



IO SONO FRIULI VENEZIA GIULIA

International Teams Meeting U23

Pordenone, July 20th, 21st 2024

TEAM MANUAL

TECHNICAL MEETING

The Technical Meeting will be held on Saturday 20th at 2:00pm at the Indoor facility of Stadium “Mario Agosti”, via San Vito.

FINAL CONFIRMATION

Entries have been already sent by each team by Friday 5th.

All entries (other than relays) must be confirmed during the Technical Meeting by filling in the form that will be in the team envelope; any substitution/edit of the entries will also be possible by the same form.

Substitutions and cancellations can also be made at the TIC at least 60 minutes before the start of each event.

For the final confirmation of relays, in the envelope there will be a specific form to fill in and deliver to the TIC at least 60 minutes before the start of each race. After that time, any substitution will only be possible for medical reasons, that must be certified by the medical personnel of the meeting (TR 24.11 will not be applied).

In accordance with TR 4.4, any athlete that gave final confirmation in an event and then failed to participate (DNS) will be excluded from participation in all further events.

TECHNICAL INFORMATION CENTRE – TIC

The TIC is located below the main stands.

Opening time: Saturday 20th from 1:00pm and Sunday 21st from 8:00am.

Teams can reach the TIC for:

- Collect envelopes (if not at the Technical Meeting);
- Deliver substitution forms, at least 60 minutes before the related event;
- Deliver relays forms, at least 60 minutes before the related race;
- Deliver personal implements, at least 60 minutes before the related event;
- Ask for clarifications regarding Rules and results;
- Issue protests and appeals.

WARM UP AREA

An grass area outside the track's first bend, as well as the indoor facility, will be available for warming up.

BIBS

All bibs will be in the envelopes. Their use is mandatory for all events as follows:

- For track and throwing events one bib to wear on the chest;
- For jumping events one bib to wear either on the chest or the back;
- For the last runner of the relays two bibs to wear both on the chest and the back.

Bibs must be worn as issued and may not be cut, folded, or obscured in any way.

CLOTHING

Athletes must wear the team vests during the competition and the prize ceremony; items such as phones, cameras, etc. will not be allowed infield.

PERSONAL IMPLEMENTS

Personal implements must be delivered for checks at least 60 minutes before the related event at the TIC; a receipt will be given to recollect the implement after the end of the event. The poles will be delivered at the TIC as well.

CALL ROOM

Athletes will enter the competition area through the Call Room, providing an ID, following the Call Room schedule that will be published with the final schedule. The Call Room is located at the end of the first bend, close to the 1500m starting line.

ENTRANCE AND EXIT



All athletes entering the field through the Call Room will be escorted by a judge to their specific event. After the competition, they will leave the competition area through the Mixed Zone, which is located after the finish line, escorted by a judge.

Only Coaches and Team Officials that carry an accreditation will be allowed in the competition area.

Coaches will enter the field through the Call Room, together with athletes, and will have to remain in the designated areas.

TECHNICAL RULES

All the Teams can enter one athlete for each event and one relay for each category.

An athlete can participate in no more than two individual events and a relay, or one individual event and two relays.

All track events will be held in a single round; athletes with best rankings will run in the first heat, lanes will be drawn by lot.

800m will be run with two athlete in each lane for the first bend.

For field events, competition order will be drawn by lot.

In all horizontal events, only the best 6 classified athletes after the third round will go on with other 3 rounds.

Heats of the 4x100m relay will be drawn according to the provisional ranking (men and women) by 30 minutes before the race.

Heats of the 4x400m relay will be drawn according to the provisional ranking by 30 minutes before the race.

VERTICAL EVENTS BAR HEIGHTS

Bar heights will be decided according to the PBs of the athletes and will be discussed during the Technical Meeting.

PROTESTS AND APPEALS

Protests must be made orally to the Referee/Technical Delegate within 30 minutes after the officialization of the results. Appeals must be made in writing at the TIC, accompanied by a deposit of EUR 100,00 within 30 minutes after the decision of the Referee.

TEAM SCORING

In all individual events and relays points will be assigned to each valid time or mark; DQ or DNF athletes will get zero points. The first classified athlete will get the best score, equal to the total number of teams participating, while the second will have one point less, and so on until the last classified athlete. In case of a tie after the last event, single events scores will be taken into account to determine the winning position.

PRIZE CEREMONY

Individual events:

- Medal for the first 3 classified athletes
- Best time or mark in the overall meeting, both for men and women, will be awarded, based on WA scoring tables

Teams:

- Trophy for the best men and women team
- All teams will be awarded by summing up the men and women scores
- The best team will receive the title of Campione Alpe Adria 2024

For anything not discussed in this manual, World Athletics Competition and Technical Rules and FIDAL Norme Attività 2024 (Italian Federation National rules) will be valid.