TECHNICAL GUIDELINES

European Athletics Off-Road Running Championships

February 2020
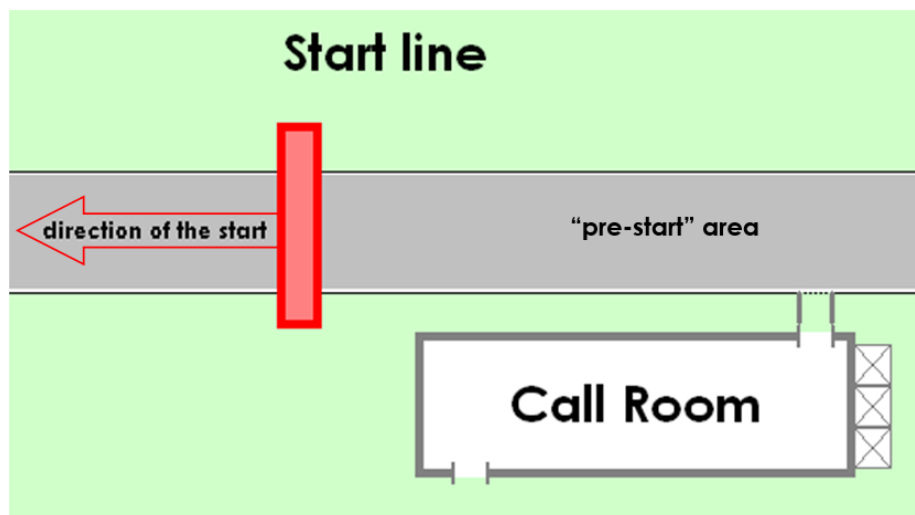
Version 2020.02.05

1. Start area(s)

1.1. Call Room/Call Area

1.1.1. Location

The call room/call for each race are should be located in close vicinity to the relevant start line with direct connection to the warm up and "pre-start" areas.


1.1.2. Size

The call room/call area should be big enough to accommodate the following groups of people and functions at the same time:

- All athletes in the given race,
- Call room judges/referees,
- Luggage/bag collection (mainly for the uphill or point to point races),
- Bib number and transponder check,
- Team vest check,
- Mandatory gear check (where applicable),
- Toilets with direct connection to the call room (reserved only for athletes).

1.1.3. Set up

The call room preferably should be an indoor (tent) area.
In case all functions of the call room cannot be set up under one roof, protection must be ensured at least for athletes to be able to get changed. The setup must foresee "one way traffic" in the call room.
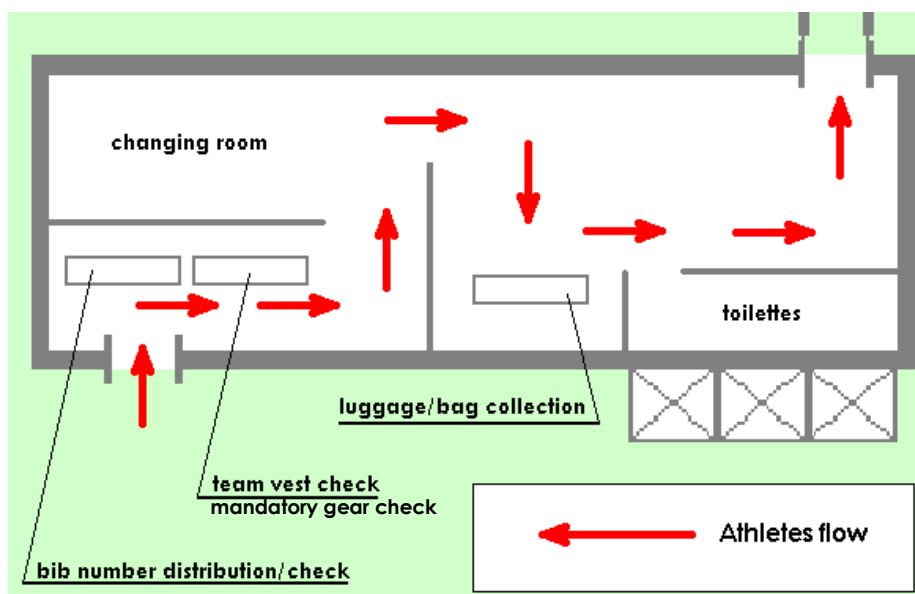
1.1.4. Call room procedures

Call room personnel must ensure that all athletes report to the call room and that the following are been checked:

- athletes are wearing the national uniform clothing officially approved by European Athletics (for elite races),
- the bibs are worn correctly and correspond with start lists,
- the transponders are applied correctly and correspond with the bib number and athlete's name,
- advertising on clothing complies with the Rules and Regulations,
- unauthorised material is not taken onto the course,
- mandatory gear is being carried (where appropriate).

Athletes not going through the call room procedures will not be allowed to compete!

