

11th INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP



The competition is limited to athletes born in 1999 and 2000. No athletes aged less than 16 or more than 17 years on 31 December 2016 can compete.

Every WMRA Member may enter one team or two teams for each event. A team can be composed up to 4 athletes, the first three counting for the team scoring. Although the WMRA International Mountain Running Youth Cup is basically a team competition, individual entries may be accepted.

TEAM MANUAL



25. 6. 2016 / Janské Lázně – Česká republika, Czech Republic

11th INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP

25. 6. 2016 / Janské Lázně – Czech Republic



I am delighted to send my greetings to the athletes, coaches, officials, media, spectators and – above of all – organisers and sponsors of the WMRA International Youth Mountain Running Cup of which the 11th edition will be organised at Janské Lázně (Czech Rep).

Future of mountain running, our beautiful discipline of athletics, is the young runners and for this reason

WMRA look to this race with great passion! I am confident that the international participation will be excellent, in both aspects: number of teams and quality of the field of runner; the athletes present at Janské Lázně will become the champions of the future, not only in mountain running but in athletics, generally. In the International Youth Cup, during last years some runners coming out Europe (that is American and Canadian) took part at the event: WMRA hopes that at Janské Lázně the number of nations, in particular extra-Europe, will continue to increase, in order that this competition could become really a World Youth Championships. But in any case all recognise that IYC is the most important competition in the world for Youth mountain runners.

I personally hope to be present to be at Janské Lázně together other WMRA Council members of which some have a special mandate like for sample Andrzej Puchacz (POL) acting as WMRA Technical Delegate. Special thanks to Organisation Committee, but also to the Town of Janské Lázně. I will not forget the eminent role played by Czech Athletic Federation who are providing mountain running with permanent supports. Finally WMRA take the occasion for thanking IAAF always for its important support.

The message of sport is not only the achievement of the results, it is also an opportunity to strengthen – especially among young people – the values of friendship, tolerance, fair play and joint responsibility! Under this aspect the 11th WMRA International Youth Mountain Running Cup 2016 is – like every year – one of the most important WMRA meeting, annually staged!

I hope that this event will be a great success for all! Good luck to everybody.

Bruno Gozzelino, WMRA President



Dear sports friends,
Youth World Cup in Mountain Running that will take place in Janské Lázně in 2016 is an important event and I am glad that thanks to this event many athletics fans from all around the world, for whom our sport is both passion and a lifestyle, will visit the Czech Republic. Mountain running is an interesting sporting activity that maintains

a healthy lifestyle and has its irreplaceable role.

Looking back into the history of the Czech mountain running, I feel respect and I am happy that over the years it has built a reputation that it deserves, step by step. I appreciate both work and effort of all those who have contributed to the good reputation of mountain running and who continue to work so that this discipline has a proper use. I admire the enthusiasm of the organizers who prepare the World Cup with a great fervour.

The organisation experience from past years together with the enthusiasm and creativity will surely bring participants an inspirational and welcoming atmosphere of a great competition. Youth World Cup in Mountain Running will be not only an important sporting opportunity, but also a social event that both the visitors of the region and locals should not miss.

Libor Varhaník

President of the Czech Athletic Federation

11th INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP

25. 6. 2016 / Janské Lázně – Czech Republic



Dear Friends of Sport,
It gives me great pleasure to extend my auspices, as the Minister for Education, Youth and Sport, to the „World Youth Mountain Running Cup“ sporting event. On my appointment to the ministerial office, I claimed that I would make efforts to support the area of sports, not only the highest national representation level, but also, and par-

ticularly, the sports activities of youth in order to make sport easily accessible and open to participation of everyone.

Sports activities should not be exclusively aimed at pursuing fame, success and riches. We should always consider the importance of sport for our health, its contribution to acquiring a healthy life style and bringing us joy.

I should like to offer my warm thanks to all the people who have prepared the comprehensive programme to make this mountain running event happen and who dedicate their free time to children and teach them to enjoy sports activities.

I am convinced that this important sporting event is going to be an enriching experience for every participant and visitor and will bring not only enjoyment to the active participants, but also benefits to the region in which it is held.

Kateřina Valachová
Minister for Education, Youth and Sport



Dear Sports Friends,
I sincerely invite you to visit the region of Hradec Králové and (especially) a race which takes place in the wonderful scenery of the highest Czech mountain range – The Giant Mountains (Krkonoše). I (strongly) believe that you will feel in a family way there. The region of Hradec Králové supports all kinds of sport as we understand its importance to

properly working society. At the same time, we welcome all foreign visitors, who come to see picturesque countryside and the whole range of cultural jewels, with open arms.

