



CHAMPIONSHIPS OF THE SMALL STATES OF EUROPE 2024

Team Manual



PARTNERS



ATHLETIC ASSOCIATION OF THE SMALL STATES OF EUROPE PRESIDENT'S WELCOME MESSAGE

On behalf of the Athletic Association of the Small States of Europe it gives me immense pleasure to extend my warmest welcome to you all to the 5th Edition of the Championships of the Small States of Europe being held in my country, Gibraltar.

Organising major Championships in Gibraltar is nothing new as in the past we have hosted World and European Mountain Running Championships, Worlds and European IAU 100K and 50K Championships and two Editions of the Island Games.

As the anticipation mounts and excitement fills the air, we are thrilled to witness the get together of talent, dedication, and sportsmanship from across Europe and your participation reinforces the spirit of unity in our sport.

May each athlete represent their Federation with pride, pushing boundaries, and showcasing their utmost skill and determination. Let us embrace the values of fair play, respect, and camaraderie, fostering bonds that transcend borders and languages.

As you gather to compete on the grand stage, remember that you are not just athletes, but ambassadors of your countries, inspiring countless individuals with your feats of athleticism and unwavering resolve.

Finally, I wish every federation the best of luck and may your endeavors be marked by successes, unforgettable moments, and good memories.

Frank Carreras

Athletic Association of Small States President

GIBRALTAR

Gibraltar is one of the two Pillars of Hercules and rises as a gigantic rock at the gateway between Spain and the African coast. Long famous as the "key to the Mediterranean," Gibraltar is a British Overseas Territory, overlooking one of the world's busiest shipping lanes, the "Straits of Gibraltar". It rises out of the sea on the east side of the Bay of Gibraltar and is linked to mainland Spain by a narrow isthmus. The massive Rock is made of limestone and is best known as the famous Rock of Gibraltar.

The City of Gibraltar lies on the west side of the Rock, and for such a small country (only 6.7 sq km), Gibraltar certainly has more than its fair share of tourist attractions and famous sights. Gibraltar receives over 12 million visitors every year and the friendly Barbary Macaques, which roam freely in the Nature Reserve, is one of its major attractions. Beneath the Rock lay the Galleries, a labyrinth of underground passageways running through the Rock. Above the ground there is plentiful of tax-free shopping opportunities, restaurants, and bars, as well as numerous beaches.

At the most southerly point of Gibraltar is Europa Point. It's well worth a visit for the historic 19th-century Trinity Lighthouse, the old chapel of the Shrine of our Lady of Europe, and the impressive Mosque of The Custodian of the Holy Mosques. You'll also be rewarded with excellent views across the Bay of Gibraltar, the Straits of Gibraltar, and the African coast.





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GENERAL INFORMATION

- 1.1 **Gibraltar:** is a British Overseas Territory and is located at the southern tip of the Iberian Peninsula. It has an area of 6.7 km² and is bordered to the north by Spain. The landscape is dominated by the Rock of Gibraltar, at the foot of which is a densely populated town area.
- 1.2 **Language:** English is the primary language and Spanish is widely spoken.
- 1.3 **Currency:** Pound Sterling and the Gibraltar Pound (£). Euros are widely accepted in most shops.
- 1.4 **Religion:** The main religion in Gibraltar is Christianity with most Gibraltarians belonging to the Roma Catholic Church and then the Church of England. There is also a large Jewish, Hindu, and Muslim community.
- 1.5 **Time zone:** Central European Time (CET)
- 1.6 **Population:** 32,703 people as of 1 July 2023.
- 1.7 **Climate:** The climate in Gibraltar is Mediterranean type with mild winters and warm summers. Gibraltar has two main prevailing winds, an easterly one which is known as the *Levante* coming from the Sahara in Africa which brings humid weather and warmer sea currents and the other as *Poniente* which is westerly winds that brings fresher air from the Atlantic Ocean and colder sea. The month of June is characterized by high temperatures and low rainfall. Daytime temperatures hover around 25°C, while nights can cool down to about 20°C.
- 1.8 **Driving:** Right hand side (RHS)
- 1.9 **Telephone Country Code:** (+) 350
- 1.10 **Electricity specifications:** Gibraltar uses power plugs and sockets of type G, the three-pin rectangular plug system as used in UK. The standard voltage is 230V and a frequency of 50Hz. If your devices are not compatible with these specifications, you will not need an adapter.
- 1.11 **Emergency services:** Fire and Rescue Service, Police and Ambulance Service: 999.

2.0 ORGANISATIONAL STRUCTURE

European Athletics Delegate: European Athletics to appoint

Chief Referee: John Cronin

Local Organizing Committee

CEO: Frank Carreras GND OBE

Volunteers: Sharron Mifsud

Event Organisation: Jonathan Chichon

Competition Secretary: Maurice Turnock

Head of Technical officials & Volunteers: Avelino Baldachino

Anti-Doping: Linda Alvarez

2.01 The composition of the Jury of Appeal will be decided during the technical meeting.

3.0 ARRIVALS

3.1 There are two official airports, Gibraltar International Airport which is serviced from several major UK airports and Malaga Airport – Costa del Sol, in Spain. Malaga airport is approximately 1 hour 30 minutes away from Gibraltar.

3.2 For teams choosing to travel through UK airports, upon arrival in Gibraltar and once the luggage has been collected, teams should proceed to the arrivals hall where they will be met by an LOC representative and escorted to buses which will take them to their hotel.

3.3 For teams travelling to Malaga airport, buses to Gibraltar will be organised leaving Malaga Airport at specific times. On arrival at the Gibraltar/Spanish border teams will be driven to the Gibraltar coach terminus and will transfer to a Gibraltar bus for onward travel to the hotel.

3.4 Entry Requirements: **To enter Gibraltar, the production of a valid Passport with at least 6 months validity period must be presented on entry at the land frontier between Spain and Gibraltar and at the Gibraltar International Airport.** Although Gibraltar is not a Schengen Area, EU nationals and those from countries forming part of Schengen do not require a Visa to enter Gibraltar. Any national requiring a visa to enter Gibraltar will exceptionally be allowed entry into Gibraltar without the need to obtain an entry visa. The Gibraltar Boarder Agency has exceptionally agreed to waive all visa requirements for athletes and team officials whose names are included in the final entry form.