1.2. Warm-up area

1.2.1. Location

The warm-up area can be an open or restricted area (special access for team members only) close to but still before the start line. No warm-up should be allowed on the course in front of the start line. Leaving the call room, athletes should proceed to the start line as returning to the warm-up area is forbidden.
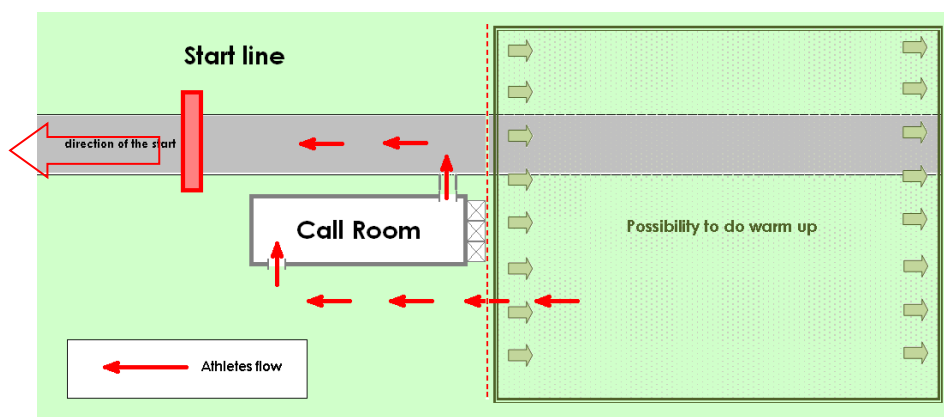
1.2.2. Size

The warm-up area for the elite races must be big/long enough to accommodate at least 100 athletes at the same time as well as the following facilities:
- team and Physiotherapy tents,
- toilets,
- changing rooms.

The surface of the warm-up area should preferably be similar to that of the course.

1.2.3. Team and physiotherapy tents

Ideally teams should have their own Team and Physiotherapy tents but a general physiotherapy area, (separate room for male and female athletes) with massage benches may be also accepted.

1.2.4. Changing rooms

Indoor/tent changing rooms (Male and female) in close vicinity to the warm up area should be available for team members who did not change in the team hotels. If Team and Physiotherapy tents are provided changing rooms don't have to be set up.

1.2.5. Beverages for athletes

As a minimum, bottled (sealed) water (preferably without gas) should be available for athletes and team members in the warm-up area. Isotonic drinks and energy bars can also be offered to the athletes.

1.2.6. Toilets

As a minimum 4 toilets must be provided in the warm-up area with a restricted access only for athletes. The signs to locate the toilets must be displayed in the warm-up area.

The number of toilets must be increased proportionally and according to the number of athletes entered for the mass participation races. The numbers to be defined in consultation with European Athletics.
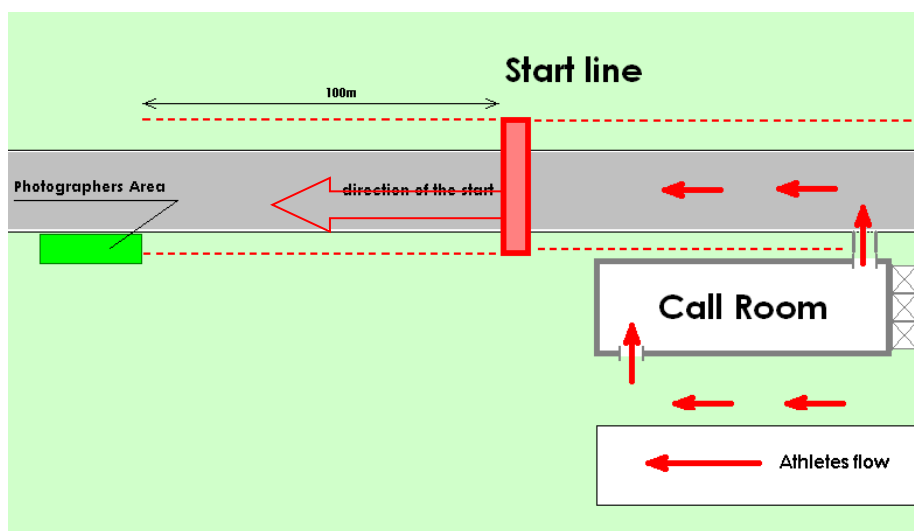
1.3. Start Line[1]

1.3.1. Position of the start line

The location and the position of the start line and start area must ensure that Media representatives have an uninterrupted view of the start line and the start gantry (special areas should be reserved for photographers) but spectators and team members should be able to have a direct view of the course as well.

The pre-start area (between call room and the start line) as well as the first 100 metres after the start should be secured, preferably by fences/advertisement boards.

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[1] In certain cases (e.g. the up- and down-hill mountain race) the start and finish line can be the same

1.3.2. Start gantry

If the terrain allows, for the elite races the start gantry must be wide enough to ensure that at least one representative from all competing countries can be allocated with a place in the first row of the start line.

