



Meeting Manual

EAP Malta International

16th July 2022

Matthew Micallef St. John Athletics Stadium

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www.eapmalta.com

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General Information

Information about Malta

Location	Central Mediterranean
Area	316km ²
Population	525,285
Coastline	136.8km
Climate	Subtropical Mediterranean
Language	Maltese, English
Religion	Roman Catholic
Capital	Valletta
Local Time	Central European Time Zone
Electricity	220 V (50 Hz) and the plugs are with 3 pins
Driving	traffic drives on the left
Telephone Country Code	+356 or 00356
Currency	Euro

Host City – Marsa

Marsa is a town in the South Eastern Region of Malta, with a population of 4,401 people as of March 2014. The name Marsa means “the harbour”.

Business Hours Shops, Government Offices, Banks

Shops:	09:00 – 13:00 & 16:00 – 19:00 (Most shops close on Sundays)
Banks:	08:30 to midday. Closed on Sundays
Government Offices:	07:30 – 14:00

Useful expressions

English	Maltese
Good morning	Bongu.
How are you?	Kif inti?
Fine, thank you.	Tajjeb. Grazzi.
What is your name?	X'jismek?
Please.	Jekk jogħġbok.
Thank you.	Grazzi.
Yes.	Iva.
No.	Le.
Excuse me.	Skuzani.
Goodbye	Saħħa.

Organisational Structure

Executive Board of Pembroke Athleta Athletics & Triathlon

President	Victor Camilleri
Vice President	Alan Zammit
General Secretary	Dr. Leslie Cushieri
Treasurer	Mark Scicluna
PRO	Norman Saliba
PRO - National Team	Anthony Fava
MTF Representative	Ray Farrugia
Co-ordination of Coaching Structure	Alan Muscat
Social & Welfare, Officials & Helpers	Rita Sare
Social & Welfare, Officials & Helpers	Michelle Micallef

EAP Malta Sub-Committee

Chairman	Victor Camilleri
Members	Norman Saliba Ian Paul Grech Steve Camilleri Daniel Saliba Rebecca Sare' Mark Scicluna Alan Muscat

Local Organising Committee

Event Director	Norman Saliba
Competition Manager	Andy Grech
Logistics	Victor Camilleri
H.R. Manager	Rita Sare'
PR and Marketing	Norman Saliba / Janice Grech / Kurt Mizzi
Finance Manager	Mark Scicluna
Medical/Physio	Alan Zammit
Transport & Accommodation	Antoine Gatt / Wilfred Saliba / Franco Portelli
I.T. -Results System	Anthony Fava

Competition Organisation

Competition Director	Norman Saliba
Technical Manager	Anthony Fava
Meeting Manager	Andy Grech
Event Presentation Manager	Xandru Grech
Call Room Referee	Michelle Muscat
Track Referees	Kevin Scerri / Frederick
Start Coordinator	Kevin Scerri
Starter(S)	Kevin Scerri / Greg Scerri / Luke Scerri
Photo finish Judge	Anthony Fava
Field Events Referee	Alan Muscat / Miriam Cassar

Travel to Malta

Official airport and arrival information

Malta International Airport is the only airport in Malta and it serves the whole of the Maltese Islands. It is located on island of Malta in the town of Luqa.

At the airport, Malta's Tourism Authority runs a helpful Tourist Information Desk in the Welcomers Hall. Experienced staff are on hand to answer your questions and provide great information before you depart the airport for your holiday in Malta. The desk is open between 10:00hrs and 21:00hrs (last admission is at 2045hrs) every day.

Before and after the above-mentioned period, Transportation Volunteers will ensure smooth arrival of team members depending on arrivals.

Transport: Airport to Hotel

Welcome Service

Leaving the terminal with their luggage and passing customs, Foreign Participants & Officials who opted for our hospitality packages will be greeted by Volunteers who will guide all members to their respective team hotel. In case of lost luggage during the trip to Malta please contact the Transportation Office at the airport.

Transport: Hotel to Airport

Leaving Malta, Foreign Athletes & Officials who opt for our hospitality packages will be transported from the hotel to the airport by transport organised by EAP Malta.

