check-out, before departure. All payments must be made in EUR. We kindly ask the Team Leaders to check the account for extras at the reception one day in advance before departure to avoid long waiting time at check-out on the departure day.

### 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.

After the closing of the Final Entries, any amendments and updates will have to be sent by email to LOC to [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl) with copy to [competition@european-athletics.org](mailto:competition@european-athletics.org).

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. This information will only be used for the purposes of the blood and urine testing, will be confidentially treated, and destroyed once it is no longer required for these purposes.

#### 4.6 Meals

All meals will be served in an exclusive or dedicated catering area in buffet style and, to the extent possible, will be similar in all hotels. The menu plan will be based on European Athletics Nutritional Guidelines. A wide selection of suitable food will be available taking into consideration the special diets, religion, and culture of the participants.

Meals times will be as follows:

Date	03 March	04 March	05 March	06 March
Breakfast	07:00 – 10:30	06:30 – 10:30	06:30 – 10:30	06:30 – 10:30
Lunch	12:00 – 16:00	12:00 – 16:00	12:00 – 16:00	12:00 – 16:00
Diner	19:00 – 22:00	19:00 – 22:00	19:00 – 22:00	19:00 – 23:30

Date	07 March	08 March	09 March	10 March
Breakfast	06:30 – 10:30	06:30 – 10:30	06:30 – 10:30	06:30 – 10:30
Lunch	12:00 – 16:00	12:00 – 16:00	12:00 – 16:00	12:00 – 16:00
Diner	19:00 – 23:30	19:00 – 23:30	19:00 – 22:00	-

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

Mineral water, coffee, and tea will be available free of charge during mealtimes. All other drinks must be paid for directly when ordering them. Bottled water will be available at each hotel.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where the Team Members are accommodated.

The hotel reserves the right to control access via name lists.

#### 4.7 Services in the Team Hotels

##### Meeting Rooms

A general meeting room per Team Hotel will be available during the official period, for all teams staying at the respective hotel. Bookings can be made by the Team Leader at the information desk at a reasonable time in advance. To ensure fair distribution among all teams, usage per team is 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 exclusive use at the team's expense (dedicated team meeting rooms with the exclusive right for the whole duration of the Championships). For these, please contact: [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl)

### **Rooms for physiotherapy**

General physiotherapy rooms will be available in all hotels for the teams to set-up their massage beds. To ensure air distribution among all teams, the usage of the general physiotherapy rooms per team might be limited. There is also the possibility to reserve physiotherapy rooms for exclusive use at the team's expense (dedicated team physiotherapy rooms with the exclusive right for the whole duration of the Championships). For these, please contact [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl)

### **Internet access**

Free internet access is provided at the team hotels.

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

Check-in after 15:00 and check-out by 11:00. Please note that an early check-in is upon availability. For a guaranteed early check-in, the room needs to be booked for the previous night. Please contact [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl) for specific arrangements outside these times.

If you have any questions about the hotels, please contact us at [hotels@apeldoorn2025.nl](mailto:hotels@apeldoorn2025.nl)



## 5. Technical Information

### 5.1 Technical Information Centre (TIC)

The TIC is located at the competition venue (see Appendix 4).

The main function of the Technical Information 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:

Date	Opening hours
Tuesday, 04 March	Closed
Wednesday, 05 March	09:00 – 14:30
Thursday, 06 March	17:00 – 23:00
Friday, 07 March	08:00 – 16:00 and 17:00 – 23:00
Saturday, 08 March	08:30 – 15:00 and 16:30 – 23:00
Sunday, 09 March	07:30 – 21:00

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 schedule,
- Distribution of urgent notices to the delegations from the Technical Delegates and Competition Management via the virtual TIC and dedicated Team Leaders' Group,
- Managing Written Questions and TIC general inquiries etc. via virtual TIC or in hard copies available in TIC,
- Managing of Final Confirmations, Relay Order Declarations, and Withdrawal Forms via virtual TIC,
- Distribution of special passes the day before the respective event, according to start lists,
- Informing teams in case of any personal implement is not approved after implement control,
- Managing additional doping control requests in case of a national record,
- Registration of Protests & Appeals via virtual TIC.

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 noticeboards and via virtual TIC. It will still be possible to request occasional copies of specific event start lists and / or results at the TIC.



### **Posting Board**

Teams will find a posting board at TIC displaying all start and results lists and Call Room times. The general information such as weather data or transportation times are at the Information desk at the Warm-up area.

### **Virtual TIC**

Team Leaders will also be provided with 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 ...),
- Launch protests and/or appeals.

The platform will be accessible at a link to be communicated to the Teams after the Final Entries, together with a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to the internet.

European Athletics strongly encourages the Team Leaders to use the virtual TIC for filling-in all relevant competition forms, including the forms for the protests and appeals.

### **Orientation Tour and Technical Update**

All Team Leaders will meet on Wednesday, 05 March 2025 at 11:00 at welcome desk in the Warm-up area at Omnisport to join the Technical Update by Technical Delegates. Besides the latest competition update, also topics like safe-guarding, medical and anti-doping will be covered. 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 Update.

There will be an Orientation Tour at Omnisport organized in Omnisport on Wednesday, 05 March 2025 at 11:30, directly after the Technical Update by the Technical Delegates, 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 Information desk at the Warm-up area, from where they will be split in groups and be escorted to this visit. The tour 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.

### **Written Questions**

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). The questions have to be filled in online, via virtual TIC, by Tuesday, 04 March 2025 at 18:00.

All the latest updates (timetable amendments, qualifying procedures, starting heights and progression, etc.) and the answers to written questions will be provided to the Teams via virtual TIC.

### **Team Leaders' WhatsApp Group**

A WhatsApp Group including all Member Federations' Team Leaders will be created on site, 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 his/her team only, a Team Leader is encouraged to use other means of communication with the European Athletics and the LOC (email, submitting a general inquiry form in virtual TIC, etc.).

## 6. Competition & Training Venues, Equipment & Implements

### 6.1 Competition Venue

Omnisport and its surroundings are shown in Appendix 4. The layout per event and the infield set-up per session of Omnisport is shown in Appendix 5.

### 6.2 Warm-up Area

The Warm-up area (Appendix 4) is within the Omnisport Arena.

Details about transportation to the Omnisport Arena and the Warm-up area are included in the transport section of this manual. The transport schedule will be displayed at the information desk in each Team Hotel.

The Warm-up area has the following areas:

- TopSport hall with temporary track for exercises and stretching (no hurdles or starting blocks!) and with Information desk, toilets, relaxing area, and coffee corner,
- Short sprint area with hurdles and starting blocks,
- “Circular lanes” (located under the stands) only to be used for “jogging” to warm-up (running in anticlockwise rotation),
- Weightlifting area,
- Ice baths (bring your own towels!).

The opening hours of the Warm-up venue (incl. weightlifting area) will be as follows:

Date	Opening hours Warm-up area
Wednesday, 05 March	09:00 – 14:30 Competition Venue Orientation Visit for Athletes and Teams
Thursday 06 March	16:00 – 23:00
Friday, 07 March	07:30 – 16:00 16:45 – 23:00
Saturday, 08 March	08:00 – 15:00 16:30 – 23:00
Sunday, 09 March	07:00 – 21:00

Please bear in mind that due to the limited capacity of the Warm-up venue, access will be guaranteed to the athletes (and their support personnel - coach and physio) competing in the respective session. Access to the Warm-up area for other team members may be limited to ensure suitable conditions for warm-up purposes.

Spikes (max. 7mm) can be worn throughout the Warm-up area (although the floor surface will be different in the various areas) but not in the “lounge/welcome area” and in the physio area of the Warm-up area.

Please note that there will be no facilities for field events in the Warm-up area (long jump, shot put, high jump, pole vault).

Teams should also note that there will be no designated team boxes in the Warm-up area. Space will be provided for relaxation in the TopSport hall. There is a physio area in the TopSport hall. The placement of physiotherapy tables is only allowed in this designated area. It is not permitted to place them anywhere else. Tables placed outside the designated area will be removed. Personal equipment such as bikes and treadmills are not permitted at the venue. The LOC will provide 2 home trainers located in the TopSport hall. These bikes can be used by all teams.

### 6.3 Training Venue

During the European Championships indoor 2025 Apeldoorn the athletes will be able to train at the training centre Papendal (Appendix 6). Sports Centre Papendal is the largest top sports training centre in the Netherlands. More than 500 top Dutch athletes use these high-quality facilities every day. Papendal has been used as a training location for top sports since the 1970s. The Dutch Athletics Federation is located at the sport centre.

At Papendal the LOC will provide one weightlifting room, an athletics indoor hall (shot put, high jump, pole vault) and a 130m long indoor sprint hall, including long jump and triple jump (only 9m take-off board – 11m- and 13m-boards will be marked with tape if requested; on the outdoor track a runway with 11m and 13m take-off boards is available). Also, the outdoor track will be available. At Papendal a medical centre will be located.

Athletes can use the facilities of Papendal to train every day during the specific opening hours. Accreditation is obligated. From the drop-off point there will be signage towards the indoor facilities, weight room and the outdoor athletics track. In addition, long distance runners are allowed to use any other walking/running trail at Papendal. If you want to use implements to train (shot put) we will take your accreditation as a deposit and give you a temporary pass to move around Papendal training facilities. Additionally, you need to fill a form. You will get your accreditation back when you return the implement(s).

Training times at Papendal	
Tuesday, 04 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Wednesday, 05 March	Closed (Competition Venue Orientation Visit for Athletes and Team Officials will take place at Omnisport)
Thursday, 06 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Friday, 07 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Saturday, 08 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Sunday, 09 March	Training 09:00 – 12:00

In the indoor facilities of Papendal it is not possible to train for shot put or high jump at the same time, so please review the timetable.

Indoor training per event	Morning*	Afternoon**
Long/Triple Jump	09:00 – 12:00	14:00 – 18:00
High Jump	09:00 – 10:30	14:00 – 16:00
Pole Vault	09:00 – 12:00	14:00 – 18:00
Shot Put	10:30 – 12:00	16:00 – 18:00

\* No training Wednesday, 05 March in the morning and in the afternoon!