The gantry should be constructed from metallic or wooden (solid) materials but an inflatable start gantry can be also accepted.

The design and the advertisements on the start gantry must be in compliance with the latest version of the World Athletics Marketing and Advertisement Regulations and European Athletics Design Manual. The layout and design of the Start Gantry must be submitted to the Technical Delegate and European Athletics for their approval.

The gantry must be double sided (signage and advertisement must be displayed on both sides of the gantry).

1.3.3. Start straight

As much as the terrain allows, the start gantry and the straight (first 100-300m after the start line) shall be installed in a way, that the "start focal point" (positioned at the entry point to the first bend) is the same distance from all parts of the start line.
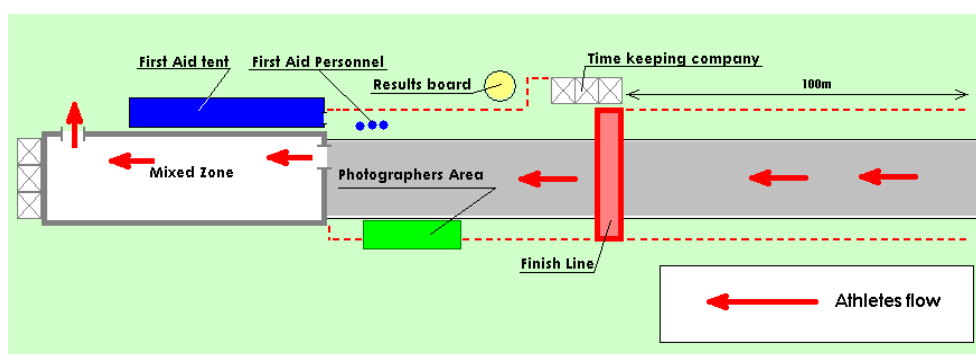
2. Finish area

2.1. Finish line

2.1.1. Position of the finish line

The finish line must be clearly marked on the ground (visibility). It must be located exactly below the "Finish" signs of the finish gantry. There must be enough space on both sides for technical equipment e.g. photo finish cameras, time keeping equipment etc.

The location and the position of the finish line must ensure that Media representatives have an uninterrupted view of the finish line and the finish gantry (special areas should be reserved for photographers) but spectators and team members should be able to have a direct view of the final part of the course as well (ideally in front of the gantry).

The last 100 metres of the course should be secured by fences/advertisement boards (where possible).

Principle layout of a finish area

2.1.2. Finish gantry

The finish gantry must be wide enough to ensure that several runners may finish side by side in a close photo-finish sprint.

The gantry should be constructed solid, especially in windy venues. Inflatable gantries are hardly suitable – especially in uphill mountain courses.

The design and the advertisements on the finish gantry must be in compliance with the latest version of the World Athletics Marketing and Advertisement Regulations and European Athletics Design Manual. The layout and design of the finish gantry must be submitted to the Technical Delegate and European Athletics for their approval.

2.2. Mixed Zone

2.2.1. Location

The Mixed Zone must be clearly marked and should be located in convenient distance from the finish line.

The Mixed Zone must be controlled and supervised by volunteers making sure that unauthorised persons cannot enter.

A Medical aid station and toilets should be located as close as possible.

2.2.2. Size

The Mixed Zone must be big enough to accommodate the flow of athletes as they finish, as well as officials, volunteers and media.

Preferably the mixed Zone should be indoor (tent), but an open air mixed zone also can be accepted.

2.2.3. Mixed Zone procedures and Set-up

The set-up of the mixed zone should allow the procedure as shown below:

1. Finishing athletes first should have the possibility to refresh (where refreshments are not provided outside the mixed-zone).
2. Then they pass to the press area (primarily for elite races).
3. Finally they get to the changing and bag collection area.

2nd and 3rd "step" are commutable in case of bad weather conditions, and the changing tent should be able to have heating in it.