A transportation schedule will be sent to all foreign athletes/officials

The transport schedule will also be available at the ST Azur Hotel Foyer

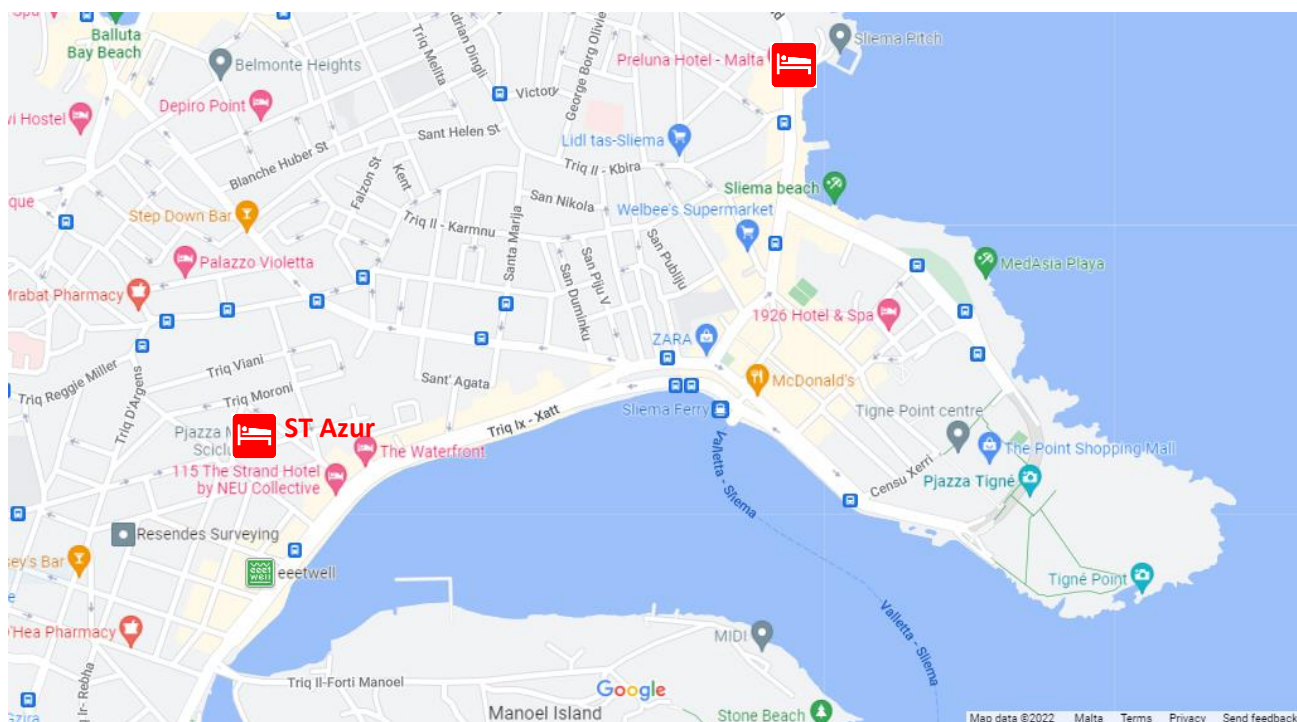
Accommodation

Official Hotel

ST Azur Hotel

A recent addition to the ST Hotels chain, providing a high standard for room comfort, decor, size and customer service, will be the primary hosting hotel for our visiting athletes.

Ideally located in the Gzira/Sliema area, one will be able to find anything s/he needs within a 5 minute walking distance, including shops, and restaurants.



Hotel Information

- Address – 50 Belvedere Street, Gzira, Malta
- Contact No - +356 2034 1111
- Contact email - rec@azurmalta.com
- 24 Hour Reception
- Check in from 14:00 / Check out till 11:00
- Bar / Lounge
- Coral Bar
- Sapphire Restaurant –
 - Buffet Breakfast 07:30-10:00 + (guests on BB / HB)
 - Buffet Dinner 18:30-20:00 -

- Evening Meals for Foreign EAP Member Athletes as per instructions in the welcome pack)
- Evening Meals for Foreign NON-EAP Athletes at Sapphire Restaurant