\*\* No training Sunday afternoon, 09 March!

Equipment and implements required for training will be available at Papendal. Officials will be present to help in the case of problems or specific requirements.

#### 6.4 Competition Venue Orientation visit and Training with Official Starters at Omnisport

The Competition Venue Orientation Visit at Omnisport for all athletes will take place on Wednesday, 05 March per the schedule showed in the table below. The visit will be split into 3 groups to provide enough space and room for athletes and teams. The Warm-up area, the Combined Events Resting Area (CERA), the Call Room and the TIC can also be visited during this time. In the time window of the visit also the training with the Official Starters will take place for the designated teams.

Planning Competition Venue Orientation Visit Wednesday, 05 March			
Time	Group	Hotels	Participants
09:00-10:30	Group 1 = incl. official training with starters	Van der Valk Apeldoorn + Van der Valk Cantharel	Athletes, coaches, team leaders and physios
11:00-12:30	Group 2 = incl. official training with starters	Van der Valk Duiven & Van der Valk Hotel Arnhem	Athletes, coaches, team leaders and physios
13:00-14:30	Group 3 = incl. official training with starters	Hotel Papendal & Van der Valk Deventer	Athletes, coaches, team leaders and physios

#### 6.5 Oval training for 400m and 4x400m relay athletes

On Tuesday, 04 March there will be a specific oval training session only for 400m athletes and 4x400m relay athletes. This will take place from 16:00 till 18:00 in Omnisport.

## 6.6 Equipment & Implements

### Official Implements (Shot put)

The implements provided by the LOC and approved by EA and Technical Delegates (see Appendix 1) are selected from those appearing on the current World Athletics approved implements list.

### 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 to the Implement Control station (located at Omnisport in the Warm-up area at the Information desk.) the day before the event and **no later than 20:00**. Personal implements will have to be submitted before the Qualification, the submission of new implements before the Finals will not be allowed.

The opening hours of the Information desk at the Warm-up area will be as follows:

Date	Opening hours
Wednesday, 05 March	09:00 – 14:30 (during the Venue Orientation Visit for Athletes and Team Officials)
Thursday, 06 March	16:00 – 23:00 Deadline intake 20:00 Shot Put Heptathlon Men
Friday, 07 March	07:30 – 16:00 and 16:45 – 23:00 Deadline intake 20:00 Shot Put Women Qualification
Saturday, 08 March	08:00 – 15:00 and 16:30 – 23:00 Deadline intake 20:00 Shot Put Men Qualification Shot Put Pentathlon Women
Sunday, 09 March	07:00 – 21:00

If a personal implement cannot be accepted into the pool due to not meeting the specifications or being unidentifiable, the relevant team will be notified the night before the competition through the TIC, with an explanation, and the implement will be returned at the Implement Control Station.

Personal implements could be collected after the Final of the respective event at the Implement Control Station during the above-mentioned opening hours.

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/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.

### **Statistics of used personal and official implements**

There will be statistics of used personal and official implements which will be prepared and provided by LOC. Interested coaches can ask for the statistics after each Shot Put event (Q, F, CE). The statistics will be distributed to the Teams at the TIC.

### **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. The number of markers per athlete is limited to two (including the tape markers in the High Jump) and one, temporary, for shot put.



## 7. Entry, Qualification System, Final Entries & Confirmations

### 7.1 Entry Conditions and Qualification System

Please, refer to European Athletics regulations for the detailed information about entry conditions, age restrictions, 'I Run Clean' certification, and qualification system.

### 7.2 Entry Procedures

Entries shall be made through the European Athletics Event Management System which will be accessible at the following link: <https://evententry.worldathletics.org/>. Member Federations' entries managers shall use their already known individual and personalized access.

#### 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 as per the deadline below:

Final Entries:

- Opening of the Final Entries: Tuesday, 11 February 2025
- Deadline for the Final Entries: Wednesday, 26 February 2025 (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 after having sent their Final Entries. Detailed travel and rooming list information will have to be registered for each athlete and official during the Final Entries process.

#### Changes in logistics data

We do understand unexpected changes in the logistics plan could occur, especially in transportation (e.g., cancellation of flights). We would like to make sure these changes are well traceable, therefore please make sure that after the closing of the Final Entries any amendments and updates will have to be sent by email to [transport@apeldoorn2025.nl](mailto:transport@apeldoorn2025.nl) with copy to [competition@european-athletics.org](mailto:competition@european-athletics.org).

#### Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline, which is outlined below for all events. Final Confirmations will have to be made online, via virtual TIC.

Deadline for Final Confirmations:

Competition day	Deadline for Final Confirmation
Thursday, 06 March	Wednesday, 05 March at 20:00
Friday, 07 March	Thursday, 06 March at 10:00
Saturday, 08 March	Friday, 07 March at 10:00
Sunday, 09 March	Friday, 07 March at 10:00



### **Relays Declaration Forms**

The composition of each relay team as well as the order of running should be officially declared via virtual TIC no later than one (1) hour before the published first call time (the time by which the athletes must be present in the Call Room) for the respective heat of each round of the competition. Later changes can be only made personally at the Call Room and no later than the published first call time (the time by which the athletes must be present in the Call Room) for the respective heat.

The applicable deadlines will be published as part of the detailed daily Call Room schedule.

### **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).

### **Withdrawal**

Withdrawals after Final Confirmation, have to be submitted via virtual TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, being its acceptance of the responsibility of the Medical Delegate and Technical Delegates based on the World Athletics Rules.

In case of a withdrawal, fast and efficient communication between all stakeholders is key to make the Athlete Replacement Policy successful and allow athletes an opportunity for replacement. See Chapter 8 “Athlete Replacement Policy”.

## 8. Competition Procedures

### 8.1 Timetable

Please refer to Appendix 2 for the competition timetable.

In case of any changes or updates following the Final Entries, the updated/latest version of the timetable would be available in the documents section of the virtual TIC.

### 8.2 Competition Bibs

#### 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 one bib only to the front or to the back of their competition clothing (plus their tracksuit and bag).

For all track events (including relays and track events of combined events), athletes competing in track events will receive 4 bibs. One of them will have a transponder plastic pocket stuck at the back. These bibs with pockets must be worn as a front bib by the athletes. During the Call Room process, a transponder will be inserted into the plastic pockets by volunteers. This transponder is essential for the timing, ranking and analysis of the races.

After the races, athletes should return the transponder at the entrance of the post event (kit collection) area after the mixed zone, where they will be collected by volunteers.

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

#### Relays

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

#### Special Bibs

##### European Champion and European Leader

The defending European Champion (orange background) and the current European Leader competing in an individual event (blue background) will wear a special bib to be worn on the chest.

#### Combined Events

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

If an athlete is leading during the competition, but also the defending European Champion or the European Leader, the yellow bib (leading athlete) has priority over the others' status and should be worn.

In general, these bibs will be distributed at the dedicated Call Room in the Combined Events Resting Area. In case that the athletes go straight to the next event, the Referee in charge will distribute the special bib.

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.

### **Hip Numbers**

The athletes competing in track events will also be given two adhesive hip numbers at the Call Room, before entering the Field of Play. The hip numbers must be secured to both sides of the athlete's shorts/legs.

### **8.3 Competition Clothing**

Competitors must wear the Federation's official team clothing. World Athletics 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.

European Athletics has a record of the Team vests of all Member Federations accessible at the following link: <https://eathletics.sharepoint.com/sites/EASExtranet>.

Member Federations shall confirm their team vests using the link above. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded, in one single file, by **26 February 2025**. Otherwise, the existing records will be used as a reference. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete.

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 the Medal Ceremonies.

### **Competition Shoes**

All the competition shoes must comply with World Athletics TR5, including the sole and/or heel and the spikes dimensions. It is the athletes' responsibility to make sure that the shoes to be used for competition are on the current list of approved shoe models by World Athletics. In case of non-compliance with the TR5 or the list of approved shoes, an athlete may not be allowed to compete or disqualified after the competition with the result being void.

Only spikes **up to 7mm** are allowed at the Omnisport competition venue. All athletes must ensure their spikes meet this requirement before entering the Warm-up area. Spikes exceeding 7mm must be replaced to protect the track. This restriction is applicable for **all** track and field events.

The shoes will be checked after the competition within the post event area (kit collection) after the mixed zone, randomly as well in case of doubts or upon special requests, as well as in case of a World or European Record. In the case of World Records, the shoes will be withheld by the relevant Referee and sent later to the World Athletics as per TR5.

#### 8.4 Call Room

The athletes, except the Combined Events athletes, have to report directly to the Call Room in the Warm-up area. The athletes for the Combined Events need to report for all events in the Combined Events Resting Area (CERA).

Access to the Call Room will be allowed to athletes only, controlled by accreditation cards and according to the detailed Call Room Schedule that will be published at the virtual TIC on day-by-day basis.

In general, the following reporting times will be used but may differ slightly in the final Call Room Schedule (all times are prior to the actual starting time of the event):

Event	Report to Call Room [min]		At Competition site [min]	
	Q, R1, SF	Final, CE	Q, R1, SF	Final, CE
Track	30	30	5-7	5-7
Relays	Not applicable	35	Not applicable	7
Long/triple jump			36	30
High Jump	70	50	45	30
Pole Vault	85	70	60	50
Shot Put	55	45	30	25

\* Q = Qualification; R1 = Round 1; SF = Semi-Final; CE = Combined events

A detailed Call Room schedule will be published each day with the actual times at which athletes are expected to arrive at the Call Room. 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. To support the process announcement will be made per event when athletes need to report to the Call Room.

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

#### 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.

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 unauthorised 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 post event area (kit collection), after the mixed zone once their event has finished.

Please note that the accreditation cards of all athletes (competing in track and field events) will be collected in the Call Room. The cards will be redistributed to all athletes after their event in the post event area (kit collection), after the mixed zone.

### **Combined Events**

Athletes in the Combined Events need to report to the dedicated Call Room in the Combined Events Rest Area (CERA) for all events at the times provided by the Combined Events Referee.

The schedule, as well as any other relevant information for the Combined Events athletes, will be shared with the Team Leaders on virtual TIC and on site at the Combined Events Resting Area.