Therefore I believe that you will take away lots of (not only) sports experiences with you.

Lubomír Franc,
the President of the Hradec Králové region



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Dear friends, dear visitors,
You have come to the gate of the Giant Mountains, the well-known spa and mountain town Janské Lázně, to measure your strength and endurance. We are glad to have you in our town. We wish you not only a sport success but also a good stay and a lot of pleasant memories of our town.

*Dipl. Ing. Jiří Hradecký,
Mayor of Janské Lázně*



Dear sports friends,
I am very pleased to support such a great sport event – 11th International Mountain Running Youth Cup-organized by TJ Maratonstav Úpice in Janské Lázně.

I admire the idea that many young people are looking up the sport especially running. The appreciation of their effort is participation on international events.

I hope, all competitors will overcome themselves, and take many experience and motivation for their sport growth.

Úpice town (cradle of mountain running) will do its best for this event.

Ing. Jaroslav Hůlek, Mayor of Úpice



The mountain running is amazing discipline. I had the opportunity to meet it in a series of amateur races. But I never really reach the top level of this sport. However, it was enough that I could imagine the effort each man must take to reach its victory. It was enough for me to know the atmosphere of the races at this discipline. What is for mountain running races interesting is especially

beautiful nature, in which are held. Mountain running simply needs mountains and mountains are beautiful. So I think that this discipline combines the strongest elements of all sports - the absolute effort, a strong rival that we want to defeat and contact with nature.

Janské Lázně town in the Czech Republic is a traditional place of the Czech mountain running races. I am sure that all the preparation is in good hands. My admiration pertain to all young athletes, whether they will compete as individuals or teams, and to organizers who are in the background. Young athletes, I wish you a pure sport match, those who win their valuable metals and everyone else good feeling and return home without harm.

Long live 11th WMRA International Mountain Running Youth Cup 25 June 2016 Janské Lázně.

*Vladimír Špidla
Eminent Prime Minister of the Czech Republic*



I welcome you on behalf of the organizers of the next prime world mountain running event, which is organized by our athletic club TJ Maratonstav Úpice. During over 42 years of our athletic club activity we have held nine top world and european events and almost 500 athletics, triathlon and cycling races. The LOC will do its best for this

11th International International Mountain Running Youth Cup and for you to have taken a lot of sports and personal experiences.

Karel Šklíba – Chairman



11th INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP
25. 6. 2016 / Janské Lázně – Czech Republic



Team Manual

11th International Mountain Running Youth Cup

25 June 2016
Janské Lázně, Czech Republic

www.maratonstav.cz

11th INTERNATIONAL MOUNTAIN RUNNING YOUTH CUP

25. 6. 2016 / Janské Lázně – Czech Republic



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1. General Information

■ Czech Republic

Population about 10,5 million inhabitants; Capital city – Prague.

■ Janské Lázně

Janské Lázně is a spa town well-known all over the world and the second best-valued ski centre in the Czech Republic.

It is the only spa resort on the Czech side of the Giant Mountains.

This quiet town with extraordinary history is located at the foot of Černá hora (The Black Mountain) (1299 meters above sea level). The town is connected with the top of this mountain by a cable railway. Due to the newly built cable railways, ski-lifts and cross-country skiing tracks the town has become a top-level sports and recreation centre and a perfect base for trips into the highest Czech mountains, both for skiers in winter and for bikers and hikers in summer.

■ Official language

Czech;

■ Currency

Kč – Czech crown (Kč); 1 EUR = 27 Kč (fixed rate)

■ Money exchange

Exchange office is located at the Cableway station, Cash machine is located in the centre of the Town.

■ Time zone

GMT + 1 hour in summer

■ Electricity specifications

220V / 50 Hz

Plug with two parallel round prongs (Type C & F)

■ Telephone code

International country code for Czech Republic: +420

■ Shop opening hours

Most shops are open from 9 a.m. to 5 p.m.; it is recommended to check the opening hours displayed in the shop.