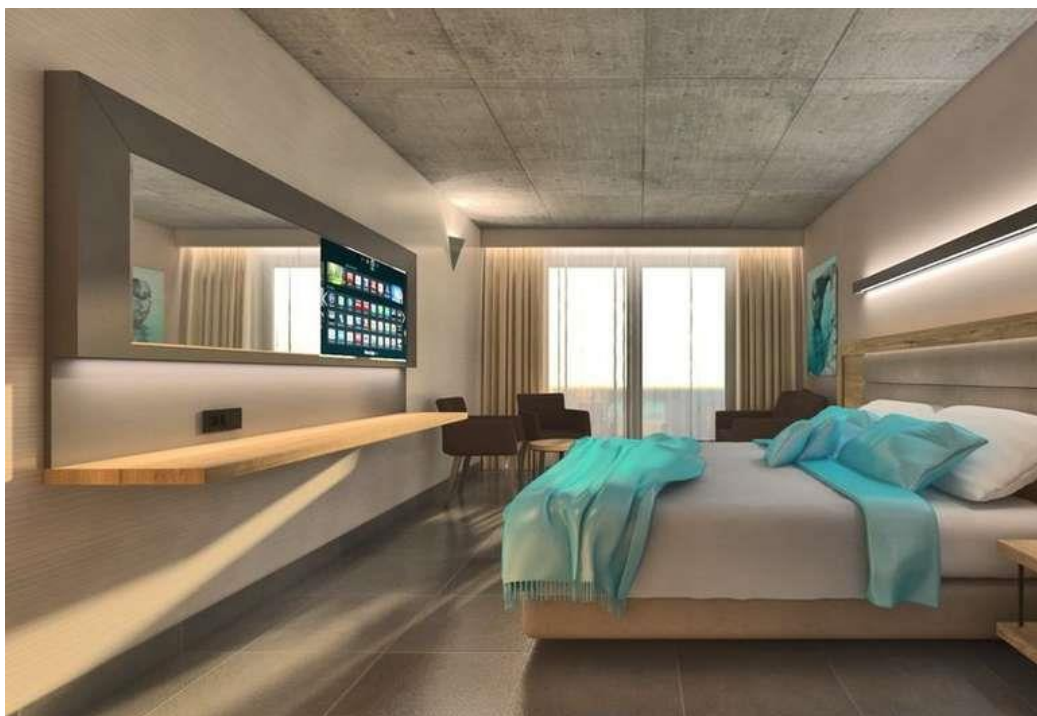


Room Facilities

- Cleaning is done daily
- Towel change on a daily basis
- Linen change every 3rd day
- Free of Charge WiFi
- Television Remote
- Hair dryer

IMPORTANT NOTES:

- Although the hotel rooms might have a Mini-Bar, **EAP Malta WILL NOT** cover any expenses related to items availed of from the mini-bar.
- Moreover, **EAP Malta WILL NOT** make good for any damages made by any of our guests in the hotel rooms or in any other part of the hotel.



The Preluna Hotel - Malta

The Prekluna Hotel, Malta will also host a number of visiting athletes

Meals

For visiting EAP Member Athletes & Officials:

Breakfast

Breakfast will be served every day at the **Sapphire Restaurant**, ST Azur Hotel, between 07.30hrs and 10.00hrs

Lunch & Dinner

Lunch and Dinner will be served at **Eetwell Health Food Restaurant**, The Strand, Gzira.

Athletes and officials will be provided with meal vouchers through an APP. Info will be sent by personal email to download an APP

Internet Access

Free Internet access will be provided at ST Azur Hotel.

Transportation

Transportation between the ST Azur Hotel, the Preluna Hotel and the competition and training venues, will be provided by the shuttle service.

HOTEL / VENUE TRANSPORT SCHEDULE

TRAINING - Friday 15th July 2022

<i>Hotel to Stadium</i>	<i>Stadium to Hotel</i>
<i>Bus Departs from Preluna via ST Azur</i>	<i>Bus Departs from Stadium</i>
17.00hrs	19.30hrs

COMPETITION - Saturday 16th July 2022

<i>ST Azur Hotel to Stadium</i>	<i>Stadium to Hotel</i>
<i>Bus Departs from Preluna via ST Azur</i>	<i>Bus Departs from Stadium</i>
07.30hrs	
09.00hrs	
10.00hrs	
	11.00hrs
	12.30hrs
15.30hrs	
17.00hrs	
	18.30hrs
	20.00hrs

NOTE: Foreign Athletes and Officials staying at St Azur and Preluna Hotel may opt to travel on any of the scheduled trips. It is however their own responsibility to observe the departure times which best suit their competition schedule. NO AD-HOC trips will be arranged for any athlete who does not make it in time for the departure time.

Pick-Up Point

Athletes staying at ST Azur hotel are to note that the Pick-up Point for their transport to either the Competition Venue or the Airport will be from in front of the **ST Bay View Hotel, The Strand**, which is about 100mtrs walking distance from the ST Azur Main Door.

ST Bay View Hotel is clearly marked on the Site Map on Page 9 of this Manual.

TECHNICAL INFORMATION

Technical Information Centre (TIC)

The TIC is located within the Technical Control Room at the competition venue (see Venue Set-up at ANNEX B).

The main function of the Technical Information Centre is to ensure smooth communication between each Team delegation, the Local Organisation Committee, Competition Management and the athletes regarding the technical matters.

The TIC will be open on competition day (16th July), from 1 hour before the start of the first event of the day until at least 30 min after the publication of the last event's results or more in case of a protest.

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 reporting times
- Distribution of urgent notices to the delegations and athletes from the Technical Delegate and competition management will be issued from the TIC, and displayed on the Notice Board. It is the Team Leaders and Athletes' duty to view this kind of information in due time.
- Settlement of technical enquiries from delegations/athletes
- Receipt of Final Confirmations
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Appeals
- Payment and Receipt of any dues

Competition & Training Venue, Equipment & Implements

Competition Venue

The Matthew Micallef St John Stadium and its surroundings are shown in appendix 4 of this document. The capacity of the stadium is 1500.