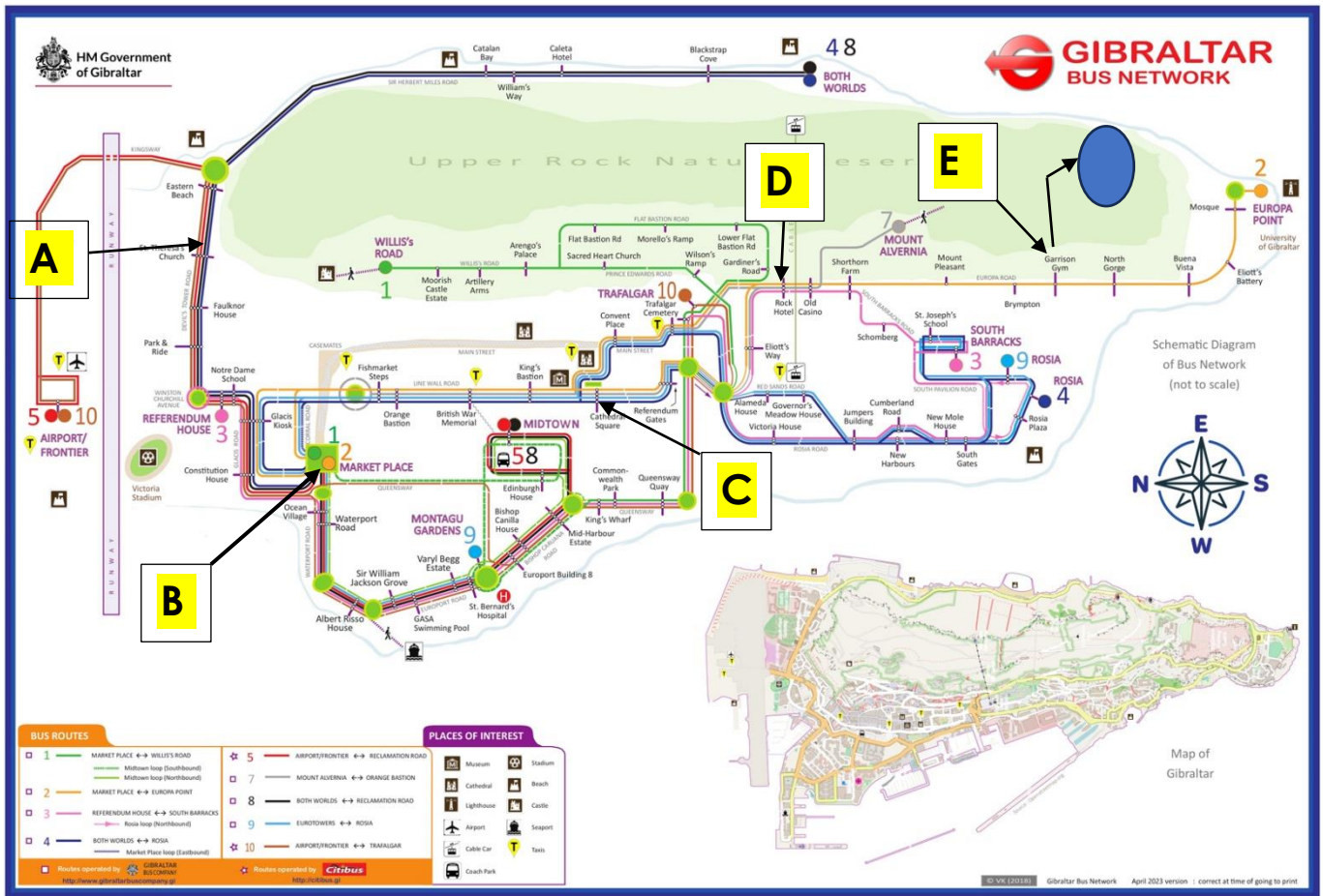
4.0 TRANSPORT

4.1 A bus shuttle service will be provided between the team hotels and training/competition venue. Full details of the schedule will be displayed at the Information desk in the hotel lobby. The transfer times between the hotel and the competition venue will be between 15-20 minutes, depending on traffic conditions.

4.2 Accredited athletes, coaches and team officials will be able to travel on public buses free of charge so long as you produce your accreditation when entering the bus.



4.3 Traveling to the Lathbury Athletics Stadium by public buses from hotel.



ROUTE 2 TIMETABLE

Time from Market Place Terminus To Europa Point Terminus						
Monday to Friday						
06:40	06:55	07:10	07:25	07:40	07:55	08:10
08:25	08:40	08:55	09:10	09:25	09:40	09:55
There will be a bus service every 15 mins on the hour 10, 25, 40, 55, up to 21:10hrs						
19:40	19:55	20:10	20:25	20:40	20:55	20:10
Saturdays/Sundays & Public Holidays						
07:15	07:45	08:15	08:45	09:15	09:45	10:15
10:45	11:15	11:45	12:15	12:45	13:15	13:45
14:15	14:45	15:15	15:45	16:15	16:45	17:15
17:45	18:15	18:45	19:15	19:45	20:10	20:30
21:00						

**Time from Europa Point Terminus
To Market Place Terminus**

Monday to Friday

06:40	06:55	07:10	07:25	07:40	07:55	08:10
08:25	08:40	08:55	09:10	09:25	09:40	09:55

There will be a bus service every 15 mins on the hour
10, 25, 40, 55, up to 21:10hrs

19:40	19:55	20:10	20:25	20:40	20:55	20:10
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Saturdays/Sundays & Public Holidays

07:15	07:45	08:15	08:45	09:15	09:45	10:15
10:45	11:15	11:45	12:15	12:45	13:15	13:45
14:15	14:45	15:15	15:45	16:15	16:45	17:15
17:45	18:15	18:45	19:15	19:45	20:10	20:30
21:00						

