



**5TH INAS-FID OPEN EUROPEAN ATHLETICS CHAMPIONSHIPS 2010
VARAŽDIN – CROATIA
07TH -12TH 07. 2010**

GENERAL INFORMATION



Organizers

Croatian Paralympic Committee, City of Varaždin, Varaždin County, Croatian Athletics Federation for the Disabled.

Arrivals

The City of Varaždin is located 60 kilometres north of Zagreb. It is connected to Zagreb and the neighbouring countries by road (highway) and railway. The road trip from Zagreb to Varaždin lasts 50-70 minutes.

Participating delegations coming by airplane will be transferred from Zagreb Airport to the accommodation facilities in Varaždin by comfortable busses. The same transportation means will be used for their departures.

Transfer arrangements for different arrivals will be organized upon request.

Teams are encouraged to arrive to Varaždin on Wednesday, July 7th, before midday in order to take advantage of the training possibilities.

Venue

The Stadium of Varaždin is located in downtown Varaždin. Accommodation facilities are located at a 15-min walking distance from the stadium which offers:

- 8 competition tracks and fields IAAF
- 5 warm-up tracks / grass land
- Throwing and jumping facilities located nearby the competition tracks
- Restaurant / Doping control rooms / Room for massages
- Medical staff room
- Platforms and steps
- Secretariat — Call room

Accommodation & Meals

The accommodation is provided in two facilities in Varaždin, the Youth House and the Hostel.

There are two levels of accommodation available:

- **standard:** rooms with washbasin and shared toilet/shower facilities (Youth House), and
- **enhanced:** rooms with shower and toilet facilities (Hostel).

The accommodation service is on a full board basis and starts with the dinner on July 7th and finishes with the breakfast on July 12th.



Youth House

Offers accommodation for 200 persons in double and triple rooms with shared toilet/shower facilities, and restaurant for lunch and dinner.

Meals: self service for breakfast, lunch and dinner.

Hostel

Offers accommodation for 200 persons in single and double rooms with Internet connection, TV, phone, shower and toilet facilities, laundry available upon request.

Meals: self service for breakfast. Lunch and dinner will be organized at the Youth House.

***Note:**

Taking into consideration the two types of accommodation offered, the Organizing Committee set two prices of Entry Fee. It is important to choose one of the two offered accommodation facilities on the First Entry Form. Due to the limited capacity of each facility we would like to inform you that the accommodation will be distributed on a first-come, first-served basis.

Competition Schedule

- July 7th: Arrival of the delegations - accreditation
- July 8th: Visit of the venue - Technical meeting - Training - Opening ceremony
- July 9-11th: Competition days
- July 11th: Closing ceremony
- July 12th: Departure

Ceremonies

The opening ceremony will be conducted on Thursday, July 8th in the evening.

The closing ceremony will be held on Sunday, July 11th in the evening.

All participating countries are required to bring three national flags (80 x 120) and a CD with their national anthem.

Social Events

Leisure and recreational activities are available. A City and surroundings sightseeing tour will be organized.

Details on the scheduled social events will be announced in the near future.

Key Dates

- January 31st, 2010 – First Entry deadline
- May 31st, 2010 – Final Entry deadline
- July 7th - Arrivals
- July 12th - Departures



Medical Service

The Sports Medical Staff will be present each training and competition day.

Accreditation

Eligibility of athletes: all participants should be eligible, registered within the INAS and should own an INAS registration card.

Accreditation cards will be issued to each athlete after personally showing his/her eligibility registration card to an INAS-FID officer.

Visa Requirements

Participants are responsible to obtain a visa, if needed. Please contact the organizers for the official invitation letter. You can find information about Visa regime between Croatia and other countries on the following URL link.

<http://www.mfa.hr/MVP.asp?pcpid=1615>

Entry Fee

Prices per person for the entire stay (including accommodation, meals, transport, cultural program, medical service, capitation tax) are the following:

- In the Youth House for the standard accommodation type - EUR 360.
- In the Hostel for the enhanced accommodation type - EUR 410.
- Additional nights are available at a cost of EUR 60 per person per night.
- Additional cost for a single room is EUR 30 per person per day.

Payment

All the payments have to be made in the Euro currency on the following bank account. You are responsible for paying all bank charges, including transfer fees.

