



26TH VARDINOYIANNIA-EAA PREMIUM MEETING **Wednesday 7 July 2010**

ATHLETE'S MANUAL

DEAR ATHLETES, COACHES, ACCOMPANYING PEOPLE

Welcome to our town, Rethymno.

The Organizing Committee wishes you a pleasant stay and a successful competition.

Rethymno is a tourist town by the sea with almost 30.000 citizens. It has a remarkable history with a lot of museums and a university with nine faculties.

The “Vardinoyannia” meeting which takes place in memory of the politician from Rethymno Pavlos I. Vardinoyannis, has a history of 25 years. It has been the best EAA meeting of its category over the last years. One world record has been broken as well as thirty national records.

The stadium which can be compared to those of the Olympic stadiums has a MONDO track (Sport Flex Super X 12mm) and in 2004 the USA track and field team used it as its main training site for the Olympic Games in Athens.

CURRENCY:

The currency of Greece is the Euro

OFFICIAL SITE OF THE MEETING: www.eaa-athletics.com

E-mail : club_eaa@hotmail.com

HOTEL

AQUILA RITHYMNA BEACH *****

TEL. (28310) 71002

FAX: (28310) 71668

E-MAIL: sales.rb@acquilahotels.com



INFORMATION AND HOSPITALITY DESK:

1) The information and hospitality desk is located in the main lobby next to the RECEPTION DESK and will provide you with all the necessary information on:

Monday: 5/7 from 11:00 to 13:00 and from 17:00 to 22:00
 Tuesday: 6/7 from 09:00 to 14:00 and from 15:00 to 24:00
Wednesday: 7/7 from 09:00 to 17:00 and from 22:00 to 01:00
 Thursday: 8/7 from 09:00 to 14:00

RESPONSIBLE FOR THE INFORMATION DESK ARE:

Panagiotakis Michael (00306947 309664) <Meeting Director>
 Patramani Eleni (00306946 461600)

2) THE MAIN INFORMATION AND ORGANIZING DESK will be located in the room Achilleas, in the main lobby.

RESTAURANT OPENING HOURS 5 and 6/7:

- **Breakfast 07:15 – 10:30**
- **Lunch 12:30 – 14:30**
- **Dinner 18:30 – 22:00**

Only for the day of the meeting WEDNESDAY 7 July:

- **Breakfast 07:15 – 10:30**
- **Lunch 12:00 – 15:00**
- **Dinner 21:00 – 23:30**

WATER: Tap water in the hotel is drinkable.

Bottled water (1 bottle per each meal and an extra bottle each day) will be offered to you for free by the organizers.

You are allowed to ask for 4 bottles of water per athlete per day



DOCTOR:

- The doctor of the meeting is Dr. Giannis Gaitanis (mobile phone: 0030 6972 238835), whom you can turn to for any kind of health problems you may have.

MASSAGE:

For massage the athletes have to make an appointment beforehand at the massage room located next to the indoor swimming pool).
 (Mr. Xenofon Mathioudakis (0030) 6977 697347) and Extension: 8874
Days and Hours for the massage:

MONDAY – TUESDAY : 10:00 – 13:00 and 18:00 – 21:00

WEDNESDAY : 11:30 – 14:00

TRANSPORTATION:

It is a 30-minute drive from the hotel to the stadium

BUSES FOR TRAINING AT THE STADIUM AND THE TRAINING SCHEDULE:

MONDAY 05/07/10

- **17:30** A bus from the hotel to the stadium. (The Throwers must be on this bus).
- **18:30** Second bus for the stadium.
- **19:30** Return of the first bus from the stadium to the hotel.
- **20:30** Return of the second bus from the stadium to the hotel.



TUESDAY 06/07/09

- **10:00** The first bus from the hotel to the stadium.
- **11:30** Return of the first bus from the stadium to the hotel.

- **15:00** A bus from the hotel to the stadium for the athletes who wish to train on the Hammer Throw..
- 16:00-17:00 Training for Hammer Throwers.**
- **17:30** Return of the second bus from the stadium.

