



55.Balkan Cross Country Championships Prvenstvo Balkana u krosu Kragujevac/Serbia, 12.03.2011.



1. TECHNICAL INFORMATION / TEHNIČKE INFORMACIJE

Technical Information Centre (TIC) and Competiton Secretariate

Technical Information Centre (TIC) and Secretariate will be located at the Hippodrome in the Restaurant at a first floor and it will be open on Saturday, 12th March from 10.00 -14.30 hrs.

TIC is responsible for:

- Technical Information
- Distribution of start lists and results
- Receipt of Appeals from the teams
- Withdrawals and changes due to injury
- Official communication to the Delegations
- Recovery of confiscated items in the Call room

Training site

Training on Thursday, March 10th will be held on the field of Memorial Center "Šumarice" and on Friday March 11th on the competition cross course on the Hippodrome from 15.30 until 17.00.

Competition site

Comeptiton will be held on Hippodrome in Kragujevac. Plan of the cross course and additional facilities is given at the appendix 3.

The cross course is visibly marked.

Transportation

For teams arriving in Serbia with plane (or train) LOC will provide local tranport for trainings and competition. Bus schedule will be posted at the Info Desks in the Hotel and on the Stadium.

For teams arriving in Kragujevac by their own buses, LOC will provide 50 l of the gas, as they could be able to use their buses for local transfers also.

Technical meeting

The Technical Meeting will be held on Friday, March 11, at 18.00 in Šumarice Hotel. The transportation from the other

Tehničko-informativni centar i Sekretarijat takmičernja

Tehničko-informativni cenar (TIC) i Sekretarijat takmičenja biće smešteni u restoranu na spratu koji se nalazi na hipodromu. Biće otvoren u subotu, 12. marta od 10.00 do 14.30 časova.

U Tehničko-informativnom centru se:

- distribuiraju tehničke informacije
- distribuiraju startne liste i rezultati
- primaju žalbe za Vrhovnu sud. komisiju
- primaju otkazi i zahtevi za izmene u slučaju povrede
- vrši službena komunikacija sa ekipama
- vraćaju predmeti oduzeti u prijemn. centru

Teren za trening

Trening u četvrtak, 10. marta održaće se na terenima Memorijalnog centra „Šumarice“ a u petak, 11. marta na takmičarskoj kros stazi na Hipodromu od 15.30 do 17.00 sati.

Teren za takmičenje

Takmičenje se održava na Hipodromu u Kragujevcu. Plan kros staze i pomoćnih terena dat je u dodatku 3 ovog uputstva. Staza je vidno obeležena zaštitnom mrežom i trakama.

Transport

Za ekipe koje u Kragujevac doputuju avionom ili vozom biće obezbeđen stalni lokalni prevoz za trening i takmičenje. Red vožnje autobusa biće objavljen u hotelima i na hipodromu.

Ekipama koje u Kragujevac doputuju autobusom biće obazbeđeno 50 litara goriva kako bi svoje autobuse koristili i u lokalnom prevozu.

Tehnički sastanak

Tehnički sastanak se održava u petak, 11. marta u 18.00 časova u hotelu Šumarice. Biće organizovan prevoz za

Hotels will be provided.
 The ABAF Delegate will chair the meeting.
 The Technical Meeting will be conducted in English and Serbian.
 The Technical Meeting will be attended by:

- The ABAF Delegate
- Representatives of the LOC
- Competition management
- Chief Referees
- 3 representatives of each participating team

Agenda of the Technical Meeting includes:

- Opening address by the LOC Chairman
- Address of the ABAF Delegate
- Presentation of the Competition Officials
- Briefing by the ABAF Delegate on Technical information
- Competition regulations
- Timetable
- Call-room procedure and schedule
- Scoring
- Protests and appeals
- Award ceremonies
- Presentation of compet. and warm-up sites
- Answer to the questions submitted by the teams
- Competition number distribution
- Confirmation of the entry lists

predstavnik ekipa smeštenih u drugim hotelima.

Sastankom će predsedavati Delegat Asocijacije Balkanskih atletskih federacija (ABAF). Jezik sastanka je engleski i srpski.

Tehničkom sastanku prisustvuju:

- Delegat ABAF-a
- Predstavnici Organizacionog komiteta Prvenstva
- Rukovodstvo takmičenja
- Glavne sudije
- 3 /tri/ predstavnika ekipa učesni-ca

Teme Tehničkog sastanka:

- Pozdravni govor Predsednika organizacionog odbora Prvenstva
- Obrada Delegata ABAF-a
- Predstavljanje službenih lica takmičenja
- Informacija Delegata ABAF-a po tehničkim pitanjima
- Propozicije takmičenja
- Satnica takmičenja
- Satnica i procedura prijemnog centra
- Bodovanje
- Protesti i žalbe
- Proglašenje pobednika
- Upoznavanje sa borilištima
- Odgovori na pitanja predstavnika ekipa
- Podela takmičarskih brojeva
- Potvrda liste učesnika

2. COMPETITION REGULATIONS / PROPOZICIJE TAKMIČENJA

Team composition

Each participating team can enter 4 athletes per race (men and women), from which 3 best athletes shall be scored.