ROUTE 4 TIMETABLE

**Time from Both Worlds Turnaround
To Rosia Terminus**

Monday to Friday

08:45	09:30	10:15	11:00	11:45	12:30	13:15
14:00	14:45	15:30	16:15	17:00	17:45	18:30

Saturdays/Sundays & Public Holidays

08:45	09:30	10:15	11:00	11:45	12:30	13:15
14:00	14:45	15:30	16:15	17:00	17:45	18:30

**Time from Rosia Terminus
To Both Worlds Turnaround**

Monday to Friday

08:45	09:30	10:15	11:00	11:45	12:30	13:15
14:00	14:45	15:30	16:15	17:00	17:45	18:30

Saturdays/Sundays & Public Holidays

08:45	09:30	10:15	11:00	11:45	12:30	13:15
14:00	14:45	15:30	16:15	17:00	17:45	18:30

ROUTE 8 TIMETABLE

**Time from Both Worlds Turnaround
To Reclamation Road Terminus**

Monday to Friday

07:00	07:30	08:00	08:30	09:00	09:30	10:00
10:30	11:00	11:30	12:00	12:30	13:00	13:30
14:00	14:30	15:00	15:30	16:00	16:30	17:00
17:30	18:00	18:30	19:00	19:30	20:00	20:30
21:00						

Saturdays/Sundays & Public Holidays

07:00	07:30	08:00	08:30	09:00	09:30	10:00
10:30	11:00	11:30	12:00	12:30	13:00	13:30
14:00	14:30	15:00	15:30	16:00	16:30	17:00
17:30	18:00	18:30	19:00	19:30	20:00	20:30
21:00						

**Time from Reclamation Road Terminus
To Both Worlds Turnaround**

Monday to Friday

07:00	07:30	08:00	08:30	09:00	09:30	10:00
10:30	11:00	11:30	12:00	12:30	13:00	13:30
14:00	14:30	15:00	15:30	16:00	16:30	17:00
17:30	18:00	18:30	19:00	19:30	20:00	20:30
21:00						

Saturdays/Sundays & Public Holidays

07:00	07:30	08:00	08:30	09:00	09:30	10:00
10:30	11:00	11:30	12:00	12:30	13:00	13:30
14:00	14:30	15:00	15:30	16:00	16:30	17:00
17:30	18:00	18:30	19:00	19:30	20:00	20:30
21:00						

4.4 For teams accommodated in the Holiday Inn Express, the bus stop is situated 20m from the hotel entrance **(A)**. Board bus number 4 or 8 and disembark in Market Place (3 stops later) **(B)**. Board bus number 2 and disembark at the Garrison Gym **(E)**. Cross the road and walk up the hill approximately 200m, through the small tunnel to your right and the stadium is to your left. For teams accommodated at the Elliott Hotel, the bus stop is located opposite the Cathedral of the Holy Trinity **(C)** which is approximately 200m from the hotel. Board bus number 2 and disembark at the Garrison Gym **(E)** and follow the above. For team accommodated in the Rock Hotel, the bus stop is located right opposite the hotel **(D)**, Board bus number 2 and disembark at Garrison Gym **(E)** and follow the above. **It should be noted that the last bus leaves the bus terminus at 9:00pm. On Fridays and Saturdays, there is a night bus that runs from 9:15 pm. Further information can be obtained from the hotel reception.**

4.5 Transport will be arranged according to the departure schedules submitted by the teams. Further information will be available from the hotel information desk.

5.0 ACCOMODATION & HOTEL INFORMATION

5.1. The official hotels re The Holiday Inn Express, The Rock Hotel and The Elliott Hotel and teams will be accommodated on full board basis. Meal vouchers will be distributed upon the team's arrival. On the day of competition, a packed lunch will be distributed to all participants in return for the meal voucher and once the event is over, the LOC will be organising a BBQ for all athletes, coaches, team officials and all volunteers. Again, food will be distributed on production of the meal voucher. Further information will be made available during the Technical Meeting.

5.2 Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries and allocated on a first come first served basis. Team hotels allocation will be communicated after the closing of the Final Entries.

5.3 For all athletes within the Free Places Quota, the LOC will pay for full board accommodation for the duration of the official period. The official period is 3 nights: check-in on Thursday, 20 June 2024 and check-out on Sunday 23 June 2024.

NOTE: No contribution shall be made in respect of athletes representing the host Member Federation.

5.4 The final account for accommodation for each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full. No allowance shall be made for any reduction in the actual numbers of athletes and/or officials.

NOTE: the team Invoice will be based on the accommodation requests included in the Final Entries

5.5 An LOC information stand/desk will be in the lobby of each team hotel. Upon arrival and once hotel accommodation bills are cleared, the Team Leader of each team will receive the accreditation of all team members together with the meal vouchers, rooming list and corresponding room keys.

5.6 To speed up the hotel check-in process, **federations will submit in advance a copy of the passport/ID card of all team members.** On departure, team leaders together with the hotel manager will check each room.

6.0 Quotas

6.1 A maximum of 16 athletes and 5 officials will be eligible to receive the European Athletics accommodation subvention. Moreover, the accommodation ratio for officials will be worked out according to the following ratio.

Number of Athletes From - To	Number of Team Officials
1 - 4	1
5 - 7	2
8 - 10	3
11 - 14	4
15 - 18	5

6.2 Each Federation will be allocated a minimum number of single rooms equal to 10 per cent of the total number of in quota athletes and officials entered in the final entries. Special consideration will be given to very small teams so that every team has at least one single room. Additional single rooms (subject to availability) may be offered at the team's cost.