- **16:15** A bus from the hotel to the stadium for the athletes who wish to train on the Discus Throw.
- 17:15 – 18:15 Training for Discus Throwers.**
- **18:30** Return of the bus for Discus Throwers from the stadium.

- **17:45** A bus from the hotel to the stadium for the rest of the athletes who wish to train.
- **19:00-19:45** Training with the track commander.
- **20:15** Return of the bus from the stadium to the hotel.

WEDNESDAY 07/07/10 (ON THE DAY OF THE MEETING)

MORNING TRAINING:

- **10:00** A bus from the hotel to the stadium for those who wish to train in the morning.
- **11:30** Return of the training bus.



BUSES FOR THE MEETING:

AQUILA RITHYMNA BEACH HOTEL – STADIUM

- **13:30** Departure of a bus only for the HAMMER THROWERS
- **15:15** Departure of the first bus
- **15:45** Departure of the second bus
- **16:15** Departure of the third bus
- **16:45** Departure of the fourth bus
- **17:15** Departure of the fifth bus

Please make sure you come by one of these buses.

Return from the stadium to the hotel:

- **17:00** Return of the bus only for the Hammer Throwers.
- **19:45** Return of the first bus
- **20:30** Return of the second bus
- **21:15** Return of the third bus.

The athletes who will undergo a DOPING CONTROL and will probably be late must turn to Mr. Kokinakis Emmanuel (mobile: 0030 6949 981736) at the Stadium Director's office.

CONFIRMATION OF PARTICIPATION:

The athletes or their escorts will confirm with the information and organizing desk their participation, as soon as they arrive at the hotel. A participation form will be given to the athletes on the bus or at the lounge area of the hotel in order to fill in. The form should be given back to the information and organizing desk.

ACCREDITATION:

It will be given to all participant athletes. Each athlete will be given two (2) number tags that he/she should wear following the IAAF



Regulations. Otherwise, he/she will be excluded from the competition and will not be entitled to a financial compensation (as stated by the IAAF Regulations).

PRESENTATION AT THE CALL ROOM / ENTRANCE IN THE ARENA:

Each athlete is requested to strictly respect the timetable shown below and be present within the time limits indicated in this information bulletin.

Please note that competitors will enter the track ONLY when escorted by an official judge and not alone.

	Presentation at the call room	Entrance in the arena
Pole Vault	70 min	60 min*
High Jump	60 min	45 min*
Long/triple Jump – Throws	50 min	30 min*
Running Events with Hurdles	35 min.	25 min*.
Running Events	30 min.	20 min*.

*According to the above time limits the athletes will enter the track ONLY when escorted by an official judge and the warming up can take place in designated areas outside the stadium.

*All the athletes will undergo a check at the call room and their belongings will be kept there. The athletes are not allowed to have anything on them in the track

WARMING UP - TEST TRIALS:

Warming up will ONLY take place in designated areas outside the Stadium.

Upon entering the track before the race all runners should leave their belongings in special baskets that will be situated behind the starting blocks.



All jumpers and throwers should leave their belongings under or on the benches.

PRESENTATION OF ATHLETES:

Presentation of each athlete will take place prior to every race. It will start two (2) minutes before the beginning of each race. Presentation of all runners will be based on the designated lane for each athlete (lane 1-8). At the time of presentation all athletes should be behind the starting blocks.

Running positions in long-distance races and the order in jumps and throws will be according to the register bulletin which will be filled in by APPOINTED JUDGES for each race and their assistants will be responsible for keeping the correct order in each jump.

TECHNICAL PROCEDURE PRIOR TO EACH RACE:

(Counting Down Procedure)

- 4 minutes - countdown
- 3 minutes - athletes take off their tracksuits
- 2 minutes - presentation of athletes**
- After presentation - starting commands
 - start of the race

PROGRESSIVE HEIGHTS:

POLE VAULT

3.65 – 3.85 – 4.05 – 4.25 – 4.35 – 4.45 – 4.51 – 4.56 – 4.61 – 4.66 – 4.71 – 4.76 – 4.81 and from then on per 5 cm.

HIGH JUMP

1.75 – 1.80 – 1.85 – 1.88 – 1.91 – 1.93 – 1.95 and from then on per 2 cm.