Only athletes aged from 15 to 19 may compete in junior races. No athletes younger than 16 years shall be accepted in the senior races.

There will not be "out of competition" races.

Event programm

The competition will be conducted in 6 events;

- Junior W 4km
- Junior M 6 km
- U23 W 6km
- U23 M 8km
- Senior W 8km
- Senior M 10km

Sastav ekipa

Svaka nacionalna federacija može postaviti najviše 4 takmičara (muškaraca i žena) na disciplinu, a boduju se 3 najuspešnija.

Pravo učešća u juniorskim trkama imaju takmičari od 15 – 19 godina starosti a u seniorskim trkama ne mlađi od 16 godina starosti.

Nastup van konkurencije nije dozvoljen.

Discipline takmičenja

Takmičenje se održava u 6 kategorija i to:

- Juniorke 4km
- Juniori 6km
- Mlađe seniorke 6km
- Mlađi seniori 8km
- Seniorke 8km
- Seniori 10km

Scoring

Scoring will be conducted with so called "negative system". The team results shall be decided by the aggregate of placings of the best three athletes of each team. 1. place -1 point, 2. place – 2 points, 3. place – 3 points. The team with the lowest total points will be the winner.

In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

Entries

Final entries deadline **Friday, March 4th 2011**. Final confirmation of the participation at Technical meeting.

Justified changes due to medical reason or other uncontrollable matter, before the beginning of the respective event, only if approved by the ABAF Delegate.

Bodovanje

Bodovanje se vrši takozvanim negativnim sistemom. U ekipnoj konkurenciji boduju se 3 najbolje plasirana takmičara/ke tako što 1 mesto donosi 1 bod; 2 mesto - 2 boda; 3 mesto - 3 boda i td. Pobjednik je ona ekipa koja sakupi najmanje bodova. U slučaju jednakog zbira bodova, bolja je ona ekipa koja ima bolje plasiranog trećeg takmičara/ku.

Prijave

Definitivna prijava najkasnije do **petka, 4. Marta 2011**. Potvrda učešća na Tehničkom sastanku.

Opravdane izmene iz zdravstvenih razloga ili više sile, uz odobrenje Delegata ABAF-a, pre početka discipline.

3. COMPETITION PROCEDURE / ODVIJANJE TAKMIČENJA

General

The Balkan Cross Country Championships will be held strictly under the IAAF Competition Rules 2006-2007.

Call-room procedure

Call-room is located at the south side of the Hippodrome, about 150m before the start line.

The athletes must report to the Call Room at the time given on the call-room timetable displayed in the hotels, TIC, warm-up area and given in the Appendix II of this instruction.

The following items will be checked in the Call Room:

- Clothing (Competition rule 143.1)
- Bags
- Numbers (Competition rule 143.7)

Athletes may only use sports gear approved by their National Federation.

Athletes are not allowed to take infield mobile phones, portable radios, headsets and similar items nor wear clothing which contravenes the IAAF advertising rules. All such items will be confiscated and will be retrieved in TIC after the relevant event.

Coaches, team officials, physio-therapists and team physicians are not allowed into the Call Room.

Athletes may only leave the Call Room to enter the competition area. Once athletes enter the Call Room and until the end of the

Opšte odredbe

Prvenstvo Balkana u krosu održava se prema Pravilima za takmičenje IAAF za 2006-2007. godinu.

Postupak u prijemnom centru

Prijemni centar se nalazi na južnoj strani Hipodroma, 150 metara ispred ciljne linije. Takmičari se moraju prijaviti Prijemnom centru po satnici izloženoj u hotelima, Tehničko-informativnom centru, terenu za zagrevanje i datoj u prilogu II ovog uputstva.

U Prijemnom centru će biti pregledani:

- odeća takmičara (pravila za takm. 143.1)
- torbe takmičara
- startni brojevi takmičara (pravilo 143.7)

Takmičari smeju koristiti samo sportsku opremu odobrenu od strane njihove nacionalne federacije.

Takmičari ne smeju unositi na teren mobilne telefone i ostala sredstva komunikacije, niti koristiti odeću, obuću i opremu koja je u suprotnosti sa pravilima oglašavanja IAAF-a. Sva takva oprema će biti privremeno oduzeta i vraćena takmičarima posle završene discipline u Tehničko-informativnom centru.