6.3 The participating Member Federations are responsible for the remaining costs incurring from their participation in the event. Accommodation of out of quota athletes and officials and additional nights with full board per person per night, will be:

Team Members	Single Occupancy	Twin Occupancy
Upgrade in-quota athletes and officials	170 € per person per night	-
Out of quota athlete/official	270€ per person per night	190€ per person per night
Additional nights	270€ per person per night	190€ per person per night

All prices are on full-board basis but excludes Tourist Tax

6.4 An invoice showing the amounts due based on the final entries will be sent to each Federation. Federations are required to settle all amounts due prior to their arrival in Gibraltar. All Payments should be made in EUR by bank transfer to the following account:

Name of Bank: NatWest Bank
 Name of account: Gibraltar Amateur Athletic Association
 Account No.: 10364471
 Sort Code: 60-60-60
 IBAN: G114NWBK060606010364471
 BIC: RBOSGIGI

A copy of the bank transfer must be presented on arrival and if there is a balance outstanding, this must be settled by team leaders before they can receive the team's accreditation and receive the hotel room keys. All payment must be made in **CASH ONLY.**

6.5 Team leaders must settle all other hotel bills prior to their departure. Team Leaders should also note they may be required to present a credit card at the time of checking-in.

6.6 Buffet style meals will be served in the hotel restaurant and only accredited persons will have access to the restaurant. Accredited individuals will only be able to have their meal in the hotel they are registered in. On the day of competition only breakfast will be served in the hotel, and all accredited individuals will receive a lunch pack. The LOC will provide team leaders with meal vouchers, and these must be produced when going for a meal. Once the competition ends, the LOC will be inviting all accredited individuals to a BBQ which will take place in the stadium. During the day snacks and drinks will be on sale at the Stadium canteen.

The following are the restaurants' opening times. During meals water will be served free of charge. All other drinks must be paid for.

Date	Breakfast	Lunch	Dinner
Thursday 20 June 2024	-	-	19:00 to 21:30
Friday 21 June 2024	07:00 to 10:00	12:00 to 15:00	19:00 to 21:30
Saturday 2024	06:00 to 10:00	Lunch Pack	BBQ
Sunday 22 June 2024	07:00 to 10:00	-	-

6.7 Free mineral water will be available in the stadium warm-up area.

6.8 Free WFI and internet access will be available in every hotel and in the stadium. In every hotel, room to room calls will be available. However, any athlete or delegation official requiring the use of the telephone to make outgoing calls must make arrangements with the hotel receptionist. The telephone will be made available upon the presentation of a credit card.

7.0 ACCREDITATION

7.1 All team members whose names appear in the Final Entries will receive an accreditation card, which must be **worn at all times** and must be clearly visible. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints. A photo is not required for accreditation purposes.

7.2 Team Leaders will receive the team's accreditations once the LOC has checked that all costs related to the team's accommodation has been settled, verification of athlete's eligibility to participate has been checked (to allow verification, all passports must be presented), final confirmation of entries are agreed and departure details are confirmed. Accreditation cards will be based on the information provided by federations in the final entry form and **no changes will be accepted after the final entry deadline.**

7.3 Media can request accreditation from the CIT when entering the stadium.

7.4 Any lost or damaged accreditation cards should be reported to the TIC. Duplicate cards will be issued upon proof of identity.

7.5 A description of the different access areas is shown at the back of the accreditation card. Accreditation cards will allow athletes and coaches access to the team seating area, warm up area, changing room facilities and physiotherapy. Only athletes who are about to compete in an event will have access to the call room and to the infield. Separate accreditation will be issued to Team Leaders and coaches for access to the TIC. Athletes who are not competing and coaches must always remain behind the barriers along the perimeter of the track.

7.6 Doping Control: A pass will be given to the athlete upon notification and an additional pass for an accompanying person. Passes will be collected once they enter the Doping Control Station.

8.0 TECHNICAL INFORMATION CENTRE (TIC)

8.1 The main function of the TIC is to ensure efficient communication between Team Delegations, the LOC and the European Athletics Technical Delegates regarding all technical matters. The TIC is located on the 1st floor of the main building. Access to the TIC will be controlled by a special pass. One (1) TIC pass will be provided to each Team Leader.

8.2 The TIC will be open at the following times:

Date	From	To	From	To
21 June 2024	9:00	13:00	15:00	18:00
22 June 2024	8:00	13:00	14:00	20:00

The TIC will provide the following information:

- Competition information (Start Lists, Results, etc.);
- Liaison on points concerning technical matters between Team Delegate, Technical Delegate, AASSE and LOC;
- Technical enquiries from federations;
- Receipt of final confirmation;
- Applications for 'national records' (doping control and photo finish prints);
- Receipt of final declaration of members of relay teams;
- Receipt of protests from the teams; and
- Appeals.

9.0 TECHNICAL MEETING

9.1 The Technical Meeting will be held in the Lecture Room on the 1st floor at Lathbury Sports Centre on Friday, 21st June 2024 at 15:30. Each federation may be represented by a maximum of two persons, and it is extremely important that all federations attend. Any federation wishing to ask a question must deliver the question, in writing, to the TIC on Friday 21st June by not later than 12.00pm.

9.2 The Technical Meeting will be chaired by the European Athletics' Technical Delegate and will be attended by the European Athletics President, representatives from the LOC, the Competition Director, Chief Technical Official, TIC Manger, Call Room Manager and Competition Data Handling Representatives.