STARTING COMMANDS:

They will be given in English. In the running events, including 400m hurdles the following commands will be used:

ON YOUR MARKS

SET

“FIRE OF THE GUN”

END OF THE RACE – EXIT FROM THE TRACK:

At the end of each running event all athletes are asked to exit the track from the Southwest gate of the Stadium where they will be given their tracksuits. At the end of each throwing or jumping event all athletes will be escorted out of the track by a judge.

MESSAGE FOR THE ATHLETES AT THE STADIUM:

The athletes will be offered a rehabilitation massage (20 minutes) after their race, in the gym under the photo-finish room.

WEIGHING OF THROWING EQUIPMENT:

All hammers and discuses will be weighed at the Stadium 90 minutes prior to each event. The technical manager of the meeting Mr. Tsongas Grigoris will be responsible for supervising the procedure.

TECHNICAL REPRESENTATIVE FOR THE MEETING FROM EAA:

Mr. Libor Varhanik is delegated as the meeting delegate of the meeting

ANTI-DOPING CONTROL:

Dr. Lucienne Atart delegated as EAA’s doping delegate, is in charge of the Anti-Doping Control, as defined by the IAAF Regulations. Anti-doping procedure may take place at any time. Though, priority will be given to the award ceremony



INTERVIEWS:

There will be flash interviews just after the finish of each race for the winners. Some of the athletes may be selected by the Press Office for further interviews, which will take place at the Media Room.

AWARDS:

Following the end of each event and according to the timetable announced, the three first winners will be shown, followed by a judge, to the special place for awards.

MANAGER – COACH – ATHLETE DESIGNATED AREA:

There will be a special designated area at the stadium – outside the track, next to the exit just after the 100m finish line. Coaches, managers and athletes can wait in this area if they wish to do so during the meeting. Access will be granted only to those with special accreditation as there will be security at the door.

The results of the events will be given to every manager waiting in this area.

CONFIRMATION OF DEPARTURES

All departures should be confirmed at the Information and Hospitality Desk 24 hours prior to the departure flights. **Please report any changes in time.**

Thank you in advance
We wish you all the best

The Organizing Committee

26TH VARDINOYANNIA



RETHYMNO D.A.K. GALLOU

WEDNESDAY 7TH JULY 2010

15.15	HAMMER THROW	WOMEN	
17.10	OPENING CEREMONY		
17.40	LONG JUMP	MEN	
17.50	100 m	MEN	HEAT A
18.05	100 m	MEN	HEAT B
18.10	POLE VAULT	WOMEN	
18.15	100 m	WOMEN	
18.25	DISCUS THROW	MEN	
18.30	110 m HURDLES	MEN	
18.40	3.000 m	WOMEN	
18.45	HIGH JUMP	WOMEN	
19.00	400 m HURDLES	WOMEN	
19.05	TRIPLE JUMP	MEN	
19.10	400 m HURDLES	MEN	HEAT A
19.20	400 m HURDLES	MEN	HEAT B
19.35	200 m	MEN	U 23
19.45	200 m	WOMEN	
19.55	200 m	WOMEN	U 23
20.10	3.000 m SC	MEN	



TRANSPORTATION

MONDAY 5 JULY

EVENING TRAINING

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
17.30	HOTEL	STADIUM	TRAINING HT
18.30	HOTEL	STADIUM	TRAINING DT RUNNERS AND JUMPERS

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
19.30	STADIUM	HOTEL	RETURN FOR HT
20.30	STADIUM	HOTEL	RETURN FOR DT RUNNERS AND JUMPERS

TUESDAY 6 JULY

MORNING TRAINING

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
10.00	STADIUM	HOTEL	TRAINING
11.30	HOTEL	STADIUM	

EVENING TRAINING

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
15.00	HOTEL	STADIUM	TRAINING HT
16.15	HOTEL	STADIUM	TRAINING DT
17.45	HOTEL	STADIUM	TRAINING RUNNERS AND JUMPERS

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
17.30	STADIUM	HOTEL	RETURN FOR HT
18.30	STADIUM	HOTEL	RETURN FOR DT