In case of trail running races an area (table) for the post event random gear check must be installed at the entrance of the mixed zone.
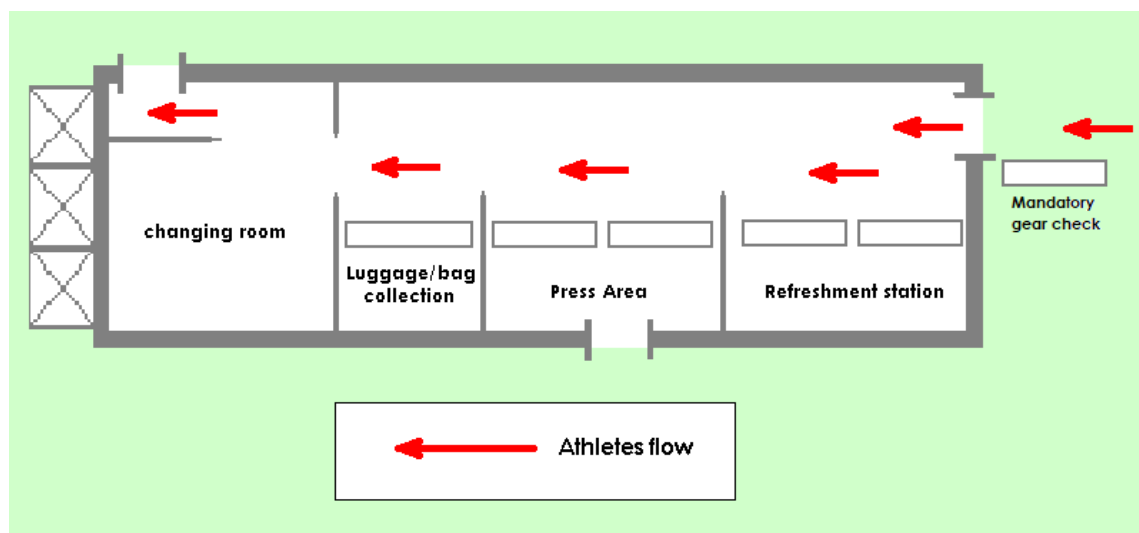
Principle set up of a mixed zone

The set-up of the mixed-zone must be adapted and planned to deal with both elite and mass participation participants.

2.3. Refreshments for athletes

Refreshments must be provided to all athletes in the finish area (Mixed Zone). Drinks should be available close (approx. 50m) to the finish line.

The Refreshment station in the finish area must provide at least:
- Water,
- isotonic drinks,
- fruits (e.g. bananas, apples),
- energy bars,
- warm drinks and warm carbohydrate-rich food if the temperature is chilly (e.g. in uphill courses).

Due to Anti-doping related issues, sealed drinks and bars must also be provided

2.4. Changing rooms

Changing rooms or tents should be available in or close to the Mixed Zone near the finish.
The clothes of the athletes must be transported by the LOC to the changing rooms during the races (especially for uphill races).

2.5. Photographers area

Photographers must have the possibility to take pictures of the finishing athletes. Therefore they must have the best view from behind the finish line. Access must be exclusive for accredited photographers.

2.6. Results board

The Results Board should be located in a way that athletes, officials, media and spectators have free access.

2.7. Flower Ceremony

The flower ceremony should commence in the finish area 10-15 minutes after the arrival of the top three (3) athletes. For further information please see point 5.2.2

3. Courses

3.1. Selection of the courses

During the selection of the courses the following should be taken into consideration:
- beauty of the location/nature, wilderness,
- terrain that is challenging/hard but safe,
- availability of different kinds of terrain (true mountain trails, small paths, forest roads, rocky trails, grassy fields, ski slopes, etc...)[2],
- the courses should be wide enough in most places to allow athletes to overtake,
- good access for media and spectators (ski resorts, touristic huts, etc...),
- easy and quick evacuation/medical help in case it is needed[3].

3.2. Measurement of the course

The measurement of the courses should be made according to World Athletics Competition and Technical Rules, World Athletics distance running manual and other valid guidelines.

The measurement of the courses (with a proper GSP track file) should be made at least twice before the competition (preferably with independent people, and once with the appointed Technical Delegate).

The GPS measurements of the courses shall be sent to European Athletics to obtain the necessary (e.g. ITRA) validations.

3.3. Marking of the courses / checkpoints on the courses

While marking the courses the following should be followed:
- marking must have good visibility. Appropriate materials (tape, fence, etc....) and color (green tape can be hardly visible) must be used to mark the course,
- in case of mountain running races, each km point should be marked with an appropriate sign. Each 100m should be marked 500m before the finish line (e.g. 500m, 300m, 200m, 100m),
- in case of trail running races, km signs (clearly indicating the race/course they refer to) shall be displayed at least every 5 km,
- the last 200m of the course must be secured with plastic tape and the last 100m by fences (if possible),
- crossing/intersections must be marked,
- checkpoints must be selected according to the character of the course (e.g. dangerous and/or critical places and crossings, etc...). Checkpoints must be supervised by officials with communication (mobile phone, radio, etc....). On average there should be one checkpoint within each 10km section of the course,
- the courses should be marked some days before the event (training possibility, course inspection) and must be checked a short time before the start of the race.

3.4. Position of officials on the courses

The position of the officials ideally should ensure the visible coverage of the whole course, and must cover any areas where a short cut is possible. It helps to avoid any possible rule violation and also offers quick reaction in case of emergency. Officials also should be placed to dangerous places, (bad visibility, though terrain, road/rail crossing, etc...)

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[2] According to World Athletics Technical Rule 57. "Paved surfaces are acceptable as a way to reach or link the trails of the course but should be kept to a minimum. As per the European Athletics competition regulations, the amount of asphalted road should not exceed 20% of the total distance.