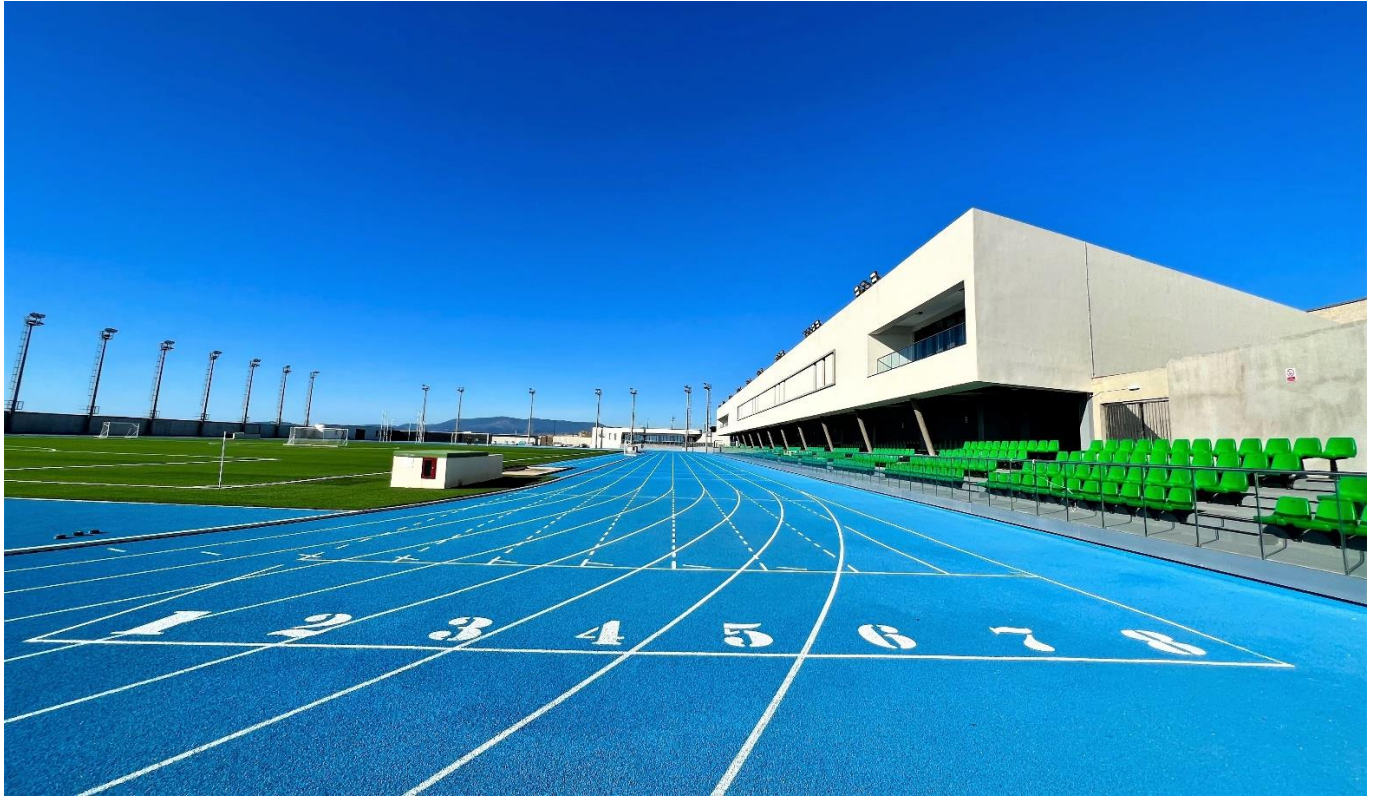
9.3 The following is the Technical Meeting Preliminary Agenda:

- Welcome by the President of the LOC;
- Welcome by the European Athletics President;
- Presentation of the main Competition Officials
- Presentation of the competition and warm up area
- Information briefing by the Technical Delegate; - Call-room procedures and schedule;
- Allocation of lanes and order of competition;
- Starting height and bar raising increments;
- Scoring and ties;
- Doping Control;
- Opening Ceremony;
- Medal Ceremonies;
- Election of Jury of Appeal;
- Answering questions submitted in writing.

9.4 A WhatsApp of all member federations' team leaders will be created, to offer an additional platform to address instant messages and announcements. Major information of interest for all will be communicated to the teams by the LOC via this group.

10.0 COMPETITION AREA

10.1 The Lathbury Sports Complex is situated at the southern end of Gibraltar and is reachable via hotel bus service or public bus No. 2. If traveling by public transport, bus No.2, you alight by the Garrison Gym bus stop and walk up the hill for approximately 200m, through a very short tunnel and the stadium is by your right. The track is World Athletics certified Class 1, It is a Polytan track, blue in colour, with 8 lanes, 2 long /triple jump pits, 1 pole vault (not yet in use), high jump areas and a discus throwing cage. Because the infield turf is synthetic, no javelin or hammer throws are permitted. Seating capacity of up to 800 spectators. The warm-up area is in an underground parking area beneath the running track.



11.0 MEDICAL CARE

11.1 The Medical Centre will be in the warm-up area and St John's will be manning the facilities. An ambulance will be on site and a roving medical team will be present in the stadium. The use of the medical center and roving team will be available to athletes, team officials, LOC members and fans. This service will be available on Friday June 21st in the morning and in the afternoon training sessions and on Saturday June 22nd during the competition.

12.0 TRAINING

12.1 On Friday 21st June, it will be possibility to train at the Lathbury Stadium at the following times:

Time	Event
09:30 - 11:00	Discus and Shot put
11:00 - 12:30	Sprints, Middle Distance, Long Jump and High Jump
15:00 - 16:30	Discus and Shot put
16:30 - 18:00	Sprints, Middle Distance, Long Jump and High Jump

12.2 Transport for training will be provided by the LOC and times will be posted at the hotel information desk.

12.3 Training with the official starters will take place at the Stadium on Friday 21st from 16:30 to 18:00.

13.0 IMPLEMENTS

13.1 The implements provided by the LOC comply with the current World Athletics approved equipment list (See Appendix 2). Personal implements will also be allowed, providing that:

- They comply with World Athletics Certified Competition Throwing Implements;
- They are not already on the official list; and
- They are made available to all other athletes until the end of the event.

13.2 Teams wishing to have personal implements added to the list must take the implements to the TIC for checking by not later than 14:00 on Friday 21st June. If approved, the implements will be kept by the LOC from the time of checking to the end of the event. Implements may then be collected from the ITC.

13.3 Basic implements and equipment will be provided for warm-up and training.

14.0 FINAL ENTRIES

14.1 Final entries showing the names of competing athletes, events entered for and their performances in 2024 together with details of accompanying officials must be entered in the prescribed form, which will be sent to federations in mid-May must be received by the LOC by not later than Sunday 26th May 2024 at 23.59 CET.