The stadium has the following competition sites:

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

The warm up area has the following sites:

- 8 lanes in a straight of 140m
- 1 site for Long Jump
- 1 Javelin site (on grass)
- 1 circle for shot
- 3 grass football pitches

Kindly see Venue Set-up at ANNEX B

Training Venue and Official Training at the Competition Venue

On Friday 15th July all athletes will have the possibility to train in the Matthew Micallef St John Athletics Stadium (main Stadium) and the adjacent warm-up area.

- Friday 15th July – (Track - Local and Foreign Athletes) - 5pm to 8pm
- Friday 15th July - (Hammer) - 5pm to 6pm
- Friday 15th July - (Discus) - 6pm to 7pm
- Friday 15th July - (Shot Put) - 7pm to 8pm
- SLOTS FOR TRIPLE AND LONG JUMP will be available throughout

Equipment and implements necessary for training will be available at the training venue(s). Officials will be present to help in case of problems or special requirements. Borrowed implements / equipment must be handed back in to the Meeting Officials after use.

Entry System & Final Confirmations

Entry Procedures

Entries shall be made through the EAP Malta International system which will be accessible at the following link: www.eapmalta.com

Final Entries

Final entries indicating the names and individual logistical information (detailed travel arrangements and accommodation request) of the competitors and of the officials must be received not later than 15 (fifteen) days before the first competition day. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: 15th May 2022
- Deadline for the final entries: 1st July 2022

Competition Fee

EAP Members	No Charge
Non EAP members & PAAT	
1 event (Open Category)	10 Euro
Additional 2 nd and 3 rd events (Open Category)	5 Euro each
1 event (Youths Category)	5 Euro
Additional 2 nd and 3 rd events (Youths Category)	2.50 Euro each
Late Fees	15 Euro per Event

Withdrawal

Withdrawal of any participation on the day of the event must be indicated to the TIC at the Stadium in writing on the official withdrawal form. No refunds for paid Registration Fees will be given at this stage.

COMPETITION PROCEDURE

Timetable

Please refer to ANNEX C for the competition timetable.

Competition Bibs

Each competitor will receive 1 competition bib. The competition bibs are to be collected by the athletes as follows;

- Local Athletes are to collect their competition bib on **Wednesday 13th July** as per instructions issued in a personal communication.
- Foreign Athletes are to collect their competition bib from **Registration Office** at the competition venue as soon as they arrive at the stadium on 16th July (competition day)
- No athletes will be allowed to participate in an event unless they are wearing their race bib.

Registration at Venue

There will not be any Technical Meeting held on the eve of the event.

ALL athletes are to present themselves at Registration Office at the Matthew Micallef St John Athletics Stadium once they arrive at the venue to confirm their participation.

The location of the Registration Office will be as indicated in ANNEX B

Competition Clothing

Dimensions of Spikes

Spikes which project from the sole or the heel shall not exceed 6mm for track events, and 9mm for other field events except in the high jump where it shall not exceed 12mm. These spikes must be constructed that it will, at least for the upper half of its length, fit through a square sided 4 mm gauge.

The Sole and the Heel

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the high jump and long jump, the sole shall have a maximum thickness of 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

Call Room

The Call Room is located at the far end of the Warm Up straight. Access will be allowed to athletes only and according to the following reporting times:

Event	Last call	Entrance to Infield
Track events(except hurdles)	20 minutes	10 minutes
Hurdles	25 minutes	15 minutes
High Jump	55 minutes	45 minutes
Pole Vault	55 minutes	45 minutes
Other field events	40 minutes	30 minutes

All times are prior to the actual starting time of the event.

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 EAP Meeting, including Relays.

A dedicated, Event Call-up Schedule will be issued once Final Entries are confirmed.

It will be displayed on the Competition Notice Board close to the Warm-up Area and handed out at the TIC.

Refreshments (still water and sports drinks) will be available next to the Call Room.

Call Room Procedures

In the Call Room the judges will check the following in accordance with IAAF Rules:

- Competition Bibs
- Shoes and Spikes
- Bags (identification on and content of)

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 IAAF Rule 144.2. Competition officials in the Call Room may confiscate all not authorised items. It is therefore the athletes' own responsibility to see that unnecessary items are not carried to the venue, and if any, it is their own responsibility to see that these are left with fellow athletes or some other person of trust.

Specific Event Regulations

Competition Events

For any event to take place and be considered as a competition event a minimum of 4 participants must present themselves for the event on the day of the meeting.

