

WARM-UP & TRAINING VENUES

Technical Requirements

October 2014

Warm-up Venues

Introduction

It is a requirement of the European Athletics, and as such the responsibility of the Local Organizing Committee, to ensure that appropriate Warm-up Venues are provided ideally, within easy walking distance from the competition venue, including a separate area for Long Throws.

These venues must provide appropriate sites at which all athletes participating in the competition can warm up. In this regard, the following important issues should be taken into consideration:

Track

For the major European Athletics Events, the surface and radius of the track in the Warm-up Venue should be the same as that of the main stadium. For other events, the surface of the track in the Warm-up Venue should ideally be the same as that provided in the competition venue, with a 400m standard track of at least six oval lanes. It is recommended, but not essential, that the warm-up track is oriented in the same direction as the competition track.

Throws

A dedicated Warm-up Area shall be provided for the Long Throws, separate from the warm-up track. It should be equipped with the appropriate safety cages. The surface of the throwing circles should be as similar as possible to the throwing circles in the competition arena. Weight training facilities should also be provided. A short put circle (at least two circles for the major events) should be a part of the Warm-up Area.

Jumps

For the major European Athletics Event, the Warm-up Area should include sectors for horizontal and vertical jumps (the Pole Vault sector is not mandatory), including such equipment as mats, uprights, crossbars and take-off boards. The sectors should include the minimum runway and take-off areas according to the IAAF Competition Rules.

Starting Blocks

Whenever possible, at the Warm-up Venue, the Timing Company (or LOC) should provide at least one set of starting blocks (without false start detection) identical to those which will be used in the competition.

Equipment and Implements

At the time of the competition, it is essential that the Local Organizing Committee ensures that adequate and sufficient equipment and implements, the same as those to be used in the competition, are available at the Warm-up Venue.

Indoor Events

With the technical specifications stated below, the aforementioned requirements of outdoor competitions shall apply also to indoor competitions.

For the European Indoor Championships, the Warm-up area should comprise a 4 lane 150m circuit, 6 lane 50m straight, jumping facilities (similar surface to the competition track), and throwing practice area for Shot Put. For other events, the Warm-up area comprising a 6 lane 80m straight (synthetic surface) and throwing practice area for Shot Put is sufficient.

Non-Stadium Events

An adequate Warm-up Area must also be provided for the athletes competing in the non-stadium events. This area needs to be secured from the spectators and the public in general, must be suitable for the type of event concerned and large enough to accommodate the expected competing field.

Training Venues

Introduction

It is a requirement by the European Athletics, and as such the responsibility of the Local Organizing Committee, to provide suitably located Training Venue (s).

These venues must provide appropriate sites at which all athletes participating in the competition can train. In this regard, the following important issues should be taken into consideration:

Opening Dates and Time:

An adequate schedule should be developed for the training before and during the competition days. The schedule should take into consideration the following issues: teams' arrival days/times, weather conditions during different time slots of the day, possibility for separate training for long



throws and other events (in case the same training venue is used for all), training venues' capacity, etc.

The schedule for the training should be developed in consultation with the Technical Delegate (s).

Stadium Events

It is recommended that Training Venues are located ideally not more than 20km from the athletes' accommodation.

For the major European Athletics events, it is recommended to have 2 (two) Training Venues, in addition to the Warm-up Area, which could be used for training prior to the competition. For other European Athletics events, one Training Venue, in addition to the Warm-up Venue, can be sufficient if fully equipped to cater for all events.

Each Training Venue should be equipped with weight training facilities. The surface of the track at training venues does not have to be the same as in the competition arena although it is preferred. The Training Venues should have adequate facilities for all disciplines included into the competition programme (i.e. Horizontal and Vertical Jumps, Hurdles/Steeplechase, Throws).

Indoor Events

The aforementioned requirements of outdoor competitions shall apply also to indoor competitions.

Non-Stadium Events

Adequate running or walking trails must be provided by the LOC, ideally, situated in a secure area close to the Athletes' accommodation.