14.2 Federations will receive a confirmation report of the status of their entries shortly after the deadline.

15.0 FINAL CONFIRMATION

15.1 Team Leaders must confirm the names of those athletes entered in the final entry form who will be participating in the Championships. Forms for the final declaration and confirmation will be sent to each federation by e-mail. The final declarations must be completed and returned to the TIC by not later than 12:00 PM on Friday 21st June. Teams arriving later must email their final confirmation form to reach the LOC by the stipulated day and time.

15.2 Last-minute withdrawal of athletes due to injury, illness or any other exceptional reason will be possible so long as the withdrawal is supported by a medical certificate and the Technical Delegate has been informed of the withdrawal. Applications for the withdrawal of an athlete can be obtained from the TIC and must be handed in at the TIC.

15.3 The final relay team and the running order must be submitted to the TIC using the respective form not later than one hour prior to the first call time for the respective event.

16.0 INDIVIDUAL TITLES AND TEAM SCORING

16.1 The winner of each event shall be declared the "2024 Small States Champion."

The highest scoring female athlete and male, according to World Athletics latest version of scoring table, shall be awarded with a special recognition separately.

Further to the individual awards, there will be also a team scoring based on the following criteria:

- The winner of each event will receive 8 points, the 2nd 7 points, the 3rd 6 points and so on;
- Only one athlete per federation counts for the teams scoring;
- The Top of the Rock Race will not count for team scoring;
- The team with the highest score will be declared "The 2024 Team Champion of the Small States".

17.0 BIB NUMBERS

17.1 The LOC will provide teams with bib numbers at the Technical Meeting.

Teams that were not able to attend the Technical Meeting, due to exceptional circumstances, can collect their competition bibs from the TIC.

Each competitor will receive 3 bibs and these must be pinned to the front of the competition clothing, to the back of the tracksuit, and to the bag.

Bibs must not be cut, folded, or covered in any way and must be pinned at all four corners.

Separate bib numbers will be provided for the relay events in the Call Room. These will replace the numbers placed on the front of the running kit.

18.0 COMPETITION CLOTHING

18.1 Athletes must always wear the Federation's official team clothing - World Athletics Technical Rule 5 will be strictly applied. Please make sure to follow the World Athletics Advertising Regulations. Clothing and items not conforming to this rule and the current World Athletics Advertising Regulations will be removed or taped in the call room. This applies both to competition clothing (vest, shorts, and tights) as well as to tracksuits.

18.2 During medal ceremonies, recipients must wear their official team uniform and must not wear flip flops. Athletes will not be allowed to display their national or any other flag during the ceremony.

19.0 COMPETITION RULES

The Event is open to the participation of the following 18 European Athletics Member Federations:

19.1 Albania, Andorra, Armenia, Azerbaijan, Bosnia Herzegovina, Cyprus, Georgia, Gibraltar, Iceland, Kosovo, Liechtenstein, Luxembourg, Republic of North Macedonia, Moldova, Malta, Monaco, Montenegro, and San Marino. A team from the Vatican City, Athletica Vaticana, will be participating as guests and their athletes will appear in the start and result list as non-scoring athletes.

19.2 No athlete may take part in these Championships unless entered by the European Athletics Member Federation which he or she is eligible to represent in accordance with the World Athletics Rules. For Monaco, all athletes that at the date of the Event have been resident in the country or the boarder communes (Roque-brune Cap Martin, Beausoleil, La Turbie e Cap d'Ail) for at least three years without interruption, are assimilated to the nationals.

19.3 Subject to the exceptions stated below, only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the Championships of the Small States of Europe.

Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the shot put and discus.

19.4 Each selected European Athletics Member Federation may enter up to 2 (two) athletes in each individual event provided all of them shall have achieved the qualifying standard for that event to a maximum of 26 athletes in total (including the relays).

Alternatively, those selected European Athletics Member Federations that have in total less than two women and two men, having achieved the qualifying standard in any event, still have the right to participate with up to 4 athletes (two women and two men).

19.5 Each participating member federation can enter a relay team. Up to 6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the Championships of the Small States of Europe, the 4 (four) athletes to participate must be nominated at the time specified for the Final Declaration.

Each participating member federation can enter a team for the Top of the Rock Race of up to 6 (six) athletes for each team (Man and Woman).

Each team's score for the Relay and the Top of the Rock Race shall be determined by the aggregate of the finishing positions achieved by its 3 (three) best placed athletes. A team with less than 3 (three) finishing athletes shall not be counted in the team classification. Teams shall be classified according to their scores, the team having the lowest score being the winner, and so on.

20.0 COMPETITION PROCEDURES

20.1 Timetable – Please refer to Appendix 1 for the competition timetable.

20.2 Warm-up area will be in the underground parking area directly below the stadium.

20.3 Call room procedures – The Call Room is located in the warm-up area. Team Managers are reminded that it is their responsibility to ensure that their athletes are aware of the check-in times for their respective events. Athletes who do not strictly keep to the timetable will not be allowed to participate in their event.

Athletes must report to the Call Room before each event and will be escorted to the competition site as per the table below (Appendix 1)

Events	Entry into Call Room	Exit from Call Room
Mountain Race	20 minutes	15 minutes
Running events (except hurdles)	20 minutes	15 minutes
Hurdles	25 minutes	20 minutes
Shot Put, High Jump, Long Jump and Discus	30 minutes	25 minutes

20.4 In field events each athlete will be allowed a minimum of two practice trials under the supervision of officials. Athletes will proceed in the practice trials in the competition order. Only official markers provided by the LOC will be allowed for marking the runway.

20.5 **Event presentation of athletes** – Upon exiting the Call Room, athletes will be escorted to the stadium and taken to the event site. Prior to the start of the event, athletes will be presented to spectators as follows:

- Track events – Three minutes before the start of the race, athletes will line up at the starting point in their respective lanes.
- Field events – Four minutes before the start of the event, athletes will line up by the competition site in their starting order.