In the case that on the day of the event less than 4 athletes present themselves for an event, then that particular event shall be considered as an Out of Competition Event. In such cases medals will be awarded in the following manner.

If only three athletes present themselves on the day of the event, only the 1st and 2nd placed athletes will be awarded with a medal.

If only two athletes present themselves on the day of the event, only the 1st placed athlete will receive a medal.

No medal will be awarded if only one athlete presents him/herself for an event.

Field Events except vertical jumps

All participating athletes will have three qualification trials (1st, 2nd and 3rd trial). The **best 8 athletes in the Open Category** and the **best 6 athletes in the Youth Category**, after the 3 qualification rounds will compete in another 3 rounds.

The athletes eliminated after the third trial will be ranked by their best performance after the 3rd qualification trial. The remaining 8 athletes in the Open Category and the remaining 6 athletes in the Youth Category will be ranked by their best performance after the other 3 Final trials. IAAF Rule 180.22 will apply for ties.

The time permitted for each attempt shall be one (1) minute

Vertical Jumps

In the vertical jumps the IAAF rule 181.2 shall be respected. Furthermore, each competitor is limited to a maximum of 4 (four) fouls throughout the whole field event. After the fourth foul he/she may not jump further unless he/she has won the competition.

The winner of the competition is allowed to continue according to IAAF Rule 181.2.

The winner will be allowed to continue at the height he/she was not successful. IAAF Rule 181.8 will apply for placings.

The time permitted for each attempt in High Jump shall be one (1) minute except when consecutive attempts are by the same athlete or if only the winner is competing in which case IAAF Rule 180.18 shall apply.

Track events

In the track events the lane starting order will be determined by the Personal Best (PB) time of the athletes as indicated in the registration for the particular event. The only exception will be in the 100m heats where lane allocation is done at random.

No false start will be allowed. Any athlete committing a false start will be disqualified.

In case of a tie between athletes in the different heats for races up to 400m inclusively and relays, the photo finish judge shall consider the actual times to the 1/1000th of a second.

Determining Medal Winners in Track Events

A Gold Medal. A Silver Medal and a Bronze Medal will be awarded to the 1st, 2nd and 3rd placed athlete respectively in all the Open Male and Female, and the Youth Boys and Youth Girls events.

Except for the 100m sprint events in all categories, in the case that the number of athletes in a particular event make it necessary for more than one heat to take place in the particular event, the medal winners will be determined after a general classification, including the performances attained in all the heats for the respective event, with the top 3 placed athletes being awarded with the medal in their order of merit.

The 100m Sprint Events

A number of heats in the 100m sprint events will take place in all the Open Male and Female and the Youth Boys and Youth Girls categories. A Gold Medal. A Silver Medal and a Bronze Medal will be awarded to the 1st, 2nd and 3rd placed athlete respectively and in each category.

The medal awards for 100m sprint events in the Youth Categories will be awarded to the top three placed athletes after a general classification of all the heats is issued.

However, in the case of the Open Male and Female categories, an Open Male and Open Female 100m sprints a Final A and Final B will be held.

The participants in these finals will be determined as follows:

Men's 100m

- There will be four (4) Men's 100m Heats.
- The winner of each Heat and the athletes registering the four (4) next best times will automatically qualify for the Final A
- The athletes placing 9th to 16th after the general classification of the four Heats, will contest Final B.

Women's 100m

- There will be three (3) Men's 100m Heats.
- The winner and second placed athlete of each Heat and the athletes registering the two (2) next best times will automatically qualify for the Final A
- The athletes placing 9th to 16th after the general classification of the three Heats, will contest Final B.

Starting Order in field events and Distribution of Athletes per heat in track events

The order of attempts in field events shall be decided by a draw conducted by the Local Organising Committee.

However, in the triple jump event the order of attempts can be determined by the athletes' choice of the distance between the jumping board and the sand pit.

In the horizontal field events the order of trials in the first round will be kept for the first 3 trials. The order of the trials in the final round will be the reverse order of the ranking after the 3rd round.

Prize Money

EAP Malta International offers cash prizes as described hereunder;

Prize Money for Top 5 Male & Female Performances will be given out to those athletes whose performance would have scored the highest number of points according to the World Athletics Scoring Tables.

	<i>Male</i>	<i>Female</i>
1	€250	€250
2	€200	€200
3	€150	€150
4	€100	€100
5	€50	€50

Podium Prize Money will be given to the athletes placing **1st, 2nd and 3rd** in the Senior Male & Female events, to the value of **€75, €50 and €25** respectively. However, in the case where less than four athletes present themselves for competition, the Medal presentation procedure as described in this Manual will be applied.