[3] a "Risk manual" detailing the strategies, procedures and communication on how to evacuate the venue and the course or access injured athletes, etc. in case of bad weather must be developed and presented to European Athletics

The officials working on the course must have a reliable communication system (mobile phone, radio, etc....) as well as with the contact details of all concerned personnel.

3.5. Refreshment areas and water stations

The location of the refreshment and water stations must be decided according to the character of the course in agreement with the appointed Technical and Medical Delegates. Water and other suitable refreshments (energy drinks/bars, fruit, etc....) shall be available at the start and finish of all races as well.

While planning the set-up of the refreshment and water stations the following should be taken into consideration.
- water must be available at all stations,
- isotonic drinks, fruits (banana), salt tablets should be offered at least at every second station in trail running races,
- sponges should be available for cooling,
- as much as possible drinks should be kept cold in hot and humid weather conditions,
- in the case of extreme heat, ice should be available to the athletes,
- volunteers helping at the refreshment and water stations should be educated how to handle out water to athletes,
- the quantity of drinks must be estimated well in advance taking into consideration the predicted weather forecast (you will need more water in case of hot weather!).

Important: Due to doping control issues athletes competing in the elite races shall be always offered sealed drinks and food as well! Organizers may request the participants of mass participation races carry their own cup or beverage container. In this case the requirement must be properly communicated in advance to the participants via the website or by e-mail.

3.6. Personal Aid Station

In case of trail running, event aid stations (with team assistance) shall be installed according to World Athletics Technical Rule 57.9.6 and must have a table (minimum 1 meter) for each national team (marked with the national flag and country code) ordered in alphabetical order.

In case of a mountain running, zones for personal drinks to be handed out by team personnel must be provided where refreshment areas are installed.

The number of team officials and gear/food quantity available at these aid stations can be limited for logistical reasons.

3.7. Course inspection

The date and time of the official course inspection must be determined well in advance. The inspection should be one day before the competition day (prior the technical meeting), in order to allow all teams to attend it and to raise questions during the technical meeting.

For the inspection a detailed course map (with descriptions about the specific markings, water and refreshment stations, checkpoints, elevation, etc....) should be provided to teams and if possible be available at the starting points.

LOC personnel should be available for advice at the start and finish area during the course inspection.

For up-hill races free transport back to the start area/team hotels must be arranged.

3.8. Cleaning the course after the event

The LOC must ensure that all materials (marking, tapes, paper cups, bottles, energy gels, etc....) displayed/used throughout the course are collected after the competition.
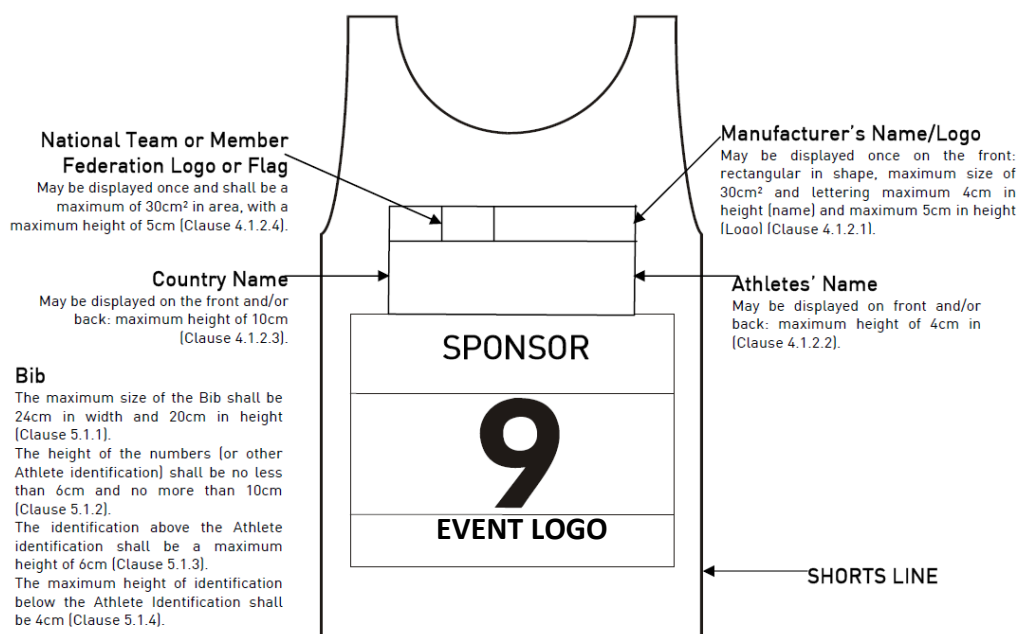
If possible the garbage should be collected and selected in order to recycle it.