21.0 COMPETITION PREPARATION

21.1 Field Events - Each athlete will be allowed a minimum of two practice trials under the supervision of the officials, more if time allows. The athletes will be called to the practice trials in the competition order. Only official markers provided by the LOC will be allowed for marking the runways.

21.2 Track Events - Tracksuits and outer clothing will be placed in baskets at the start, and these will be taken to the Post Event Area (PEA) for collection after the race. The Post Event Area (PEA) is situated close to the finish line.

21.3 Starter's Commands - The starter's commands will be in English. The starter's command for the distances up to including 400m and Swedish Relay are: On your marks - Set - Firing of the gun. For distances of 800m and over, the commands will be: On your marks - Firing of the gun. Please note that an electronic gun will be used throughout the event and a blanks gun will be used to recall athletes following a false start.

21.4 Leaving the stadium during the competition - An athlete may only leave the competition area when accompanied by a judge.

21.5 Leaving the stadium after the competition - athletes will be escorted from the track through the media zone where media interviews may be carried out.

21.6 Drinking Stations - LOC will organise 3 water stations: - one (1) at the call room, one (1) in the stadium near the finish line and one (1) in the warm-up area.

22.0 PROTESTS AND APPEALS

22.1 Protests and Appeals – Protests and appeals will be processed in accordance with World Athletics Rule 8 of the Technical Rules. In the first instance, protests or appeals must be made orally to the Referee by the athlete or by a responsible official acting on behalf of the athlete. Protests concerning the result, or the 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 EUR 50 must be paid in cash. If the protest is unsuccessful, the deposit will not be returned. The Jury's decision will be provided in writing.

23.0 DOPING CONTROLS

23.1 Doping control will be conducted in accordance with World Athletics Anti-Doping Regulations under the supervision of the European Athletics Technical Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships. Athletes selected for doping control shall be informed by anti-doping officers. Athletes will be required to sign a confirmation of notification. Athletes who are to be tested may invite a team official to accompany them to the Doping Control Centre (DCC). Selected athletes should report immediately to the Doping Control Center unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action. Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication.

23.2 Selection of Athletes - The selection of athletes for control will be on a random basis. The selection of athletes can be made by both the local doping control officer, and the European Athletics Technical Delegate. All athletes setting World or European records must report to the Doping Control Center to provide a sample. Failure to provide a sample will result in the record not being ratified.

23.3 Additional Controls - Athletes, such as those achieving National Records who have not been selected for doping control, may present themselves for testing. These athletes must report to the TIC where they will have to complete the "Doping Control Request Form". They will then be escorted to the Doping Control Center. The cost of carrying out the test will be covered by the country requesting sample.

23.4 Swedish Relay - The Swedish relay will be run in the following order: 100m-300m-200m-400m with the start of the relay being from the 200m staggered start lines. The second runner receives the baton within the third 4x100 change over zone (yellow marks) and once the 300m runner enters the back straight and passes the break line (small cones), each athlete may cut across and run on the inside lanes. The third runner commences at the 200m start area inside the yellow lines. The athletes shall be placed on the track, by the official from inside to outside, in order that the 2nd runners pass the finish line. Once placed in order by the competition officials, they may not change order. The fourth runner commences at the finish line, inside the red lines. Athletes shall be placed on the track by the designated official, from inside to outside in the order that the athletes complete the second leg. Once placed in order by the competition officials, they may not change order.

24.0 MEDICAL SERVICES

24.1 General Information – As mentioned in paragraph 11 above, St John's Ambulance will be providing medical services in the medical center in the warm-up area. A medical roving team will also be available

in the stadium during the competition. In case of an emergency please contact the nearest medical aid station. A general ambulance service is also available and in case of a medical emergency requiring an ambulance to transfer a patient to hospital, please call 999. Teams seeking urgent medical assistance may also contact the St Bernard's Hospital Accident and Emergency Department at +350 200 73941.

24.2 Physiotherapy – A free physiotherapy service is only available at the stadium.

24.3 Private Insurance - Participating federations are responsible for taking out their own insurance to cover illness or injury to cover all members of their team.

25.0 ANNOUNCEMENTS

25.1 All official announcements shall be made in English.

25.2 Start Lists - Final start lists will be available after the Technical Meeting and will also be available in the official web site.

25.3 Result Lists - will be displayed on the electronic information boards and hard copies may be obtained from the TIC. At the end of the competition, each team leader may obtain a complete set of results from the TIC.

25.4 Official Website - All information and results also will be available on the official web site <https://gibraltathletics.com>

25.5 Livestreaming - The link to follow the competition in live streaming is on the official site <https://gibraltathletics.com>

25.6 Security – will be in place for your own protection and any instructions given by the LOC and/or our security personnel must be always followed.

25.7 Important Notice - Accreditation cards must always be worn and athletes are reminded that without an accreditation card you will not be allowed into the warm-up area, call room and you will not be able to take part in the event you have been entered for. If an accreditation is lost, this should be reported immediately to LOC.

26.0 CEREMONIES

26.1 Opening Ceremony - A short Opening Ceremony will take place on Saturday 22nd June, at 13:00. No athletes will be involved.

26.2 Victory Ceremonies - Victory ceremonies will be held at the Stadium, at intervals, throughout the competition. The top three athletes will, on termination of their event, receive a card advising them of the time and location where they should assemble prior to the ceremony. Athletes will present themselves in the call room at the time should on the card. Athletes must wear their official clothing (tracksuits) and running shoes when attending a ceremony. No flip-flops or national flags will be permitted during the ceremony.

27.0 DEPARTURE

27.1 When submitting the Final Entries, Federations must provide full travel details both arrival and departure. Federations must report to the TIC any changes to their departure details not later than 24 hours before departure. An "Amendment Departure Form" must be submitted when reporting the change. Any hotel fees and other outstanding charges must be settled by Federations prior to departure. On the day of departure, rooms will be checked by the LOC, hotel management together with the team leaders and any damage caused.