EAP Records

In the event that a new EAP Record is set a Prize Money of €400 will be awarded to the athlete who manages to set the new mark. The prize will only be awarded after the record would have been officially ratified by EAP.

Specific Event Procedures

Track Events

According to the weather conditions, athletes may be asked to enter infield already dressed in competition clothes for races. In that case, baskets containing athletes' other clothing will be taken directly to the kit collection area.

Trials in Field Events

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

Once the trial jumps/puts are finished, the participants will be asked to stand in the order of the competition for the presentation.

Throwing Events

Like in all other Male and Female senior category events, the throwing events are open events. Therefore, all athletes participating in these events shall make use of similar implements.

IMPLEMENTS – athletes can only make use of implements which are IAAF approved and as specified in Rule 187 of the IAAF Competition Rules. Personal implements are to be presented to the Throws Referee, immediately after the training session of Friday 15th July. The throws referee will weigh and tag the implements and keep them in a safe place for these to be collected by the athletes on the day of competition.

After the competition any personal throwing implements can be collected personally by the Athletes from the Call Room.

Relay Races (Not applicable for the 2022 Edition)

The EAP Malta Events Programme caters for 4 x 100m relay races to be held in the Open Male and Open Female categories.

Given that the local Athletics Association wishes to field its National Relay Teams for these events, the LOC will allow for ad-hoc relay teams to be formed amongst any of the athletes participating in this EAP Meet. The aim of this allowance is to provide an opportunity for the local national relay teams to prepare for their upcoming international commitments and above all to provide an opportunity for athletes from different clubs and potentially of different nationalities to come together in a sporting but competitive event.

For this reason, athletes are free to form and register their 4 x 100m relay team by filling the Relay Team Entry form at the TIC by not later than 30 minutes after the end of the 100m Male and Female heats. Entries for the relay team events will be FREE OF CHARGE.

Coaching Zones

To allow communication between athletes and coaches, seating will be provided close to the field events. (please Venue Site Plan in ANNEX B).

For throwing events and High Jump, the coaching seats will be located on the grass as indicated in the Venue Site Plan in ANNEX B. Coaches will have to meet at Call Room to be accompanied to the coaching zone.

Timing & Measurement

The official timing will be provided by ALGE Timing and will be displayed on the official electronic timing instrument and photo finish cameras provided by ALGE Timing. For all races of 800m or more, the elapsed time will be displayed on electronic timers located at the 200m and the finish.

Post Competition Procedures

After the competition, athletes leave immediately through the mixed zone. (Please see Venue Site Plan at ANNEX B)

The clothing baskets will be brought to the kit collection area located next to the mixed zone.

Protests and Appeals

Protests and appeals are permitted and will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (Rule 146.3). 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 to him through the TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

If the final decision of the Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by the athlete or a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of EUR 75, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

Results

All Results will be available online on www.eapmalta.com

Results will also be displayed in Hard Copy at the venue

MEDICAL SERVICES & DOPING CONTROL

Medical Services

The medical service is in charge of any medical assistance to all accredited guests (Athletes, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the stadium.

Below you can find information about the medical care sites and relevant instructions.

Please also see Venue Site Plan at ANNEX B

Medical Care at the Competition Venue

The stadium medical service is responsible for any problems concerning the athletes' health. There will be an ambulance for medical attention close to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

The stadium medical service is also responsible for first aid in the warming up area.

Physiotherapy Services

Physiotherapy Services at warm-up and training venue(s)

There will be a well-equipped physiotherapy area that will include the availability of a LOC physiotherapist. The physiotherapy room will be open from:

- Saturday 16th July 09:00 – 12:30 and 16:00 – 19:30

The team physiotherapists and doctors may request the use of the equipment in the physiotherapy room in co-operation with the medical staff.

General Information

Doping controls will be conducted in accordance with IAAF Rules and Anti-doping Regulations. They are in accordance with the revised WADA code in force since 1 January 2015.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form. They can 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 refusal to provide a sample result in liable to disqualification and may result in further disciplinary action.

Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis.

Dopting Tests for Foreign Athletes

Any foreign athlete who, in case of a newly establsihed National Record, wishes to have a Doping Test done can do so at a charge of €380

MEDIA MATTERS

Media Accreditations

Any member of the media, including photographers, camera persons etc, who are interested in cover the event are to apply for a Media Accreditation by not alter than Wenesday 13th July 2022, by sending an official request on eapmaltainternational@gmail.com

Media Accreditations and High Visibility Bibs can be collected by approved applicants, from the Registration Office at the entrance to the venue on the day of the (please see Venue Site Plan in ANNEX B)

All high Visibility Bibs are to be returned to the Technical Information Center (TIC) before leaving the venue

Media Zones

Access to the members of the media will be restricted to the zones reserved for the media and as per the instructions issued by the Event Media Manager,

Any member of the media who does not observe the access zones and/or follow such unstructions may be asked to leave the venue.