Hint: LOC can incorporate the help of the athletes by letting them know, they can help in the cleaning up procedure

4. Competition

4.1. Bib numbers

Dimension of the bib numbers and the logo of the sponsor/event displayed on the bib must respect the World Athletics Marketing and Advertising Regulations.

National Team or Member Federation Logo or Flag
May be displayed once and shall be a maximum of 30cm² in area, with a maximum height of 5cm (Clause 4.1.2.4).

Manufacturer's Name/Logo
May be displayed once on the front: rectangular in shape, maximum size of 30cm² and lettering maximum 4cm in height (name) and maximum 5cm in height (Logo) (Clause 4.1.2.1).

Country Name
May be displayed on the front and/or back: maximum height of 10cm (Clause 4.1.2.3).

Athletes' Name
May be displayed on front and/or back: maximum height of 4cm in (Clause 4.1.2.2).

Bib
The maximum size of the Bib shall be 24cm in width and 20cm in height (Clause 5.1.1).
The height of the numbers (or other Athlete identification) shall be no less than 6cm and no more than 10cm (Clause 5.1.2).
The identification above the Athlete identification shall be a maximum height of 6cm (Clause 5.1.3).
The maximum height of identification below the Athlete Identification shall be 4cm (Clause 5.1.4).

SPONSOR

9

EVENT LOGO

SHORTS LINE

The bibs (minimum 2 per runner) must be produced from a waterproof material and should be distributed either during the accreditation procedure or at the latest at the Technical Meeting by the TIC staff.
At mountain running races the bibs must be pinned to the front and back of the competition clothing.
In trail running races the bibs can be attached to a bib holder band or on the back of the runner's backpack. In all cases, bib numbers must remain visible front and back at all times.
Don't forget about the pins! LOC should provide 4 pins per competition bib.

Hint: competition bibs can be printed with names instead of numbers. This requires onsite printing possibility to produce new bibs in case of replacement of an athlete.

4.2. Time keeping system(s)

The LOC must ensure the proper measurement of the race times as well as the result management at the event.

For the elite races only the "gun time" should be measured and published, in case of the mass participation races the "run time" can be also added to the results (for information only; not for ranking purposes).

Timing should be provided by a Transponder System. Both bib and shoe chip system are acceptable however shoe chip is preferable. Hand timing must be operated as back up. For further information please check World Athletics Technical Rule 19.24.

Unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second (e.g. 1:12:43.3 shall be recorded 1:12:44; the format of the time should be hh:mm:ss).

Intermediate time measurement points shall be installed at all races. The number and location of such check points shall be agreed in advance with the Technical Delegate and European Athletics.

Results (with finishing times only and showing the time when the results were posted) must be published on a results board[4] as soon as possible after the finishing of the last athlete.

Full results (with intermediate times) shall be published on the website of the event as soon as possible after the 30 minutes appeal time has been passed (following the display of the results on the results board) and the document has been also approved (signed off) by the Technical Delegate.

Documents to be provided by the time keeping company[5]:
- Final confirmation form,
- Start List,
- Result list.

4.3. Live results and streaming

Live results displayed on the website of the event must be available from the finish line, and preferably from all intermediate checkpoints.

<u>Hint:</u> Provision of live streaming from the finish line is an added value and preferably shall be arranged.

4.4. Finish Line Tape

It is advisable that the LOC produces "Finish Line Tape" which should be used only when the winning athlete is crossing the finish line.

The name/logo of Sponsors/event logo may be repeatedly displayed on the finish line tape. The maximum height of such display shall be 20cm. The finish line tape can be double sided (make sure that the direction of the text/logos is correct on both sides of the finish line tape).

The design and the advertisements on the finish line tape must be in compliance with the latest version of the World Athletics Marketing and Advertisement Regulations and European Athletics Design Manual. The layout and design of the finish line tape must be submitted to the Technical Delegate and European Athletics for their approval.

<u>Hint:</u> the finish line tape can be made of two pieces attached together with Velcro in the middle

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[4] See point 2.6
[5] For templates please refer to the appendix 1.

5. Logistics

5.1. Transportation

5.1.1. Team representatives to/from the start/finish area

During the planning of the transportation system the following should be determined and taken into consideration:
- requirements for the transportation team (employees, drivers, volunteers, helpers taking care of transportation). People involved in the transportation should be able to communicate in English and have a proper communication system,
- available types of transportation (shuttle busses, vans, cable car, helicopter, etc....),
- transportation schedule to/from each venue (which should be included in the Team Manual). Buses should run every 15-30 minutes,
- athletes must get to the start area at latest 1 hour before the start of their event depending also on the time allocated to the call-room checks,
- athletes staying in the Doping Control Station after the departure of the last scheduled bus must be taken back to their hotels with dedicated transportation.

When planning the number and capacity of the buses to each destination (start area, social function, etc....) take into consideration the number of support team personnel (coach, physiotherapist, team members, etc....) to be transferred.