■ Bank opening hours

9 a.m. to 4 p.m. in Trutnov

■ Tap water

Safe to drink

Some words and phrases in Czech language

Hello, Hi	Ahoj (ahoy)
Good Bye	Nashledanou (nas_hledanow)
Thank you	Děkuji (dyekuyi)
How are you?	Jak se máš? (yak se mash)
Good morning	Dobré ráno
Good afternoon	Dobrý den
Good evening	Dobrý večer (dobry vetcher)
Good night	Dobrou noc (dobrow nots)
Water	Voda
Beer	Pivo
How much does it cost?	Kolik to bude stát?
Where is...?	Kde je...?

2. Organisational Structure

■ 2.1 IAAF

President: Sebastian Coe (GBR)
Cross Country Committee – chairman: Carlos Cardoso (POR)

■ 2.2 WMRA Council

President: Bruno GOZZELINO (ITA)
General Secretary: Pierre WEISS (FRA)
Treasurer: Nancy HOBBS (USA)
Council Member: Andrzej PUCHACZ (POL)
Council Member: Wolfgang MUNZEL (GER)
Council Member: Erhan BASOGLU (TUR)
Council Member: Tomo ŠARF (SLO)
Council Member: Galia PUHALEVA (BUL)

■ 2.3 WMRA Delegate

WMRA Delegate: Andrzej PUCHACZ (POL)
Jury of Appeal will be appointed at the Technical Meeting.

■ 2.4 Executive Board of Czech Athletic Federation

President: Libor Varhanik
Vice President: Jaroslav Příbáň
Vice President: Oldřich Zvolánek
CAF Delegate: František Fojt

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2.5 Local Organising Committee

Chairman:	Karel Šklíba
Vice-Chairman:	Renata Hájková
General Coordinator:	Jitka Lysická, Zuzana Tůmová
Technical Commission:	Václav Mach, Jindřich Bureš, Ladislav Kubeček, Eva Friebešlová, Eva Tůmová, Petr Baudyš, Jiří Tůma, Roman Cejzlar, Martin Vašíček, Josef Les, Jaroslav Tylš, Stanislav Šrůtek, Jiří Javůrek, Jiřina Baudyšová, Jaroslav Mašek, Petr Krejcar, Dana Krejcarová, Oldřich Šmída, Jana Solánská
Finance Commission:	Mirko Jiránek, František Pechek, Petr Pechek
Cultural Program Commission:	Zdeněk Špringr, Pavel Bárta, Vendula Šklíbová
Medical Commission:	Vlasta Jiráňková, Radka Kubečková, MUDr. Pavel Černý
Transport Commission:	Jaroslav Řezníček, Jan Růcker, Ondřej Vokatý, Jiří Lanta
Director of TIC:	Mirko Jiránek
TIC-Registration Office:	Zuzana Tůmová, Miloslava Vraštílová, Jiří Plecháček, Ondřej Vokatý, Vendula Šklíbová, Lukáš Vlček, Eva Tůmová, Šárka Pechková, Radka Kubečková ml.

2.6 General Programme

Thursday, 23 June 2016

All the day	teams arrivals
14:00-21:00	Accreditation

Friday, 24 June 2016

9:00-19:00	Accreditation
9:30-16:00	Course inspection
16:00-17:00	Technical meeting
18:00-19:00	Opening Ceremony
19:30	Welcome dinner

Saturday, 25 June 2016

8:00-10:00	Walking along the course marching for public
10:00	Open race – 1 km around the main square
10:30	Open race from Janske Lazne to Cerna Hora summit, 8,65 km + 650 m
11:30	IMRYC girls start
12:00	IMRYC boys start
14:00-16:00	Pasta party
15:00	Award and Closing Ceremony IYMRC
15:45	Award Ceremony of the open race
16:00	Final party – discotheque

Sunday, 26 June 2016

Departures of the teams

3. Arrivals

3.1 Arrival by Air

The official airport is Prague International Airport which is situated 160 km from Janské Lázně.

Upon arrival at Václav Havel Airport Prague, the teams will be met by volunteers. After collecting luggage, team members will be escorted to the official buses and taken to Janské Lázně, approximately 2,5 hours' drive from the airport. The LOC will organise the transfers in such a way that participants would have wait at the airport no more than 90 minutes

3.2 Arrival by Train

Transfers can also be organised from the train station in Svoboda nad Upou.