The athletes will be escorted directly from the Call Room in the CERA to the infield.

Please note that the accreditation cards and/or confiscated items of all athletes will be collected in the Combined Events Resting Area. The cards will be redistributed to all athletes after their event in the CERA, except after the last event of each session, when the athletes will pass through the mixed zone and the accreditation cards will be available for collection in the post event area. The CERA personnel will inform the athletes of the specific arrangements accordingly.

### **8.5 Coaching Zones**

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events (see Appendix 4). Special passes for each field event will be distributed from the TIC to the teams, according to the Final Confirmations. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be always visible.

For all field events including the field events for combined events, coaches are requested to meet at Call Room (“Coaches’ collection point”) at the closing time of the Call Room for the respective discipline from where they will be escorted to the respective coaching zones. When not joining the group, coaches cannot enter the areas where the coaching seats are located.

### **8.6 Specific Event Procedures**

#### **Track Events**

Athletes in Track Events will be asked to enter infield already dressed in competition clothing. Tracksuits, bags, and other belongings shall be placed in baskets at Call Room, and these will be taken to the post event area (kit collection) after the mixed zone for collection after the race.

After the first heat of the Semi-Finals, two athletes who would be “qualifiers by time” for the Final, at that moment, would be asked to enter a dedicated area (Hot Seats) located just before the live mixed zone in order to watch there the next heat. After the next heat, those athletes would be replaced by new “qualifiers by time”, if relevant.

Once the athletes leave the area, they can proceed to make their way through the mixed zone, following the usual procedures.

The following track events are concerned:

- 60m and 60m Hurdles.

For 4x400m Mixed Relay, the order is defined as man – woman – man – woman.

### **Field Events**

In all Field Events, each athlete is allowed to a minimum of two practice trials (more if time allows). In the Shot Put, the practice trials are to be in competition order. In all 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 athletes qualifying after their first or second trial are not allowed to take any further trials. In the Finals, the top eight athletes after 3<sup>rd</sup> attempt will be allowed three additional attempts (six in total).

In the Finals of the Horizontal Field Events, the competing order for the 4<sup>th</sup> and 5<sup>th</sup> rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the 5<sup>th</sup> round of trials.

In the Long Jump and Triple Jump, as per the WA Rules, a video system will be used to detect if an athlete breaks the vertical plane of the take-off line with any front part of their take-off foot/shoe. There will be a video screen in the infield, next to the runway, where the athletes would be able to see the video/picture of their take off, in case of need.

There will be also a Media Information Screen (MIS) provided next to the athletes’ benches in all field events to enable following the live results by the athletes, if needed.

For the field events, a countdown clock will be provided to assist the athletes with the remaining time for warm-up in the infield.

### **Athlete Replacement Policy**

The aim of the Replacement Policy is to avoid empty lanes or starting places in Finals and/or Semi-Finals due to withdrawals from injury or other justifiable reasons, and therefore approved, by an Athlete Replacement.

This Policy will be in place based on following regulations:

- The Policy will apply to Finals and Semi-Finals in all relevant events (including relays).

- A virtual "hot seat" will be implemented, where the next-best ranked athlete(s) or teams would virtually sit and wait for possible withdrawals.
- The lane, or starting order place, left empty will be taken by the next best ranked athlete(s) or teams, and there will be no re-draw or re-ordering of attempts.
- In all races the best ranked athletes(s) will be considered the non-qualified athlete(s) who achieved best times during the previous round. In case of ties, TR21 including TR21.5 shall apply, with the exception that if the tie remains, a draw shall be made. This means e.g. no lane sharing in 800m races when there is a tie.
- In all field events the best ranked athlete(s) will be considered the non-qualified athlete(s) who achieved the best performance during the qualification round. In case of ties for ranking based on TR25.22 (all field events except high jump and pole-vault) and TR26.8 (high jump and pole-vault), a draw shall be made.
- Withdrawal and replacement can take place until the published first call time (the time by which the athletes must be present in the Call Room) of the first heat in Semi-Finals and until the first call time for Finals.

Fast and efficient communication between all stakeholders is key to make this Policy successful and allow athletes an opportunity for replacement. Information will be provided to Member Federations, athletes, and all other stakeholders through virtual TIC and WhatsApp Team Leaders Group.

### Combined Events

A resting area for the athletes taking part in Combined Events will be provided near the Warm-up area (see Appendix 4), where athletes can rest and wait for their next event. Fruits, energy bars, drinks and lunch will be provided in the Combined Events Catering Room. A sufficient number of toilets will also be available.

The opening times for the Combined Events Resting Area (CERA):

Event	Date	Time
Heptathlon	Friday, 07 March	07:30 - 23:00
Heptathlon	Saturday, 08 March	Morning: 08:00 - 15:00 Evening: 16:30 - 23:00
Pentathlon	Sunday, 09 March	07:00 - 21:00

Lunches (hot meal) will be served at the Catering Area (next to the Rest Area) for all the Combined Events athletes as per the following schedule:

Event	Date	Time
Heptathlon	Friday, 07 March	13:30 - 15:00
Heptathlon	Saturday, 08 March	13:00 - 15:00
Pentathlon	Sunday, 09 March	13:00 - 14:30

Access to the Combined Events Resting Area is limited to the competitors and any other accredited team person per athlete (coach, doctor, etc.) who are in possession of the



appropriate Combined Events Resting Area pass. These passes (one per athlete and one per team) can be collected at the TIC, the day before the start of each combined event competition.

As athletes are not required to stay in the Combined Events Resting Area between events, they must report to this room before the start of each event for their final check. A separate schedule will be set-up. All Call Room checks, including the checks for the first event every day, will be done in the Combined Events Resting Area (CERA).

Combined Events athletes will have to go through the mixed zone at the end of the last discipline of each session.

### **8.7 Post Competition Procedures**

After the competition, athletes leave immediately through the mixed zone and return the transponders for the track events in the post event area (kit collection) after the mixed zone.

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 accreditation cards for all athletes (competing in track and field events) and the personal bags and clothing baskets for athletes competing in track events will be brought to the post event area located after the mixed zone.

In the post event area (kit collection) also the (random) shoe check will take place and the confiscated items at the Call Room will be distributed at the post event area.

### **8.8 Protests and Appeals**

Protests and Appeals are permitted and will be processed in accordance with World Athletics TR 8. 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 TR 8). Such 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.

Where the appropriate Referee is not accessible or available, the protest should be made online through the virtual 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 official TIC posting board). If the final decision of the Referee is not satisfactory an appeal can be submitted to the Jury of Appeal also through the virtual TIC. Any written appeal to the Jury of Appeal must be made in accordance with World Athletics TR 8 and by a responsible official on behalf of the athlete and submitted online within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, the team acknowledges that a fee of 100 EUR will be deducted from European Athletics Subvention to be paid by the end of the year unless the appeal is successful. The Jury's decision will be provided in writing to all teams through virtual TIC.



## 9. Medical services & Anti-Doping

### 9.1 Medical Services

The LOC medical service oversees 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.

There will be one medical centre at the training venue Papendal and two at the competition venue Omnisport. All medical centers will be equipped with adequate basic medical equipment.

Please use the following central medical phone number to contact 24/7 for all medical questions and issues: +31621897153. In case of emergency, please contact the nearest medical centre or call the 24/7 Medical Emergency number 112.

#### Medical Services in the Team Hotels

The central medical phone number for all medical issues will be displayed at the Information Desk in each of the Team Hotels. If the patient is not able to visit one of the medical centres, the general practitioner on call will decide on how to proceed. In life-threatening emergency situations always dial directly the 24/7 medical emergency number 112.

#### Medical Care at the Competition Venue, Warm-up, Training Areas

The medical centres at the Warm-up and Competition Venue Omnisport is located near the Warm-up area (see Appendix 4) and will be open according to the following schedule:

Date	Opening hours
Wednesday, 05 March	09:00 – 14:30 (Competition Venue Orientation Visit for Athletes and Team Officials)
Thursday, 06 March	16:00 – 23:00
Friday, 07 March	07:30 – 23:00
Saturday, 08 March	08:00 – 15:00 16:30 – 23:00
Sunday, 09 March	07:00 – 21:00

The medical centre at the Training Venue (Papendal) is located on the second floor of the indoor hall. Opening times are as follows:

Planning Training session	
Tuesday, 04 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Wednesday, 05 March	No training (Competition Venue Orientation Visit for Athletes and Team Officials will take place at Omnisport)
Thursday, 06 March	Training 09:00 – 12:00 Training 14:00 – 18:00

Planning Training session	
Friday, 07 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Saturday, 08 March	Training 09:00 – 12:00 Training 14:00 – 18:00
Sunday, 09 March	Training 09:00 – 12:00

During other hours medical help is available on call and the number will be displayed at the Information Desk in each Team Hotel.

There will be two first aid teams for the infield at the Competition Venue during the sessions. A separate first aid team will be present and available at the Warm-up area during opening hours.

### Hospitals

The designated event hospital is the Gelre ziekenhuizen Apeldoorn to which athletes with life-threatening emergency will be also admitted.

The dental clinic of Papendal will be also engaged with the event and if an athlete reports a dental or an oral health problem, the LOC can get the athlete in contact with a dentist.

In addition to the above a High-Level Medical Centre “Gelderse Vallei”, specialized in (top)sports medicine in Ede will be available for any extra consultation or treatment required by the Teams. The sports medicine doctors working in “Gelderse Vallei” are accredited/certified High-Performance Partners of TeamNL. For every consultation 300 euros will be charged. If the actual costs are less, the patient will be refunded. If the costs are higher, the patient will get an invoice for the remaining costs. Please contact the LOC medical team via the central medical phone number (see above) for further information and relevant contact information.

We advise all participants and people visiting the Netherlands to bring their European Health Insurance Card.

## 9.2 Physiotherapy Services

### Physiotherapy Services in Team Hotels

There will be rooms available for physiotherapy in the Team Hotels where the Teams can set-up their own physiotherapy beds for treatments. Ice and extra towels will be available here.