Appendix 1 – Competition Timetable/Call Room Procedure

Competition Timetable

Saturday 22nd June 2024		
Time	Event	Gender
8:00	Mountain Race	M
8:00	Mountain Race	W
9:00	Medal Ceremony	
9:30	Shot Put	M
9:35	High Jump	W
9:40	100m	W
9:50	100m	M
10:00	1500m	W
10:10	1500m	M
10:20	Medal Ceremony	
11:00	Discus	W
11:05	400m	W
11:15	400m	M
11:30	Long Jump	M
11:35	3000m SC	W
11:50	3000m SC	M
12:05	Medal Ceremony	
13:00	Opening Ceremony	
14:00	200m	W
14:10	200m	M
14:15	Discus	M
14:20	Long Jump	W
14:30	400mh	W
14:45	400mh	M
14:55	Medal Ceremony	
15:55	100mh	W
16:05	High Jump	M
16:10	110mh	M
16:20	Shot Put	W
16:30	800m	W
16:40	800m	M
17:00	5000m	W
17:30	5000m	M
17:55	Swedish Relay	W
18:20	Swedish Relay	M
18:35	Medal Ceremony	
19:00	BBQ	

Call Room Procedure

TIMETABLE							
Time of event	Call room time	Track	Gender	Jumps	Gender	Throw	Gender
8:00	7:40	TOTR	M & W				
9:00	MEDAL CEREMONY						
9:30	9:00					Shot Put	M
9:35	9:05			High Jump	W		
9:40	9:20	100m	W				
9:50	9:30	100m	M				
10:00	9:40	1500m	W				
10:10	9:50	1500m	M				
10:20	MEDAL CEREMONY						
11:00	10:30					Discus	W
11:05	10:45	400m	W				
11:15	10:55	400m	M				
11:30	11:00			Long Jump	M		
11:35	11:15	3000m SC	W				
11:50	11:30	3000m SC	M				
12:05	MEDAL CEREMONY						
13:00	OPENING CEREMONY						
14:00	13:40	200m	W				
14:10	13:50	200m	M				
14:15	13:45					Discus	M
14:20	13:50			Long Jump	W		
14:30	14:05	400mh	W				
14:45	14:20	400mh	M				
14:55	MEDAL CEREMONY						
15:55	15:30	100mh	W				
16:05	15:35			Hugh Jump	M		
16:10	15:45	110mh	M				
16:20	15:50					Shot Put	W
16:30	16:10	800m	W				
16:40	16:20	800m	M				
17:00	16:40	5000m	W				
17:30	17:10	5000m	M				
17:55	17:30	Swedish Relay	W				
18:20	17:55	Swedish Relay	M				
18:35	MEDAL CEREMONY						
19:00	BBQ						
Event	Enter Call Room	Exit Call Room	Arrive at Start				
Mountain Race	20 minutes	15 minutes	12 minutes				
Running Events (except hurdles)	20 minutes	15 minutes	12 minutes				
Hurdles	25 Minutes	20 minutes	18 minutes				
Jumps and Throws	30 minutes	25 minutes	20 minutes				

Appendix 2 – Implements List

The LOC will provide the following implements:

Men Shot Put - 7.26 kg			
Make	Description (size)	Colour	Number available
Cantabrian	129 mm	Silver	3
Cantabrian	110 mm	Silver	3
Woman Shot Put - 4.00 kg			
Make	Description (size)	Colour	Number available
Cantabrian	109 mm	Silver	3
Cantabrian	92 mm	Silver	3
Men Discus - 2.00 kg			
Make	Description (size)	Colour	Number available
Polanik	Standard	Black & brass rim	5
Woman Discus - 1.00 kg			
Make	Description (size)	Colour	Number available
Polanik	Standard	Black & brass rim	5

Appendix 3 – Medal Ceremony

Timetable

Medal Ceremony	Assembly Time	Event	Gender
9:00	8:50	TOTR	W
9:07	8:57	TOTR	M
9:14	9:04	TOTR (Team)	W
9:21	9:11	TOTR (Team)	M
10:20	10:10	100m	W
10:27	10:17	100m	M
10:34	10:24	1500m	W
10:41	10:31	1500m	M
10:48	10:38	Shot Put	M
12:05	11:55	High Jump	W
12:12	12:02	400m	W
12:19	12:09	400m	M
12:26	12:16	3000m SC	W
12:33	12:23	3000m SC	M
12:40	12:30	Discus	W
14:55	14:45	200m	W
15:02	14:52	200m	M
15:09	14:59	Long Jump	M
15:16	15:06	400mh	W
15:23	15:13	400mh	M
18:35	18:25	100mh	W
18:42	18:32	110mh	M
18:49	18:39	800m	W
18:56	18:46	800m	M
19:03	18:53	Discus	M
19:10	19:00	Long Jump	W
19:19	19:09	5000m	M
19:26	19:16	5000m	W
19:33	19:23	High Jump	M
19:40	19:30	Shot Put	W
19:47	19:37	Swedish Relay	W
19:54	19:44	Swedish Relay	M
20:17	20:07	Champion Athlete	W
20:24	20:14	Champion Athlete	M
20:31	20:21	Champion Federation	

Appendix 4 – Location map



TOP OF THE ROCK MOUNTAIN RACE

Race Information

- It is an early morning start – start time will be at 8:00am
- Total race distance is approximately 6.5 km
- Start will be from the stadium with three laps of the running track and then athletes will exit the stadium and up into the nature reserve.
- The race follows a very scenic route with exceptional views of the Bay of Gibraltar and the City of Gibraltar.
- The race will be run on tarmac and the course has approximately 2.5 km of incline, some of them steep, and the rest with some level sections and downhill to the finish line. On arrival at the the stadiums athletes will complete 300m on the track to the finish line.
- Athletes may come across some spectators along the route, the famous Gibraltar monkeys, and although they are wild animals, they are nevertheless friendly if you do not provoke them, so just run past them. We have arranged for monkey keepers to patrol the area.
- Medals will be awarded to the first three finishers, men and women and to the first three teams, men and women.
- An invitation race will follow minutes after the start of the main event.