Treneri, predstavnici ekipa i medicinsko osoblje ekipa nemaju pravo pristupa Prijemnom centru.

Takmičari mogu napustiti Prijemni centar jedino da bi izašli na borilište za početak discipline. Takmičari mogu napustiti Prijemni

event they may only leave the Call Room or competition area with permission and accompanied by an official.

Entering the Call Room: 15 min. before the start of the event

Competition numbers

Each competitor receives 2 bib numbers. The numbers shall be pinned on the front and the back of the competition clothing.

The competition numbers may not be cut, bent or covered in any way.

The teams will be assigned the following number bibs:

ALB	1 - 30	MNE	500-530
BIH	100-130	ROM	600-630
BUL	200-230	TUR	700-730
GRE	300-330	SRB	800-830
MKD	400-430	MDA	900-930

Scoring competitors will have black numbers (men) and red numbers (women) on the white background.

Competition clothing

The competitors must wear the National federation's official team clothing. The team dresses have to be uniform. The clothing will be checked in the call room before entering the Stadium. The official team shoes will also be checked if any.

Regarding advertising the organizer refers to the IAAF Rule 18 and the IAAF Advertising Rules and Regulations. Compliance with the rules will be controlled in the Call room and during the competition on the competition sites. Athletes may not enter the competition site wearing clothes and shoes not complying with the rules of IAAF.

Starter's commands

The starting commands are given in Serbian.

Na mesta (On your marks) - **shot**

Command for interrupting the start procedure is:

Ustanite (Stand up)

Protests and appeals

Protests and appeals will be processed in accordance with the IAAF Competition Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself or by a responsible official acting on his behalf. Protests concerning the result or conduct of

centar ili borilište jedino sa dozvolom i u pratnji službenog lica organizacije takmičenja. Iz Prijemnog centra takmičari u pratnji službenog lica izlaze na borilišta:

Ulazak u Prijemni centar: 15 minuta pre početka discipline.

Takmičarski brojevi

Svaki takmičar dobija dva primerka takmičarskog broja, koje mora nositi sve vreme nastupa na prednjoj i zadnjoj strani svoje takmičarske majice.

Takmičarski brojevi ne smeju biti sečeni, savijani niti pokriveni tokom takmičenja.

Takmičarski brojevi po ekipama dati su u donjoj tabeli.

ALB	1 - 30	MNE	500-530
BIH	100-130	ROM	600-630
BUL	200-230	TUR	700-730
GRE	300-330	SRB	800-830
MKD	400-430	MDA	900-930

Takmičari (muški) nose brojeve sa CRNIM ciframa a takmičarke (žene) nose brojeve sa CRVENIM ciframa.

Odeća i obuća takmičara

Tokom takmičenja takmičari moraju nositi službenu odeću i obuću svoje nacionalne federacije. Odeća takmičara ekipe mora biti jednoobrazna. Odeća i obuća takmičara biće kontrolisana u Prijemnom centru pre ulaska na borilišta.

U pogledu oglašavanja na odeći takmičara organizator upozorava na poštovanje člana 18 pravila IAAF kao i na odredbe IAAF priručnika za oglašavanje. Kontrola će biti vršena u prijemnom centru, kao i tokom takmičenja na borilištima. Takmičarima koji koriste opremu koja nije u skladu sa pravilima IAAF neće biti dozvoljen ulazak na borilišta.

Komande startera

Komande startera se daju na srpskom jeziku.

Na mesta ! – pucanj

Komanda za prekid postupka starta je: **Ustanite !?**

Protesti i žalbe

Protesti i žalbe će biti razmatrani u skladu sa članom 146 Pravila IAAF.

U prvom stepenu protest podnosi usmeno Glavnom sudiji takmičar ili službeni predstavnik ekipe u njegovo ime. Protest koji se odnosi na rezultate ili odvijanje takmičenja se podnosi u roku od 30 minuta

an event must be made within 30 minutes of the official announcement of the result of that particular event (posted on the TIC information board).

Any written appeal to the Jury of Appeal made in English or Serbian on an official form provided in TIC must be signed by a responsible official on behalf of the athlete and submitted to the TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of **EUR 200,00** must be paid. If the appeal is not upheld, deposit will be returned.

The Jury's decision will be provided in writing. A copy will be displayed on the notice board in TIC.

Results

All results will be displayed on the scoreboard, announced by the announcers in English and Serbian and available in the TIC after each event. Start lists for the Finals and the team position will be available in TIC as well.

Clocks showing the intermediate and unofficial time of the race will be in the infield.

The result lists will be published in English.

At the end of the first day of competition, the teams will receive the full set of results. At the closing party each team will receive two sets of full results.