In case of a medical issue, athletes who do not bring their own physiotherapist can make use of the LOC physiotherapy service available at the Warm-up/Competition and Training venues. Please contact the medical centre at the respective venue or contact the LOC medical services via central medical phone number (see section 9.1).

### Physiotherapy Services at Warm-up and Training Venues

In the Warm-up area, there is a designated space for physiotherapists to set up their equipment. Please ensure this area is used exclusively for this purpose and refrain from using the sprint area or hallways. Two ice baths will be provided by the LOC in the Warm-up area.

At the Training centre, there is a designated space for physiotherapists to set up their equipment. In case of a medical issue, athletes who do not bring their own physiotherapist can use the LOC physiotherapy service available at the Training venue. Please contact the medical centre or contact the LOC medical services via central medical phone number (see section 9.1).

### 9.3 Import of Medication and Medical Equipment

The LOC is not responsible for, and shall have no liability relating to, or arising out of the import of medications to the Netherlands, including storage or monitoring of the supplies and medicines by the team.

**Further information about the importation of medication is available on the website of the [Customs Administration of the Netherlands](#).**

### 9.4 Injury and Illness Surveillance

An Injury and Illness Surveillance Study will be conducted on the side-lines of the Championships, to continue the collection of the valuable information and gain knowledge on how European Athletics can contribute to the prevention and early detection of injuries and illnesses in Athletics.

The data collected will be used to develop adapted prevention strategies, educational activities and tools applied to Athletics. Similar to the previous Championships, the team Physicians and Physiotherapists of the participating national teams are requested to report daily all newly incurred injuries and illnesses linked to competitions and/or training using a specially designed online platform available online. The link to the online platform as well as the log-in credentials assigned to each Member Federation will be distributed shortly before the Championships.

As an alternative option, a single-page report form will also be available in the TIC. The hard copies of the filled in reports shall be returned on a daily basis to the research team via the drop box located at the TIC. Injury and illness data will also be obtained from the medical staff of the local organizing committee.

All information reported will only be used for scientific study and will be treated with strict confidentiality. The study has received Ethical Approval by the University-Hospital of Saint-Etienne (France).

Based on the knowledge on injuries and illnesses at the European Athletics Championships, documents (infographics and videos) have been developed on health protection which are available through this [link](#).

## 9.5 Doping Controls

### 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 01 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 a trained chaperone. Athletes will be required to sign a doping control notification form and they have the right to be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. 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 refusing or failing to comply with the Anti-Doping procedures may constitute an Anti-Doping rule violation and could render them 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 World Athletics Therapeutic Use Exemption system prior to attending the Championships.

### 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.

### Additional Controls

Athletes requiring doping control (e.g. for a national record or ratification of performance) may request to be tested by reporting to TIC, where a “Doping Control Request Form” should be completed. The form is also available online via virtual TIC. Nevertheless, a hard copy needs to be brought to the DCS to conduct the extra test.

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.

## 10. Ceremonies & Event Presentation

### 10.1 Opening Ceremony

The Opening Ceremony will take place on Thursday, 06 March at 17:30 at Omnisport prior to the start of the first session of the championships. There is no involvement needed from athletes and teams.

### 10.2 Medal Ceremonies

All Medal Ceremonies will take place at the Medal Ceremony podium, located in the Finish Area of the 60m straights at the Omnisport Arena (see Appendix 5) in line with the Medal Ceremony timetable.

Medallists will receive their medals either on the day of the competition following the end of the evening session or the next day during the morning session or before the start of the evening session. Please find more details on the Medal Ceremony times in the Medal Ceremony timetable.

Depending on the Medal Ceremony time, athletes attending a Medal Ceremony on the same day as their final will either be accompanied directly from the Post event area (kit collection) to the Medal ceremony preparation room or will receive a notification card with date, time, and meeting point. For the ceremonies held on the next day, athletes will receive a notification card and will need to come to the information desk at the Warm-up area from where they will be accompanied to the Medal ceremony preparation room.

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, electronic devices or other.

### 10.3 Event Presentation

#### European Indoor Championships song & Mascot

A special song has been composed for these championships (“Can’t stop the Move”). You will hear this song throughout the championships in e.g. highlight videos and the various tunes used to introduce the athletes and support the medal ceremonies.

The official mascot for the European Indoor Championships is Champ! You will meet Champ during the championships, e.g. during the medal ceremonies.

### Introduction Athletes

The following Table shows the various athletes introductions:

Event	Round	Introduction sequence
All Track	Round 1 & Semi-Finals	Enter infield from tunnel Prepare for start Short introduction at start line of all athletes
60m, 60mH, 400m	Finals	Enter infield from "Finals" Gate Prepare starting blocks Introduce athletes 1 by 1 from "Finals" Gate
800m, 1500m	Finals	Enter infield from "Finals" Gate Introduce athletes 1 by 1 from "Finals" Gate Go to start line
3000m	Finals	Enter infield from "Finals" Gate, Group introduction Go to start line
4x400m	Finals	Enter infield from "Finals" Gate Prepare starting blocks by 1 <sup>st</sup> runner Introduce team around lane marker 1 <sup>st</sup> runner prepares for start Other athletes go to the "Finals" Gate for the next legs
Field Events	Qualification	Enter infield from tunnel Practice trials for the event Announcement before start qualification
Field Events	Finals	Enter infield from tunnel Practice trials for the event Introduction using line-up Start event with 1 <sup>st</sup> athlete on start list
60m, 60mH	Pen./Hep.	Enter infield from tunnel Prepare starting blocks Short introduction at start line of all athletes
800m, 1000m	Pen./Hep.	Enter infield from "Finals" Gate Group entry from last place to 4 <sup>th</sup> place Introduce #1, 2, 3 athletes in ranking 1 by 1 Go to start line
Field Events	Pen./Hep.	Enter infield from tunnel Practice trials for the event Announcement before start event

## 11. Appendices

Appendix 1 – Official Implements List

Appendix 2 – Timetable

Appendix 3 – Schiphol welcome desk (@STA Balie near Arrivals 4 terminal)

Appendix 4 – Competition Venue Omnisport

Appendix 5 – Set-up Competition area per session

Appendix 6 – Training Venue (indoor)

Appendix 7 – European Athletics Quota

Appendix 8 – Ratio of Athletes and Officials



## Appendix 1 – Official Implements List

(as of 01 December 2023)

<b>MEN - SHOT 7,26kg</b>				
Catalogue No.	Manufacturer	Description	Colour	Certification No.
MS18-7,26/125	Polanik	Old school by Tomasz Majewski, steel, dia: 125mm	Metallic	I-19-0946
MS17-7,26/130	Polanik	Old School by Thomas Majewski, steel, dia: 130mm	Various	I-17-0845
F251	NISHI Athletic Goods	Steel, dia: 125.5mm	Silver	I-99-0087
F251C	NISHI Athletic Goods	Steel, dia: 129mm	Silver	I-99-0083
QQ-4	JIANGSU Jinling Sports	Jinling, iron, dia: 120mm	Silver	I-12-0558

<b>WOMEN - SHOT 4kg</b>				
Catalogue No.	Manufacturer	Description	Colour	Certification No.
PK-4/105-S	Polanik	Stainless steel, dia: 105mm	Metallic	I-00-0232
MS18-4/110	Polanik	Old school by Tomasz Majewski, 4kg, Turned steel, dia: 110mm	Various	I-18-0930
5134401	Nordic	Stainless steel, dia: 103mm	Silver	I-12-0600
F253C	NISHI Athletic Goods	Steel, dia: 109mm	Silver	I-99-0084
QQ-10	JIANGSU Jinling Sports	Jingling, Iron, dia: 106mm	Silver	I-12-0554

## Appendix 2 – Timetable

# COMPETITION SCHEDULE

European Athletics  
Indoor Championships  
Apeldoorn 2025

### DAY 1

Thursday, March 6

Evening session			
17:30	Opening Ceremony		
18:20	High Jump	M	Q
18:35	Triple Jump	W	Q
19:05	Pole Vault	W	Q
19:10	1500m	W	R1
19:55	1500m	M	Q
20:30	Long Jump	M	Q
20:50	60mH	W	R1
21:17	60mH	M	R1
21:50	4x400m Relay	MIXED	FINAL
22:05	4x400m Relay	MIXED	MC

Hep = Heptathlon  
Pen = Pentathlon  
PA = Para Athletes  
Q = Qualification  
R1 = Round 1  
SF = Semi-Final  
MC = Medal Ceremony

### DAY 2

Friday, March 7

Morning session			
09:30	60m Hep	M	
10:05	Long Jump Hep	M	
10:15	800m	W	R1
11:00	High Jump	W	Q
11:05	800m	M	R1
11:42	Long Jump	W	Q
11:55	400m	W	R1
12:45	400m	M	R1
12:58	Shot Put Hep	M	
13:40	Triple Jump	M	Q
13:45	60mH	W	SF
14:05	60mH	M	SF

Evening session			
18:50	Triple Jump	W	FINAL
19:00	High Jump Hep	M	
19:05	Pole Vault	M	Q
19:58	400m	W	SF
20:19	400m	M	SF
20:34	Long Jump	M	FINAL
21:00	1500m	W	FINAL
21:15	1500m	M	FINAL
21:43	60mH	W	FINAL
21:53	60mH	M	FINAL

### DAY 3

Saturday, March 8

Morning session			
10:00	60mH Hep	M	
10:20	3000m	W	R1
10:50	Shot Put	W	Q
11:00	Pole Vault Hep	M	
12:00	60m	M	R1
12:40	Long Jump PA	M	
12:45	3000m	M	R1
13:17	60m PA	W	

Evening session			
17:30	Triple Jump	W	MC
17:36	Long Jump	M	MC
17:42	1500m	W	MC
17:48	1500m	M	MC
17:54	60mH	W	MC
18:00	60mH	M	MC
18:40	Triple Jump	M	FINAL
19:10	60m	M	SF
19:35	Pole Vault	W	FINAL
19:53	800m	W	SF
20:09	High Jump	M	FINAL
20:13	800m	M	SF
20:29	Long Jump	W	FINAL
20:45	1000m Hep	M	FINAL
21:10	400m	M	FINAL
21:40	60m	M	FINAL
21:50	400m	W	FINAL