3.3 Arrival by Road

Prague – Janské Lázně	160 km
Vienna – Janské Lázně	335 km
München – Janské Lázně	530 km
Wrocław – Janské Lázně	135 km
Ljubljana – Janské Lázně	725 km

3.4 Visa Requirements

Citizens of countries requiring visas to enter the Czech Republic should obtain them from the Czech Embassy or Consulate in their country or through an Embassy of a Schengen Area state representing the Czech Republic in destinations where it has no Embassy. The following European WMRA members require visas to enter the Czech Republic: Albania*, Belarus, FYR Macedonia*, Serbia*, Turkey and Ukraine. Those federations should contact the LOC in advance and send their list of participants, containing the names and passport data of all persons who could potentially be part of the team coming to the Czech Republic. The LOC will then send a visa invitation letter and will assist the visa issuance procedure. *Citizens of Albania, FYR of Macedonia and Serbia who have biometric passports are exempt from the visa requirement to enter the Czech Republic for stays up to 90 days. Those who have the older type of passport (not containing biometric information) are still required to apply for a Schengen short-stay visa to enter the Czech Republic. Holders of valid Schengen visas can enter the Czech Republic without additional visas, provided their stay will not exceed 90 days within any 180 days.

In case of problems please contact the Local Organising Committee.

Jitka Lysická
Fax: +420 499 881 359
Mob: +420 730 182 419
E-mail: maratonstav@maratonstav.cz

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4. Accreditation

4.1 General

The Accreditation Centre will be located in the Municipal Office. Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Photos are not required for the accreditation card system.

4.2 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the participating federation in the final entries. The Team Leader will be responsible for collecting the accreditation cards of all team members upon arrival.

Team Leaders are requested to take the athletes' passports or IDs to the Accreditation Centre in order to allow verification of the participants' age.

4.3 Access Areas for Teams

All team accreditation cards will allow access to the warm-up area, changing facilities and shuttle bus service. Only athletes who are directly involved in the competition will have access to the call room and to the course.

Separate cards will be issued for the Team Leaders, for access to the information available in the Technical Information Centre (TIC).

4.4 Loss of Accreditation

Any lost or damaged accreditation cards should be reported to LOC or the Accreditation Centre.

Duplicate cards can be obtained where proof of identity can be established.

5. Info Point

The Info Point will be located in the Municipal Office, together with the Accreditation Centre. Qualified LOC staff will be available to help with every aspect of the event.

Contact Email: maratonstav@maratonstav.cz
Tel: +420 499 781 341
Fax: +420 499 881 359

6. Accommodation

6.1 General Information

All Teams will be accommodated in hotels in Janské Lázně, located from the town centre 10 minutes walk.

In general the athletes will be accommodated in single, double, triple and quad rooms.

6.2 Costs and WMRA Quota

LOC pays accommodation for a maximum of 3 runners by race and federation as well as for 1 official for teams with 1 to 3 runners and 2 officials for teams of 4+ runners.

For additional team members and for additional days the following rates apply:

Full board accommodation	Single room (per person/per day)	Twin / Triple room (per person/per day)
Quota athletes and officials Boys: 3 runners per team Girls: 3 runners per team 1 official per team	Covered by LOC	
Athletes and officials outside the quota Additional nights	65 EUR	50 EUR

Note: Prices are set per person/per night with full board accommodation; VAT included.

All participants should be listed in the Final Entry form in order to secure proper accommodation for everyone. 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 any subsequent reduction in the actual numbers of athletes and/or officials.

6.3 Payment Procedures

An invoice will be sent to each Federation detailing the amount they owe based on their final entries. Federations can make an advance payment in EUR by bank transfer to the following account:

Beneficiary: Maratonstav Úpice
Address: Palackého 348, Úpice 542 32
Bank: Česká spořitelna
Bank address: Úpice, Bratří Čapků
IBAN: CZ86 0800 0000 0013 0261 0319
BIC: GIBACZPX

Note: A copy of the bank transfer will be required on arrival.

The balance of the payment must be paid on-site by the Team Leader upon arrival at the Accreditation Centre. Payment can be made by cash in Euros

The team leader must settle any extra charges (bar, laundry, telephone, etc.) at the hotel reception desk, before departure. The team leader may be requested to provide a credit card at the time of checking in at the reception desk to cover any extras.

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6.4 Meals

All meals will be served in the hotels restaurants. The meals hours on pre-competition days are:

Breakfast	07:00 – 09:00
Lunch	13:00 – 15:00
Dinner	19:00 – 21:00

On the competition day, Saturday 25 June the meals will be served as follows:

Breakfast	07:00 – 08:00
Lunch	14:00 – 16:00 – Pasta Party in the Town Centre
Dinner	19:00 – 21:00

Bottled water will be available to team members free of charge in in the hotel lobby. All other drinks have to be paid for.