BANK NAME	ZAGREBAČKA BANKA D.D.
BANK ADDRESS (street, city, postal code, country)	PAROMLINSKA 2, 10 000 ZAGREB, CROATIA
ACCOUNT NAME	CROATIAN PARALYMPIC COMMITTEE
ACCOUNT NUMBER	1101372853
SWIFT CODE	ZBAHR2X
IBAN OR ABA CODE	HR6223600001101372853



Sports Rules and Regulations

According to the IAAF rules – International Amateur Athletics Federation – as well as to the INAS FID.

Competition Format

According to the INAS-FID guidelines, Championships will have individual and team competitions per gender (male and female).

In the Team Competition each competing nation can classify only one (1) athlete per event (the best classified in the individual competition). Only nations with a minimum of 3 participating athletes per gender are eligible to participate in the Team Competition of this gender (male or female).

The classification system for the Team Competition is as follows:

n points for the 1st classified;

n-1 points for the 2nd classified;

n-2 points for the 3rd classified, and so on for other places.

(n) is the number of nations eligible for participating in the Team Competition per gender.

Example: Male Competition 12 participating countries.

1st 12 points

2nd 11 points

3rd 10 points

...

12th 1 point

Doping Control

This event is subject to random doping tests in accordance with the IAAF regulations. Athletes should refer to the INAS-FID Doping Policy, details of which can be found at www.inas-fid.org. Any athlete taking medications subject to doping controls needs to complete the INAS-FID Doping Form and submit it to the INAS-FID Headquarters at least 21 days prior to his/her arrival to this event. These forms are available at the INAS FID website.

INAS-FID Athlete Registration

IMPORTANT: All athletes entering the event must be registered on the INAS-FID Registration Forms. They must have the registration card. These cards must be presented to the Organisers at the registration. If you do not have a valid registration card, you will not be permitted to compete in this event.

Applications for new athletes must be submitted to the INAS FID Secretariat at least 3 months before the competition, in accordance with the INAS-FID Rules. (i.e. April 07, 2010).

INAS CLASSIFICATION

In line with the decision of the Executive Committee, athlete classification must be confirmed (ie. the athlete must appear in the INAS Master List), no later than the Final Entry Deadline of the competition, ie. 31st May 2010. Athletes who are not classified by the final entry deadline will be determined ineligible for the competition.

You are strongly advised to allow a minimum of 8 weeks before the Final Entry Deadline for forms to be processed by the Eligibility Committee.

Further information about classification can be found on the INAS website at www.inas-fid.org



Insurance

The Organising Committee will ensure that satisfactory insurance arrangements are made in respect of public liability and professional indemnity. Participating teams are responsible for their own insurance requirements for travel, personal accident, liability, and medical matters.

Events and Entry Standards

The minimum standards for the participation at the 2010 INAS-FID Open European Athletics Championships are as follows:

Event	Men	Women
100m	12.30	14.60
200m	25.30	31.00
400m	56.60	1.15.00
800m	2.10.00	2.45.00
1.500m	4.35.00	6.00.00
3.000m	----	14.00.00
5.000m	17.45.00	open
10.000m	open	----
100m Hurdles (0.84)	----	open
110m Hurdles (0.91)	open	----
400m Hurdles (0.76)	----	open
400m Hurdles (0.84)	open	----
3.000m Steeplechase	open	----
3.000m Walk Race	----	open
5.000m Walk Race	open	----
High Jump	1,60m	1,20m
Long Jump	5,50m	4,20m
Triple Jump	11,00m	open
Shot Put	9,50m	7,80m
Discus	22,50m	16,00m
Javelin	32,50m	16,00m
Hammer	open	open
4 x 100m Relay	1 team per country	1 team per country
4 x 400m Relay	1 team per country	1 team per country
Heptathlon M/F	open	open (New for women)
110m Hurdles 0.91 / 100m Hurdles 0.84		
High Jump		
Shot Put		
200m		

Long Jump		
Javelin		
1500m / 800m		



Weather Conditions

The weather in July in Varaždin is usually bright and sunny with an average temperature of 20,3 degrees Celsius. In normal conditions and sunny weather, the expected temperature would be +25 degrees Celsius.

Currency

The local currency is the Croatian Kuna, the Euro is not accepted.

Deadlines

First Entry and 10% deposit by January 31st, 2010.

Final Entry by name and 90% of payment by May 31st, 2010.

Contact Details

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