### DAY 4

Sunday, March 9

Morning session			
09:00	60mH Pen	W	
09:50	High Jump Pen	W	
10:05	Shot Put	M	Q
11:40	400m	M	MC
11:46	400m	W	MC
12:00	60m	W	R1
12:21	Shot Put Pen	W	

Evening session			
14:00	Triple Jump	M	MC
14:06	Heptathlon	M	MC
14:12	Pole Vault	W	MC
14:18	High Jump	M	MC
14:24	Long Jump	W	MC
14:30	60m	M	MC
15:10	Long Jump Pen	W	
16:05	60m	W	SF
16:28	Shot Put	M	FINAL
16:33	800m	W	FINAL
16:42	Pole Vault	M	FINAL
16:50	3000m	M	FINAL
17:05	High Jump	W	FINAL
17:27	800m	M	FINAL
17:36	3000m	W	FINAL
17:52	Shot Put	W	FINAL

Evening session			
18:03	800m Pen	W	FINAL
18:24	4x400m Relay	M	FINAL
18:37	60m	W	FINAL
18:50	4x400m Relay	W	FINAL
19:00	800m	W	MC
19:06	3000m	M	MC
19:12	Shot Put	M	MC
19:18	800m	M	MC
19:24	3000m	W	MC
19:30	Pentathlon	W	MC
19:36	High Jump	W	MC
19:42	Pole Vault	M	MC
19:48	4x400m Relay	M	MC
19:54	60m	W	MC
20:00	Shot Put	W	MC
20:06	4x400m Relay	W	MC

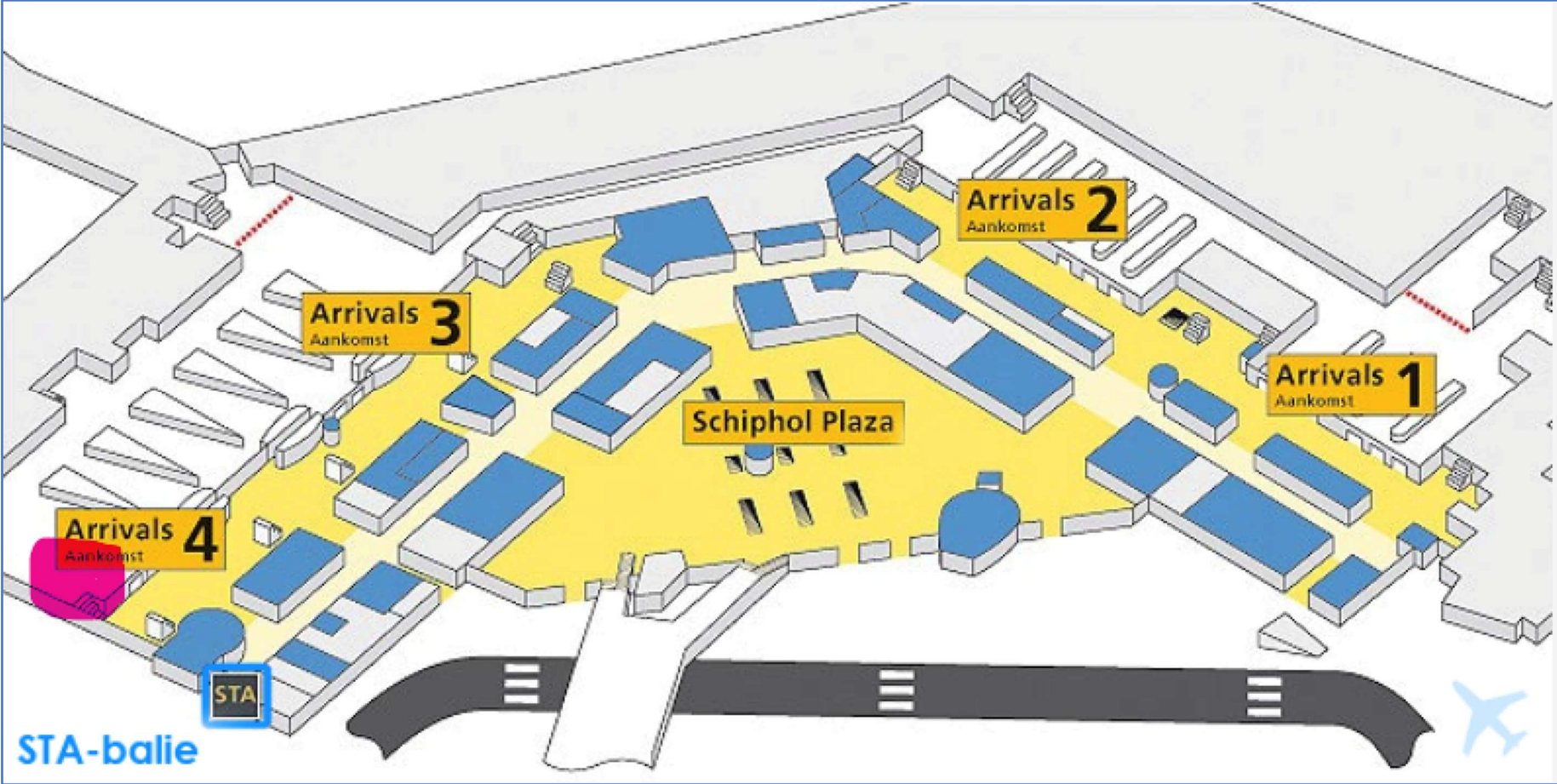


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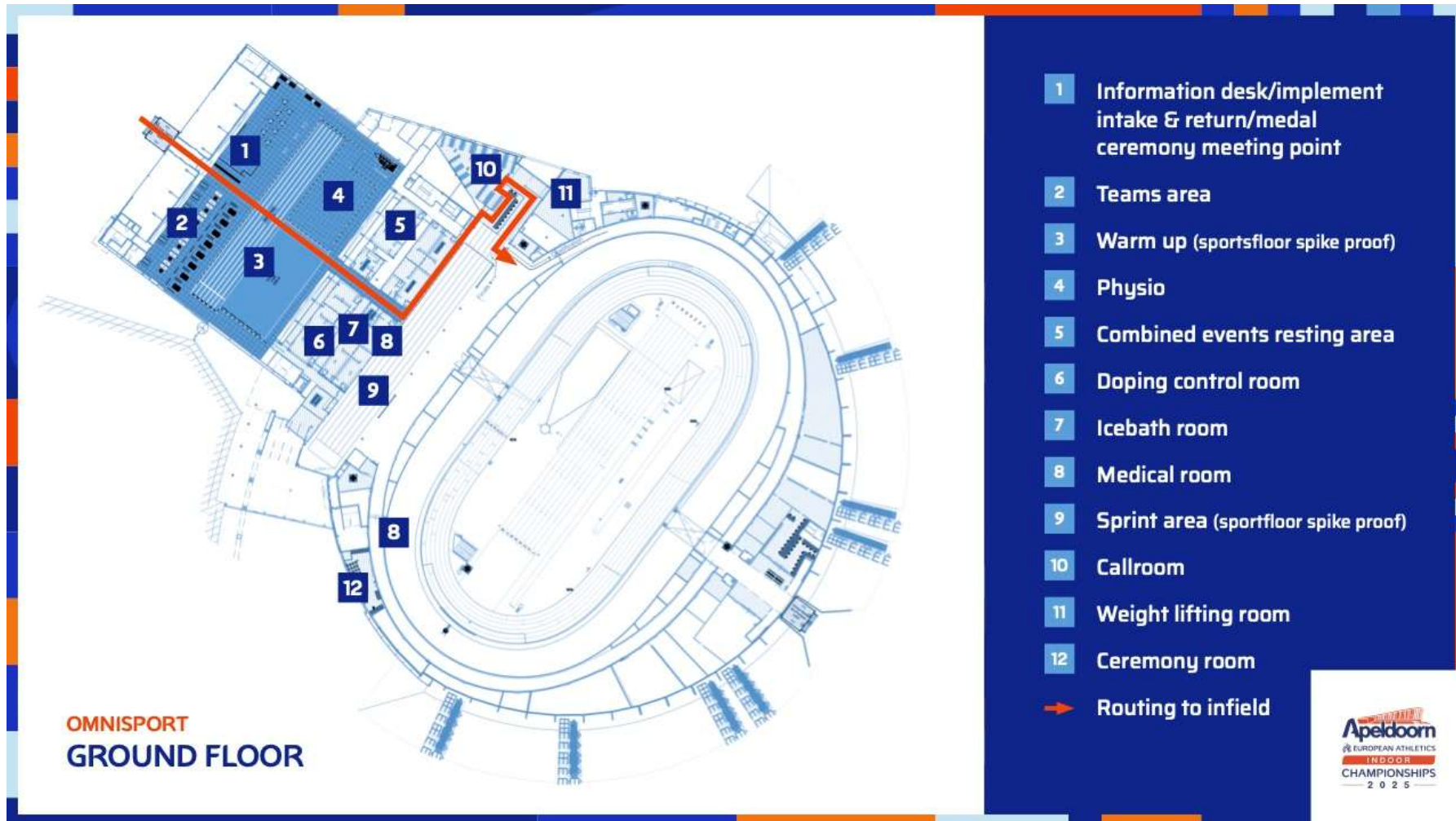
Timetable version 4 (06-01-2025) subject to change

Appendix 3 – Schiphol welcome desk (@STA Balie near Arrivals 4 terminal)