20.15	STADIUM	HOTEL	RETURN FOR RUNNERS AND JUMPERS
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TRANSPORTATION

WEDNESDAY 7 JULY

MORNING TRAINING

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
10.00	HOTEL	STADIUM	TRAINING
11.30	STADIUM	HOTEL	

BUSES FOR THE MEETING

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
13.30	HOTEL	STADIUM	HAMMER THROWERS
15.15	HOTEL	STADIUM	1 st BUS
15.45	HOTEL	STADIUM	2 nd BUS
16.15	HOTEL	STADIUM	3 rd BUS
16.45	HOTEL	STADIUM	4 th BUS
17.15	HOTEL	STADIUM	5 th BUS

<i>TIME</i>	<i>FROM</i>	<i>TO</i>	<i>NOTES</i>
17.00	STADIUM	HOTEL	BUS FOR HAMMER THROWERS
19.45	STADIUM	HOTEL	1 st BUS
20.30	STADIUM	HOTEL	2 nd BUS
21.15	STADIUM	HOTEL	3 rd - 4 th BUS



26th VARDINOYANNIA

CALL ROOM CHECK

Please note that you **CANNOT** have the following things into the arena:

- Mobile Phones
- CD (DVD)-players, Walkman, MP3, MP4(i-pods)
- Photo or Video Camera
- Video or Cassette Recorders
- Radios
- Shoes with extra spikes
- Over-sized spare spikes
- Throwing implements or parts of implements or sports equipment (relay batons, elastic bands, expanders, starting blocks, etc...)
- **Non sporting items/devices** (e.g. perfumes, screwdrivers, pliers, hammers, cigarettes, lighters, computers, radio-transmitters, bulky items)
- Tape, chalk etc. for markings (other than provided by the LOC)
- **Measuring tapes** (LOC should provide at each field event metric and imperial tape)
- **Items with forbidden or oversized advertising**

First Call	Last Call	Enter Call Room	Bay	Exit Call Room	In Field Warm up (spikes)	Arrive Site Event	Start Time	Event	M/W	Final / Heats	TIME OF CEREMONY
14:30	14:35	14:35	1	14:40		14:45	15:15	Hammer Throw	W	Final	16.40
16:55	17:00	17:00	1	17:05		17:10	17:40	Long Jump	M	Final	19.15
17:15	17:20	17:20	2	17:25	17:30	17:40	17:50	100 m	M	Final / Heat A	18.35
17:30	17:35	17:35	3	17:40	17:45	17:55	18:05	100 m	M	Final / Heat B	
16:55	17:00	17:00	1	17:05		17:10	18:10	Pole Vault	W	Final	19.50
17:40	17:45	17:45	2	17:50	17:55	18:05	18:15	100 m	W	Final	18.50
17:40	17:45	17:45	3	17:50		17:55	18:25	Discus Throw	M	Final	20.00
17:50	17:55	17:55	1	18:00	18:05	18:15	18:30	110 m H	M	Final	18.55
18:05	18:10	18:10	2	18:15	18:20	18:30	18:40	3.000 m	W	Final	19.25
17:40	17:45	17:45	3	17:50		18:00	18:45	High Jump	W	Final	20.15
18:20	18:25	18:25	1	18:30	18:35	18:45	19:00	400 m H	W	Final	19.40
18:20	18:25	18:25	2	18:30		18:35	19:05	Triple Jump	M	Final	20.35
18:30	18:35	18:35	3	18:40	18:45	18:55	19:10	400 m H	M	Final / Heat A	20.05
18:40	18:45	18:45	1	18:50	18:55	19:05	19:20	400 m H	M	Final / Heat B	
19:00	19:05	19:05	2	19:10	19:15	19:25	19:35	200 m	M	Final / U23	20.20
19:10	19:15	19:15	3	19:20	19:25	19:35	19:45	200 m	W	Final	20.25
19:20	19:25	19:25	1	19:30	19:35	19:45	19:55	200 m	W	Final / U23	20.30

19:30	19:35	19:35	2	19:40	19:45	19:55	20:10	3.000 m SC	M	Final	20.40
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