7. WMRA Travel Grant

WMRA will provide the teams with a contribution towards the costs of their travel which is limited to 300 € for a team of 3 and 100 € for a team of one or two runners. These amounts apply to both races, boys and girls, therefore a team may receive 600 EUR in case of two full teams (three boys and three girls) take part; 300 EUR in case of one full team (three boys or three girls) take part; 200 EUR in case that there are only individual athletes in both races; 100 EUR in case that there are only individual athletes in one race. The WMRA Travel Grant will be paid on site in cash to the Team Leader, unless the Federation had indicates a different wish.

In case the Federation has not paid its 2016 affiliation fee of \$150 to WMRA by the date of the competition, this amount will be deducted from the Travel Grant.

8. Transport

8.1 Bus shuttle service

Bus shuttle service will operate between the team hotels and girls start for course visit and competition start. Details on the timetable will be displayed on the information board in the TIC.

8.2 Return from finish

Return from finish will be by the Cableway car both after course visit and after competition. Everybody have to submit accreditation card in order to get free acces to the Cableway.

8.3 Return to Prague Airport and Railway Station

Transport will be arranged according to the flight/train schedules submitted by the teams. Further information will be available at the Information board in TIC.

9. Technical information

9.1 The Course

The 11th edition of the WMRA International Youth Cup will be disputed the first time in competition history on an uphill course on the slopes of Černá hora. Boys start is maximum 10 minutes and girls start 3 km maximum from the team hotels. The course profile is almost uphill only. The surface is mainly dirt road and grass with 760 m long part on asphalt direct before finish line. The girls compete on the same course as boys but 2,1 km shorter.

The distances and amounts of ascent/descent per race are as follows:

	length	start	finish	ascent	descent
Girls	2,6 km	970 m	1250 m	280 m	10 m
Boys	4,7 km	690 m	1250 m	560 m	20 m

The detailed map and profile of the courses are available in Appendix 2.

9.2 Technical Information Centre (TIC)

The main function of the centre is to ensure smooth communication between the Team Leaders, the LOC, the WMRA Delegate and the Competition Management regarding technical matters.

The TIC will be located in Municipal office in Janské Lázně – Colonnade Square.

9.3 Technical Meeting

The Technical Meeting will be held on Friday, 24 June 2016 at 16:00, at the restaurant "Arnika".

Each team may be represented by a maximum of 2 (two) team delegates and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Meeting.

All questions related to the Technical Meeting must be presented in writing, preferably in English, at the Accreditation Centre before 16:00 on 24 of June. The Technical Meeting will be held in English.

The Technical Meeting will be attended by:

- WMRA Delegate
- Representatives of the Organising Committee
- National Competition Officials

Teams that are not able to attend the Technical Meeting, under extreme circumstances, can collect their information material from the LOC office after the Technical Meeting.

9.3.1 Technical Meeting Agenda

- The preliminary agenda of the Technical Meeting includes:
- Welcome by the President of the Organising Committee
- Welcome by the WMRA President
- Presentation of the Jury of Appeal members
- Presentation of the Competition Officials
- Information briefing by the Technical Delegate on matters not covered by the Team Manual
- Presentation of the competition and warm-up venues
- Ceremonies and Closing Party
- Answering of questions submitted in writing by federations

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9.4 Course inspection

Athletes and team members will have free access to the competition venue and race course for training in the days preceding the competition. The course will be marked provisionally and accessible on Friday 24 June. Shuttle for girls start will be organised.

10. Competition Regulations

10.1 Entries

Every WMRA Member may enter one (1) team or two (2) teams for each event. A team can be composed up to 4 (four) athletes, the counting first three for the team scoring.

The competition is limited to athletes born in 1999 and 2000. No athletes aged less than 16 or more than 17 years on 31 December 2016 can compete.

Although the WMRA International Youth Cup is basically a team competition, individual entries may be accepted.

10.1.1 Entries Deadlines

The Preliminary and Final Entries should be made by WMRA member federations using the respective forms in Appendixes 4 and 5.

Deadline for the Preliminary Entries: 15 April 2016

Deadline for the Final Entries: 10 June 2016

10.2 Final Confirmation

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition.

Final start lists will be ready for collection together with the bibs after the Technical Meeting.

10.3 Scoring

Each race shall be scored separately. Each team's score shall be determined by the aggregate of the places of its first 3 (three) athletes. Teams shall be classified according to their scores, the team in each race having the lowest score being the winner, and so on. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

A team with fewer than 3 (three) finishing athletes shall not be counted in the teams' classification. No adjustments to teams' places shall be made in respect of non scoring team members or athletes participating as individuals.