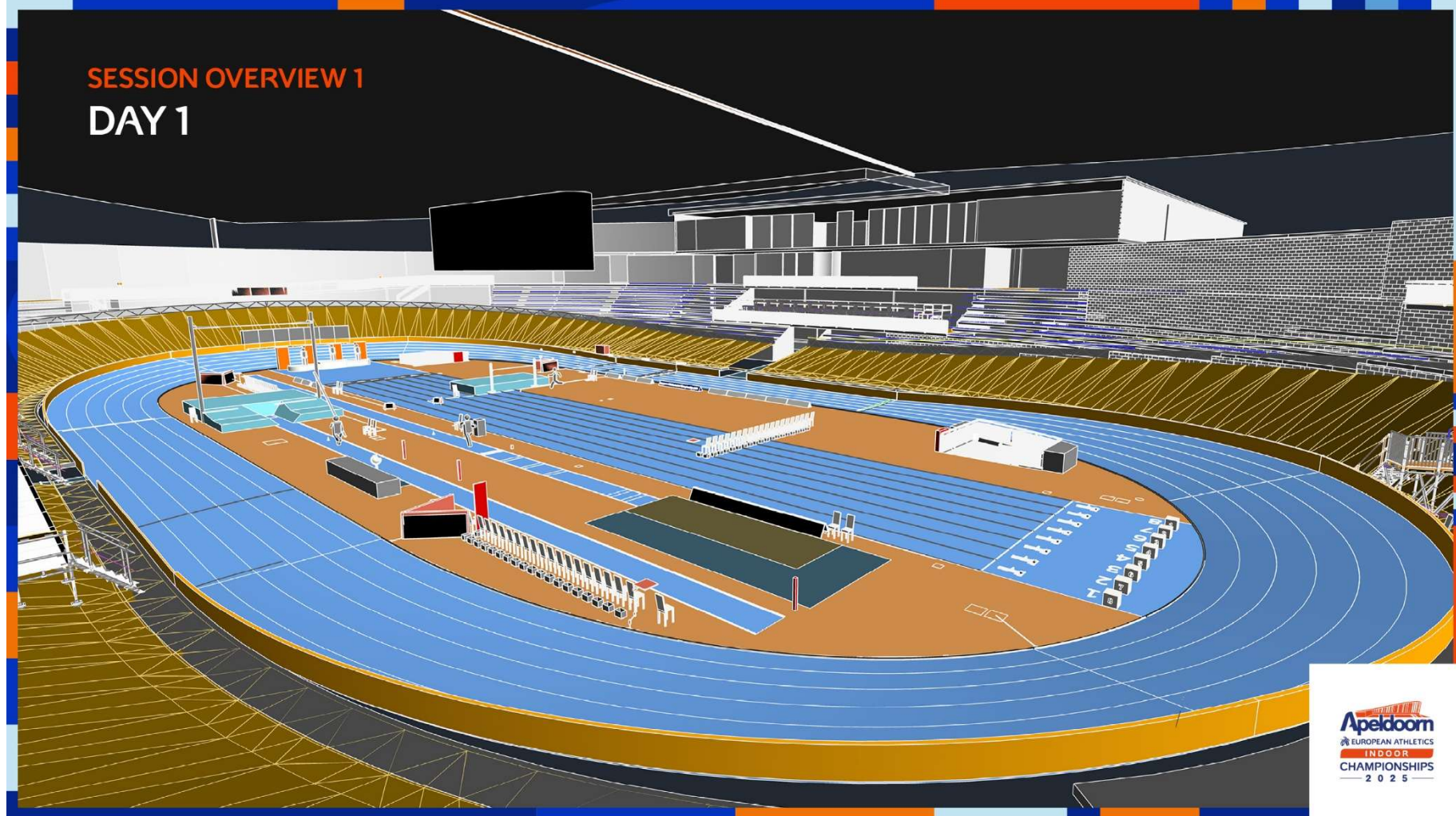
## Appendix 4 – Competition Venue Omnisport