Contact Details

For further details about EAP Malta International 2020, please contact:

Meeting Director

Mr Victor Camilleri

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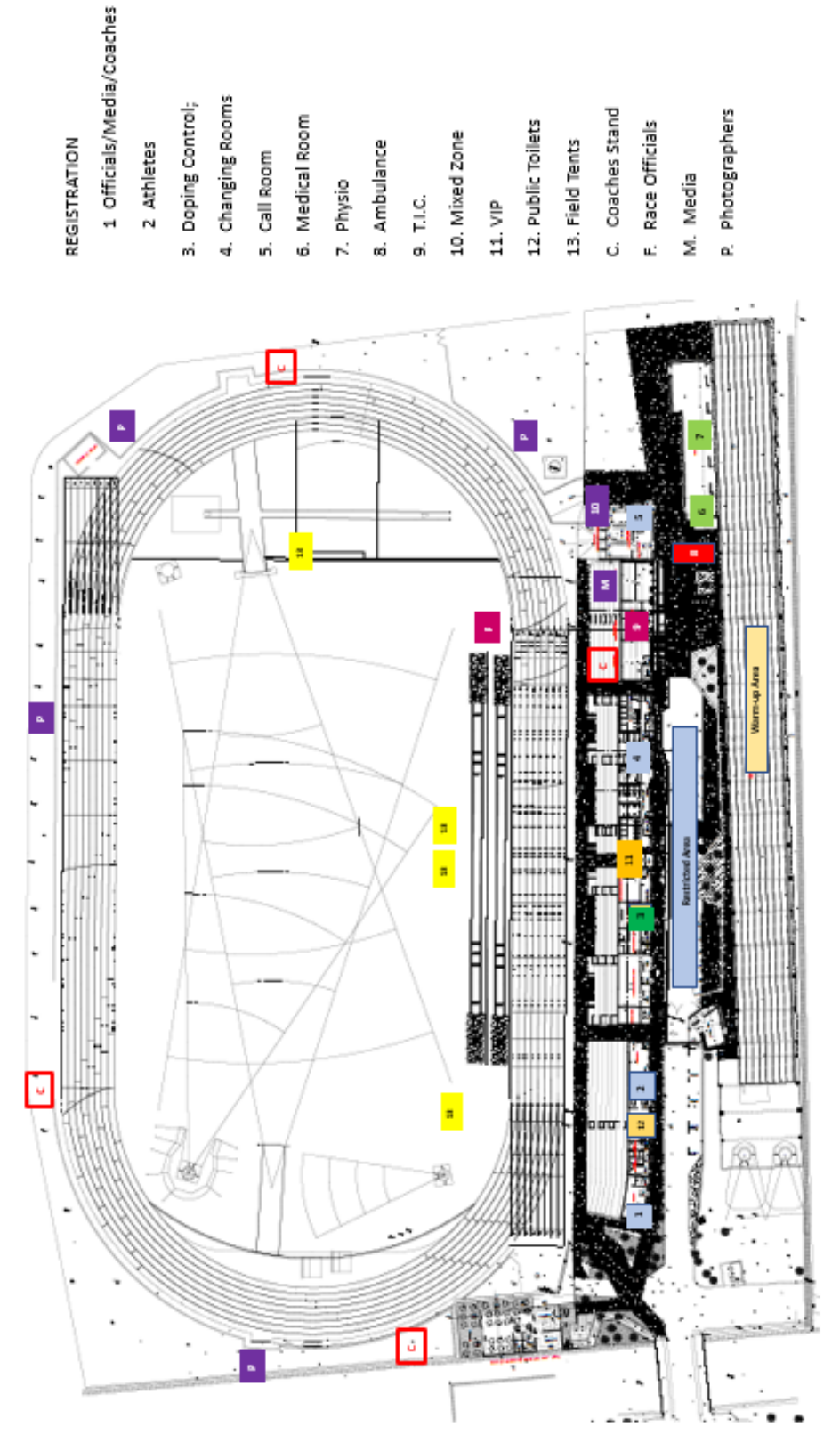
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Facebook Page: Pembroke Athleta Athletics & Triathlon