10.4 Competition Bibs

Each competitor receives 2 competition bibs. The bibs shall be worn according to IAAF Rule 143. The competition bibs may not be cut, bent or covered in any way. The competition bibs will be distributed immediately after the Technical Meeting.

10.5 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 8 & 143 will be strictly applied. Please make sure to follow the latest version of the IAAF Advertising Regulations in force at the time of the event. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed or taped at the Call Room.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to track suits.

11. COMPETITION PROCEDURE

11.1 Timetable

The competition timetable will be as follows:

Saturday 25 June 2016					
Call room open	Call room close	Start time	Category	Distance	Ascent/Descent
11:10	11:20	11:30	Youth Girls	2.6 km	+280 m -10m
11:40	11:50	12:00	Youth Boys	4.7 km	+560 m -20m

11.2 Warming Up Before Events

Warming up will take place around the start/finish area. At the end of the warming up the athletes shall prepare for the race and will put the removed clothing in dedicated bags identified with the respective country code name (one for each Federation). These will be moved to the post event area where the athletes can recollect them after the race.

11.3 Call Room Procedures

It is the responsibility of the Team leaders to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes arriving late may be excluded from participation in the event.

All athletes must report to the Call Room starting 20 minute before their respective event, but no later than 10 minutes before the start.

The following checks will be carried out on equipment that must comply with IAAF Advertising and Competition Rules:

- Competition clothing
- Bags
- That non-authorized equipment (radio, Walkman, mobile phone, camera etc) are not brought infield.

11.4 Starter Commands

All instructions will be given in English. The command is: "On your marks!" followed by a shot from the starter's gun.

11.5 Refreshment Stations

There will be one Refreshment Station with water and sponges located on the the start of youth girls Water, fruits and small snacks will be also available in the finish area. Personal refreshment may be handed over to athletes by their coaches or other team members on the official Refreshment Stations only.

An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

11.6 Protests and Appeals

Protests 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 a responsible official acting on his/her behalf (Rule 146.3). 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).

Any written appeal to the Jury of Appeal must be signed by 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 100 EUR must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing at the TIC.

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12. Medical Services

The LOC is providing medical assistance to teams, the competition organisation, the personnel, the honorary guests as well as, during the competition, to the spectators. A medical tent with first aid team will be active near the Finish line.

13. Security

Instructions given by the LOC, the security personnel and the police must be followed in all areas, as well as during transport from one location to another.

The accreditation card must be worn at all times. If an accreditation is lost, this should be reported immediately to any LOC information desk.

The emergency phone number is 112 (police, ambulance and fire department). If necessary, the police can be contacted via the TIC or the Information Desk in the TIC.

14. Ceremonies and Protocol

■ 14.1 Welcome Dinner

A welcome dinner will be hosted by the Municipality of Janské Lázně at 19:30 on Friday, 24 June 2016 in restaurant "Arnika" situated on walking distance from the hotel. Two persons from each team will be invited to attend. Invitation cards will be included in the welcome bags.

■ 14.2 Opening Ceremony

The Opening Ceremony will take place on Friday 24 June 2016 at 18:00 in the town centre (ColonadeSquare).

■ 14.3 Flower Ceremonies

The Flower Ceremonies for the individual winners will take place immediately after the finish of each race near the finish line.

■ 14.4 Award & Closing Ceremonies

The Award & Closing Ceremonies will take place on Saturday 25 June at 15:00 in the town centre. They will consist of a flag parade over the pedestrian zone of the city and awarding of the individual and team winners. Athletes must wear the official team clothing for the ceremonies. A short Closing Ceremony will follow immediately after the awards and will consist of WMRA flag handover to the next host of the WMRA International Youth Cup.

■ 14.5 Final Party

The Final Party will take place after the end of the ceremonies in the Colonade-Square. Discotheque in the open air. Everyone with accreditation or an invitation is welcome to attend.

15. Departure

Teams will be asked to provide full travel details in the Final Entry Form.

Departure times of the shuttle buses from the hotel will be provided and displayed at the Information Board.

All outstanding fees, charges and possible other expenses must be settled with the hotel reception before departure.

16. Contact details

For further details about the WMRA International Youth Cup please contact:

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Event Coordinator
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17. Appendices

Course Map and Profile, Entries