Medal awarding ceremonies

The medal awarding ceremonies will take place immediately after the finals of each event according to the schedule.

The officials will escort after each event, the medal-winning competitors to the victory ceremony area.

The medal winning athletes in each event will be awarded with a bronze, silver or gold medal, as appropriate and trophy also for the winners.

During the medal awarding ceremonies athletes must wear the official uniforms of their team.

od službenog objavljivanja rezultata (računa se vreme isticanja službenih rezultata na oglasnoj tabli Tehničko-informativnog centra).

Pismene žalbe Vrhovnoj sudijskoj komisiji, na engleskom ili srpskom jeziku, se podnose na službenom formularu koji se dobija u Tehničko-informativnom centru, u roku od 30 minuta od objavljivanja odluke Glavnog sudije po uloženom protestu. Uz žalbu se prilaže i depozit od **200 evra**. U slučaju usvajanja žalbe depozit se vraća podnosiocu.

Odluka Vrhovne sudijske komisije će biti saopštena pismeno i objavljena na oglasnoj tabli Tehničko-informativnog centra.

Rezultati takmičenja

Službeni rezultati disciplina će biti ispisani na semaforu, objavljeni od strane spikera na engleskom i srpskom jeziku, i istaknuti na oglasnoj tabli u Tehničko-informativnom centru.

Elektronski satovi unutar staze će davati prolazna vremena i neslužbena vremena pobednika svake trke.

Službeni rezultati takmičenja će biti štampani na srpskom i engleskom jeziku.

Na kraju takmičenja, za vreme završnog banketa, ekipe će dobiti službene rezultate u 2 primerka

Ceremonija dodele medalja

Ceremonija proglašenja pobednika održava se odmah posle završetka svake discipline u skladu sa objavljenom satnicom..

Po završetku discipline tri prvo-plasiranane takmičara-ke su obavezni da se, uz prатnju službenih lica, jave u protokol za proglašenje pobednika. Atletičarima će bitu svečano uručene zlatna, srebrna i bronzana medalja i pehar prvolasiranom/noj.

Tokom ceremonija proglašenja pobednika takmičari moraju nositi službenu odeću svoje ekipe.

4. MEDICAL SERVICES / ZDRAVSTVENA SLUŽBA

Medical assistance will be arranged by the City Medical Service.
An ambulance with a medical team will be on standby at the Hippodrome during training and competition sessions.
Medical attention in the Hotels will be also provided.

Medicinsku brigu tokom takmičenja obezbeđuje Gradski zdravstveni centar. Ambulantna kola sa ekipom lekara i tehničara će biti na Hipodromu za sve vreme treninga i takmičenja. Medicinska služba će biti obezbeđena i u hotelima.

5. OPENING AND CLOSING CEREMONIES / CEREMONIJA OTVARANJA I ZATVARANJA TAKMIČENJA

Opening Ceremony will take place at the central part of the Hippodrome in Kragujevac on March 12th according to the given time table.
Team Leaders will be informed about Opening Ceremony by their Team Attachés or through Info desk at the Hotel.
4 competitors from all guest teams have to participate in the opening ceremony (2 men+2 women). They have to be at a Call Room at 10.15
Closing Ceremony will be held during Closing Banquet after announcement of the best athletes in both categories (man and women).

Ceremonija otvaranja takmičenja obaviće se na centralnom delu Hipodroma prema priloženoj satnici. Sve informacije u vezi ceremonije otvaranja takmičenja, rukovodioci ekipa, dobiće od svojih atašea ili na informativnom pultu u hotelu. U ceremoniji otvaranja takmičenja učestvuju 4 takmičara (2 muska+2 ženska) koji treba da se jave u Prijemni centar u 10.15 sati.

Ceremonija zatvaranja takmičenja obaviće se na završnom banketu posle uručjenja nagrada.

6. SECURITY / OBEZBEĐENJE

The Stadium security staff and the local Police are to take care of security in the Stadium.

O sigurnosti tokom takmičenja brine se služba obezbeđenja i gradska policija.

7. INSURANCE / OSIGURANJE

The participating teams are responsible for taking out their own insurance to cover illness or injury to any member of their team, when traveling to and from the Balkan Junior Championships and during the event itself.

Timovi učesnici su dužni da obezbede sopstveno osiguranje za slučaj bolesti ili povrede svojih članova tokom putovanja na takmičenje i tokom trajanja Prvenstva Balkana u krosu.

8. APPENDIXES / PRILOZI

Appendix / *Prilog 1*
Appendix / *Prilog 2*
Appendix / *Prilog 3*

Competition timetable / *Satnica takmičenja*
Call Room timetable / *Satnica prijemnog centra*
Map of the Hippodrome and additional facilities / *Mapa Hipodroma i pomoćnih objekata*