Buses and bus stops should be marked clearly with the logo of the EAORCH and directions to the bus stops/hotels should be displayed in a clear and visible way.

Advice concerning the transportation schedule should be available at the Technical Information Centre

5.1.2. Clothes/bags

It is the responsibility of the LOC to collect, keep, transport and hand out the bags of competing athletes from the start (Call Room) to the finish (Mixed Zone). The transport of the bags should be included in the general transportation plan.

The location and time for collection and distribution of the bags must be determined in advance and communicated to the teams. Ideally the collection should be done 10 minutes before the start of the race, before the athletes leave the Call Room and the distribution then done in the Mixed Zone.

All bags should be labeled with the athlete's name, bib number and country code.

The LOC must take into consideration the time and human requirements for the bag transportation (especially in case of an up-hill race or a point-to-point trail race) as the bags should be ready for distribution in the Mixed Zone by the time the first athlete arrives.

Hint: have a "lost and found" desk at the TIC for the items not collected after the race.

5.2. Ceremonies

5.2.1. Award ceremonies

The LOC should determine the location for award ceremony, which should be preferably indoors (in case of bad weather) and close to the team hotels and the competition centre.

Proper seating should be provided to all invited participants with reserved seats for the invited VIP guests, European Athletics officials and winning athletes.

The list of the medal presenters should be agreed in advance with European Athletics and the LOC must ensure that the appointed LOC medal presenters are present at the ceremony due in time.

The minimum set up & requirements are:
- podium,
- sound system,
- National flags of the winning athletes and teams (LOC might need two or even three set of flags of the top teams),
- National anthems,
- announcer (with English knowledge),
- light system,
- decoration (European Athletics flag, sponsor wall, etc....),
- medals and plaques (plaques to be provided by European Athletics).

The number and tasks of the helpers involved in the ceremonies must be determined and the script of the ceremony must be submitted to European Athletics in advance.

The time of the ceremony must ensure that all athletes have the chance to get changed after the races and the transportation schedule should reflect the time of the Ceremony.

It is advisable that the award ceremony is jointly organized with a closing banquet (also known as pasta party; farewell party)

Athletes taking part in the award ceremony must wear their national uniform.

<u>Hint:</u> rehearsal for the award ceremony should be organized at least 24 hours before the start of the event in order to ensure that everything is available for the ceremony.

If possible make a short video summary of the event which can be played before/during/after the award ceremony.

LOC can present the local traditions and people in the form of a short cultural program/show during the closing ceremony.

5.2.2. Flower Ceremonies

Flower Ceremony should be held at the finish area within 10-15 min after finishing of the 3rd placed runner.

The award podium should be placed in a good visible place (for media, officials, athletes, spectators) while also ensuring safe and undisturbed finishing for the rest of the athletes.

If possible a backdrop (with the sponsor logos) should be set up or the podium must be positioned in that way that the typical landscape of the venue is given as background.

Winning athletes must be notified about the flower ceremony time (during the technical meeting and at the finish line). If possible national anthems should be played for the top athletes.

6. Medical & Anti-Doping

6.1. Medical

Medical services covering all team members must be planned in close cooperation with the appointed Medical Delegate and submitted for European Athletics approval.

The plan should cover the following items:
- physiotherapy and Massage treatments before and after the event,
- medical services and treatments available in the finish area,
- medical services along the course,
- number/location/function of medical staff (including volunteers),
- evacuation routes,
- access routes to the course,
- name and address of the nearest hospital.

As mountain and trail running is a very demanding endurance discipline the medical area and a sufficient number of involved personnel is a crucial point of the event organisation. The involved personnel must be briefed in advance about their duties and responsibilities.
Athletes fading at or right after finish line first must be taken out of the finishing area and then given the necessary treatment.

6.2. Anti-Doping

Doping control arrangement should be planned in close cooperation with the appointed Doping Control Delegate and submitted for European Athletics approval.

6.2.1. Location of the Doping Control Station

A Doping Control Station shall be provided for testing, which at a minimum ensures the Athlete's privacy when providing a Sample and, where possible, is used solely as a Doping Control Station for the duration of the Sample Collection Session and is located closed to the finish line.

6.2.2. Size & Set up

The Doping Control Station should normally consist of a waiting room, working room and separate toilets (men and women).

It should be equipped with all necessary WADA approved Sample Collection Equipment, including collection vessels, bottles and sealing equipment. The LOC together with the Doping Control Officer(s) should ensure that the facilities are clean and adequate and that the Sample Collection Equipment is acceptable prior to the start of the Competition.

6.2.3. Beverages for Athletes

As minimum, sealed non-alcoholic drinks shall be available for the athletes should they need to re-hydrate after the competition. It is also advisable to have some sealed snacks (e.g. energy bars) or hot drinks (e.g. hot tea made of sealed tea powder).