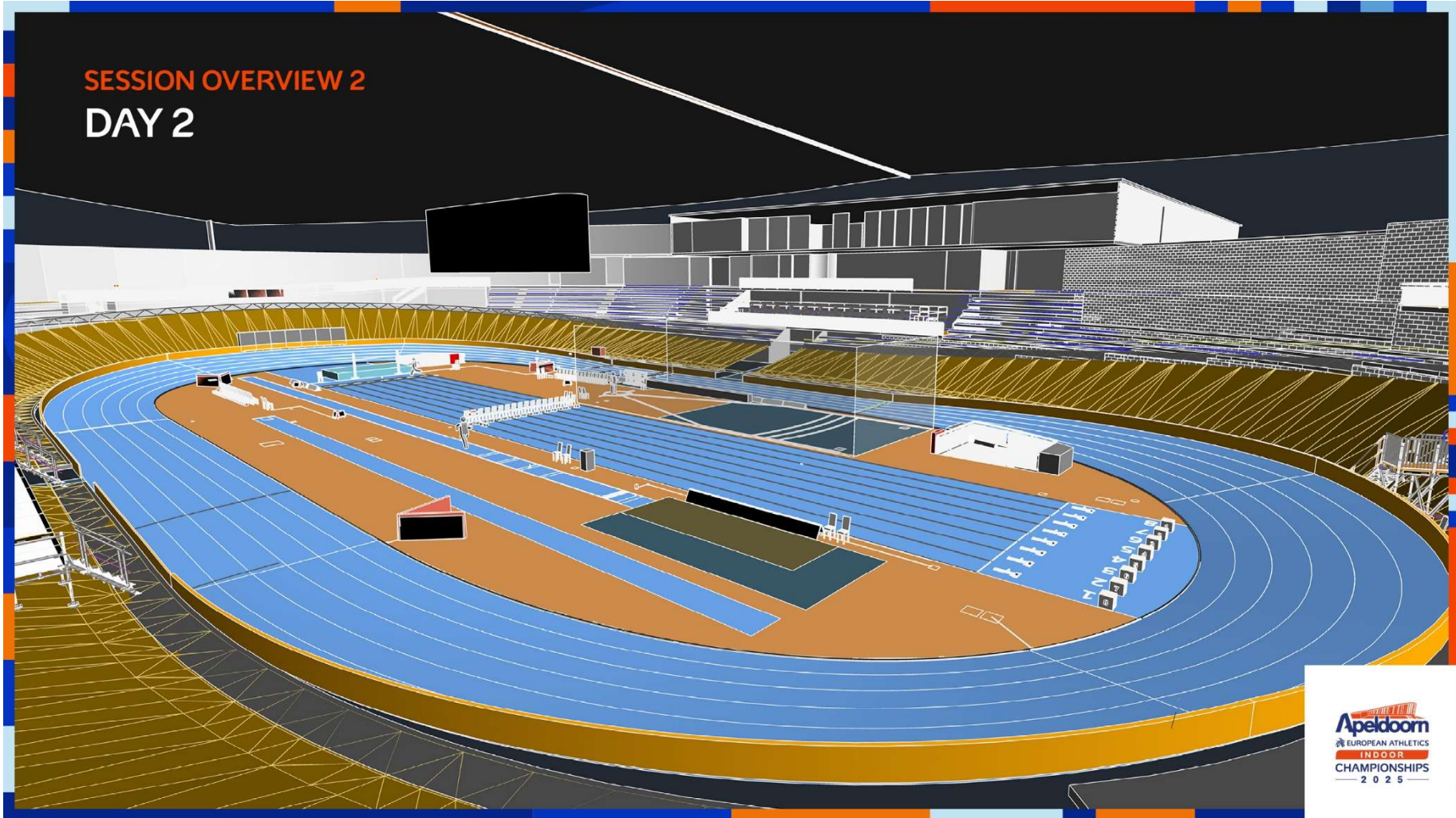


## Appendix 5 – Set-up Competition area per session



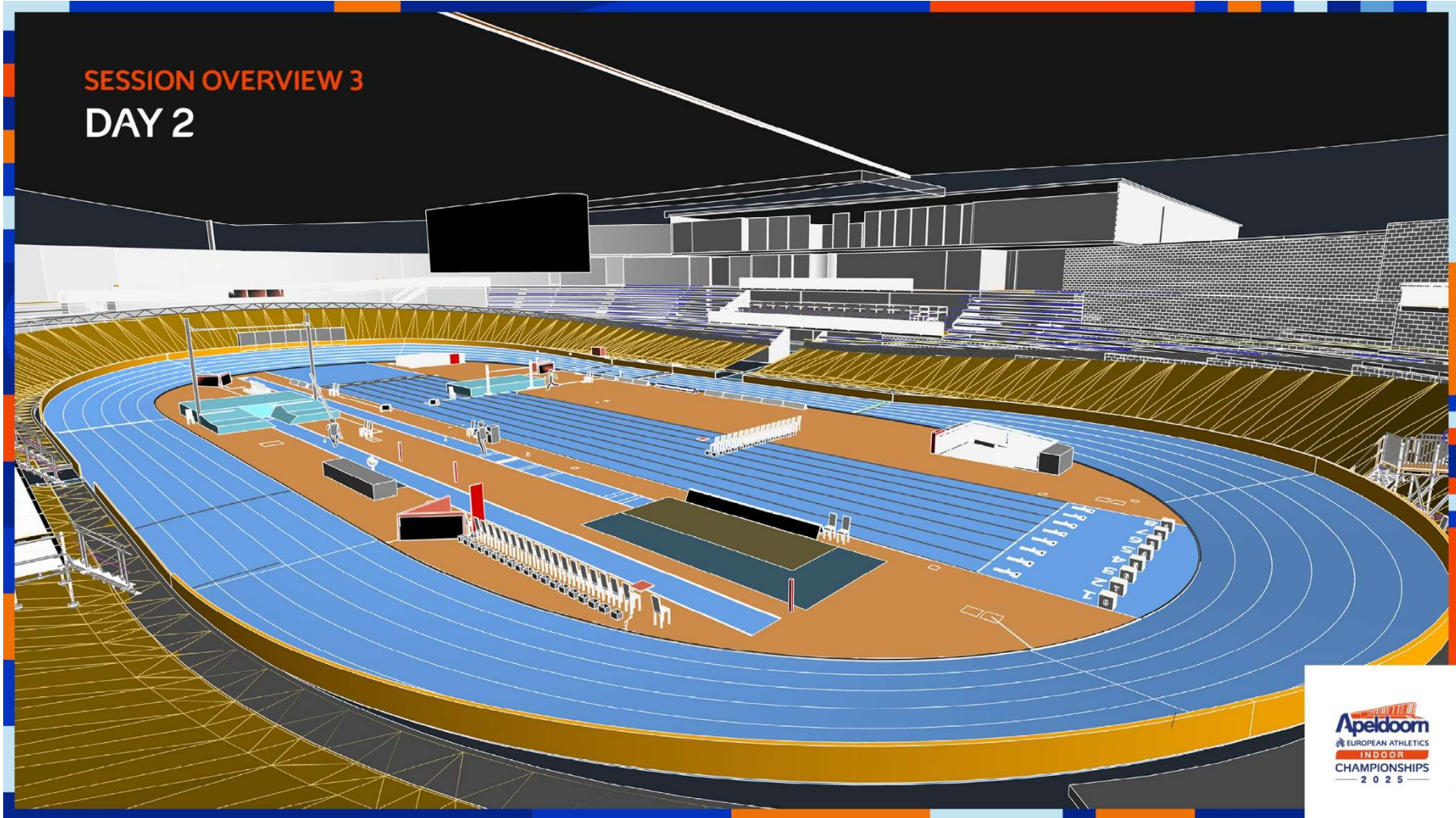


SESSION OVERVIEW 2  
DAY 2



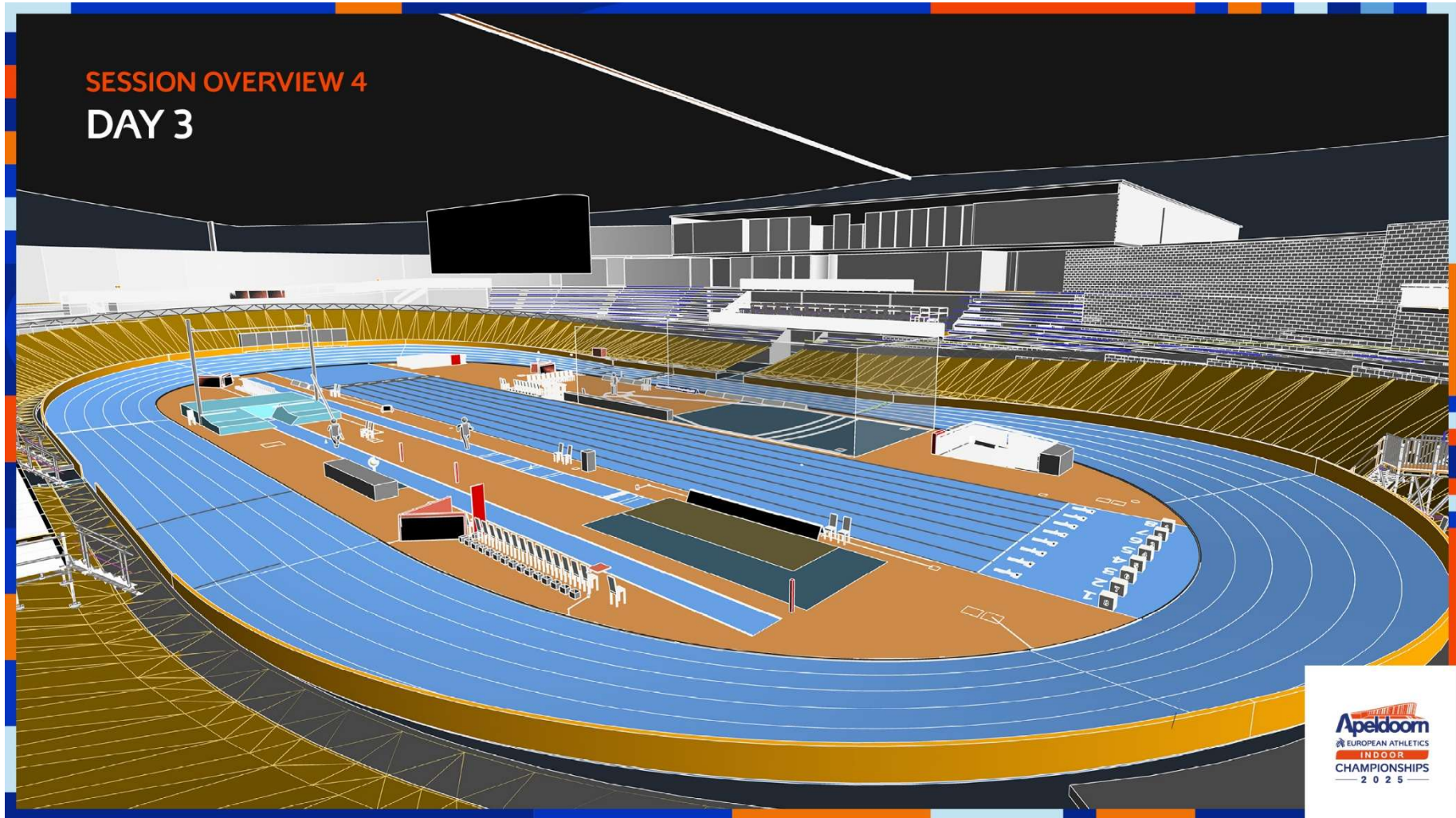


SESSION OVERVIEW 3  
DAY 2



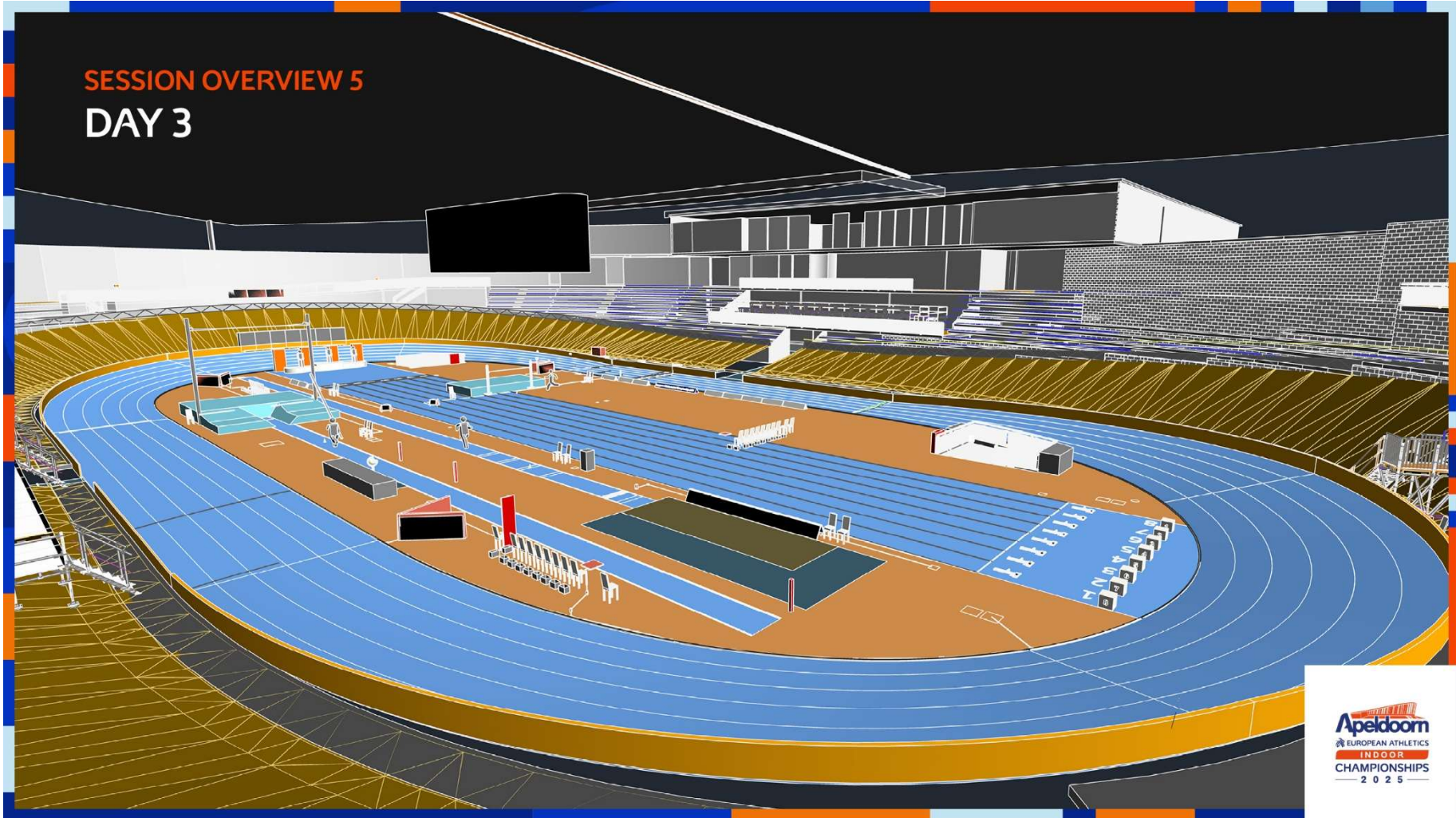


SESSION OVERVIEW 4  
DAY 3



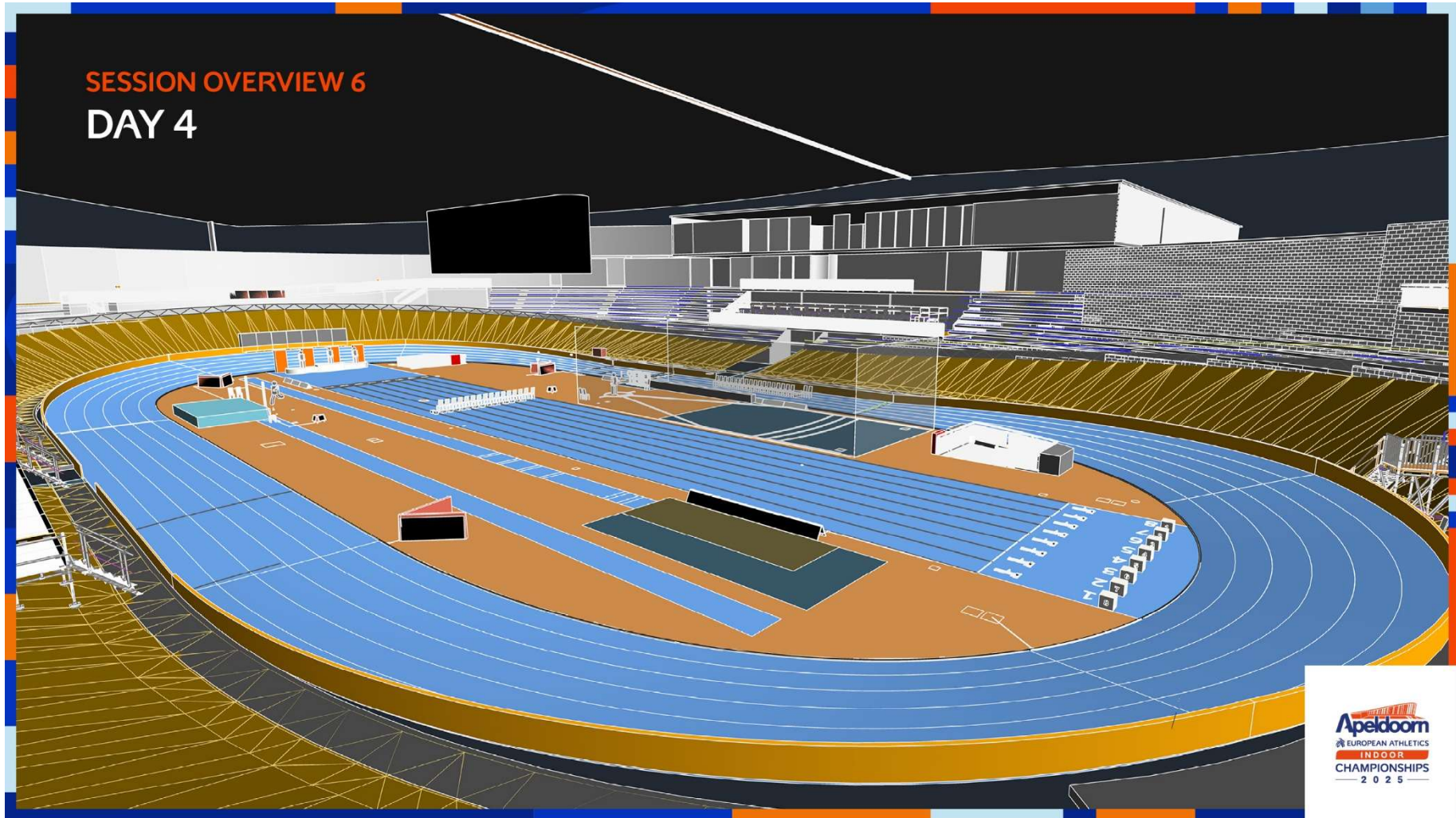


SESSION OVERVIEW 5  
DAY 3



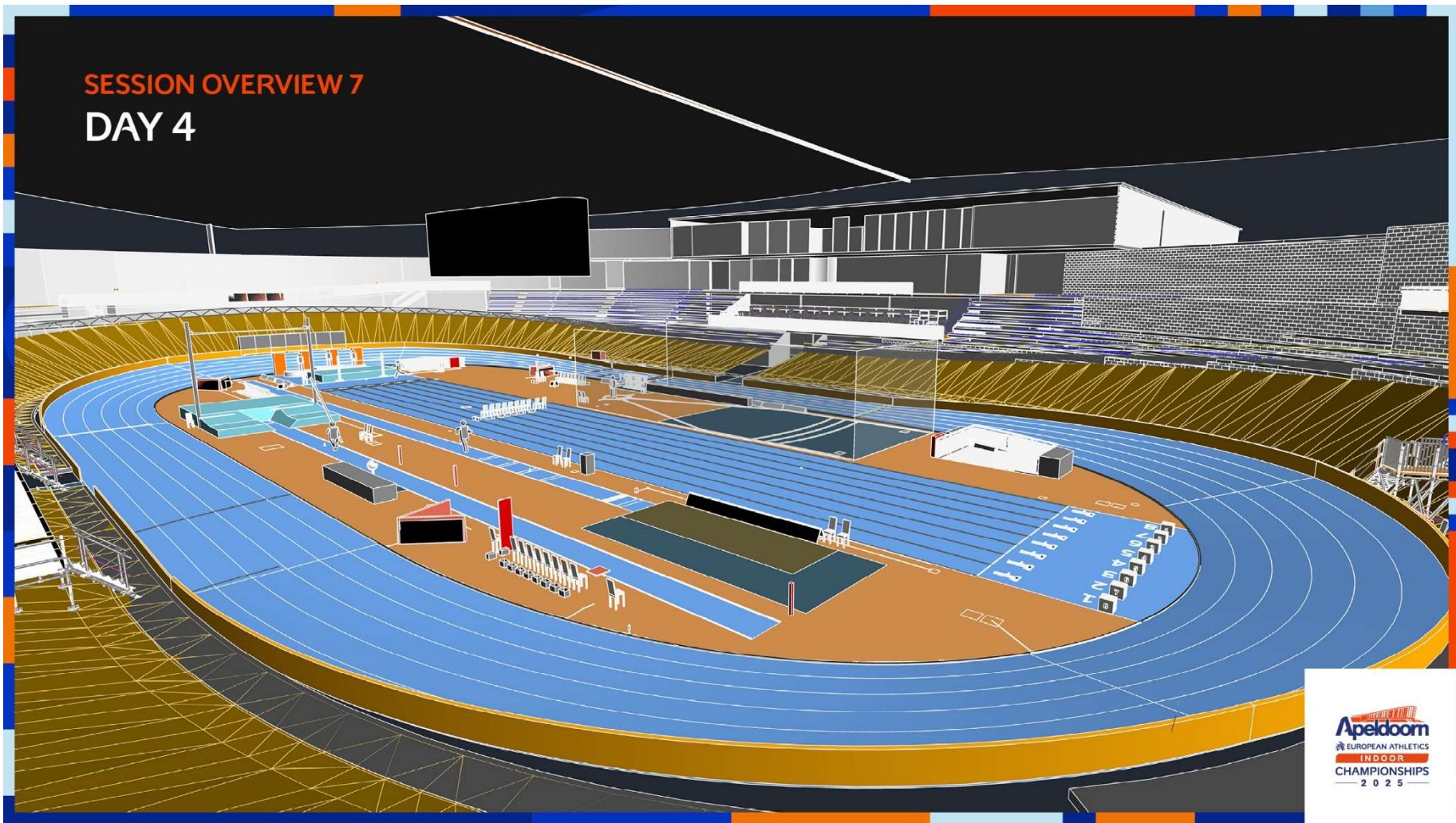


SESSION OVERVIEW 6  
DAY 4

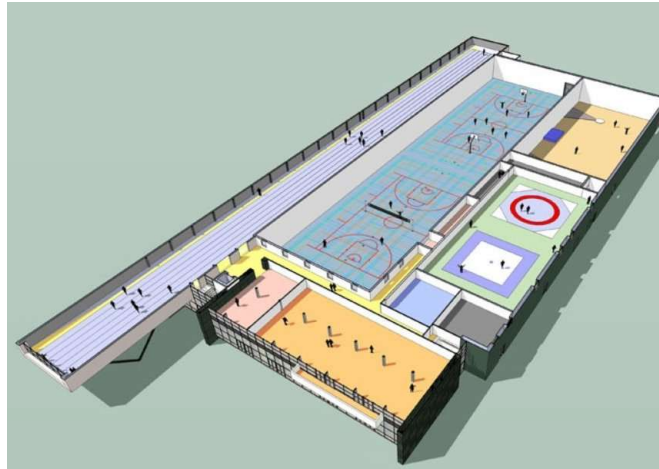




**SESSION OVERVIEW 7**  
**DAY 4**



## Appendix 6 – Training Venues



## Appendix 7 – European Athletics Quota

The allocation of the free places is based on the achieved results (places 1-8) and the number of participants per country at the European Athletics Indoor Championships Istanbul 2023, and the European Indoor Season Best-List 2024.

ALB	<b>2</b>
AND	<b>2</b>
ARM	<b>2</b>
AUT	<b>4</b>
AZE	<b>3</b>
BEL	<b>12</b>
BIH	<b>3</b>
BUL	<b>3</b>
CRO	<b>4</b>
CYP	<b>3</b>
CZE	<b>9</b>
DEN	<b>4</b>
ESP	<b>17</b>
EST	<b>4</b>
FIN	<b>8</b>
FRA	<b>17</b>
GBR	<b>21</b>
GEO	<b>2</b>
GER	<b>18</b>
GIB	<b>2</b>
GRE	<b>7</b>
HUN	<b>5</b>
IRL	<b>7</b>
ISL	<b>2</b>

ISR	<b>3</b>
ITA	<b>15</b>
KOS	<b>2</b>
LAT	<b>3</b>
LIE	<b>2</b>
LTU	<b>4</b>
LUX	<b>3</b>
MDA	<b>2</b>
MKD	<b>2</b>
MLT	<b>2</b>
MNE	<b>2</b>
MON	<b>2</b>
NED	<b>HOST</b>
NOR	<b>10</b>
POL	<b>14</b>
POR	<b>10</b>
ROU	<b>6</b>
SLO	<b>6</b>
SMR	<b>2</b>
SRB	<b>5</b>
SUI	<b>13</b>
SVK	<b>4</b>
SWE	<b>11</b>
TUR	<b>7</b>
UKR	<b>7</b>

### **Remark**

Those Member Federations having been awarded a minimum of 2 (two) free places shall have at least one male and one female athlete competing. NED as host of the Championships has not been allotted any free place.



## Appendix 8 – Ratio of Athletes and Officials

<b>Number of Athletes from - to</b>	<b>Number of Team Officials up to <sup>(1)</sup>:</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>Plus 10</b>	+ 9

- (1) Team Officials include: Head of Delegation, Team Leader(s), Coaches<sup>2</sup>, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others. 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.

The teams may purchase additional team accreditation (without accommodation and transportation but including accreditation with access to the warm-up, training facilities and team tribune) 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 EUR 350 for the duration of the Championships and directly incorporated to the invoice of the respective Member Federations.

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<sup>2</sup> Coaches also include Personal Coaches  
 Team Manual European Athletics Indoor Championships 2025



**Apeldoorn**  
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**CHAMPIONSHIPS**  
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