ANNEX B – VENUE SITE PLAN



Annex C – Competition Timetable







TIMETABLE

TIME	TRACK	CAT	GEN	JUMPS	CAT	GEN	THROWS	CAT	GEN
MORNING SESSION									
09:00	5000M	O	M	LONG JUMP	Y	B			
09:30				POLE VAULT	O	W			
09:35	1500M - B	O	M						
09:45	1500M - A	O	M						
10:00	800M - B	O	M	TRIPLE JUMP	O	W			
10:10	800M - A	O	M						
10:20	100M	Y	G						
10:25	100M	Y	B				DISCUS	O	M, W
10:30	MEDAL CEREMONY								
10:50	110MH	O	M						
11:10	200M - FINAL C	O	M	LONG JUMP	O	M			
11:15	200M - FINAL B	O	M						
11:20	200M - FINAL A	O	M						
11:30	200M - FINAL C	O	W						
11:35	200M - FINAL B	O	W						
11:40	200M - FINAL A	O	W						
11:45	MEDAL CEREMONY								
AFTERNOON SESSION									
17:15				TRIPLE JUMP	O	M	HAMMER	O	M, W
17:25	100M - HEAT 1	O	W						
17:30	100M - HEAT 2	O	W						
17:35	100M - HEAT 3	O	W						
17:45	100M - HEAT 1	O	M						
17:50	100M - HEAT 2	O	M						
17:55	100M - HEAT 3	O	M						
18:00	100M - HEAT 4	O	M						
18:05	MEDAL CEREMONY								
18:25	400M - FINAL	Y	B						
18:30	400M - FINAL C	O	M	LONG JUMP	O	W	SHOT PUT	O	W
18:35	400M - FINAL B	O	M						
18:40	400M - FINAL A	O	M						
18:45	400M - FINAL A	O	W						
19:05	100M - FINAL B	O	W						
19:10	100M - FINAL A	O	W						
19:20	100M - FINAL B	O	M						
19:25	100M - FINAL A	O	M						
19:45	MEDAL CEREMONY								
CALL ROOM									
EVENT	FIRST CALL		LAST CALL		ENTRANCE TO INFIELD				
HURDLES	30 MINUTES		25 MINUTES		15 MINUTES				
OTHER TRACK EVENTS	25 MINUTES		20 MINUTES		10 MINUTES				
POLE VAULT	60 MINUTES		55 MINUTES		45 MINUTES				
OTHER FIELD EVENTS	45 MINUTES		40 MINUTES		30 MINUTES				

Annex D – Competition Call Room Times

CALL ROOM									
FIRST CALL	TRACK	LAST CALL	INFIELD	JUMPS	LAST CALL	INFIELD	THROWS	LAST CALL	INFIELD
08:15				LONG JUMP	08:20	08:30			
08:30				POLE VAULT	08:35	08:45			
08:35	5000M - HEAT 1	08:40	08:50						
09:10	1500M	09:15	09:25						
09:15				TRIPLE JUMP	09:20	09:30			
09:20	1500M	09:25	09:35						
09:35	800M	09:40	09:50						
09:40							DISCUS	09:45	09:55
09:45	800M	09:50	10:00						
09:55	100M	10:00	10:10						
10:00	100M	10:05	10:15						
10:10	MEDAL CEREMONY								
10:25	110MH	10:30	10:40	LONG JUMP	10:30	10:40			
10:45	200M - FINAL C	10:50	11:00						
10:50	200M - FINAL B	10:55	11:05						
10:55	200M - FINAL A	11:00	11:10						
11:05	200M - FINAL C	11:10	11:20						
11:10	200M - FINAL B	11:15	11:25						
11:15	200M - FINAL A	11:20	11:30						
16:30				TRIPLE JUMP	16:35	16:45	HAMMER	16:35	16:45
17:00	100M - HEAT 1	17:05	17:15						
17:05	100M - HEAT 2	17:10	17:20						
17:10	100M - HEAT 3	17:15	17:25						
17:20	100M - HEAT 1	17:25	17:35						
17:25	100M - HEAT 2	17:30	17:40						
17:30	100M - HEAT 3	17:35	17:45						
17:35	100M - HEAT 4	17:40	17:50						
17:45				LONG JUMP	17:50	18:00	SHOT PUT	17:50	18:00
18:00	400M - FINAL	18:05	18:15						
18:05	400M - FINAL C	18:10	18:20						
18:10	400M - FINAL B	18:15	18:25						
18:15	400M - FINAL A	18:20	18:30						
18:20	400M - FINAL A	18:25	18:35						
18:40	100M - FINAL B	18:45	18:55						
18:45	100M - FINAL A	18:50	19:00						
18:55	100M - FINAL B	19:00	19:10						
19:00	100M - FINAL A	19:05	19:15						

CALL ROOM

	FIRST CALL	LAST CALL	ENTRANCE TO INFIELD
HURDLES	30 MINUTES	25 MINUTES	15 MINUTES
OTHER TRACK EVENTS	25 MINUTES	20 MINUTES	10 MINUTES
POLE VAULT	80 MINUTES	75 MINUTES	60 MINUTES
OTHER FIELD EVENTS	45 MINUTES	40 MINUTES	30 MINUTES