Important note: Doping Control must be conducted in accordance with World Athletics Anti-Doping Regulations and the WADA Code. The National Anti-Doping Agency must be contacted well in advance to make the necessary arrangements concerning the sample collection. European Athletics will inform the organisers in due course about the number and type of the doping controls to be collected at the event as well as the allocated WADA accredited laboratory where the LOC shall deliver the samples for analysis.

Additional health and anti-doping educational activities can be organised on the side-lines of the Championships in agreement with European Athletics.

Appendix 1.

The design of all official print outs **must be submitted to European Athletics** for approval.

The logo of European Athletics and the event must be displayed in the header of all official print outs while the logos of sponsors and partners can be added to the footer of the sheets.

Final Confirmation

The final confirmation sheet for the elite races must be produced before the arrival of the teams. The list should contain the names of all athletes entered in the final entries per country. The lists are to be returned by the competing teams during the accreditation procedure.

LOGO of the event   Event name   European Athletics LOGO
Date, venue

FINAL CONFIRMATION

Country: **Austria**

Category	Start No.[6]	NAME	Dob[7]	Competing	
				YES	NO
Junior Women	45	NAME First name	dd.mm.yyyy.		
Junior Women	46	NAME First name	dd.mm.yyyy.		
Senior Women	47	NAME First name	dd.mm.yyyy.		
Junior Men	48	NAME First name	dd.mm.yyyy.		
xxx	xx	NAME First name	dd.mm.yyyy.		

Printed Name: **Date:**

Position: **Signature:**

Mobile phone:

To be returned to the \<enter location\> by \<day, date\> before \<enter time\>.

Start lists sheet

Start lists can be prepared after the final entries and can be finalized after the receipt of the "Final Confirmations" (in case of the elite races). The final start list must be displayed on the website of the event and should be distributed to the teams during the Technical Meeting.
Separate start lists must be printed for each category sorted by country in alphabetic order.

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[6] This column can be deleted in case competition bibs are produced with names
[7] The same format should be used for each athlete and preferably it should be dd.mm.yyyy

Information to be included to the start list (proposed layout):

LOGO of the event	Event name Date, venue	European Athletics LOGO

START LIST

Category: **Senior Men** Distance: **12km** Start time: **15:00**

	Start No.[4]	NAME	Nationality[8]	Dob[5]
1	45	NAME First name	AUT	dd.mm.yyyy.
2	46	NAME First name	AUT	dd.mm.yyyy.
3	Xxx	NAME First name	xxx	dd.mm.yyyy.

Legend: Dob – date of birth

Results sheets

Results sheets must be printed immediately after the finish of the last athlete and displayed on the results board (see point 4.2).
Full results of the event must be displayed on the website of the event and distributed electronically to the participating teams as soon as possible after the end of the last race.

Individual results

LOGO of the event	Event name Date, venue	European Athletics LOGO

INDIVIDUAL RESULTS

Category: **Senior Men** Distance: **12km** Start time: **15:00**

Position	Start No.[9]	NAME	Nationality[10]	Dob[11]	Time[12]
1.	45	NAME First name	AUT	dd.mm.yyyy.	hh:mm:ss
2.	12	NAME First name	BEL	dd.mm.yyyy.	hh:mm:ss
3.	1	NAME First name	FIN	dd.mm.yyyy.	hh:mm:ss
4.	37	NAME First name	DEN	dd.mm.yyyy.	hh:mm:ss
-	15	NAME First name	HUN	dd.mm.yyyy.	DNS
-	26	NAME First name	GER	dd.mm.yyyy.	DNF
-	69	NAME First name	ITA	dd.mm.yyyy.	DQ

Legend: Dob – date of birth; DNS – did not start; DNF – did not finish; DQ – disqualified;

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[8] The three letter country code of European Athletics should be used
[9] This column can be deleted in case competition bibs are produced with names
[10] The three letter country code of European Athletics should be used
[11] The same format should be used for each athlete and preferably it should be dd.mm.yyyy
[12] Further information about the format of the race time is included to the point 4.2 of these guidelines

Team results

<table>
<tr><td colspan="6">LOGO of the event   Event name
Date, venue   European Athletics LOGO</td></tr>
<tr><td colspan="6" align="center">TEAM RESULTS</td></tr>
<tr><td colspan="6">Category: Senior Men   Distance: 12km   Start time: 15:00</td></tr>
</table>

Position	Nation[8]		Total points	Start No.[7]	NAME	Position/points
1. Italy	ITA		20	53	DEGASPERI Marco*	3
				50	GAIARDO Marco	7
				51	ABATE Gabrielle	10
				52	CHICCO Davide	(25)[13]
2. Great Britain	GBR		31	34	COX Martin	8
				37	VERNON Steven	9
				36	JOHNES Andrew	14

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[13] The position/points of the none scoring athlete must be displayed in brackets